

Hours

The Osteoporosis Assessment Centers are open Monday through Friday from 8:00 a.m. to 5:00 p.m.

Locations

We have offices in Wheaton, Rockville, Chevy Chase and Olney, MD, and in Northwest Washington, DC. Please call our Central Call Center at

301.942.7600

to set up an appointment. See the maps on the back of this brochure to find the office nearest you.

14995 Shady Grove Road, Suite 250
Rockville, MD 20850
(across the street from Shady Grove Adventist Hospital)

2730 University Blvd. West, Suite 310
Wheaton, MD 20902
(Westfield North Building adjacent to Westfield Shoppingtown Wheaton)

5454 Wisconsin Avenue, Suite 600
Chevy Chase, MD 20815
(close to Friendship Heights Metro Station)

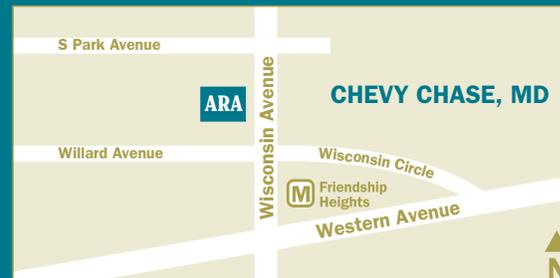
18111 Prince Philip Drive, Suite 323
Olney, MD 20832
(adjacent to MedStar Montgomery Medical Center)

2021 K Street, N.W., Suite 300
Washington, D.C. 20006
(close to Farragut North Metro Station)

www.washingtonarthritis.com

The Osteoporosis Assessment Center is a Division of Arthritis and Rheumatism Associates, P.C.

OSTEOPOROSIS ASSESSMENT CENTER OFFICE LOCATIONS:



(MAPS NOT DRAWN TO SCALE)

OSTEOPOROSIS ASSESSMENT CENTER



A Comprehensive Center for the Diagnosis and Treatment of Osteoporosis and other Metabolic Bone Diseases

OSTEOPOROSIS

ASSESSMENT

CENTER

Osteoporosis is a disease characterized by bone loss and diminished bone strength resulting in an increase in the risk of fractures. Many factors determine who will develop osteoporosis. The more factors present, the greater your chances are of having or developing the disease. As you review the list of risk factors below, remember that early detection and treatment greatly minimize the effects of osteoporosis. It is a preventable, treatable disease.

- **Gender.** Women are four times more likely than men to get the disease, with Caucasian and Asian women most at risk.
- **Age.** Women over the age of 45 and those who have experienced menopause are at greatest risk.
- **Calcium Deficiency.** A low dietary intake of calcium can cause weakened bone strength.
- **Sedentary Lifestyle.** Physical activity increases bone mass, a sedentary lifestyle results in lower bone density.
- **Body Size.** Petite women are more at risk than heavier women because fat cells are sites for estrogen production.
- **Family History.** A familial history of osteoporosis seems to increase risk.
- **Cigarette/Alcohol Use.** These agents reduce the body's ability to absorb calcium, thus reducing bone density.
- **Medications.** Long-term use of corticosteroids, anti-seizure drugs and thyroid hormone can result in osteoporosis.

Diagnosis and Treatment

The Osteoporosis Assessment Center (OAC) specializes in the prevention, diagnosis and treatment of osteoporosis and other metabolic bone diseases. We use state-of-the-art, dual energy x-ray absorptiometry (DEXA) technology to measure bone mineral density, currently the most precise of all bone density tests. Your bone mineral density indicates the strength of your bones.

Reports

Our DEXA reports are unique in that they are crafted by rheumatologists with a strong interest in osteoporosis. Attention is paid to all patient risk factors including medical history and important clinical findings. This information is incorporated into the DEXA reports to give the referring physician a good understanding of the DEXA results, fracture risk (FRAX) and insight into the clinical management of bone density issues. The latest clinical guidelines and clinical studies are used as the basis for our recommendations.

Clinical Studies

The OAC clinical studies program enables patients and community members to gain access to select drug protocols not routinely available elsewhere. Through this program, our physicians and clinical research coordinators work with pharmaceutical researchers to evaluate the effectiveness of new medications for osteoporosis.

Patient Education

Patient education is an important function at the OAC. Staff regularly provide information to help individuals understand and manage osteoporosis. We maintain a collection of current resources and reference materials for patients and the community.

Our Wellness Program offers classes to increase osteoporosis awareness while incorporating exercise to improve bone density, muscle mass, range of motion, balance and posture.

Your DEXA Screening

When you come for your DEXA screening, our receptionist invites you to sit in our comfortable reception area and fill out a detailed medical history form. If you need assistance, she is readily available to help.

DEXA screenings are painless and non-invasive. Many patients have even said they find them relaxing. While lying still on a padded table, our DEXA technician moves the arm of the equipment to the mid-section of your body. A computer, which is interfaced with the equipment, prints out a color image of your bone mineral density.

During the procedure, which takes about 45 minutes, the technician gathers additional information about your current physical condition and lifestyle. A full report of test results is sent to your primary care physician in approximately one week.

Billing and Payment

For your convenience, we will file your insurance claim. At the time of service, we will ask you to pay the deductible and co-pay. Please note, you are responsible for all costs not covered by your insurance plan. If you do not have insurance, or if this procedure is not a covered service under your plan, our staff will work with you to develop a payment arrangement prior to having the procedure. We also accept Visa and MasterCard.