

Welcome to Arthritis Associates.

Your physician is referring you to us for a bone density measurement, a procedure helpful in diagnosing and managing osteoporosis. Here is some information about Arthritis Associates, osteoporosis and bone density measurement which we hope will be helpful.

About Our Clinic

Under the direction of David I. Weiss, a well-respected specialist with over fifteen years of experience in treating patients, Arthritis Associates provides a range of services from testing and diagnosis to a variety of treatments including education, medicine, diet, lifestyle management, exercise and physical therapy for arthritis, osteoporosis and other rheumatic diseases. Arthritis Associates is located in Suite 320 on the third floor of the Physicians Center at Southern Pointe on Veterans Memorial Drive in Hattiesburg.

Profile of David I. Weiss, MD

Born in Pittsburgh Pennsylvania, Dr. Weiss considers himself a native Mississippian since moving to Jackson at the age of three. He is married with three children and is fluent in both english and spanish.

He attended the University of Southern Mississippi before completing his basic sciences from the UTESA School of Medicine in Santo Domingo, Dominican Republic, and his clinical studies through Yale University and the University of Connecticut. Following an internship at Long Island College Hospital in Brooklyn, New York, and residency at Brown University School of Medicine in Providence, Rhode Island, Dr. Weiss earned his Rheumatology Fellowship at Jackson Memorial Hospital in Miami, Florida in June, 1995.

Dr. Weiss began his professional career at the Center for Arthritis and Rheumatic Diseases, a group specialty practice in Miami, Florida. Since relocating to the Hattiesburg area in 1997, Dr. Weiss has been treating patients throughout South Mississippi who suffer from arthritis, osteoporosis and other rheumatic diseases.

Osteoporosis and Bone Density Measurement

Osteoporosis is disease that gradually weakens bones causing them to become brittle and prone to fracture. It can be crippling, disabling and even life-threatening.

While many consider osteoporosis to be a women's disease, men are at risk, too. In America, an estimated 25 million women and 5 million men suffer from osteoporosis.

Postmenopausal women are especially at risk. One out of every two women over 50 are likely to develop fractures caused by osteoporosis during their lifetime.

Bone density measurement using dual energy X-ray absorptiometry (DEXA) is the safest, most reliable and most cost effective way to diagnose and quantitate osteoporosis and to monitor treatment.

Answers to Commonly Asked Questions

What is bone density measurement? A bone density measurement will determine your bone mineral density (BMD) for the area measured and compare that result with the average BMD of young adult normals of your sex and race at their peak BMD. This information will help your doctor determine if you need to take certain steps to protect your bone health. Bone density measurement is simple, safe, noninvasive and painless – and you don't need to undress.

How long does a measurement take? A measurement usually takes from 5 to 20 minutes. You will be asked to be very still during this time.

How much radiation will I be exposed to? You will be exposed to very little radiation – in fact, in most cases, less than 1/20 the exposure of a standard chest X-ray. As with any medical procedure, be sure to tell your doctor if you are pregnant.

What should I wear? Wear comfortable clothing, preferably something without metal buttons, buckles or zippers.

Is a bone density measurement the same as a bone scan? A bone scan, which may help in identifying certain bone abnormalities such as infection, inflammation and cancer, requires an injection of radioactive material. A bone density measurement requires no special preparation, medication or injection.

Arthritis Associates DEXA Bone Density Request Form

Patient Name _____ Date _____

Patient Phone _____ (work) _____ Date of Birth _____

I request a:

_____ Standard Scan (femur and lumbar spine) + Consultation

_____ Standard Scan (femur and lumbar spine only)

The indications for this scan are: (check appropriate code below)

- _____ 733.1 Postmenopausal Osteoporosis
- _____ 733.2 Idiopathic Osteoporosis
- _____ 733.09 Drug-induced Osteoporosis (steroids, thyroid replacement, heparin, diuretics, dilantin)
- _____ 252.0 Hyperparathyroidism
- _____ 256.2 Postablative Ovarian Failure
- _____ 256.3 Primary Ovarian Failure
- _____ 733.0 Osteoporosis Unspecified
- _____ 805.2 Fracture of Thoracic Spine
- _____ 806.4 Fracture of Lumbar Spine
- _____ 807.01 Fracture of One Rib
- _____ 820.0 - 820.09 Fracture of Hip/Femur
- _____ 813.42 Fracture of Radius/Wrist
- _____ Other: _____

Physician's Signature _____ M.D. Date _____

Please call 582-7655 to schedule appointment.

IMPORTANT: Please do not take any calcium supplements the day of your scheduled Bone Density Measurement as this may interfere with your results.

OsteoCare



3688 Veterans Memorial Drive
Suite 320
Hattiesburg, MS 39401
Phone 601 582-7655
Fax 601 582-3229
www.ArthritisAssociates.com

DEXA Scan Inteference:

The following will cause problems with accurate DEXA scans. Please be aware of the following in scheduling a DEXA diagnostic procedure in conjunction with other tests.

Nuclear Medicine

Thallium - Patient should wait at least 90 days after injection prior to scan. (Ex. Thallium GXT's, Dual Isotope Stress Tests)

Gallium - Same as Thallium injection (Ex. Gallium scans)

Indium III - Patient should wait at least 60 days after injection prior to scan. (Ex. Cisternograms, Oncoscints)

Tc 99 m - Patient should wait at least 48 hours after injection prior to scan. (Ex. Bone scans, Hida scans)

Tc 99 m - (Cardiolite) Patient should wait at least one week after injection prior to scan. (Ex. Cardiac stress tests, parathyroid scans)

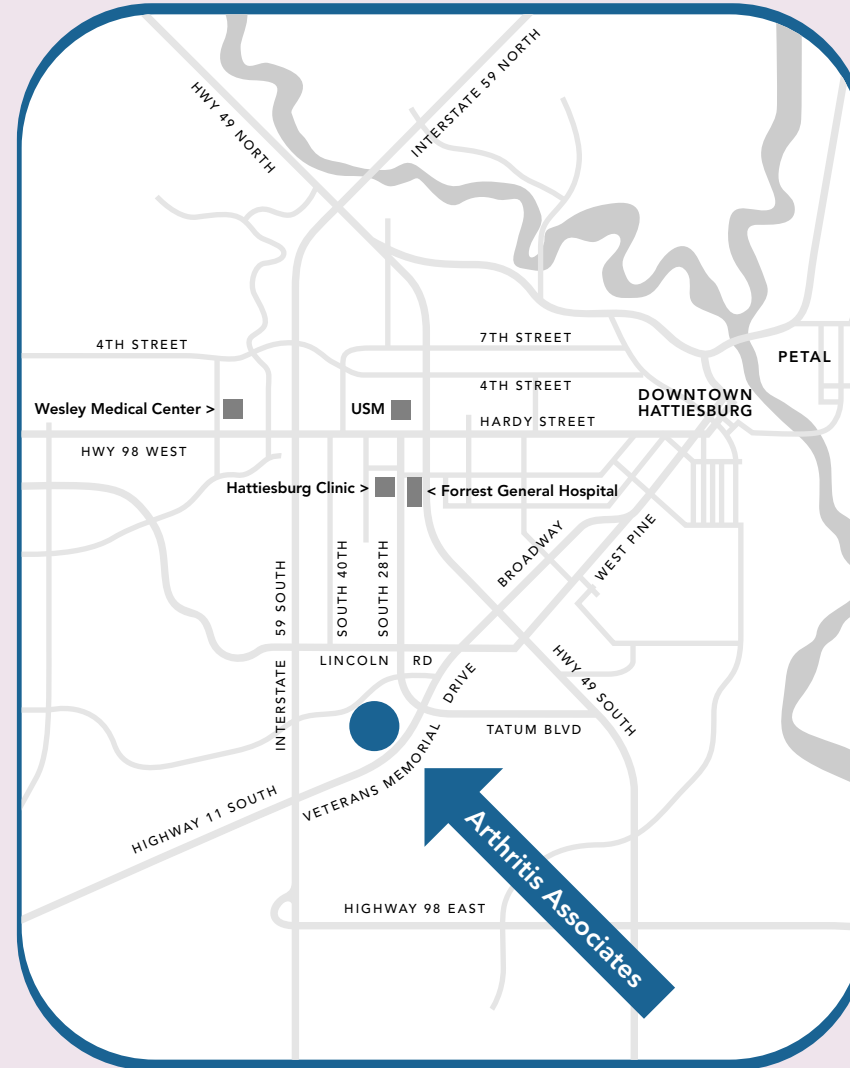
I 131 MIBG - Patient should wait at least 30 days after injection prior to scan. (Ex. Adrenal gland studies)

Barium - Patient should wait at least two weeks prior to scan after barium study. (Ex. UGI's, small bowel series, etc.)

Contrast Media - Patient should wait at least 24 hours prior to scan after injection of any contrast materials. (Ex. IVP's, arteriograms, CT IV Contrast Studies, etc.)

Gastrografin - Patient should wait at least two weeks prior to scan after gastrografin study. (Ex. Abdominal CT's, special intestinal studies)

Magnevist - Patient should wait at least 24 hours after injection prior to scan. (Ex. Brain and spinal cord MRI's)



OsteoCare

Patient Guide and Physician's Request Form for DEXA Bone Density Measurement



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