

HEALTHY. TASTY BUT NO VIT D!

It's true!

With the exception of certain fatty fishes and natural sunlight, no other food that we eat supplements us with our daily requirement of Vitamin D, an essential nutrient for bone health.



Vitamin D plays an important role in protecting your bones. Your body requires vitamin D to absorb calcium. When people do not get enough vitamin D, they can lose bone, have lower bone density, and are more likely to break bones when they are older.

Since Vit D is available in only few foods besides sunlight, its important to know if you need to take supplements to avoid osteopenia and osteoporosis (brittle bones) that can lead to fractures.

DEXA Bone Densitometry is a special test that enables us to quantitatively analyze our bone strength, and detect bone weakening

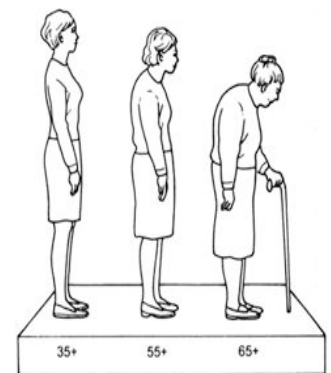


DEXA BONE DENSITOMETRY is recommended as a screening test for post-menopausal women by WHO, once every 2 years.

Vitamin D Deficiency: Are You at Risk?

Vitamin D deficiency is when you are not getting the recommended levels of the nutrient over time. Certain people are at risk for vitamin D deficiency. These include:

- Post-menopausal women (due to reduced estrogen levels)
- People who spend little time in the sun
- Obese or overweight people
- Patients with thyroid / intestinal disorders, or on long-term steroids
- Patients with long-standing diabetes
- Repeated fractures, loss of multiple teeth, bone pains



With an advanced machine that does a whole body DEXA (with spine-femur included), BMI, and FRAX score, this test along with Vitamin D levels is recommended to exclude, diagnose and monitor Vit D deficiency.

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