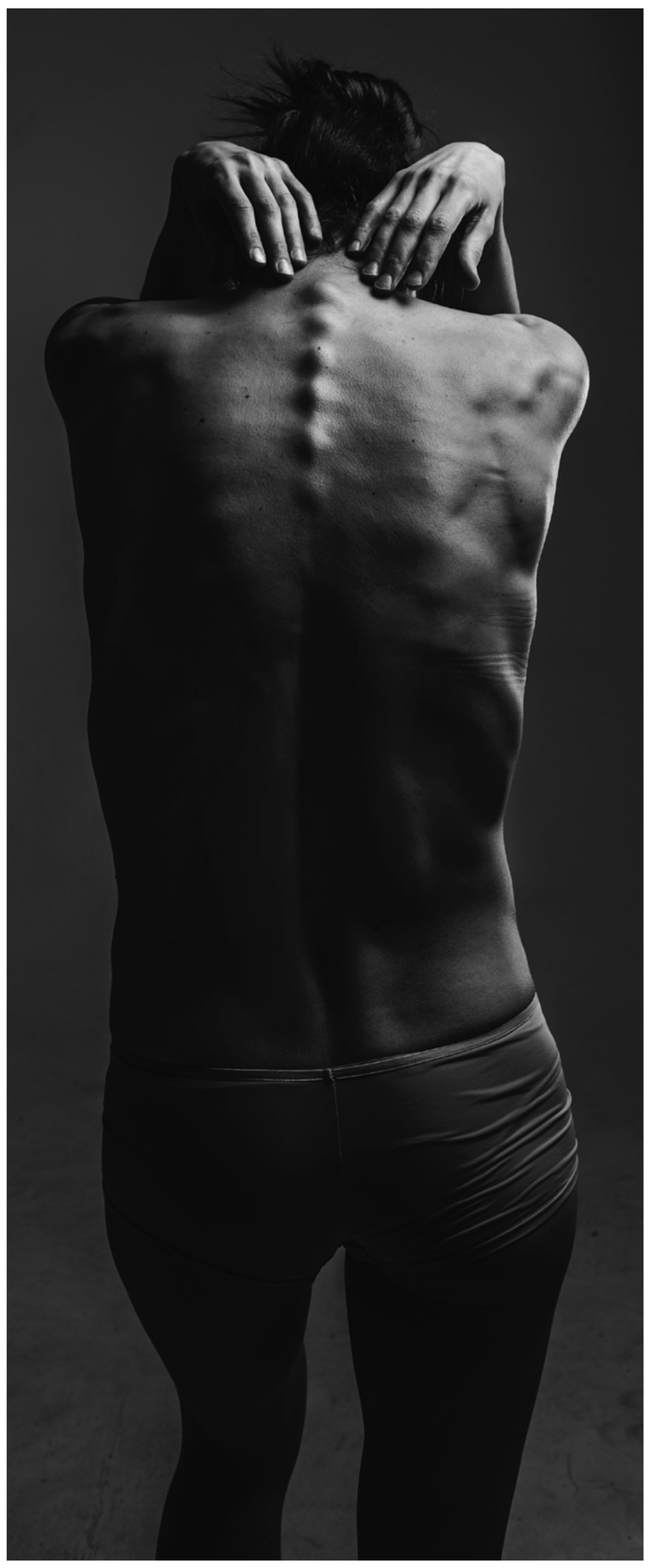
No Radiation
Bone Density Test – Really!

Osteoporosis Screening without potentially harmful radiation is here right now!

Dr. Wald is aware that nearly 10% of cancers are caused by the use of medically applied radiation.

"This is a lot of cancer and this percentage may be a lot higher. I would not expose my own family to excessive radiation when alternative, non-radiation methods are available…it's as simple as that." – Dr. Wald



Our method of bone density measurement uses the calcaneous – your heel bone. It is the most weight-bearing bone in the body. What's best is that Dr. Wald's technique uses sonogram (sound waves) and not x-ray radiation as conventional testing does to check for osteopenia and osteoporosis.

Dr. Wald's bone densitometer is radiation-free using high frequency sound waves (ultrasound) to evaluate bone status in the heel, the os-calcis (the heal). The test is performed with the individual seated, with one foot placed on the foot positioner.

How the test is done

The heel is surrounded by warm water encapsulated between inflated membranes. Water is the optimum medium for the transmission of ultrasound. A transducer on one side of the heel converts an electrical signal into a sound wave, which passes through the water and the individual's heel. A transducer at a fixed distance on the opposite side of the heel receives the sound wave and converts it to an electrical signal that is analyzed.

ACHILLES TEST

Osteoporosis is a condition where bones become weak to the point of breaking. This weakening may be due to aging, or caused by other factors that combine with age. Important risk factors for osteoporosis include:

- Female
- Advanced Age
- An Existing Bone Fracture
- A Small Thin Frame
- Family History of Osteoporosis
- Removal of the Ovaries
- Early Menopause
- A Low Calcium Diet
- Lack of Exercise
- Eating disorders
- Certain Medications
- Alcohol and Tobacco Use

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