



Bone Density Test

To YOUR
Good
Health

In February of 2007 I had a bone density test done and it showed me to be in the good to normal range. Since it had been 5 years I thought it might be a good idea to check it again. After all I am shrinking with age, as we all do, and want to keep an eye on it, in order to make life style changed and AVOID prescription drugs.

In 2007 it had been simple and non-invasive, I simply placed my foot in a machine and got an instant readout that the doctor concurred was GOOD to GO. Needless to say I was shocked to learn that the 2012 test would require RADIATION of my entire spine, hips and leg bones. When I balked and said no thanks, the nurse said it was no more radiation than I would be exposed to on a flight to New York. Having done the later many times I gave in and agreed. Certainly wish I had realized that the amount of

radiation while flying to NY in over a period of a couple of hours -- not given in a large dose in less than 5 minutes. Think twice ladies and gentlemen.

Ask your physician for a Pixi test a "peripheral instantaneous X-ray imager," a portable X-ray machine made by the Lunar Corp. of Madison, Wis., that delivers a computer-generated analysis of heel bone density in 60 seconds or less for **\$45**. In my opinion this is the place to start. Should this simple and less invasive test show any signs of bone loss you can then proceed **IF YOU** feel it necessary. However the first question I would ask my doctor would be what *life style changes* can I make starting today to improve my bone structure WITHOUT medication?

The cost of the 2012 test \$230 -- BIG difference in my checkbook!

How important is SERVING size?

Well the next time you are enjoying high quality ice cream you'll be shocked to find the manufacture defines that as ONLY ½ cup. Yes, get out the single ½ cup measurer next time you dish up your treat. Then measure out what YOU consider to be a serving and MULTIPLY the sugar, fat and calories times the # of ½ cup measures you ACTUALLY put in your bowl. Shocking isn't it? That is why I make my own sugar-free ice cream and pack it in 3 oz cups for freezing. The perfect size for portion control and it truly is just enough to satisfy your sweet tooth. You'll find a great recipe on page 39 in **Cooking with Judy**.