



## Take An Active Role In Your Health

SWIFT COUNTY-BENSON HEALTH SERVICES RADIOLOGY | 02-17-21

The following screening exams are available at SCBHS in our Radiology Department:

### Bone Density Screening

Two million broken bones in the U.S. alone are due to osteoporosis each year, according to the National Osteoporosis Foundation. Bone density or DEXA, is a specialized x-ray exam that can detect low bone mass and measure bone mineral density.

**Who should be screened?** Screenings are recommended for all women 65 and older, or who have risk factors for osteoporosis or fractures should get the test at a younger age.

### CT Lung Cancer Screening

If you were a smoker (or still are), this screening offers an effective way to identify lung nodules or cancer, even in early stages. Lung cancer is still the leading cause of cancer death in the U.S. Like most cancers, early detection provides more treatment options and the best possible outcomes.

**Who should be screened?** Yearly screenings are recommended for men or women age 55-80 who currently smoke or quit within the last 15 years, and 30 pack-year smoking history.

### Screening Mammography

Mammography is the most effective method of early breast cancer detection. Screening mammography has helped reduce the breast cancer death rate in the U.S. by 30%.

**Who should be screened?** Yearly screenings are recommended for women age 40 and older.

### Ultrasound Abdominal Aortic Aneurysm Screening

An abdominal aortic aneurysm (AAA) is a major health risk that may not have related symptoms until a life-threatening event occurs, such as aneurysm rupture. An abdominal ultrasound is a preventive screening tool that can be used to identify an AAA so that prompt treatment can be provided prior to aneurysm rupture.

**Who should be screened?** A screening is recommended if you have a family history or are a man between the age of 65 to 75 and have smoked at least 100 cigarettes in your lifetime.

[Talk to your healthcare provider today to see if they are right for you!](#)

**PLEASE NOTE:** All screening exams require an order or referral from their provider except the screening mammogram. For a mammography screening, call 320-843-1337.