

AUSTRALIAN HIGH PERFORMANCE SPORT SYSTEM

DXA - MANDATORY ATHLETE SCREENING QUESTIONNAIRE

Athlete Details

Title:	Name:
Date of birth:	Sport (category/position):
Measured stature:	Measured body mass:
Marker of hydration (USG / BIA):	

Have you had an X-Ray in the past 12-months? [eg. CT, PET, X-Ray, DXA, etc.] NO YES

If yes, please specify... type of investigation and date:

Do you have a current injury or one you are recovering from? [eg. Surgery, scoliosis, fractures, etc.]

Do you have orthopaedic pins, prosthesis, or implants? NO YES

Do you have a pacemaker? NO YES

Do you have any upcoming procedures you are preparing for? [eg. Colonoscopy, gastroscopy, etc.] NO YES

If yes, what is it?

Do you have any body piercings that can't be removed prior to scan? NO YES

Do you feel comfortable lying on your back for approximately 10-minutes? NO YES

FEMALES ONLY:

Are you currently or at risk of being pregnant? NO YES

Are you currently breastfeeding? NO YES

Total radiation exposure

Use the table below to estimate radiation exposure from imaging sources in the last 12 months. **Total exposure should NOT exceed 1000 μ Sv.** Furthermore, the number of DXA scans permitted in the radiation safety plan of the group in which scans are undertaken should not be exceeded, irrespective of the total annual exposure. Typically, this is 3-4 scans per annum.

RADIATION SOURCE	RADIATION EXPOSURE (μ Sv)	NUMBER (12 MTHS)	TOTAL EXPOSURE
DXA [total body]	1		
DXA [bone density]	4.4		
Dental x-ray	10		
Chest x-ray	20		
CT Scan	8000		
Total Exposure			

*DXA radiation exposure is based on iDXA standard scan mode. Bone density radiation exposure is based on spine + [1x] femur. Please see table below for radiation exposure from specific GE machines and different scan modes.

Indicative radiation dose to adult patients from common medical imaging procedures

REGION	PRODIGY (USV)			iDXA (USV)		
	Thin	Standard	Thick	Thin	Standard	Thick
AP Spine	0.1	0.3	0.6	0.3	1.0	2.3
Femur	0.2	0.9	1.9	0.9	3.4	7.6
Dual Femur	0.4	1.7	3.8	1.7	6.7	15.1
Forearm		0.002			0.01	
Total Body	0.1	0.1	0.3	1.0	1.0	2.0
BMD [Spine + Dual Femur]	0.5	1.8	4.1	2.7	7.7	17.1