

## Contact details:

For further information, or if you wish to comment on any aspect of our services, please contact:

Medical Physics, University Hospital of Wales,  
Heath Park, Cardiff CF14 4XW

TEL: (029) 2074 2740 FAX: (029) 2074 2012

## Manylion cyswllt:

Am ragor o wybodaeth, neu os hoffech wneud sylw ar unrhyw agwedd o'n gwasanaeth, cysylltwch â:

Ffiseg Meddygol, Ysbyty Athrofaol Cymru,  
Y Mynydd Bychan, Caerdydd CF14 4XW

FFÔN: (029) 2074 2740 FFACS: (029) 2074 2012

## Teaching

Medical Physics participates in the teaching of trainee staff and students. Please inform a member of staff if you do not wish students to be present during your investigation.

## Addysgu

Mae Ffiseg Meddygol yn addysgu staff dan hyfforddiant a myfyrwyr. Byddwch gystal â rhoi gwybod i aelod o'r staff os nad ydych am i fyfyrwyr fod yn bresennol yn ystod eich archwiliad.

## Personal Property

We remind patients that any personal property, including money, brought into the Hospital should be kept to a minimum.

## Eiddo Personol

Atgoffwn cleifion y dylid dod â chyn lleied â phosibl o eiddo personol, gan gynnwys arian, i'r Ysbyty.

## How to find Medical Physics:

Medical Physics is situated on the Ground Floor across the roadway from the Short Stay Surgical Unit.

From the main concourse entrance, follow the signs for Medical Physics, passing in turn Outpatients, Pharmacy and X-Ray.

At B block lifts, follow the blue line on the floor *past* Physiotherapy, continuing to the end of the corridor. Go through the exit door to the outside and cross the pedestrian crossing directly into Medical Physics.

## Sut i ddod o hyd i Ffiseg Meddygol:

Lleolir Ffiseg Meddygol ar Lefel Llawr ar draws y ffordd i'r Uned Lawfeddygol Arhosiad Byr.

O'r Brif Fynedfa a Chyntedd, dilynwch yr arwyddion i Ffiseg Meddygol, gan fynd heibio, yn eu tro, Cleifion Allanol, y Fferyllfa a Phelydr-X.

O lifftiau bloc B, dilynwch y llinell las ar y llawr **heibio** Ffisiotherapi gan gario ymlaen i ben draw'r corridor. Ewch drwy'r drws i'r tu allan a chroesi'r groesfan i mewn i Ffiseg Meddygol.

Cardiff and Vale University Health Board is the operational name of Cardiff and Vale University Local Health Board.

Bwrdd Iechyd Prifysgol Caerdydd a'r Fro yw enw gweithredol Bwrdd Iechyd Lleol Prifysgol Caerdydd a'r Fro.

© 2011 One in a series of patient information leaflets designed by staff from Medical Physics & Clinical Engineering.

© 2011 Un o gyfres o daflenni gwybodaeth ar gyfer cleifion a gynlluniwyd gan staff Ffiseg Meddygol a Peirianneg Clinigol

# INFORMATION FOR PATIENTS

## GWYBODAETH I GLEIFION

### Bone Density Measurement (DXA) Mesuriad Dwysedd Esgyrn (DXA)



Medical Physics & Clinical Engineering  
University Hospital of Wales  
CARDIFF AND VALE UNIVERSITY HEALTH BOARD

Ffiseg Meddygol a Peirianneg Clinigol  
Ysbyty Athrofaol Cymru  
BWRDD IECHYD PRIFYSGOL CAERDYDD A'R FRO

## Bone Density Measurement (DXA)

A DXA Bone Density Measurement is an investigation which uses low energy X-rays to determine the density or 'strength' of the bones. The radiation dose you will receive from the investigation is very low and is approximately equivalent to 1/10th of a chest X-ray dose.

## Mesuriad Dwysedd Esgyrn (DXA)

Archwiliad yw Mesuriad Dwysedd Esgyrn (DXA) lle defnyddir pelydrau-X o ynni isel i benderfynu dwysedd neu 'gryfder' esgyrn. Y mae'r ddos o ymbelydredd a dderbynir yn fach iawn ac yn gymharol â 1/10fed o'r ddos o gael archwiliad pelydr-X o'r frest.

## Preparation for the investigation

Please wear clothing which is light and loose with no metal parts (buttons, zips, clips, buckles etc.) eg. sweater or tee-shirt, skirt or trousers with elasticated waistband (Ladies - please avoid underwired bras). Please do not wear other metallic items such as watches, necklaces, bracelets etc.

## Paratoi ar gyfer yr archwiliad

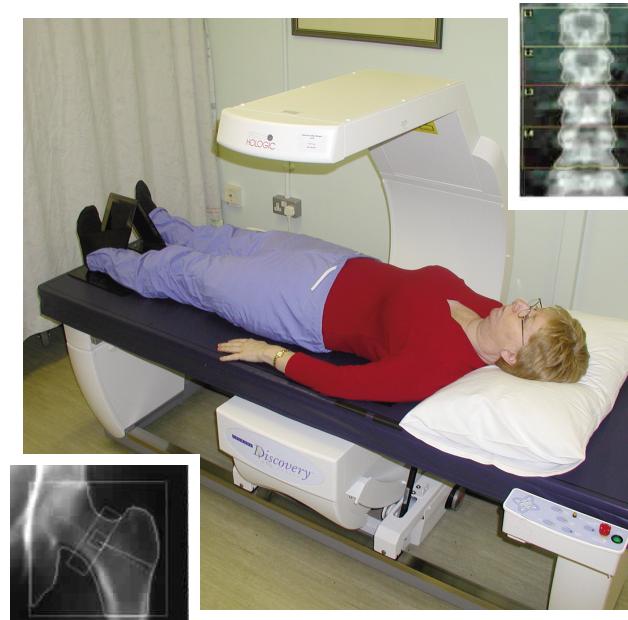
Gofynnwn i chwi wisgo dillad ysgafn, llac heb fod arnynt ddarnau metel (botymau, sip, clipiau, byclau ayb.) ee. crys-T neu siwmper, sgert neu drowsus gyda chanol elastig (Merched - peidiwch gwisgo bra gyda weiren os gwelwch yn dda). Byddwch gystal â phedio gwisgo eitemau metelig megis oriawr, breichledau, cadwyni ayb.

## The investigation

The investigation involves lying on your back on a bed. A scanning arm will move up and down above your body but will not touch you or enclose you at any point. We usually measure the lower spine and one hip but sometimes the forearm and whole body as well. A member of staff will stay in the room throughout the investigation.

## Yr archwiliad

Bydd angen i chwi orwedd ar eich cefn ar wely yn ystod yr archwiliad a bydd braich sganio yn symud i fyny ac i lawr trosoch - ond ni fydd yn eich cyffwrdd. Fel rheol, byddwn yn mesur rhan isaf yr asgwrn cefn ac un glun ond weithiau braich a chorff cyfan hefyd. Bydd aelod o staff yn yr ystafell gydol yr amser.



## Duration of the investigation

Each measurement takes a few minutes. The total duration of the investigation depends on what we have been asked to measure.

## Hyd yr archwiliad

Cymer pob mesuriad ychydig o funudau. Bydd cyfanswm hyd yr archwiliad yn ddibynnol ar beth y gofynnwyd i ni fesur.

## Obtaining the result

The result will be sent to the Doctor who requested the measurement as soon as possible after the investigation.

For GP requests, the result is reported on by a Consultant with a special interest in bone density before being sent to your GP.

## Cael y canlyniad

Byddwn yn danfon y canlyniad i'r Meddyg wnaeth ofyn am y mesuriad mor fuan â phosibl ar ôl yr archwiliad.

Os mai oddi wrth eich Meddyg Teulu y daeth y cais, bydd Arbenigwr gyda didordeb arbennig mewn dwysedd esgyrn yn ysgrifennu adroddiad ar y canlyniad cyn ei ddanfon i'ch Meddyg Teulu.