

REMS vs. DXA

a summary



The advantages of REMS over DXA

- 1) 10x smaller margin of error (0.5 vs. 5%)
- 2) Zero ionizing radiation
- 3) Meaningful changes to bone discernible in 3-6 mos vs 2 yrs
- 4) Results not confounded by
 - a. Hardware
 - b. Inflammation
 - c. Abnormal bony growth
 - d. Different machine
 - e. Different operator
 - f. Different position
- 5) Results are automatic and instantaneous – results are yielded, not interpreted, eliminates high rate of errors in DXA
- 6) Most important: DXA only measures cortical bone mineral density. It DOES NOT measure the quality of the trabecular bone, the inner matrix of bone which gives bone its strength. REMS measures both cortical BMD and trabecular quality, giving the best approximation of your true fracture risk.