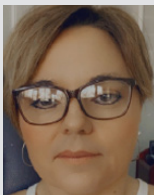




## Uniting DXA and Mammography: Comprehensive Care for Women

How the Horizon® DXA system complements  
mammography to provide comprehensive patient care

As a leading health network, Banner Health offers imaging services designed to enhance the patient experience. In its breast screening and diagnostic centers, Banner Health found that its patients preferred locations that offered both mammograms and bone density tests for a comprehensive experience. Jill Jones, Associate Director of Imaging for Banner Health, reports how facilities have reached out to fulfill the clear need and desire for patients to get both exams done at once, and highlights how the Horizon® DXA system plays an important role for both patients and providers to support screening.



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### The Road to Optimizing Patient Screenings

The Horizon DXA system offers innovative densitometry technology, but the dual energy X-ray does more than just measure bone density. The Horizon DXA system has features for a complete fracture risk assessment, body composition analysis and more, which national health system Banner Health uses to service its patients.

As the Associate Director of Imaging for Banner Health, Jill Jones handles all things imaging and manages the Horizon DXA systems. Banner Health has several health centers within its network that offer a variety of screening and diagnostic imaging services. Across the network, Jones noticed that the centers who offered both breast imaging and bone density/DXA exams could more easily fill their schedules and had a longer backlog of patients waiting to be screened. "Patients wanted the convenience of having both exams done in one location, instead of having to go to multiple locations to get both their mammogram and DXA," Jones explained, highlighting the overlap in patient demographics for those who both get regular mammograms and DXA exams.

Of the estimated 10 million Americans with osteoporosis, about 80% are women.<sup>i</sup> According to the National Osteoporosis Foundation, osteoporotic fractures are more common in U.S. women than a heart attack, stroke and breast cancer.<sup>i</sup> A bone density test is the only way to definitively diagnose osteoporosis before a broken bone occurs,<sup>ii</sup> and that's where the Horizon DXA system can help. The imaging technology of the

Horizon DXA system provides exceptional image quality with advanced diagnostic tools to support early detection and treatment of osteoporosis and provide a full body, Advanced Body Composition® assessment.<sup>iii</sup>

**Up to 40% of mammography patients could be eligible for DXA exams as well,<sup>iv</sup>** and Banner Health has been offering mammograms and DXA exams at several of their locations for years now. When one center wasn't able to offer DXA scans, there was a direct decline in mammogram appointments for that location. Simultaneously, another Banner Health center in the area that offered the dual exams started receiving an influx of patients rescheduling from their original location, **clearly signaling high demand and patient preference to complete both appointments in one visit.**

Having both exams done at one location is not only convenient and a time-saver for patients, but also a source of comfort. "Patients like to go where they're comfortable for breast imaging—if they like the staff where they're getting mammograms, they'll tend to come in for their additional imaging needs," Jones said. She has seen screening mammogram patients come back to the same sites year after year, even if they've moved and there are closer locations.

Additionally, there may be clinical benefits from using DXA scanning with breast cancer patients. Oftentimes, adjuvant hormone therapy such as aromatase inhibitors have impacts on patients' bone health and increase risk of fracture post-breast cancer treatment, making bone density scans vital to monitor their health.<sup>v</sup>



“If you have a center with breast imaging, I always recommend having a DXA system there too. DXA should always be part of the conversation with mammography.”

Health centers under Banner Health conduct patient surveys to gauge satisfaction and feedback, and the response to the one-stop-shop care with mammograms and DXA scans was overwhelming. At many of the sites that offer both screenings, patients highlighted how they appreciated the convenience of getting both exams done at one location, as well as the comfort of having one staff member help with both.

“We always try to think about it from a patient perspective,” Jones said. “Every day we try to make things easier for patients and give them a good experience. Being able to offer this DXA/mammogram combo helps keep them moving compared to competitors.”

#### Supporting Patients and Providers Alike

The benefits of the dual exam extend beyond patients as well. There is a major benefit to technologists who perform the mammograms and also get cross-trained in DXA exams. Technologists learn different modalities, which prepares them for their board certification.

Hologic has been helpful through the process, and the Horizon DXA system provides an easy-to-use platform for Banner Health staff. “Hologic equipment is really easy to use and train staff on,” Jones said.

“For techs, if you’ve worked on one version of a Hologic DXA system, you can work on any other machines that have been upgraded. We can send them to other locations with staffing needs and seamlessly integrate them into existing workflows.” She also noted that the DXA systems have been a reliable asset. “Having that reliability of Hologic’s equipment is a huge bonus from a staffing standpoint,” Jones said.

Jones reports upticks in DXA use and screening frequency tied to evolving medical needs. For example, she noted that the rising popularity of medications that can lead to bone loss, such as glucagon-like peptide-1 (GLP-1) agonists, can result in additional demand for DXA screening.<sup>vi</sup>

Not only has offering both DXA exams and mammograms provided convenience to patients but also supported health center workflows. “If you have a center with breast imaging, I always recommend having a DXA system there too,” Jones said. “DXA should always be part of the conversation with mammography.”

Jill Jones is a paid Hologic consultant. Views and opinions expressed herein are theirs alone and do not necessarily reflect those of Hologic.

<sup>i</sup>National Osteoporosis Foundation. What Women Need to Know. <sup>ii</sup>National Osteoporosis Foundation. Diagnosis Information. <sup>iii</sup>Jankowski, L. G., Costello, M., & Broy, S. B. (2006). Quantifying image quality of DXA scanners performing vertebral fracture assessment using radiographic phantoms. *Journal of Clinical Densitometry*, 9(3), 346-351. <https://doi.org/10.1016/j.jocd.2006.04.062> <sup>iv</sup>Internal Analysis of Database: Market Scan Commercial Insurance Base, 2025. <sup>v</sup>National Comprehensive Cancer Network Guidelines Version 2.2019 <sup>vi</sup>Mozaffarian D, Agarwal M, Aggarwal M, Alexander L, Apovian CM, Bindlish S, Bonnet J, Butsch WS, Christensen S, Gianos E, Gulati M, Gupta A, Horn D, Kane RM, Saluja J, Sannidhi D, Stanford FC, Callahan EA. Nutritional priorities to support GLP-1 therapy for obesity: A joint Advisory from the American College of Lifestyle Medicine, the American Society for Nutrition, the Obesity Medicine Association, and The Obesity Society. *Obesity* (Silver Spring). 2025 Aug;33(8):1475-1503. doi: 10.1002/oby.24336. Epub 2025 May 30. PMID: 40445127; PMCID: PMC12304835. <https://pubmed.ncbi.nlm.nih.gov/40445127/>

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