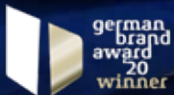




# Advanced Bone Health Treatment

with  MBST® &  SCREEN MY BONES



GERMAN  
INNOVATION  
AWARD 22  
WINNER



GERMAN  
MEDICAL  
AWARD®



# Advanced Bone Health Treatment

with MBST and Screen My Bones

MBST is a non-invasive treatment that targets the root cause of osteopenia and osteoporosis, with no side effects. By stimulating damaged bone cells at the cellular level, MBST helps rebuild bone density, addressing the condition rather than just the symptoms.

The OsteoSpin MBST device provides full-body treatment, covering the entire skeleton. This holistic approach is ideal for targeting weakened bones throughout the body, helping to improve bone mass and support long-term bone health.

## A New Path to Better Bone Health

*We're here to guide you on your journey to stronger, healthier bones.*

At **MBST Medical UK**, we offer **advanced bone health treatments** using Magnetic Resonance Therapy (MBST) to help those suffering from osteoporosis and other bone-related conditions. Working together with **Screen My Bones**, which uses **Echolight REMS scan** technology, we provide a comprehensive, non-invasive approach to diagnosing and treating bone density issues.

Our collaboration with **Screen My Bones** provides quick, accurate, and non-invasive bone density scans using **Echolight REMS** technology. This radiation-free alternative to DEXA scans helps identify conditions like osteoporosis and osteopenia early, offering detailed insight into your bone health.

### Benefits of MBST Therapy



**NON-INVASIVE**  
No surgery or medication required.



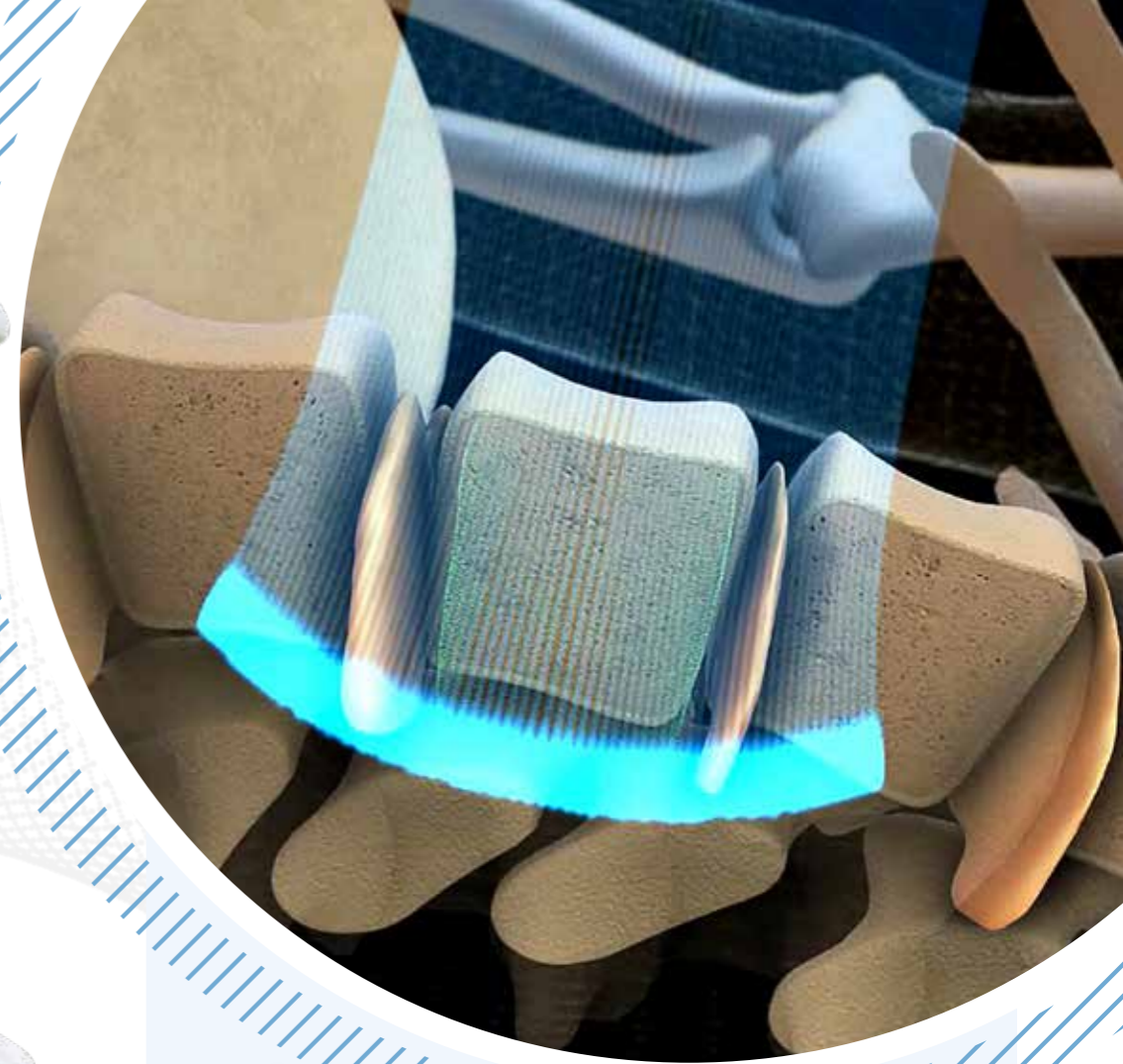
**CELLULAR-LEVEL REGENERATION**  
Stimulates bone cells to encourage natural regeneration and improve bone density.



**NO SIDE-EFFECTS**  
Safe and comfortable treatment with no known side effects.



**HOLISTIC COVERAGE**  
The OsteoSpin device provides full-body treatment, targeting weakened bones throughout the skeleton.



## Screen My Bones

Echolight REMS is a thorough, non-invasive, and completely radiation-free scan that uses cutting-edge technology to assess your bone health. It measures your bone density and quality, providing instant, easy-to-understand results. Whether you're checking for conditions like osteopenia or osteoporosis, the scan helps you take control of your bone health with real-time feedback, so you can make informed decisions about your next steps.



**RADIATION-FREE**  
No exposure to harmful radiation.



**ACCURATE & DETAILED**  
Provides real-time results on bone density and quality.



**COMPREHENSIVE**  
Measures T, Z, and Fracture Risk scores for a full picture of bone health.

# Osteoporosis & Osteopenia

Bone is a living tissue that constantly regenerates by replacing old bone cells with new ones. It provides essential structure, protection, and strength for the body. Maintaining good bone density is crucial, as it helps prevent conditions like osteoporosis and osteopenia, which can lead to fractures and other complications.

For those experiencing bone density loss, MBST offers a non-invasive, side-effect-free treatment that stimulates bone regeneration, helping to maintain bone strength and prevent the risk of fractures.

## Bone Facts

- Peak bone density is reached between ages 25 and 30, after which it naturally declines, particularly in women.
- As bones thin, the risk of fragility fractures from minor trauma increases.
- Common fractures include those in the wrists, hips, and spine.

- Vertebral fractures can cause height loss and may even occur during rest.

## Who's at risk?

- Half of women and 1 in 5 men over the age of 50 will experience a fracture due to osteoporosis.
- Factors like early menopause, long-term medication use (such as corticosteroids), and conditions like rheumatoid arthritis can increase your risk.
- Even if you feel healthy, bone density loss can occur without symptoms—so measuring your bone health is essential.



## What is Osteopenia?

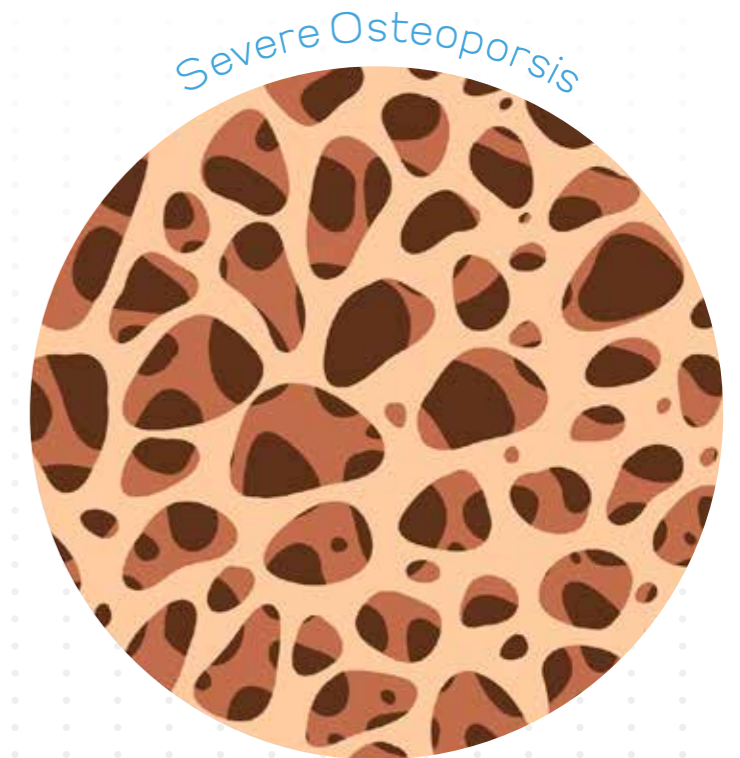
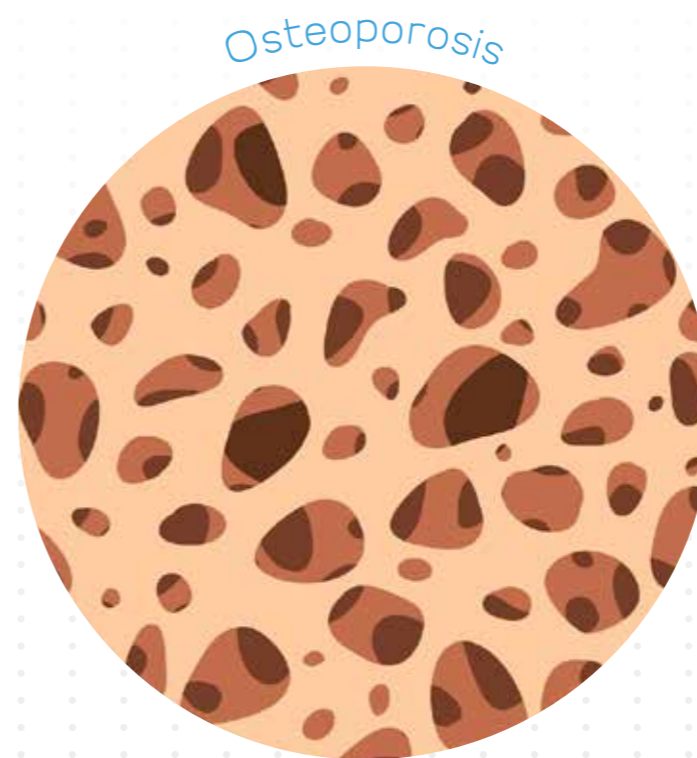
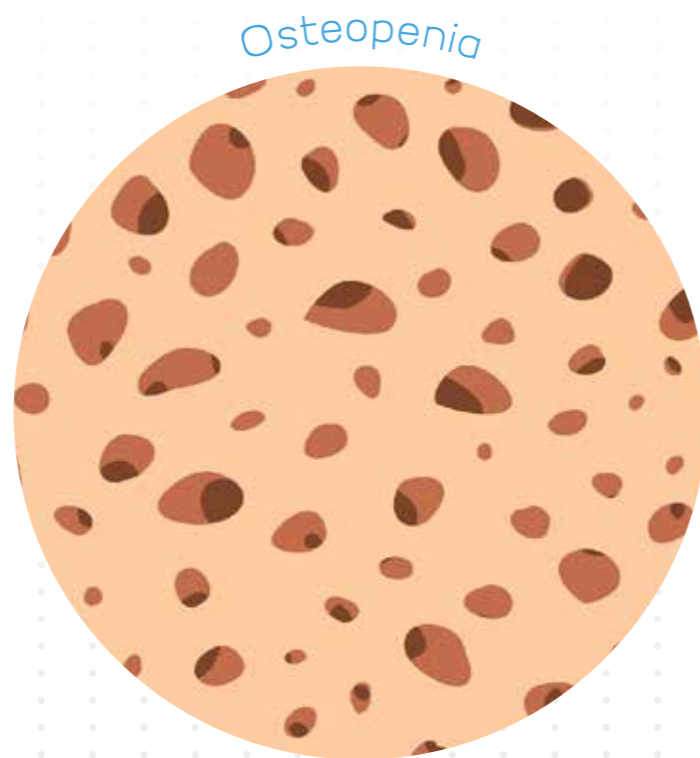
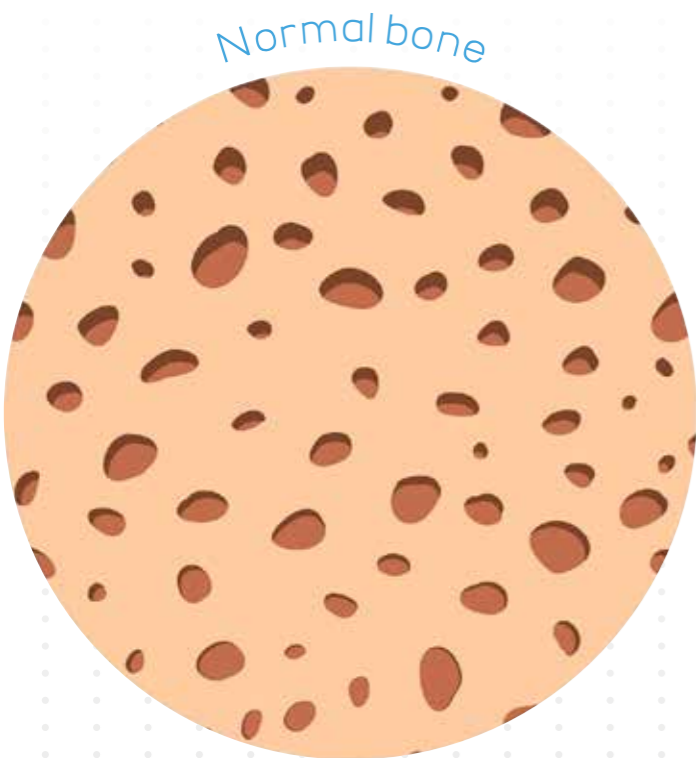
Osteopenia means your bone density is lower than normal, but not low enough to be classified as osteoporosis. It's often a warning sign that your bones may become weaker over time, increasing the risk of fractures. Osteopenia can still cause fractures and can develop into osteoporosis if not managed properly.

## What is Osteoporosis?

Osteoporosis is a skeletal condition where bones become thin, weak, and fragile, making them more likely to break, even from minor bumps or falls. It most commonly affects the hips, spine, and wrists. As the bones lose density and strength, the risk of fractures increases. This condition is most common in women over 50, but it can affect men and younger individuals too.

## How Can They Affect You?

Weakened bones can lead to fractures, disrupting your daily life and long-term mobility. Early detection is key to preventing further bone loss and managing your condition effectively. For pre-menopausal women and men under 50, the Z-score is particularly important, as it reflects bone density compared to others of the same age (following ISCD guidelines). In post-menopausal women, the Z-score is also a valuable indicator of "appropriate for age" bone density. By knowing your T-scores, Z-scores, and Frailty scores, you can take steps to strengthen your bones, reduce the risk of fractures, and maintain your independence.



\*The WHO has defined normal bone density as a value within 1 SD from average peak bone mass. SD is a statistical measure that defines how much a patient's result varies from the "average" young adult.

# The Importance of Knowing Your Bone Density Score and Fragility Score

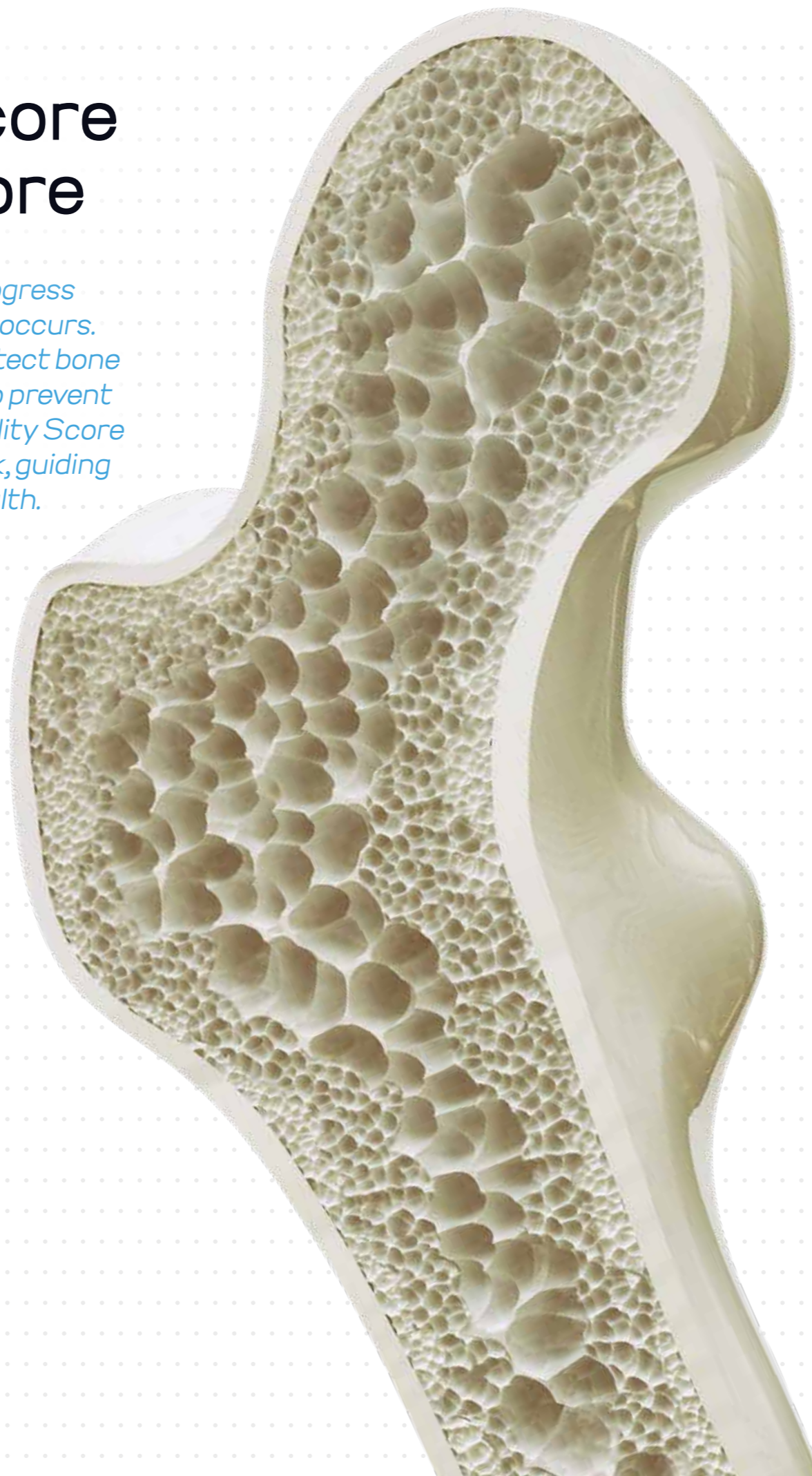
Both osteopenia and osteoporosis can progress silently, with no symptoms until a fracture occurs. Knowing your bone density score helps detect bone loss early and enables you to take action to prevent further deterioration. Knowing your Fragility Score helps assess bone quality and fracture risk, guiding preventive steps to support your bone health.

## Why Have a Screen My Bones Scan?

The Echolight REMS scan is an ideal tool for assessing bone health because it uses safe, non-invasive ultrasound technology with no radiation exposure. It provides a more accurate and detailed view of bone density and quality compared to traditional DEXA scans, offering instant results that help guide treatment decisions.

## Understanding Bone Density Measurements: T-Scores, Z-Scores, and Fragility Scores

Early detection is key to preventing fractures and managing bone health. Whether you're at risk of osteopenia or osteoporosis, understanding your T-score, Z-score, and Fragility score helps your healthcare professional create a personalised plan to strengthen your bones and reduce your risk of fractures. By catching these issues early, you can take proactive steps to maintain your mobility and quality of life.



## T-Score

A T-score is a key measurement used to assess bone density by comparing your bone density to that of a healthy 30-year-old adult. It helps healthcare professionals diagnose bone health and determine your risk of fractures.

- **Normal Bone Density**  
-1.0 or higher
- **Osteopenia**  
*Low bone density*  
between -1.0 and -2.5
- **Osteoporosis**  
*Very low bone density*  
-2.5 or lower

A low T-score indicates lower bone density, increasing your risk of fractures and the need for medical attention.

Regular screening, particularly for postmenopausal women and older adults, can help identify bone-related conditions early. When the results are acted upon with appropriate treatments and lifestyle changes, this can reduce the risk of fractures and further complications.

## Z-Score

A Z-score compares your bone density to the average for people your age, sex, and ethnicity.

- **Normal Bone Density**  
A Z-score close to 0 means your bone density is typical for your age, sex, and ethnicity.
- **Low bone density**  
A Z-score of -2.0 or lower suggests lower bone mass than expected for your age and may indicate a need for further investigation.

## Fragility Score

This measures your risk of fractures by evaluating your bone health. It is an indicator of the quality of bone structure independent of Bone Mineral Density.

A higher Fragility Score highlights the need for preventive measures to strengthen your bones and reduce the likelihood of fractures. This score helps your healthcare professional to recommend the right treatment to support your bone health.

The fragility score ranges from 0 to 100, indicating levels of bone fragility and fracture risk:

- **0 - 20**  
*Low risk*  
Normal bone quality with a low risk of fractures.
- **21 - 40**  
*Mild risk*  
Slightly reduced bone quality with a mild increase in fracture risk; lifestyle changes may be recommended.
- **41 - 60**  
*Moderate risk*  
Moderate fragility with a higher fracture risk; treatment options may include dietary changes, medication, or therapy.
- **61 - 80**  
*High risk*  
Significant fragility with a high fracture risk, often requiring targeted treatment and therapy.
- **81 - 100**  
*Very high risk*  
Severe fragility and fracture risk, requiring immediate intervention to reduce the likelihood of fractures.

# Screen My Bones Echolight REMS

## What to Expect From a Screen My Bones Scan

### During Your Scan:

The scan is thorough, painless, and non-invasive. It uses ultrasound technology to measure bone density. You'll receive your results immediately, enabling you to discuss your bone health with your healthcare provider right away.

[See the Patient Journey section on page 14](#)

### After Your Scan:

We'll review your results with you, explain what they mean for your bone health, and send you a detailed summary by email. From there, we'll arrange a follow-up call to discuss any recommended next steps, whether that's maintaining your current lifestyle or starting a treatment plan.

### Considering MBST

Based on your results, MBST therapy might be recommended to help address bone loss and improve your overall bone health.

### How Does Screen My Bones Work? Is It Safe?

Echolight REMS technology works using ultrasound, a safe and comfortable method with no radiation exposure. This makes it safer than traditional methods like DEXA, and it provides real-time, accurate results that help assess your bone density and quality comprehensively.

### Safe and Effective Treatment with MBST

Like the Screen My Bones scan, MBST therapy is a safe, non-invasive treatment that offers a long-term solution for rebuilding and maintaining bone health.

### Why Choose Screen My Bones Over a DEXA Scan

Your Screen My Bones scan uses Echolight REMS technology, which has several advantages over the traditional DEXA scan



#### NO RADIATION

Unlike DEXA scans, which use radiation, REMS uses safe ultrasound technology.



#### ACCURATE

REMS provides a real-time, detailed view of your bone density and quality.



#### COMPREHENSIVE

REMS measures both the T-score and Z-score, as well as the Fragility score, providing a complete overview of your bone health.





# Rebuilding Bone with MBST

*Strengthen and Protect Your Bones with MBST*

## How to Assess Your Bone Health

A Screen My Bones scan (using the Echolight REMS technology) provides a quick, safe, and accurate way to assess your bone health and detect early signs of bone loss. Regular screening helps identify potential risks, allowing for early treatment and prevention.

## Next Steps with MBST after Your Scan

If your Screen My Bones scan detects bone loss, MBST therapy can be an ideal follow-up treatment to stimulate bone regeneration and reduce fracture risk.

## MBST as a Treatment Option for Low Bone Density Scores

If your bone density score indicates early signs of bone loss, MBST can be an excellent treatment option to help strengthen your bones and prevent further deterioration.

## Maintaining Mobility with MBST

MBST therapy can help improve bone strength, making it easier to maintain your independence and avoid the complications associated with fractures.



## For Osteopenia\*

If your results show **osteopenia** (mild bone density loss), MBST can help prevent further bone loss and maintain your current bone strength. By promoting bone regeneration, MBST addresses the underlying cellular issue, reducing the risk of progressing to osteoporosis.



## For Osteoporosis\*

For those with **osteoporosis** (severe bone density loss), MBST therapy plays a crucial role in not only preventing further deterioration but also actively **rebuilding bone density**. By stimulating the regeneration of bone tissue, MBST helps strengthen weakened bones, reducing the risk of fractures and improving mobility.

\* Information based on someone with an average BMI, so your next steps will be discussed with you based on your individual situation.

# The OsteoSpin Device

*MBST therapy is delivered through the OsteoSpin device, which provides full-body treatment.*

This comprehensive coverage allows the therapy to target multiple areas affected by bone loss, ensuring that weakened bones throughout the body are treated effectively. The OsteoSpin device offers a non-invasive and painless solution with no side effects, making it a safe and long-term option for managing bone health.



## How MBST Can Help

**Magnetic Resonance Therapy (MBST)** is a non-invasive, drug-free treatment designed to stimulate bone regeneration at the cellular level. This therapy helps restore bone density, alleviates pain, and improves mobility.



## A Tailored Treatment Plan

By combining MBST treatments with Echolight REMS scanning, we create a tailored treatment plan to meet your specific needs and track your progress over time.

### Benefits of MBST Therapy



**NON-INVASIVE AND SIDE-EFFECT-FREE:**  
MBST therapy is painless and doesn't require surgery or medication.



**CELLULAR-LEVEL TREATMENT**  
Unlike medications that focus on symptoms, MBST addresses the root cause of bone loss by stimulating bone regeneration.



**IMPROVED BONE DENSITY**  
Regular MBST therapy can help increase bone density and reduce fracture risk.



**COMPREHENSIVE COVERAGE**  
The OsteoSpin device ensures full-body treatment, targeting multiple areas affected by bone weakness or osteoporosis.



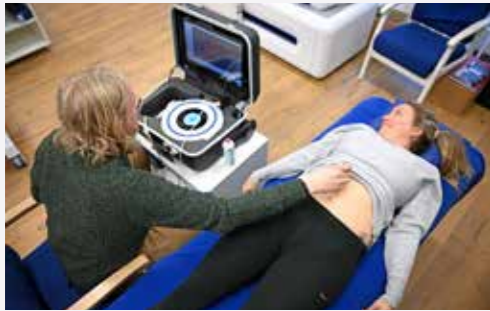
**LONG-LASTING RESULTS**  
MBST has shown to offer prolonged improvements in bone density and pain reduction.

# Patient Journey

Screen My Bones & MBST Treatment

## Step 1 Book a Screen My Bones Scan

Start with a quick and non-invasive Echolight REMS scan to assess your bone density.



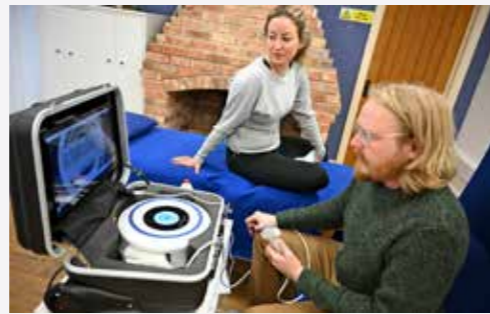
## Step 3 MBST Therapy

Your MBST sessions will be designed to target the specific areas affected by bone density loss or injury. Treatment sessions last about an hour, and no recovery time is needed.



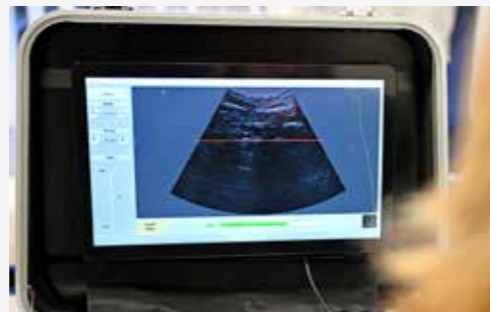
## Step 2 Consultation with a Specialist

After your scan, meet with our healthcare professionals to discuss your results and create a personalised treatment plan.



## Step 4 Follow-Up and Monitoring

Post-treatment scans will be conducted to track your progress and ensure that your bone density is improving as expected.



## FAQs

**Q: Is MBST therapy safe?**

**A:** Yes, MBST therapy is completely non-invasive and has been used internationally with no reported side effects.

**Q: How soon will I see results?**

**A:** We will wait at least 3 months before scanning to assess MBST's impact on bone density, with typical follow-ups at 6 months and then 1 year.

**Q: Can MBST treatments be repeated?**

**A:** Yes, MBST therapy can be repeated if necessary.

**Q: How do I know if I need treatment?**

**A:** A Screen My Bones Echolight REMS scan will provide a detailed picture of your bone health, helping us determine if MBST is right for you.

## Learn More and Book Your Consultation Today

If you are concerned about your bone health or are seeking advanced treatment for osteoporosis or osteopenia, we are here to help.

Contact for full information about the scan. We are here to guide and support you every step of the way.



# Bone Health is not all we do...

## Comprehensive Treatment Options

We offer a range of MBST devices tailored to treat various conditions and injuries. These devices target specific areas of the body, such as the spine, hips, legs, and arms, based on your unique needs.

### *MBST Therapy Addresses the Following Conditions and Injuries:*

- ⊕ Osteoporosis and osteopenia
- ⊕ Cartilage degeneration and osteoarthritis
- ⊕ Spinal conditions (e.g., disc pain, back pain)
  - ⊕ Post-surgical recovery
  - ⊕ Sports injuries

Our personalised treatments are designed to target the source of each condition on a cellular level, regenerating damaged tissue to relieve pain, restore mobility, and support long-term recovery.



[www.mbstmedical.co.uk](http://www.mbstmedical.co.uk)