

Bone Density Report

Name: Brown, Alice

Sex: Female

Patient ID:

Ethnicity: White

Referring Provider:

Date of Exam: Follow up exam performed on 05/30/2019.

Indication: Osteopenia of multiple sites

Referring Physician:

Study: Bone densitometry was performed.

Accession number:

Manufacturer and model: Hologic Discovery W, APEX software 4.5

Bone Density: 5/30/2019

Region	BMD (g/cm ²)	T-score	Z-score
AP Spine(L1-L4)	0.957	-0.8	1.1
Total Hip(Left)	0.710	-1.9	-0.6
Femoral Neck(Left)	0.574	-2.5	-0.9

World Health Organization criteria for Bone Mineral Density (BMD) impression classify patients as Normal (T-score at or above -1.0), Osteopenia (T-score between -1.0 and -2.5), or Osteoporosis (T-score at or below -2.5).

Our facility bases its interpretation on the guidelines of the ISCD (International Society for Clinical Densitometry) which recommends the following sites for interpretation: Lumbar Spine, Total Hip, Femoral Neck and 1/3 Radius (if performed).

10-year Fracture Risk:

FRAX not reported because:

Some T-score for Spine Total or Hip Total or Femoral Neck at or below -2.5

Previous Exams:

Region	Exam Date	Age	BMD (g/cm ²)	T-score	BMD Change vs. Baseline	BMD Change vs. Previous
AP Spine(L1-L4)	05/30/2019	66	0.957	-0.8	-7.2%*	-5.6%*
	03/02/2017	64	1.013	-0.3	-1.7%	-4.4%*
	04/10/2014	61	1.060	0.1	2.8%*	5.7%*
	02/20/2012	59	1.003	-0.4	-2.8%*	-2.5%*
	02/15/2010	57	1.028	-0.2	-0.3%	-0.3%
	10/24/2007	55	1.031	-0.1		

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Total Hip(Left)	05/30/2019	66	0.710	-1.9	-1.4%	0.1%
	03/02/2017	64	0.709	-1.9	-1.5%	-1.9%
	04/10/2014	61	0.723	-1.8	0.4%	0.2%
	02/20/2012	59	0.722	-1.8	0.2%	-2.4%
	02/15/2010	57	0.739	-1.7	2.6%	2.6%
	10/24/2007	55	0.720	-1.8		
Femoral Neck(Left)	05/30/2019	66	0.574	-2.5	-8.5%*	-2.7%
	03/02/2017	64	0.590	-2.3	-6.0%*	-6.3%*
	04/10/2014	61	0.630	-2.0	0.4%	5.2%
	02/20/2012	59	0.599	-2.3	-4.5%	-3.5%
	02/15/2010	57	0.621	-2.1	-1.0%	-1.0%
	10/24/2007	55	0.627	-2.0		

* Indicates significant change

At our facility, the Least Significant Change (LSC) in bone mineral density at the 95% confidence level for the Lumbar Spine is 0.028g/cm², LSC for the Total Hip is 0.027 g/cm² and LSC for Femoral Neck is 0.042 g/cm².

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Interpretation:

Osteoporosis and fracture risk is significantly increased.

COMPARISON STUDY:

The bone mineral density of the LUMBAR SPINE has significantly DECREASED compared to the previous exam.

The bone mineral density of the TOTAL HIP has shown NO SIGNIFICANT CHANGE compared to the previous exam.

The bone mineral density of the FEMORAL NECK has shown NO SIGNIFICANT CHANGE compared to the previous exam.

The lumbar spine and total hip regions are the most reliable indicators of showing statistically significant changes.

DISCUSSION:

National Osteoporosis Foundation (NOF) guidelines recommend that FDA-approved medical therapies be considered in postmenopausal women and men age 50 or older with the following factors:

*T-scores between -1.0 and -2.5 at the spine or hip and a ten-year fracture probability by FRAX of greater than or equal to 3% for hip fracture or greater than 20% for major osteoporotic fracture.

*T-scores of less than or equal to -2.5 at spine or hip.

*A hip or vertebral fracture (clinical or morphometric) fracture.

Pharmacological options for prevention and/or treatment should be considered. Additionally, all patients should have an adequate intake of dietary calcium (1000-1200 mg/day) and vitamin D (600-1000 IU daily).

FOLLOW UP:

Follow up bone density by DXA in 2 years.

Interpreting physicians and technologists are certified by the International Society of Clinical Densitometry (ISCD). Technologists are certified by ISCD or ARRT. If you have any questions, please do not hesitate to call us.

Reported by:





Osteoporosis Testing Facility

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Osteoporosis Testing Facility

Name: **Brown, Alice**

Sex: Female

Height:

Patient ID:

Ethnicity: White

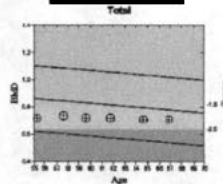
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Age:

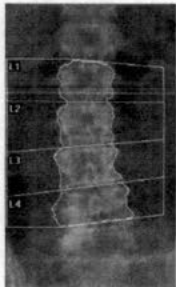


Scan Date: May 30, 2019

Scan ID:

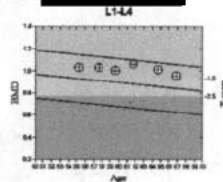


Scan Type: f Left Hip



Scan Date: May 30, 2019

Scan ID:



Scan Type: f Lumbar Spine

Results:

	BMD (g/cm ²)	T-score	PR (%)	Z-score	AM (%)
Left Hip (Neck)	0.574	-2.5	68	-0.9	86
Left Hip (Total)	0.710	-1.9	75	-0.6	91
Spine (Total)	0.957	-0.8	91	1.1	114

Total BMD CV 1%

Summary:

	Classification
Left Hip BMD (Neck)	Osteoporosis
Left Hip BMD (Total)	Osteopenia
Spine BMD (Total)	Normal

A spine fracture indicates 5X risk for subsequent spine fracture and 2X risk for subsequent hip fracture.

World Health Organization criteria for BMD impression classify patients as Normal (T-score at or above -1.0), Osteopenia (T-score between -1.0 and -2.5), or Osteoporosis (T-score at or below -2.5).

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