

# Tower Saint John's Imaging

2202 Wilshire Blvd.  
Santa Monica, CA 90403

## DEXA Bone Densitometry Report: Friday, July 01, 2022

Dear W [REDACTED], D.O.,

Your patient ELLA FIAL completed a BMD test at our facility. The following summarizes the results of our evaluation.

### Patient:

Name:	ELLA FIAL	Height:	[REDACTED]
Patient ID:	[REDACTED]	Weight:	[REDACTED]
Date of Birth:	[REDACTED]	Exam Date:	07/01/2022
Gender:	Female	BMD Device:	GE Medical Systems Lunar Prodigy Advance

Indications: Menopause

Fractures:

Treatments: Calcium Vitamin D

### Results:

Scan Type	Region	Measured	Age	BMD	T-Score	Z-Score
AP Spine	L1-L4	07/01/2022	71.6	0.811 g/cm <sup>2</sup>	-3.1	-0.7
Dual Femur	Neck Left	07/01/2022	71.6	0.695 g/cm <sup>2</sup>	-2.5	-0.3
Dual Femur	Neck Right	07/01/2022	71.6	0.631 g/cm <sup>2</sup>	-2.9	-0.7
Dual Femur	Neck Mean	07/01/2022	71.6	0.663 g/cm <sup>2</sup>	-2.7	-0.5
Dual Femur	Total Left	07/01/2022	71.6	0.718 g/cm <sup>2</sup>	-2.3	-0.3
Dual Femur	Total Right	07/01/2022	71.6	0.687 g/cm <sup>2</sup>	-2.5	-0.5
Dual Femur	Total Mean	07/01/2022	71.6	0.702 g/cm <sup>2</sup>	-2.4	-0.4

### Assessment:

#### Definition of Osteoporosis and Osteopenia:

Normal: T-Score at or above -1 SD  
Osteopenia: T-Score between -1 and -2.5 SD  
Osteoporosis: T-Score at or below -2.5 SD  
Established Osteoporosis: T-Score at or below -2.5 SD plus fragility fracture

- The BMD measured at AP Spine L1-L4 is 0.811 g/cm<sup>2</sup> with a T-score of -3.1. This patient is considered osteoporotic according to World Health Organization (WHO) criteria.

### Recommendations:

National Osteoporosis Foundation (NOF) guidelines recommend initiating therapy to reduce fracture risk with BMD:

T-Score below -2 SD  
T-Score below -1.5 SD with other risk factors present

- People with diagnosed cases of osteoporosis or at high risk for fracture should have regular bone mineral density tests. For patients eligible for Medicare, routine testing is allowed once every 2 years. The testing frequency can be increased to one year for patients who have rapidly progressing disease, those who are receiving or discontinuing medical therapy to restore bone mass, or have additional risk factors.