

Tower Saint John's Imaging

2202 Wilshire Blvd
Santa Monica, CA 90403

DEXA Bone Densitometry Report: 9 August, 2023

Dear [REDACTED]

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:	8/9/2023
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	8/9/2023	72.7	0.938 g/cm ²	-2.1	0.3
DualFemur	Neck Left	8/9/2023	72.7	0.726 g/cm ²	-2.2	0.0
DualFemur	Neck Right	8/9/2023	72.7	0.630 g/cm ²	-2.9	-0.7
DualFemur	Neck Mean	8/9/2023	72.7	0.678 g/cm ²	-2.6	-0.4
DualFemur	Neck Diff.	8/9/2023	72.7	0.096 g/cm ²	0.7	0.7
DualFemur	Total Left	8/9/2023	72.7	0.755 g/cm ²	-2.0	0.1
DualFemur	Total Right	8/9/2023	72.7	0.716 g/cm ²	-2.3	-0.2
DualFemur	Total Mean	8/9/2023	72.7	0.735 g/cm ²	-2.2	-0.1
DualFemur	Total Diff.	8/9/2023	72.7	0.039 g/cm ²	0.3	0.3

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 DualFemur Neck Right is 0.630 g/cm² with a T-score of -2.9. This patient is considered osteoporotic according to World Health Organization (WHO) criteria. Pharmacological treatment, if not already prescribed, should be started. A follow up bone density test is recommended in one year to monitor response to therapy.

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.