

Name: Debra Lyn Chisholm | [REDACTED]

DEXA Scan 1 or More Sites Axial

Collected on Sep 15, 2025 8:15 AM

[REDACTED], PA-C 09/16/2025, 3:04 PM

The results of your recent bone density score are consistent with osteopenia (thinning bones). At this point, we recommend continuing to engage in weightbearing exercise as tolerated and ensuring adequate calcium and vitamin D intake. The daily recommended amounts for calcium is 1200 mg and, for vitamin D, is 800 units. This can be either in food, sun exposure, and or through supplementation. A repeat bone density test in 2 years is recommended.

Results

[REDACTED] PA CRBC-MOORESVILLE

AH PRIMARY CARE ONE HEALTH [REDACTED]

[REDACTED]
HUNTERSVILLE, [REDACTED]

[REDACTED]
Patient CHISHOLM, DEBRA L [REDACTED]

Exam Date 09-15-2025 08 00 AM Visit [REDACTED]

DATE OF SERVICE

9-15-2025 8 15 am

EXAMINATION PERFORMED

Bone Mineral Density Axial

CLINICAL HISTORY

58 year old female. Postmenopausal. Screening.

CURRENT STUDY

- * Site Spine 1-4
- * BMD g-cm2 0.904
- * T-score -1.3
- * Z-score 0.2

- * Site Femur RTt
- * BMD g-cm2 0.724
- * T-score -1.8
- * Z-score -0.9

- * Site Forearm NA
- * BMD g-cm2 NA
- * T-score NA
- * Z-score NA

COMMENTS

None

Precision of instrumentation has been considered with a 95% coefficient of variation and least significant of $\pm 5\%$.

Study performed on Hologic Horizon DXA system.

FRACTURE RISK

The WHO fracture risk calculator FRAX predicts a 10 year risk of major osteoporotic fracture of 7.5% and major hip fracture, 0.6%. These are below the NOF-recommended treatment thresholds of 20% and 3% respectively applicable in postmenopausal patients with osteopenia, who have not previously received osteoporosis medical therapy.

FRAX risk is calculated based on data provided by the patient at time of scan. Clinical confirmation of fracture is recommended.

Although informative, the FRAX risk calculator is a tool, and other risk factors not included in FRAX calculator such as fall risk or spine BMD, as well as clinicians judgment and patient preferences should be considered to drive therapeutic decisions.

DIAGNOSIS

Osteopenia

RECOMMENDATION

Continued Surveillance in 2 years.

Thank you for the courtesy of this referral.

*World Health Organization Definitions for T-Score Values Normal= at or above -1.0 SD; Osteopenia= between -1.0 SD and -2.5 SD; Osteoporosis= at or below -2.5. WHO criteria based on young adult Caucasian reference

[REDACTED]

[REDACTED]

[REDACTED], MD MD

Ordering provider: [REDACTED], PA-C

Reading physician: [REDACTED], MD

Study date: Sep 15, 2025 4:33 PM

Collection date: Sep 15, 2025 8:15 AM

Result date: Sep 15, 2025 8:15 AM

Result status: Final