

Study Result

Narrative

MERCY RIVER VALLEY BONE MINERAL DENSITY (DXA) STUDY

[REDACTED]

Date of Service: 4/26/2021

Demographics:

[REDACTED]

Indication: Follow-up bone mineral density testing by DXA

Risk Factors: Postmenopausal

DXA READING

Helen Kliner underwent a DXA scan of the lumbar spine and bilateral hips on a GE Prodigy Lunar machine. Measurements of the lumbar spine and bilateral hips were obtained. No technical difficulties were encountered.

The lumbar spine BMD is 1.088 g/cm² with T-score of -0.8. The left femoral neck BMD is 0.831 g/cm² with T-score of -1.5, the right femoral neck BMD is 0.768 g/cm² with T-score of -1.9. The left total hip BMD is 0.855 g/cm² with T-score of -1.2, the right total hip BMD is 0.782 g/cm² with T-score of -1.8.

Today's examination is compared to a technically similar prior study of the lumbar spine and bilateral hips that was completed on 4/22/2019. In the interim, there has been a 15.7% increase in the bone mineral density of the lumbar spine and a 9.2% increase in the total hip mean bone mineral density. At this facility, the least significant change in the BMD with 95% confidence is 0.036 g/cm² at the lumbar spine, and 0.016 g/cm² at the total hip mean, and 0.032 g/cm² at the total hip.

FRAX: 10-year probability of major osteoporotic fracture is 11.2% and of hip fracture is 2.3%.

Diagnosis: Osteopenia with significant increase in bone mineral density of the lumbar spine and total hip mean from previous in 2019

Recommendations:

1. Secondary causes of bone loss should be evaluated, if clinically indicated.
2. Calcium 1000-1200 mg a day and vitamin D 800-1000 units a day.
3. Follow-up BMD by DXA in 2 years.