



Bone Densitometry Report: Monday, April 12, 2021

Referring Physician: [Redacted]

PATIENT:

Name: Boutwell, JoAnn [Redacted]
Patient ID: [Redacted] **Birth Date:** [Redacted] **Height:** [Redacted]
Sex: Female **Measured:** 04/12/2021 **Weight:** [Redacted]
Indications: Caucasian, Low Calcium Intake, Osteoporosis **Fractures:** [Redacted] **Treatments:** [Redacted]

ASSESSMENT:

The BMD measured at Femur Neck Left is 0.843 g/cm² with a T-score of -1.4. This patient is considered to have low bone mass according to World Health Organization (WHO) criteria. Bone density is between 10 and 25% below young normal. Treatment is advised.

The BMD measured at Femur Neck Right is 0.844 g/cm² with a T-score of -1.4. This patient is considered to have low bone mass according to World Health Organization (WHO) criteria. Bone density is between 10 and 25% below young normal. Treatment is advised.

Site	Region	Measured Date	Measured Age	WHO Classification	YA T-score	BMD	PREVIOUS % CHANGE
AP Spine	L1-L4	04/12/2021	[Redacted]	Normal	-0.5	1.129 g/cm ²	7.0%
AP Spine	L1-L4	01/21/2019	[Redacted]	Osteopenia	-1.1	1.055 g/cm ²	3.1%
AP Spine	L1-L4	05/06/2008	[Redacted]	Osteopenia	-1.4	1.023 g/cm ²	-
DualFemur	Neck Left	04/12/2021	[Redacted]	Osteopenia	-1.4	0.843 g/cm ²	-1.6%
DualFemur	Neck Left	01/21/2019	[Redacted]	Osteopenia	-1.3	0.857 g/cm ²	-1.8%
DualFemur	Neck Left	05/06/2008	[Redacted]	Osteopenia	-1.2	0.873 g/cm ²	-
DualFemur	Neck Right	04/12/2021	[Redacted]	Osteopenia	-1.4	0.844 g/cm ²	0.1%
DualFemur	Neck Right	01/21/2019	[Redacted]	Osteopenia	-1.4	0.843 g/cm ²	-7.9%
DualFemur	Neck Right	05/06/2008	[Redacted]	Normal	-0.9	0.915 g/cm ²	-
DualFemur	Total Mean	04/12/2021	[Redacted]	Normal	-0.8	0.906 g/cm ²	7.5%
DualFemur	Total Mean	01/21/2019	[Redacted]	Osteopenia	-1.3	0.843 g/cm ²	-7.8%
DualFemur	Total Mean	05/06/2008	[Redacted]	Normal	-0.7	0.914 g/cm ²	-

World Health Organization (WHO) criteria for post-menopausal, Caucasian Women:
 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

RECOMMENDATION:

NOF Guidelines recommend people with T-scores between -1 and -2.5 (Osteopenia) consider taking an osteoporosis medication when they have certain risk factors. Effective therapies are available in the form of bisphosphonates (Fosamax and Actonel), and Evista. Hormone therapy may be an option based on review of risks and benefits of treatment. All patients should ensure an adequate intake of dietary calcium and vitamin D. The NOF recommends adults under age 50 need 1,000 mg of calcium and 400-800 IU of vitamin D daily. Adults 50 and over need 1,200 mg of calcium and 800-1,000 IU of vitamin D daily.

FOLLOW-UP:

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

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Patient: Boutwell, JoAnn
Birth Date: [Redacted] **Age:** [Redacted] **Referring Physician:** [Redacted]
Height: [Redacted] **Weight:** [Redacted] **Patient ID:** [Redacted]
Sex: Female **Ethnicity:** White **Measured:** 04/12/2021 9:19:03 AM (16 [SP 2])
Analyzed: 04/12/2021 9:22:24 AM (16 [SP 2])

AP Spine Bone Density

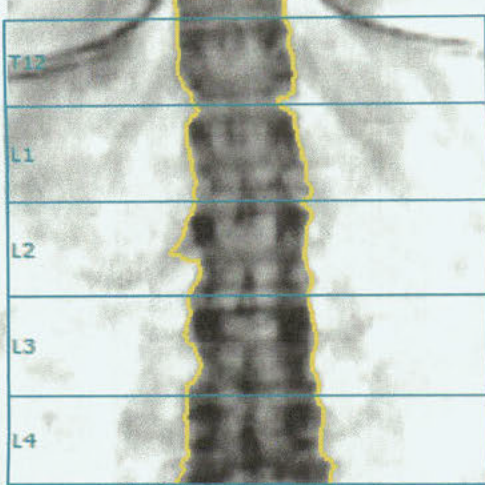
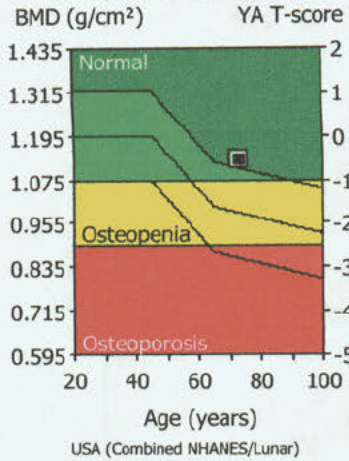
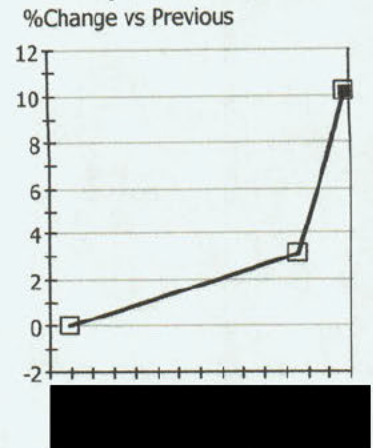


Image not for diagnosis

AP Spine: L1-L4 (BMD)



AP Spine: L1-L4 (BMD)



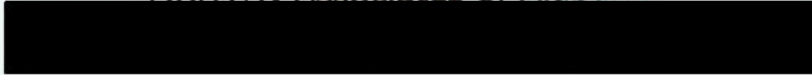
COMMENTS:

Densitometry: USA (Combined NHANES/Lunar)			
Region	BMD (g/cm ²)	YA T-score	AM Z-score
L1	0.937	-1.7	0.1
L2	1.112	-0.8	0.9
L3	1.209	-0.1	1.7
L4	1.231	0.1	1.8
L1-L4	1.129	-0.5	1.2

Densitometry Trend: L1-L4				
Measured Date	Age (years)	BMD (g/cm ²)	Change vs Previous (g/cm ²)	Change vs Previous (%)
04/12/2021	[Redacted]	1.129	0.074 *	7.0 *
01/21/2019	[Redacted]	1.055	0.032 *	3.1 *
05/06/2008	[Redacted]	1.023	-	-

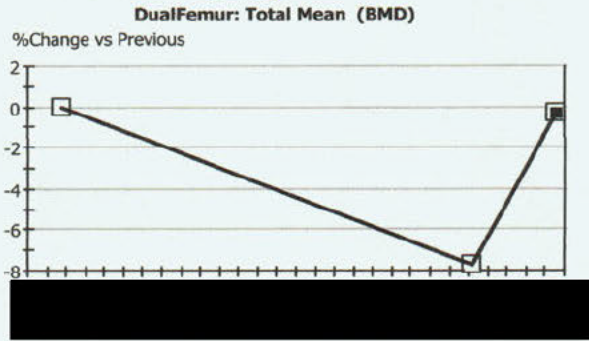
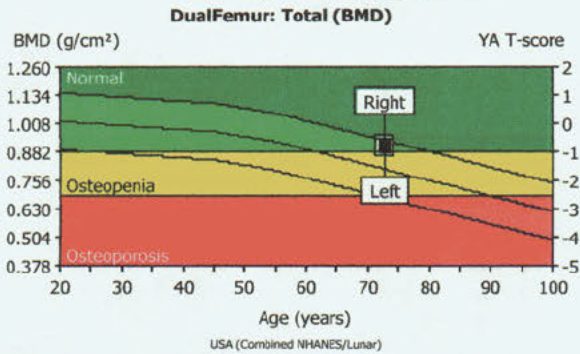
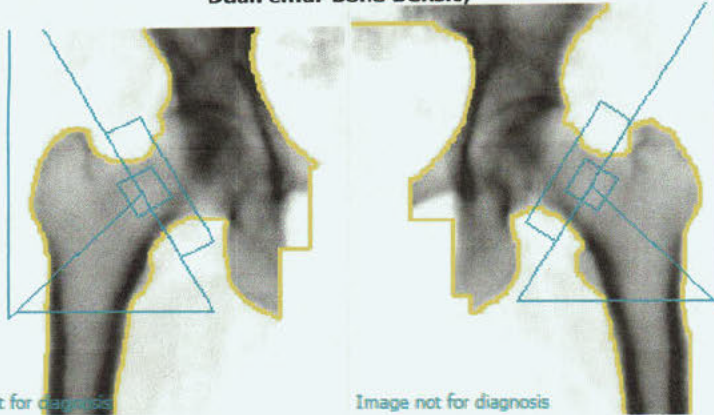
(*) Indicates significant change based on 95% confidence interval. (LSC= 0.028 g/cm² for AP Spine L1-L4); Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm² for AP Spine L1-L4); T-score: USA (Combined NHANES (ages 20-30) / Lunar (ages 20-40)) AP Spine, Female, White Reference Population (v113); Z-score: Matched for Age, Sex, Ethnic; World Health Organization - Definition of Osteoporosis and Osteopenia for Caucasian Women: Normal = T-score at or above -1.0 SD; Osteopenia = T-score between -1.0 and -2.5 SD; Osteoporosis = T-score at or below -2.5 SD; (WHO definitions only apply when a young healthy Caucasian Women reference database is used to determine T-scores.)
 Date created: 04/12/2021 9:22:37 AM 16 [SP 2]; Filename: 4nfrqc05v.dfx; AP Spine; 76:1.50:22.24:27.0 0.00:12.00 0.60x1.05 25.5:%Fat=38.3%; 0.00:0.00 0.00:0.00; Scan Mode: Standard;OneScan; 42.0 µGy

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Birth Date:	[Redacted]	Age:	[Redacted]	Patient ID:	[Redacted]
Height:	[Redacted]	Weight:	[Redacted]	Measured:	04/12/2021 9:19:03 AM (16 [SP 2])
Sex:	Female	Ethnicity:	White	Analyzed:	04/12/2021 9:22:24 AM (16 [SP 2])

DualFemur Bone Density



Densitometry: USA (Combined NHANES/Lunar)			
Region	BMD (g/cm²)	YA T-score	AM Z-score
Neck Left	0.843	-1.4	0.4
Neck Right	0.844	-1.4	0.4
Neck Mean	0.843	-1.4	0.4
Neck Diff.	0.001	0.0	0.0
Total Left	0.898	-0.9	0.7
Total Right	0.914	-0.7	0.9
Total Mean	0.906	-0.8	0.8
Total Diff.	0.016	0.1	0.1

Densitometry Trend: Total Mean				
Measured Date	Age (years)	BMD (g/cm²)	Change vs Previous (g/cm²)	Change vs Previous (%)
04/12/2021	[Redacted]	0.906	0.063 *	7.5 *
01/21/2019	[Redacted]	0.843	-0.071 *	-7.8 *
05/06/2008	[Redacted]	0.914	-	-

COMMENTS:

(*) Indicates significant change based on 95% confidence interval. (LSC= 0.028 g/cm² for DualFemur Total); Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm² for DualFemur Total); T-score: USA (Combined NHANES (ages 20-30) / Lunar (ages 20-40)) Femur, Female, White Reference Population (v113); Z-score: Matched for Age, Sex, Ethnic; DualFemur Total T-score difference is 0.1. Asymmetry is None.; World Health Organization - Definition of Osteoporosis and Osteopenia for Caucasian Women: Normal = T-score at or above -1.0 SD; Osteopenia = T-score between -1.0 and -2.5 SD; Osteoporosis = T-score at or below -2.5 SD; (WHO definitions only apply when a young healthy Caucasian Women reference database is used to determine T-scores.)
 Date created: 04/12/2021 9:22:38 AM 16 [SP 2]; Filename: 4nfrqc05v.dfx; ; Left Femur; 76:1.50:22.24:27.0 0.00:12.36 0.60x1.05 19.2:%Fat=35.2%; 0.00:0.00 0.00:0.00; Neck Angle (deg)= 59; Scan Mode: Standard; 42.0 µGy; Right Femur; 76:1.50:22.24:27.0 0.00:13.80 0.60x1.05 19.4:%Fat=36.3%; 0.00:0.00 0.00:0.00; Neck Angle (deg)= 60; Scan Mode: Standard; 42.0 µGy