



Name: Kathleen Nuspl

XR DEXA BONE DENSITY - Details

*PREVIOUS**

Study Result

Impression

Osteoporosis. Bone mineral density has decreased 6.3% at the level of left hip since last exam.

Recommendation:

- 1) Medical therapy for maintenance of bone mass should be considered.
- 2) Counseling pertaining to optimized calcium and vitamin D intake, fall prevention and weight-bearing exercise.
- 3) Follow-up bone mineral density testing in 1 year.

Professional services provided by Tristan Radiology Specialists. Questions 24/7 call

Narrative

EXAM:

XR DEXA BONE DENSITY

HISTORY:

Smoker with secondary osteoporosis. On vitamin-D and calcium supplements. Taking Prolia.

COMPARISON:

07/11/2016 and 04/08/2014



TECHNIQUE:

Bone density study was performed.

FINDINGS:

Lumbar spine:

T-score: -4.0

Z-score: 0- 2.3

BMD gm/cm²: 0.689

% of young adult: 59

% of age matched means: 71

Leftward lumbar curvature noted.

Left femoral neck:

T-score: -3.3
Z-score: -1.4
BMD gm/cm2: 0.583
% of young adult: 56
% of age matched means: 74

Left hip total:

T-score: -3.1
Z-score: -1.4
BMD gm/cm2: 0.623
% of young adult: 62
% of age matched means: 78

Forearm:

T-score: -3.4
Z-score: -1.4
BMD gm/cm2: 0.575
% of young adult: 66
% of age matched means: 83

Comparison:

date: 07/11/2016 and 04/08/2014

Left femoral neck:

T-score: -3.0, -2.9
Z-score: -1.3, -1.2
BMD gm/cm2: 0.622, 0.640
Percent change: -2.9, -1.2 %/yr

Left femur total:

T-score: -2.4, -2.6
Z-score: -0.9, -1.3
BMD gm/cm2: 0.701, 0.676
Percent change: -5.2, 1.6 %/yr



World Health Organization definitions of osteoporosis and osteopenia (applicable for post-menopausal women, and men age 50+):

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

National Osteoporosis Foundation (NOF) guidelines recommend initiating therapy to reduce fracture risk in women with BMD of T-Score below -2 SD or T-Score below -1.5 with other risk factors present.

FRAX (W.H.O.) Fracture Risk Assessment: FRAX data not provided secondary to osteoporosis.

Component Results

There is no component information for this result.

General Information

Ordered by [REDACTED]

Resulted on 09/04/2018 2:43 PM

Result Status: Final result

This test result has been released by an automatic process.

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