Capital Health
P L A N™

An Independent Licensee of the Blue Cross and Blue Shield Association

Radiology Department
2140 Centerville Place
1491 Governors Square Blvd.
████████████████████

Patient Name: Lynn Visk
Patient ID: ████████
DOB: ████████
Exam Performed: DEXA, 1+ SITES; AXIAL SKELETON | ████
Exam Date: ████████████
Exam done at CAPITAL HEALTH PLAN: GS

Ordering Practitioner: ████ Graham, MD

DEXA SCAN: 8/6/2025 4:30 PM

INDICATION: , N95.8 - Other specified menopausal and perimenopausal disorders ,

FINDINGS:
Bone density measurements at the lumbar spine, femoral neck (left), and total hip (left). By WHO criteria T-score values are compatible with osteoporosis.

IMPRESSION:
Osteoporosis.

FRAX score:
Not reported because T-scores for Spine Total, Hip Total, Femoral Neck at or above -2.5.

Approved and Electronically Signed by: ████ Retzer, MD on 8/7/2025 3:17 PM
Electronically Signed and Authenticated by:
Date: 8/7/2025 03:26 PM

Technologist: ████ Tidwell

Bone Density Report

Name:	VISK, LYNN D	Sex:	Female	Age:	83
Patient ID:	▉	Ethnicity:	White	▉	▉
Referring Provider:	GRAHAM▉	Date of Birth:	▉	▉	▉

Indication: osteopenia;

Hologic Horizon W (S/N 301295M), APEX System SW Version 5.6.1.2
T-score is based on white gender matched recommendation (ISCD 2005).

Clinical Information Provided by Patient:

Has used the following medications:	Vitamin D, Calcium
Patient maximum height was	▉
Menopause Age	45
Drinks caffeinated beverages	
Onset of menses at age	14
Number of full term pregnancies	0

Bone Density: Exam date 08/06/2025

Region	BMD (g/cm^2)	T-score	Z-score	Classification
AP Spine(L1-L4)	1.001	-0.4	2.4	Normal
Femoral Neck(Left)	0.572	-2.5	0.0	Osteoporosis
Total Hip(Left)	0.691	-2.1	0.2	Osteopenia

World Health Organization criteria for BMD impression classify patients as Normal (T-score at or above −1.0), Osteopenia (T-score between −1.0 and −2.5), or Osteoporosis (T-score at or below −2.5).

10-year Fracture Risk:

FRAX not reported because:
  Some T-score for Spine Total or Hip Total or Femoral Neck at or below -2.5

CAPITAL HEALTH PLAN
1491 GOVERNOR'S SQUARE BLVD

Bone Density Report

Name:	VISK, LYNN D	Sex: Female	Age: 83
Patient ID:	▮▮▮▮	Ethnicity: White	Height: ▮▮▮
Referring Provider: GRAHAM, ▮▮.		Date of Birth: ▮▮▮▮	Weight: ▮▮▮

Previous Exams:

Region	Exam Date	Age	BMD (g/cm²)	T-score	BMD Change vs. Baseline	BMD Change vs. Previous
AP Spine (L1-L4)	08/06/2025	83	1.001	-0.4	7.0%*	11.0%*
	07/24/2024	82	0.902	-1.3	-3.6%*	5.6%*
	07/31/2023	81	0.854	-1.8	-8.7%*	-1.3%
	09/23/2020	78	0.865	-1.7	-7.6%*	-1.2%
	09/17/2018	76	0.876	-1.6	-6.4%*	-2.9%*
	05/16/2016	74	0.902	-1.3	-3.7%*	0.7%
	06/25/2012	70	0.896	-1.4	-4.3%*	0.4%
	06/04/2010	68	0.892	-1.4	-4.7%*	-4.7%*
	03/21/2008	65	0.936	-1.0		
Total Hip(Left)	08/06/2025	83	0.691	-2.1	-11.9%*	5.4%*
	07/24/2024	82	0.655	-2.4	-16.4%*	1.5%
	07/31/2023	81	0.646	-2.4	-17.6%*	-5.8%*
	09/23/2020	78	0.685	-2.1	-12.5%*	-4.8%*
	09/17/2018	76	0.720	-1.8	-8.1%*	-2.4%
	05/16/2016	74	0.738	-1.7	-5.9%*	-2.1%
	06/25/2012	70	0.753	-1.5	-3.9%*	-1.3%
	06/04/2010	68	0.763	-1.5	-2.7%	-2.7%
	03/21/2008	65	0.784	-1.3		

*Denotes significance at 95% confidence level, LSC for AP Spine = 0.022 g/cm², LSC for Total Hip = 0.027 g/cm²

CAPITAL HEALTH PLAN
1491 GOVERNOR'S SQUARE BLVD

Bone Density Report

Name:	VISK, LYNN	Sex:	Female	Age:	83
Patient ID:	██████	Ethnicity:	White	Height:	██████
Referring Provider:	GRAHAM, ██████	Date of Birth:	██████	Weight:	██████

Impression: The patient has osteoporosis, based on the Left Femoral Neck T-score. No significant bone loss was observed.

Discussion: INCREASED RISK OF FRACTURE. BONE DENSITY IS UNDESIRABLY LOW AT ONE OR MORE SKELETAL SITES, CONSISTENT WITH POSTMENOPAUSAL OSTEOPOROSIS.
This patient's lowest T-score meets the World Health Organization's (WHO) criteria for osteoporosis at one or more sites (T-score -2.5 or below).
In untreated patients, the risk of osteoporotic fracture increases approximately two-fold for each 1.0 SD decrease in T-score. Low bone density is not the only risk factor for fracture; also consider factors such as patient's age, frailty or poor health, risk of falling, risk of injury, previous osteoporotic fracture, family history of osteoporosis, cigarette smoking, low body weight, etc.
Not everyone with low bone mineral density has osteoporosis; osteomalacia and other metabolic bone disorders should also be considered. Patients who have osteoporosis should be evaluated for specific diseases and conditions (secondary causes) that may cause or contribute to bone loss.
The American Association of Clinical Endocrinologists (AACE) and National Osteoporosis Foundation (NOF) recommend pharmacologic intervention for all postmenopausal women whose T-score is in this range. The patient should follow a healthful lifestyle (good nutrition with adequate calcium and vitamin D, and appropriate weight-bearing exercise).

Follow-Up: Consider a repeat BMD exam in 2 years or sooner if medically necessary, to reassess this patient's status.

The USPSTF recommends screening for Osteoporosis with bone measurement testing to prevent osteoporotic fractures in women age 65 years and older, and in postmenopausal women younger than age 65 years who are at increased risk of Osteoporosis, as determined by a formal clinical risk assessment tool.
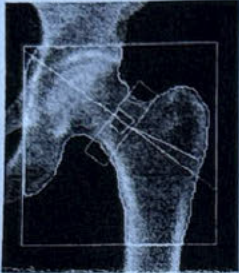
Reported by: Radiology Associates Physician on 08/06/2025 3:57:00 PM.

Name:	VISK, LYNN D	Sex:	Female	Height:	████
Patient ID:	████	Ethnicity:	White	Weight:	████
Age:	83	Date of Birth:	████	Menopause Age:	45

Scan Date: August 06, 2025
Scan ID: ████████
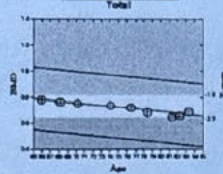
Scan Type: f Left Hip

Scan Date: August 06, 2025
Scan ID: ████████
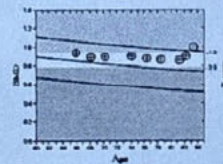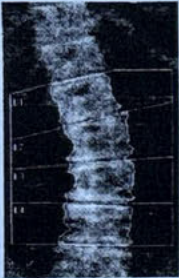
Scan Type: f Lumbar Spine

Results:

	BMD (g/cm²)	T-score	PR (%)	Z-score	AM (%)
Left Hip (Neck)	0.572	-2.5	67	0.0	99
Left Hip (Total)	0.691	-2.1	73	0.2	103
Spine (Total)	1.001	-0.4	96	2.4	136

Total BMD CV 1%

Summary:

	Classification
Left Hip BMD (Neck)	Osteoporosis
Left Hip BMD (Total)	Osteopenia
Spine BMD (Total)	Normal

A spine fracture indicates 5X risk for subsequent spine fracture and 2X risk for subsequent hip fracture.

World Health Organization criteria for BMD impression classify patients as Normal (T-score at or above -1.0), Osteopenia (T-score between -1.0 and -2.5), or Osteoporosis (T-score at or below -2.5).

HOLOGIC®