

**EXAM: BONE MINERAL DENSITY EXAMINATION**

**CLINICAL DATA:** Osteoporosis screening. Currently taking calcium supplements.

**PRIOR STUDIES:** DEXA scan 8/30/18 report only.

**FINDINGS:**

The patient was examined on a Horizon CI scanner.

The bone mineral density of the lumbar spine is 0.867 g/cm<sup>2</sup>. The T score is -1.6. The Z score is 0.5.

These values indicate osteopenia. However, L4 is -2.6, osteoporosis.

The average bone mineral density of the left hip is 0.848 g/cm<sup>2</sup>. The T score is -0.8. The Z score is 0.7.

The bone mineral density of the left femoral neck is 0.644 g/cm<sup>2</sup>. The T score is -1.9. The Z score is -0.1.

These values indicate osteopenia.

**IMPRESSION:**

WHO Classification/Fracture Risk Assessment :

1. Osteoporosis L4. Osteopenia of the remainder lumbar spine.
2. Osteopenia left hip.

**RECOMMENDATION:** Follow up as clinically indicated.

In addition, The National Osteoporosis Foundation recommends daily intake of 1200 mg of calcium and 800-1000 International Units of vitamin D3 (cholecalciferol) in addition to weight-bearing exercise. If the patient is found to be vitamin D deficient, additional supplements may be required.

*Thank you for referring your patient to Akumin Fleming Island*

Dhillon-Acosta, Raminder

Electronically Signed: 12/12/2020

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