



Lunar Prodigy Advance

Body Measure

1086 St. Mary's Road
Winnipeg, MB R2N 4K4
Phone: (204) 691-1887

Bone Densitometry Report: January-04-22



PATIENT:

Name: Adam, Shannon
Birth Date: 15-May-69
Height: 66.0 in.
Sex: Female
Measured: 04-Jan-22
Weight: 131.0 lbs.



ASSESSMENT:

The BMD measured at Femur Neck is 0.748 g/cm² with a T-score of -2.1. 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
Left Femur	Neck	04-Jan-22	52.6	Osteopenia	-2.1	0.748 g/cm ²
Left Femur	Total	04-Jan-22	52.6	Osteopenia	-1.8	0.786 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.

Based on these results, a follow-up exam is recommended in January 2023

Body Measure

1086 St. Mary's Road
Winnipeg, MB R2N 4K4
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Patient:	Adam, Shannon	Age:	52.6 years	Measured:	04-Jan-22 3:43:50 PM (17 [SP 2])
Birth Date:	15-May-69	Weight:	131.0 lbs.	Analyzed:	04-Jan-22 3:51:12 PM (17 [SP 2])
Height:	66.0 in.				
Sex:	Female				

Left Femur Bone Density

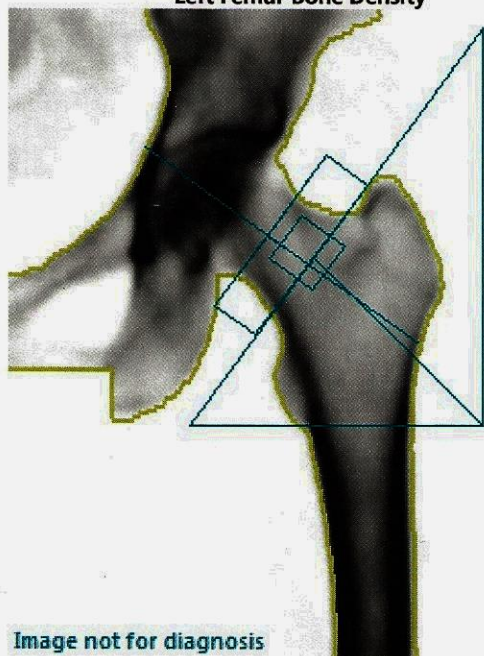
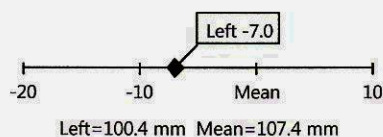
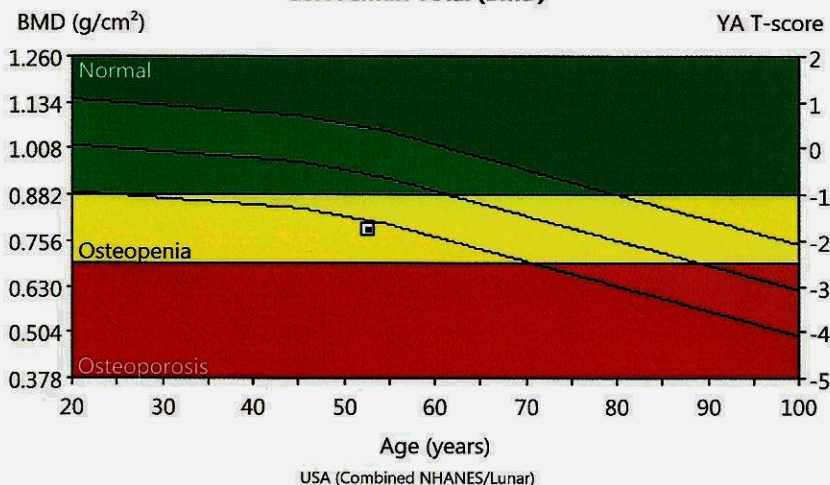


Image not for diagnosis

Hip Axis Length Comparison (mm)



Left Femur: Total (BMD)



Densitometry: USA (Combined NHANES/Lunar)					
Region	BMD (g/cm ²)	YA (%)	YA T-score	AM (%)	AM Z-score
Neck	0.748	72	-2.1	82	-1.2
Upper Neck	0.630	77	-1.6	85	-0.9
Lower Neck	0.865	-	-	-	-
Wards	0.597	66	-2.4	77	-1.4
Troch	0.644	76	-1.8	83	-1.2
Shaft	0.903	-	-	-	-
Total	0.786	78	-1.8	84	-1.2

COMMENTS:

Statistically 68% of repeat scans fall within 1SD (± 0.012 g/cm² for Left Femur Total); USA (Combined NHANES (ages 20-30) / Lunar (ages 20-40)) Femur, Female Reference Population (v113); Matched for Age, Sex; 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-Jan-22 3:51:16 PM 17 [SP 2]; Filename: adams_aag75ras2x.dff; Left Femur; 76,3.00:50.03:12.0 0.00:11.46 0.60x1.05 16.1%Fat=25.3%; 0.00:0.00 0.00:0.00; Neck Angle (deg)= 54; Scan Mode: Standard; 37.0 μ Gy



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Bone Densitometry Report: January-04-22

PATIENT:

Name: Adam, Shannon
Birth Date: 15-May-69
Height: 66.0 in.
Sex: Female
Measured: 04-Jan-22
Weight: 131.0 lbs.

ASSESSMENT:

The BMD measured at AP Spine L1-L4 is 0.885 g/cm² with a T-score of -2.5. This patient is considered osteoporotic according to World Health Organization (WHO) criteria. Pharmacological treatment, if not already prescribed, should be started. A follow up bone density test is recommended in one year to monitor response to therapy.

Site	Region	Measured Date	Measured Age	WHO Classification	YA T-score	BMD
AP Spine	L1-L4	04-Jan-22	52.6	Osteoporosis	-2.5	0.885 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 all people with T-scores of -2.5 and below (osteoporosis) consider taking an osteoporosis medication. Effective therapies are available in the form of bisphosphonates (Fosamax and Actonel), Miacalcin, Evista, and Forteo. 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.

Based on these results, a follow-up exam is recommended in January 2023

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Patient:	Adam, Shannon	Age:	52.6 years	Measured:	04-Jan-22 3:46:01 PM (17 [SP 2])
Birth Date:	15-May-69	Weight:	131.0 lbs.	Analyzed:	04-Jan-22 3:47:28 PM (17 [SP 2])
Height:	66.0 in.				
Sex:	Female				

AP Spine Bone Density

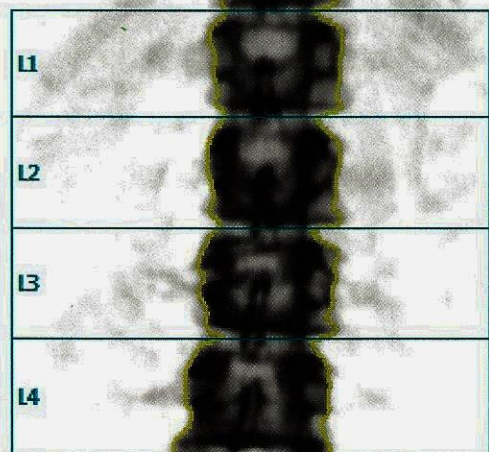
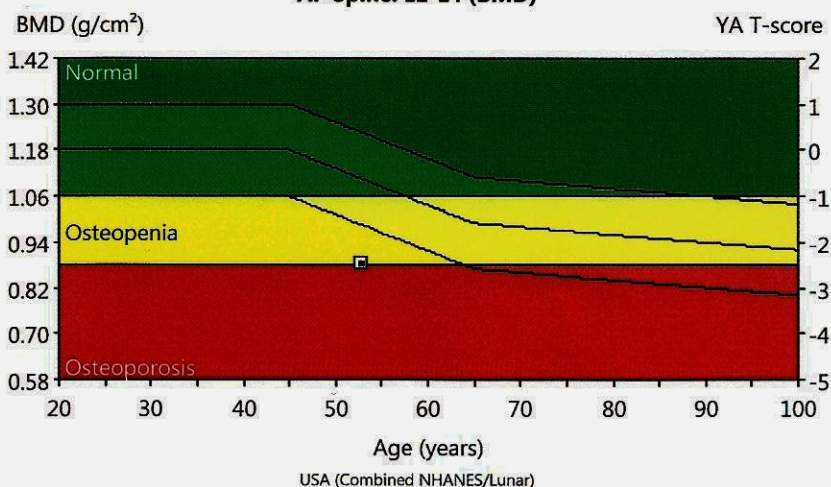


Image not for diagnosis

COMMENTS:

AP Spine: L1-L4 (BMD)



Densitometry: USA (Combined NHANES/Lunar)					
Region	BMD (g/cm ²)	YA (%)	YA T-score	AM (%)	AM Z-score
L1	0.778	69	-2.9	74	-2.3
L2	0.895	75	-2.5	79	-1.9
L3	0.917	76	-2.4	81	-1.8
L4	0.934	78	-2.2	83	-1.6
L1-L2	0.838	72	-2.7	77	-2.1
L1-L3	0.865	74	-2.5	79	-1.9
L1-L4	0.885	75	-2.5	80	-1.9
L2-L3	0.906	76	-2.4	80	-1.8
L2-L4	0.916	76	-2.4	81	-1.8
L3-L4	0.926	77	-2.3	82	-1.7

Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm² for AP Spine L1-L4); USA (Combined NHANES (ages 20-30) / Lunar (ages 20-40)) AP Spine, Female Reference Population (v113); Matched for Age, Sex; 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.)

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