



KAISER PERMANENTE®

DEPARTMENT OF
DIAGNOSTIC IMAGING

OTAY MESA MEDICAL OFFICES

Patient: **ADAIR, VIRGINIA**

MR#: [REDACTED]

Gender: **F** Age at exam: [REDACTED]

DOB: [REDACTED]

**OUTPATIENT
DIAGNOSTIC IMAGING**

Procedure: **DEXAHIPSP1 - DEXA BONE DENSITY HIP AND SPINE - [REDACTED]** Date **8/20/2018**

Clinical Information

Patient Location

Signs & Symptoms: Reason: Screening exam

OP

History:

CLINICAL HISTORY: Reason: Screening exam

DXA Key Findings:

Self Reported History / Risk Factors: None

Lowest T_Score: -3.0 Region: Femur NECK Right

Lowest Z_Score: -1.4 Region: Femur TOTAL HIP Right

FRAX - Ten year risk for hip fracture: N/A

FRAX - Ten year risk for other major osteoporotic fracture: N/A

BMD CHANGE from DXA on 05/12/05:

-15.1% AP Spine L1_L4

-9.3% Femur NECK Left

-12.4% Femur TOTAL HIP Left

-14.0% Femur NECK Right

-19.2% Femur TOTAL HIP Right

See HealthConnect Imaging tab for the full report containing DXA result details

Treatment Recommendations (Men and Women):

All Patients: Calcium 1,200 mg/daily; vitamin D 1,000 IU/daily; Weight-bearing and muscle-building exercise;
Counsel to stop smoking.

If lowest T-scores = -2.5; OR FRAX Hip score = 3% OR FRAX Major osteoporotic score = 20%

First line treatment -

Requesting Provider: **NERENBERG, JEFFREY E, M.D.**

Patient: **ADAIR, VIRGINIA**

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Alendronate 70 mg once weekly (risedronate 35 mg once weekly if alendronate is not tolerated or contraindicated). Check serum calcium, creatinine and vitamin D 25-hydroxy.

See Clinical Practice Guidelines Osteoporosis Management for the treatment of vitamin D deficiency.

Second line treatment - See Clinical Practice Guidelines ?Osteoporosis Management?

If lowest Z-score = -2.0, or if fracture occurs while on treatment, work up for secondary causes and consider referral to Endocrinology or Rheumatology.

Suggested labs prior to referral: SPEP; TSH; AM testosterone (men); ALT; creatinine; albumin; alkaline phosphatase; vitamin D 25-hydroxy; 24 hr urine for calcium/creatinine; parathyroid hormone; serum calcium

WHO Criteria for Osteoporosis and low bone mass

Normal = T-score of -1.0 or higher

Low bone mass = T-score between -1.0 and -2.4

Osteoporosis = T-score -2.5 or lower

Other Comments:

This report electronically signed by Justin H Tan, MD on 8/23/2018 9:12 AM
End of diagnostic report for accession: 82529612

INITIAL INTERPRETING and SIGNING DETAILS FOLLOW:

Entered/Interpreted By: TAN, JUSTIN M.D.

Transcribed By: IDX, IDX

Signed By: TAN, JUSTIN M.D.

08/23/2018 9:22 AM

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Requesting Provider: NERENBERG, JEFFREY E, M.D.

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Exam Date: 8/20/2018 1:56:00PM

Page 2 of 2