

DEXA BONE DENSITY STUDY WO VERT FX ASSESSMENT - Details



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Details

Comments from the Doctor's Office

Hi Andrea. Your BONE DENSITY TEST was performed and the results have been reviewed.

The BONE DENSITY TEST did not show evidence of osteoporosis, but was POSITIVE for OSTEOPENIA, the precursor to osteoporosis in the lumbar spine and hip regions.

Frequent weight-bearing exercise such as walking, along with daily Calcium (1500 milligrams) and Vitamin D (2000 units) is recommended to help prevent progression to osteoporosis.

A repeat Bone Density Test is recommended in 2-5 years.

Please follow up in my office as needed, or previously recommended.

If you have any questions or concerns, please call my office at any time. Take care and God bless.

Study Result

Impression

IMPRESSION:

According to the WHO classification, the bone mineral density indicates osteopenia. Fracture risk is elevated.

Electronically signed by: Kenneth Meng, MD on 9/21/2021 2:49 PM PDT

Narrative

History: [REDACTED] female for osteoporosis screening.

Comparison: None

Procedure: Utilizing a Hologic Discovery A DEXA scanner, the bone mineral content was analyzed. According to World Health Organization data a T-score of less than -2.5 is indicative of

osteoporosis.

Findings:

The bone mineral density of the left total hip is 0.688 g/cm².

The T-score for the left total hip is -2.1.

The bone mineral density of the left femoral neck is 0.583 g/cm².

The T-score for the left femoral neck is -2.4.

The bone mineral density of the lumbar spine (L1-L4) is 0.822 g/cm².

The T-score for the lumbar spine is -2.0.

10-year fracture risk (FRAX WHO assessment tool v3.08):

Major osteoporotic fracture risk at 40% without prior fracture and 22% with prior fracture.

Hip fracture risk at 5.2% without prior fracture and 7.9% with prior fracture.

****All treatment decisions require clinical judgment and consideration of individual patient factors, including patient preferences, comorbidities, previous drug use and risk factors not captured in the FRAX model (e.g. fragility, falls, vitamin D deficiency, increased bone turnover, interval significant decline in BMD).**

Component Results

There is no component information for this result.

General Information

Ordered by Laura M. Mackenzie-Tangredi, DO

Collected on 09/21/2021 2:48 PM

Resulted on 09/21/2021 2:49 PM

Result Status: Final result

This test result has been released by an automatic process.

If you have any questions or concerns about your test, please contact your clinic to review your results with your physician.

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