XR BONE DENSITY - Details

Study Result

Date of study: 05/17/2018
Exam: DUAL X-RAY ABSORPTIOMETRY (DXA) FOR BONE MINERAL DENSITY (BMD)
Instrument: GE Healthcare Lunar
Requesting Provider: PCP
Indication: screening for osteoporosis
Comparison: none (please note that it is not possible to compare data from different instruments)
Clinical data: Pt is a 69 y.o. male without history of fracture. On calcium.

Results:

	Lumbar spine (L1-L4)	Femoral neck (FN)
T-score	**-3.2**	**RFN: -3.1** **LFN: -3.2**

Assessment: Patient has OSTEOPOROSIS according to the WHO classification for osteoporosis (see below).
Fracture risk: high
Comments: the technical quality of the study is good
Evaluation for secondary causes should be considered if clinically indicated.
Recommend optimizing calcium (1200 mg/day) and vitamin D (800 IU/day).
Followup: Repeat BMD is appropriate after 2 years or after 1-2 years if starting treatment.

WHO criteria for diagnosis of osteoporosis in postmenopausal women and in men 50 y/o or older:
- normal: T-score -1.0 to + 1.0
- osteopenia/low bone density: T-score between -2.5 and -1.0
- osteoporosis: T-score below -2.5