Document info

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Performed by:	Lillette Young
Verified by:	Mark Papenfuss
Modified by:	Mark Papenfuss
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MA Bone Density DXA Axial Skeleton

Patient:	**SCHULTZ, CAROLYN D**	**DOB:**	[redacted]

REPORT

PROCEDURE: **BC DXA BONE DENSITY STUDY -1 OR MORE SITES**

INDICATIONS: Osteopenia.

COMPARISON: Saint Alphonsus Regional Medical Center, BU, MG DXA BONE DEN-1 OR MORE SITES, 9/18/2017, 13:51.

REPORTED CLINICAL FACTORS: Osteopenia. Takes levothyroxine, calcium and vitamin-D.

PROCEDURE: DEXA densitometry examination was performed in a standard fashion. Detailed results and graph of results are included on attached sheet. Summary of findings as discussed below:

RESULTS:

SPINE

BMD (bone mineral density; grams/cm^2):		0.897
T score (compared with young adults):	-1.4	
Z score (age matched):	0.3	

LEFT FEMUR

BMD (bone mineral density; grams/cm^2):	0.620

T score (compared with young adults): -2.1

Z score (age matched): -0.6

RIGHT FEMUR

BMD (bone mineral density; grams/cm^2): 0.610

T score (compared with young adults): -2.1

Z score (age matched): -0.7

DISCUSSION: Severe osteopenia in the femoral necks. Mild osteopenia in the lumbar spine. There has been a 9.5% relative improvement in the BMD of the lumbar spine, a 3.7% decline in the BMD of the right femoral neck, and negligible change in the BMD of the left femoral neck compared to prior exam.

10 year risk for major osteoporotic fracture is 17%
10 year risk for hip fracture is 2.8%

CONCLUSION: **Findings indicate osteopenia, with a decline in the BMD of the right femoral neck compared to prior exam.**

RECOMMENDATION: **Women with low bone mass (T score -2.00 to -2.49) at any site, DXA follow-up every 2 years as long as risk factors persist.**

Risk Factors for Osteoporosis

Non-Modifiable	Potentially Modifiable
Caucasian/European or Asian Ethnicity	Dietary – low body weight (<127 lbs or BMI < 20) Inadequate calcium and/or vitamin D Treatment duration is individualized Excessive phosphate/protein
Advancing Age and Female or Male >60 yrs	Lifestyle – lack of weight bearing exercise, sedentary
Family History of Osteoporosis or Nulliparity	Social – current tobacco use, > 2 alcoholic drinks/day
Fragility fracture (fracture after fall from excess height or less, or with no trauma	Medication – Long-term use of corticosteroids, thyroid hormone replacement, chronic heparin or anti-seizure medication use, chemotherapy

Dictated by: Mark R. Papenfuss, DO on 10/10/2019 at 13:43
Approved by: Mark R. Papenfuss, DO on 10/10/2019 at 13:47