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Exam Date: 10/26/21

10-year Fracture Risk(1):

Major Osteoporotic Fracture 5.6%
Hip Fracture 0.2%

Reported Risk Factors:

US (Caucasian), Neck BMD=0.809, BMI=22.7

(1) FRAX(R) Version 3.08. Fracture probability calculated for an untreated patient. Fracture probability may be lower if the patient has received treatment.

Previous Exams:

Region Exam Age BMD T-score BMD Change BMD Change
 Date g/cm2 vs Baseline vs Previous

AP Spine (L1-L2,L4)

10/26/2021 57 0.773 -2.4 10.8%* 10.8%*
09/11/2019 55 0.698 -3.1

Total Hip(Left)

10/26/2021 57 0.839 -0.8 11.8%* 11.8%*
09/11/2019 55 0.751 -1.6

*Denotes significance at 95% confidence level, LSC for AP Spine = 0.022 g/cm2, LSC for Total Hip = 0.027 g/cm2

Impression: The patient has low bone mass, based on the Total Spine T-score. The patient has an estimated ten-year risk of hip fracture of 0.2% and an estimated ten-year risk of major fracture of 5.6%, based on the WHO FRAX algorithm. No significant bone loss was observed.

Discussion: BONE DENSITY IS LOW AT ONE OR MORE SKELETAL SITES.

This patients lowest T-score is low at one or more skeletal sites. It meets the World Health Organizations (WHO) criteria for low bone mass (T-score between -1.0 and -2.5).

The patients 10-year risk of fracture as calculated by FRAX is less than the threshold where pharmacological therapy is recommended by the National Osteoporosis Foundation (NOF). However, all treatment decisions require clinical judgment and consideration of individual patient factors, including patient preferences, comorbidities, previous drug use, risk factors not captured in the FRAX model (e.g., frailty, falls, vitamin D deficiency, increased bone turnover, interval significant decline in bone density) and possible under or overestimation of fracture risk by FRAX. The patient should follow a healthful lifestyle (good nutrition with adequate calcium and vitamin D, and appropriate weight-bearing exercise).

Follow-Up: Consider repeating this study in 2 to 3 years to reassess this patients status, or sooner if there is some new clinical indication.