

BONE DENSITY STUDY

For general information about a test procedure, click the "About this test" link above.

To see more information about a test result, select the "Details" tab. To compare test results over time, click "Past results" or "Graph of past results."

Your physician will review your tests and may contact you online or by phone to discuss results and any follow-up care.

The "Flag" column may contain a value to indicate the result is outside the normal range. An "A" is for abnormal, reactive, or positive, "L" is for Low, "H" is for high, or "AA" is for low or high.

Minor abnormalities of test results are not unusual and likely represent individual or lab variations which will be interpreted by your physician.

Study Result

Procedure: DXA Exam
Date of Exam: 2020-06-01
Time of Exam: 09:13:45
COMPARISON: 08/26/19

HISTORY: Evaluate for osteoporosis.

DIAGNOSIS: Osteoporosis Patient height as below.

QUALITY OF SCANS: Good

RESULTS:

LUMBAR SPINE: Osteoporosis

PROXIMAL FEMUR: Low bone mass.

CHANGE FROM PRIOR KAISER BONE MINERAL DENSITY STUDY:

CHANGE IN BMD IN SPINE: 0.069 g/cm², 8.6%

CHANGE IN BMD IN LEFT TOTAL HIP: 0.04 g/cm², 6.10 %

The changes reported are the apparent changes in bone mineral density (BMD) from the previous DEXA scan to the current DEXA scan. We cannot state at this point whether this represents a significant change between scans. We are in the process of collecting the necessary data to calculate the least significant change (LSC) for each specific Northwest Permanente location.

Major osteoporotic fracture: 13.10 %

Hip fracture: 2.90 %

10 YEAR FRACTURE PROBABILITY

Based on FRAX (R) TOOL- <https://www.sheffield.ac.uk/FRAX/tool.jsp?>

Risk factors entering to the FRAX in this patient:

Height measured on the prior DEXA scan: 62 in
Height measured on the current DEXA scan: 61.5 in

LUMBAR SPINE (L2, L3, L4)

Bone Mineral Density: 0.867 g/cm²

LUMBAR SPINE T-SCORE: -2.8

Z-score: -1.1

LEFT TOTAL HIP

Bone Mineral Density: 0.76 g/cm²

LEFT TOTAL HIP T-SCORE: -2.00

Z-score: -0.50

LEFT FEMORAL NECK

Bone Mineral Density : 0.73 g/cm²

LEFT FEMORAL NECK T-SCORE: -2.20

Z-score: -0.50

High bone mass = T-score > + 2

Normal bone mass = T-score -1 to + 2

Low normal bone mass = T-score <-1 to -2

Low bone mass = T-score <-2 to -2.49

Osteoporosis = sign T-score <or = -2.5

DXA System: GE Healthcare, Lunar iDXA, Device Serial: 210470, Software version: 15.20.002

Technologist: unknown

DISCLAIMER: QUANTITATIVE COMPARISON WITH SCANS FROM AN OUTSIDE INSTITUTION, INCLUDING OREGON OSTEOPOROSIS CENTER, CANNOT BE MADE DUE TO STATISTICAL VARIATIONS AMONG TESTING LOCATIONS.

RECOMMENDATIONS:

ALL PATIENTS WITH OSTEOPOROSIS BY BMD CRITERIA:

If the patient does not have a documented vertebral fracture and this will alter clinical management, recommend ordering lateral thoracic and lateral lumbosacral spine x-rays.

ALL PATIENTS WITH LOW BONE MASS BY BMD CRITERIA:

If a female patient has historical or prospective height loss of >2 cm (0.8 inches) or a male patient has a historical or prospective height loss of >3 cm (1.2 inches), and if documentation of a vertebral fracture will alter clinical management, recommend ordering lateral thoracic and lateral lumbosacral spine x-rays.

Electronically signed by Maureen L Mulcahy, MD. 6/2/2020 10:07 AM

you have questions about your test results, please e-mail your doctor. If you are receiving care from a case management program, please contact the program directly.

the test result is for an INR blood test and you receive care from the anticoagulation clinic (ACC), an ACC staff member should be contacting you. If you don't hear from the ACC within two working days, please contact the ACC directly. Please wait instruction from the ACC registered nurse before adjusting warfarin doses.