

Physicians for Women Greensboro

Bone Density Report

Name: DAVIS, JANICE L

Sex: Female

Ethnicity: White

Referring Physician: DR. JOHN MCCOMB

Study: Bone densitometry was performed.

Bone Density:

Region	Exam Date	T-Score	Classification
AP Spine (L1-L4)	08/02/2017	-3.3	Osteoporosis
Femoral Neck (Left)	08/02/2017	-2.6	Osteoporosis
Femoral Neck (Right)	08/02/2017	-3.1	Osteoporosis

World Health Organization criteria for BMD interpretation classify patients as Normal (T-score at or above -1.0), Osteopenic (T-score between -1.0 and -2.5), or Osteoporotic (T-score at or below -2.5).

Interpretation:

Your bone density scan shows Osteoporosis.

Compared to your prior bone density, your current bone density is overall the same.

Recommendation:

I recommend that you take 1,000ius of vitamin D daily.

I recommend that you begin moderate weight bearing exercise 3 to 4 times a week.

I recommend that you have a follow up bone density in 3 years.

Sincerely,

Dr. John S. McComb