

Document info

Result type: BD Bone Density DEXA (G)
Result date: Mar 17, 2017, 02:03 p.m.
Result status: authenticated
Performed by: ALLIE MOSER
Verified by: ALLIE MOSER
Modified by: ALLIE MOSER

Bone Density Report

Patient:

**MONSON,
KATHRYN A**

DOB:



Intermountain Budge Clinic

Bone Density Report

Name: MONSON, KATHRYN A Sex: Female Age: █
Patient ID: █ Ethnicity: White Height: █
Referring Provider: CALL, NATHAN H. Date of Birth: █ Weight: █

Indication: postmenopausal; screening for osteoporosis;

Study: Bone densitometry was performed.

Accession number: 74011BD170002504

Bone Density: Exam date 3/17/2017

Region	BMD (g/cm ²)	T-score	Z-score	Classification
AP Spine (L1-L4)	0.782	-2.4	-0.6	Osteopenia
Femoral Neck (Left)	0.609	-2.2	-0.7	Osteopenia
Total Hip (Left)	0.662	-2.3	-1.1	Osteopenia

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



10-year Fracture Risk¹:

Major Osteoporotic Fracture	11%
Hip Fracture	1.8%

Reported Risk Factors:

US (Caucasian), T-score(WHO)=-2.1, BMI=27.5

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

Extended Spine:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T-score	Peak Reference	Z-score	Age Matched
L1	11.99	8.91	0.743	-2.2	75	-0.7	91
L2	13.48	10.92	0.810	-2.0	79	-0.2	97
L3	12.58	9.78	0.777	-2.8	72	-1.0	88
L4	14.45	11.47	0.793	-2.4	75	-0.5	93

Intermountain Budge Clinic

Bone Density Report

Name: MONSON, KATHRYN A Sex: Female Age: █
Patient ID: █ Ethnicity: White Height: █
Referring Provider: CALL, NATHAN H. Date of Birth: █ Weight: █

Extended Spine:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T-score	Peak Reference	Z-score	Age Matched
L1-L2	25.46	19.82	0.779	-1.8	80	-0.2	98
L1,L3	24.56	18.68	0.761	-2.3	75	-0.6	92
L1,L4	26.44	20.38	0.771	-2.4	74	-0.7	91
L2-L3	26.06	20.69	0.794	-2.4	75	-0.6	92
L2,L4	27.93	22.38	0.801	-2.5	74	-0.7	91
L3-L4	27.03	21.24	0.786	-2.9	71	-1.0	88
L1-L3	38.04	29.60	0.778	-2.2	76	-0.5	94
L1-L2,L4	39.92	31.29	0.784	-2.3	76	-0.5	93
L1,L3-L4	39.02	30.15	0.773	-2.5	73	-0.8	90
L2-L4	40.51	32.16	0.794	-2.6	74	-0.8	90
L1-L4	52.50	41.07	0.782	-2.4	75	-0.6	92

Clinical Information Provided by Patient:

Has used the following medications:	Vitamin D, Calcium, LEVOTHYROXINE
Patient maximum height was	64.0
Menopause Age	49
Onset of menses at age	12
Number of children	5

Impression: The patient has low bone mass or osteopenia, based on the Total Spine T-score. The patient has an estimated ten-year risk of hip fracture of 1.8% and an estimated ten-year risk of major fracture of 11%, based on the WHO FRAX algorithm.

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

This patient's lowest T-score is low at one or more skeletal sites. It meets the World Health Organization's (WHO) criteria for "low bone mass" (T-score between -1.0 and -2.5). The patient's 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

Intermountain Budge Clinic

[REDACTED]
[REDACTED]

[REDACTED]

[REDACTED]

Bone Density Report

Name:	MONSON, KATHRYN A	Sex:	Female	Age:	[REDACTED]
Patient ID:	[REDACTED]	Ethnicity:	White	Height:	[REDACTED]
Referring Provider:	CALL, NATHAN H.	Date of Birth:	[REDACTED]	Weight:	[REDACTED]

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).

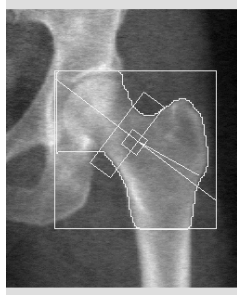
Follow-Up: Consider repeating this study in 2 to 3 years to reassess this patient's status, or sooner if there is some new clinical indication.

Reported by: Dr. Corey Walker, MD, on 03/18/2017 11:17:00 AM.

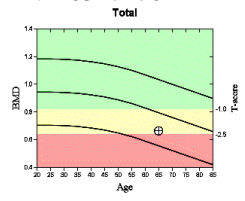
Intermountain Budge Clinic

[REDACTED]
[REDACTED]

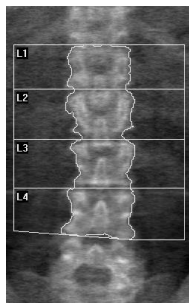
Name: MONSON, KATHRYN A	Sex: Female	Height: [REDACTED]
Patient ID: [REDACTED]	Ethnicity: White	Weight: [REDACTED]
Age: [REDACTED]	Date of Birth: [REDACTED]	Menopause Age: 49



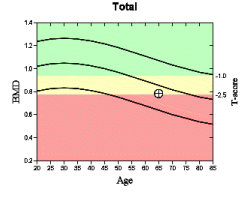
Scan Date: March 17, 2017
Scan ID: A0317170A



Scan Type: f Left Hip



Scan Date: March 17, 2017
Scan ID: A0317170B



Scan Type: f Lumbar Spine

Results:

	BMD (g/cm ²)	T-score	PR (%)	Z-score	AM (%)
Left Hip (Neck)	0.609	-2.2	72	-0.7	89
Left Hip (Total)	0.662	-2.3	70	-1.1	83
Spine (Total)	0.782	-2.4	75	-0.6	92

Total BMD CV 1%

Summary:

	Classification
Left Hip BMD (Neck)	Osteopenia
Left Hip BMD (Total)	Osteopenia
Spine BMD (Total)	Osteopenia

A spine fracture indicates 5X risk for subsequent spine fracture and 2X risk for subsequent hip fracture.

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

