

Document info

Result type: BD Bone Density DEXA Axial Skeleton
Result date: Feb 12, 2020, 12:30 p.m.
Result status: authenticated
Performed by: LISA BLATTER
Verified by: LISA BLATTER
Modified by: LISA BLATTER

Bone density report

Patient:

**MONSON,
KATHRYN A**

DOB:



Intermountain Budge Clinic

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]

Indication: postmenopausal osteoporosis;

Accession number: 74011BD200003163

Clinical Information Provided by Patient:

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

Bone Density: Exam date 2/12/2020

Region	BMD (g/cm ²)	T-score	Z-score	Classification
AP Spine(L1-L4)	0.847	-1.8	0.1	Osteopenia
Femoral Neck(Left)	0.654	-1.8	-0.1	Osteopenia
Total Hip(Left)	0.724	-1.8	-0.4	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	10%
Hip Fracture	1.5%

Reported Risk Factors:

US (Caucasian), T-score(WHO)=-1.7, BMI=26.1

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

Intermountain Budge Clinic

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]

Extended Spine:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T-score	Peak Reference	Z-score	Age Matched
L1	13.06	10.70	0.819	-1.6	83	0.2	103
L2	13.64	11.33	0.830	-1.8	81	0.1	102
L3	13.37	11.61	0.869	-2.0	80	0.1	101
L4	15.38	13.31	0.865	-1.8	82	0.3	104
L1-L2	26.70	22.03	0.825	-1.4	84	0.4	106
L1,L3	26.43	22.31	0.844	-1.5	83	0.4	105
L1,L4	28.44	24.01	0.844	-1.8	81	0.2	103
L2-L3	27.01	22.94	0.849	-1.9	80	0.1	101
L2,L4	29.02	24.64	0.849	-2.1	79	-0.1	99
L3-L4	28.75	24.93	0.867	-2.1	79	-0.1	99
L1-L3	40.07	33.64	0.840	-1.6	82	0.3	104
L1-L2,L4	42.08	35.34	0.840	-1.8	81	0.2	102
L1,L3-L4	41.81	35.62	0.852	-1.8	81	0.2	102
L2-L4	42.39	36.26	0.855	-2.0	79	0.0	100
L1-L4	55.45	46.95	0.847	-1.8	81	0.1	102

Previous Exams:

Region	Exam Date	Age	BMD (g/cm ²)	T-score	BMD Change vs. Baseline	BMD Change vs. Previous
AP Spine(L1-L4)	02/12/2020	67	0.847	-1.8	8.2%*	8.2%*
	03/17/2017	64	0.782	-2.4		
Total Hip(Left)	02/12/2020	67	0.724	-1.8	9.3%*	9.3%*
	03/17/2017	64	0.662	-2.3		
Femoral Neck(Left)	02/12/2020	67	0.654	-1.8	7.5%*	7.5%*
	03/17/2017	64	0.609	-2.2		
Trochanter(Left)	02/12/2020	67	0.574	-1.3	8.6%*	8.6%*

Intermountain Budge Clinic

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]

Previous Exams:

Region	Exam Date	Age	BMD (g/cm ²)	T-score	BMD Change vs. Baseline	BMD Change vs. Previous
	03/17/2017	64	0.529	-1.7		
Intertrochantic(Left)	02/12/2020	67	0.846	-1.6	8.9%*	8.9%*
	03/17/2017	64	0.777	-2.1		
Ward's(Left)	02/12/2020	67	0.429	-2.6	8.0%	8.0%
	03/17/2017	64	0.398	-2.9		

*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 1.5% and an estimated ten-year risk of major fracture of 10%, based on the WHO FRAX algorithm. No significant bone loss was observed.

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 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).

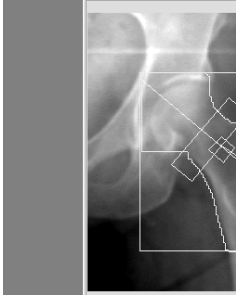
Follow-Up: Consider repeating this study in 2 to 3 years to reassess this patient's status, or sooner if there is some new clinical indication.

Reported by: Corey W. Walker, MD on 02/17/2020 4:37:00 PM.

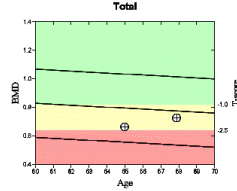
Intermountain Budge Clinic

[REDACTED]
[REDACTED]

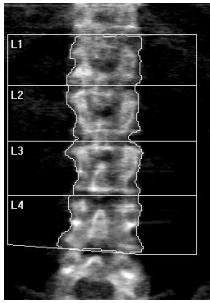
Name: MONSON, KATHRYN A	Sex: Female	Height: [REDACTED]
Patient ID: [REDACTED]	Ethnicity: White	Weight: [REDACTED]
Age: [REDACTED]	Date of Birth: [REDACTED]	Menopause Age: 49



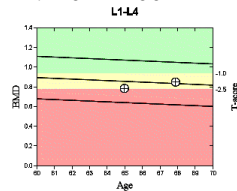
Scan Date: February 12, 2020
Scan ID: A02122003



Scan Type: f Left Hip



Scan Date: February 12, 2020
Scan ID: A02122004



Scan Type: f Lumbar Spine

Results:

	BMD (g/cm ²)	T-score	PR (%)	Z-score	AM (%)
Left Hip (Neck)	0.654	-1.8	77	-0.1	99
Left Hip (Total)	0.724	-1.8	77	-0.4	94
Spine (Total)	0.847	-1.8	81	0.1	102

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).

