

College Park Imaging

DXA Bone Densitometry Report: Wednesday, May 20, 2020

MARY SCHOWENGERDT completed a BMD test on 05/20/2020 ordered by ROBERT SCHUCHARDT, MD, using the Lunar Prodigy Advance DXA System (software version: 13.60) manufactured by GE Healthcare. The following summarizes the results of our evaluation.

PATIENT BIOGRAPHICAL:

Name: SCHOWENGERDT, MARY J

Patient ID: [REDACTED]

Gender: Female

Indications: [REDACTED]

Birth Date: [REDACTED]

Exam Date: 05/20/2020

Fractures:

Treatments: Calcium, Vitamin D

DENSITOMETRY RESULTS:

Site	Region	Measured Date	Measured	WHO Classification	Young Adult T-score	BMD	%Change vs. Previous	Significant Change (*)
AP Spine	L1-L4	05/20/2020	[REDACTED]	Osteopenia	-2.2	0.926 g/cm ²		
DualFemur	Neck Left	05/20/2020	[REDACTED]	Osteopenia	-1.8	0.787 g/cm ²		
DualFemur	Neck Right	05/20/2020	[REDACTED]	Osteopenia	-1.7	0.800 g/cm ²		
DualFemur	Total Left	05/20/2020	[REDACTED]	Osteopenia	-1.1	0.863 g/cm ²		
DualFemur	Total Right	05/20/2020	[REDACTED]	Normal	-1.0	0.878 g/cm ²		

ASSESSMENT:

The BMD measured at AP Spine L1-L4 is 0.926 g/cm² with a T-score of -2.2. This patient is considered osteopenic according to World Health Organization (WHO) criteria. Bone density is between 10 and 25% below young normal. Fracture risk is moderate. Treatment is advised.

World Health Organization (WHO) criteria for post-menopausal, Caucasian Women:

- Normal: T-score at or above -1 SD
- Osteopenia: T-score between -1 and -2.5 SD
- Osteoporosis: T-score at or below -2.5 SD

RECOMMENDATIONS:

NOF Guidelines recommend treatment for patients with a T-score of -1.5 and below with risk factors or -2.0 and below without risk factors. Effective therapies are available in the form of bisphosphonates (Fosamax and Actonel), and Evista. Hormone therapy may be an option based on review of risks and benefits of treatment. All patients should ensure an adequate intake of dietary calcium (1200 mg/d) and vitamin D (400-800 IU daily).

FOLLOW-UP:

People with diagnosed cases of osteoporosis, osteopenia, or at high risk for fracture should have regular bone mineral density tests. For patients eligible for Medicare, routine testing is allowed once every 2 years. The testing frequency can be increased to one year for patients who have rapidly progressing disease, those who are receiving or discontinuing medical therapy to restore bone mass, or have additional risk factors.

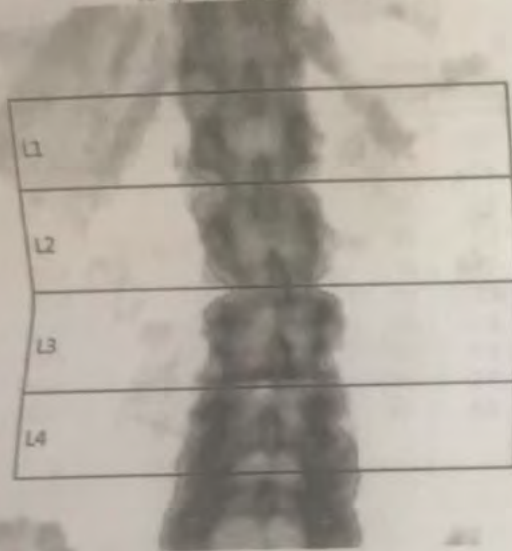
Based on these results, a follow-up exam is recommended in May 2021
ROBERT SCHUCHARDT, MD

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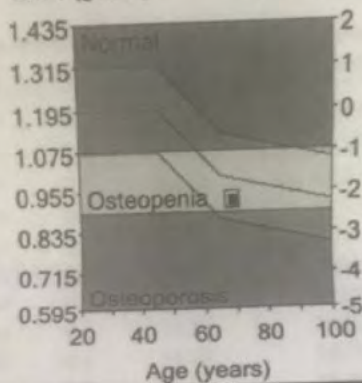
Patient: SCHOWENGERDT, MARY J
 Birth Date: [REDACTED]
 Height / Weight: [REDACTED]
 Sex / Ethnic: Female White

Patient ID: [REDACTED]
 Referring Physician: ROBERT SCHUCHARDT, MD
 Measured: 05/20/2020 1:29:50 PM (13.60)
 Analyzed: 05/20/2020 1:32:34 PM (13.60)

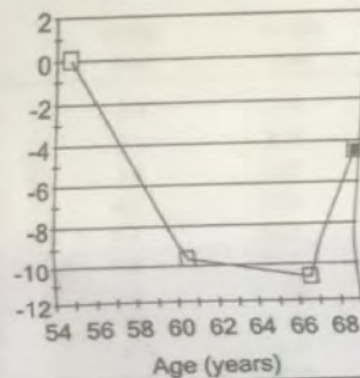
AP Spine Bone Density Trend



Densitometry Ref: L1-L4 (BMD)
 BMD (g/cm²) YA T-score



Trend: L1-L4 (BMD)
 %Change vs Baseline



Region	BMD ¹ (g/cm ²)	Young-Adult ² T-score	Age-Matched ³ Z-score
L1	0.772	-3.0	-1.4
L2	0.853	-2.9	-1.3
L3	0.961	-2.0	-0.4
L4	1.062	-1.2	0.4
L1-L4	0.926	-2.2	-0.5

COMMENTS:

Measured Date	Age (years)	Trend: L1-L4		
		BMD ¹ (g/cm ²)	Change vs Previous (g/cm ²)	Change vs Previous (%)
05/20/2020	68.7	0.926	0.061 *	7.1 *
04/09/2018	66.6	0.865	-0.010	-1.1
04/25/2012	60.6	0.875	-0.094 *	-9.7 *
04/11/2006	54.6	0.969	-	-

Image not for diagnosis

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 0.60x1.05 18.7% Fat=18.3%
 0.000.00 0.000.00
 Filename: ma7naq23tn.dlx
 Scan Mode: Standard;OneScan 37.0 µGy

* - Indicates significant change based on 95% confidence interval.
 1 - Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm² for AP Spine L1-L4)
 2 - USA (Combined NHANES (ages 20-30) / Lunar (ages 20-40)) AP Spine Reference Population (v11.2)
 3 - Matched for Age, Ethnic
 11 - World Health Organization - Definition of Osteoporosis and Osteopenia for Caucasian Women:
 Normal = T-score at or above -1.0 SD; Osteopenia = T-score between -1.0 and -2.5 SD;
 Osteoporosis = T-score at or below -2.5 SD; (WHO definitions only apply when a young healthy Caucasian Women reference database is used to determine T-scores.)

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[REDACTED]

Patient:	SCHOWENGERDT, MARY J	Patient ID:	[REDACTED]
Birth Date:	[REDACTED]	Referring Physician:	ROBERT SCHUCHARDT, MD
Height / Weight:	[REDACTED]	Measured:	05/20/2020 1:29:50 PM (13.60)
Sex / Ethnic:	Female White	Analyzed:	05/20/2020 1:32:34 PM (13.60)

ANCILLARY RESULTS [AP Spine]

Region	1		2		3		BMC (g)	Area (cm ²)	Width (cm)	Height (cm)
	BMD (g/cm ³)	Young-Adult (%)	T-score	Age-Matched (%)	Z-score					
L1	0.772	68	-3.0	82	-1.4	7.44	9.64	3.4	2.84	
L2	0.853	71	-2.9	84	-1.3	9.65	11.30	3.5	3.26	
L3	0.961	80	-2.0	95	-0.4	12.71	13.23	3.8	3.47	
L4	1.062	88	-1.2	105	0.4	14.57	13.72	4.8	2.84	
L1-L2	0.816	70	-3.0	84	-1.3	17.08	20.94	3.4	6.09	
L1-L3	0.872	74	-2.5	89	-0.9	29.79	34.17	3.6	9.56	
L1-L4	0.926	78	-2.2	94	-0.5	44.36	47.89	3.9	12.40	
L2-L3	0.911	75	-2.5	90	-0.8	22.36	24.53	3.6	6.72	
L2-L4	0.965	80	-2.0	96	-0.4	36.92	38.25	4.0	9.56	
L3-L4	1.012	84	-1.6	100	0.0	27.28	26.95	4.3	6.30	

1 - Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm³ for AP Spine L1-L4)
 2 - USA (Combined NHANES (ages 20-30) / Lunar (ages 20-40)) AP Spine Reference Population (v112)
 3 - Matched for Age, Ethnic
 Filename: ma7naq2shn.dfx

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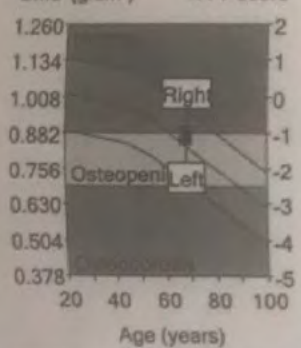
Patient: SCHOWENGERDT, MARY J
Birth Date: [REDACTED]
Height / Weight: [REDACTED]
Sex / Ethnic: Female White
Patient ID: [REDACTED]
Referring Physician: ROBERT SCHUCHARDT, MD
Measured: 05/20/2020 1:32:34 PM (13.60)
Analyzed: 05/20/2020 1:32:35 PM (13.60)

DualFemur Bone Density Trend

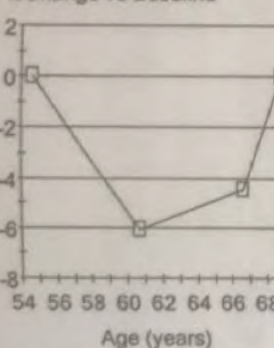


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Densitometry Ref: Total (BMD)
BMD (g/cm³)



Trend: Total Mean (BMD)
%Change vs Baseline

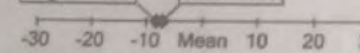


Region	¹ BMD (g/cm ³)	^{2,7} Young-Adult T-score	³ Age-Matched Z-score
Neck			
Left	0.787	-1.8	-0.2
Right	0.800	-1.7	-0.1
Mean	0.794	-1.8	-0.1
Difference	0.013	0.1	0.1
Total			
Left	0.863	-1.1	0.2
Right	0.878	-1.0	0.4
Mean	0.871	-1.1	0.3
Difference	0.015	0.1	0.1

Measured Date	Age (years)	Trend: Total Mean		
		¹ BMD (g/cm ³)	Change vs Previous (g/cm ³)	Change vs Previous (%)
05/20/2020	68.7	0.871	0.039 *	4.7 *
04/09/2018	66.6	0.832	0.014	1.7
04/25/2012	60.6	0.818	-0.053 *	-6.1 *
04/11/2006	54.6	0.871	-	-

Hip Axis Length Comparison (mm)

Right = -8.3 Left = -7.1



(Right = 96.3 mm) (Mean = 104.6 mm) (Left = 97.5 mm)

COMMENTS:

* - Indicates significant change based on 95% confidence interval.

1 - Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm³ for DualFemur Total)

2 - USA (Combined NHANES (ages 20-30) / Lunar (ages 20-40)) Femur Reference Population (v112)

3 - Matched for Age, Ethnic

7 - DualFemur Total T-score difference is 0.1. Asymmetry is None.

11 - World Health Organization - Definition of Osteoporosis and Osteopenia for Caucasian Women: Normal = T-score at or above -1.0 SD; Osteopenia = T-score between -1.0 and -2.5 SD; Osteoporosis = T-score at or below -2.5 SD; (WHO definitions only apply when a young healthy Caucasian Women reference database is used to determine T-scores.)

Printed: 05/20/2020 1:32:59 PM (13.60); Filename: ma7naq2shn.dfx; Right Femur: 15.5%Fat=29.8%; Neck Angle (deg)= 59; Scan Mode: Standard 37.0 μ Gy; Left Femur: 16.0%Fat=28.4%; Neck Angle (deg)= 61; Scan Mode: Standard 37.0 μ Gy



GE Healthcare

Lunar Prodigy Advance
PA+130235

College Park Imaging

[REDACTED]

SCHOWENGERDT, MARY J

Patient ID: [REDACTED]

Referring Physician: ROBERT SCHUCHARDT, MD

ROBERT SCHUCHARDT, MD

Measured: 05/20/2020 1:32:34 PM

05/20/2020 1:32:34 PM

Analyzed: 05/20/2020 1:32:35 PM

05/20/2020 1:32:35 PM

Date:
Weight / Weight:
Sex / Ethnic:

Female White

ANCILLARY RESULTS [DualFemur]

Region	BMD ¹	Young-Adult ^{2,7}		Age-Matched ³		BMC	Area
	(g/cm ²)	(%)	T-score	(%)	Z-score		
Neck Left	0.787	76	-1.8	97	-0.2	3.66	4.64
Neck Right	0.800	77	-1.7	99	-0.1	3.59	4.49
Neck Mean	0.794	76	-1.8	98	-0.1	3.62	4.57
Neck Diff.	0.013	1	0.1	2	0.1	0.06	0.15
Upper Neck Left	0.605	74	-1.8	95	-0.3	1.38	2.28
Upper Neck Right	0.628	76	-1.6	99	-0.1	1.38	2.20
Upper Neck Mean	0.616	75	-1.7	97	-0.2	1.38	2.24
Upper Neck Diff.	0.023	3	0.2	4	0.2	0.01	0.08
Lower Neck Left	0.963	-	-	-	-	2.28	2.37
Lower Neck Right	0.965	-	-	-	-	2.21	2.29
Lower Neck Mean	0.964	-	-	-	-	2.25	2.33
Lower Neck Diff.	0.002	-	-	-	-	0.07	0.07
Wards Left	0.580	64	-2.5	91	-0.4	1.39	2.39
Wards Right	0.576	63	-2.6	91	-0.5	1.29	2.24
Wards Mean	0.578	64	-2.6	91	-0.4	1.34	2.32
Wards Diff.	0.005	-1	0.0	-1	0.0	0.10	0.16
Troch Left	0.696	82	-1.3	99	0.0	7.70	11.06
Troch Right	0.726	85	-1.1	104	0.2	8.43	11.61
Troch Mean	0.711	84	-1.2	102	0.1	8.07	11.33
Troch Diff.	0.030	4	0.3	4	0.3	0.73	0.55
Shaft Left	1.033	-	-	-	-	13.39	12.96
Shaft Right	1.042	-	-	-	-	13.38	12.83
Shaft Mean	1.037	-	-	-	-	13.38	12.90
Shaft Diff.	0.010	-	-	-	-	0.01	0.13
Total Left	0.863	86	-1.1	104	0.2	24.74	28.66
Total Right	0.878	87	-1.0	105	0.4	25.40	28.93
Total Mean	0.871	86	-1.1	105	0.3	25.07	28.80
Total Diff.	0.015	1	0.1	2	0.1	0.66	0.27

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