

Document info

Result type: DEXA Hip, Spine - Bone Density
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Performed by: Christopher Lazo
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DEXA HIP AND SPINE

Patient: GORDON WATTS **DOB:** May 16, 1966

BDEXA

Accession #: 40419308 Exam Date/Time: 09/08/2023 09:43 Finalized On: 09/12/2023 12:35
DEXA HIP AND SPINE

INDICATION: Other specified disorders of bone density and structure, unspecified site.

COMPARISON: None.

VENDOR: Hologic.

FINDINGS:

Lumbar spine levels L1-L4:

Current study: Bone mineral density (BMD): 0.798 gm/cm², T-score: -2.7.

Left femoral neck:

Current study: Bone mineral density (BMD): 0.571 gm/cm², T-score: -2.6.

Total left hip:

Current study: Bone mineral density (BMD): 0.692 gm/cm², T-score: -2.3.

IMPRESSION: Osteoporosis.

The United States Preventive Services Task Force (USPSTF) recommends using FRAX to calculate risk with subsequent testing of the following groups:

- All women 65 and older
- Women 50-64 with 10 year risk of fracture of 9.3% or more.

FRAX Do not calculate if: Hip scan is not performed, T score standards for spine total, hip total, femoral neck at or above -1.0, or if any T score is at or below -2.5.

In the United States, the National Osteoporosis Foundation Guidelines recommend treatment of postmenopausal women and men 50 years of age or older with the following:

- A fragility fracture of the hip or vertebra
- T-score of less than -2.5 at the femoral neck or spine (Osteoporosis)
- T-score -1.0 to -2.4 at the femoral neck or spine AND a 10 year probability of:

- Hip fracture greater than or equal to 3%

OR

- Major fracture greater than or equal to 20% as calculated from the US-adapted FRAX WHO Fracture Risk Assessment Tool algorithm.

WHO T-score classification:

normal: ≥ -1.0

osteopenia: $-1.0 < T < -2.5$

osteoporosis: $T \leq -2.5$

NOTES:

1. Changes in BMD of less than 3% are in range of error and may not be significant.
2. Always use DEXA testing in conjunction with clinical findings and patient history to determine optimal patient management.
3. T-score standards are based on reference values for white females, age 20-29 based on the NHANES III database and may be less accurate for other groups of patients.
4. DEXA values may be less accurate in patients with degenerative

changes, scoliosis, compression deformities etc.

Electronically signed by Christopher Lazo on 9/12/2023 12:32 PM

INTERPRETED BY: Christopher Ryan Lazo Finalized On: 09/12/2023 12:35