

FINDINGS:

6/24/2010

L1-L4

BMD 0.859 g/cm<sup>2</sup>

T-score -2.7 STD

Z-score -1.4 STD

Left Femoral neck

BMD 0.643 g/cm<sup>2</sup>

T-score -2.8 STD

Z-score -1.6 STD

Left Femur Total

BMD 0.658 g/cm<sup>2</sup>

T-score -2.8 STD

Z-score -1.8 STD

Right Femoral Neck

BMD 0.670 g/cm<sup>2</sup>

T-score -2.6 STD

Z-score -1.4 STD

Right Femur Total

BMD 0.677 g/cm<sup>2</sup>

T-score -2.6 STD  
Z-score -1.6 STD

patients in November 2016.

FINDINGS:

7/6/2017

L1-L4

BMD 0.987 g/cm<sup>2</sup>

T-score -1.6 STD

Z-score 0.0 STD

Left Femoral neck

BMD 0.690 g/cm<sup>2</sup>

T-score -2.5 STD

Z-score -0.9 STD

Left Femur Total

BMD 0.712 g/cm<sup>2</sup>

T-score -2.4 STD

Z-score -1.0 STD

Right Femoral Neck

BMD 0.743 g/cm<sup>2</sup>

T-score -2.1 STD

Z-score -0.6 STD

Right Femur Total

BMD 0.744 g/cm<sup>2</sup>

T-score -2.1 STD

Z-score -0.8 STD

COMMENT: The T-score is

T-score -2.6 STD

Z-score -1.6 STD

COMMENT: The T-score is the number of standard deviations above or below the standard which is young normal adults at their peak bone mineral density. The World Health Organization (WHO) interprets T scores as follows:

- 1 and above: Normal bone density
- Between -1 and -2.5: Osteopenia
- Equal to or below -2.5: Osteoporosis

References:

1. NIH Osteoporosis and Related Bone Diseases  
[www.osteoporosis.org/](http://www.osteoporosis.org/) (<http://www.osteoporosis.org/>)
2. The International Society for Clinical Densitometry  
[www.iscd.org/](http://www.iscd.org/) (<http://www.iscd.org/>)
3. The National Osteoporosis Foundation  
[www.nof.org/](http://www.nof.org/) (<http://www.nof.org/>)

GENERAL ADVICE FOR THE PATIENT WITH OSTEOPOROSIS:

The patient should follow a healthy lifestyle (with good nutrition, adequate calcium and vitamin D, and appropriate weight-bearing exercise.)

The American Association of Clinical Endocrinologists (AACE) and the National Osteoporosis Foundation (NOF) recommend pharmacologic intervention for all postmenopausal women whose T-score is in this range.

In untreated patients, the risk of osteoporotic fracture increases