

DEXA 9/26/16

NOV 2016
Started Shakerlee

Mary F Bergum, MD PLLC on 10/14/2016 04:37 AM UTC

Attached is a copy of the results of your recent DEXA. I have made some notations on the forms. If you have any questions please let us know. mb

- 1. Alcohol / structure
- 2. - no coffee
- 3. - limited alcohol
- 4. 1 c. tea
- 5. shakerlee

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RADIOLOGY REPORT

ID #	SEX	PATIENT DEMOGRAPHICS	RESULTS PROVIDED BY
2949	F	EILEEN MAXEY 11305 S STEVENS CREEK RD SPOKANE, WA 99223 (509) 448-4835	VP 801 SOUTH STEVENS ST. SPOKANE, WA 99204
DOB			
02/12/1959			
AGE		ACCESSION #	ORDERING PROVIDER
57			Mary Bergum, MD
LAB ID		SPECIMEN INFORMATION	RECEIVED ON
30056		Specimen ID: 1014900L Type: Source: Condition:	09/27/2016 08:15:53 09/26/2016 15:55:00
			REPORTED ON
			09/26/2016 15:17:00
			FASTING
			NOT SPECIFIED

- 6. Valor
in spine
- 7. plums
Feb
- 9. 2 day

NAME	VALUE	NORMAL	UNITS	Flag	Status	Performed By
BONE DENSITY					F	

2. apple cider
March Vinegar

DUAL-ENERGY X-RAY ABSORPTIOMETRY

CLINICAL INFORMATION:
Postmenopausal patient taking calcium and vitamin-D. History of osteopenia, scoliosis, fractures, family history of osteoporosis. Screening exam and new baseline.

COMPARISON:
None

PROCEDURE:
Regional bone mass was determined with the Hologic Discovery. The lumbar spine L1-L4, left hip and left forearm were evaluated.

FINDINGS:

Lumbar Spine
Total BMD: 0.699
T-Score: -3.2
Z-Score: -1.9

Very high risk for spinal fractures.

Left Hip
Total BMD: 0.702
T-Score: -2.0
Z-Score: -1.2

Femoral neck
Total BMD: 0.611
T-Score: -2.1
Z-Score: -1.0

Left Forearm 1/3 Radius
BMD: 0.724
T-Score: +0.0 ← Great!

9. pilates NOV

10. COLLAGEN/
BONE BR.