

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

UNDERSTANDING YOUR BONE DENSITY TEST RESULTS

Patient: _____ Chart #: _____ Age: _____

Date: _____ Doctor: _____

YOUR T-SCORE: _____

WHAT A T-SCORE MEANS:

If a T-score at the Hip is:	Then Bone Mass is:	And Risk of Fracture at the SPINE is: at the HIP is:	
0.0 to -0.9	Normal to low Normal*	Minimal *	Minimal *
(-)1.0 to (-)1.4	10% to 15% below normal*	2.3 times greater*	2.6 times greater*
(-)1.5 to (-)1.9	15% to 20% below normal*	3 times greater*	4 times greater*
(-)2.0 to (-)2.4	20% to 25% below normal, OSTEOPOROSIS*	5 times greater*	7 times greater*
(-)2.5 to lower	> 25% below normal, OSTEOPOROTIC*	8 times greater*	11 times greater*

*Compared to a healthy young adult female with a T-score of 0.0. Risk of fracture can vary with age.

The National Osteoporosis Foundation recommends:

0.0 to - 0.9----- Maintain your bone health with proper diet, exercise, & calcium with Vitamin D supplements.

(-)1.5 to (-)2.0----- Treatment is recommended if you have 1 or more risk factors listed (as below).

(-) 2.0 or below----- Prescription treatment is recommended.

OSTEOPENIA is decreased calcification or density of the bone and can lead to osteoporosis.

OSTEOPOROSIS is low bone density & causes increased bone fragility.

Major risk factors for osteoporosis & related fracture in caucasian post-menopausal women:

1. Personal history of fracture as an adult.
2. History of fragility fracture in a first degree relative.
3. Low body weight.
4. Current smoker.
5. Use of oral corticosteroid therapy for more than 3 months.

Additional risk factors include:

1. Impaired vision
2. Estrogen deficiency at an early age (<45 years old).
3. Dementia
4. Poor health/frailty.
5. Recent falls.
6. Lifelong low calcium intake.
7. Low physical activity.
8. Alcohol in amounts of >2 drinks per day.

**Treatment is recommended if you have had a prior vertebral or hip fracture
(Regardless of your T-score)**

YOUR DOCTOR RECOMMENDS:

- Proper diet, exercise and 500 mg Calcium with Vitamin D three times a day daily
such as Os-Cal + D, Citracal, Viactiv
- Proper diet, exercise, 500 mg Calcium with Vitamin D three times daily and prescription medicine:

Additional Recommendations: Stop Smoking, Limit Caffeine intake & participate in weight bearing exercises such as aerobics,
running, walking, (treadmill), or lifting weights

YOUR BONE DENSITY SHOULD BE REPEATED AGAIN: _____