

IHC Salt Lake Clinic

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DXA Bone Densitometry Report: Sunday, January 27, 2008

Dear Dr. Anne Pendo;

Your patient VERDEL MEACHAM completed a BMD (bone mineral density) test on 1/24/2008 using the Lunar Prodigy Advance DXA System (analysis version: 11.20) manufactured by GE Healthcare. The following summarizes the results of our evaluation.

PATIENT BIOGRAPHICAL:

Name: MEACHAM, VERDEL A
Patient ID: 4852901 Birth Date: 1/1/1932 Height: 62.5 in.
Gender: Female Exam Date: 1/24/2008 Weight: 113.0 lbs.
Indications: osteopenia Fractures: back pain Treatments: Ca++, vit. D

Technical limitations: degenerative disc changes and scoliosis of lumbar spine

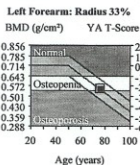
Comparison Scan: August 2004 at the Salt Lake Clinic

ASSESSMENT:

The BMD measured at Forearm Radius 33% is 0.552 g/cm² with a T-score of -2.3. This patient is considered OSTEOPENIC according to World Health Organization (WHO) criteria.

Compared to 2004, her left forearm bone density is 20% greater and the left total hip site is 11% increased. Both of these changes are statistically significant. A comparison at her lumbar spine was not possible due to degenerative disc changes and scoliosis. If clinically concerned, a plain x-ray may be helpful to better look at this site.

Her 10 year estimated risk of a fracture at any site is 12% compared to 18% for women of her same age.



Site	Region	Measured Date	Measured Age	WHO Classification	Young Adult T-score	BMD
Left Forearm	Radius 33%	1/24/2008	76.0	Osteopenia	-2.3	0.552 g/cm ²

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 (national osteoporosis foundation) 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. Although her bone density meets NOF guidelines for treatment, her bone density has increased since the last scan and her fracture risk remains well below women of her same age group. All patients should ensure an adequate intake of dietary calcium (1000-1500 mg/d) and vitamin D (800-1200 IU daily). Measuring a 25 hydroxy vit. D level is also reasonable.

FOLLOW-UP:

A repeat DXA (bone density) scan in about 2-3 years will be helpful for follow-up.

Sincerely,

Scott Burton, MD,CCD (certified clinical densitometrist)
cc: Verdel Meacham