



Chatswood Densitometry Centre

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DXA Bone Densitometry: Thursday, 21 October 2021

Dear [REDACTED],

Thank you for referring Michael [REDACTED] for bone mineral density scans. The results below are from scans performed on 21/10/2021 using a Lunar Prodigy DXA scanner (s/ware14.10).

Patient Details:

Name: [REDACTED] **Height:** 168.0 cm **Date of Birth:** [REDACTED]
Gender: Male **Weight:** 61.7 kg
Indications: History of Fracture (Adult), Rheumatoid Arthritis, Glucocorticoids (Chronic), Prostate cancer

Bone Densitometry Results:

Skeletal Site	Region	BMD	T-Score	Z-Score	Change vs. Baseline (%)	Change vs last (%)
AP Spine	L1-L2	0.840 g/cm ²	-3.0	-2.0	13.1%	13.1%
AP Spine	L2-L4	0.919 g/cm ²	-2.7	-1.6	11.0%	11.0%
DualFemur	Neck Left	0.909 g/cm ²	-1.2	0.3	3.4%	3.4%
DualFemur	Neck Right	1.002 g/cm ²	-0.5	1.0	6.5%	6.5%
DualFemur	Total Left	0.963 g/cm ²	-1.0	0.2	4.8%	4.8%
DualFemur	Total Right	0.991 g/cm ²	-0.8	0.4	5.1%	5.1%
DualFemur	Total Mean	0.977 g/cm ²	-0.9	0.3	4.9%	4.9%

Mild degenerative changes are spuriously elevating lumbar BMD (esp L3, L4).

10 Year Absolute Fracture Risk (World Health Organization: FRAX - Australian Reference)

Major Osteoporotic Fracture	Hip Fracture
8.2% (7.8 *)	2.6% (3.0 *)
Risk Factors: History of Fracture (Adult), Rheumatoid Arthritis, Glucocorticoids (Chronic), Secondary Osteoporosis	

Based on DualFemur (Left) Neck BMD. FRAX does not reflect lumbar spine BMD.

*Absolute fracture risk (not an eligible criterion for PBS therapy) corresponding to PBS criteria for access to subsidised therapy in the absence of a fracture ($T \leq -2.5$ in over 70s).

Trabecular Bone Score

The TBS (L1-L4) is 1.37 (normal > 1.30, intermediate 1.20 - 1.30, low < 1.20).

Conclusions

The lowest BMD Z-Score of -2.0 is in the low normal range for someone of this age, weight and sex.

The lumbar and proximal femoral BMD are also in the osteoporotic/ osteopenic range. The TBS indicates no significant microarchitecture degradation. History of hip fracture is noted. Further fracture risk is moderate to high.

Increase in BMD since the baseline scan of 12/8/2016.

Yours sincerely,

Assoc Prof Nicholas Pocock
Report electronically validated and signed.