Understanding Your Bone Density Test Results
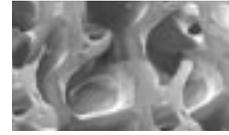
NORMAL BONES   THINNING BONES
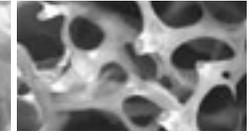
Bone art: ©1999 David W. Dempster, PhD.

PATIENT _____ AGE _____

DOCTOR _____ DATE _____

1. Your T-score

Site with lowest measurement: _____

Please discuss your T-score with your doctor; your bone density test suggests that you have:

☐ Normal bones   ☐ Thinning bones   ☐ Osteoporosis

2. What a T-score Means

If a T-score at the Hip Is:	Then Bone Mass Is[1]:	And Risk of Fracture[2,3] 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, which means you are considered "osteoporotic"*	≈5 times greater*	≈7 times greater*
–2.5 or lower	More than 25% below normal, which means you are considered "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.

3. Should You and Your Doctor Consider Treatment?

The National Osteoporosis Foundation recommends[1]:

T-score

0.0
–0.5
–1.0
–1.5
–2.0
–2.5
–3.0
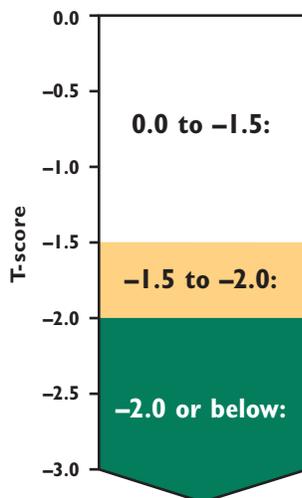
0.0 to –1.5: Maintain your bone health with proper diet, exercise, and calcium and vitamin D supplements.

–1.5 to –2.0: Treatment is recommended if you have 1 or more risk factors listed on the right. Talk to your doctor today.

–2.0 or below: Prescription treatment is recommended. Talk to your doctor today.

Major risk factors for osteoporosis and related fracture in Caucasian postmenopausal women[1]:

☐ Personal history of fracture as an adult
☐ History of fragility fracture in a first-degree relative
☐ Low body weight (<127 lb)
☐ Current smoker
☐ Use of oral corticosteroid therapy for more than 3 months

Additional risk factors include:

☐ Impaired vision
☐ Estrogen deficiency at an early age (<45 years)
☐ Dementia
☐ Poor health/frailty
☐ Recent falls
☐ Low calcium intake (lifelong)
☐ Low physical activity
☐ Alcohol in amounts >2 drinks per day

Treatment is recommended if you have had a prior vertebral or hip fracture, regardless of your T-score. Talk to your doctor today.

Bone Health Fact: It's actually possible to help reverse bone loss and strengthen bones.

References: 1. National Osteoporosis Foundation. *Physician's Guide to Prevention and Treatment of Osteoporosis.* Washington, DC: National Osteoporosis Foundation; 2003. **2.** Marshall D, Johnell O, Wedel H. Meta-analysis of how well measures of bone mineral density predict occurrence of osteoporotic fractures. *BMJ.* 1996;312:1254–1259. **3.** Cummings SR, Black DM, Nevitt MC, et al, for the Study of Osteoporotic Fractures Research Group. Bone density at various sites for prediction of hip fractures. *Lancet.* 1993;341:72–75.