Arbor Bluff Imaging

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Bone Density (DXA) Report

Patient: Margaret A. Ostrander

Date of birth: 04/19/1955

Exam date: August 12, 2025

Referring physician: Sunita Raghavan, MD

History: Osteoporosis diagnosed April 2018. Alendronate 70 mg weekly from May 2018 to August 2023.
Fracture of the left distal radius, February 2019, from a fall on ice. Mother had a hip fracture at 81.

Site	Bone density (g/cm²)	T-score	Change since July 2023
Lumbar spine, L1 to L4	0.812	-2.3	-0.8 %, not significant
Left femoral neck	0.701	-1.9	no change
Left total hip	0.798	-1.6	+0.3 %, not significant

Ten-year fracture risk (FRAX)

	Risk
Major osteoporotic fracture	14 %
Hip fracture	2.6 %

Impression

Bone density is stable two years after stopping alendronate. The diagnosis remains osteoporosis, because the lowest T-score on record is -2.6 (lumbar spine, April 2018).

Recommendation

Remain off treatment. Repeat the scan in 24 months, August 2027. Treatment should be restarted if the lumbar spine T-score falls to -2.5 or lower, if the hip fracture risk reaches 3 %, or after any new fracture.

Read by Colin Abernethy-Ruiz, MD, Radiology