

# Your Bone Mineral Density (BMD) Report

**Patient Name: Doe, Jane**

**ID: 230413-19**

**Date of Exam: 04/13/2023**

**Date of Birth: \*\*/\*\*/1969**

**Gender: Female**



To learn more visit  
[www.AutoBMD.ai](http://www.AutoBMD.ai)

## Hounsfield Unit (HU)

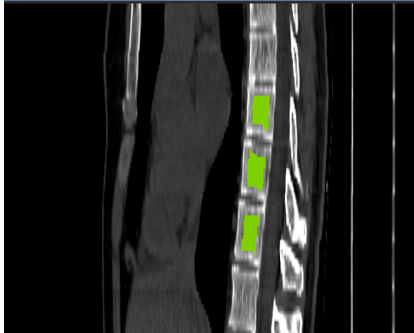
A quantitative scale for describing radiodensity.

|            |       |
|------------|-------|
| Vertebra 1 | 247.0 |
| Vertebra 2 | 225.1 |
| Vertebra 3 | 247.9 |
| Mean HU    | 240.0 |

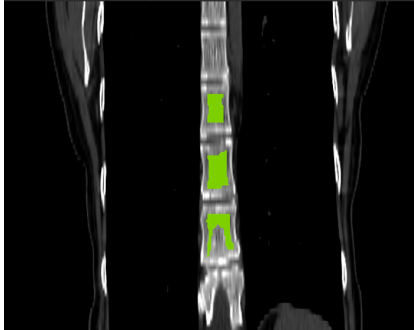
## BMD (mg/cc)

|          |       |
|----------|-------|
| Mean BMD | 227.3 |
| Z-Score  | 1.4   |
| T-Score  | 0.1   |

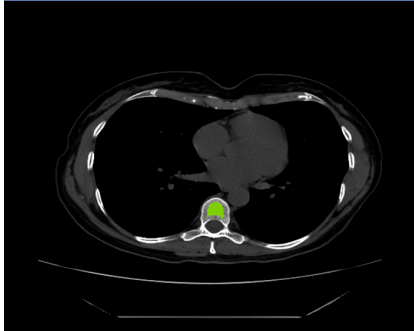
## Sagittal (side view)



## Coronal (front view)

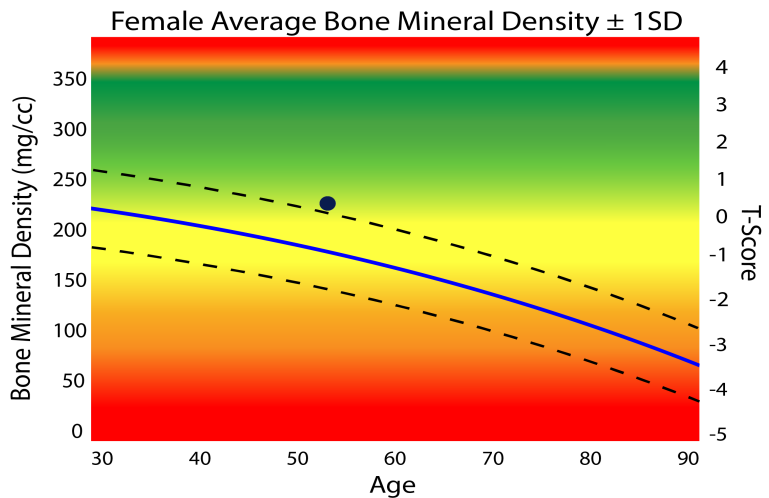


## Axial (cross-sectional view)



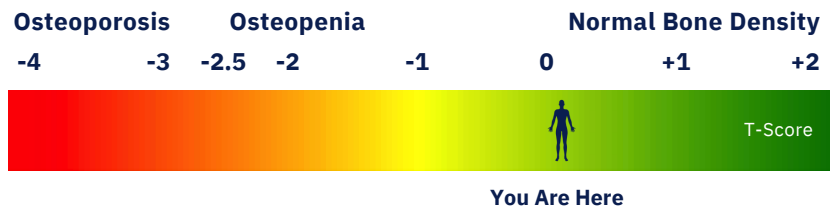
## Your Z-Score: 1.4

**Z-Score** compares your bone mineral density to what is expected for a person of the same age and gender.



## Your T-Score: 0.1

**T-Score** is your bone mineral density (BMD) compared with what is normally expected in a healthy adult of your gender. *Your T-Score of 0.1 indicates that your bone mineral density is normal.*



## Recommendations

All patients should ensure an adequate intake of dietary calcium and vitamin D. The National Osteoporosis Foundation recommends adults under age 50 need 1,000 mg of calcium and 400-800 IU of vitamin D daily. Adults 50 and over need 1,200 mg of calcium and 800-1,000 IU of vitamin D daily. **Based on your BMD results, your bone mineral density is within the normal range.**

## Follow up

People diagnosed with osteoporosis or at high risk for fracture should have regular BMD tests. For patients eligible for Medicare, routine testing is allowed once every two years. For more information visit [www.AutoBMD.ai](http://www.AutoBMD.ai).