

Bone Mineral Density

T-Score is a comparison of your bone density now with the density of your bones when you were around the age of 30. Between the ages of 25 and 30, bone density is highest.

The bone density is measured at the lumbar spine in the back (LS) and at the hip (femoral neck- abbreviated FN).

A T- Score between 0 and -1 is normal

A T-Score between -1 and -2.5 is osteopenia

A T-Score more negative (less than) -2.5 is osteoporosis

Your LS (back) T-Score is _____ on (date) _____

Your Femoral Neck (hip) T-Score is _____ on (date) _____

Usually, bone density exams are repeated every 12-24 months