

# medica:

## Report

**Patient Name :**

**Patient ID :**

**Date of Birth :**

**Study Date :**

**Study Description :**

Reporter : Medica Reporter



14 Apr 2026

Hip total L

Bone Mineral Density: 0.843 g/cm

T Score: -0.8 normal

Z Score: -0.5

Hip femoral neck L

Bone Mineral Density: 0.736 g/cm

T Score: -1.0 normal

Z Score: -0.5

L Spine

Bone Mineral Density: 1.051 g/cm

T Score: 0.0 normal

Z Score: +0.6

FRAX: 10yr risk of hip fracture = 0.2%

10yr risk of major osteoporotic fracture = 3.3%

Patient classification according to WHO guidelines: Scan reveals normal BMD at the left hip and at the lumbar spine.

Report

No clinical information is available but this lady has normal BMD scores at the hip and spine. FRAX analysis, assuming no added risk factors, confirms a 10-year risk of future fracture well below the treatment threshold. On this basis, no additional specific therapy for BMD is proposed

Lifestyle factors to improve bone health should be considered including encouraging a good intake of dietary calcium & vitamin D, regular weight-bearing exercise and the avoidance of falls, smoking and excess alcohol. If the individual has hyperparathyroidism dietary advice should be to encourage intake of extra vitamin D rather than calcium. Consider falls assessment if >2 unexplained falls reported within the last 12 months

Rescan only if future, low trauma fracture or change in wider risk factor profile

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This report is based on the clinical information provided at the time of referral. If risk factors change over time, it is appropriate to reassess the risk of fracture.