

DEXA Scan Report

Patient Information:

- **Name:** [Patient Full Name]
- **Age:** [Patient Age]
- **Gender:** [Male/Female/Other]
- **Patient ID:** [Patient ID or Registration No.]
- **Date of Birth:** [Patient DOB]
- **Report Date:** [Date of Report]
- **Doctor:** [Doctor's Name & Specialty]

Scan Information:

- **Test Name:** DEXA Scan (Bone Mineral Density Test)
- **Scan Date:** [Date of Scan]
- **Lab/Center:** [Lab Name or Center Address]
- **Technician Name:** [Technician Name]
- **Sample ID:** [Sample Identification Number]

Bone Density Measurement Results:

Bone Region	BMD (g/cm²)	T-score	Z-score	Interpretation
Lumbar Spine (L1-L4)	[Result Value]	[T-score Value]	[Z-score Value]	[Normal/Osteopenia/Osteoporosis]
Left Hip	[Result Value]	[T-score Value]	[Z-score Value]	[Normal/Osteopenia/Osteoporosis]
Right Hip	[Result Value]	[T-score Value]	[Z-score Value]	[Normal/Osteopenia/Osteoporosis]
Total Hip (Average)	[Result Value]	[T-score Value]	[Z-score Value]	[Normal/Osteopenia/Osteoporosis]
Forearm	[Result Value]	[T-score Value]	[Z-score Value]	[Normal/Osteopenia/Osteoporosis]

Total Body	[Result Value]	[T-score Value]	[Z-score Value]	[Normal/Osteopenia/Osteoporosis]
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Key Parameters:

- BMD (Bone Mineral Density):**
 The BMD is expressed in grams per square centimeter (g/cm²). Higher values indicate stronger bones.
 - T-score Interpretation:**
 - Normal:** T-score ≥ -1
 - Osteopenia:** T-score between -1 and -2.5
 - Osteoporosis:** T-score ≤ -2.5
 - Z-score Interpretation:**
 Z-score compares the patient's BMD to the average value of age-matched controls. Z-scores lower than -2.0 may indicate that something other than aging is causing bone loss.
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Impression:

- Bone Health Summary:**
 [E.g., "Normal bone density in all regions," or "Osteopenia observed in the lumbar spine," or "Osteoporosis detected in the left hip."]
 - Fracture Risk:**
 [E.g., "Increased risk of fractures due to low bone mineral density," or "Normal fracture risk based on BMD results."]
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Recommendations:

- Diet and Supplements:**
 [E.g., "Increase calcium and vitamin D intake," "Recommend calcium supplements."]
 - Exercise:**
 [E.g., "Weight-bearing exercises recommended to improve bone strength."]
 - Follow-Up:**
 [E.g., "Reassessment in 1 year," "DEXA scan follow-up recommended in 2 years."]
 - Medications (if applicable):**
 [E.g., "Consider bisphosphonates or other medications for osteoporosis treatment."]
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Technician Signature: [Signature]

Doctor Signature: [Signature]

Lab Stamp & Approval: [Stamp]