

Understanding Your DXA Results™

Make sense of the numbers without letting one result tell the whole story.



YOUR REPORT MAY INCLUDE

Bone density measurements for the hip and spine, T-scores, Z-scores and sometimes a fracture-risk estimate.



THE T-SCORE RANGE

-1.0 OR ABOVE



Expected bone density range

BETWEEN -1.0 AND -2.5



Low bone mass, often called osteopenia

-2.5 OR BELOW



Osteoporosis range

T-SCORE



Compares your bone density with that of a healthy young adult. It is generally used to classify bone density in postmenopausal women.

Z-SCORE



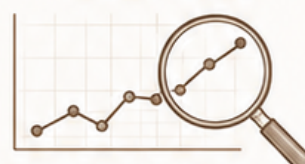
Compares your bone density with people of a similar age, sex and body size. A notably low Z-score may prompt a search for contributing causes.

CHECK EACH AREA MEASURED



Your hip and spine may have different results. Ask which measurement is most important in your situation.

LOOK AT CHANGE OVER TIME



A small difference between scans may reflect normal measurement variation. Ask whether the change is large enough to be considered meaningful.



QUESTIONS TO ASK

- ☐ What is my lowest relevant T-score?
- ☐ Do I have low bone mass or osteoporosis?
- ☐ Does my fracture history change the interpretation?

- ☐ Was a fracture-risk estimate included?
- ☐ When should my next assessment be considered?
- ☐ Were my scans performed on comparable equipment?



Gentle Reminder

A DXA result is one part of your bone-health picture. Age, previous fractures, falls, medications and health history also influence risk.



Martine's Midlife Wellness Tip

Ask for the complete report, not only the word 'normal' or 'low.' Knowing the site and score makes future comparisons much easier.

