

27 November 2009

Dr Example
454 Remuera Road
Remuera
Auckland 1050

Dear Dr Example

Re: Sample PATIENT d.o.b. 06/12/1944
16 Rangitoto Road, Ellerslie

Thank you for referring Sample PATIENT for a DXA bone mineral density assessment.

Indication: 64 year old woman with a family history of osteoporosis and a personal history of a forearm fracture in 2007.

Bone Density (Lunar):

Spine:
27.03.09 0.95 g/cm² T-score = -1.9

Average Total Hips:
27.03.09 0.74 g/cm² T-score = -2.0

(The bone density "T-score" is the number of standard deviations the measurement lies below the mean level for young adults. The WHO defines osteopaenia as a T-score between -1.0 and -2.5, and osteoporosis as a T-score worse than -2.5).

Diagnosis: Moderate osteopaenia of both spine and hip regions.

Fracture Risk Prediction: Moderate absolute fracture risk with an estimated 10-year probability of any major osteoporotic fracture 15%, and of a hip fracture 3.5% (FRAX WHO fracture risk data).

Clinician Comment and Recommendation:

These measurements confirm that Sample Patient has bone density levels which are below average for age and approaching the severe osteopaenia range. She has a moderate overall fracture risk of 15% over the next 10 years, but an important hip fracture risk of 3.5% over that same interval. This exceeds the positive cost-benefit threshold of 3.0%. Potent bisphosphonate therapy is indicated, perhaps for 5 years in the first instance. Her SA number for prescribing Fosamax Plus is **CHEM/10000001/Lifetime**. I would suggest consideration of the following regimen, unless there are clinical contraindications: calcium 500mg nocte each day, Fosamax Plus 70mg mane each week. The Fosamax Plus needs to be taken on an empty stomach, first thing in the morning with a large glass of water and **at least** 30 minutes before breakfast, other fluids or other medications. The patient should not lie down until after the delayed breakfast.

Future Scan Recommendation (optimally on the same scanner):

2013 at age 68 years.

Yours sincerely,

Patrick Frengley, FRACP, FRCP(Canada), FACP
ENDOCRINOLOGIST

We are giving a hardcopy of the scans to every patient but sending just electronic reports to all our Healthlink registered referrers. However, a copy of the scans can be obtained upon specific request by calling 6232301.
This report has been generated using clinical information available from the referrer and patient. The reporter has made no personal contact with the patient.

Cnr Rosedale Road
& Apollo Dr, Albany

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Cnr Great North Road
& Montel Ave, Henderson

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Waitemata Specialist Centre,

13-15 Shea Terrace,
Takapuna

.....

First Floor

Mercy Specialist Centre

100 Mountain Rd
Epsom

.....

260 Botany Rd

Botany Downs

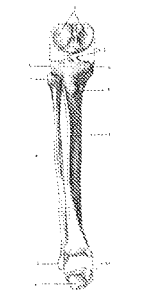
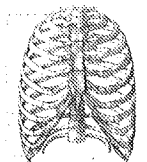
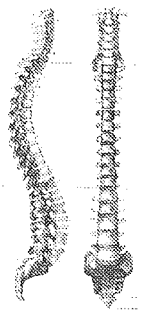
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healthlink akldbone

**Physicians**

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Dr. Brandon Orr-Walker

Prof. Ian Reid