

## **UNDERSTANDING DEXA TEST RESULTS**

The DEXA test results will be in the form of two scores:

### **T score:**

This number demonstrates the amount of bone you have compared with a young adult of the same gender with peak bone mass. A score above -1 is considered normal. A score between -1 and -2.5 is classified as osteopenia, the first stage of bones loss. A score below -2.5 is defined as osteoporosis. The T score is used to estimate your risk of developing a fracture.

### **Z score:**

This number reflects the amount of bone you have compared with other people in your age group and of the same size and gender. If the score is unusually high or low, it may indicate a need for further medical tests.

## **BENEFIT OF DEXA EXAMS**

- It is a simple, quick, and non-invasive procedure.
- The amount of radiation used is extremely small – less than one-tenth the dose of a standard chest x-ray.
- DEXA is the most accurate method available for the diagnosis of osteoporosis and is also considered an accurate estimator of fracture risk.