



UNIVERSITY PHYSICIANS WOMEN'S HEALTH CENTER

a Service of Texas Tech Medical Center at Amarillo • Department of Obstetrics & Gynecology
1400 Coulter, 3rd Floor • Amarillo, TX 79106 • (806) 354-5650

Date _____

Address _____

Dear _____:

Thank you for referring _____ to University Women's Health Center for screening bone densitometry. Attached please find a complete report of the findings. The patient was not charged for the additional third site.

To summarize, your patient has:

Site	Diagnosis	T-Score
AP Spine	Osteopenia	-1.9
Right Forearm	Osteopenia	-1.7
Left Femoral Neck	Osteopenia	-2.1

Your patient has a diagnosis of osteopenia. Her lifetime fracture risk from the viewpoint of her bone mineral density is estimated at 60%.

I did not see any gross evidence of vertebral fracture on lateral vertebral assessment (LVA) but you can check the attached scan also.

This patient reports multiple traumatic fractures at a young age which would not impact her lifetime fracture risk.

This patient reports utilizing calcium and vitamin D.

This patient may benefit from:

- **Increasing calcium to 1500 mg per day, vitamin D at 400-800 IU per day, and weight bearing exercises 3-5 times per week as clinically able**
- AND**
- **Evista (a SERM) if no clinical contraindications**
- OR**
- **Fosamax or Actonel**
- OR**
- **Miacalcin nasal spray**

She should also have a repeat bone densitometry in 2 years to further assess the change in bone mineral density. At that time we will not repeat the right forearm scan due to slower serial change at this site of 4-5 years.

Thank you for allowing me to assist with your patient's care.

Sincerely,

Marjorie R. Jenkins, MD
Assistant Professor
Board Certified in Internal Medicine
Special Focus on Women's Health
ISCD Certified in Bone Densitometry

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R. Moss Hampton, MD
Robert P. Kauffman, MD
Jeffery L. Morgan, MD
Thomas J. Hickman, MD
Dudley E. Freeman, III, MD

Gynecologic Surgery

David L. Barclay, MD
R. Moss Hampton, MD
Thomas J. Hickman, MD
Robert P. Kauffman, MD
Jeffery L. Morgan, MD
Dudley E. Freeman, III, MD

Midlife Management

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Robert P. Kauffman, MD
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Marjorie Jenkins, MD

Bone Densitometry

Osteoporosis Screening & Management
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David L. Barclay, MD
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