

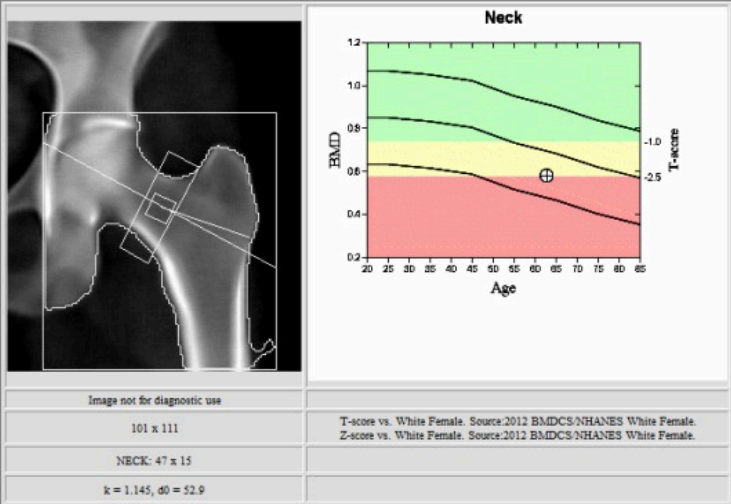
Quick View

NJIN of Washington Township
157 Fries Mill Road
Turnersville, NJ 08012

Telephone: 856-677-1010

Patient Information:

Name:	
Patient ID:	
Identifier 2:	
Postal Code:	
Sex:	Female
Ethnicity:	White
Height:	61.0 in
Weight:	122.0 lb
DOB:	1961
Age:	62
Menopause Age:	56
Referring Physician:	SCHAEFFER, KATHLEEN



Scan Information:

Scan Date:	August 12, 2024 - A08122404
Scan Type:	f Left Hip
Analysis Date:	08/12/2024 08:58
Analysis Protocol:	Hip
Report Date:	08/12/2024 08:58
Institution:	NJIN of Washington Township
Operator:	SAH
Model:	Horizon Ci (S/N303254M)
Comment:	
Software version:	13.6.0.5

Results Summary:

Region	Area[cm ²]	BMC[(g)]	BMD[g/cm ²]	T-score	PR (Peak Reference)	Z-score	AM (Age Matched)
Neck	4.68	2.71	0.580	-2.4	68	-1.0	84
Troch	9.81	5.43	0.554	-1.5	79	-0.5	92
Inter	20.21	17.26	0.854	-1.6	78	-0.7	88
Total	34.70	25.41	0.732	-1.7	78	-0.6	91
Ward's	1.08	0.42	0.386	-3.0	53	-0.8	80

Total BMD CV 1.0%, ACF = 1.028, BCF = 1.007, TH = 5.709

WHO Classification: Osteopenia

Comment:

HOLOGIC®

10-year Fracture Risk

FRAX not reported because:
Some T-score for Spine Total or Hip Total or Femoral Neck at
or below -2.5



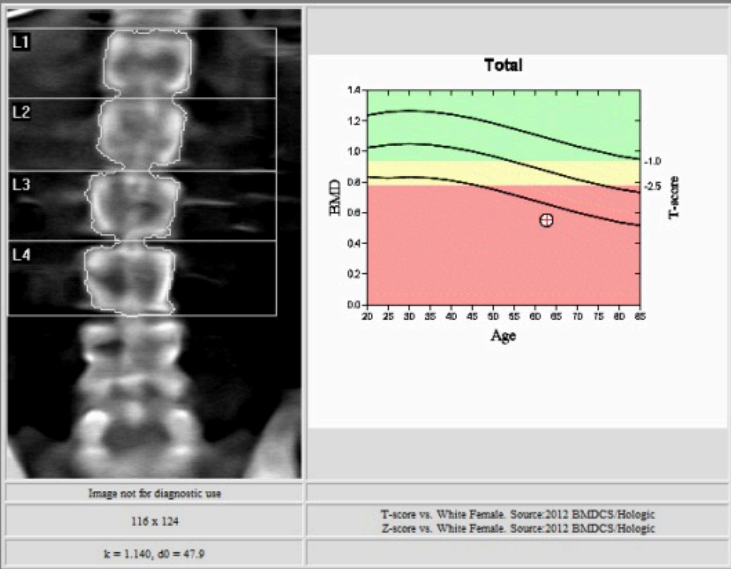
Quick View

NJIN of Washington Township
157 Fries Mill Road
Turnersville, NJ 08012

Telephone: 856-677-1010

Patient Information:

Name:	
Patient ID:	
Identifier 2:	
Postal Code:	
Sex:	Female
Ethnicity:	White
Height:	61.0 in
Weight:	122.0 lb
DOB:	/1961
Age:	62
Menopause Age:	56
Referring Physician:	SCHAEFFER, KATHLEEN



Scan Information:

Scan Date:	August 12, 2024 - A08122403
Scan Type:	f Lumbar Spine
Analysis Date:	08/12/2024 08:56
Analysis Protocol:	Spine
Report Date:	08/12/2024 08:58
Institution:	NJIN of Washington Township
Operator:	SAH
Model:	Horizon Ci (S/N303254M)
Comment:	
Software version:	13.6.0.5

Results Summary:

Region	Area[cm ²]	BMC[(g)]	BMD[g/cm ³]	T-score	PR (Peak Reference)	Z-score	AM (Age Matched)
L1	10.19	5.40	0.530	-4.2	54	-2.8	64
L2	10.16	5.84	0.575	-4.1	56	-2.5	67
L3	10.14	5.50	0.542	-4.9	50	-3.3	60
L4	10.79	5.98	0.554	-4.6	52	-2.9	64
Total	41.29	22.72	0.550	-4.5	53	-2.9	63

Total BMD CV 1.0%, ACF = 1.028, BCF = 1.007, TH = 713

Fracture Risk: High, WHO Classification: Osteoporosis

Comment:

HOLOGIC[®]



DATE	TYPE	NAME	SETS	REPS	LBS	NOTES
8/18/25		Counter Push Ups	2	15	/	
Monday		Band Extension Row	2	15	/	Stretchy Band on Door Knob
Upper		Band Extension Hold	1	10 h	/	Stretchy Band on Door Knob
		Fast Feet X box	1	10		10 seconds each box
		Run Up Walk Back on Line	1	4		
		(Home)	3	10	10	confirm how many reps
		Overhead Elbow Triceps (Home)	2	15	5	
		Bicep Curls	2	15	8	
		Farmer Carries	1	5	8	Front Door to Kitchen
		Modified Dead Lift				
		Step Up with Weight				
		Heel Drops	1	100		
		Lateral Pull Down			50	(machine)
		Shoulder Press (Mach.)				(machine)
		Triceps Press Rope			30	(machine)
8/19/25		L-R Shuffle	1	4		
Tuesday		R-L Shuffle	1	4		
Lower		Run Up Walk Back on Line	1	4		
		Fast Feet X box	1			10 seconds each box
		Lateral Slide - Skater	2	10		
		Step Ups			5	
		Wall Squatter	1	15	5	
		Ext's on Back				
		Side Planks				
		Make Shift Dead Lift			20	
		Jumps 4 up, 4 back	1	2		
		Jump off Bottom Step	1	10	/	
		Squats on Vibration Plate	1	5	/	1 min. on, 1 min. off
		Heel Drops on Vib. Plate	1	4	/	1 min. on, 1 min. off
		Stand on Vib. Plate	1	1	/	
		Leg Extensions				(machine)
		Leg Press			70	(machine)
8/20/25		2 Mile Walk Cardio				
Wednesday		Heel Drops				
DATE	TYPE	NAME	SETS	REPS	LBS	NOTES
8/21/25		Counter Push Ups	2	15	/	
Thursday		Band Extension Row	2	15	/	Stretchy Band on Door Knob
Upper		Band Extension Hold	1	10 h	/	Stretchy Band on Door Knob
		Fast Feet X box	1	10		10 seconds each box
		Run Up Walk Back on Line	1	4		
		(Home)	3	10	10	
		Overhead Elbow Triceps (Home)	2	15	5	
		Bicep Curls	2	15	8	
		Farmer Carries	1	5	8	Front Door to Kitchen
		Modified Dead Lift				
		Step Up with Weight				
		Heel Drops	1	100		
		Lateral Pull Down			50	(machine)
		Shoulder Press (Mach.)				(machine)
		Triceps Press Rope			30	(machine)
8/22/25		L-R Shuffle	1	4		
Friday		R-L Shuffle	1	4		
Lower		Run Up Walk Back on Line	1	4		
		Fast Feet X box	1			10 seconds each box
		Lateral Slide - Skater	2	10		
		Step Ups			5	
		Wall Squatter	1	15	5	
		Ext's on Back				
		Side Planks				
		Make Shift Dead Lift			20	
		Jumps 4 up, 4 back	1	2		
		Jump off Bottom Step	1	10	/	
		Squats on Vibration Plate	1	5	/	1 min. on, 1 min. off
		Heel Drops on Vib. Plate	1	4	/	1 min. on, 1 min. off
		Stand on Vib. Plate	1	1	/	
		Leg Extensions				(machine)
		Leg Press			70	(machine)
8/23/25		2 Mile Walk Cardio				
Saturday		Heel Drops	1	100		
8/24/25		Vibration Plate				
Sunday		Fast Feet X box	1			10 seconds each box
		Jumps 4 up, 4 back	1	2		
		Heel Drops	1	100		

Turnersville
901 Route 168, Suite 301
Turnersville, NJ 08012
Phone: (888) 909-7572
Fax: (856) 983-1582
www.sjra.com

An ACR Diagnostic Imaging Center of Excellence

Referrer: [REDACTED]
Address: [REDACTED]
Fax: [REDACTED]
CC Provider: [REDACTED]
Exam Name: DXA Bone Density Axial | 77080

Name: [REDACTED]
DOB: [REDACTED]
Gender: [REDACTED]
Patient ID: [REDACTED]
Exam Date: 8/20/2025 08:14 AM
Accession #: 20421500

8/20/2025 08:14 AM
20421500

HISTORY: Postmenopausal screening for osteoporosis.

COMPARISON:
Most recent prior exam: 08/08/2022
Baseline exam: 11/10/2006

TECHNIQUE: Bone mineral density (BMD) was performed on a Hologic Dual Energy absorptiometry (DXA) scanner.

FINDINGS:

LEFT FEMORAL NECK:
* BMD: 0.581 gm/cm²
* T-score: -2.4

LEFT TOTAL HIP:
* BMD: 0.770 gm/cm²
* T-score: -1.4

LUMBAR SPINE (L1-L4)
* BMD: 0.710 gm/cm²
* T-score: -3.1

CONCLUSION: The BMD fulfills the WHO classification for OSTEOPOROSIS. The patient's fracture risk is high.

Comparison to the prior studies may be limited due to dissimilar scan models.

With respect to bone mineral density, as compared to the most recent prior study, there is a 5.7% increase in the bone density of the left hip and a 15.9%

Continued...

Name:

Patient ID:

Exam Date: 8/20/2025 08:14 AM

increase in the bone density of the spine. 15.97% increase

With respect to bone mineral density, as compared to the baseline study, there is a 6.7% decrease in the bone density of the left hip and a 12.0% decrease in the bone density of the spine.

RECOMMENDATIONS: In general, repeat BMD may be considered in one to two years. However, please note that patients with cancer treatment induced bone loss may require yearly follow-up.

The T-score compares the patient's bone mineral density to the peak bone mass of a young normal adult. The T-score is the most clinically relevant measure of BMD since it correlates closely with the patient's risk of fracture. The T-score is the number of standard deviations below the mean for a young normal adult.

T-SCORE RESULT

- 1 or above Normal
- <-1 to < -2.5 Osteopenia
- 2.5 or below Osteoporosis

We appreciate the opportunity to serve you.

Report electronically signed by: William Morgan, MD.

Report signed: 8/22/2025 11:37 AM.

Signed by: Morgan, William