

2006 DXA Observations

SEE THE ATTACHED DATA SHEET

When I add up the total number of females/males for all three chiropractic events,

72% of males and 47% of females had negative T-scores!

The lowest 5 (by age) of the negative T-Scores of males were: -2.7/65, -2.5/62, -2.4/39, -2.0/41, and -1.8/57.

The lowest 5 (by age) of the negative T-Scores of females were: -3.9/67, -2.9/58, -2.9/56, -2.8/57, and -2.4/62.

The World Health Organization (WHO) established categories of bone mineral density based (BMD) on T-Scores.

Normal

BMD not more than 1 standard deviation (SD) below the mean value of peak bone mass in young normal women. Therefore a normal score will be **no greater than -1.0**.

Osteopenia

BMD within 1.0 and 2.5 SD below the mean value of peak bone mass in young normal women, i.e. **T score >-1.0 but <-2.5**.

Osteoporosis

BMD more than 2.5 SD below the mean value of peak bone mass in young normal women, i.e. **T score >-2.5**.

Severe Osteoporosis

BMD more than 2.5 SD below the mean value of peak bone mass in young normal women, i.e. **T score >-2.5 and the presence of fractures**.

Bone Mineral Density forms the basis of an operational definition of osteoporosis. Bone Mineral Density (BMD) values derived from a Dual Energy X-ray Absorptiometry (DEXA) densitometer are expressed in grams per centimeter square. These values are then compared to both the peer (age matched) and the normal healthy (ideal) values for BMD and the standard deviation (SD) from the normal value is determined. These are known as the Z score (compared to peers) and the T score (compared to the ideal). The physician uses the **T score, along with the patient's medical history**, to diagnose low normal bone density, osteopenia (low bone mass) or osteoporosis and then assess the risk of fracture.

At another meeting of chiropractic physicians in October 2006, 29 males (67/35) were scanned. 17/29 (59%) had negative T-scores.

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It is time to include men to the group of those who need to have DXA bone scan performed. I am available to come to your office to perform these scans. To schedule a day, please feel free to contact me at (847) 705-1177 or go to www.yourstrongbones.com.

Osteoporosis is NOT caused from a deficiency of Fosamax.

<u>Project</u>	<u>Entry</u>	<u>Initials</u>	<u>Age</u>	<u>T-Score</u>	<u>Sex</u>	<u>Date</u>
3ICS	261	DS.DC	51	1.4	Female	Mar/11/05
3ICS	262	VP	0	2.4	Female	Mar/11/05
3ICS	263	NN	51	1.8	Female	Mar/11/05
3ICS	264	CB.DC	48	0.4	Female	Mar/11/05
3ICS	265	CF.DC	51	1.3	Female	Mar/11/05
3ICS	267	KL.DC	44	1.3	Female	Mar/11/05
3ICS	266	JK.DC	55	-0.1	Male	Mar/11/05
3ICS	272	JJ	36	0.6	Female	Mar/12/05
3ICS	277	RM.DC	62	-2.4	Female	Mar/12/05
3ICS	280	JZ	41	-0.3	Female	Mar/12/05
3ICS	282	MS	58	0.1	Female	Mar/12/05
3ICS	283	NR	36	-0.2	Female	Mar/12/05
3ICS	284	DH	34	-0.4	Female	Mar/12/05
3ICS	286	CP	58	0.4	Female	Mar/12/05
3ICS	268	DR.DC	57	-1.6	Male	Mar/12/05
3ICS	269	DM	53	-0.2	Male	Mar/12/05
3ICS	270	MC	53	-1.6	Male	Mar/12/05
3ICS	271	IW	64	1.9	Male	Mar/12/05
3ICS	273	LF	65	-1.1	Male	Mar/12/05
3ICS	274	WT.VH	69	-0.7	Male	Mar/12/05
3ICS	275	JG.DC	56	-0.8	Male	Mar/12/05
3ICS	276	SF.DC	46	1.2	Male	Mar/12/05
3ICS	278	PE	32	-0.6	Male	Mar/12/05
3ICS	279	JH	45	0.3	Male	Mar/12/05
3ICS	281	JK.DC	35	-0.7	Male	Mar/12/05
3ICS	285	MG	42	1.0	Male	Mar/12/05
3ICS	406	CB	56	0.1	Male	Mar/24/06
3ICS	408	TF.DC	39	-0.8	Male	Mar/24/06
3ICS	409	RR.DC	54	0.6	Male	Mar/24/06
3ICS	410	MJ	41	1.1	Male	Mar/24/06
3ICS	411	CG.DC	65	-2.7	Male	Mar/24/06
3ICS	371	SW	43	2.0	Female	Mar/25/06

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3ICS	373	SG	58	-2.9	Female	Mar/25/06
3ICS	414	JD	43	-1.0	Female	Mar/25/06
3ICS	415	SH	41	1.5	Female	Mar/25/06
3ICS	420	PD	43	1.7	Female	Mar/25/06
3ICS	421	AH	56	-2.9	Female	Mar/25/06
3ICS	424	MD	37	1.1	Female	Mar/25/06
3ICS	425	SZ	27	-1.8	Female	Mar/25/06
3ICS	428	PF	48	-0.2	Female	Mar/25/06
3ICS	429	RF	67	-3.9	Female	Mar/25/06
3ICS	430	LS	42	-0.8	Female	Mar/25/06
3ICS	268	DR.DC	57	-1.8	Male	Mar/25/06
3ICS	352	CS.DC	62	-2.4	Male	Mar/25/06
3ICS	372	RM	63	-0.7	Male	Mar/25/06
3ICS	407	RM	63	-0.7	Male	Mar/25/06
3ICS	412	EH.DC	55	-1.4	Male	Mar/25/06
3ICS	413	AZ	42	-0.7	Male	Mar/25/06
3ICS	416	KP.DC	70	-1.7	Male	Mar/25/06
3ICS	417	FF.DC	72	-1.4	Male	Mar/25/06
3ICS	418	GO.DC	53	0.0	Male	Mar/25/06
3ICS	419	PR.DC	63	0.1	Male	Mar/25/06
3ICS	422	FI.DC	56	-0.4	Male	Mar/25/06
3ICS	423	RA.DC	59	0.1	Male	Mar/25/06
3ICS	426	JW.DC	28	0.0	Male	Mar/25/06
3ICS	427	RS.DC	63	-1.6	Male	Mar/25/06
3ICS	431	DP	41	-2.0	Male	Mar/25/06
3ICS	432	JW.DC	63	-0.3	Male	Mar/25/06
3ICS	356	KF	63	0.3	Female	Oct/14/05
3ICS	357	SS	28	0.7	Female	Oct/14/05
3ICS	358	MRC	24	-0.3	Female	Oct/14/05
3ICS	352	CS.DC	62	-2.5	Male	Oct/14/05
3ICS	353	DH.DC	65	-0.9	Male	Oct/14/05
3ICS	354	RW	46	-1.2	Male	Oct/14/05
3ICS	355	LW.DC	61	0.7	Male	Oct/14/05
3ICS	360	WR	49	-0.6	Female	Oct/15/05
3ICS	362	MT	52	0.0	Female	Oct/15/05
3ICS	364	LC	37	0.0	Female	Oct/15/05
3ICS	366	AC	31	-1.1	Female	Oct/15/05
3ICS	371	SW	43	1.5	Female	Oct/15/05
3ICS	373	SG	57	-2.8	Female	Oct/15/05
3ICS	374	KJ	39	-0.8	Female	Oct/15/05
3ICS	375	JS	60	-0.1	Female	Oct/15/05
3ICS	359	CB	27	-1.1	Male	Oct/15/05

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3ICS	361	RL	57	-1.2	Male	Oct/15/05
3ICS	363	HJ	77	-1.3	Male	Oct/15/05
3ICS	365	WJ	55	0.2	Male	Oct/15/05
3ICS	367	JS	75	-1.4	Male	Oct/15/05
3ICS	368	GA	58	-0.8	Male	Oct/15/05
3ICS	369	CW	40	-0.7	Male	Oct/15/05
3ICS	370	KS*	39	-2.4	Male	Oct/15/05
3ICS	372	RM	63	-0.9	Male	Oct/15/05