

UNIVERSITY OF CALIFORNIA, BERKELEY

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**UC Berkeley Vitamin Study**  
**BERKELEY, CALIFORNIA 94720-7360**  
**510-643-0977**



Dear \_\_\_\_\_,

Thank you for your participation in this important research study investigating the effects of antioxidant vitamins.

The results from your bone densitometry (DXA) is attached. Please review this report with your personal physician.

A few results from your DXA report that you might find useful are:

1. %Body Fat \_\_\_\_\_,

2. **DXA Summary**

F-lumbar Spine T and Z Scores\* :

- **T-score** \_\_\_\_\_, This number shows the amount of bone you have compared to 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 bone loss. A score below -2.5 is defined as osteoporosis. It is used to estimate your risk of developing a fracture.
- **Z-score** \_\_\_\_\_, This number reflects the amount of bone you have compared to other people in your age group and of the same size and gender. If it is unusually high or low, it may indicate a need for further medical tests.

\* If you did not receive a whole body scan reference curve, it is because a comparison is not available.

Some more helpful information on what your score means:

**Normal Bone Density** — Your bone density is within the healthy range, and you have a low risk of fractures under normal bone stress. T-score better than -1.

**Osteopenia** — Your bone density is below the normal range, but not low enough to be diagnosed as osteoporosis. You also have a slightly higher risk of fracture. While osteopenia is not as bad as osteoporosis, if it is ignored, the bones could continue to lose bone density and become osteoporotic. Treatment is often appropriate at this stage. T-score between -1 and -2.5

**Osteoporosis** — Your bone density is significantly lower than the normal healthy range and your risk of fracture is significantly higher than people in the normal range. T-score less than -2.5

**Severe Osteoporosis**- You have osteoporosis and you have had at least one "fragility" fracture.

For more information on bone densitometry or personal bone health, useful web sites are:

<http://www.radiologyinfo.org/content/dexa.htm>

<http://courses.washington.edu/bonephys/opbmd.html#tz>

We **appreciate** your time and efforts in making this research possible.

Sincerely,

Jo Ann Johnson  
Study Manager