



Kessinger Diagnostic Centre

www.drkessinger.com

BONE DENSITY TEST RESULTS

While there are many numbers and facts on your report, just a few are important to you at this time. The Z-Score is a measurement of your bone density compared to a person of your sex, age and race. The T-Score is your comparison to someone at the height of bone health and strength. The World Health Organization (WHO) has determined a scale for your T-Score to rate the amount of bone loss to diagnose disease.

- -1 to above 0 is normal
- -1 to -2.5 is osteopenia (thin bones)
- -2.51 or less is osteoporosis (-2.9 for example)

The standard medical approach is to measure very thick bones in the lower spine to determine bone density. These are some of the last bones in the body to show bone loss. Normally doctors only intervene when the loss is great enough to justify pharmaceutical treatment. Our preventive health strategy is to measure some of the earliest bones to show loss, so we can catch it early and increase your chances of reversing the condition.

When looking at both the Z and T-Scores, we prefer to focus on the T-Score. This is because we think that you should compare yourself to someone that is at the healthiest possible range. The T-Score is a comparison measurement against the group that is a the lowest risk for fracture. We would like everyone, regardless of age, to be in that group.

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UNDERSTANDING YOUR VITAMIN D TEST

Vitamin D, 25-hydroxy [25(OH)D] is the circulating form of vitamin D and is routinely used to diagnose vitamin D deficiency. This vitamin is rapidly becoming known as one of the, if not the most, common deficiency in North America. Besides its association with bone health and osteoporosis vitamin D has been linked to heart disease, high blood pressure, autoimmune diseases, certain cancers, depression, chronic fatigue and chronic pain.

While calcium is the first line of protection against bone loss, it is a highly available and abundant mineral, and is found in dark green leafy vegetables. The vitamin D in our system determines how much calcium we absorb from what we eat.

The level of vitamin D needed to prevent significant bone loss is far less than the amount that provides maximum benefit. The amount used by the medical industry to monitor osteoporosis is 30 ng/ml; however the naturally occurring “ideal” amount is 50-80 ng/ml.

Your levels are shown on the attached report, and your recommendations for supplementation can be found on the recommendations page attached.

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Recommendations

Vitamin D

Your blood level of Vitamin D is below optimal levels.

Supplementation -

Retest -

Bone Density

Increase weight bearing activities and walk 210 minutes a week

Supplementation -

Retest -

These recommendations were made solely based on the attached test results. If you have other complicating factors, including medications or outstanding health problems further review may be necessary. Please call to schedule a consultation.

If you have Vitamin D hypersensitivity syndrome, including such conditions as primary hyperparathyroidism, lymphoma, or granulomatous disease (especially sardoidosis) please consult a knowledgeable physician and let our clinic know before starting any supplementation involving Vitamin D.

Should you want further consultation on these results or the recommendations please call the office and make an appointment.

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