

DEXA Scan

T-SCORE

- ~~x The results of the DEXA scan are reported as a T-score~~
- x The T-score describes how your bone density compares to the bones of a healthy, 25-35 year old of the same gender and same race/ethnicity
- x Positive T-score means your bones are stronger than normal. Negative scores are associated with weaker bones

World Health Organization (WHO) definitions

T-score		Diagnosis	Fractures risk
-1.0 or higher		Normal bone density	None
-1.1 to -2.4		Osteopenia	Increased
-2.5 or lower		Osteoporosis	High
-2.5 or lower and fracture		Severe osteoporosis	Very high

Z-scores