

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Subject: Follow-Up Regarding Your Bone Density Test Results

Dear [Patient Name],

We are writing to follow up on your recent Dual-Energy X-ray Absorptiometry (DEXA) scan performed on [Date of Test].

Diagnosis:

The results indicate that you have **Osteopenia**. This means your bone density is lower than normal, but not yet in the range of osteoporosis. It is an important finding that allows us to take steps now to strengthen your bones and prevent future fractures.

Treatment and Recommendations:

Based on your results, we recommend the following plan:

- **Calcium and Vitamin D:** Ensure you are meeting the daily requirements through diet or supplements as discussed.
- **Weight-Bearing Exercise:** Engage in activities such as walking, jogging, or resistance training to help maintain bone mass.
- **Lifestyle Adjustments:** Avoid smoking and limit alcohol consumption, as these can contribute to bone loss.
- **Medication:** [Option A: No medication is required at this time. / Option B: We have prescribed [Medication Name] to help manage your bone density.]

Next Steps:

We would like to schedule a follow-up appointment on [Date/Time] to discuss these results in more detail. We will also plan for a repeat bone density scan in [Number] years to monitor your progress.

If you have any questions before our next meeting, please contact our office at [Phone Number].

Sincerely,

[Provider Name]

[Clinic Name]