

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

This letter is a follow-up to your recent bone density scan (DEXA scan) conducted on [Date of Scan]. As we discussed, maintaining bone health is a vital part of your overall wellness plan.

Based on your results and our consultation, please review the following dietary and lifestyle recommendations:

- **Calcium Intake:** Aim for [Amount] mg of calcium daily through foods like dairy products, leafy greens, and fortified cereals.
- **Vitamin D:** Ensure adequate Vitamin D levels to help with calcium absorption. We recommend [Amount] IU daily through sunlight or supplements.
- **Physical Activity:** Engage in weight-bearing exercises (such as walking, jogging, or dancing) and resistance training at least [Number] times per week.
- **Lifestyle Adjustments:** Consider limiting alcohol consumption and avoiding tobacco products, as these can weaken bone structure.
- **Fall Prevention:** Ensure your home environment is safe by removing trip hazards and using bright lighting to prevent accidental fractures.

If we prescribed any specific medications or supplements during your visit, please continue taking them as directed. We have scheduled a follow-up bone density scan for [Timeframe, e.g., two years] to monitor your progress.

If you have any questions regarding these recommendations or your scan results, please contact our office at [Phone Number].

Sincerely,

[Provider Name]

[Practice Name]