



The Family Table

Bone Density Results

A bone density test gives you an accurate estimate of your bone density and identifies you are in osteopenia or osteoporosis. This information may help you make better decisions about how to address bone health.

A bone density test compares your bone density scores to those of:

- Other people your sex, age, and race (**Z-score**).
- A healthy 30-year-old person with healthy bone density (your **T-score**).

The **T-score** compares your bone density with a person who has healthy bone density, not other people your age. The T-Score is the test used most often to assess your bone density.

In general, the lower your bone density, the higher your risk of fractures

T-Score	Interpretation	Action
-1.0 or higher	Low Risk Healthy bones similar to a 30-35 year old of the same sex	Continue getting enough bone builders and practicing other healthy habits to protect your bone density.
-1.0 to -2.4	Medium Risk Bone density is below average: called osteopenia	Time to be more aggressive with your bone health. A bone builder, addressing pH and other healthy habits are very important for you.
Less than -2.5	High Risk Bone density is far below average: osteoporosis	Condition needs aggressive attention to reduce the risk of fractures. Bone builders, pH, products to slow bone turnover rate and other healthy bone habits.

Low Risk Supplement Suggestions

Vitamin D3 – dosage for season and sun exposure
Alpha Base w/o Iron – 1 twice daily, breakfast & bedtime

Medium Risk Supplement Suggestions

-1.0 to -1.5
Vitamin D3 – dosage for season and sun exposure
Alpha Base w/o Iron – 1 twice daily, breakfast & bedtime
OsteoBase – 1 in morning & 2 at bedtime

-1.5 to -2.0
Vitamin D3 – dosage for season and sun exposure
Vitamin K2 – 50mcg daily
Alpha Base w/o Iron – 1 twice daily, breakfast & bedtime
Bone Maximizer – 2 at bedtime

-2.0 to -2.5
Vitamin D3 – dosage for season and sun exposure
Vitamin K2 – 100mcg daily
Alpha Base w/o Iron – 1 twice daily, breakfast & bedtime
Bone Maximizer III – 1 in morning & 2 at bedtime

High Risk Supplement Suggestions

Vitamin D3 – dosage for season and sun exposure
Vitamin K2 – 100-180mcg daily
Alpha Base w/o Iron – 1 twice daily, breakfast & bedtime
Bone Maximizer III – 1 in morning & 2 at bedtime
Ipriflavone 300mg – 1 twice daily

Other Incite for Bone Health

- Weight Bearing Exercise
- Correct pH issues to properly alkalize
- Evaluate Alkaline Phosphatase
- Evaluate for Kidney status – Best Health vs Acceptable Changes

As you assess for need, we do take into account where your T-score is based on your age. As an example, a T-score of a -1.8 will be looked at differently at age 55 versus age 85. If any questions occur, please discuss with one of our Pharmacist/Nutritionist to evaluate further.

FAMILY STRONG WELLNESS™

6220 Washington Ave. STE A
Mount Pleasant, WI 53406
262-632-6500
www.FamilyStrongWellness.com