There are several ways to test your bone mineral density (BMD). The most commonly used is a DXA test (a Dual Energy X-ray Absorptiometry test).

Your doctor is very interested in a number that you get from the DXA called the T-score. The T-score tells your doctor how your bones compare to those of a young, healthy adult.

1. Call your doctor to get your recent T-score numbers.
2. Place these numbers on the grid below. Note the month and year when the test was administered.
3. Connect the numbers to see how your bones are doing. If your numbers are going up the chart (closer to -1.0), then your bones are getting stronger.

- If your T-score is -2.5 or lower, you have osteoporosis. This means you are at increased risk of breaking a bone at some point in the future.
- T-scores between -1 and -2.5 indicate low bone mass (osteopenia).
- A T-score of -1 or higher means you have normal bone density.

If possible, have your bone mineral density test done at the same location each year. Your doctor can best compare test results that come from the same machine.