Routine Imaging Scans May Predict Fracture Risk in Older Adults

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Routine body CT scans may help clinicians estimate an individual's risk of future osteoporotic fracture, according to new study results published in the Journal of Bone and Mineral Research. Of 507 older adults who underwent chest and/or abdominal CT scans for a variety of indications, a simple rapid density measurement of bone quality called vertebral trabecular attenuation correlated with fracture risk in the following 6 years. Specifically, having a trabecular attenuation of the first lumbar vertebra below a certain threshold was associated with an increased risk of future fractures.

“CT scans are commonly performed in older adults for a wide variety of reasons. The rich bone data embedded in these scans is often ignored, but can and should be harnessed for opportunistic screening for fracture risk,” said senior author Dr. Perry J. Pickhardt, of the University of Wisconsin School of Medicine & Public Health, in Madison.

Additional Information


About Journal

The Journal of Bone and Mineral Research (JBMR) publishes highly competitive original manuscripts, reviews, and special articles in basic and clinical science relevant to bone, muscle and mineral metabolism. Manuscripts are published on the biology and physiology of bone and muscle, relevant systems biology topics (e.g. osteoimmunology), and the pathophysiology and treatment of sarcopenia and disorders of bone and mineral metabolism. JBMR is the official journal of the American Society for Bone and Mineral Research (ASBMR), published monthly on the Society's behalf by Wiley-Blackwell. With an impact factor of 5.622, JBMR is the top-ranked journal in its field.

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