

# HealthCare

Corporation of St. John's  
Calcium and Bone Clinic

Christopher S. Kovacs, MD, FRCPC, FACP

November 29, 2001

Dr. W. Button  
Cowan Ave. Medical Clinic  
510 Topsail Road  
St. John's, NF  
A1E 2C2

Re: Joanne Parsons  
MCP:   
Clinic Date: November 27, 2001

Dear Dr. Button,

I saw Joanne Parsons in follow-up today in the Osteoporosis Clinic. She is on calcium and vitamin D therapy but no specific osteoporosis treatment because of her reluctance to consider use of medications at the present time. We had planned to do a bone density to see whether she is losing bone fast and to use that as a justification for initiating treatment. In fact her bone density is quite stable. There is a small but non-significant increase in femoral neck bone density to the present value of  $0.756 \text{ gm/cm}^2$  or 1.9 standard deviations below peak mass in the range of osteopenia. Her lumbar spine bone density decreased slightly to  $1.071 \text{ gm/cm}^2$  or 1.1 standard deviations below peak mass and just into the range of osteopenia.

As her bone density appears to be stable between the one-year measurements, I think it is quite reasonable to wait two years before doing another such measurement. She is quite agreeable with this and plans to contact your office or mine in a year and a half from now in order to allow for the six-month waiting list for a bone density measurement to be obtained. I will be happy to see her again in the clinic following such a bone density measurement in order to assist in treatment decisions at that time point. In the meantime I have encouraged her to exercise regularly and continue to take calcium and vitamin D supplementation.

Sincerely,



Christopher S. Kovacs, MD, FRCPC, FACP  
Division of Endocrinology

CSK/lb

## General Hospital

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