

# 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.

**More information:** Scott J Lee et al, Future Osteoporotic Fracture Risk Related to Lumbar Vertebral Trabecular Attenuation Measured at Routine Body CT, *Journal of Bone and Mineral Research* (2018). [DOI: 10.1002/jbmr.3383](#)

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