



Supporting Healthy Ageing For All

IBEX BH
Bone Health

Case Study 02

Susan's Osteopenia Diagnosis

Susan took charge of her bone health after learning that she had a heightened risk of fracture...



Many osteoporosis-related case studies focus on the major negative impacts of the disease, however, we're pleased to be able to share Susan's story that demonstrates the potential positive outcomes of earlier detection and intervention.

After participating in an IBEX BH⁽¹⁾ clinical study, Susan learned that she had developed a heightened risk of suffering a fracture. Following an official diagnosis of osteopenia⁽²⁾ from her doctor, Susan has taken steps to improve her bone health. In this case study, she shares her experience and talks about how earlier diagnosis from may have lowered her risk of suffering life-changing fractures in the future.

**IBEX
BH**

(1) **IBEX BH** software opportunistically identifies patients at heightened risk of fracture by returning a bone health measure from standard X-rays.

(2) A diagnosis of **osteopenia** means that your bone density is lower than the average adult, but not low enough to be diagnosed as osteoporosis.

Susan's Osteopenia Diagnosis

Hi, I'm Susan and I'm a 66-year-old female from Newcastle. I'd class myself as being fit and healthy for my age and I never would have suspected any issues with my bone health prior to the study. With that said, I was aware that osteoporosis is more likely to affect people as they get older, so, when I heard about the IBEX clinical study⁽³⁾, I was interested in getting involved and learning more about my bone health.

The Process

Receiving my initial forearm X-ray scan was a quick and easy process. After providing some basic information about myself such as age, height, and weight, the Radiographer took a few more measurements and proceeded to take the scan. It took no time at all, which was great! The next part of the study was receiving a DXA scan to confirm my results, which was much more involved and took a lot longer than the initial X-ray.



My Results

The initial results of the X-ray, generated by IBEX BH, indicated low bone density in my wrist and a heightened risk of osteoporosis at my hip. After going through my results, the Reporting Radiographer on the study recommended that I take vitamin D and calcium supplements and advised me to try some weight-bearing exercises (such as running, skipping, or aerobics).

My results were then forwarded to my GP, however, I didn't hear anything back from them for around three months until I finally called them and asked myself. My GP then confirmed my osteopenia diagnosis and gave me the same advice as I received when attending the study.

**IBEX
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***The IBEX BH clinical study** - IBEX and the University of Exeter recently conducted a study of 187 participants in which they received a forearm X-ray and a DXA scan, the aim of the study was to demonstrate that IBEX BH can accurately predict osteoporosis using forearm radiographs.



Fast Forward...

Since receiving my diagnosis, I have made changes to my diet and have been taking vitamin D and calcium tablets to help maintain my bone density. I have also taken up running and am loving it so far. It has been empowering to take control of my health and I feel as though these small changes will go a long way in helping me stay healthy and fracture-free. Although I knew what osteoporosis was, I wasn't fully aware of just how common it is.

I'm incredibly thankful that I had the opportunity to participate in the IBEX study which caught my low bone density early and allowed me to make these necessary adjustments to my life. It's now clear why they call osteoporosis 'the silent disease', if it wasn't for the IBEX BH clinical study, I wouldn't have been aware of my osteopenia.

Hopefully, by making these changes, I will have a better chance of reducing my risk of enduring changing fractures. If I've learned one thing from my experience it's the importance of bone health. Earlier detection and intervention using technologies like IBEX BH has the potential to help countless people (like myself) to reduce their risk of fractures in the future.



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Disclaimer: Susan is a family member of our CTO, Paul Scott (pictured above)

