

The invention relates to the medical radiology and may be used for assessing the degree of bone lesions in osteoporosis. The method comprises measuring the external diameter D of the second metacarpal bone in X-ray picture of the hand. The diameter is assessed at the narrowest site of the medullar cavity. The index of bone lesion G is calculated according to the formula:

$$G = \sqrt{\frac{D+d}{D-d}} - 1$$

The normal G values are ranged from 0.53 to 0.73. G values ranged from 0.74 to 0.86 suggest osteopenia. G values ranged from 0.87 to 1.17 allow one to diagnose the osteoporosis. Finally G values ranged from 1.18 to 2.0 are indicative of the severe form of the osteoporosis.