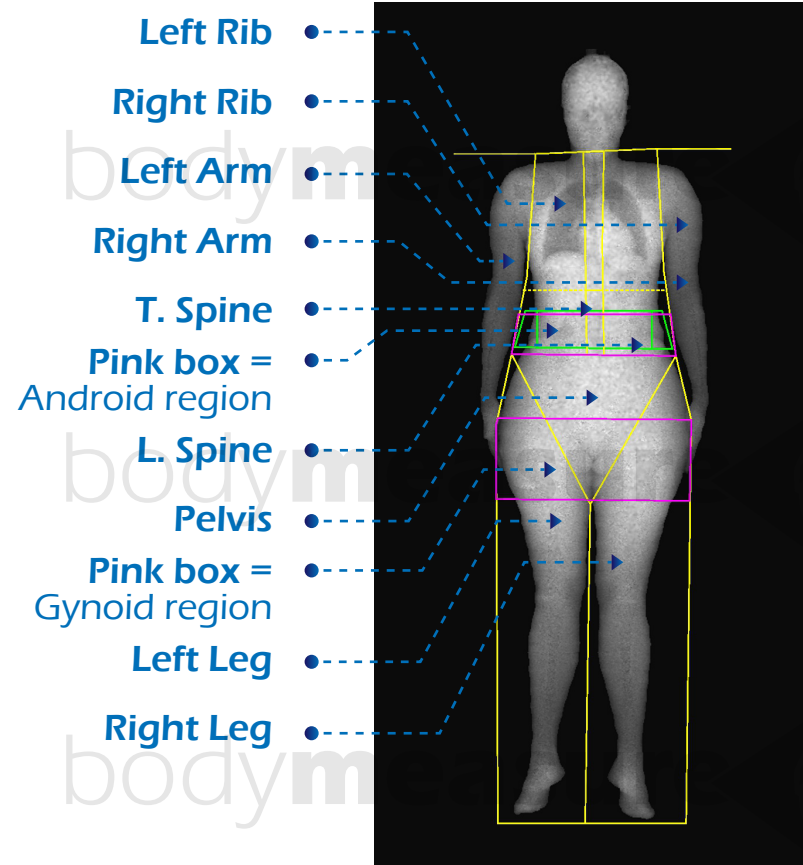


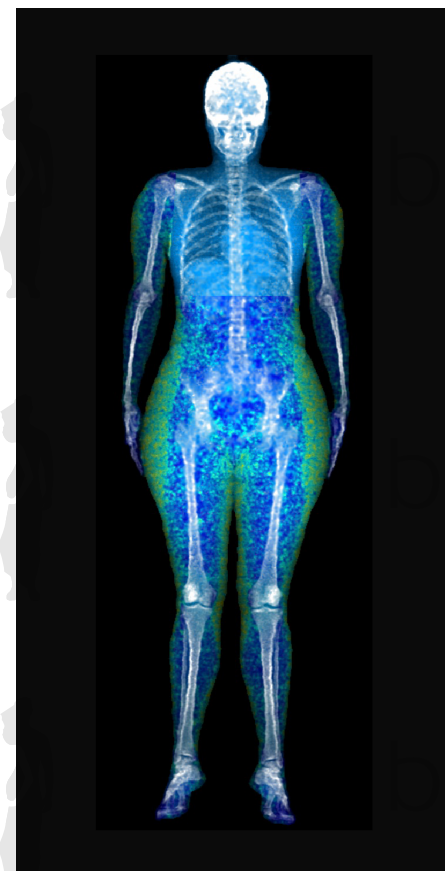
# DEXA RESULTS

## Whole Body



### Tissue

Actual X-ray image.  
Yellow lines are outlines  
of specific regions



### Composition

Digital body composition image.  
Dark blue = lean mass  
Green, yellow & red = fat mass

100% Fat

0% Fat

## Composition indices

Measure	Results
Total body weight (kg)	66.082
Body mass index (kg/m <sup>2</sup> ) (BMI)	26.84
Basal metabolic rate (kcal/Day)	1413.6
Total body % Fat	19.8
Fat mass/height <sup>2</sup> (kg/m <sup>2</sup> ) (FMI)	5.2
Android/Gynoid % fat ratio	0.81
Trunk/legs % fat ratio	1.13
Trunk/limb fat mass ratio	0.93
Visceral Adipose Tissue Area (cm <sup>2</sup> )	5.2
Visceral Adipose Tissue Mass (g)	224.2
Visceral Adipose Tissue Volume (cm <sup>3</sup> )	236.0
Subcutaneous Adipose Tissue Area (cm <sup>2</sup> )	90.0
Total body % Lean	75.2
Lean mass/height <sup>2</sup> (kg/m <sup>2</sup> )	19.9
Append. Lean Mass/Height <sup>2</sup> (kg/m <sup>2</sup> )	9.1
Total body % Bone	5.0

• BMI Simple indicator of (weight/height) at a general population level - does not factor in muscle mass.

• RMR estimate only

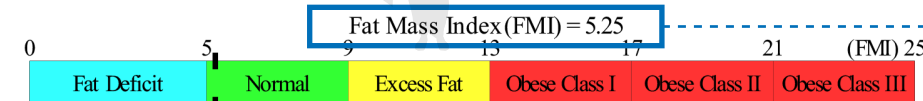
• % of total fat on body

• Ideal for males  $\leq 1$  and for females  $\leq 0.8$

• % of total lean mass

• % of total bone mass

## Body Composition



Body composition								
ROI	Tissues (%Fat)	Tissues (g)	Tissues Area (cm <sup>2</sup> )	Fat (g)	Lean (g)	BMC (g)	BMC Area (cm <sup>2</sup> )	Total mass (kg)
Left Arm	18.8	2980	1629.8	560	2420	171.8	131.8	3.2
Right Arm	19.3	3014	1758.1	583	2431	183.2	135.0	3.2
Left Ribs	19.7	8368	600.9	1644	6723	252.1	193.4	8.6
Right Ribs	20.0	7743	574.3	1549	6194	242.8	178.1	8.0
T Spine	20.4	2100	127.5	428	1672	183.0	122.9	2.3
L Spine	13.2	1054	55.4	140	914	92.3	55.1	1.1
Pelvis	20.3	10888	602.1	2207	8681	409.8	261.9	11.3
Left Leg	22.8	11814	1944.8	2690	9124	531.0	336.0	12.3
Right Leg	22.9	11222	1780.6	2574	8648	520.5	330.5	11.7
SubTotal	20.9	59182	9073.5	12375	46807	2586.5	1744.7	61.8
Head	20.0	3609	1406.2	722	2887	704.6	241.9	4.3
Total	20.9	62791	10479.7	13097	49694	3291.2	1986.6	66.1
Android	19.7	4305	310.9	847	3457	92.3	52.0	4.4
Gynoid	24.4	11613	761.2	2830	8783	302.5	170.6	11.9

• FMI measure of total fat as a comparison.

• Total fat mass (g)

• Total lean tissue (g)

• Total weight measured through dual x ray technology

• Android Fat located around abdominal visceral fat

• Gynoid Fat located around hips