DXA Body Composition Scan + Visceral Fat Analysis

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Example

DXA Body Composition Report & Zone/Paleo Nutrition Prescription

This report documents DXA Body Composition changes over a 3 Month period in a 21 Y/O male who had bulked up and wanted help with the cutting phase in preparation for a contest.

“Some do It Different, Nobody Does It Better!”
Analysis Performed on a Hologic Discovery A Dual X-ray Absorptiometry Densitometer

Scan takes 3 Minutes. Does not hurt! We Have clients remove clothes with metal and jewelry and change into scrubs. Or just wear gym clothes with no metal.

Can’t do scan if pregnant or if you think you might be pregnant. Females must sign a Pregnancy Disclaimer.

Not Covered by Insurance.

Measures Fat, Lean and Bone in Arms, Legs, Trunk and other user defined Sub-Regions + Visceral Fat
YouTube Video of DXA Body Composition Scan

https://www.youtube.com/watch?v=D0-7IPSShSFE
During the DXA Software Analysis, we define 7 Regions, Head, Trunk, Arms, Legs, Android (Abdominal) and Gynoid (Hips) plus 3 Sub-Regions, Upper Body, Abs/Hips & Buttocks/Thighs. The DXA scanner provides measurements in grams of each Region and then the % Fat which is the value we use to calculate our Nutrition Prescription. Grams are converted to pounds.

In the table on the left, the software Totals these values and calculates a Total % Fat. This is the part of the report which depicts Fat in Yellow, Lean Mass in Red and Blue is Bone. Percentiles are given for most measurements. This client is in the top 21% for his age.
The DXA Software Analysis also calculates Adipose and Lean Indices. FMI (Fat Mass Index) is amount of fat related to height. Average person about 5-7.

LMI (Lean Mass Index) is amount of lean related to height. Average Person 19

Part of the Adipose measurements are Visceral Adipose Tissue or VAT Fat, which is “Toxic Fat” within the abdomen and produces hormones which create low grade inflammation. We want our VAT Area to be less than 100cm$^2$. 
This page of the analysis shows the measurements for the 3 Sub-Regions we define for each Client.

**R1**
Chest, Back, Arms and Shoulders

**R2**
Abdomen, Buttocks, Hips and Portion of Thighs

**R3**
Buttocks, Hamstrings and Quadriceps

<table>
<thead>
<tr>
<th>Sub-Region</th>
<th>Fat Mass (g)</th>
<th>Lean + BMC (g)</th>
<th>% Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>R1</td>
<td>3031.5</td>
<td>25856.8</td>
<td>10.5</td>
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<tr>
<td>R2</td>
<td>5590.0</td>
<td>24707.9</td>
<td>18.5</td>
</tr>
<tr>
<td>R3</td>
<td>6248.9</td>
<td>28521.9</td>
<td>18.0</td>
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<tr>
<td>Net</td>
<td>9977.9</td>
<td>57367.6</td>
<td>14.8</td>
</tr>
</tbody>
</table>
This page breaks down our regions of interest even further giving us individual measurements of Bone (BMC), Fat and Lean.

We usually document that the dominant arm has more lean mass and is a little leaner than the non-dominant arm.

This does not always hold true for the legs.

Detailed Breakdown of defined regions.
This page shows a nice black and white image of the scan. The yellow lines are adjusted by the Inside Outside Staff, using the DXA Software.

This page also includes a table which shows measurements of Bone Mineral Content (BMC). This a measurement of how much Calcium you have in your Bones and is used in a 4 Compartment analysis of Body Composition used only in special research studies.
After the scan and the scan analysis, Dr. Christian will use the Total Body Fat% measured by the scan to create a Zone/Paleo Nutrition Prescription.

For our 21 y/o client we set a 2-3 month goal of losing about a pound a week to achieve a Body Fat% of 11% or to lose about 10lbs of Fat and Maintaining Lean Mass.

The Prescription answers What Ratio, How Much and How Often. What Kind Comes Next!
Brief Discussion of the Basics of Zone/Paleo Eating

After the DXA Scan and creation of the Nutrition Prescription, Dr. Christian will show you a short PowerPoint Presentation and discuss with you the basics of the Zone/Paleo approach to eating discussing What Kind of Carbohydrates, Fats and Protein to eat. You will have an opportunity to ask questions about specific diets or medical issues which are affecting you.
Using Proprietary Software developed by Inside Outside we are able to compare up to 10 scans, convert grams to pounds and create charts which easily and visually demonstrate your Body Composition Changes.

Our 22 Y/O client had 3 separate scans and we were able to create several reports as charts which document the changes which have occurred.
Note that the total of Lean Mass and Fat mass Calculated by the DXA Scanner is 160.71 + 29.6! This equals 189.81 lbs, a 1.5% difference from our Tanita Scale measurement of total weight.

Nobody can explain this!
Remember, we set a goal of 11% & FAT loss of 10lbs with maintaining LEAN!
Remember, we set a fat loss of 10lbs!

After the Charts are created, we create another report which Compares the 3 Images from the 3 Scans, this is seen on the next page.
Changes over 3 Mos Cutting for a Contest

1/1/14
186.8lbs 15.4%

2/24/14
182.2lbs 12.9%

4/07/14
175.8lbs 11.1%

Male 21 5'7"

Body Composition Results

<table>
<thead>
<tr>
<th>Region</th>
<th>Fat Mass (g)</th>
<th>Lean + BMC (g)</th>
<th>Total Mass (g)</th>
<th>% Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>L Arm</td>
<td>748</td>
<td>4886</td>
<td>5634</td>
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<tr>
<td>R Arm</td>
<td>769</td>
<td>5311</td>
<td>6080</td>
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<tr>
<td>Trunk</td>
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<td>35297</td>
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<tr>
<td>L Leg</td>
<td>2521</td>
<td>11467</td>
<td>13988</td>
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<th>Total Mass (g)</th>
<th>% Fat</th>
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<tbody>
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<thead>
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<th>Lean + BMC (g)</th>
<th>Total Mass (g)</th>
<th>% Fat</th>
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<tbody>
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<td>L Arm</td>
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<td>4993</td>
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<tr>
<td>R Arm</td>
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<td>Trunk</td>
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<tr>
<td>L Leg</td>
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<tr>
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Android (A) 824 7318 8141 10.1
Gynoid (G) 2888 17956 20844 13.9

Est. VAT Mass (g) 222
Est. VAT Volume (cm^3) 240
Est. VAT Area (cm^2) 46.0

Est. VAT Mass (g) 220
Est. VAT Volume (cm^3) 237
Est. VAT Area (cm^2) 45.5

Est. VAT Mass (g) 196
Est. VAT Volume (cm^3) 212
Est. VAT Area (cm^2) 40.6
The final chart shows the Visceral Adipose Tissue Comparisons
Handouts you will go home with!

1. Copy of your DXA Scan
2. Copy of your Zone/Paleo Nutrition Prescription
3. Copy of the PP presentation about Zone/Paleo
4. Copy of Dr. Cordain’s Article
5. If a follow-up scan is done, we will give you copies of the charts and images which show your body composition changes.

We will also email you a copy of scans & charts!

“Some do It Different, Nobody Does It Better!”
Pricing of these Services!

Initial Scan
You get all this
For $100

Bring a friend and the price drops to $90 each

Initial Scan Only
For $80

Followup Scan
You get all this
For $75

Plus an Email Copy of the Scan and Nutrition Rx

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