

**DEXA BODY SCAN EXTENDED FACTS**

**WHAT DOES THE DEXA SCAN MEASURE?**

**Visceral Adipose Tissue (VAT)**

We measure the fat within your inner abdominal cavity. This fat is known as Visceral Adipose Tissue, which is considered ‘bad fat’ that infiltrates and surrounds your organs. Your VAT measurement (in both pounds (lbs) and volume (cm^3),  can help you better understand relative or comparative risk potential for cardiovascular and cardio-metabolic diseases such as heart disease, diabetes, and others.

The DEXA scan *CANNOT* separate fat amounts per organ (ex: liver, pancreas etc.). It evaluates your entire abdomen and then your risk is categorized according to the total volume (cm^3).

**Total and Regional Body Fat**

Our whole body scan process quantifies the total pounds (lbs) of fat throughout your entire body, segregating it from lean muscle mass and bone mineral content (BMC). Additionally, we are able to break your body down into 5 primary body parts and distinguish the amount of fat in these regions versus your total body metrics. These body segmentations include your arms, legs, trunk (torso), android (lower abdomen and abdominal cavity), gynoid (upper thighs and hips). Because we can segregate fat from bone and muscle, we are able to provide you with one of the most precise and accurate Body Fat % readings.

**Total and Regional Muscle Mass**

Muscle mass is measured and quantified much like total body fat. Muscle mass is quantified as Lean Mass, which is two things: Organs and Muscle. It’s the tissue in our body that fosters a significant metabolic capacity or is able to burn calories. We are able to use these measurements to track fluctuations over time. Because your organs are considered a constant, we view fluctuations in lean mass as changes in muscle.

**Total Body Bone Content and Bone Density**

A key differentiator with DEXA, other than it’s clinical, medical and scientifically proven properties, is our systems can not only quantify bone content (Bone Mineral Content – BMC) they can determine total body bone density as well (Bone Mineral Density – BMD). After all, these are the same systems used by professional healthcare organizations across the globe to measure and assess the risks of Osteopenia and Osteoporosis. *The BMC/BMD information provided by the DEXA Scan is a cumulative (total from all regions) rating, and cannot be considered "clinical" or a "definitive diagnosis". While our systems can perform the "Clinical Evaluation", our focus is specifically on body composition analysis, and adding the "Clinical Bone Density Screening" to your scan will require an additional Physician Consultation.*

**Other DEXA Metrics**

The previously mentioned metrics (VAT, Fat Mass, Lean Mass, BMC, and BMD) are the core measurements our systems are designed to quantify. With these measurements, our software breaks them down and organizes all of the other metrics such as Muscle Mass Balance (Right side vs. Left), Android / Gynoid Ratio (A/G Ratio), Relative Skeletal Muscle Index (RSMI) and several others. Not only do we provide you with regionalized measurements and quantifications, but our reports are also designed to track and trend your metrics over time making it an extremely effective tool for validating exercise and nutritional programs.