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22nd Jun 2024 DEXA Body Composition Carried out by Garnet Schiller

HOLOGIC®





# DEXA Scan BMI Classification

- BMI stands for Body Mass Index. It is a numerical value calculated from a person's weight and height and is commonly used to assess whether a person has a healthy body weight for their height.
- BMI dates back to the 1830s, and lacks information on fat distribution in the body, which is crucial for assessing health risks.
- BMI cannot differentiate between muscle and fat, often misclassifying muscular individuals as overweight or obese.

ŀ	leight			10	58.0 cm			
U	Veight		68.0 kg					
E	IME				24.1			
C	Classification				Healthy			
	Underweight	Healthy	Overweight	Obese	Severely Obese	Morbidly Obese		
10	15	20 2	.5 30	) 3!	5 4	.0 45		

## Normal weight

- Lower risk of obesity-related health conditions
- Reduced risk of cardiovascular diseases
- Improved overall health and longevity



## DEXA Scan Body Fat Results

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Total Body Fat **32.6%** 

## What this means

For women, the above average range is generally between 32-39%.

The American Council on Exercise introduced body fat classifications in the late 1980s to early 1990s.

## How you really compare to others of the same age and sex

The graph opposite provides a standardised measure accounting for age and sex, leading to more accurate and clinically relevant assessments compared to BMI and body fat classifications.

## Body Fat Classifications

Classification	% Body Fat
Essential	10 – 14
Athletic	14 - 21
Fit	21 - 25
Average	25 - 32
Above Average	22 - 39
Obese	39+

## Total Body Fat %





# DEXA Scan Visceral Fat

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Visceral fat, surrounds organs like the liver and intestines, unlike subcutaneous fat under the skin. While it cushions organs, excess visceral fat increases

A healthy measurement for you would be < 100cm<sup>2</sup>.

health risks such as heart disease and diabetes.

## Your Visceral Fat measurement is **71.2cm**<sup>2</sup>



Low risk for metabolic disorders, cardiovascular diseases

### Maintenance

- Maintain a balanced diet
- Regular physical activity
- Monitor body composition

Bone



# DEXA Scan Lean Indices

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The lean indices provide a measure of the body's lean mass, which includes muscles, bones, and other non-fat tissues, crucial for understanding overall body composition and health.





ou have more lean mass thanYou have more lean mass than49 out of 100 young adults.46 out of 100 people your age.



# DEXA Scan Body Composition Results

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Region	Lean + BMC (g)	Fat Mass (g)	% Fat	ЯЧ	AW	Total Mass (g)
Head	3093	932	23.2			4025
Left Arm	2178	1402	39.2	48	35	3580
Right Arm	2457	1407	36.4	38	26	3864
Trunk	23505	10014	29.9	38	22	33519
Android *	3081	1631	34.6			4712
Gynoid *	6718	4420	39.7			11138
Left Leg	7213	4119	36.3	22	16	11333
Right Leg	7444	4354	36.9	23	17	11798
Subtotal	42797	21297	33.2	31	19	64094
Total	45890	22229	32.6	31	19	68119

\***Android**: Belly, **Gynoid**: Bum, hips and thighs \*Subtotal excludes Head, Andriod & Gynoid. \*Total excludes Andriod & Gynoid. The **YN** score shows how you compare to a 25 year old Female. **AM (Age Matched):** Compares you to other 39 year old Females.



# DEXA Scan Body Composition Results

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Region	Lean/Height² (kg/m²)
Whole Body	15.5
Arms & Legs	6.42

Region	Fat Mass (g)
Left Arm	1402
Right Arm	1407
Trunk	10014
Left Leg	4119
Right Leg	4354
Total	22229

# Lean Mass Compared to a 25 year old Female Below Average Above 57% 49%

# Fat %

	Compared t	o a 2	25 year ol	d Female	9
Below	1	Ave	erage		Above
	48%				
	38%				
	38%				
	<mark>22</mark> %				
	23%				
	31%				

## Lean Mass



#### Fat %

Age Matched 39 year old Female							
Below		Average	Above				
3	35%						
2	26%						
Ĩ	2 <mark>2</mark> %						
1	6%						
1	7%						
1	9%						



# DEXA Scan T-score

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The T-score shows how your bone density compares to the optimal peak bone density of a 25 year old Female.

The World Health Organization (WHO) defines osteoporosis and osteopenia based on T-scores:

- Normal bone density: T-score above -1 SD
- Osteopenia (low bone density): T-score between -1 and -2.5 SD
- Osteoporosis: T-score of -2.5 SD or lower



**Please Note:** Full-body bone density scans provide an overall indication of bone health, but for a definitive osteoporosis diagnosis, please arrange separate scans of the hip and spine.

It's important to note that T-scores alone do not determine fracture risk; other factors such as age, sex, medical history, and lifestyle also play a role. Additionally, a T-score is just one component of a comprehensive assessment for osteoporosis and fracture risk. Interpretation of T-scores should be done in consultation with a healthcare professional.



# Dexa Scan Bone Results

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k = 1.173, d0 = 48.2 327 x 150

## Your bone mineral density is 1.118g/cm²

Region	Area (cm²)	BMC (g)	BMD (g/cm²)	T-Score	Z-Score
Left Arm	219.04	155.85	0.712		
Right Arm	239.40	175.09	0.731		
Left Ribs	118.48	81.82	0.691		
Right Ribs	107.89	75.40	0.699		
Thoracic Spine	145.75	130.67	0.897		
Lumbar Spine	54.56	55.77	1.022		
Pelvis	181.17	230.63	1.273		
Left Leg	374.16	412.00	1.101		
Right Leg	382.71	426.34	1.114		
Subtotal	1823.15	1743.58	0.956		
Head	212.52	531.54	2.501		
Total	2035.67	2275.12	1.118	0.2	0.0



# DEXA Scan Z-score

The Z-score shows how your bone density compares to the bone densities of others who are the same age, gender, and ethnicity.

- Z-scores between -1 and +1: Very common. Most people (about 68 out of 100 people your age) have Z-scores in this range.
- Z-scores between -2 and +2: Less common. Most people (about 95 out of 100 people your age) fall in this range.
- Z-scores beyond -3 and +3: Very rare. Almost everyone (about 997 out of 1000 people your age) has Z-scores within this range.



Z-scores for bone density compare an individual's bone density to the average bone density of people of the same age, sex, and body size. A Z-score of 0 indicates that the bone density is exactly average. Scores below -2.0 may suggest a higher risk of bone fractures or underlying medical conditions affecting bone health.



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## Interpreting the Data

Here's what each column means in your DEXA scan body composition results:

- Fat Mass (g): The amount of fat in grams in that specific body area.
- Lean + BMC (g): The combined weight of muscle and bone mineral content in grams.
- Total Mass (g): The total weight of the body area, including fat, muscle, and bone.
- % Fat: The percentage of the total mass that is fat in that area.
- YN: Your percentile rank compared to an average 25 year old of the same sex.
- AM: Your percentile rank compared to the average of someone your age and sex.

## Are These Results Good or Bad

- Higher Percentiles: Generally mean you have more lean mass or fat in that area compared to others.
- Lower Percentiles: Mean you have less lean mass or fat in that area compared to others.

Remember, these results are just one way to look at your health. It's always good to talk to a health professional to understand what these numbers mean for you personally and what steps you might take to stay healthy.

## Body Fat Percentile Examples

- 25th Percentile: If you are in the 25th percentile, you have less fat than 75 out of 100 people. Most people have more fat than you.
- **50th Percentile**: If you are in the 50th percentile. Half of the people have more fat than you, and half have less.
- **75th Percentile**: If you are in the 75th percentile, you have more fat than 75 out of 100 people. Only 25 out of 100 people have more.



BMC stands for Bone Mineral Content, and it is typically measured in grams (g). BMC refers to the total amount of minerals (primarily calcium and phosphorus) present in the bones. It is an important component of bone health assessment, along with bone mineral density (BMD).

## BMD

BMD stands for Bone Mineral Density. It refers to the amount of mineral (primarily calcium and phosphorus) present in bone tissue, typically measured in grams per square centimetre (g/cm<sup>2</sup>) or grams per cubic centimetre (g/cm<sup>3</sup>). Bone mineral density is a key indicator of bone strength and density, providing valuable information about bone health.

## Disclaimer

The information provided is for general guidance and not a substitute for professional advice. Always consult a healthcare professional before starting any fitness or weight loss program, especially if you have health conditions or take medications. Use the information at your own discretion and responsibility.



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## A huge thanks

On behalf of the entire team at BodyView, we would like to express our appreciation for coming to see us. Your business is super important to us, and we are deeply committed to helping you achieve your goals. Should you require any further assistance or have specific inquiries, please do not hesitate to reach out; we are here to help. If your experience with us has been a positive one, it would be really appreciated if you could take a moment to share your feedback by leaving a review on Trustpilot or Google.

Kindest Regards Team BodyView.

This report was compiled using BodyCompPro software for DEXA scanners, providing you with gold standard results interpreted through the most advanced body composition software available.