

Mikayla Walsh

23rd Mar 2024



**BODYVIEW**

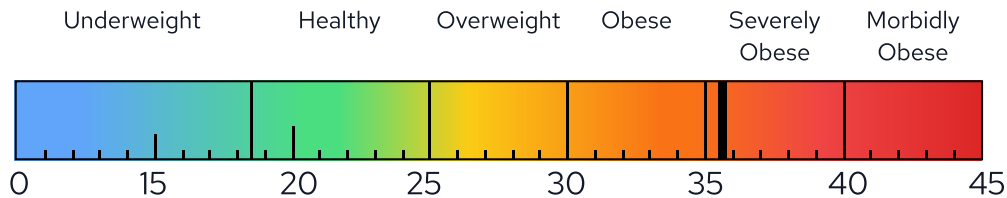
1634 Parkway,  
Solent Business Park,  
Whiteley,  
Fareham,  
PO15 7AH  
0330 043 7001

[www.bodyview.co.uk](http://www.bodyview.co.uk)

Tests: DEXA Full Body Scan  
Carried out by Freeda Schumm

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	35.7
Classification	Severely Obese



### Risk factors of being obese

- Type 2 diabetes
- Hypertension (high blood pressure)
- Dyslipidemia (abnormal levels of blood lipids)
- Cardiovascular diseases (heart disease, stroke)
- Respiratory problems (asthma and sleep apnea)
- Certain cancers (breast, colon, and endometrial cancer)
- Osteoarthritis
- Fatty liver disease
- Psychological effects (depression, low self-esteem, etc.)

While BMI is a useful tool for population-level assessments and screening, it has limitations when applied to individuals, especially those with high muscle mass or specific health conditions. Therefore, it's important to interpret BMI results in conjunction with other health indicators and consult with a healthcare professional for a comprehensive evaluation of one's weight status and overall health.

Adipose is a term used to describe tissue in the body that is composed primarily of fat cells, known as adipocytes. Adipose tissue serves several important functions in the body, including:



### Energy storage

Adipose tissue stores excess energy in the form of triglycerides, which can be released and metabolised when the body needs energy.



### Walking or Jogging

Brisk walking or jogging is a great way to burn calories and improve cardiovascular health. It's accessible to most people and can be easily incorporated into daily routines.



### Endocrine function

Adipose tissue secretes various hormones and signalling molecules, known as adipokines, which play roles in regulating metabolism, inflammation, and appetite.

Adipose tissue can be found throughout the body, including under the skin (subcutaneous adipose tissue), around internal organs (visceral adipose tissue), and within bone marrow (bone marrow adipose tissue). It is essential for overall health but can become dysfunctional or excessive in conditions such as obesity, which is associated with various health risks.

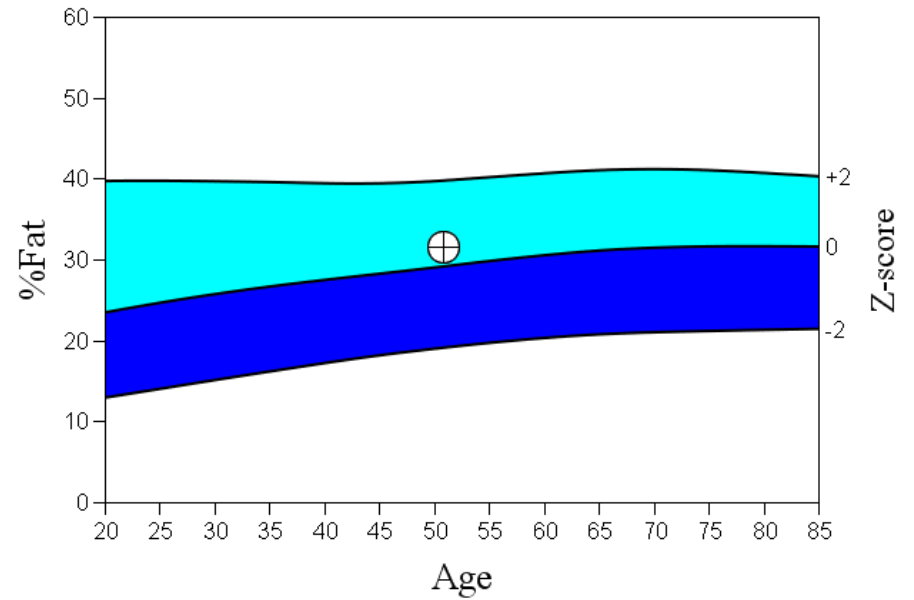
Measure	Result	YN	AM
Body Fat %	31.6	84	68
Fat Mass/Height <sup>2</sup> (kg/m <sup>2</sup> )	11.4	91	82
Android/Gynoid Ratio	1.62		
Trunk Fat %/Legs Fat %	1.49	99	98
Trunk/Limb Fat Mass Ratio	1.74	99	94
Est. VAT Mass (g)	1422		
Est. VAT Volume (cm <sup>3</sup> )	1538		
Est. VAT Area (cm <sup>2</sup> )	295		

YN = Young Normal Percentile    AM = Age Matched Percentile

Your total % body fat is 31.6.

Body fat percentages in this range indicate obesity and are typically above 32%.

### Total Body % Fat



A T-score is a standard score used in bone density testing, specifically in Dual-energy X-ray Absorptiometry (DXA or DEXA) scans, which are used to diagnose osteoporosis and assess the risk of fractures. The T-score compares an individual's bone mineral density (BMD) to that of a healthy young adult of the same sex.

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

Your T-Score is **0.7**. This means you have **Normal Bone Density**

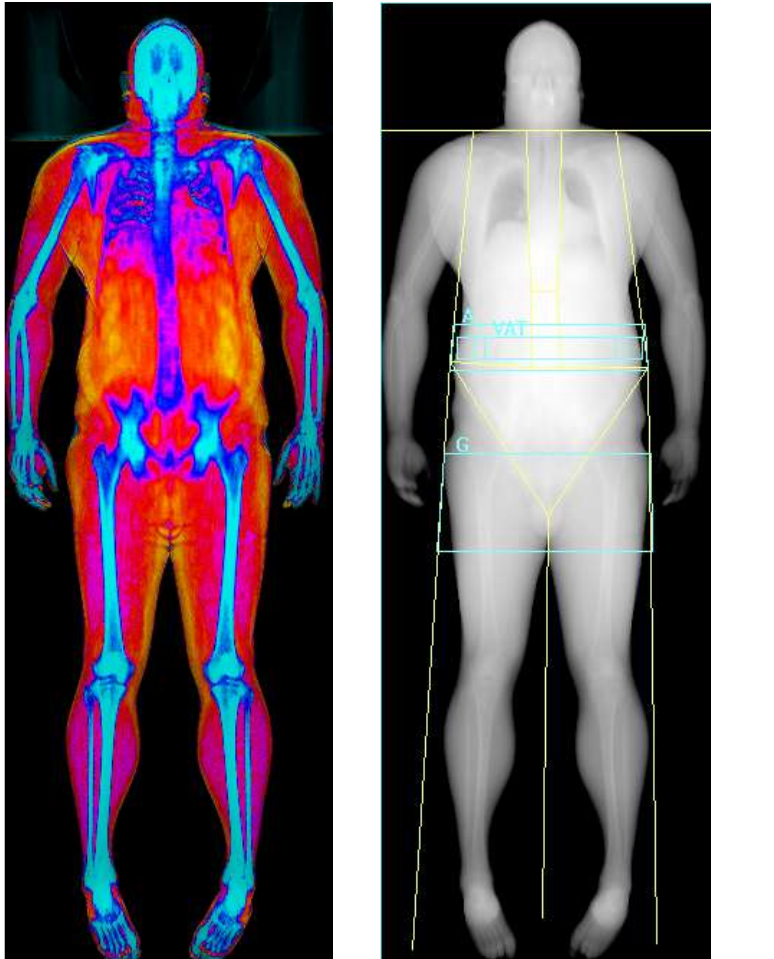
It's important to note that T-scores alone do not determine fracture risk; other factors such as age, sex, medical history, and lifestyle also play a role. Additionally, a T-score is just one component of a comprehensive assessment for osteoporosis and fracture risk. Interpretation of T-scores should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

Z-scores provide a way to assess an individual's measurement (such as bone density or body composition) in relation to their peer group, adjusting for age, sex, and other demographic factors.

Unlike T-scores, which compare your Bone Mineral Density to that of a healthy young adult, Z-scores compare BMD to that of an age-matched population. Z-scores are particularly useful in children, adolescents, and younger adults, where bone density is still developing, as they provide a more accurate assessment of bone health relative to peers.

Your Z-Score is **0.7**.

- A positive Z-score indicates that the individual's measurement is above the mean of the reference population.
- The higher the positive Z-score, the farther above the mean the individual's measurement is. For example, a Z-score of +1 indicates that the data point is one standard deviation above the mean, while a Z-score of +2 indicates that it is two standard deviations above the mean, and so on.
- Z-scores are often interpreted in terms of how many standard deviations a data point is from the mean and can provide insight into how unusual or typical a particular measurement is within a given population.
- A Z-score of  $\pm 1$  generally encompasses about 68% of the data points in a normal distribution,  $\pm 2$  encompasses about 95%, and  $\pm 3$  encompasses about 99.7%. Therefore, Z-scores outside the range of  $\pm 3$  are relatively rare.



Visceral fat, also known as intra-abdominal fat or organ fat, refers to the fat that surrounds internal organs within the abdominal cavity. Unlike subcutaneous fat, which lies just beneath the skin, visceral fat is located deeper within the body, surrounding organs such as the liver, pancreas, and intestines. While some visceral fat is necessary to cushion and protect organs, excess accumulation of visceral fat can pose significant health risks.

Visceral fat is metabolically active and can release fatty acids, hormones, and inflammatory substances into the bloodstream, potentially contributing to various health issues. Excessive visceral fat is strongly associated with an increased risk of developing chronic conditions such as type 2 diabetes, cardiovascular disease, hypertension, insulin resistance, and certain cancers. Additionally, visceral fat accumulation is often linked to central obesity, characterised by excess fat deposition around the abdomen, which can further exacerbate health risks.

Your Visceral fat measurement is **295cm<sup>2</sup>**

A VFA above 140 cm<sup>2</sup> is typically associated with a significantly higher risk of metabolic disorders, including type 2 diabetes, cardiovascular disease, and hypertension.



Measure	Result	YN	AM
Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )	23.8	95	94
Appen. Lean/Height <sup>2</sup> (kg/m <sup>2</sup> )	11.1	95	97

Your Results are:

**Young Normal 95th Percentile**  
**Age Matched 94th Percentile**

YN = Young Normal Percentile    AM = Age Matched Percentile

Percentiles are broken down into 2 categories YN (Young Normal) & AM (Age Matched).

YN compares body fat percentage to that of a reference population consisting of young healthy individuals.

AM compares body fat percentage to that of a reference population consisting of individuals within the same age range as the individual being assessed.

If someone falls within the 75th percentile for body fat, it means that their body fat percentage is equal to or lower than 75% of individuals in the reference population.

The ideal percentile for body fat percentage depends on various factors, including age, sex, and individual health goals. There isn't a one-size-fits-all answer because what's considered ideal can vary significantly based on these factors and other individual characteristics.

Falling within the 25th to 75th percentile for body fat percentage among individuals of the same age and sex is often considered typical or average.

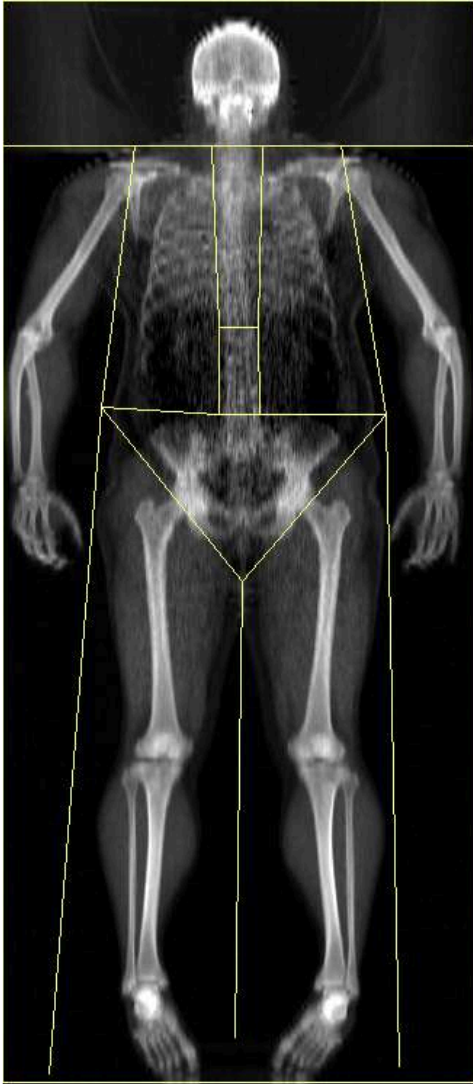
Below 25th percentile may indicate lower body fat levels than peers. Above 75th percentile may indicate higher body fat levels than peers.

# Dexa Scan Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	YN	AM
Left Arm	1872	4682	6554	28.6	82	65
Right Arm	1850	5236	7087	26.1	71	47
Trunk	22566	37872	60438	37.3	93	84
Left Leg	4766	13864	18630	25.6	46	36
Right Leg	4496	13912	18408	24.4	37	25
Subtotal	35550	75567	111117	32.0	83	68
Head	1504	4619	6123	24.6		
Total	37054	80186	117240	31.6	84	68
Android	4946	6154	11101	44.6		
Gynoid	4687	12384	17071	27.5		

YN = Young Normal Percentile    AM = Age Matched Percentile

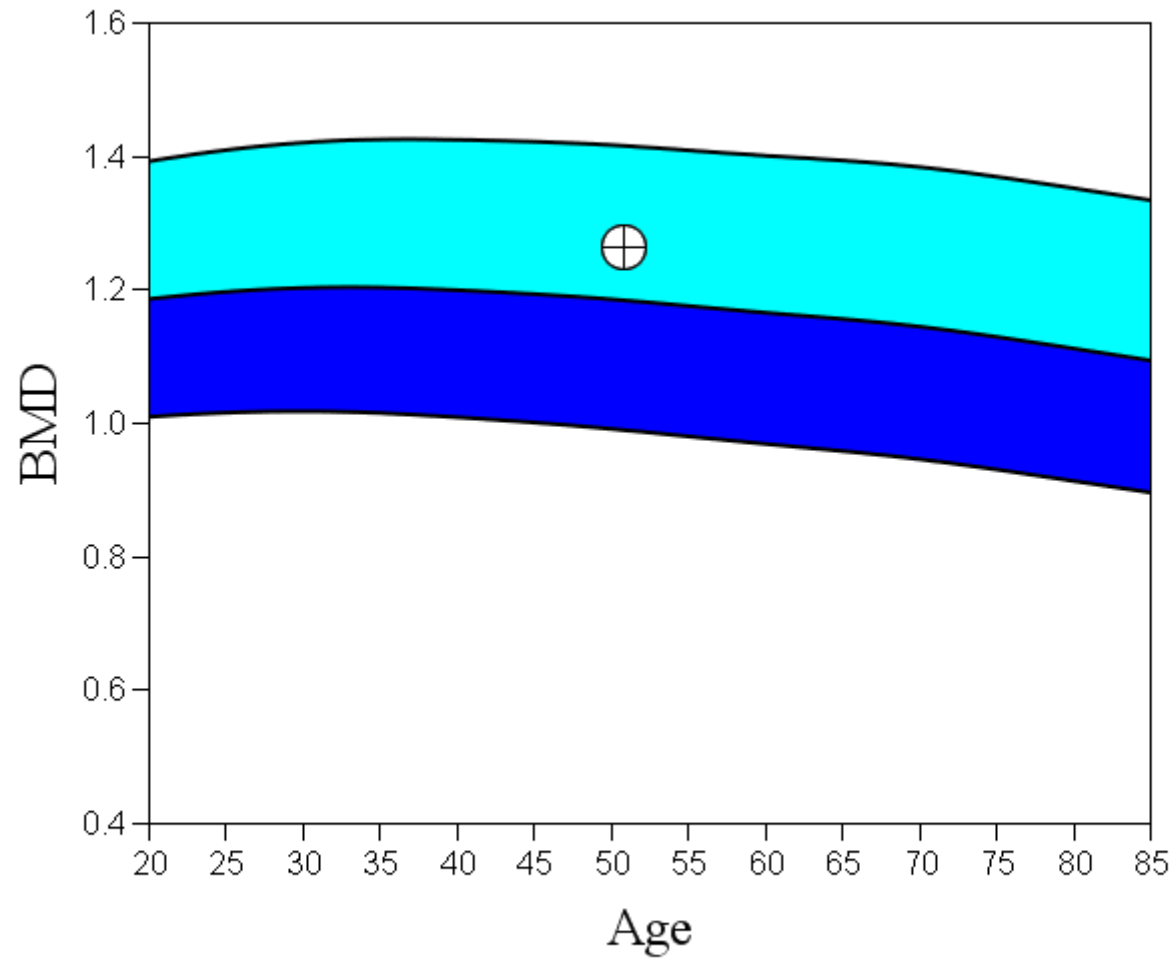
## Dexa Scan Bone Results



k = 1.143, d0 = 43.2  
0 x 0

Region	Area (cm <sup>2</sup> )	BMC (g)	BMD (g/cm <sup>2</sup> )	T-Score	Z-Score
Left Arm	267.49	240.93	0.901		
Right Arm	266.67	252.72	0.948		
Left Ribs	149.01	128.74	0.864		
Right Ribs	156.75	125.35	0.800		
Thoracic Spine	180.36	214.22	1.188		
Lumbar Spine	70.03	76.51	1.093		
Pelvis	227.18	342.04	1.506		
Left Leg	442.15	607.17	1.373		
Right Leg	449.88	599.88	1.333		
Subtotal	2209.52	2587.56	1.171		
Head	232.07	497.18	2.142		
<b>Total</b>	<b>2441.59</b>	<b>3084.74</b>	<b>1.263</b>	<b>0.7</b>	<b>0.7</b>

# Total



### BMC

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).

BMC measurement provides information about the overall bone mass, which is crucial for assessing bone strength and risk of fractures. While BMD provides information about bone density, BMC reflects the total quantity of minerals present in the bones, regardless of bone size or volume.

In a DEXA (dual-energy X-ray absorptiometry) report, BMC (g) indicates the amount of bone mineral content measured in grams at specific bone sites, such as the lumbar spine, hip, or forearm. This measurement helps healthcare providers evaluate bone health, monitor changes in bone mass over time, and assess the effectiveness of treatments for conditions such as osteoporosis.

### 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 ( $\text{g}/\text{cm}^2$ ) or grams per cubic centimetre ( $\text{g}/\text{cm}^3$ ). Bone mineral density is a key indicator of bone strength and density, providing valuable information about bone health.

### T-Scores & Z-Scores

The normal range for T-scores and Z-scores depends on the specific bone site being measured and the reference population used for comparison. Here are general guidelines for interpreting T-scores and Z-scores:

#### T-Score

Normal: T-score of -1.0 and above

Low Bone Mass (Osteopenia): T-score between -1.0 and -2.5

Osteoporosis: T-score of -2.5 and below



#### Z-Score

Within Normal Range: Z-score within the expected range for age, gender, and ethnicity

Below Expected Range: Z-score significantly below the average for age, gender, and ethnicity, indicating potential factors affecting bone health such as nutritional deficiencies or medical conditions

It's important to note that T-scores compare an individual's bone density to the peak bone density typically observed in healthy young adults of the same gender, while Z-scores compare bone density to individuals of the same age, gender, and ethnicity. Therefore, a T-score of -1.0 or above is generally considered normal, while a Z-score within the expected range for age, gender, and ethnicity is considered normal.



 [bodyview.co.uk](https://bodyview.co.uk)  
 [info@bodyview.co.uk](mailto:info@bodyview.co.uk)

Thank You

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.

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