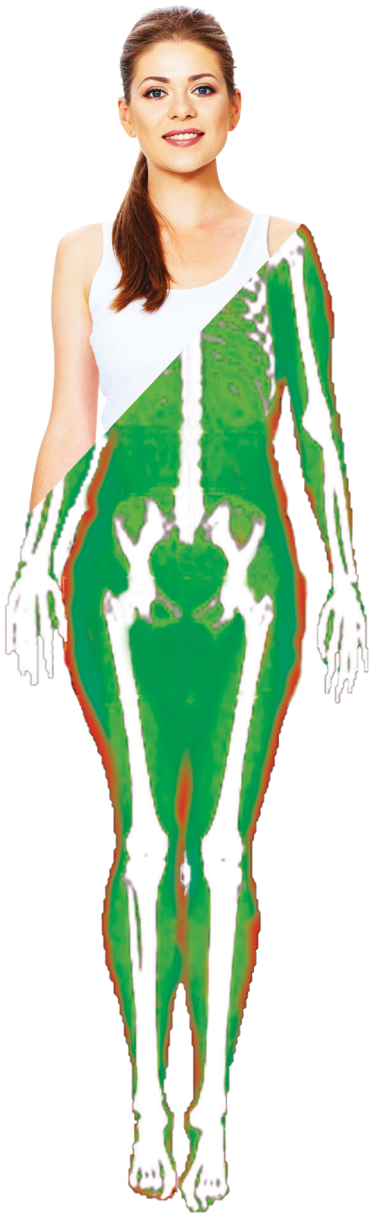


Understanding your DEXA body composition scan



Total Body Measurements

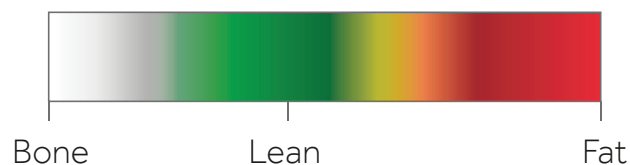
- a. Total Body Mass: Accurately measures your total body weight.
- b. Lean Muscle Mass: The total amount of skeletal muscle in your body. This number also includes your ligaments, organs blood and water in your body.
- c. Fat Mass: This measurement is the total amount of fat within your body. It includes both visceral and sub-cutaneous fat, intramuscular fat and other fat deposits such as breast tissue.
- d. Bone Mineral Content: This measurement shows the total mass of all the bones in your skeleton.

% Fat Measurements

This shows the relative amount of your total body tissue which is made up of fat cells compared to all other cells in your body. This includes both essential and non-essential fat. Your body requires a certain amount of fat cells to be able to function normally.

Body Composition History (Region: Total)

These history graphs will allow you to track **lean (muscle) mass**, **fat mass** and total mass over time.



For more information

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Fat Mass Index

This is a representation of how much fat you carry, relative to your height. It is independent of muscle mass, so it only changes when you gain or lose fat. Unlike body mass index, it is not affected by changes in muscle, so it doesn't penalise people with large amounts of muscle bulk.

Body Mass Index

This is a measure of your weight compared to your height that is widely used by organisations such as the World Health Organisation (WHO). Unlike the fat mass index however, it does not take into account muscle mass, so people with large amounts of muscle bulk and low body fat can still be classified as overweight.

Visceral Adipose Tissue

This is the total weight, and total volume of the fat you carry deep within your abdomen. This is the fat that surrounds your organs, such as your liver and intestines. Having high levels of visceral fat increases your risk of diabetes, cardiovascular disease and several other diseases.

Android/Gynoid Ratio

Android fat is fat in the lower abdominal area, and is often linked with increased cardiovascular and health risk.

Gynoid fat is the fat in the hips and upper thighs, and indicates less of a health risk. The android:gynoid ratio should be less than 1.0 for an ideal fat distribution.

Resting Metabolic Rate

The resting metabolic rate (RMR) is an estimate of the calories consumed in your body's resting state. It represents the minimum amount of energy needed to maintain body temperature, heartbeat and respiratory rate each day.

Appendicular Skeletal Muscle Index

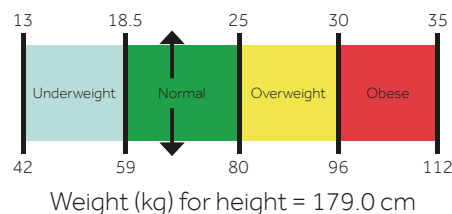
The relative skeletal muscle Index (RSMI) is used to assess the relative amount of lean muscle in your arms and legs. This should be above 7.36 for males and above 5.45 for females.

Lean Muscle Index

The Lean Muscle Index (LMI) is a measure of total skeletal muscle LM (kg) scaled to height (m²). This index allows for the comparison of LM body composition in individuals of different height.

World Health Organisation BMI Classification

BMI = 25.0 (kg/m²)



References

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