The Bone Wellness Centre - Specialists in DEXA Scanning
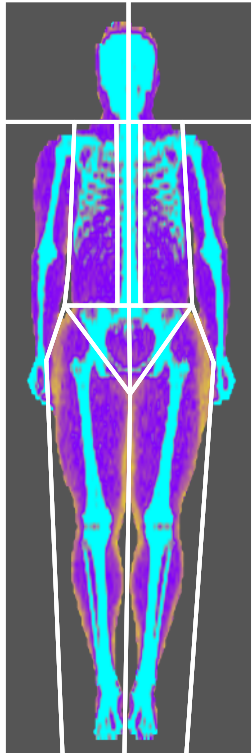## 855 Broadview Avenue Suite # 305
Toronto, Ontario M4K 3Z1

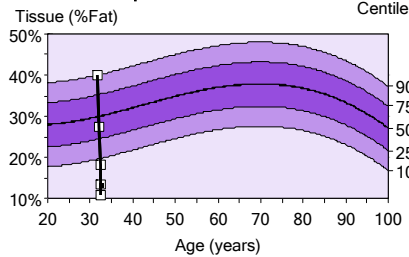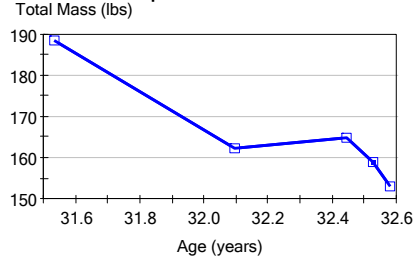|			
Patient:		**Patient ID:**	
Birth Date:	32.5 years	**Referring Physician:**	
Height / Weight:	163.0 cm 71.1 kg	**Measured:**	27/Apr/2018 9:47:14 AM (14.10)
Sex / Ethnic:	Female	**Analyzed:**	27/Apr/2018 9:48:37 AM (14.10)

Total Body Tissue Quantitation

Composition Reference: Total

Composition Trend: Total

Color Coding

Bone — Lean — Fat

Trend: Total (Basic Analysis)

Measured Date	Age (years)	Tissue[1] (%Fat)	Centile[2,3]	Total Mass (lbs)	Region (%Fat)	Tissue[1] (lbs)	Fat[1] (lbs)	Lean[1] (lbs)	BMC (lbs)	Fat Free (lbs)
27/Apr/2018	32.5	13.3	2	158.8	12.8	152.2	20.3	131.9	6.6	138.6
28/Mar/2018	32.4	18.3	7	164.7	17.5	157.9	28.9	129.1	6.7	135.8
22/Nov/2017	32.0	27.4	38	162.2	26.3	155.4	42.6	112.8	6.8	119.6
29/Apr/2017	31.5	39.9	90	188.5	38.4	181.3	72.3	109.0	7.2	116.2

Trend: Fat Distribution (Basic Analysis)

Measured Date	Age (years)	Android (%Fat)	Gynoid (%Fat)	A/G Ratio	Total Body[1] (%Fat)
27/Apr/2018	32.5	5.7	23.1	0.24	13.3
28/Mar/2018	32.4	14.3	28.3	0.51	18.3
22/Nov/2017	32.0	25.4	38.3	0.66	27.4
29/Apr/2017	31.5	42.4	48.0	0.88	39.9

World Health Organization BMI Classification

BMI = 26.8 (kg/m²)

13	18.5	25	30	35
Underweight	Normal	Overweight	Obese	

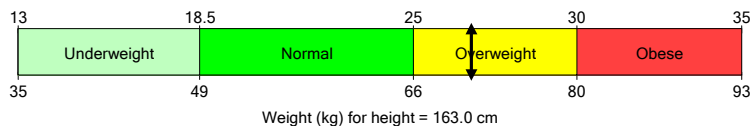| 35 | 49 | 66 | 80 | 93 |

Weight (kg) for height = 163.0 cm

Image not for diagnosis
Printed: 18/Jun/2018 12:44:59 PM (14.10)76:0.15:153.04:31.4 0.00:-1.00
4.81x13.01 13.6:%Fat=13.3%
0.00:0.00 0.00:0.00
Filename: rojasv_peju7p6h23.dfb
Scan Mode: Standard   0.4 µGy

1 -Statistically 68% of repeat scans fall within 1SD (± 0.8 % Fat, ±0.46 lbs. Tissue Mass, ±1.15 lbs. Fat Mass, ±1.34 lbs. Lean Mass for Total Body Total)
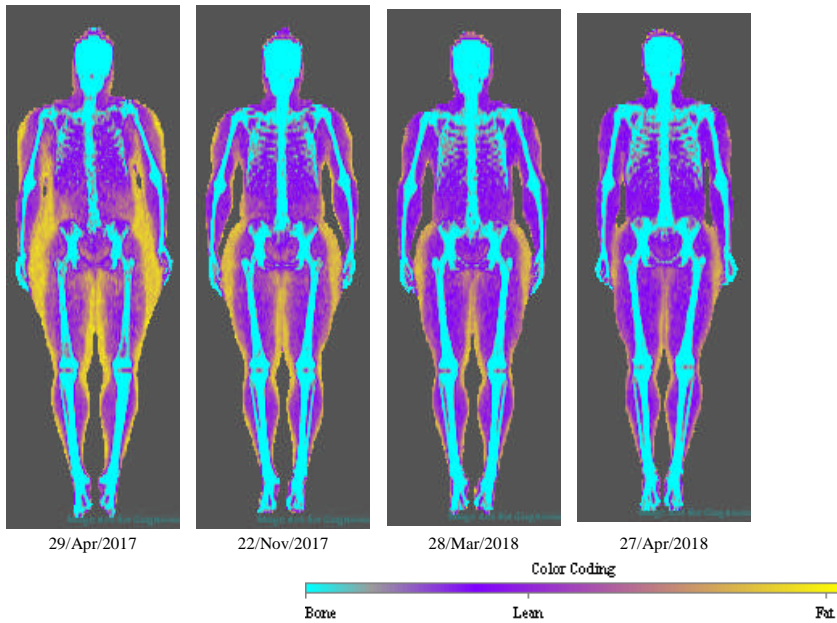2 -USA (Lunar) Total Body Composition Reference Population (v113)
3 -Composition Matched for Age

| 29/Apr/2017 | 22/Nov/2017 | 28/Mar/2018 | 27/Apr/2018 |

Color Coding

Bone — Lean — Fat

BODY COMPOSITION HISTORY

Measured Date	Total Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)	Fat Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)	Lean Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)	%Fat (%)	BMC (lbs)
29/Apr/2017	188.5	baseline	-	72.3	baseline	-	109.0	baseline	-	39.9	7.2
22/Nov/2017	162.2	-26.3	-26.3	42.6	-29.7	-29.7	112.8	3.8	3.8	27.4	6.8
28/Mar/2018	164.7	-23.8	2.5	28.9	-43.4	-13.7	129.1	20.1	16.3	18.3	6.7
27/Apr/2018	158.8	-29.7	-5.9	20.3	-52.0	-8.6	131.9	22.9	2.8	13.3	6.6

BMC = Bone Mineral Content

Total Body: Total
Total Mass (lbs)

Total Body: Total
Fat (lbs)

Total Body: Total
Lean (lbs)

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Height / Weight:	163.0 cm 71.1 kg	**Measured:**	27/Apr/2018 9:47:14 AM	(14.10)
Sex / Ethnic:	Female	**Analyzed:**	27/Apr/2018 9:48:37 AM	(14.10)

BODY COMPOSITION (Basic Analysis)

Region	Tissue[1] (%Fat)	Region (%Fat)	Tissue[1] (lbs)	Fat[1] (lbs)	Lean[1] (lbs)	BMC (lbs)	Total Mass (lbs)
Arms	7.1	6.9	18.2	1.3	16.9	0.8	19.0
Arm Right	7.1	6.8	9.0	0.6	8.4	0.4	9.4
Arm Left	7.2	6.9	9.2	0.7	8.5	0.4	9.6
Legs	20.5	19.7	67.7	13.9	53.8	2.7	70.4
Leg Right	20.5	19.7	33.6	6.9	26.7	1.3	34.9
Leg Left	20.5	19.7	34.1	7.0	27.2	1.4	35.5
Trunk	7.4	7.2	56.4	4.2	52.2	1.8	58.2
Trunk Right	7.5	7.2	27.9	2.1	25.8	0.9	28.8
Trunk Left	7.4	7.2	28.5	2.1	26.4	0.9	29.5
Android	5.7	5.6	8.7	0.5	8.2	0.2	8.8
Gynoid	23.1	22.6	26.5	6.1	20.3	0.7	27.1
Total	13.3	12.8	152.2	20.3	131.9	6.6	158.8
Total Right	13.3	12.8	75.8	10.1	65.7	3.3	79.2
Total Left	13.3	12.8	76.3	10.2	66.2	3.3	79.7

FAT MASS RATIOS

Trunk/ Total	Legs/ Total	(Arms+Legs)/ Trunk
0.21	0.68	3.61

RMR (Resting Metabolic Rate)

1,651 cal/day   Mifflin-St Jeor

RSMI (Relative Skeletal Muscle Index)

12.08 kg/m²   Baumgartner

1 -Statistically 68% of repeat scans fall within 1SD (± 0.8 % Fat, ±0.46 lbs. Tissue Mass, ±1.15 lbs. Fat Mass, ±1.34 lbs. Lean Mass for Total Body Total)
Filename: rojasv_peju7p6h23.dfb

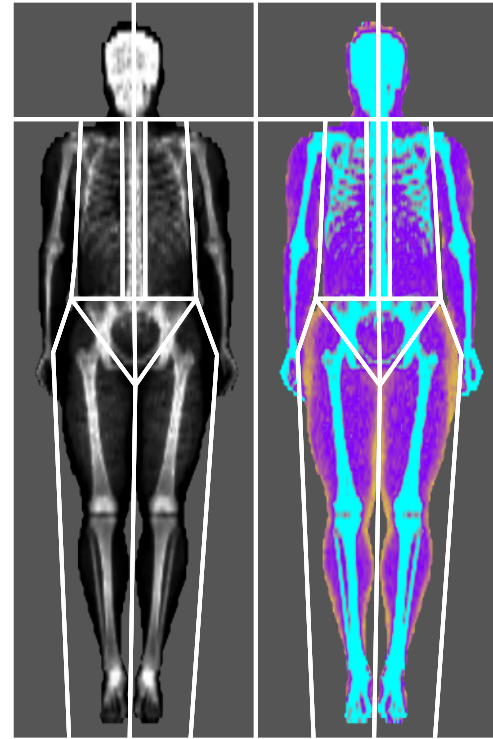# The Bone Wellness Centre - Specialists in DEXA Scanning
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Toronto, Ontario M4K 3Z1

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Total Body Bone Density Trend

Densitometry Ref: Total (BMD)

Trend: Total (BMD)

Color Coding

Bone   Lean   Fat
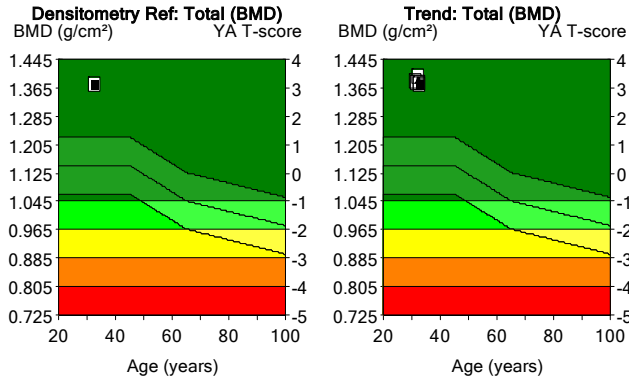
Densitometry (Basic Analysis)

Region	BMD [1] (g/cm²)	Young-Adult [2] (%)	T-score	Age-Matched [3] (%)	Z-score
Total	1.376	122	3.1	120	2.9

Trend: Total (Basic Analysis)

Measured Date	Age (years)	BMD [1] (g/cm²)	YA T-score	AM Z-score
16/May/2018	32.5	1.379	3.2	3.0
27/Apr/2018	32.5	1.376	3.1	2.9
28/Mar/2018	32.4	1.394	3.4	3.0
22/Nov/2017	32.0	1.376	3.1	2.8
29/Apr/2017	31.5	1.383	3.2	2.3

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4.81x13.01 13.6:%Fat=13.3%
0.00:0.00 0.00:0.00
Filename: rojasv_peju7p6h23.dfb
Scan Mode: Standard   0.4 µGy

1 -Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm² for Total Body Total)
2 -USA (Lunar) (ages 20-40) Total Body Reference Population (v113)
3 -Matched for Age, Weight (females 25-100 kg), Ethnic

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Patient:		**Patient ID:**		
Birth Date:	32.5 years	**Referring Physician:**		
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Total Body Tissue Quantitation

Composition Reference: Total

Composition Trend: Total

Color Coding

Bone — Lean — Fat

Composition (Basic Analysis)

Region	Tissue (%Fat)[1]	Centile[2,3]	Total Mass (lbs)	Fat (lbs)[1]	Lean (lbs)[1]	BMC (lbs)
Arm Right	7.1	-	9.4	0.6	8.4	0.4
Arm Left	7.2	-	9.6	0.7	8.5	0.4
Legs	20.5	-	70.4	13.9	53.8	2.7
Leg Right	20.5	-	34.9	6.9	26.7	1.3
Leg Left	20.5	-	35.5	7.0	27.2	1.4
Trunk	7.4	-	58.2	4.2	52.2	1.8
Total	13.3	2	158.8	20.3	131.9	6.6

Trend: Total (Basic Analysis)

Measured Date	Age (years)	Tissue (%Fat)[1]	Centile[2,3]	Total Mass (lbs)	Fat (lbs)[1]	Lean (lbs)[1]
16/May/2018	32.5	10.8	1	153.0	15.8	130.6
27/Apr/2018	32.5	13.3	2	158.8	20.3	131.9
28/Mar/2018	32.4	18.3	7	164.7	28.9	129.1
22/Nov/2017	32.0	27.4	38	162.2	42.6	112.8
29/Apr/2017	31.5	39.9	90	188.5	72.3	109.0

Image not for diagnosis

Printed: 18/Jun/2018 12:58:36 PM (14.10)76:0.15:153.04:31.4 0.00:-1.00
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1 - Statistically 68% of repeat scans fall within 1SD (± 0.8 % Fat, ±0.46 lbs. Tissue Mass, ±1.15 lbs. Fat Mass, ±1.34 lbs. Lean Mass for Total Body Total)
2 - USA (Lunar) Total Body Composition Reference Population (v113)
3 - Composition Matched for Age

The Bone Wellness Centre - Specialists in DEXA Scanning
855 Broadview Avenue Suite # 305
Toronto, Ontario M4K 3Z1
Phone: (416) 405-8881   Fax: (416) 405-8852
Web: http://www.bonewellness.com

Body Composition Assessment: Monday, June 18, 2018

CLIENT

Patient:

|				
Age:	32.5	**Birth Date:**		
Gender:	Female	**Height:**	163.0 cm	**Patient ID:**
Tech:	(not specified)	**Scale Weight:**	71.1 kg	**Exam Date:** 27/Apr/2018

LEAN

Lean mass includes all parts of the body
[organs, muscle, ligaments, connective tissue and fluids]
but excludes body fat.

LEAN(g): Sum of all muscle and soft organ tissue
The higher the Tissue %Lean, the more muscular the body.
Increase in muscle mass will increase one's metabolism &
burn more calories!

Total Weight:	158.8 lbs
Lean Weight:	131.9 lbs
Tissue %Lean:	83.1%

FAT

Total Body: Total
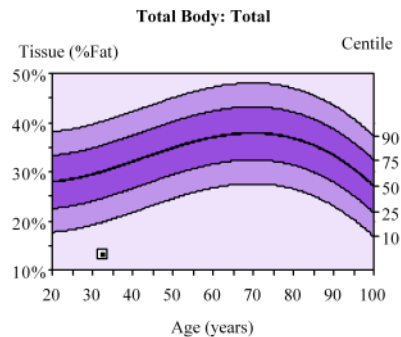

Fat Weight:	20.3 lbs
Tissue %Fat:	13.3%

It is very important to know your body fat. It is not the
amount of weight but the amount of fat that one has in
the body that is potentially dangerous to one's health. Fat
mass includes all the fatty tissue in the body including
around the organs and subcutaneous fat. The Y-axis
displays the percentage of fat in tissue. The x-axis displays
the age range from 20 to 100. Your result, the square is
plotted in the graph based on your age and your
percentage fat result. The middle line passing through the
graph shows the average percentage of tissue fat for ages
20 to 100 which corresponds to a centile of 50%. The
upper line corresponds to the 90th centile and the the
lower line to the 10th centile. The graph allows your tissue
fat %to be put into context for this reference population.

BMI (Body Mass Index): Measurement of body fat based on height and weight only that applies to adult men and
women. It can overestimate body fat in athletes and others who have a muscular build. It can underestimate body fat in
older persons and others who have lost muscle.

World Health Organization BMI Classification

BMI = 26.8 (kg/m²)

Weight (kg) for height = 163.0 cm
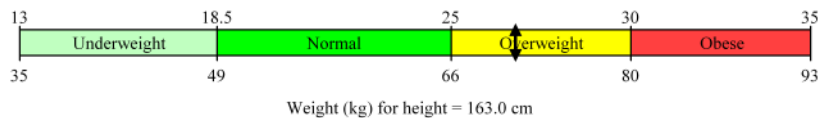
ANDROID / GYNOID (waist / hip)

Knowing your body's fat distribution is critical in monitoring your health risks and avoiding disease later in life. A DEXA scan will directly measure the different types of fat: Subcutaneous fat which is the fat under the skin, visceral fat which is the fat around your organs — i.e. android fat, and the essential fat which is the fat that is necessary for normal body functions i.e. hormonal production, secretion, transport, and reproduction.
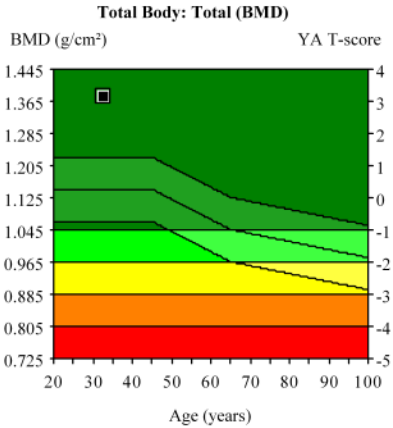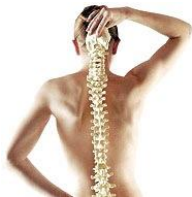
ANDROID: Apple shaped body (excess fat around abdomen, chest and inside the abdominal cavity (around our organs, liver, intestines, pancreas) can increase one's risk for heart disease, & stroke. (Men <1 & Women <0.8)

GYNOID: Pear shaped body types (excess fat around hips, thigh & buttocks) are less prone to harmful illness but may be prone to joint issues around the hip and knees

Android (waist) to Gynoid (hip) Ratio - Carrying too much fat in the wrong areas can increase your chance of serious health problems. Men with waist to hip ratio of > 1 & women with ratio > 0.8 have increased risk of cardiovascular illness, diabetes, stroke, cancer etc. Fat distribution is controlled by genetics, lifestyle, hormones, diet, medications, medical conditions, & stress. Some may be egg shaped called Ovoid, this means general fat distribution throughout the body.

Region	Tissue %Fat
Android: LESS	5.7%
Gynoid: MORE	23.1%
A/G Ratio:	0.24

BONE

Total Body: Total (BMD)

BMD (g/cm²)   YA T-score

Age (years)

Age	BMD (g/cm^2)	T-score	Z-score	Centile
32.5	1.376	3.1	2.9	100

The Y-axis displays the BMD results. Your result is plotted in the graph based on your age & BMD result. The middle line passing through the graph shows the average BMD for ages 20 to 100. 68% of the population will fall within the upper line and lower line display (+/- 1 standard deviation). The remaining 32% fall either above the upper line (16%) or below the lower line (16%). The reference graph allows your BMD result to be put into context. The test compares your Bone Mineral Density (BMD) to that of a "young adult" at peak bone strength, displayed as your T-score. It also compares your results to people of your same age, called "age-matched" displayed as your Z-score. This information, along with other factors help assess secondary reasons for bone loss. Bone is slow changing; weight bearing & resistance exercise, optimal calcium & vitamin D intake will help preserve preserve your bone mass. Low scores can indicate a secondary reason of bone loss which need to be assessed by your physician.

RESTING METABOLIC RATE (RMR)

Resting Metabolic Rate (RMR) is synonymous with Resting Energy Expenditure (REE). It is an estimate of how many calories you would burn if you were to do nothing but rest. It represents the minimum amount of energy needed to maintain body temperature, heartbeat, circulation & sleep. To calculate daily calorie needs, the RMR value is multiplied by a factor with a value between 1.2 (sedentary) & 1.9 (extremely active), depending on the person's physical activity level. To **maintain** your current weight, your daily calorie consumption should equal 1.55 (average) x your RMR. To **lose** weight at a healthy rate, (i.e. lose fat mass instead of muscle mass & water weight) you need to be between your minimum calories (i.e., RMR) and your maintenance calories (i.e.1.55x RMR). Increase in muscle mass will increase one's metabolism & burn more calories

The best way to reach your ideal weight is to add some physical activity into each day and make healthier food choices. To **gain** weight at a healthy rate, consume more daily calories than needed for maintenance and respiratory rate. Increase in muscle mass will increase one's metabolism & burn more calories

YOUR RMR VALUE:	1,651 cal/day

RMR (Resting Metabolic Rate) based on Mifflin-St Jeor equation.
RMR = 19.7 x FFM(fat free mass) + 413
Mifflin MD, St Jeor ST, Hill LA, Scott BJ, Daugherty SA, Koh YO. A new predictive equation for resting energy expenditure in healthy individuals., Am J Clin Nutr., 1990 Feb;51(2):241-7. PMID: 2305711

RMR min your body burns at rest =   **min**

RMR X 1.55 maintenence=   **maint**
calories needed to maintain weight for someone who works out moderately

To lose weight at a healthy rate, one should be between RMR and their maintainece weight: **LW**

How active are you?

RMR		Example
Sedentary RMR	X 1.2	Desk job and little to no exercise
Lightly Active RMR	X 1.375	20 mins light exercise /sports 1–3 days/wk
Moderately Active RMR	X 1.55	30 mins moderate exercise/sports 3–5 days/wk
Very Active RMR	X 1.725	60 mins hard exercise/sports 5–7 days/wk
Extremely Active RMR	X 1.9	Athlete; hard daily exercise/sports and physical job or training

RELATIVE SKELETAL MUSCLE INDEX (RSMI)

RSMI represents the relative amount of muscle in the arms and legs. Sarcopenia is the is the degenerative loss of skeletal mass (0.5-1% loss per year after the age of 25), quality, and strength associated with aging. Consensus for a clinical definition of a person with established sarcopenia was produced by Baumgartner and defines it as 2 standard deviations below the mean of lean mass for gender specific healthy young adults.

Based on the results as long as the results are not below the cutoffs (>7.26 for men and >5.45 for women), then they do not have a clinical diagnosis of sarcopenia.

YOUR RSMI VALUE:	12.08 kg/m²

RSMI (Relative Skeletal Muscle Index) based on Baumgartner equation.
RSMI = (lean mass of arms[kg] + lean mass of legs[kg]) / (height[m])²
Baumgartner RN, Koehler KM, Gallagher D, Romero L, Heymsfield SB, Ross RR, Garry PJ, Lindeman RD (1998) Epidemiology of sarcopenia among the elderly in New Mexico. Am J Epidermiol 147(8):755-763.

CLINICAL DIAGNOSIS OF SARCOPENIA

RSMI VALUE FOR MALES:	< 7.26
RSMI VALUE FOR FEMALES	**< 5.45**

LEAN MASS BALANCE

Lean mass balance is a comparison of your body's right to left lean mass symmetry. A lean mass difference close to zero indicates a balance of muscle. An injury, non-symmetrical training, or a health condition may cause disproportionate lean mass differences, but only your physician can determine if a health condition is the related cause.

Region	Measured Date	Age	Lean Mass Right (lbs)	Lean Mass Left (lbs)	Lean Mass Difference (lbs)
Arms:	29/Apr/2017	31.5	7.0	6.5	0.6
	22/Nov/2017	32.0	7.1	6.8	0.3
	28/Mar/2018	32.4	8.5	8.7	-0.2
	27/Apr/2018	32.5	8.4	8.5	-0.2
Legs:	29/Apr/2017	31.5	21.2	21.6	-0.4
	22/Nov/2017	32.0	23.1	23.1	0.0
	28/Mar/2018	32.4	25.6	25.9	-0.3
	27/Apr/2018	32.5	26.7	27.2	-0.5
Trunk:	29/Apr/2017	31.5	21.9	22.9	-1.0
	22/Nov/2017	32.0	21.7	22.9	-1.2
	28/Mar/2018	32.4	26.1	25.5	0.6
	27/Apr/2018	32.5	25.8	26.4	-0.6
Total:	29/Apr/2017	31.5	53.5	55.5	-2.0
	22/Nov/2017	32.0	55.8	57.0	-1.2
	28/Mar/2018	32.4	65.0	64.0	1.0
	27/Apr/2018	32.5	65.7	66.2	-0.5

FAT DISTRIBUTION

Region	Measured Date	Age	Region %Fat	%Change vs. Previous	%Change vs. Baseline
Arms:	29/Apr/2017	31.5	31.7	-	baseline
	22/Nov/2017	32.0	20.4	-11.3	-11.3
	28/Mar/2018	32.4	10.8	-9.6	-20.9
	27/Apr/2018	32.5	6.9	-3.9	-24.8
Legs:	29/Apr/2017	31.5	43.1	-	baseline
	22/Nov/2017	32.0	32.2	-10.9	-10.9
	28/Mar/2018	32.4	23.9	-8.3	-19.2
	27/Apr/2018	32.5	19.7	-4.2	-23.4
Trunk:	29/Apr/2017	31.5	38.4	-	baseline
	22/Nov/2017	32.0	23.5	-14.9	-14.9
	28/Mar/2018	32.4	13.9	-9.6	-24.5
	27/Apr/2018	32.5	7.2	-6.7	-31.2
Android:	29/Apr/2017	31.5	41.8	-	baseline
	22/Nov/2017	32.0	25.0	-16.8	-16.8
	28/Mar/2018	32.4	14.1	-10.9	-27.7
	27/Apr/2018	32.5	5.6	-8.5	-36.2
Gynoid:	29/Apr/2017	31.5	47.1	-	baseline
	22/Nov/2017	32.0	37.4	-9.7	-9.7
	28/Mar/2018	32.4	27.6	-9.8	-19.5
	27/Apr/2018	32.5	22.6	-5.0	-24.5
Total:	29/Apr/2017	31.5	38.4	-	baseline
	22/Nov/2017	32.0	26.3	-12.1	-12.1
	28/Mar/2018	32.4	17.5	-8.8	-20.9
	27/Apr/2018	32.5	12.8	-4.7	-25.6

DEXA TERMINOLOGY

Dual Energy X-Ray Absorptiometry: A technology that uses both high and low energy x-rays to determine the areal mass of tissue which is comprised of bone, fat & lean mass

R Value: The attenuation ratio of high-energy and low-energy photons in soft tissue and bone. The ratio is used to distinguish soft tissue from bone, to determine bone density, and to distinguish fat from lean soft tissue.

Bone Mineral Density: Measurement of bone mineral found in the region of interest. BMD is measured in grams per centimeter squared. BMD is derived using BMC divided by area, where BMC is measured in grams and area is measured in centimeters squared.

Body composition is used to describe the percentages of fat, muscle & bone. Two people of who are the same height and weight may look totally different from each other because they have a different body compositions. Healthy body composition = Higher Fat Free Mass & Lower Body Fat

T-score: number of standard deviations above (+) or below (-) the mean peak density in a healthy young adult of the same gender.
i.e. The T-score is a comparison of a person's bone density with what is normally expected in a healthy young adult of the same gender. Your bones are compared to the bones of an average young adult

Z-score: the number of standard deviations above (+) or below (-) the mean density for an individual of that age & gender
i.e. The Z-score is a comparison of a person's bone density with that of an average person of the same age & gender. Your bones are compared to the bones of someone of your age & gender. Low Z-scores can sometimes lead to a secondary cause of osteoporosis or bone loss

Visceral Fat: Fat located in the abdominal area which surrounds the body's internal organs. Also known as organ fat. i.e. "apple" body shape have an excess of visceral fat.

Fat Free Mass: Any body tissue that does not contain fat e.g. skeletal bone, muscle & water.
TISSUE % FAT: fat(g) / fat(g) + lean(g) x 100
REGION % FAT: fat(g) / tissue(g) + BMC x 100
FAT(g): Includes all the fatty tissue in the body i.e. fatty tissue found within the organs of the body & also the subcutaneous fat found under the skin.
BMC: Bone Mineral Content: Sum of all skeletal tissue within the body measured by the densitometer, its the dry bone mass
Total Mass(kg): Sum of Fat + Lean + BMC (Bone Mineral Content)

ASSESSMENT

Body Mass Index (BMI)

Weight Status	BMI
Underweight	Below 18.5
Normal	18.5-24.9
Overweight	25.0-29.9
Obese	30.0 and above

World Health Organization Recommendations for Body Fat Percentages

WOMEN

Age	Low Underfat	Average Healthy	High Overweight	Obese
20-40 yrs	Under 21%	21-33%	33-39%	Over 39%
41-60 yrs	Under 23%	23-35%	35-40%	Over 40%
61-79 yrs	Under 24%	24-36%	36-42%	Over 42%

MEN

Age	Low Underfat	Average Healthy	High Overweight	Obese
20-40 yrs	Under 8%	8-19%	19-25%	Over 25%
41-60 yrs	Under 11%	11-22%	22-27%	Over 27%
61-79 yrs	Under 13%	13-25%	25-30%	Over30%

Table 13.2B **Body fat percentage for the athletic population from humankinetics.com**

Sport	Male	Female	Sport	Male	Female
Baseball	12-15%	12-18%	Rowing	6-14%	12-18%
Basketball	6-12%	20-27%	Shot Putters	16-20%	20-28%
Body building	5-8%	10-15%	Skiing (X country)	7-12%	16-22%
Cycling	5-15%	15-20%	Sprinters	8-10%	12-20%
Football (Backs)	9-12%	No data	Soccer	10-18%	13-18%
Football (Linemen)	15-19%	No data	Swimming	9-12%	14-24%
Gymnastics	5-12%	10-16%	Tennis	12-16%	16-24%
High/long Jumpers	7-12%	10-18%	Triathlon	5-12%	10-15%
Ice/field Hockey	8-15%	12-18%	Volleyball	11-14%	16-25%
Marathon running	5-11%	10-15%	Weightlifters	9-16%	No data
Racquetball	8-13%	15-22%	Wrestlers	5-16%	No data

The most important assessment are the ones you do after your baseline.

Please email us to schedule your follow up Dexa Scan: totalbodydexa@gmail.com