



YOUR PRESCRIPTION FOR A HEALTHIER LIFE

6100 Lake Forrest Dr , Atlanta, GA Phone: (404) 884-5942

Patient: Farmer, David	Age: 53.9 years	Referring Physician: (not specified)
Birth Date: 05/21/1964	Weight: 192.0 lbs.	Patient ID: (not specified)
Height: 72.0 in.	Ethnicity: White	Measured: 05/12/2018 9:06:44 AM (15 [SP 1])
Sex: Male		Analyzed: 05/12/2018 9:06:55 AM (15 [SP 1])

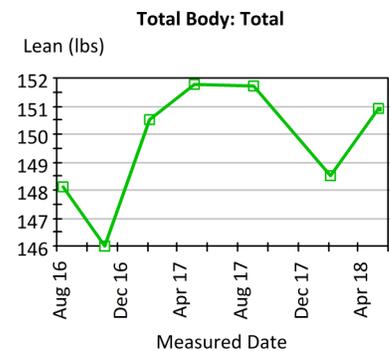
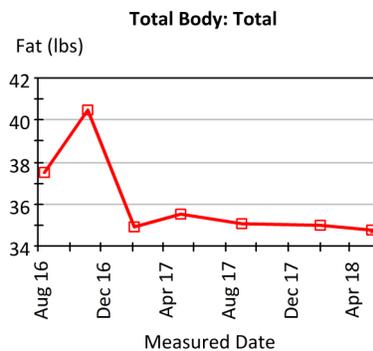
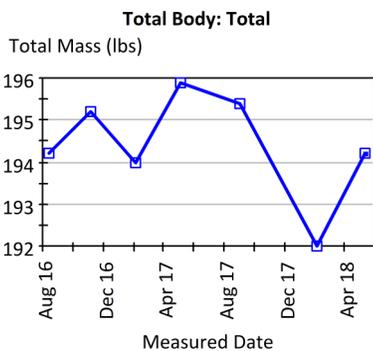
Body Composition Analysis (BCA)

DXA or DEXA is a three component model, it quantifies three primary metrics: Bone, Fat & Lean Tissue. These components are then organized into additional metrics which are depicted throughout your report. **Total Mass** = Measured Weight it's the sum of your Fat, Lean & BMC. **Fat Tissue** = All Fat Mass including items like brain, bone marrow, ect. **Lean Tissue** = Muscle Mass, Organs, Blood and Stomach Contents. **BMC** = Bone Mineral Content; generally 3 - 5% of the total. **Fat Free** = the total of Lean Tissue and BMC.

Measured Date	Total Body Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)	Fat Free (lbs)
05/12/2018	17.9	194.2	34.8	150.9	8.6	159.5 lbs
02/03/2018	18.2	192.0	35.0	148.5	8.5	157.0 lbs
09/02/2017	18.0	195.4	35.1	151.7	8.6	160.3 lbs
08/13/2016	19.3	194.2	37.5	148.1	8.7	156.7 lbs

Body Composition History (Region: Total)

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.	
		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)
05/12/2018	194.2	0.0	2.2	34.8	-2.7	-0.2	150.9	2.8	2.4
02/03/2018	192.0	-2.2	-3.4	35.0	-2.5	-0.1	148.5	0.4	-3.2
09/02/2017	195.4	1.2	-0.5	35.1	-2.4	-0.4	151.7	3.6	-0.1
08/13/2016	195.9	baseline	-	37.5	baseline	-	148.1	baseline	-



Regional Body Composition Analysis

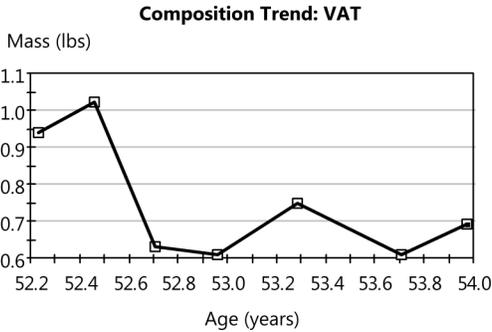
The regional body composition report below shows the 5 key regions of your body including your arms, legs, trunk, android (abdomen) and gynoid (hips region) metric and displays the composition analysis for each region.

Region	Total Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)	Fat Free (lbs)
Arms	14.4%	25.8	3.7 lbs	20.9 lbs	1.2 lbs	22.1 lbs
Legs	16.6%	61.7	10.2 lbs	48.2 lbs	3.3 lbs	51.5 lbs
Trunk	19.6%	95.5	18.7 lbs	74.0 lbs	2.7 lbs	76.8 lbs
Android	21.0%	13.2	2.8 lbs	10.2 lbs	0.2 lbs	10.4 lbs
Gynoid	19.0%	28.9	5.5 lbs	22.5 lbs	0.9 lbs	23.4 lbs
Total	17.9%	194.2	34.8 lbs	150.9 lbs	8.6 lbs	159.5 lbs



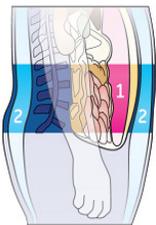
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Visceral Adipose Tissue (VAT)



Date	Age	Fat Mass (lbs)	Volume (in ³)
05/12/2018	53.9	0.69	20.20
02/03/2018	53.7	0.61	17.88
09/02/2017	53.2	0.75	22.07
05/06/2017	52.9	0.61	18.02
08/13/2016	52.2	0.94	27.59

How does your VAT volume compare?



Adipose Tissue
 1 Visceral
 2 Subcutaneous

Ideal Healthy	Increased Risk High	At Risk Very High
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0.00 to 52.00

A VAT volume (in³) between the level listed above is considered a healthy range. Continue to practice exercise and a balanced diet.

52.15 to 112.10

If your VAT volume (in³) is between the level listed above you are considered to be at an increase risk. Within this range, you may consider improving your diet and increasing exercise.

112.10 +

If your VAT volume (in³) is at or above the level listed above your risk may be considered high. If you are within this range you may consider consulting your physician.

What is Visceral Adipose Tissue (VAT)?

The Android region is that of the abdomen, and often the body type with increased fat in this area is described as "apple shaped." The Gynoid region is that around the hips and thighs and often the body type with increased fat in this area is described as "pear shaped." Understanding where fat is stored on the body is recognized as an important predictor of the potential health risks of obesity.

CoreScan estimates the VAT (Visceral Adipose Tissue) content within the android region, VAT is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and type 2 diabetes. CoreScan results have been validated for adults between ages 18-90, and with a BMI in the range of 18.5-40.

A/G Body Fat Distribution

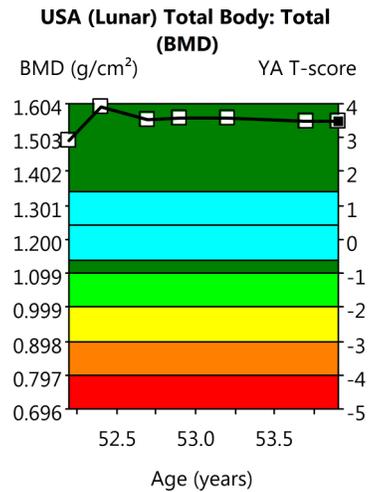
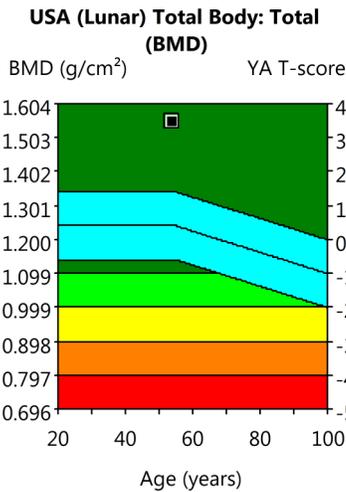
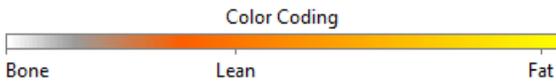
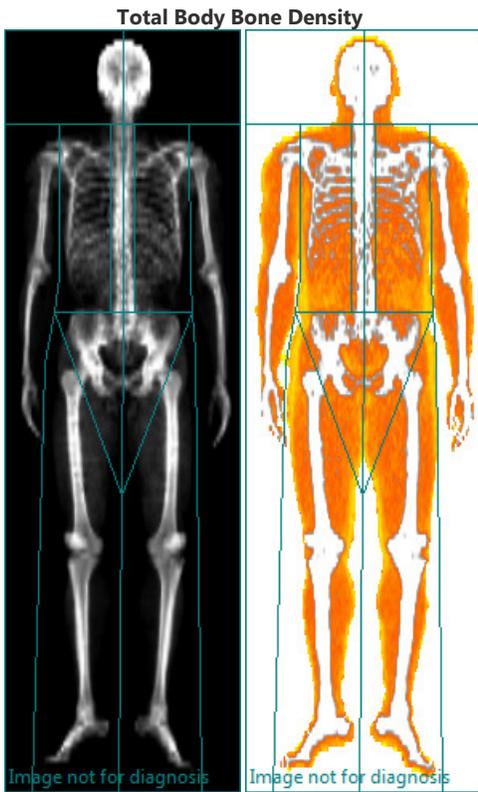
Measure Date	Android	Gynoid	A/G Ratio
	Android fat is concentrated in the lower abdominal region.	Gynoid fat is concentrated in the hips, upper thighs and buttocks.	For optimal distribution, Android fat % should be less than your total body fat % and your A/G should be less than 1.0
05/12/2018	21.0%	19.0%	1.08
02/03/2018	18.9%	18.9%	0.98
09/02/2017	21.7%	18.5%	1.15
05/06/2017	17.8%	21.0%	0.83
02/04/2017	21.0%	19.1%	1.08



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Total Body Bone Density Report

Bone Density is critically important to our overall health & physical capability. Good, holistic nutrition is essential to maximizing peak bone mass, which is typically achieved between your mid to late thirties. Then, as we continue to age, our bones start to naturally deteriorate through a process called fibrosis, where bone structure slowly converts to fibrous tissue. Keep in mind that this measurement is of Total Body Bone Density and cannot be compared apples to apples versus what is referred to as a DEXA Bone Density, which consists of measurements of your left / right femoral neck and AP Spine (L1-L4). A DEXA Bone Density is the standard exam for observing the potential risk for Osteopenia and Osteoporosis and is typically referred by your physician.



Densitometry: USA (Lunar) (Enhanced Analysis)			
Region	BMD (g/cm ²)	Young-Adult T-score	Age-Matched Z-score
Head	2.541	-	-
Arms	1.228	-	-
Legs	1.679	-	-
Trunk	1.333	-	-
Ribs	1.035	-	-
Spine	1.667	-	-
Pelvis	1.453	-	-
Total	1.552	3.5	3.1



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Muscle Mass Balance Analysis

The table below regionalizes your arms and legs to assess muscle symmetry. Arms will often have tissue imbalances up to 0.5 lbs, while legs will have tissue imbalances up to 1.5 lbs. Live Lean Rx looks at movement efficiency because a better balanced body composition improves overall physical capability, especially relating to functional movements.

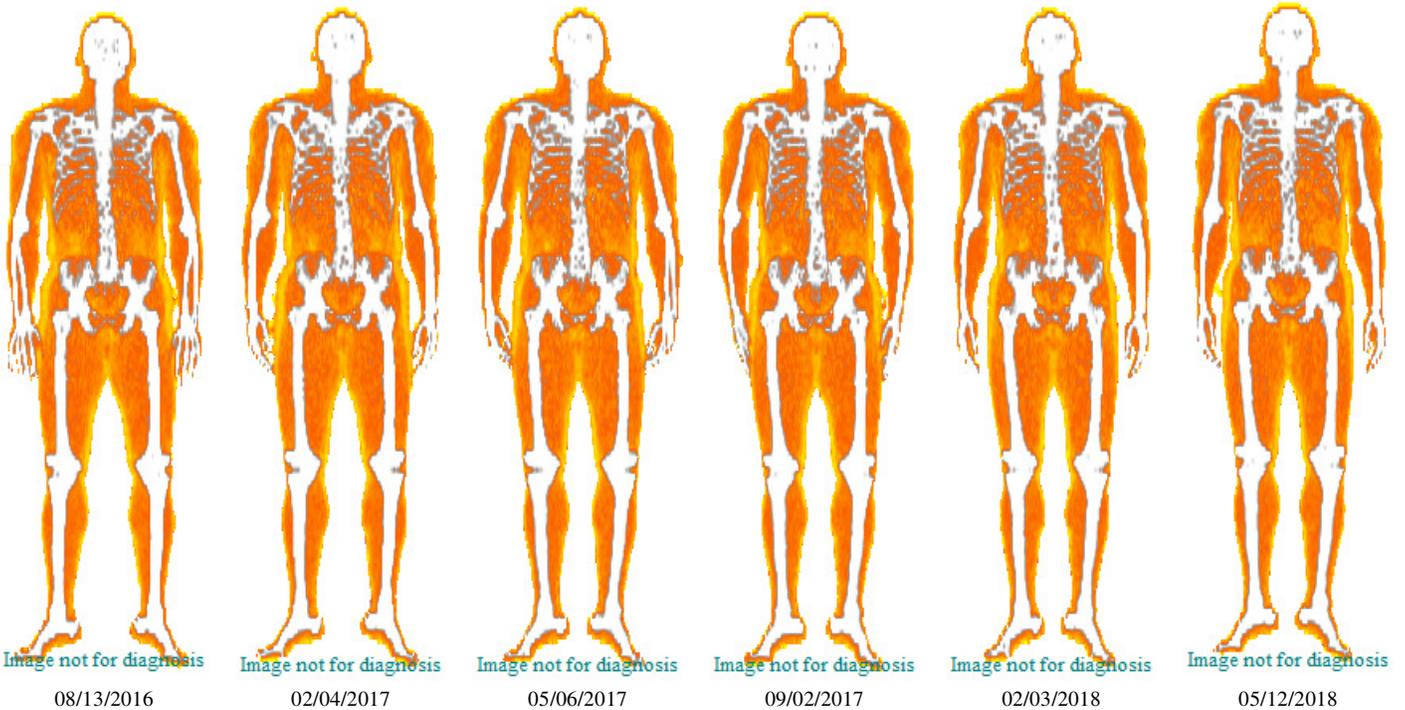
Left / Right Side	Date	Lean Mass (lbs)	Lean %	Fat Mass (lbs)	Fat %	Total Mass (lbs)
Arms Total	05/12/2018	20.9	81.0	3.7	14.4	25.8
	02/03/2018	21.3	79.6	4.2	15.7	26.8
	09/02/2017	21.5	81.2	3.8	14.3	26.5
	05/06/2017	19.8	78.4	4.3	16.8	25.3
Right Arm	05/12/2018	10.5	81.5	1.8	14.0	12.9
	02/03/2018	10.4	78.1	2.3	17.2	13.3
	09/02/2017	10.4	80.1	2.0	15.3	13.0
	05/06/2017	9.7	77.2	1.8	17.9	12.6
Left Arm	05/12/2018	10.4	80.5	1.9	14.8	12.9
	02/03/2018	10.9	81.1	1.9	14.3	13.5
	09/02/2017	11.1	82.2	1.8	13.4	13.5
	05/06/2017	10.1	78.5	2.0	15.8	12.7
Arms Difference	05/12/2018	0.1 lbs	1.4%	-0.1 lbs	-0.8%	0.1%
	02/03/2018	-0.5 lbs	-4.6%	0.4 lbs	2.9%	-1.0%
	09/02/2017	-0.7 lbs	-6.1%	0.2 lbs	2.0%	-3.6%
	05/06/2017	-0.4 lbs	-3.9%	0.2 lbs	2.2%	-1.1%
Legs Total	05/12/2018	48.2	78.1	10.2	16.6	61.7
	02/03/2018	47.9	77.6	10.6	17.1	61.8
	09/02/2017	49.3	78.3	10.3	16.3	63.0
	05/06/2017	52.0	78.8	10.7	16.1	66.1
Right Leg	05/12/2018	24.2	78.1	5.1	16.5	31.0
	02/03/2018	24.4	77.6	5.4	17.1	31.5
	09/02/2017	25.4	78.5	5.2	16.2	32.3
	05/06/2017	26.3	78.8	5.4	16.1	33.4
Left Leg	05/12/2018	24.0	78.0	5.1	16.6	30.7
	02/03/2018	23.5	77.6	5.2	17.1	30.3
	09/02/2017	23.9	78.1	5.1	16.5	30.6
	05/06/2017	25.7	78.8	5.3	16.2	32.6
Legs Difference	05/12/2018	0.2 lbs	1.0%	0.0 lbs	-0.2%	0.9%
	02/03/2018	0.9 lbs	3.8%	0.2 lbs	0.0%	3.8%
	09/02/2017	1.4 lbs	6.0%	0.2 lbs	-0.3%	5.5%
	05/06/2017	0.6 lbs	2.5%	0.1 lbs	0.0%	2.5%



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Body Composition Trending Report

The following graphs show how different regions of your body have changed over time. This image and table shows how your body's muscle development and body fat in each area has responded to your training and/or nutrition program. Each individual will gain and lose lean tissue differently. Live Lean Rx will continue to track these regions with each subsequent scan.



Measured Date	Total Mass (lbs)	Total Fat (%)	Total Fat (lbs)	Total Lean (lbs)	Trunk Fat (lbs)	Trunk Lean (lbs)	Arms Fat (lbs)	Arms Lean (lbs)	Legs Fat (lbs)	Leags Lean (lbs)
05/12/2018	194.2	17.9%	34.8	150.9	18.7	74.0	3.7	20.9	10.2	48.2
02/03/2018	192.0	18.2%	35.0	148.5	18.2	71.9	4.2	21.3	10.6	47.9
09/02/2017	195.4	18.0%	35.1	151.7	18.9	73.0	3.8	21.5	10.3	49.3
05/06/2017	195.9	18.1%	35.5	151.8	18.6	72.7	4.0	20.4	10.7	50.6
02/04/2017	194.0	18.0%	34.9	150.5	17.9	69.4	4.0	20.8	10.9	52.4
11/05/2016	195.2	20.8%	40.5	146.0	23.0	68.1	3.9	20.3	11.5	49.6
08/13/2016	194.2	19.3%	37.5	148.1	20.5	68.2	4.3	19.8	10.7	52.0