#### **«« TOTAL BODY COMPOSITION SCAN RESULTS SUMMARY»»**

Re: Male Example

- Total body bone mineral density: 1.248 g.cm<sup>-2</sup> (normal)
- Total percent body fat: 25.3 % (recommended limits<sup>1</sup> 8 % to 20 %)
- Estimated visceral adipose tissue (Est VAT)<sup>1,2</sup>: 114 cm<sup>2</sup> Increased risk



- Resting Metabolic Rate: 2011 kcal/day
- In reviewing your current body composition our suggested goal is to lose 8.0 kg to 10.3 kg of fat tissue

### Suggested minimum macronutrient split to attain the suggested goal based on your RMR

Protein (g)	Carbohydrate (g)	Fat (g)	Kcal/Day
142	179	91	2100

**Note:** Total Fat is; 1/3 saturated fats (animal and dairy) and 2/3 monounsaturated fats (Omega 3: olive oil, nuts, avocado, flaxseed/fish oil etc). A great free resource to help manage your macronutrients is found at <a href="www.calorieking.com.au"><u>www.calorieking.com.au</u></a>

## Minimum Structured Exercise Energy Expenditure Target

1800 Kcal/week

# **Comments:**

If you have any questions please don't hesitate to contact me.

Dr Jarrod Meerkin (*PhD., ESSAM, AEP*) *Director MeasureUp* 

- 1. Pickhardt PJ, Jee Y, O'Connor SD, Del Rio AM. Visceral Adiposity and Hepatic Steatosis at Abdominal CT: Association With the Metabolic Syndrome. AJR Am J Roentgenol. 2012
- 2. May;198(5):1100-7. 13. Nicklas, BJ et al. Visceral Adipose Tissue Cutoffs Associated With Metabolic Risk Factors for Coronary Heart Disease in Women. Diabetes Care 26:1413–1420, 2003



# MeasureUp Level 1, 115 Pitt St

Sydney, NSW 2000

Telephone: 02 8821 7111 E-Mail: info@measureup.com.au Fax: 02 8821 7112

Name: DOE, JOHN Patient ID: 000000

Sex: Male

DOB: 01 January 1980 Age: 35

## Referring Physician:

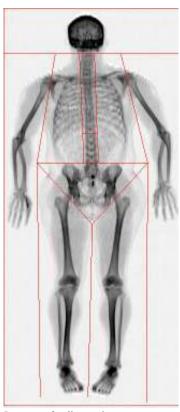


Image not for diagnostic use 327 x 150

# Total 1.6 1.4 0.8 0.6 30 35 40 45 50 55 60 65 70 75 80 85 Age

# **Scan Information:**

Scan Date: 01 January 2015 ID: 000000

Scan Type: a Whole Body Analysis: 01 January 2015

Comment:

# **DXA Results Summary:**

Region	Area (cm²)	BMC (g)	BMD (g/cm²)
L Arm	246.92	206.25	0.835
R Arm	255.21	221.01	0.866
L Ribs	154.08	116.83	0.758
R Ribs	161.19	114.31	0.709
T Spine	184.89	169.01	0.914
L Spine	63.61	74.17	1.166
Pelvis	232.30	354.82	1.527
L Leg	410.87	541.08	1.317
R Leg	423.51	541.94	1.280
Subtotal	2132.58	2339.42	1.097
Head	220.84	596.79	2.702
Total	2353.42	2936.21	1.248
TBAR1209			

This is the weight of your skeleton in grams or 2.936kg

This is your total bone density

T-score vs. White Male. Source: 2008 NHANES/Hologic White Male. Z-score vs. White Male. Source:2008 NHANES/Hologic White Male.

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# Total Body % Fat 60 40 30 60 65 70 We do not use BMI Age as it is only looking Source: NHANES Classic White Male at height relative to weight. We use World Health Organization Body Mass Ind BMI = WHO Classification Specific body composition Overweight Obesity measurements Underweight Normal (muscle & fat) 20 30

BMI has some limitations and an actual diagnosis of overweight or obesity should be made by a health professional. Obesity is associated with heart disease, certain types of cancer, type 2 diabetes, and other health risks. The higher a person's BMI is above 25, the greater their weight-related risks.

### **Body Composition Results**

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	%Fat P YN	ercentile AM
L Arm	1164	3809	4973	23.4	77	71
R Arm	1162	4132	5294	22.0	70 /	62
Trunk	12578	33928	46506	27.0	78	67
L Leg	3644	11331	14975	24.3	62	60
R Leg	3803	11565	15368	24.7	63	60
Subtotal	22351	64764	87116	25.7	73	65
Head	969	3926	4896	19.8		
Total	23320	68691	92011	25.3	73	65
Android (A	2454	5224	7678	32.0		
Gynoid (G	3531	11088	14619	24.2		

These Android Gynoid regions are a great way to look at specific fat loss around the trunk and hips.

The AM & the YN refers to the comparison of a sample population to understand where you sit with body fat % levels. The lower these numbers the better. The AM is the Age Matched (comparing you to the same population for your age and gender) & the YN is the Young Normal (comparing you to the same sex population at 25 years old).

#### Adipose Indices

Measure	Result	Percentile		
		YN	AM	
Total Body % Fat	25.3	73	65	
Fat Mass/Height <sup>2</sup> (kg/m <sup>2</sup> )				
Android/Gynoid Ratio	1.32			
% Fat Trunk/% Fat Legs	1.10	84	64	
Trunk/Limb Fat Mass Ratio	1.29	90	70	
Est. VAT Mass (g)	551			
Est. VAT Volume (cm³)	596			
Est. VAT Area (cm²)	114			

### Lean Indices

Measure		Result	Percentile	
			YN	AM
Lean/Height <sup>2</sup>	(kg/m²)			
Appen. Lean/	Height <sup>2</sup> (kg/m <sup>2</sup> )			

Est. VAT = Estimated Visceral Adipose Tissue

YN = Young Normal

The Visceral Adipose Tissue is the fat stored around your organs (visceral fat). The est VAT area value is how we estimate your risk factors for diseases like heart disease and diabetes.



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Patient ID: 000000 DOB: 01 January 1980 Sex: Male

Age: 35

# **Scan Information:**

Scan Date: 01 January 2015 ID: 000000

Scan Type: a Whole Body Analysis: 01 January 2015

Comment:

These two columns allow you to see specific regional changes in fat mass and muscle mass.

**DXA Results Summary:** 

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass Mass (g)	% Fat	
L Arm	206.25	1164.2	3602.6	3808.9	4973.1	23.4	
R Arm	221.01	1162.3	3910.7	4131.7	5294.0	22.0	
Trunk	829.13	12577.9	33099.1	33928.2	46506.1	27.0	
L Leg	541.08	3643.6	10789.9	11330.9	14974.6	24.3	
R Leg	541.94	3803.2	11022.7	11564.6	15367.9	24.7	
Subtotal	2339.42	22351.2	62424.9	64764.4	87115.6	25.7	
Head	596.79	969.2	3329.5	3926.3	4895.5	19.8	
Total	2936.21	23320.5	65754.5	68690.7	92011. <u>1</u>	25.3	

TBAR1209

This is the total body fat mass in grams or 23.32kg

This is the total muscle mass in grams or 65.75kg

This is the weight of everything in your body except fat. Known as your fat free mass

Total mass or weight is 92.01kg

Total body fat percentage is shown here