# ALTERNITY HEALTHCARE, LLC
639 Park Rd., West Hartford, CT 06107
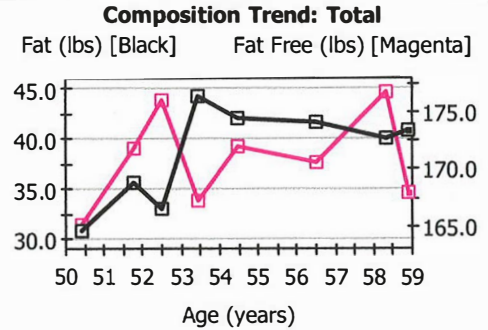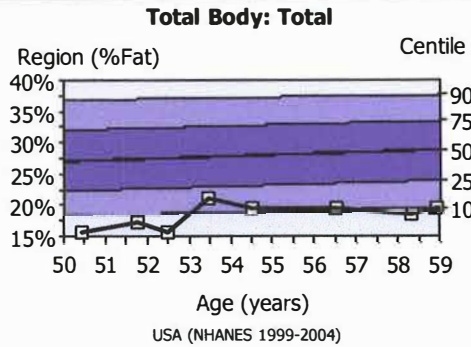### Phone: 860-561-2294

Patient:	Sample Patient			Referring Physician: Desmond Ebanks, MD
Birth Date:	1/2/1958	Age:	58.8 years	Patient ID: (not specified)
Height:	71.0 in.	Weight:	210.0 lbs.	Measured: 09/14/2017 11:07:18 AM (16 [SP 1])
Sex:	Male	Ethnicity:	White	Analyzed: 09/14/2017 11:07:52 AM (16 [SP 1])

Total Body Tissue Quantitation

Image not for diagnosis

Color Coding

Bone — Lean — Fat
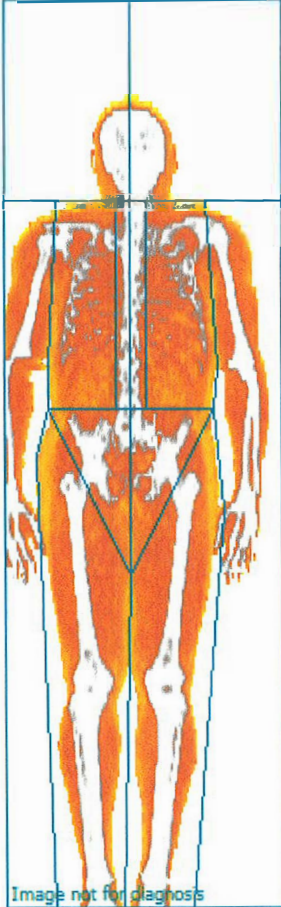
Composition (Enhanced Analysis)

Region	Region (%Fat)	Centile	Total Mass (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)
(e) Arm Right	16.9	-	12.8	2.2	10.1	0.6
Arm Left	16.9	-	12.8	2.2	10.1	0.6
Leg Right	15.8	-	36.0	5.7	28.7	1.6
Leg Left	15.2	-	35.5	5.4	28.4	1.7
Trunk Right	23.6	-	47.8	11.3	35.3	1.3
Trunk Left	22.7	-	50.9	11.6	38.1	1.3
(e) Total	19.6	10	208.8	40.8	159.6	8.3
(e) Total Right	19.8	-	102.4	20.3	78.0	4.1
Total Left	19.3	-	106.4	20.6	81.6	4.2
(e) Total Diff.	0.5	-	-4.1	-0.3	-3.6	-0.2

Total Body: Total

Region (%Fat) / Centile

Age (years)

USA (NHANES 1999-2004)

Composition Trend: Total

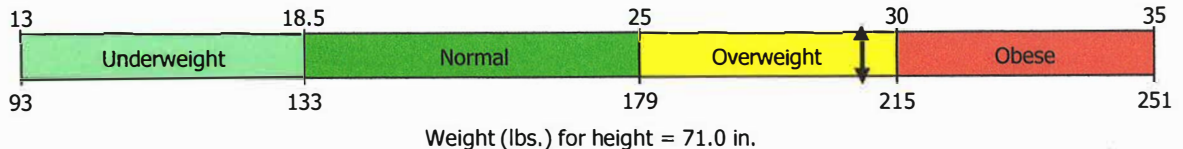Fat (lbs) [Black]   Fat Free (lbs) [Magenta]

Age (years)

USA (NHANES 1999-2004) Trend: Total (Enhanced Analysis)

Measured Date	Age (years)	Region (%Fat)	Centile	Total Mass (lbs)	Tissue (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)	Fat Free (lbs)
(e) 09/14/2017	58.8	19.6	10	208.8	200.5	40.8	159.6	8.3	167.9
(e) 02/13/2017	58.3	18.5	8	216.8	208.4	40.1	168.3	8.4	176.7
(e) 04/18/2015	56.4	19.6	11	212.3	203.9	41.6	162.3	8.4	170.6
···	···	···	···	···	···	···	···	···	···
03/18/2009	50.4	15.7	4	196.0	187.6	30.9	156.7	8.4	165.1

USA (NHANES 1999-2004) Trend: Fat Distribution (Enhanced Analysis)

Measured Date	Age (years)	Android (%Fat)	Gynoid (%Fat)	A/G Ratio	Total (%Fat)
(e) 09/14/2017	58.8	25.8	19.2	1.34	20.4
(e) 02/13/2017	58.3	24.9	17.5	1.42	19.2
(e) 04/18/2015	56.4	25.2	20.4	1.24	20.4
···	···	···	···	···	···
03/18/2009	50.4	18.0	16.9	1.06	16.5

World Health Organization BMI Classification

BMI = 29.3 (kg/m²)

13	18.5	25	30	35
Underweight	Normal	Overweight	Obese	
93	133	179	215	251

Weight (lbs.) for height = 71.0 in.

COMMENTS:

GE Healthcare

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PA+500076

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| Client	Sex	Ethnicity	Birth Date	Height	Weight	Measured

Abdomen Composition
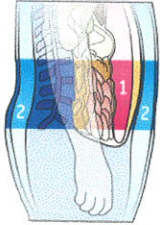
Adipose Tissue
1 Visceral
2 Subcutaneous

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.
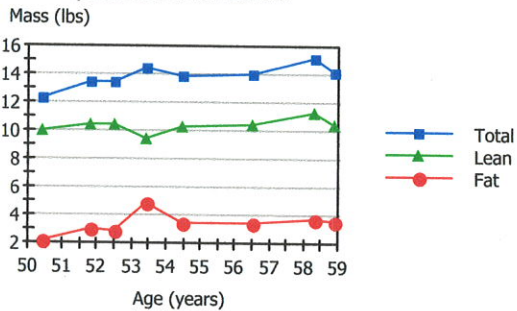
Total

Composition Trend: Total
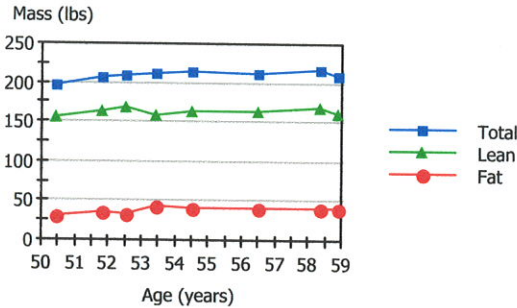
| Date	Age	Total Mass (lbs)	Lean Mass (lbs)	Fat Mass (lbs)
03/18/2009	50.4	196.0	156.7	30.9
08/05/2010	51.7	207.5	163.2	35.7
04/20/2011	52.4	209.1	167.5	33.0
03/30/2012	53.4	211.6	158.6	44.3
04/19/2013	54.4	214.0	163.3	42.0
04/18/2015	56.4	212.3	162.3	41.6
02/13/2017	58.3	216.8	168.3	40.1
09/14/2017	58.8	208.8	159.6	40.8

Android / Gynoid

Composition Trend: Android

Date	Age	Android Mass (lbs)	Android Lean (lbs)	Android Fat (lbs)	Android %Fat	Gynoid %Fat	A/G Ratio
03/18/2009	50.4	12.3	10.0	2.2	18.0	16.9	1.06
08/05/2010	51.7	13.5	10.4	3.0	22.3	17.8	1.25
04/20/2011	52.4	13.5	10.5	2.8	21.4	16.2	1.32
03/30/2012	53.4	14.5	9.5	4.9	33.9	18.1	1.88
04/19/2013	54.4	13.9	10.3	3.5	25.3	20.9	1.21
04/18/2015	56.4	14.0	10.4	3.5	25.2	20.4	1.24
02/13/2017	58.3	15.1	11.3	3.7	24.9	17.5	1.42
09/14/2017	58.8	14.2	10.4	3.6	25.8	19.2	1.34

Visceral Adipose Tissue (VAT)

Composition Trend: VAT
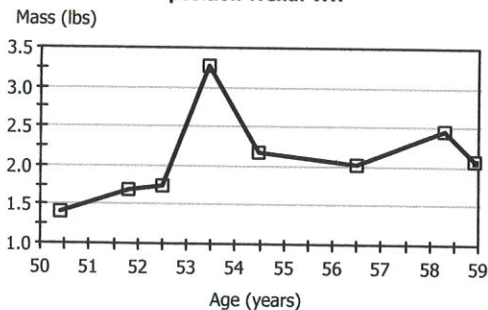
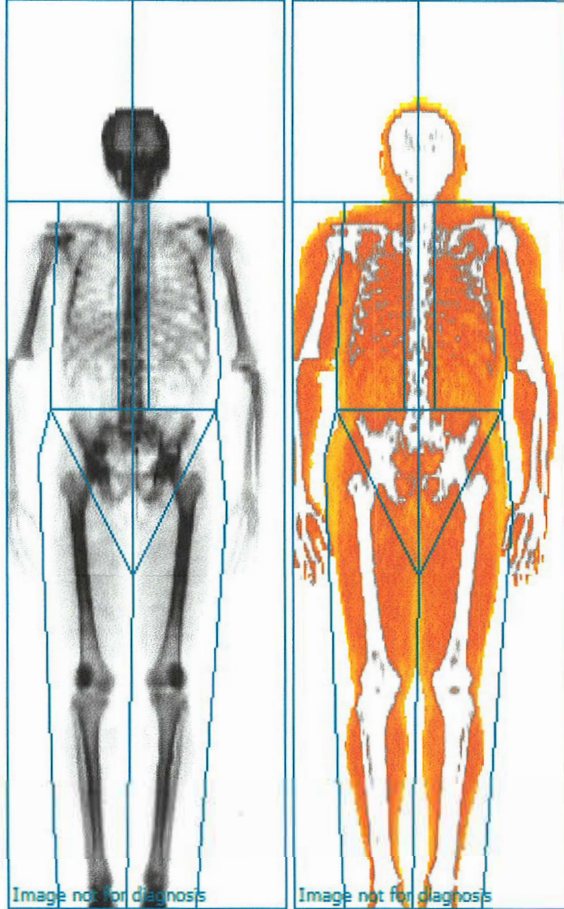| Date	Age	Fat Mass (lbs)	Volume (in³)
03/18/2009	50.4	1.41	41.37
08/05/2010	51.7	1.69	49.63
04/20/2011	52.4	1.75	51.32
03/30/2012	53.4	3.27	95.93
04/19/2013	54.4	2.17	63.67
04/18/2015	56.4	2.03	59.47
02/13/2017	58.3	2.45	71.89
09/14/2017	58.8	2.08	61.06

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Sex:	Male	Ethnicity:	White	Analyzed:	09/14/2017 11:07:52 AM (16 [SP 1])

Total Body Bone Density

Image not for diagnosis

Image not for diagnosis

Color Coding

Bone — Lean — Fat

COMMENTS:

Total Body: Total
BMD (g/cm²)   Centile

USA (NHANES 1999-2004)

Total Body: Total
BMD (g/cm²)   Centile

USA (NHANES 1999-2004)

Densitometry: USA (NHANES 1999-2004) (Enhanced Analysis)

Region	BMD (g/cm²)	AM Centile	AM Z-score
Head	2.404	-	-
(e) Arms	0.935	-	-
Legs	1.651	-	-
Trunk	1.287	-	-
Ribs	0.998	-	-
Spine	1.615	-	-
Pelvis	1.385	-	-
(e) Total	1.441	87	1.1

Densitometry Trend: Total

Measured Date	Age (years)	BMD (g/cm²)	Change vs Previous (g/cm²)	Change vs Previous (%)
(e) 09/14/2017	58.8	1.441	-0.046 *	-3.1 *
(e) 02/13/2017	58.3	1.487	0.033 *	2.3 *
(e) 04/18/2015	56.4	1.454	-0.102 *	-6.6 *
04/19/2013	54.4	1.556	0.060 *	4.0 *
03/30/2012	53.4	1.496	-0.012	-0.8
(e) 04/20/2011	52.4	1.508	0.027	1.8
08/05/2010	51.7	1.481	-0.021	-1.4
03/18/2009	50.4	1.502	-	-

Lunar Prodigy Advance

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Phone: 860-561-2294

| Client		Sex	Ethnicity	Birth Date	Height	Weight	Measured
		Male					

Body Composition

Body composition is used to describe the percentages of fat, lean, and bone in human bodies.

Because muscular tissue takes up less space in our body than fat tissue, our body composition, as well as our weight, determines leanness.

Image color-coding shown here helps to visualize the different components of your body composition.

The table and charts below represent your historical composition results.

Color Coding

Bone   Lean   Fat

Image not for diagnosis
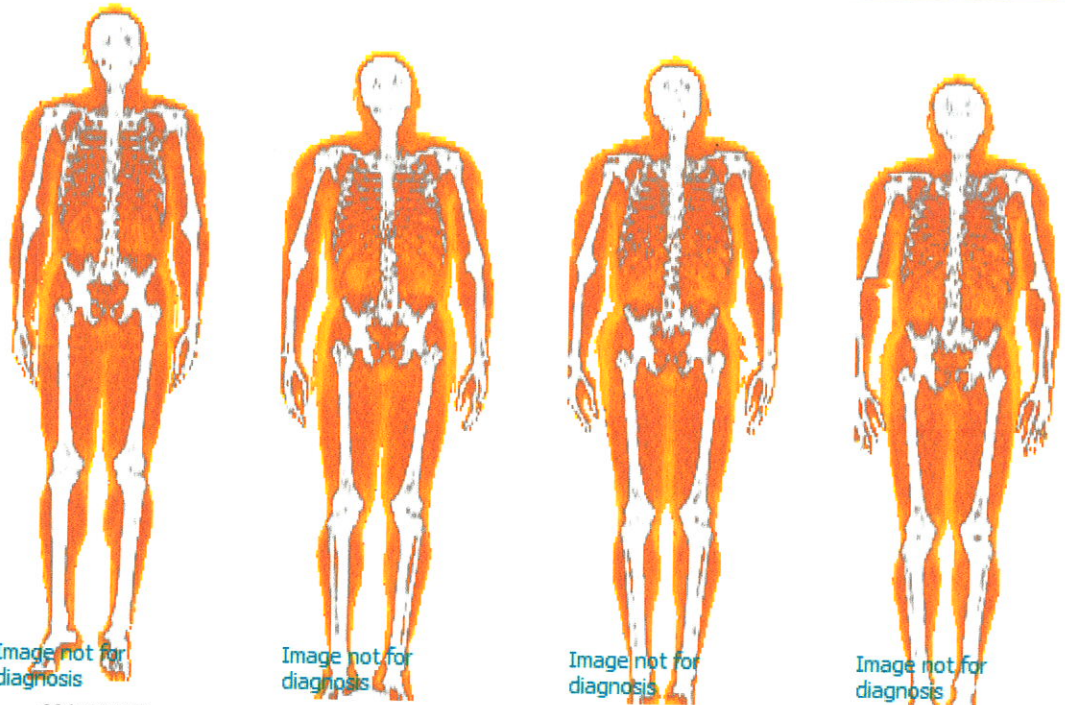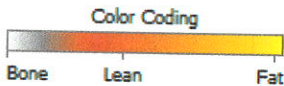
	03/18/2009	04/18/2015 (e)	02/13/2017 (e)	09/14/2017 (e)
Measured Date:				
Total Mass (lbs):	196.0	212.3	216.8	208.8
Fat Mass (lbs):	30.9	41.6	40.1	40.8
Lean Mass (lbs):	156.7	162.3	168.3	159.6
%Fat: Total Mass	16.5	20.4	19.2	20.4
Baseline %Change:	baseline	8.3%	10.6%	6.5%
A/G Ratio:	1.06	1.24	1.42	1.34

A/G Ratio: 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.
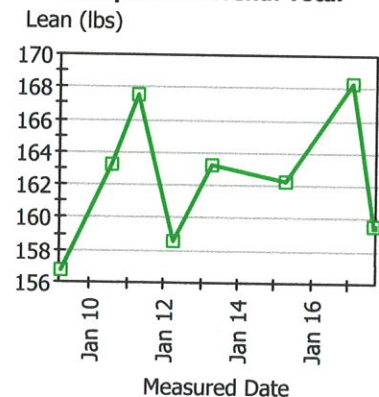
Composition Trend: Total
Total Mass (lbs)
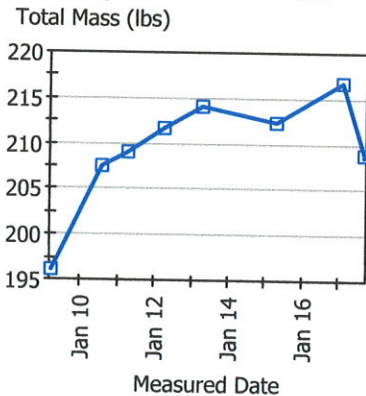
Composition Trend: Total
Fat (lbs)
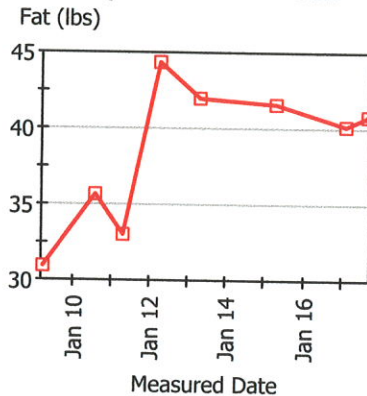
Composition Trend: Total
Lean (lbs)

Resting Metabolic Rate (RMR)

Resting Metabolic Rate (RMR) is synonymous with Resting Energy Expenditure (REE) and 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, and respiratory rate.
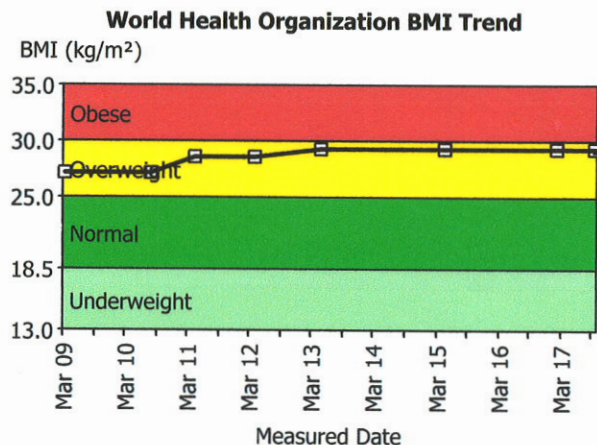
RMR: 1,914 cal/day

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

Body Mass Index (BMI)

Your Body Mass Index (BMI) is an estimate of your body fat, based on your height and weight. While it is generally accurate, the BMI can read too high for athletes or others with large, heavy muscles. Likewise, it can exaggerate low readings for frail older people who have lost muscle mass.

Measured Date	BMI (kg/m²)
03/18/2009	27.2
08/05/2010	27.2
04/20/2011	28.6
03/30/2012	28.6
04/19/2013	29.3
04/18/2015	29.3
02/13/2017	29.3
09/14/2017	29.3

World Health Organization BMI Trend

BMI (kg/m²)

Obese — Overweight — Normal — Underweight

Measured Date

Assessment
Add text here...

Recommendation
Add text here...

Follow-up
Add text here...

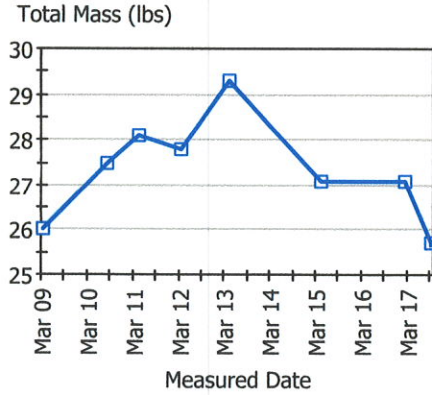Reading Physician

Desmond Ebanks, MD

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West Hartford, CT 06107
Phone: 860-561-2294

Client	Sex	Ethnicity	Birth Date	Height	Weight	Measured

Arms

Composition Trend: Arms

Region		Measured Date	Total Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)
		03/18/2009	12.6	baseline	-
		...	...	...	...
Right	(e)	04/18/2015	13.6	1.0	-1.5
	(e)	02/13/2017	13.6	1.0	0.0
	(e)	09/14/2017	12.8	0.2	-0.8
		03/18/2009	13.4	baseline	-
		...	...	...	...
Left		04/18/2015	13.6	0.2	-0.6
		02/13/2017	13.6	0.2	0.0
		09/14/2017	12.8	-0.6	-0.8
		03/18/2009	26.0	baseline	-
		...	...	...	...
Total	(e)	04/18/2015	27.1	1.1	-2.2
	(e)	02/13/2017	27.1	1.1	0.0
	(e)	09/14/2017	25.7	-0.3	-1.4

Legs

Composition Trend: Legs

Region	Measured Date	Total Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)
	03/18/2009	34.8	baseline	-
	...	...	...	...
Right	04/18/2015	36.8	2.0	0.0
	02/13/2017	38.2	3.4	1.4
	09/14/2017	36.0	1.2	-2.2
	03/18/2009	35.7	baseline	-
	...	...	...	...
Left	04/18/2015	38.6	2.9	2.6
	02/13/2017	37.8	2.1	-0.8
	09/14/2017	35.5	-0.2	-2.3
	03/18/2009	70.5	baseline	-
	...	...	...	...
Total	04/18/2015	75.4	4.9	2.6
	02/13/2017	76.0	5.5	0.6
	09/14/2017	71.5	1.0	-4.5

Trunk

Composition Trend: Trunk

Total Mass (lbs)
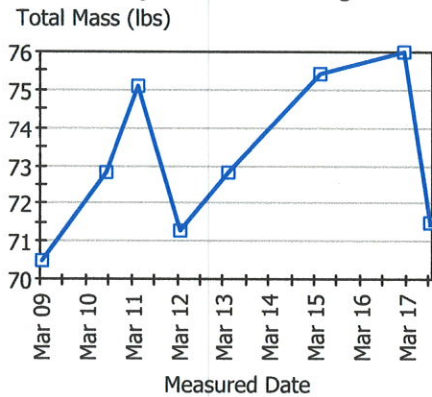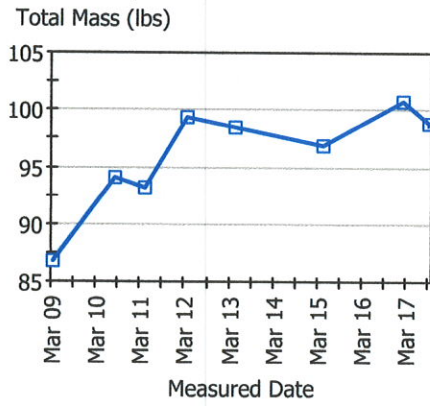
Measured Date

Region	Measured Date	Total Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)
Right	03/18/2009	43.6	baseline	-
	...	...	...	...
	04/18/2015	47.3	3.7	-1.2
	02/13/2017	49.3	5.7	2.0
	09/14/2017	47.8	4.2	-1.5
Left	03/18/2009	43.2	baseline	-
	...	...	...	...
	04/18/2015	49.5	6.3	-0.4
	02/13/2017	51.4	8.2	1.9
	09/14/2017	50.9	7.7	-0.5
Total	03/18/2009	86.8	baseline	-
	...	...	...	...
	04/18/2015	96.8	10.0	-1.6
	02/13/2017	100.8	14.0	4.0
	09/14/2017	98.8	12.0	-2.0