

DEXA Report

@: info@myvitalmetrics.com

P: 0207 459 4219



Sex: Male

Ethnicity:

Height: 184.1 cm

Weight: 92.1 kg

Age: 27

Referring Physician:

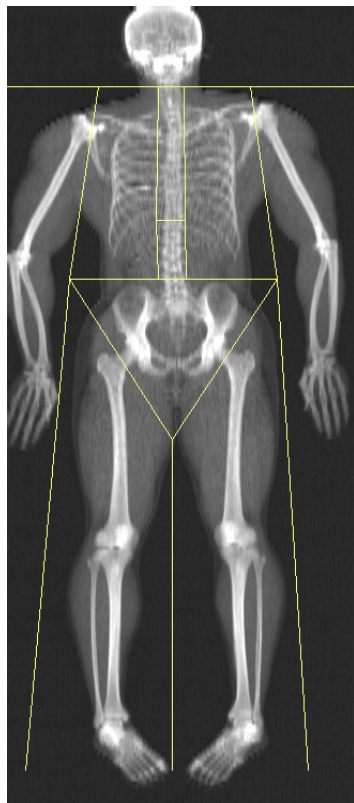
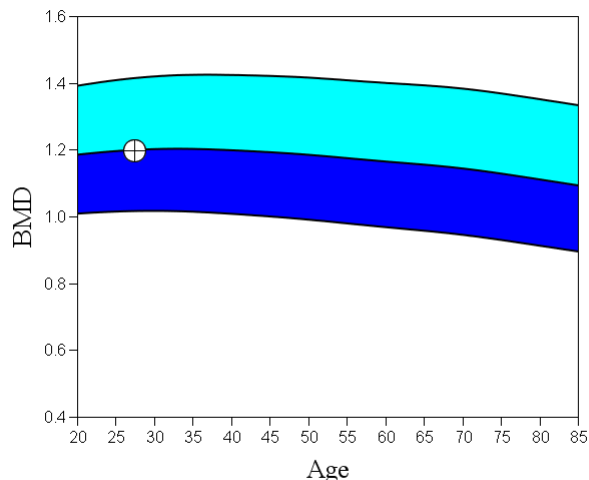


Image not for diagnostic use

327 x 150

DAP: 13.1 cGy*cm²

Total



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

Scan Information:

Scan Date: 09 April 2022

ID:

Scan Type: a Whole Body

Analysis: 09 April 2022 11:02 Version 13.5.3

Auto Whole Body Fan Beam

Operator:

Model: Discovery A (S/N 84234)

Comment:

DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T - score	Z - score
L Arm	268.64	262.67	0.978		
R Arm	269.43	276.08	1.025		
L Ribs	175.77	132.71	0.755		
R Ribs	149.46	106.50	0.713		
T Spine	137.51	135.98	0.989		
L Spine	57.79	70.98	1.228		
Pelvis	294.54	439.79	1.493		
L Leg	450.39	556.71	1.236		
R Leg	450.78	572.21	1.269		
Subtotal	2254.32	2553.63	1.133		
Head	249.90	449.08	1.797		
Total	2504.23	3002.71	1.199		0.0

Total BMD CV 1.0%

Bone Density Explanatory Notes

What is Bone Density?

Bone density is a measure of how much calcium your bones contain (in grams) for their overall size (in cm²). In general the greater your bone density, the stronger your bones are, and the less likely they will fracture when faced with an accident or fall.

What do the measurements mean?

We measure a number of things when we measure bone density with a DEXA. The First column above is the total area of bone - this gives you the overall size. Taller and broader people will have larger bones overall. This area is measured in (in cm²). Next we measure the weight of the bones, this is measured in grams. Finally - the bone density is a calculation from these:

$$\text{Bone Mineral Density (BMD)} = \frac{\text{Weight of bones (g)}}{\text{Size of bones (cm}^2\text{)}}$$

What do the numbers mean

Each area of the body: Legs, Pelvis, Lumbar Spine, Thoracic Spine, Ribs and Arms will have their own bone density, but these figures are then converted into a single figure. Everyone gets something called a Z-Score, and certain populations get an additional figure called a T-Score. Z- and T-scores are expressed in terms of variations from the average, in Standard Deviation Units. This means that 66% of the population will get a score between -1.0 and 1.0, and 95% of the population will get a score between -2.0 and 2.0.

Z-Score

This measures your bone density and compares it to other people your age, sex and ethnicity. Any score of > -1.0 is considered normal. If it is less than -1.0 we may start to recommend remedial action to improve it.

T-Score

This measures your bone density and compares it to that of a healthy 30-year-old. Only some populations will get a T-Score. T-Scores of less than -1.5 may indicate a problem with bones and we'll discuss this with you. A score less than 2 might be worth showing your doctor.

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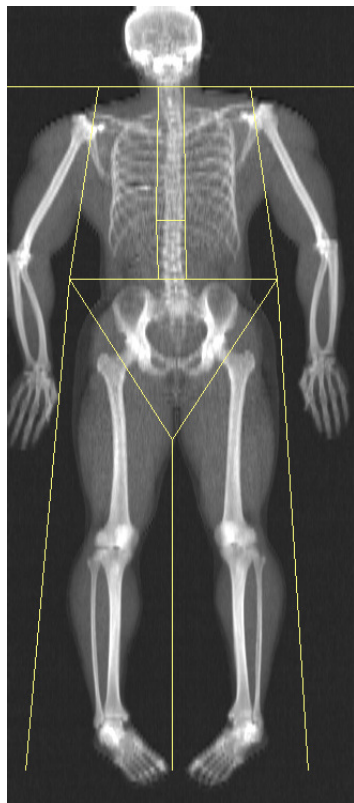


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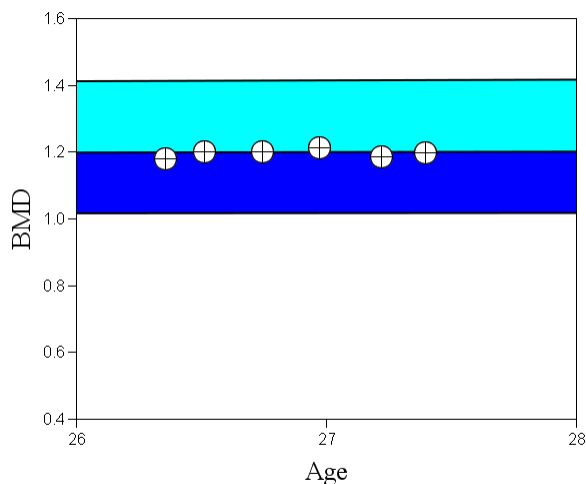
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Total



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

DXA Results Summary:

Scan Date	Age	BMD (g/cm ²)	T - score	BMD Change vs Baseline	BMD Change vs Previous
09.04.2022	27	1.199		1.5%*	1.0%
05.02.2022	27	1.187		0.5%	-2.1%*
06.11.2021	26	1.213		2.7%*	0.9%
14.08.2021	26	1.202		1.7%*	0.2%
22.05.2021	26	1.200		1.6%*	1.6%*
26.03.2021	26	1.181			

* Denotes significance at 95% confidence level, LSC is 0.014 g/cm²

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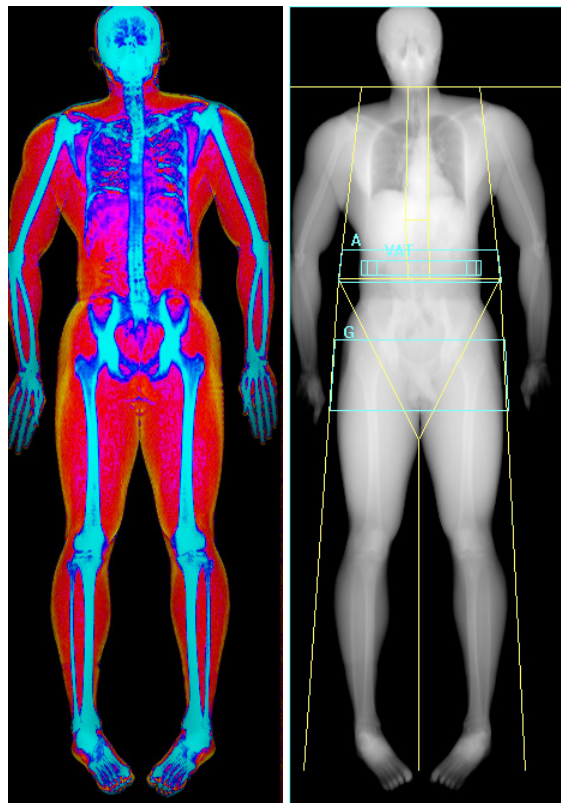
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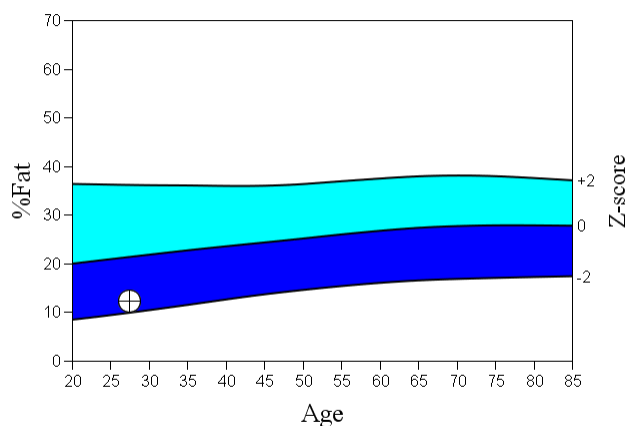
Age: 27



Images not for diagnostic use



Total Body % Fat



BodyFat Ideal Ranges

(American Council on Exercise)

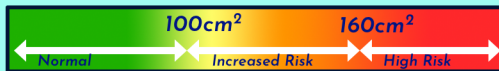


Lean Index Ideal Ranges



Visceral Fat

Cardiovascular Risk



Actions



Sleep



Stress



Alcohol

Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	%Fat Percentile YN	AM
L Arm	535	5946	6481	8.26	3	3
R Arm	621	6064	6685	9.29	5	4
Trunk	4240	37342	41581	10.2	7	6
L Leg	2559	14250	16809	15.2	14	13
R Leg	2495	14203	16698	14.9	12	11
Subtotal	10450	77805	88255	11.8	8	7
Head	998	3931	4929	20.2		
Total	11448	81736	93184	12.3	8	7
Android (A)	594	4195	4789	12.4		
Gynoid (G)	2225	11220	13446	16.6		

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Adipose Indices

Measure	Result	Percentile YN	AM
Total Body % Fat	12.3	8	7
Fat Mass/Height ² (kg/m ²)	3.38	18	15
Android/Gynoid Ratio	0.75		
% Fat Trunk/% Fat Legs	0.68	9	7
Trunk/Limb Fat Mass Ratio	0.68	6	5
Est. VAT Mass (g)	263		
Est. VAT Volume (cm ³)	284		
Est. VAT Area (cm ²)	54.6		

Lean Indices

Measure	Result	Percentile YN	AM
Lean/Height ² (kg/m ²)	23.2	88	87
Appen. Lean/Height ² (kg/m ²)	11.4	94	93

Est. VAT = Estimated Visceral Adipose Tissue
YN = Young Normal
AM = Age Matched

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Key Figures - Definitions and Explanations

Body Fat:

Body Fat is expressed as a percentage below and on the previous page. It is also expressed as a total figure in grams below. Each body part has a Body Fat % as well as a total figure. We should note that:

-Body Fat % is a calculation where the total mass of fat is divided by the total mass.

Therefore

$$\text{Bodyfat} = \frac{\text{Total Fat Mass}}{\text{Total Mass}}$$

-The Body Fat % of the skull is fixed at 20% as neither energy of the DEXA X-Ray can penetrate the skull

Android and Gynoid Fat:

Android Fat is the subcutaneous fat that accumulates around the midsection. It is called 'Android' because this is typically where men tend to put on more fat. Higher levels of Android fat relative to Gynoid fat is typical in men. When Android fat is higher in women, this may suggest further analysis is required to rule out hormonal disregulation

Gynoid Fat is the subcutaneous fat that accumulates around the buttocks and thighs. It is called 'Gynoid' because this is typically where women tend to put on more fat. Higher levels of Gynoid fat relative to Android fat is typical in women, but not atypical in men either. When Gynoid fat is very significantly higher than Android fat in men, this may suggest further analysis is required to rule out hormonal disregulation.

$$A: G \text{ Ratio} = \frac{\text{Android Fat \%}}{\text{Gynoid Fat \%}}$$

Visceral Fat:

Visceral Fat is the fat that accumulates around the organs. You cannot see it, feel it or touch it. It is also not necessarily proportional to your overall fat levels and so it can be difficult to know what your visceral fat is doing. Visceral fat has been identified as being particularly dangerous, and high levels are very closely correlated to cardiovascular risk. Visceral fat on the DEXA Report is listed as 3 different values: mass, volume, and area.

Most studies reference area, and provide the following reference values:

Visceral Fat < 100cm² = Normal

Visceral Fat > 100cm² < 160cm² = Increased Risk

Visceral Fat > 160cm² = High Risk

Lean Index:

The Lean index (listed as "Lean/Height^{2.5}") is a measure of how much lean mass you have for your height. Lean Mass is incredibly important for everyone as greater lean mass means greater strength to do the things you need to do every day. As we get older, particularly into our 40s and beyond, unless prevented through resistance exercise, we will lose lean mass at an increasing rate. This process is called sarcopenia. When lean mass deteriorates beyond a certain point, everyday actions like getting up out of a chair can become challenging. For this reason we recommend a minimum lean mass index for most people of the following:

Men: >19.8

Women: >16.8

DXA Results Summary:

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	262.67	535.1	5683.2	5945.8	6480.9	8.3
R Arm	276.08	621.3	5787.6	6063.7	6685.0	9.3
Trunk	885.96	4239.8	36455.6	37341.6	41581.4	10.2
L Leg	556.71	2558.9	13693.8	14250.5	16809.4	15.2
R Leg	572.21	2495.1	13631.1	14203.3	16698.4	14.9
Subtotal	2553.63	10450.2	75251.2	77804.9	88255.0	11.8
Head	449.08	998.0	3481.7	3930.8	4928.8	20.2
Total	3002.71	11448.1	78733.0	81735.7	93183.8	12.3

TBAR2853

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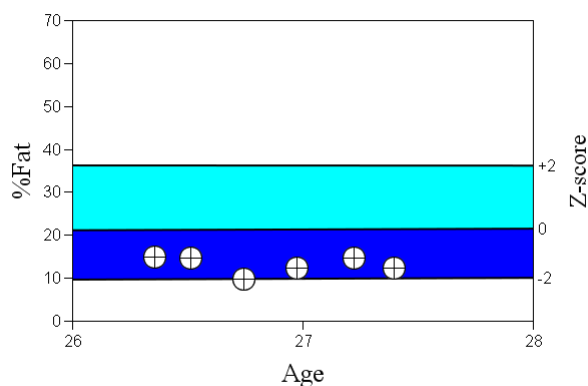
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Total Body % Fat



Source: NHANES Classic White Male.

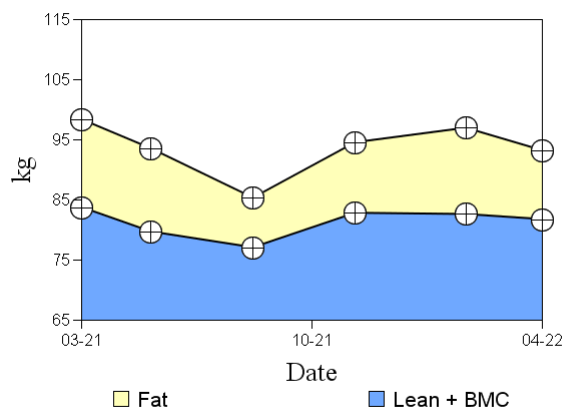
Total Body % Fat Results

Scan Date	Age	%Fat	Percentile		Change vs	
			YN	AM	Baseline	Previous
09.04.2022	27	12.3	8	7	-2.6	-2.5
05.02.2022	27	14.8	17	15	-0.1	2.4
06.11.2021	26	12.4	9	7	-2.5	2.7
14.08.2021	26	9.68	3	2	-5.2	-5.1
22.05.2021	26	14.8	17	16	-0.1	-0.1
26.03.2021	26	14.9	17	16		

Total Fat Mass Results

Scan Date	Age	Fat Mass (g)	Change/Month vs		Change vs	
			Baseline	Previous	Baseline	Previous
09.04.2022	27	11448	-255	-1424	-3167	-2901
05.02.2022	27	14349	-26	876	-266	2620
06.11.2021	26	11729	-392	1271	-2886	3467
14.08.2021	26	8262	-1381	-2041	-6353	-5565
22.05.2021	26	13828	-428	-428	-787	-787
26.03.2021	26	14615				

Compartmental Trending



Total Lean Mass Results

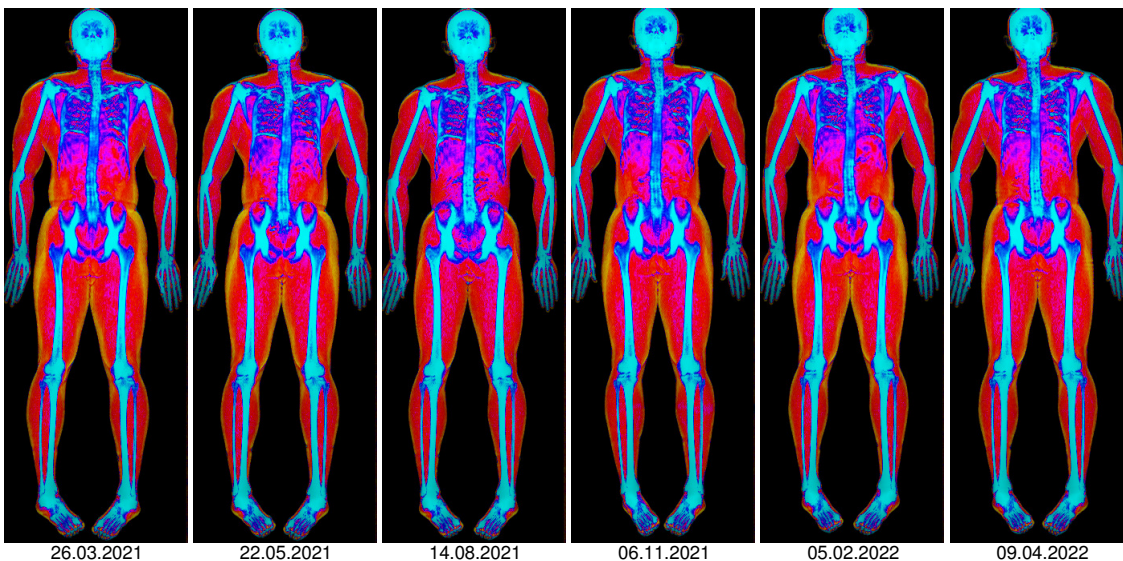
Scan Date	Age	Lean (g)	Change/Month vs		Change vs	
			Baseline	Previous	Baseline	Previous
09.04.2022	27	78733	-167	-444	-2072	-904
05.02.2022	27	79637	-113	-64	-1169	-190
06.11.2021	26	79827	-133	2109	-978	5752
14.08.2021	26	74076	-1463	-981	-6730	-2676
22.05.2021	26	76752	-2203	-2203	-4054	-4054
26.03.2021	26	80805				

Total Mass Results

Scan Date	Age	Mass (g)	Change/Month vs		Change vs	
			Baseline	Previous	Baseline	Previous
09.04.2022	27	93184	-415	-1843	-5159	-3754
05.02.2022	27	96937	-136	809	-1405	2419
06.11.2021	26	94518	-520	3376	-3824	9206
14.08.2021	26	85312	-2833	-3007	-13030	-8201
22.05.2021	26	93513	-2625	-2625	-4829	-4829
26.03.2021	26	98343				

YN = Young Normal

AM = Age Matched



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