

DIAGNOSTIC PROFESSIONALS, INC.

BODY COMPOSITION



**THE MOST ACCURATE
BMI STUDY AVAILABLE**



www.diagnosticprofessionals.com/bmi

(954) 566-4551

Are you a health-conscious person looking to build a “new you?” Do you spend a lot of time in the gym or are you thinking of starting a fitness regimen? Why not start off by getting a “before” and “after” (Body Mass Index) at Diagnostic Professionals - Broward County’s premier diagnostic imaging center? We will trend your results and track your progress via changes of fat and muscle after each scan.

Diagnostic Professionals, “DPI,” is proud to bring to our community the most accurate means of measuring fat, muscle, and bone structure in the human body. We are now offering this inexpensive test to all those who want to know their true BMI (Body Mass Index). After a short 6 minute scan we will provide you with a colored picture of your fat, muscle, and bone composition which will show your true BMI, including where your fat has accumulated and the location and size of your muscles. It will show your total fat weight and total muscle weight and it will show you where you compare to your age group. Additionally, it will give you the overall health of your bone structure.

Our goal at Diagnostic Professionals is to become a part of your fitness plan. We will look beneath the surface then generate reports and pictures that will help you become the better, and healthier you!

This magazine has been produced for you to keep as a reference for maintaining a healthy weight. It will show you what the Body Mass Index at DPI will provide you. If you are looking to produce your “perfect body” we have included a section that shows Ideal BMI’s at different heights and weights. For your convenience we have included a BMI legend and a sample BMI report on following pages. Notice that many of the sections on the sample report have letters (A, B, C, etc.). Simply go to the legend for the corresponding explanations of each section. Once you go thru the legend and compare the sample report to your own BMI report, you will have a much better understanding of your true BMI.

We have also added some charts that will help you determine your ideal weight as well as how many calories you will need on a daily basis to maintain that weight. Want to eat your favorite dessert or splurge on that big, juicy hamburger? We have included a page of fun activities that will burn those extra calories by engaging in a pleasurable activity!

You will also give you answers to some of your most frequently asked questions about the BMI scan and give you some independent articles from various sources comparing the different avenues available to you for determining your BMI.

The bottom line is DPI’s Body Mass Index is the most accurate way to determine your BMI on the Planet!!!

Thank you for choosing DPI for your Body Mass Index needs. As in any business our business relies on word -of-mouth referrals from satisfied customers so please tell your friends and family about us. We are in business to serve our community with four High End Imaging locations in Broward County. We also offer the DPI LifeScan which scans your entire body and looks for any issues that may be developing. Finally we can help you with any medical diagnostic needs your doctor prescribes for you such as MRI, CT, Nuclear Medicine, Ultrasound, DEXA, X-ray, and Mammography.

Please take note of some of our local businesses that have helped us produce this magazine. They would love to call you a satisfied customer as well. Please do your best to support them when the need for their product arises.

If you have any questions feel free to call me.

Thank you



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This BMI Report is for informational purposes only and is not intended to diagnose any medical condition. Although it may provide insight into the body’s fat, muscle, & bone content, it should not be used as the basis for medical decision-making. Because this is not a diagnostic test DPI does not forward your report to your Physician or other healthcare provider. You are, of course, free to share and discuss this information with your physician or healthcare provider

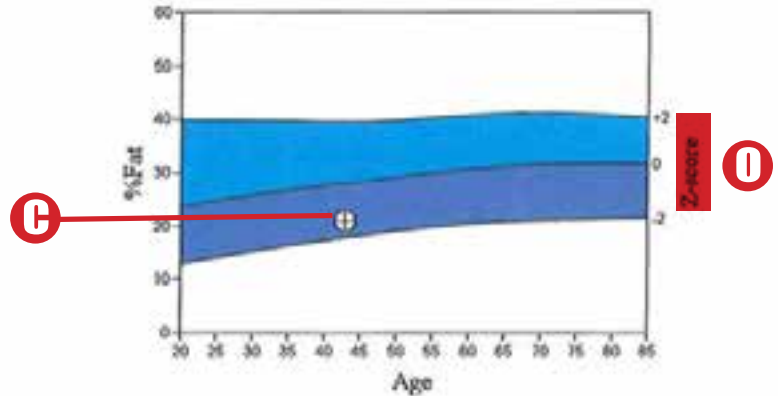
Name:	Sex:	Height: 70.0 in
Patient ID:	Ethnicity:	Weight: 182.0 lb
DOB:		Age:



Images not for diagnostic use

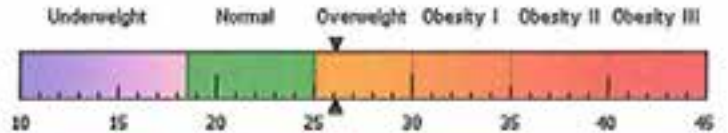
Fat Lean Bone

Total Body % Fat



Source: 2008 NHANES White Male

World Health Organization Body Mass Index Classification
BMI = 28.1 WHO Classification Overweight



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 Percentile YN	AM
L Arm	988	4927	5915	16.7	17	5
R Arm	934	5010	5944	15.7	10	2
Trunk	8373	30849	39222	21.3	32	11
L Leg	2905	10173	13078	22.2	26	19
R Leg	2855	9924	12778	22.3	25	17
Subtotal	16055	60882	76937	20.9	26	10
Head	1053	3768	4821	21.8		
Total	17108	64651	81758	20.9	27	9
Android (A)	1443	4457	5900	24.5		
Gynoid (G)	3105	9917	13023	23.8		

Scan Date: February 12, 2014 ID: A02121405
 Scan Type: a Whole Body
 Analysis: February 12, 2014 09:42 Version 13.4.1
 Auto Whole Body
 Operator: LFG
 Model: Discovery Wi (S/N 87192)
 Comment:

Adipose Indices

Measure	Result	Percentile YN	AM
Total Body % Fat	20.9	27	9
Fat Mass/Height ² (kg/m ²)	5.41	35	17
Android/Gynoid Ratio	1.03		
% Fat Trunk/% Fat Legs	0.96	57	25
Trunk/Limb Fat Mass Ratio	1.09	69	30
Est. VAT Mass (g)	229		
Est. VAT Volume (cm ³)	248		
Est. VAT Area (cm ²)	47.5		

Lean Indices

Measure	Result	Percentile YN	AM
Lean/Height ² (kg/m ²)	19.5	64	54
Appen. Lean/Height ² (kg/m ²)	8.96	65	60

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

REPORT KEY

Name: Sex: Height: 70.0 in
Patient ID: Ethnicity: Weight: 182.0 lb
DOB: Age:

Referring Physician: BUGNONE, ALEJANDRO



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k = 1.163, d0 = 43.9
318 x 150

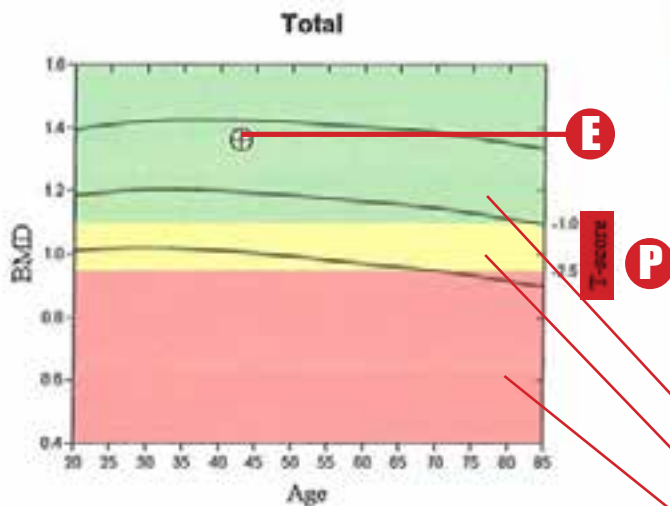
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Scan Date: February 12, 2014 ID: A02121405
Scan Type: a Whole Body
Analysis: February 12, 2014 09:42 Version 13.4.1:5
Auto Whole Body
Operator: LFG
Model: Discovery Wi (S/N 87192)
Comment:

DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ³)	T-score	PR (%)	Z-score	AM (%)
L Arm	255.06	294.02	1.153				
R Arm	253.88	285.89	1.126				
L Ribs	135.80	107.51	0.792				
R Ribs	144.85	100.93	0.697				
T Spine	161.78	177.99	1.100				
L Spine	70.85	92.78	1.309				
Pelvis	244.04	364.00	1.492				
L Leg	392.83	560.64	1.427				
R Leg	392.44	554.24	1.412				
Subtotal	2051.53	2537.99	1.237				
Head	237.74	583.82	2.456				
Total	2289.27	3121.82	1.364	1.6	114	1.5	114

Total BMD CV 1.0%, ACF = 1.038, BCF = 1.017



F **G** **H**

The green, yellow, and red backgrounds on the Total Body BMD chart shown here represent the World Health Organization T-score Classifications of Normal (green), Osteopenic (yellow), and Osteoporotic (red).

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

***Please note that the International Society of Clinical Densitometry (ISCD) recommends Central DXA (AP Spine or Hip) for diagnosis of osteoporosis.

REPORT KEY

Name:
Patient ID:
DOB:

Sex: Male
Ethnicity: White

Height: 70.0 in
Weight: 182.0 lb
Age:

Scan Information:

Scan Date: February 12, 2014 ID: A02121405
Scan Type: a Whole Body
Analysis: February 12, 2014 09:42 Version 13.4.1
Auto Whole Body
Operator: LFG
Model: Discovery Wi (S/N 87192)
Comment:

The light blue represents Total Body % Fat above average for age, gender, and ethnicity matched population. (More fat than others of the same age, race, and gender)

50th percentile

The dark blue represents Total Body % Fat below average for age, gender, and ethnicity matched population. (Less fat than others of the same age, race, and gender)

DXA Results Summary:

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	294	988.3	4632.7	4926.7	5915.0	16.7
R Arm	286	934.0	4723.7	5009.6	5943.7	15.7
Trunk	843	8373.0	30005.9	30849.1	39222.1	21.3
L Leg	561	2904.8	9612.7	10173.4	13078.2	22.2
R Leg	554	2854.6	9369.3	9923.6	12778.1	22.3
Subtotal	2538	16054.7	58344.4	60882.4	76937.1	20.9
Head	584	1053.1	3184.3	3768.1	4821.3	21.8
Total	3122	17107.8	61528.7	64650.5	81758.3	20.9

TBAR1209 - NHANES BCA calibration

I

J

K

L

M

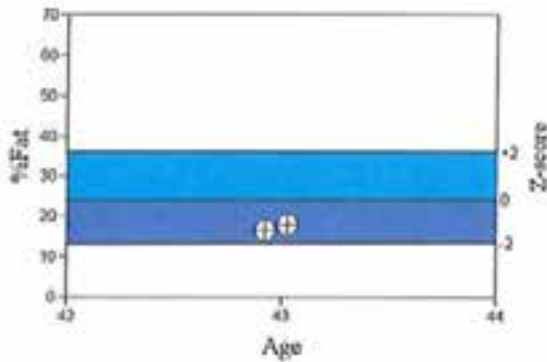
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TREND KEY

Name:	Sex: Male	Height: 70.0 in
Patient ID:	Ethnicity: White	Weight: 182.0 lb
DOB: March 13, 1971		Age: 43

Referring Physician: NEW, REFERRER

Total Body % Fat



Source: NHANES Classic White Male.

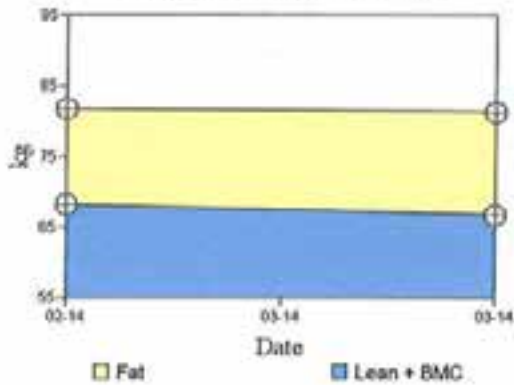
Total Body % Fat Results

Scan Date	Age	%Fat	Percentile		Change vs	
			YN	AM	Baseline	Previous
03/21/2014	43	B 17.9	33	14	1.3	1.3
02/12/2014	42	A 16.6	26	9		

Total Fat Mass Results

Scan Date	Age	Fat Mass (g)	Change/Month vs		Change vs	
			Baseline	Previous	Baseline	Previous
03/21/2014	43	14586	815	815	990	990
02/12/2014	42	13596				

Compartmental Trending



Total Lean Mass Results

Scan Date	Age	Lean (g)	Change/Month vs		Change vs	
			Baseline	Previous	Baseline	Previous
03/21/2014	43	63440.3	-1317	-1317	-1601	-1601
02/12/2014	42	65040.9				

Total Mass Results

Scan Date	Age	Mass (g)	Change/Month vs		Change vs	
			Baseline	Previous	Baseline	Previous
03/21/2014	43	81302	-375	-375	-456	-456
02/12/2014	42	81758				

YN = Young Normal

AM = Age Matched



Images not for diagnostic use.

BODY MASS INDEX TREND REPORT

A= First scan, initial fat percentage results.
B= Second scan, displays change in fat percentage establishes trend.

COLOR CHART:

YELLOW: indicates fatty / soft tissue
RED / ORANGE: indicates muscle / hard tissue
BLUE: indicates bone / hard tissue

BODY MASS INDEX (BMI)

Weight in Punds (lbs) and in Kilograms (kg)

	100lbs	110lbs	120lbs	130lbs	140lbs	150lbs	160lbs	170lbs	180lbs	190lbs	200lbs	210lbs	220lbs	230lbs	240lbs	250lbs
4'8"	22	25	26	29	31	34	36	38	40	43	45	47	49	52	54	56
4'9"	22	24	26	28	30	33	35	37	39	41	43	45	48	50	52	54
4'10"	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50	52
4'11"	20	22	24	26	28	30	32	34	36	38	40	42	44	46	49	51
5'0"	20	22	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'1"	19	21	23	25	26	28	30	32	34	36	38	40	42	44	45	47
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'3"	18	20	21	23	25	27	28	30	32	34	35	37	39	41	43	44
5'4"		19	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'5"		18	20	22	23	25	27	28	30	32	33	35	37	38	40	42
5'6"		18	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'7"			19	20	22	24	25	27	28	30	31	33	35	36	38	39
5'8"			18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'9"			18	19	21	22	24	25	27	28	30	31	33	34	35	37
5'10"				19	20	22	23	24	26	27	29	30	32	33	35	36
5'11"				18	20	21	22	24	25	27	28	29	31	32	34	35
6'0"			16	18	19	20	22	23	24	26	28	30	31	33	34	
6'1"			16		19	20	21	22	24	25	26	28	29	30	32	33

Underweight
 Healthy Weight
 Overweight
 Obese

This graph provides a simple way of determining your weight status. Just find your height and weight and see which status you are in - underweight, normal, overweight, or obese.

By taking into account both height and weight, BMI provides a single number that can be useful for discussing health risks and desirable targets. Most Body Mass Index tests are a rough estimate of body fat. They are NOT very accurate because they treat all weight - muscle, fat, bone, etc. - the same.

That's where the "Gold Standard" DPI Dexa BMI study comes in. It provides the **most accurate** body composition (BMI) available by separating bone, muscle and fat tissue.

The standard weight status categories associated with BMI ranges for women and men are shown below:

Weight Status	BMI
Underweight	18.5 and below
Normal Weight	18.5 – 25
Slightly Overweight	25 – 27
Moderately Overweight	27 – 30
Severely Overweight	30 – 40
Morbidly Obese	40 and above

CALORIC INTAKE CHART FOR MEN AND WOMEN

DAILY CALORIE ALLOWANCE TABLE						
Women Weight	Super Active	Very Active	Active	Moderate Active	Low Active	Sedentary
80	1600	1440	1280	1120	960	800
90	1800	1620	1440	1260	1080	900
100	2000	1800	1600	1400	1200	1000
110	2400	2160	1920	1680	1440	1200
120	2600	2340	2080	1820	1560	1300
130	2800	2520	2240	1960	1680	1400
150	3000	2700	2400	2100	1800	1500
160	3200	2880	2560	2240	1920	1600
170	3400	3060	2720	2380	2040	1700
180	3600	3240	2890	2520	2160	1800
Men Weight	Super Active	Very Active	Active	Moderat Active	Low Active	Sedentary
100	2600	2350	2100	1850	1600	1350
110	2800	2530	2260	1990	1720	1450
120	3000	2710	2420	2130	1840	1550
130	3200	2890	2580	2270	1960	1650
140	3400	3070	2740	2410	2080	1750
150	3600	3250	2900	2550	2200	1850
160	3800	3430	3060	2690	2320	1950
170	4000	3610	3220	2830	2440	2050
180	4200	3790	3380	2970	2560	2150
190	4400	3970	3540	3110	2680	2250
200	4600	4150	3700	3250	2800	2350

- Sedentary: little or no exercise
- Low Activity: exercise/sports 1-3 times /week
- Moderate Activity: exercise/sports 3-5 times/week
- Very Active: hard exercise/sports 6-7 times/week
- Super Active: very hard exercise/sports or physical occupation.

A pound of fat contains about 3500 calories. So, to lose a pound of fat in a week, you need to do one of the following three things:

- Decrease your food intake by about 500 calories a day.
- Increase your calorie-burning activity by about 500 calories a day.
- Some combination of the two.

1. Pick your ideal weight from the chart above.
2. Pick your daily calorie count to maintain that weight level.
3. Understand that you can eat more food, or consume more calories than listed, if you are more active.

(See the chart on the next page).

DEXA Radiation Dose Comparison for Body Mass Index (BMI)

WEIGHT STATUS	SCAN MODE	EFFECTIVE DOSE (μSv)
Adult Whole Body (Body Mass Index)	Discovery W	8
Chest X-ray		20
Lateral spinal X-rays		600
Technetium bone scan		3,000
1 day natural background		8
Transcontinental flight		40

*Table and data courtesy of Glen Blake, Ph.D., Guys and St. Thomas Hospitals, London, United Kingdom (personal communication).



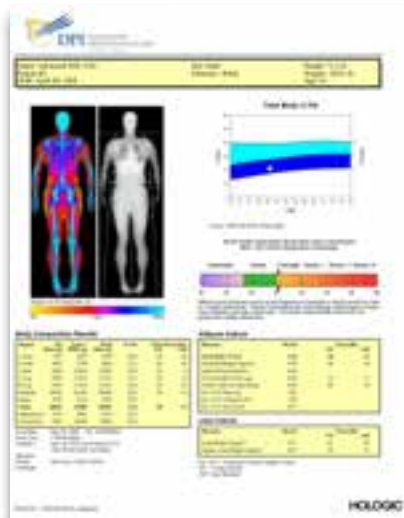
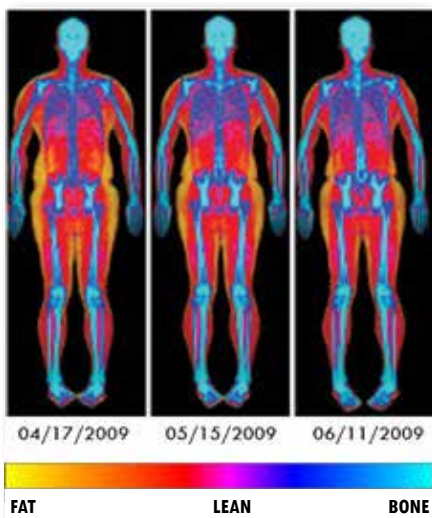
BODY COMPOSITION

WORK SMARTER NOT HARDER

A DEXA SCAN PROVIDES THE MOST ACCURATE
BODY COMPOSITION MEASUREMENTS.

Think your diet and training regimen is really working?
In the long run weight means nothing unless you can
accurately assess whether the weight you're trying to
lose or gain actually consists of fat or muscle.

Understanding your body composition
can help you reach your goal faster.



\$99 for the first BMI Scan
\$79 for each scan after

**Purchase a pre-paid 4-scan package
to be used over one year for only**
\$240
(\$60 each)
Save \$96.00



The results are immediate and come with a personal and detailed
report so you know exactly how to tailor your fitness program.

- Accurately track your progress over your training period
- Make needed adjustments
- Reach your goal faster
- Reduce your health/life insurance costs

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