DEXA Body Composition Assessment - Information Sheet

Please take the time to read the information provided prior to answering questions and consenting to a DEXA Body Composition assessment, any queries contact Tony on 0409647886.

What is a DEXA?
DEXA stands for Dual energy X-ray absorptiometry and is considered the gold standard for body composition measurement and is the most accurate way to measure body fat, lean muscle mass, and bone density.

How does DEXA work?
- When an x-ray beam containing both high and low energies passes through soft tissue, the amount each energy is absorbed can be used to determine how many grams of fat and lean mass are present.
- A given dual energy absorption corresponds to a unique amount of fat and lean mass.

Why Choose the Hologic DEXA scan at Body DEXA fit?
The Advanced Body Composition Assessment, available with the Hologic DEXA system at Body DEXA fit, provides a comprehensive look at the body, including bone, muscle, limb comparison for muscle imbalance detection, visceral fat and more. Its high precision and accuracy make it the most reliable option available today.

The DEXA system, visually presents data in a series of easy-to-read graphical reports. Results are available immediately and use color mapping to identify fat, lean muscle mass, and bone.

The Rate-of-Change report, visually displays changes in a patient’s body over time, enabling patients and clinicians to assess and adjust treatment programs.

Is DEXA Safe?
A DEXA scan is very safe, and there are no complications associated with the procedure. The radiation doses are very low, which, in fact, is less than one days’ exposure to natural background radiation. The average person in Australia receives about 1500 microsieverts every year from natural background radiation. The amount of radiation received from DEXA scan is approximately 4 microsieverts of radiation, which is well below the International Commission on Radiological Protection (ICRP) limit of 1000 microsieverts per annum (over and above natural background).

Procedure
- It is a simple and fast procedure, involving no injections and is not painful. Prior to the test, both your height and weight will be measured. You are then required to lie face up on a padded table for a short time. The scan normally takes 3 minutes.

Preparation for DEXA
- It is helpful to wear clothing which is loose fitting and free of metallic attachments such as buttons, zippers, buckles, wired bras and fasteners. You must NOTIFY the Radiographer if you are under 18 yrs of age or think you could be PREGNANT.
- DO NOT schedule your Dexa scan within one week of having a barium x-ray, a nuclear medicine study or an injection of x-ray dye.
- Consistent preparation of the patient is important for precise measures (Prior to scan on the day, empty bladder and avoid heavy meal and high intensity physical activity).
Who can operate a DEXA scan?
The operator for the DEXA scan is a Radiographer who is University trained, licensed with Department of Health and with the Medical Radiation Practice Board of Australia and accredited with Australian Institute of Radiography. The guidelines and protocols of a DEXA scan are approved and justified by a Radiation Medical Practitioner.

What is Body Composition?
The term body composition describes the various components that make up a person’s body, typically the bone, lean tissue and fat tissue. The lean tissue includes water, proteins, glycogen & soft tissue minerals.

DEXA body composition scan will tell you:
- Your total body fat percentage (%);
- Total body muscle (lean) mass (g);
- Total body fat mass (g);
- Muscle and fat mass (g) of each leg, each arm, trunk, abdomen and head;
- Total bone mineral density (non-diagnostic);
- Android/Gynoid fat distribution
- Estimated Visceral Fat threshold

What is the purpose of measuring body composition and body fat?
- Identify health risk associated with excessively low or high levels of total fat
- Identify health risk associated with excessive accumulation of intra-abdominal fat
- Determine ideal body weight
- Design diet and exercise recommendations
- Assess the effectiveness of nutrition and exercise interventions in altering body composition

What is the advantage of our DEXA scanner compared to other scanners?
- Faster scan time: up to 3 minutes
- 216 detectors - more data samples for improved Image quality
- Highly precise - Body composition reference data
- Very low radiation
- High table weight limit - 204kg
- Higher energy for better penetration of large subjects

Privacy Policy
- At Body DEXA fit we treat all patients with dignity, respect and courtesy. When you attend Body DEXA fit, a technician/patient relationship is formed and the privacy of this relationship is protected.
- We are committed to protecting our patients’ and prospective patients’ privacy through explaining our practices, only collecting, using or disclosing information as is necessary for health purposes, or with patients’ consent, and resolving any privacy-related problems as quickly as possible.
- This means that your confidentiality is protected as we can only release the results of your test to people who are authorised to receive it (such as your referring doctor and other doctors who may subsequently be involved in your care).
- We do not release your results to another party without your consent.
- Should you require more information regarding our privacy policy then please contact us on 0409647886