

Body Composition - Lean Balance and Fat Distribution Report: Saturday, September 12, 2015
CLIENT


Name: Kane Cochran
Age: 34.7 years
Sex: Male
Ethnicity: White

Height: 72.0 in.
Weight: 197.0 lbs.

Patient ID: (not specified)
Measured: 09/12/2015

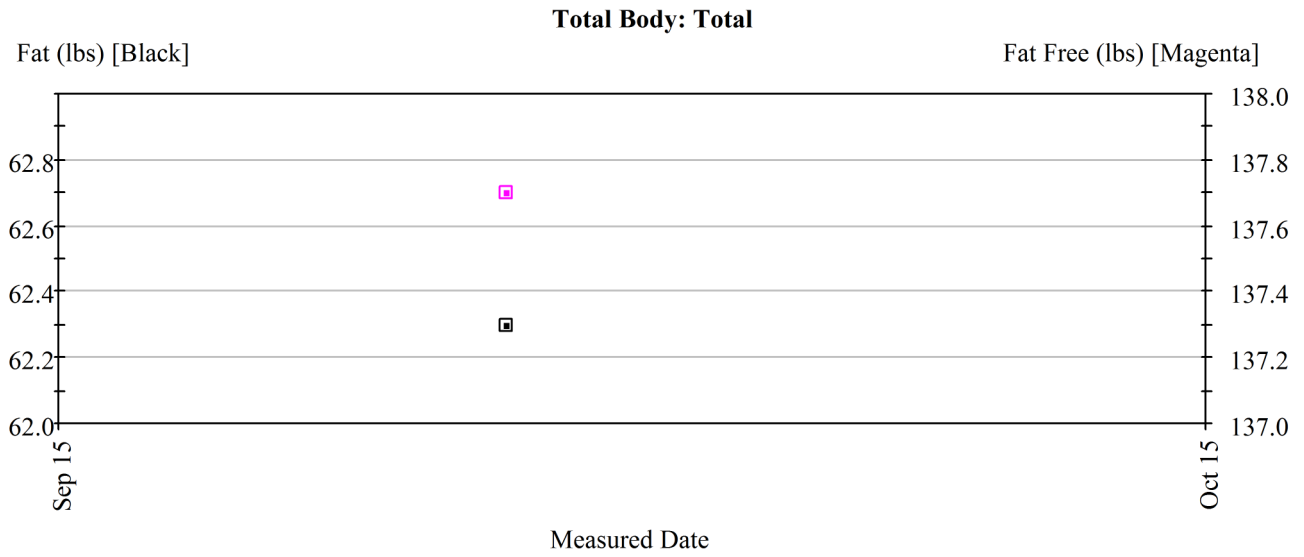
Lean Mass Balance



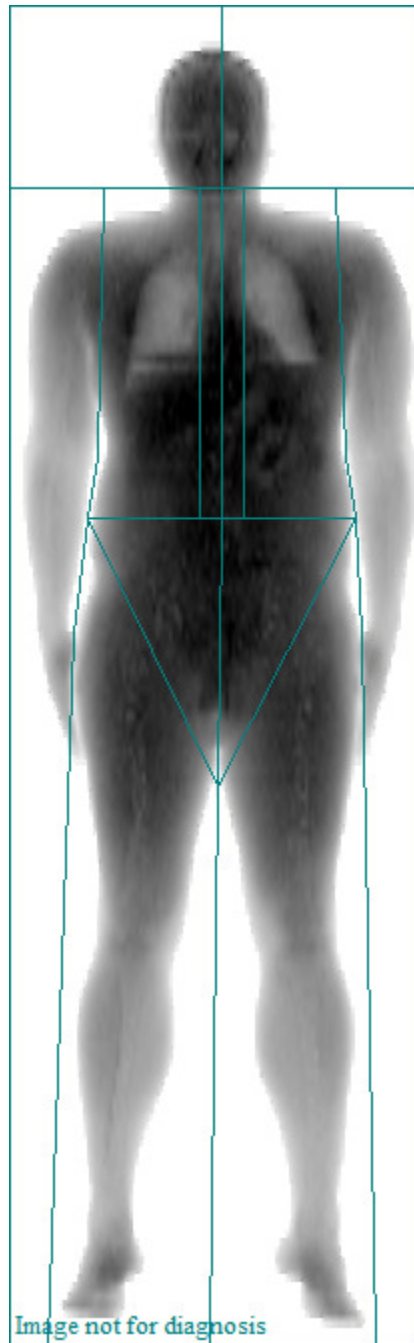
Lean mass balance is a comparison of your body's right to left lean mass symmetry. A lean mass difference close to zero indicates a balance of muscle. An injury, non-symmetrical training, or a health condition may cause disproportionate lean mass differences, but only your physician can determine if a health condition is the related cause.

Region	Measured Date	Age	Lean Mass Right (lbs)	Lean Mass Left (lbs)	Lean Mass Difference (lbs)
Arms:	09/12/2015	34.7	7.6	7.5	0.1
Legs:	09/12/2015	34.7	23.4	23.4	0.1
Trunk:	09/12/2015	34.7	30.5	31.1	-0.6
Total:	09/12/2015	34.7	66.2	65.0	1.2

FAT DISTRIBUTION



Region	Measured Date	Age	Region (%Fat)	% Change vs. Previous	% Change vs. Baseline
Arms:	09/12/2015	34.7	28.7	-	baseline
Legs:	09/12/2015	34.7	28.5	-	baseline
Trunk:	09/12/2015	34.7	34.8	-	baseline
Android:	09/12/2015	34.7	37.8	-	baseline
Gynoid:	09/12/2015	34.7	31.8	-	baseline
Total:	09/12/2015	34.7	31.2	-	baseline

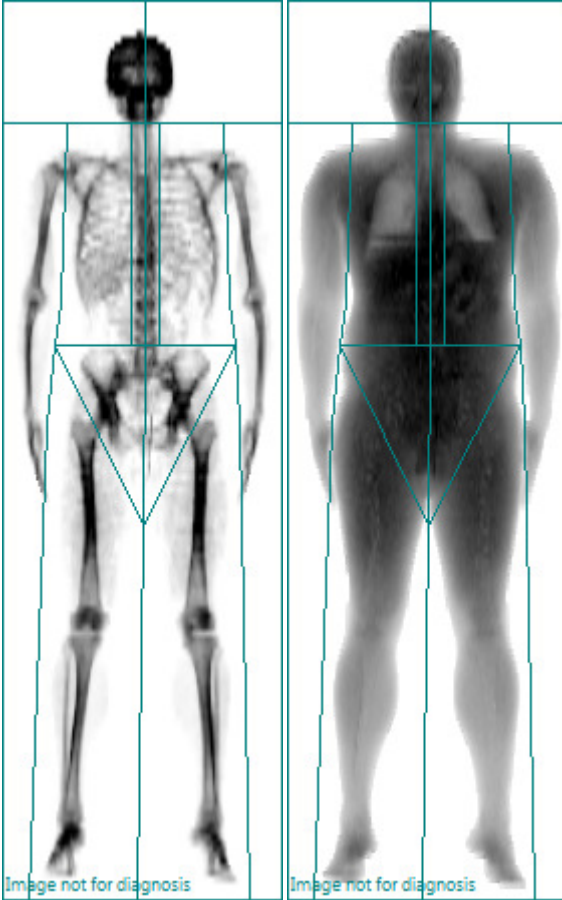


DEXAFIT

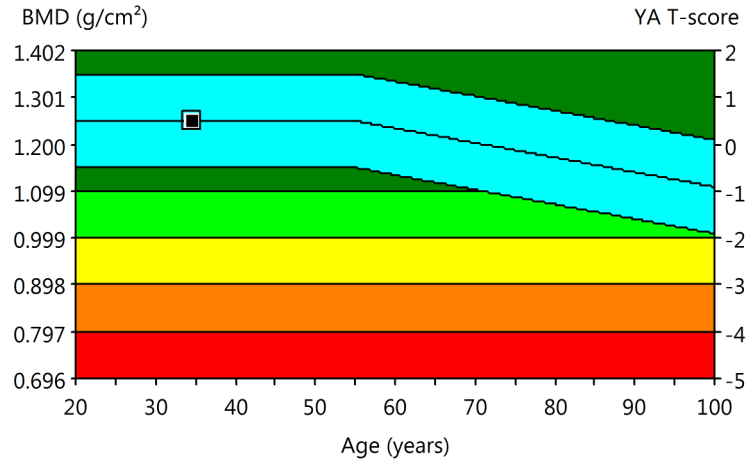
6100 Lake Forrest Dr, Atlanta, GA
Phone: (404) 884-5942

Patient:	Cochran, Kane		Referring Physician:	(not specified)	
Birth Date:		Age:	34.7 years	Patient ID:	(not specified)
Height:	72.0 in.	Weight:	197.0 lbs.	Measured:	09/12/2015 4:04:55 PM (15 [SP 1])
Sex:	Male	Ethnicity:	White	Analyzed:	09/12/2015 4:05:10 PM (15 [SP 1])

Total Body Bone Density



USA (Lunar) Total Body: Total (BMD)



Densitometry: USA (Lunar) (Enhanced Analysis)			
Region	BMD (g/cm ²)	Young-Adult T-score	Age-Matched Z-score
Head	2.197	-	-
Arms	1.079	-	-
Legs	1.292	-	-
Trunk	1.027	-	-
Ribs	0.906	-	-
Spine	1.170	-	-
Pelvis	1.099	-	-
Total	1.249	0.5	0.0

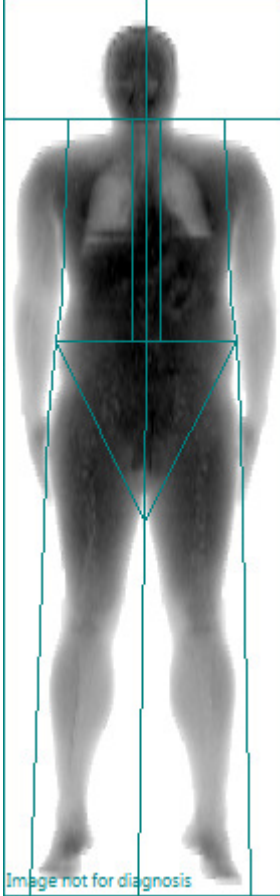
Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm² for Total Body Total); USA (Lunar) (ages 20-40) Total Body Reference Population (v113); Matched for Age, Weight (males 25-100 kg), Ethnic Date created: 09/12/2015 4:26:06 PM 15 [SP 1]; Filename: 75ykun6h6h.dfb; Total Body; 76:0.15:153.04:31.4 0.00:-1.00 4.81x13.01 13.3:%Fat=32.2%; 0.00:0.00 0.00:0.00; Scan Mode: Standard; 0.4 μ Gy

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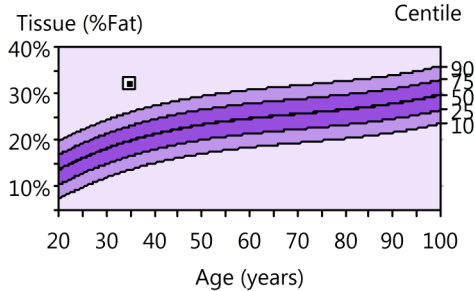
Patient: Cochran, Kane	Referring Physician: (not specified)
Birth Date:	Age: 34.7 years
Height: 72.0 in.	Weight: 197.0 lbs.
Sex: Male	Ethnicity: White
	Patient ID: (not specified)
	Measured: 09/12/2015 4:04:55 PM (15 [SP 1])
	Analyzed: 09/12/2015 4:05:10 PM (15 [SP 1])

Total Body Tissue Quantitation

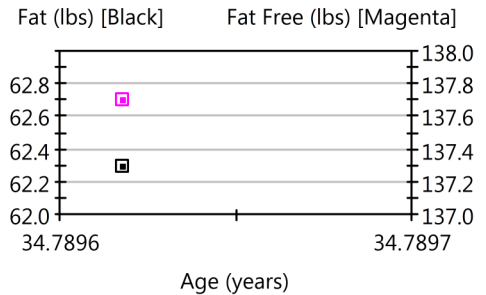


Composition (Enhanced Analysis)						
Region	Tissue (%Fat)	Centile	Total Mass (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)
Arms	30.0	-	22.5	6.5	15.1	0.9
Legs	29.6	-	69.0	19.7	46.8	2.5
Trunk	35.5	-	97.4	33.9	61.5	2.0
Android	38.1	-	14.7	5.6	9.0	0.1
Gynoid	32.4	-	31.8	10.1	21.1	0.7
Total	32.2	100	200.1	62.3	131.2	6.5

USA (Lunar) Total Body: Total



Total Body: Total

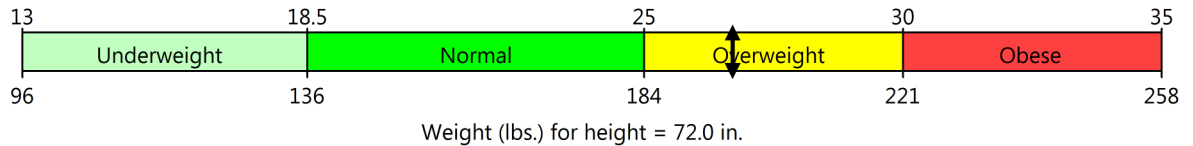


USA (Lunar) Trend: Total (Enhanced Analysis)									
Measured Date	Age (years)	Tissue (%Fat)	Centile	Total Mass (lbs)	Tissue (lbs)	Fat (lbs)	Lean (lbs)	BMC (lbs)	Fat Free (lbs)
09/12/2015	34.7	32.2	100	200.1	193.5	62.3	131.2	6.5	137.7

USA (Lunar) Trend: Fat Distribution (Enhanced Analysis)					
Measured Date	Age (years)	Android (%Fat)	Gynoid (%Fat)	A/G Ratio	Total (%Fat)
09/12/2015	34.7	38.1	32.4	1.17	32.2

World Health Organization BMI Classification

BMI = 26.7 (kg/m²)



Statistically 68% of repeat scans fall within 1SD ($\pm 0.8\%$ Fat, ± 0.46 lbs. Tissue Mass, ± 1.15 lbs. Fat Mass, ± 1.34 lbs. Lean Mass for Total Body Total); USA (Lunar) Total Body Composition Reference

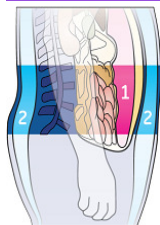
Population (v113); Composition Matched for Age

Date created: 09/12/2015 4:26:05 PM 15 [SP 1]; Filename: 75ykun6h6h.dfb; Total Body; 76:0.15:153.04:31.4 0.00:-1.00 4.81x13.01 13.3:%Fat=32.2%; 0.00:0.00 0.00:0.00; Scan Mode: Standard; 0.4 μ Gy



Client	Sex	Ethnicity	Birth Date	Height	Weight	Measured
Cochran, Kane	Male	White		72.0 in.	197.0 lbs.	09/12/2015

Abdomen Composition



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.

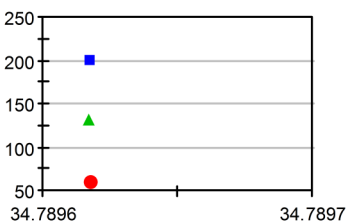
CoreScan estimates the VAT (Visceral Adipose Tissue) content within the android region, VAT is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and type 2 diabetes. CoreScan results have been validated for adults between ages 18-90, and with a BMI in the range of 18.5-40.

Adipose Tissue
1 Visceral
2 Subcutaneous

Total

Composition Trend: Total

Mass (lbs)



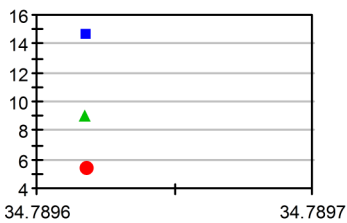
Age (years)

Date	Age	Total Mass (lbs)	Lean Mass (lbs)	Fat Mass (lbs)
09/12/2015	34.7	200.1	131.2	62.3

Android / Gynoid

Composition Trend: Android

Mass (lbs)



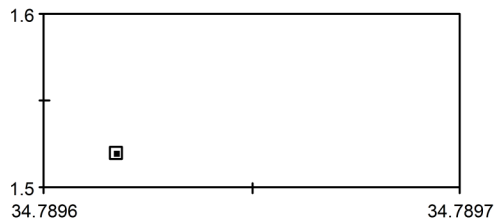
Age (years)

Date	Age	Android Mass (lbs)	Android Lean (lbs)	Android Fat (lbs)	Android %Fat	Gynoid %Fat	A/G Ratio
09/12/2015	34.7	14.7	9.0	5.6	38.1	32.4	1.17

Visceral Adipose Tissue (VAT)

Composition Trend: VAT

Mass (lbs)



Age (years)

Date	Age	Fat Mass (lbs)	Volume (in ³)
09/12/2015	34.7	1.52	44.49