



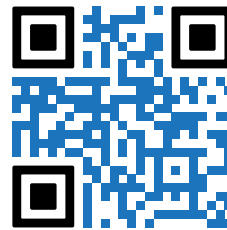
# RHODE ISLAND MEDICAL IMAGING

## APPOINTMENT

Date/Time: \_\_\_\_\_

Location: \_\_\_\_\_

Please provide us with a 24 hour cancellation notice if you are unable to make this appointment.



Scan the QR code to learn more about this exam or visit [rimirad.com/services/dxa-body-composition-analysis](https://rimirad.com/services/dxa-body-composition-analysis).

To make an appointment call our scheduling department at 401.432.2400.



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### What to expect

Patients are typically in and out of our office within 15 minutes and the scan itself takes less than five minutes to complete.

During your exam, you will lie comfortably on a padded table while the DXA unit, an X-ray system, quickly scans your body. Radiation exposure during this exam is extremely low and involves no injections, invasive procedures or pain.\*

### Our patients come first

Because our primary goal has always been to deliver the highest quality care to our patients, we have added Advanced Body Composition® assessment to our practice.

We have chosen the Horizon® DXA system by Hologic as we believe it offers the best technology available. Please contact us if you have any questions or would like to schedule an appointment.

*Brought to you by Rhode Island Medical Imaging.*

\*Blake GM, et al. Comparison of effective dose to children and adults from dual X-ray absorptiometry examinations. Bone 2006;38:935-942.



# RHODE ISLAND MEDICAL IMAGING

## DXA ADVANCED BODY COMPOSITION® ASSESSMENT

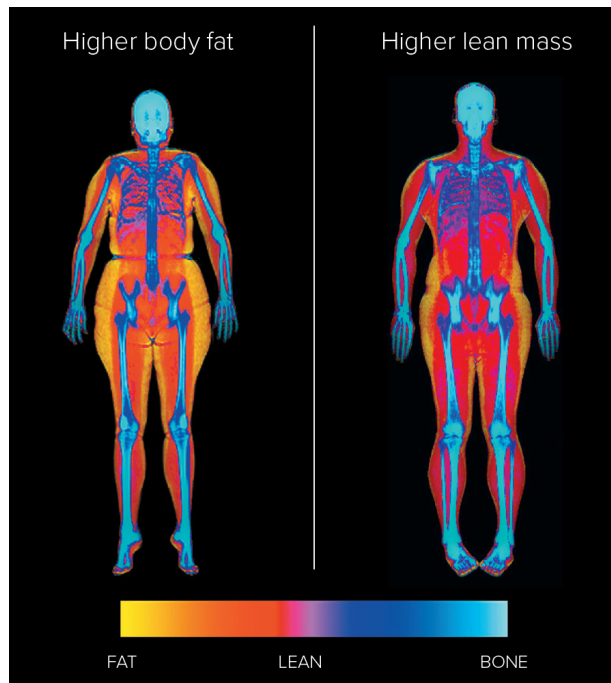
A patient's guide to measuring body fat and lean tissue mass

# It's time to get the whole picture



## Advanced Body Composition® Assessment?

An Advanced Body Composition® exam is a quick, low dose X-ray exam that measures the three main tissues of the human body: fat, lean mass, and bone. It may help you and your health professional assess what level of exercise or intervention is needed to maintain a good ratio between fat and lean muscle mass.



### Who is it suitable for?

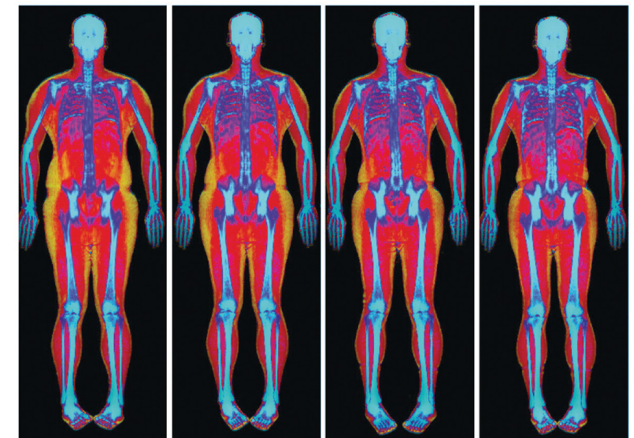
An Advanced Body Composition® assessment is suitable for people wanting to track their muscle mass over time (muscle mass maintenance is key to healthy aging), on weight management programs as well as athletes in training, and others.

It is also used for monitoring certain diseases such as Sarcopenia and Lipodystrophy and the effects of some medical therapies.

The exam reports fat quantity and distribution, which correlates to risk of type 2 diabetes, cardiovascular disease, metabolic syndrome and osteoarthritis.

Knowing where the fat is located may make a considerable difference in health outcomes. Too much fat around abdominal organs, for instance, can be much worse than excess fat just under the skin as it contributes more greatly to cardiovascular disease and metabolic syndrome.

An Advanced Body Composition® assessment is also commonly used as a measurement tool by athletes in training or rehabilitation to monitor neuromuscular changes and the effects of physical training over time. The results will show how your lean mass and fat is distributed to help you put yourself on the road to success. Ask your healthcare professional if Advanced Body Composition® assessment is suitable for you.



### Preparing for Advanced Body Composition® Assessment

- Unless instructed otherwise, eat normally on the day of the exam. Avoid taking calcium supplements for at least 24 hours prior to your appointment.
- Wear comfortable clothing without zippers, buttons, or any metal.
- You should not have had a barium study, radioisotope injection, oral or intravenous contrast material from a CT scan or MRI within seven days prior to your Advanced Body Composition® assessment.