



## DXA Body Composition Analysis

Dear Clinical Colleague,

We are pleased to announce our practice has recently installed the **Hologic Horizon® DXA system**, allowing us to now offer advanced **Dual-Energy X-Ray Absorptiometry Body Composition Analysis (DXA BCA)** at our **RIMI East Avenue location**. Most insurances do not cover this exam. The self-pay rate is \$150.00.

While DXA remains the gold standard for bone mineral density evaluation, this advanced software provides an exceptionally precise, medical-grade assessment of soft tissue. It quantifies total and regional fat mass, lean muscle mass, and visceral adipose tissue (VAT) — offering clinical insights far superior to the traditional Body Mass Index (BMI).

### CLINICAL UTILITY: WHICH PATIENTS BENEFIT?

DXA Body Composition Analysis serves as a powerful, objective tool for monitoring metabolic health, guiding therapeutic interventions, and tracking physiological changes over time. Many patients could benefit from this data:

- **Metabolic & Endocrinology Management:** Patients with type 2 diabetes, metabolic syndrome, or cardiovascular risk factors, to specifically quantify and track visceral fat (VAT), a key driver of metabolic dysfunction.
- **Medical Weight Loss & Bariatric Patients:** Individuals undergoing lifestyle, pharmacological (e.g., GLP-1 receptor agonists), or surgical weight loss interventions, to ensure weight loss is derived from adipose tissue while preserving critical lean muscle mass.
- **Sarcopenia & Frailty Screening:** Aging patients, oncology patients, or those with chronic inflammatory conditions where cachexia or muscle wasting is a clinical concern.
- **Sports Medicine & Rehabilitation:** Athletes tracking conditioning, sarcopenic obesity management, or patients recovering from injury requiring objective tracking of regional muscle symmetry and hypertrophy.
- **Healthy Aging:** Any patients interested in optimizing their health span and preserving muscle mass, as muscle mass is critical to healthy aging.
- **Perimenopause and Menopause:** Women in this stage of life often lose muscle and bone mass at accelerated rates.

### ACTIONABLE CLINICAL DATA OBTAINED

The Hologic DXA BCA provides a comprehensive, highly visual report that can be easily integrated into your patient's care plan. Exams take less than 15 minutes, utilize a negligible radiation dose (less than a transcontinental flight), and yield:

- **Visceral Fat (VAT) Quantification:** Exact measurement of the pathogenic intra-abdominal fat surrounding vital organs, highly correlated with insulin resistance, dyslipidemia, cardiovascular disease, and cognitive decline.
- **Regional Mass Distribution:** Segmental breakdown (arms, legs, trunk) of fat and lean mass, allowing for the detection of structural asymmetries, muscle loss, or localized fat deposition.
- **Adiposity Relative to Muscle:** A precise Fat Mass Index (FMI) and Lean Mass Index (LMI), providing a clearer picture of body composition than BMI, which frequently misclassifies muscular individuals or patients with sarcopenic obesity.
- **Trending & Longitudinal Tracking:** Direct, color-coded comparison reports over serial scans to definitively prove the efficacy of nutritional, exercise, or medical interventions.

We are committed to providing you and your patients with the highest standard of diagnostic accuracy. Detailed sample reports and scheduling information can be provided upon request. If you have any clinical questions regarding the utilization of DXA BCA in your practice, please do not hesitate to reach out to us directly.

Thank you for your continued partnership in patient care.

Sincerely,

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