

Patient Information

DXA Body Composition Scan

What is a DXA Body Composition Scan?

A DXA (Dual Energy X-ray Absorptiometry) Body Composition Scan uses advanced scanning technology to accurately measure lean muscle, fat and bone mass for the whole body as well as separate body parts. Body Composition Scanning using DXA has been proven to be significantly more accurate than other technologies including bioelectrical impedance and skinfold thickness measurements.

A DXA Body Composition Scan is the solution for people wanting highly accurate body composition information to assist with their fitness training or weight-loss program. DXA scanning is able to provide your baseline measurements, monitor results over time and to assess progress towards your goals. The detailed whole body and regional lean muscle, fat and bone mass composition data can be used to fine tune your personal body fitness or sculpting programs set by your personal trainers, dietitians or exercise physiologists.

Many athletes visit Qscan Radiology Clinics on a regular basis to use DXA Body Composition Scanning as an integral part of their training programs. The results from a DXA Body Composition Scan are used to develop a personalised and targeted program. Sequential measurements are used to modify the program to achieve key goals and produce optimum results for maximum performance.

The Qscan DXA imaging service is overseen by a specialist physician and performed by qualified technologists and radiographers, with a focus on quality assurance to maintain a high standard of service with accurate and reliable body composition analysis.

How long will the DXA Body Composition Scan take?

For a DXA full Body Composition Scan, you will be required to lie still on the scanning bed for around 5 minutes.

How does the DXA Body Composition Scan work?

A DXA Body Composition Scan works by passing very low energy x-ray beams through the body to a detector array. These x-ray beams progressively lose intensity relative to the densities of the different body tissues. From this information, the amount of lean muscle, fat and bone can be calculated for any given region of the body.

This state of the art technology provides a fast, non-invasive, precise and accurate measurement of tissue composition based on a 3 compartment body model, comprising lean muscle, fat and bone mass. It provides a comprehensive body composition assessment which includes the total body and regional results for the trunk, arms, and legs, assessment of left to right body part differences, percentage body fat and android / gynoid fat distribution.

How long will your Bone Mineral Densitometry scan take?

The total duration of your appointment will be approximately 20 minutes however the scanning time is around 5 minutes.

The Advantages of a DXA Body Composition Scan

- Gold standard measurement of body composition
- Whole body and regional results
- Accurate and reproducible results
- Rapid scan time
- Scientifically validated technique

Patient Information

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What preparation is required?

No special preparation is required. You may eat and drink normally. Please wear comfortable clothing without any metallic objects such as zips and metal buttons. Gym wear is fine. Qscan can provide you with a gown if needed. For women, the scan is not performed if there is a possibility of pregnancy. Please inform our staff of any concerns.

What is the radiation dose?

The x-ray dose from a DXA Body Composition Scan is very low using our new generation DXA scanner. The radiation dose has been calculated to be one hundred times less than the dose from a chest x-ray.

How much will the DXA Body Composition Scan cost?

Our Customer Service Team will be able to advise you of the cost involved with your DXA Body Composition Scan.

When can I get my results?

The images obtained are digitally recorded. At Qscan, we provide a printout report for you after your scan. You may wish to discuss your results with your personal trainer, dietitian or exercise physiologist.

Where can I go for a DXA Body Composition Scan?

Qscan Radiology Clinics have a range of convenient clinics located throughout South-East Queensland including: Annerley, Burleigh Waters, Redcliffe and Windsor.

For further details please call one of our friendly Qscan staff on **1300 177 226** or visit us at: **qscan.com.au**