

# DXA body composition scan

## What is body composition?

Body composition refers primarily to the distribution of fat, muscle and bone in the human body. Weighing yourself provides information on your weight, but offers no insight into your body composition. In contrast, a dual-energy x-ray absorptiometry or DXA scan accurately assesses body composition and enables you to track changes in body fat and muscle mass.

## 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. It can provide this information for the whole body, as well as for separate body parts. Body composition scanning using DXA is proven to be more significantly more accurate than other technologies, including bioelectrical impedance and skinfold thickness measurements.

It provides a fast, non-invasive, precise, and accurate measurement of tissue composition based on a three-compartment body model, comprised of lean muscle, fat, and bone mass. It also offers a comprehensive body composition assessment, which includes the whole body; regional results for the trunk, arms and legs; assessments of left to right body part differences; percentage body fat; and android/gynoid fat distribution.

DXA body composition scans are useful for people who want highly accurate body composition information to assist with fitness training or a weight-loss program. Results from a DXA body composition scan can be used to develop a personalised and targeted program. Sequential measurements can also be used to modify this program, helping to achieve key goals and to produce optimum results for maximum performance.

## Do I need to prepare for my DXA body composition scan?

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.

## What happens during my DXA body composition scan?

A DXA body composition scan works by passing very low energy x-ray beams through your body. These beams lose intensity relative to the densities of your body's different tissues. From this information, the amount of lean muscle, fat and bone can be calculated for any given region of the body.

## How long will my DXA body composition scan take?

For a full DXA body composition scan, you will lie still on the scanning bed for around 10 minutes.

## What is the radiation dose?

The radiation dose from a DXA body composition scan is very low – it has been calculated to be one hundred times smaller than the dose you would receive from a chest x-ray.

## How much will my DXA body composition scan cost?

A Qscan customer service team member will be able to advise you of the costs associated with your DXA body composition scan.

## When will I receive my results?

Reports and images will be available electronically 5 days after your examination. If required, films are available for collection or delivery to your referring practitioner. You may wish to discuss your results with your personal trainer, dietitian, or exercise physiologist.