

Wellness Center

Inside Outside[®]
Medical Spa

DXA Body Composition Scan

Charles B. Christian, Jr. M.D.
Medical Director



Inside Outside
Wellness Center & Medical Spa
4499 Medical Drive #225
San Antonio, Texas 78229
210.616.0836

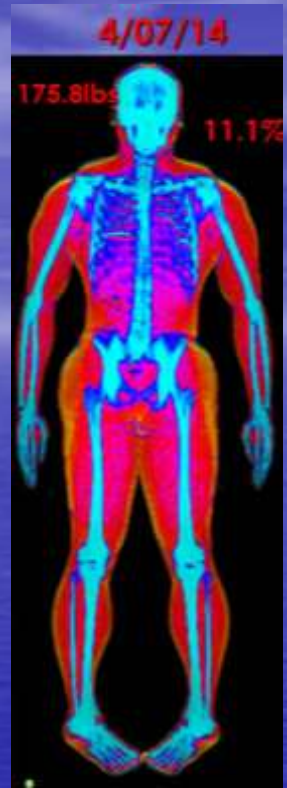


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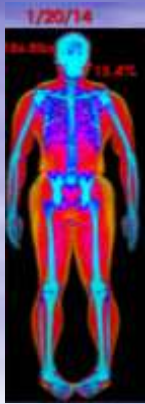
Example

DXA Body Composition Report & Zone/Paleo Nutrition Prescription

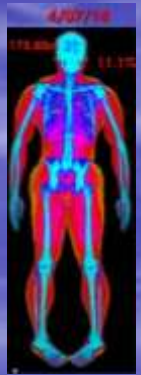


This report documents DXA Body Composition changes over a 3 Month period in a 22 Y/O male who had bulked up and wanted help with the cutting phase in preparation for a contest.

Wor "Some do It Different, Nobody Does It Better!"



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Analysis Performed on a Hologic Discovery A Dual Xray Absorptiometry Densitometer



Scan takes 3 Minutes. Does not hurt!
We Have clients remove clothes with metal and jewelry and change into scrubs. Or just wear gym clothes with no metal.

Can't do scan if pregnant or if you think you might be pregnant. Females must sign a Pregnancy Disclaimer.

Not Covered by Insurance.

Measures **Fat**, **Lean** and **Bone** in Arms, Legs, Trunk and other user defined Sub-Regions

YouTube Video of DXA Body Composition Scan



<https://www.youtube.com/watch?v=D0-7IPShSFE>

During the DXA Software Analysis we define 7 Regions, Head, Trunk, Arms, Legs, Android (Abdominal) and Gynoid (Hips) plus 3 Sub-Regions, Upper Body, Abs/Hips & Buttocks/Thighs

In the table on the left the DXA scanner provides measurements in grams of each Region and then the % Fat of each Region. The software Totals these values and calculates a Total % Fat which is the value we use to calculate our Nutrition Prescription. Grams are converted to pounds.

Inside Outside DXA Testing Center

4499 Medical Drive, Suite 225

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Telephone: 210-616-0836

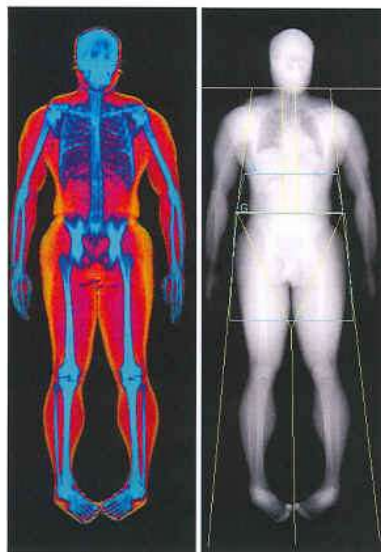
E-Mail: info@insideoutsidespa.com

Fax: 210-616-0586

Name: Doe, Johnny
Patient ID: DO0001
DOB: September 23, 1992

Sex: Male
Ethnicity: White

Height: 67.0 in
Weight: 186.8 lb
Age: 21



Images not for diagnostic use

Fat Lean Bone

Body Composition Results

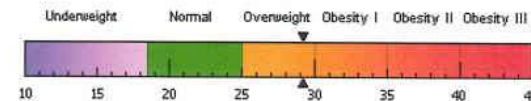
Region	Fat Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat	%Fat Percentile YN	AM
L Arm	748	4886	5634	13.3		
R Arm	769	5311	6080	12.7		
Trunk	5296	35289	40584	13.0		
L Leg	2536	11538	14074	18.0		
R Leg	2725	11361	14086	19.3		
Subtotal	12074	68383	80457	15.0		
Head	1181	4667	5848	20.2		
Total	13255	73051	86305	15.4		
Android (A)	1420	7582	9003	15.8		
Gynoid (G)	4994	22062	27055	18.5		

Scan Date: January 20, 2014 ID: A01201406
Scan Type: a Whole Body
Analysis: January 20, 2014 11:42 Version 13.3
Auto Whole Body Fan Beam
Operator: CBC
Model: Discovery A (S/N 84782)

TBAR303

This is the part of the report which depicts Fat in Yellow, Lean Mass in Red and Blue is Bone.

World Health Organization Body Mass Index Classification
BMI = 29.3 WHO Classification Overweight



BMI has some limitations and an actual diagnosis of overweight or obesity should be made by a health professional. Obesity is associated with heart disease, certain types of cancer, type 2 diabetes, and other health risks. The higher a person's BMI is above 25, the greater their weight-related risks.

Adipose Indices

Measure	Result	YN	Percentile	AM
Total Body % Fat	15.4			
Fat Mass/Height ² (kg/m ²)	4.58			
Android/Gynoid Ratio	0.85			
% Fat Trunk/% Fat Legs	0.70			
Trunk/Limb Fat Mass Ratio	0.78			

Lean + BMC Indices

Measure	Result	YN	Percentile	AM
(Lean + BMC)/Height ² (kg/m ²)	25.2			
Appen. (Lean + BMC)/Height ² (kg/m ²)	11.4			

YN = Young Normal
AM = Age Matched

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This page of the analysis shows the measurements for the 3 Sub-Regions we define for each Client.

R1

Chest, Back, Arms and Shoulders

R2

Abdomen, Buttocks, Hips and Portion of Thighs

R3

Buttocks, Hamstrings and Quadriceps

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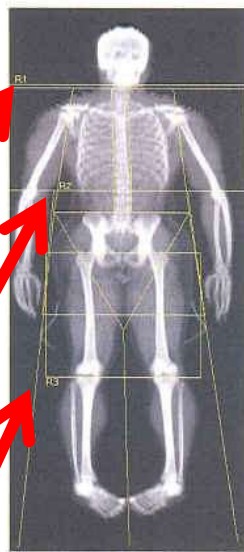


Image not for diagnostic use
327 x 150

Scan Information:

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Auto Whole Body Fan Beam
Operator: CBC
Model: Discovery A (S/N 84782)

DXA Results Summary:

Region	Fat Mass (g)	Lean+ BMC (g)	% Fat
L Arm	748.0	4885.5	13.3
R Arm	769.1	5310.6	12.7
Trunk	5295.9	35288.6	13.0
L Leg	2536.1	11537.5	18.0
R Leg	2724.6	11361.1	19.3
Subtotal	12073.7	68383.4	15.0
Head	1181.0	4667.3	20.2
Total	13254.7	73050.7	15.4
Sub-Region	Fat Mass (g)	Lean+ BMC (g)	% Fat
R1	3031.5	25856.8	10.5
R2	5686.5	25000.9	18.5
R3	4457.3	20778.4	17.7
Net	9974.6	57354.5	14.8

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**User Defined
Sub – Region
Analysis**

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This page breaks down our regions of interest even further giving us individual measurements of Bone (BMC), Fat and Lean

We usually document that the dominant arm has more lean mass and is a little leaner than the non-dominant arm.

This does not always hold true for the legs.

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Scan Type: a Whole Body

Analysis: January 20, 2014 11:42 Version 13.3

Auto Whole Body Fan Beam

Operator: CBC

Model: Discovery A (S/N 84782)

DXA Results Summary:

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat
L Arm	243.86	748.0	4641.7	4885.5	5633.5	13.3
R Arm	265.91	769.1	5044.7	5310.6	6079.8	12.7
Trunk	823.63	5295.9	34465.0	35288.6	40584.5	13.0
L Leg	551.73	2536.1	10985.8	11537.5	14073.7	18.0
R Leg	537.18	2724.6	10823.9	11361.1	14085.6	19.3
Subtotal	2422.31	12073.7	65961.1	68383.4	80457.1	15.0
Head	534.79	1181.0	4132.5	4667.3	5848.3	20.2
Total	2957.10	13254.7	70093.6	73050.7	86305.4	15.4
Sub-Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat
R1	649.55	3031.5	25207.2	25856.8	28888.3	10.5
R2	614.91	5686.5	24386.0	25000.9	30687.4	18.5
R3	576.55	4457.3	20201.9	20778.4	25235.7	17.7
Net	1562.23	9974.6	55792.3	57354.5	67329.2	14.8

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**Detailed Breakdown
of defined regions.**

HOLOGIC[®]

This page shows a nice black and white image of the scan. The yellow lines are adjusted by the Inside Outside Staff, using the DXA Software.

This page also includes a table which shows measurements of Bone Mineral Content (BMC). This a measurement of how much Calcium you have in your Bones and is used in a 4 Compartment analysis of Body Composition used only in special research studies.

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Referring Physician: Charles B. Christian, Jr.

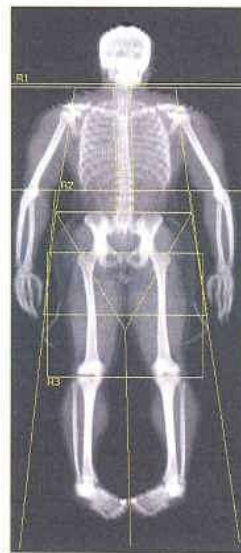


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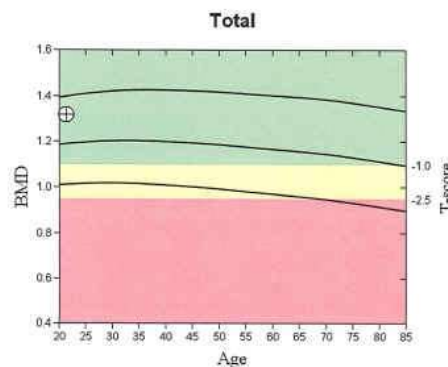
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DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ³)	T-score	PR (%)	Z-score	AM (%)
L Arm	246.08	243.86	0.991				
R Arm	256.88	265.91	1.035				
L Ribs	138.04	132.89	0.963				
R Ribs	133.64	116.55	0.872				
T Spine	123.64	109.91	0.889				
L Spine	58.42	60.85	1.042				
Pelvis	264.88	403.43	1.523				
L Leg	380.52	551.73	1.450				
R Leg	380.52	537.18	1.412				
Subtotal	1982.63	2422.31	1.222				
Head	261.28	534.79	2.047				
Total	2243.91	2957.10	1.318	1.2	110	1.3	111
Sub-Region	Area (cm ²)	BMC (g)	BMD (g/cm ³)				
R1	615.80	649.55	1.055				
R2	397.33	614.91	1.548				
R3	371.32	576.55	1.553				
Net	1200.78	1562.23	1.301				

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T-score vs. White Male; Z-score vs. White Male. Source: 2008 NHANES White Male

Brief Discussion of the Basics of Zone/Paleo Eating

After the DXA Scan and creation of the Nutrition Prescription, Dr. Christian will show you a short PowerPoint Presentation and discuss with you the basics of the Zone/Paleo approach to eating discussing What Kind of Carbohydrates, Fats and Protein to eat.

You will have an opportunity to ask questions about specific diets or medical issues which are affecting you.

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Zone/Paleo Nutrition Short Course - Male Back to the Basics

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Food and food types found in Western diets generally unavailable to preagricultural hominins

Origins and evolution of the Western diet: Health Implications for the 21st century
 Loren Cordain, S. Boyd Eaton

We are not Genetically designed for 72% of Calories generally available to us!!

... the ultimate factor underlying diseases of civilization is the collision of our ancient genome with the new conditions of life in affluent nations, including the nutritional qualities of recently introduced foods.
 L. Cordain et al

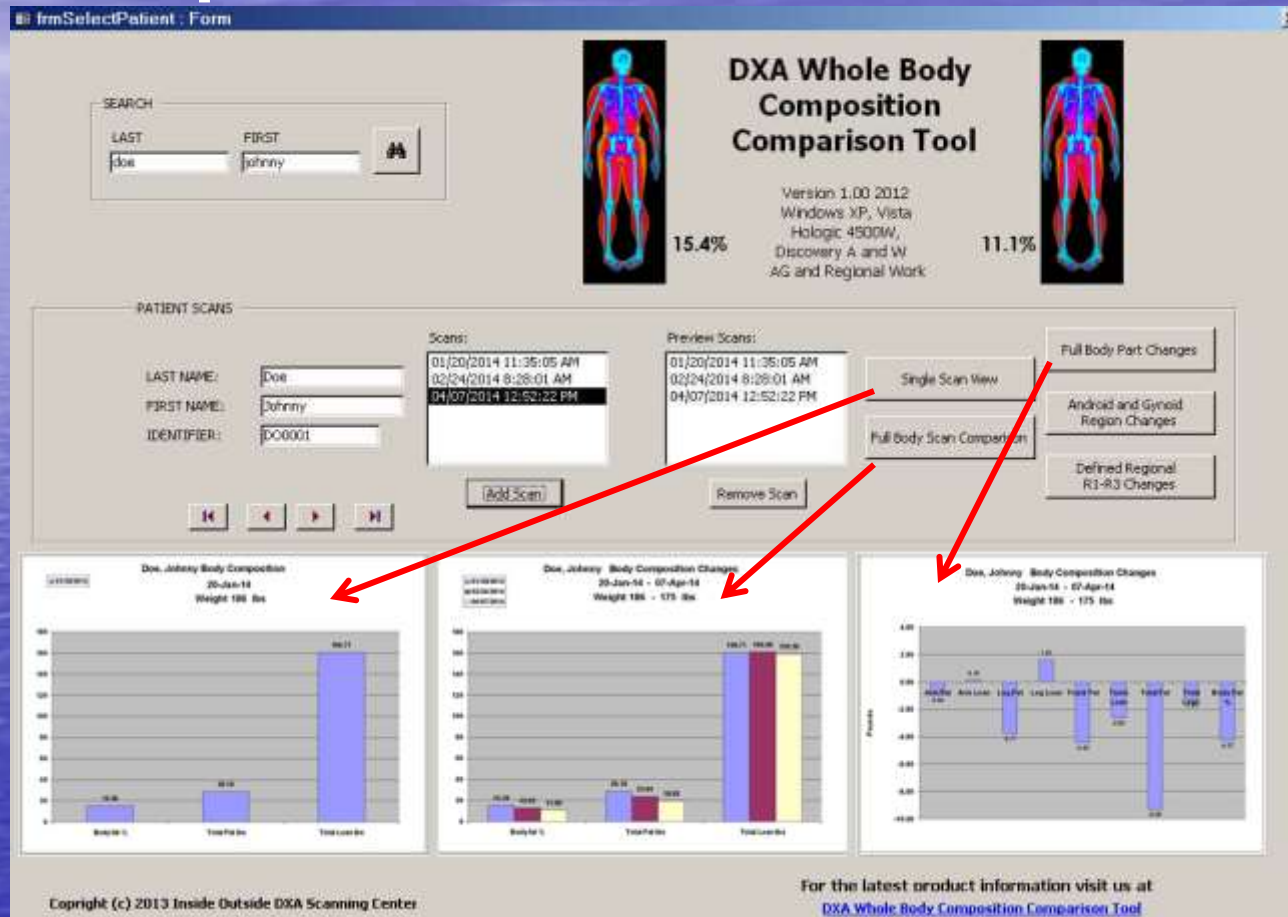
Cordain L et al *Am J Clin Nutr* 2005;81:341-54.

Food Type	% of energy
Dairy products	
Whole milk	3.5
Low-fat milk	2.1
Cheese	2.2
Butter	1.1
Other	2.5
Total	11.5
Cereal grains	
Whole grains	5.5
Refined grains	19.2
Total	24.7
Refined sugars	
Sucrose	6.0
High-fructose corn syrup	1.2
Glucose	2.0
Fructose	0.1
Total	9.3
Refined vegetable oils	
Soybean oil	10.0
Canola oil	10.0
Wheat germ	0.5
Other	0.5
Total	21.0
Total energy	72.1%

Other age-appropriate calories available 1.53%

DXA Scan Comparison Tool

Using Proprietary Software developed by Inside Outside we are able to compare up to 10 scans, convert grams to pounds and create charts which easily and visually demonstrate your Body Composition Changes



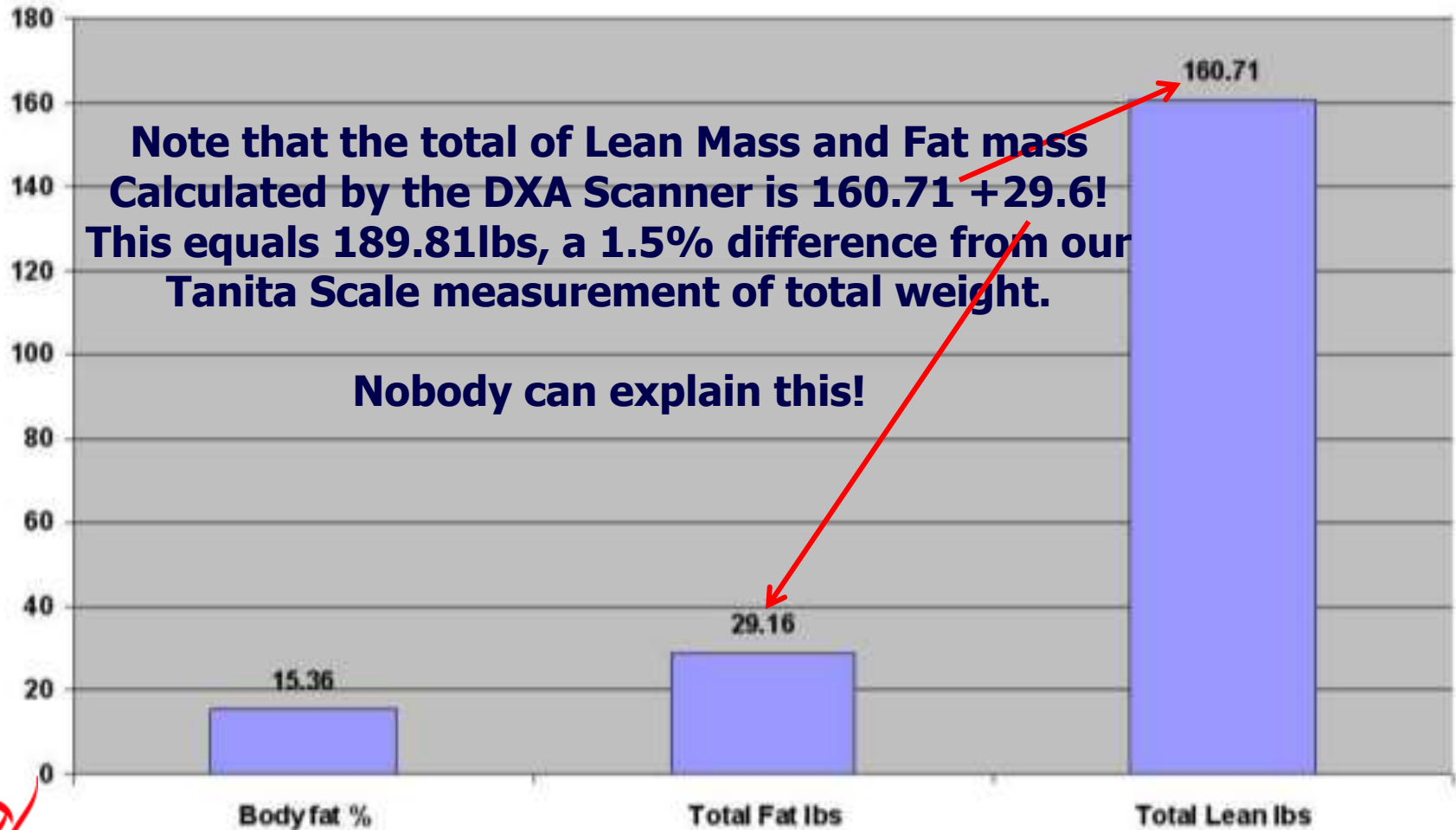
Our 22 Y/O client had 3 separate scans and we were able to create several reports as charts which document the changes which have occurred.

Doe, Johnny Body Composition

01/20/2014

20-Jan-14

Weight 186 lbs

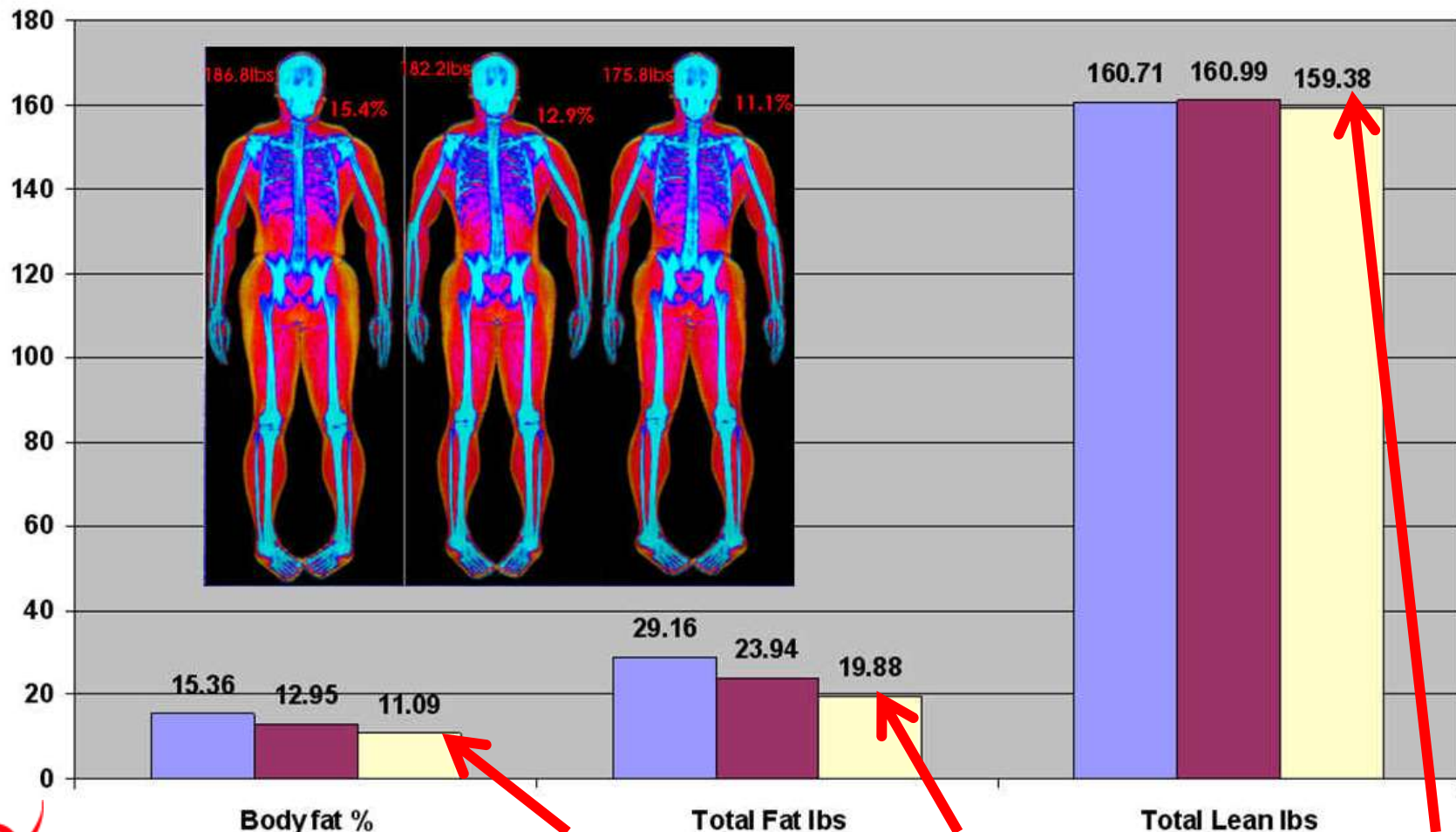


Doe, Johnny DXA Body Composition Changes

20-Jan-14 - 07-Apr-14

Weight 186 - 175 lbs

Cutting for 3 Months for a Contest



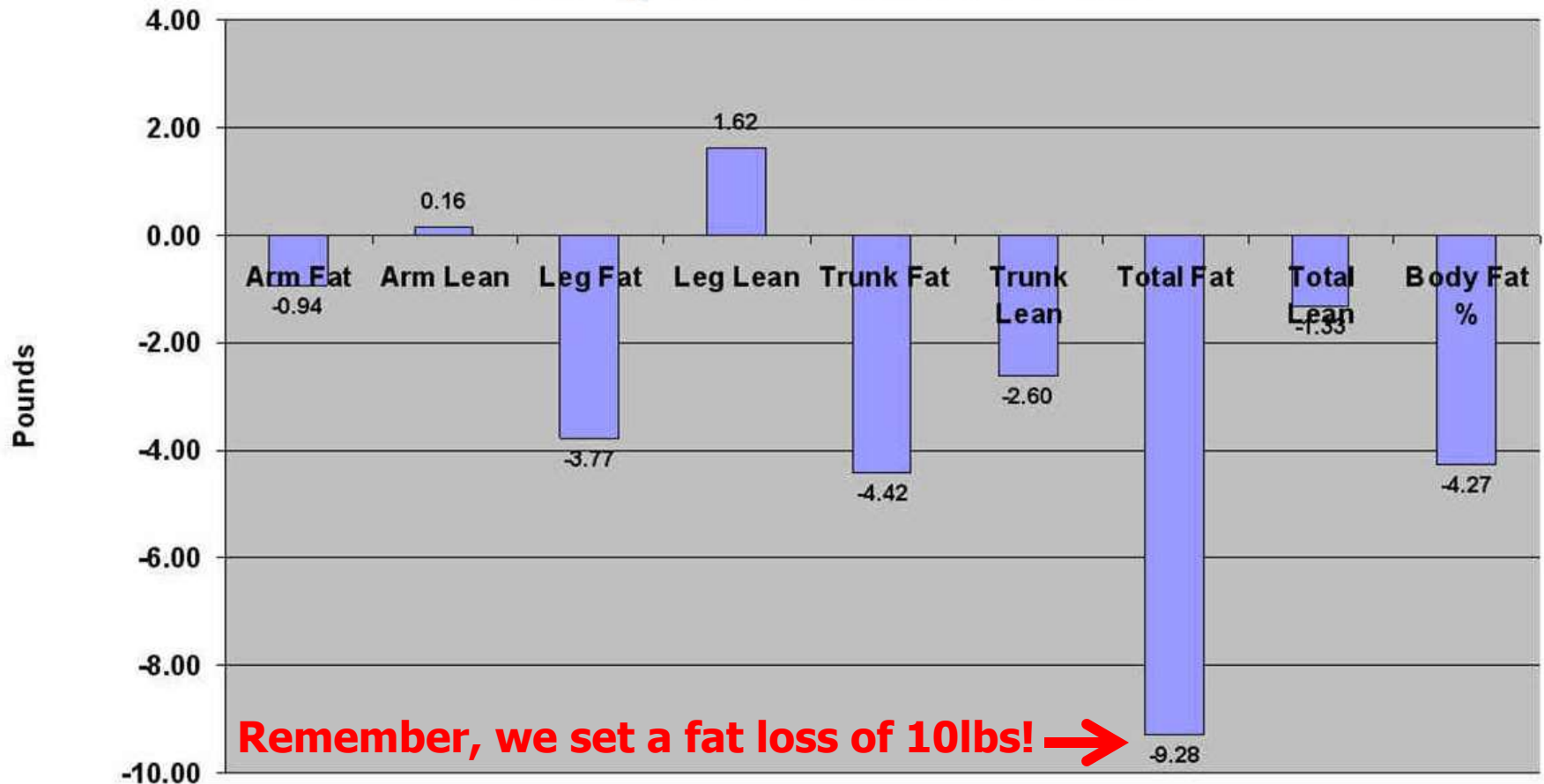
Remember, we set a goal of 11% & FAT loss of 10lbs with maintaining LEAN!

Doe, Johnny DXA Body Composition Changes

20-Jan-14 - 07-Apr-14

Weight 186 - 175 lbs

Cutting for 3 Months for a Contest



After the Charts are created, we create another report which
Compares the 3 Images from the 3 Scans, this is seen on the next page.

1/20/14

2/24/14

4/07/14

Male 22

5'7"



Region	Fat Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat
L Arm	748	4886	5634	13.3
R Arm	769	5311	6080	12.7
Trunk	5296	35289	40584	13.0
L Leg	2536	11538	14074	18.0
R Leg	2725	11361	14086	19.3
Subtotal	12074	68383	80457	15.0
Head	1181	4667	5848	20.2
Total	13255	73051	86306	15.4
Android (A)	1420	7582	9003	15.8
Gynoid (G)	4994	22062	27055	18.5

Region	Fat Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat
L Arm	548	4826	5374	10.2
R Arm	659	5351	6010	11.0
Trunk	4682	38565	43247	10.8
L Leg	1832	9801	11632	15.7
R Leg	2026	10126	12152	16.7
Subtotal	9746	68670	78416	12.4
Head	1138	4509	5647	20.2
Total	10884	73179	84063	12.9
Android (A)	1198	9106	10304	11.6
Gynoid (G)	3889	21265	25154	15.5

Region	Fat Mass (g)	Lean+ BMC (g)	Total Mass (g)	% Fat
L Arm	515	4993	5507	9.35
R Arm	574	5276	5850	9.82
Trunk	3287	34105	37392	8.79
L Leg	1690	11582	13273	12.7
R Leg	1859	12053	13912	13.4
Subtotal	7925	68009	75934	10.4
Head	1113	4437	5550	20.1
Total	9038	72446	81484	11.1
Android (A)	824	7318	8141	10.1
Gynoid (G)	2888	17956	20844	13.9

Changes Over 3 Mos Cutting for a Contest

Handouts you will go home with!

1. Copy of your DXA Scan



2. Copy of your Zone/Paleo Nutrition Prescription



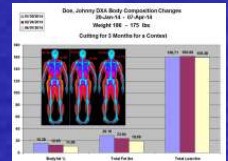
3. Copy of the PP presentation about Zone/Paleo



4. Copy of Dr. Cordain's Article



5. If a follow-up scan is done, we will give you copies of the charts and images which show your body composition changes.



Wor We will also email you a copy of scans & charts!

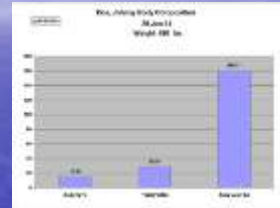
"Some do It Different, Nobody Does It Better!"

Pricing of these Services!

Initial Scan

You get all this
 For \$100

Scan Zone/Paleo Rx Chart



Zone/Paleo PP Dr. Cordain



Plus an Email Copy of the Scan and Nutrition Rx
 Bring a friend and the price drops to \$90 each

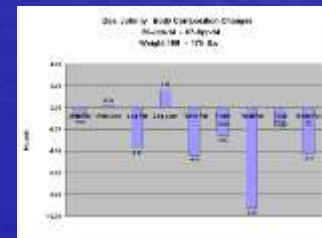
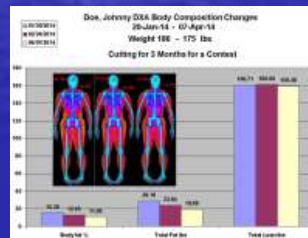
Followup Scan

You get all this
 For \$75

Scan



Several Charts



Images

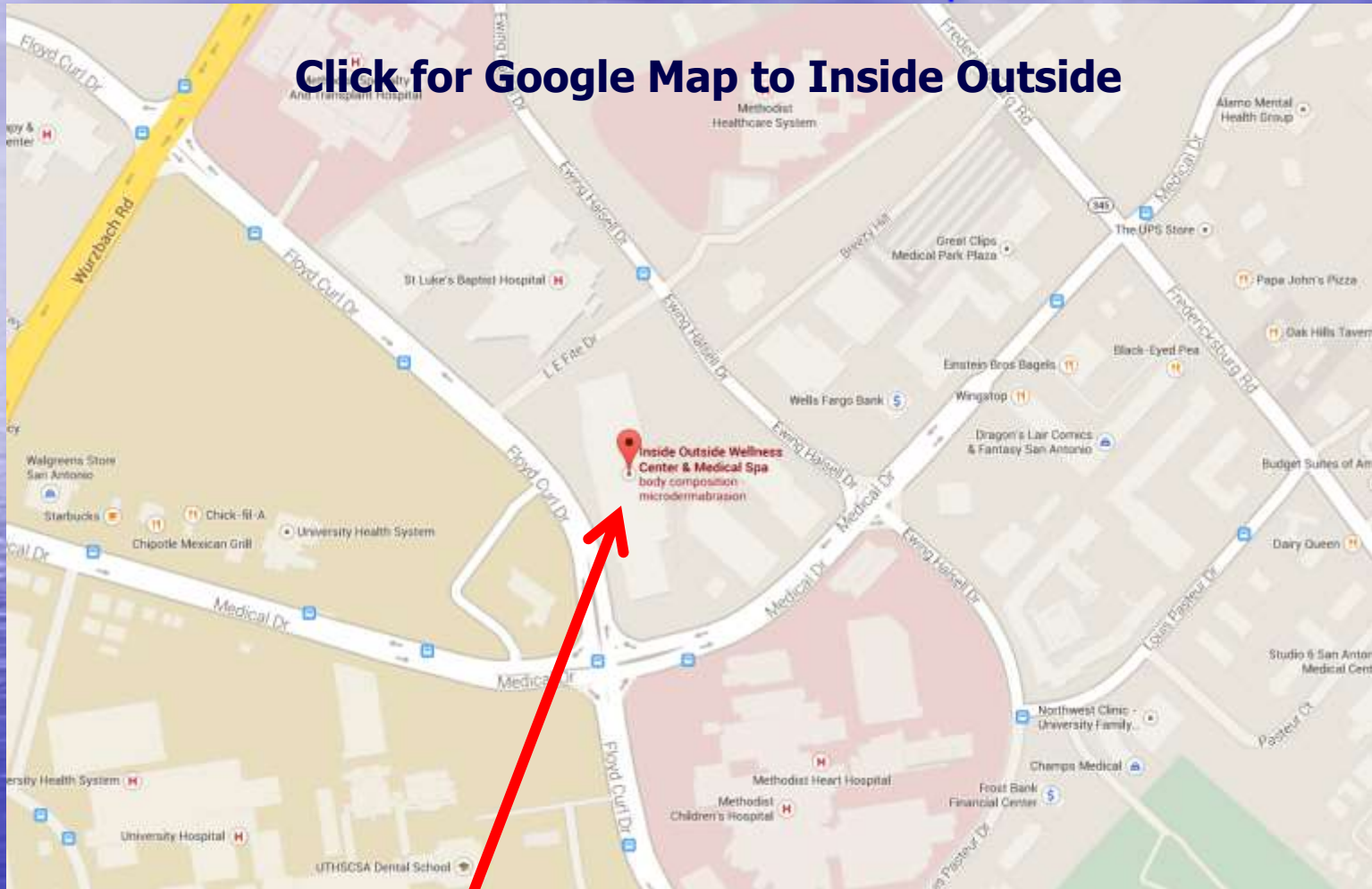


Call Now **210.616.0836**
 to schedule your Scan!

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 "Some do It Different, Nobody Does It Better!"

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