

# Frequently Asked Questions

## The BodyLogic™ Scan

The BodyLogic scan offers comprehensive measurements of the body, including the precise location of bone, fat, and muscle mass. This information can help you and your BodyLogic scan provider assess the state of your health and define successful treatment plans and training programs to help you achieve your health goals. Learn more about the BodyLogic scan through these frequently asked questions.

### What is DXA?

DXA stands for Dual-energy X-ray Absorptiometry. It means two X-ray energies are used to measure the bone mineral and soft tissue inside your body to provide the most accurate body composition assessment.

### What is the Advanced Body Composition® report?

The Advanced Body Composition® report is included with the BodyLogic scan. It provides visual images of the body that show the precise location of bone, lean mass and fat mass. The color-coded system makes it easy for athletes and patients to see exactly where they have fat and muscle on their bodies and provides a visual comparison of changes in the body over time. Detailed measurements of the torso, hips, abdomen and both arms and legs accompany the image to give a complete picture of body composition.

### How precise is the BodyLogic scan?

The BodyLogic scan can measure as small as 1% changes in muscle and 2% changes in fat.<sup>1</sup>

### How should I prepare for a BodyLogic scan?

For optimized results:

- Wear light and comfortable clothing without any metal or jewelry. Avoid clothing with zippers, snaps, fasteners, belts or an underwire.
- Be normally hydrated and empty bladder and bowels before the scan.
- Do not eat 4-6 hours before the scan.
- Do not exercise vigorously 4-6 hours before the scan.
- For follow up BodyLogic scans, it is best to have them performed at the same time of day, and for women, the same day in their monthly cycle.

### How often can I get a BodyLogic scan?

The frequency of BodyLogic scans is dependent on your circumstances, goals, and program. Work with your BodyLogic scan provider to determine the best scan frequency for you.

### What is the radiation dose of a BodyLogic scan?

The radiation dose received during one BodyLogic scan is approximately equivalent to one day of background radiation. Another way to think about the dose is it is less than the radiation dose you receive during a cross-country flight. The dose from a BodyLogic scan is much less than a CT scan or a standard X-ray.<sup>2</sup>

1. Nowitz et al. Short term in-vivo precision of whole body composition measurements on the Horizon A densitometer. Journal of Medical Imaging and Radiation Oncology. 2017

2. Shepherd, Ng, Sommer, Heymsfield. Bone (2017), Bone (2017), <http://dx.doi.org/10.1016/j.bone.2017.06.010>

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