

UC Davis Sports Medicine

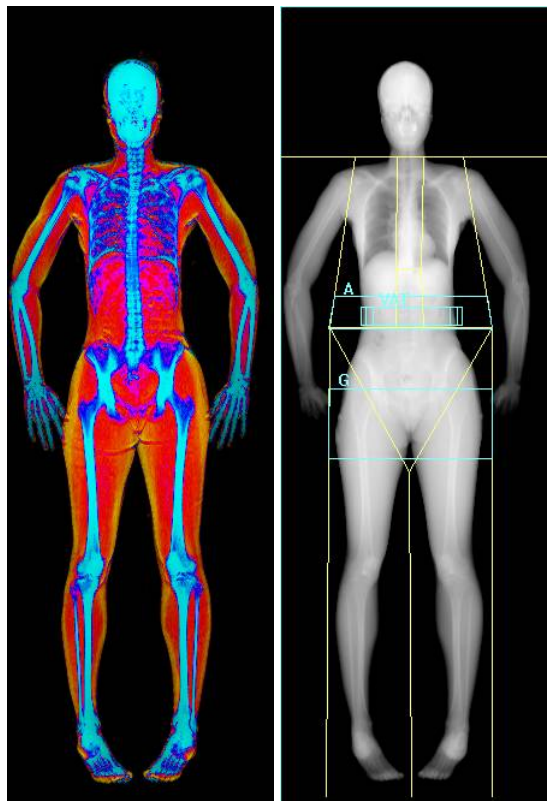
3301 C Street Suite 1600

Sacramento, CA 95816

Telephone: 916-734-6805

E-Mail: hs-sportsperformance@ucdavis.edu

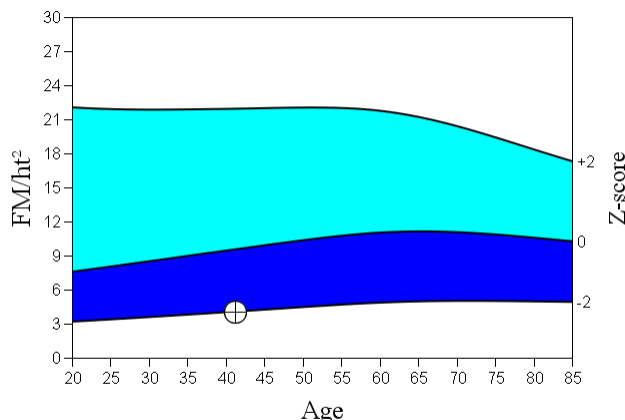
Name:	Sex: Female	Height: 168.2 cm
Patient ID:	Ethnicity: White	Weight: 54.6 kg
DOB:		Age:



Images not for diagnostic use

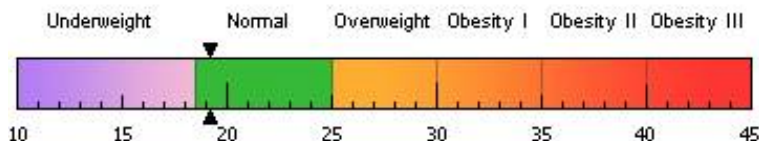


Fat Mass/Height²



Source: NHANES Classic White Female.

World Health Organization Body Mass Index Classification
BMI = 19.3 WHO Classification Normal



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.

Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	%Fat Percentile YN	AM
L Arm	580	2278	2857	20.3	4	2
R Arm	607	2561	3168	19.2	3	2
Trunk	4084	19379	23463	17.4	10	5
L Leg	2754	7305	10060	27.4	6	4
R Leg	2844	6917	9761	29.1	9	6
Subtotal	10869	38440	49309	22.0	7	3
Head	704	3240	3945	17.9		
Total	11574	41680	53254	21.7	7	3
Android (A)	437	2667	3104	14.1		
Gynoid (G)	2718	6475	9193	29.6		

Scan Date:
Scan Type: Whole Body
Analysis: Auto Whole Body

Operator:
Model:
Comment: Discovery W (S/N 71377)

Adipose Indices

Measure	Result	Percentile	
		YN	AM
Total Body % Fat	21.7	7	3
Fat Mass/Height² (kg/m²)	4.09	7	3
Android/Gynoid Ratio	0.48		
% Fat Trunk/% Fat Legs	0.62	23	13
Trunk/Limb Fat Mass Ratio	0.60	22	12
Est. VAT Mass (g)	132		
Est. VAT Volume (cm ³)	143		
Est. VAT Area (cm ²)	27.4		

Lean Indices

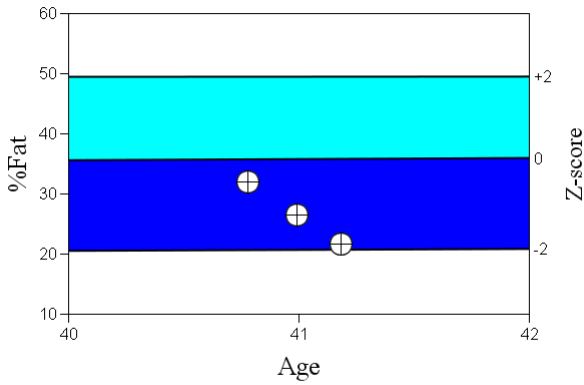
Measure	Result	Percentile	
		YN	AM
Lean/Height ² (kg/m ²)	13.9	14	11
Appen. Lean/Height ² (kg/m ²)	6.34	32	31

Est. VAT = Estimated Visceral Adipose Tissue
YN = Young Normal
AM = Age Matched

Name:	Sex: Female	Height: 168.2 cm
Patient ID:	Ethnicity: White	Weight: 54.6 kg
DOB:		Age:

Referring Physician: WAITE, BRANDEE L

Total Body % Fat



Source: NHANES Classic White Female.

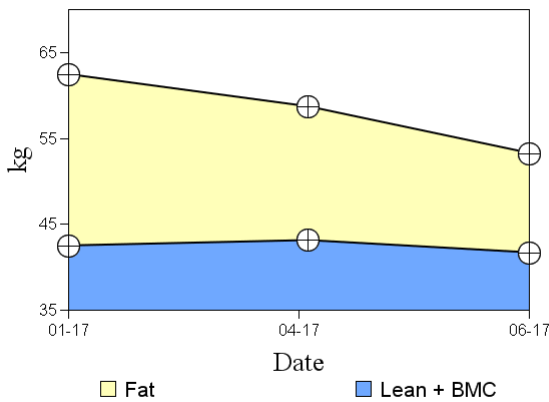
Total Body % Fat Results

Scan Date	Age	%Fat (%)	Percentile		Change vs	
			YN	AM	Baseline	Previous
06/14/2017	41	21.7	7	3	-10.2	-4.8
04/04/2017	40	26.5	21	11	-5.4	-5.4
01/17/2017	40	31.9	46	31		

Total Fat Mass Results

Scan Date	Age	Fat Mass (g)	Change/Month vs		Change vs	
			Baseline	Previous	Baseline	Previous
06/14/2017	41	11574	-1733	-1714	-8369	-3997
04/04/2017	40	15571	-1751	-1751	-4372	-4372
01/17/2017	40	19942				

Compartmental Trending



Total Lean Mass Results

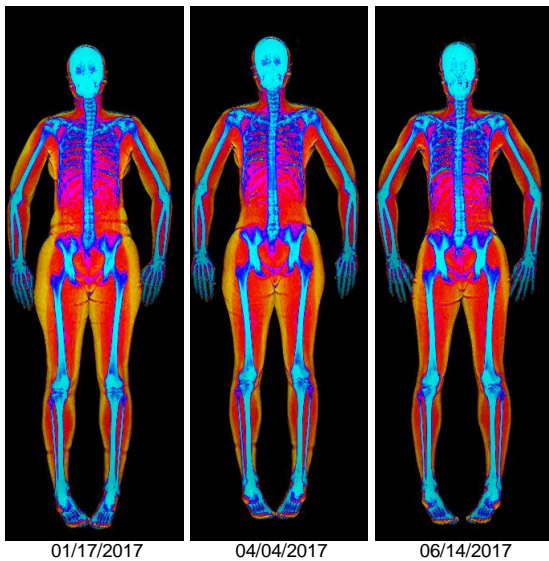
Scan Date	Age	Lean (g)	Change/Month vs		Change vs	
			Baseline	Previous	Baseline	Previous
06/14/2017	41	39462	-152	-592	-735	-1381
04/04/2017	40	40844	259	259	647	647
01/17/2017	40	40197				

Total Mass Results

Scan Date	Age	Mass (g)	Change/Month vs		Change vs	
			Baseline	Previous	Baseline	Previous
06/14/2017	41	53254	-1900	-2327	-9174	-5428
04/04/2017	40	58682	-1500	-1500	-3746	-3746
01/17/2017	40	62428				

YN = Young Normal

AM = Age Matched



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DOB:		Age:

Referring Physician: WAITE, BRANDEE L

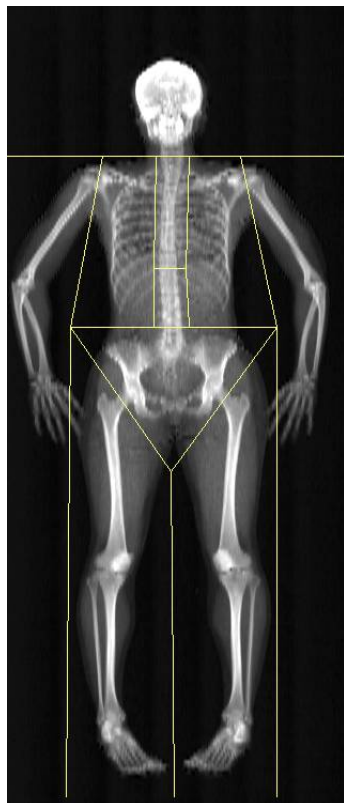


Image not for diagnostic use
318 x 150

Scan Information:

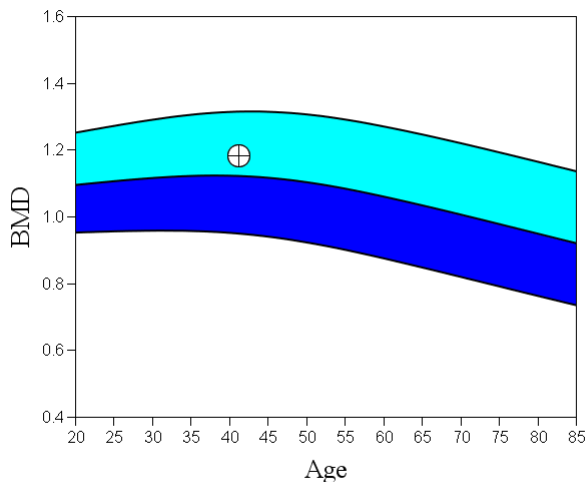
Scan Date: ID:
 Scan Type: a Whole
 Analysis: 08:20 Version 13.5.2.1
 Auto Whole Body
 Operator:
 Model: Discovery W (S/N 71377)
 Comment:

DXA Results Summary:

Region	Area (cm ²)	BMC (g)	BMD (g/cm ²)	T - score	Z - score
L Arm	187.71	141.96	0.756		
R Arm	199.40	155.16	0.778		
L Ribs	96.97	69.66	0.718		
R Ribs	101.26	72.35	0.714		
T Spine	107.49	101.81	0.947		
L Spine	54.13	65.13	1.203		
Pelvis	244.96	276.00	1.127		
L Leg	331.42	410.07	1.237		
R Leg	327.13	413.76	1.265		
Subtotal	1650.47	1705.89	1.034		
Head	223.93	512.17	2.287		
Total	1874.40	2218.06	1.183		0.7

Total BMD CV 1.0%

Total



Comment:

T-score vs. White Female. Source:2012 BMDCS/NHANES. Z-score vs. White Female. Source:2012 BMDCS/NHANES.

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DOB:		Age:

Referring Physician: WAITE, BRANDEE L

Scan Information:

Scan Date: ID:
Scan Type: a Whole Body
Analysis: Version 13.5.2.1
Auto Whole Body
Operator: gc
Model: Discovery W (S/N 71377)
Comment:

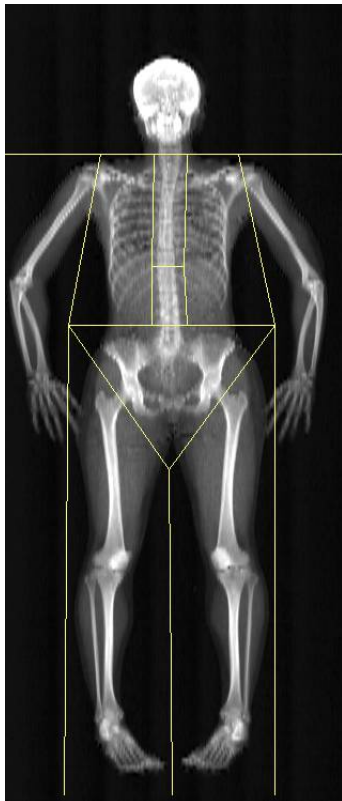
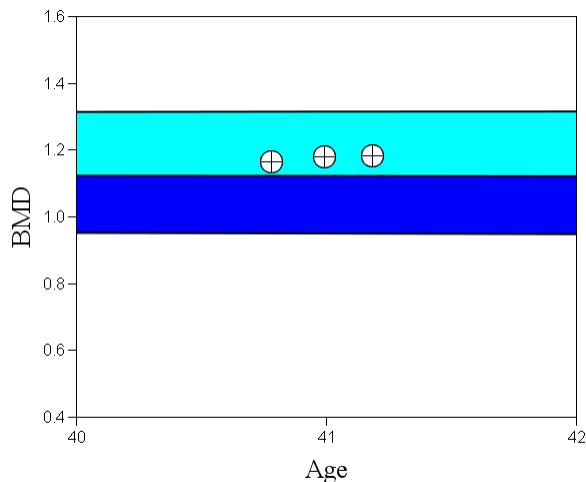


Image not for diagnostic use
318 x 150

Total



T-score vs. White Female. Source:2012 BMDCS/NHANES. Z-score vs. White Female. Source:2012 BMDCS/NHANES.

DXA Results Summary:

Scan Date	Age	BMD (g/cm ²)	T - score	BMD Change (g/cm ²)	
				vs Baseline	vs Previous
06/14/2017	41	1.183		0.017 (1.5%)*	0.004 (0.4%)
04/04/2017	40	1.179		0.013 (1.1%)	0.013 (1.1%)
01/17/2017	40	1.166			

* Denotes significance at 95% confidence level, LSC is 0.014 g/cm²

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DOB:		Age:

Scan Information:

Scan Date:	ID:
Scan Type: a Whole Body	
Analysis: Version 13.5.2.1	
Auto Whole Body	
Operator: gc	
Model: Discovery W (S/N 71377)	
Comment:	

DXA Results Summary:

Region	BMC (g)	Fat Mass (g)	Lean Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat
L Arm	141.96	579.5	2135.9	2277.9	2857.4	20.3
R Arm	155.16	606.8	2406.3	2561.5	3168.2	19.2
Trunk	584.94	4084.3	18793.8	19378.8	23463.0	17.4
L Leg	410.07	2754.5	6895.0	7305.1	10059.6	27.4
R Leg	413.76	2844.3	6503.1	6916.8	9761.1	29.1
Subtotal	1705.89	10869.3	36734.2	38440.1	49309.3	22.0
Head	512.17	704.3	2728.1	3240.2	3944.5	17.9
Total	2218.06	11573.5	39462.2	41680.3	53253.8	21.7

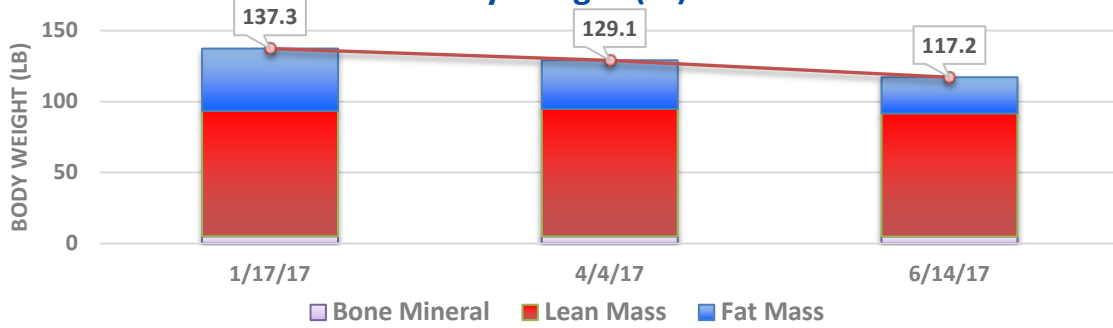
TBAR2766

DXA Body Composition

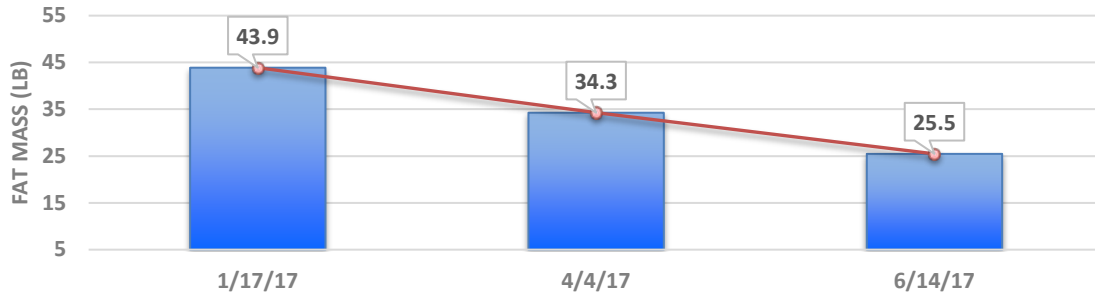
Test Subject

Date:

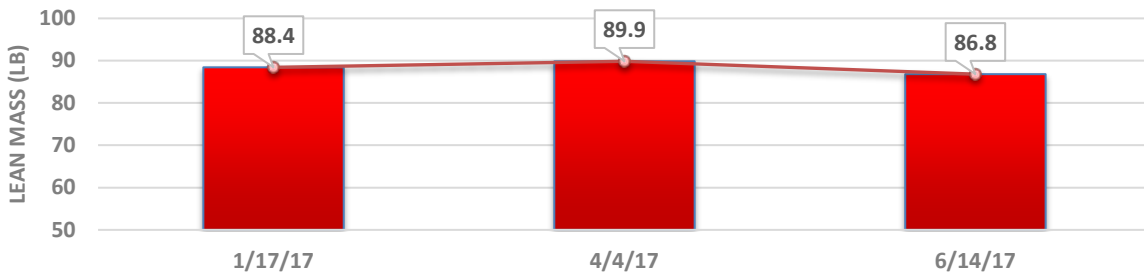
Body Weight (lb)



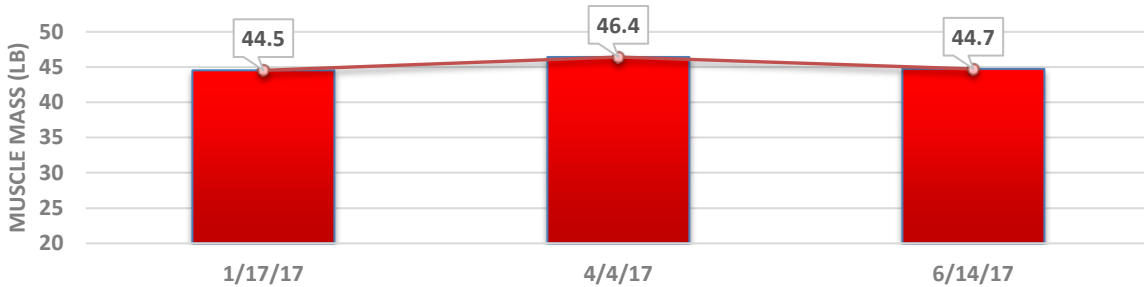
Fat Mass (lb)



Lean Mass (lb)



Skeletal Muscle Mass (lb, est.)



DXA Body Composition

Test Subject

Date:

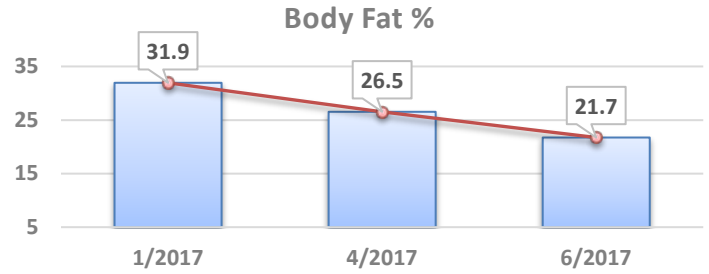
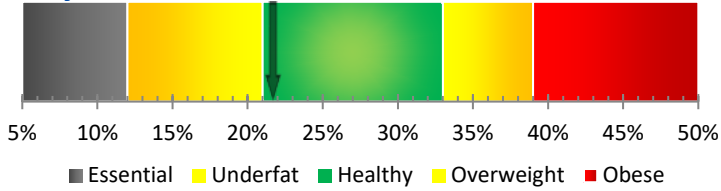


Sports Medicine

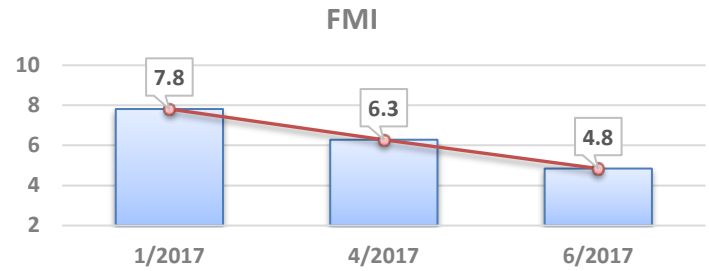
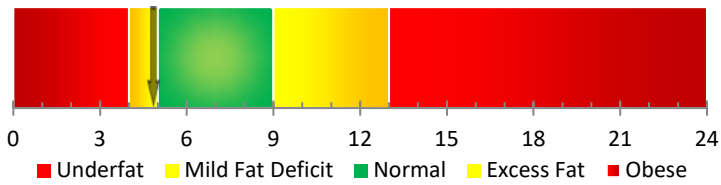
Sports Performance and Wellness

Body Fat

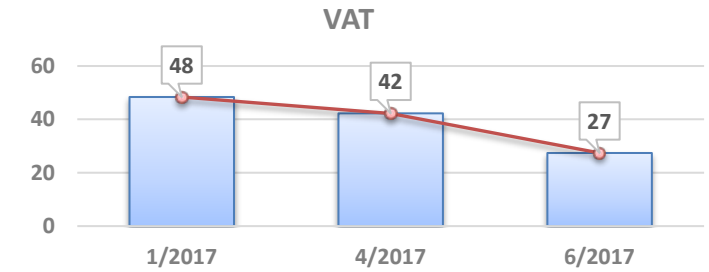
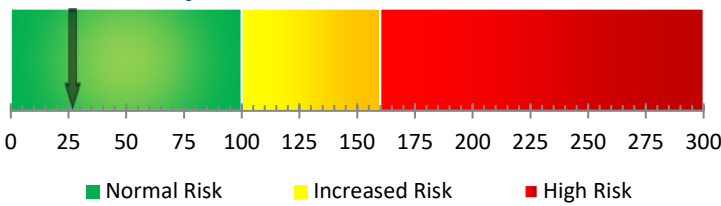
Body Fat: 21.7%



NHANES Fat Mass Index: 4.8 kg/m²



Visceral Adipose Tissue: 27 cm²



Notes:

DXA Body Composition

Test Subject

Date:

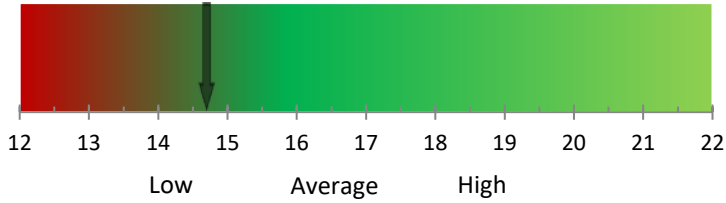


Sports Medicine

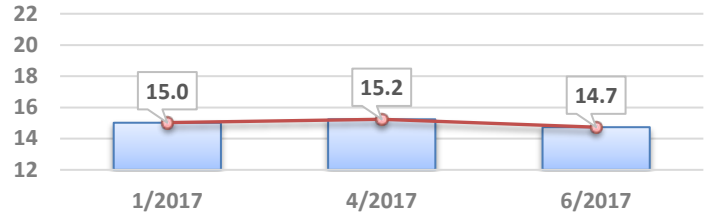
Sports Performance and Wellness

Lean Mass

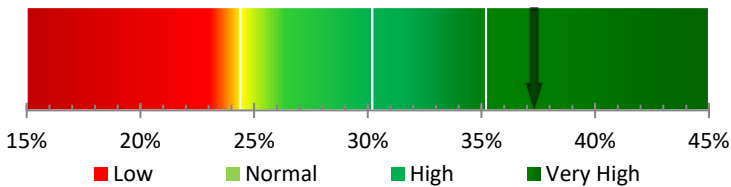
Fat Free Mass Index: 14.7 kg/m²



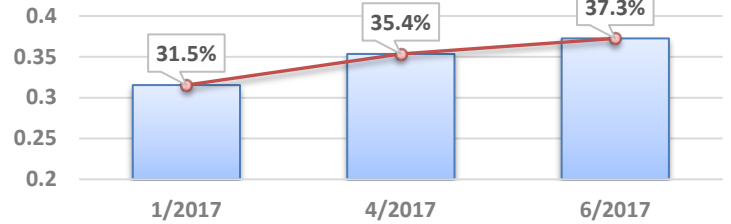
FFMI



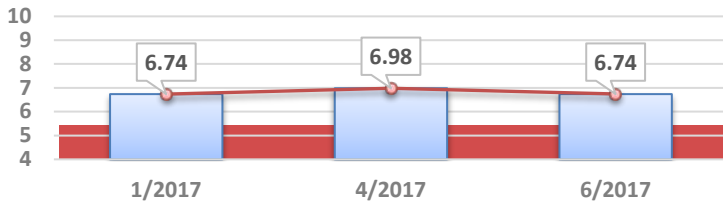
Skeletal Muscle Mass: 37.3%



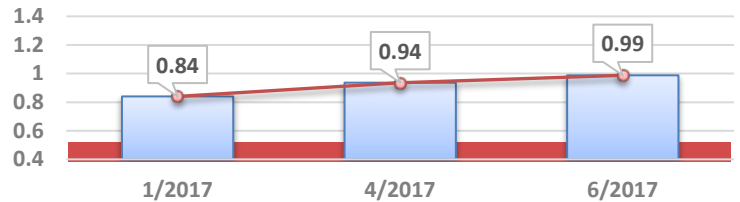
SMM%



Appendicular Lean Mass/Ht²: 6.7



Appendicular Lean Mass/BMI: 0.988



An ALM/height² ratio below 5.5 and/or ALM/BMI ratio below .51 in females is associated with insufficient muscle mass.

DXA Body Composition

Test Subject

Date:



Sports Medicine

Sports Performance
and Wellness

Metabolism

Resting Metabolic Rate

(estimated from tissue mass and tissue specific metabolic rates)

1,210 Cal/day

Daily Caloric Needs (Estimated)

Sedentary (Sitting most of the day, typical desk job)

Lightly Activity (Walking around a good amount, retail jobs)

Moderately Activity (Constant, fast walking, waiting tables)

Vigorously Active (Very labor intensive, construction)

TDEE

1,450

1,610

1,800

2,140

(TDEE = Total Daily Energy Expenditure)

Bone Density

Whole Body Bone Density

Z-Score

0.5

At risk for Low Bone Density ≤ -1.0

At risk for Osteoporosis ≤ -2.5