Lunar Prodigy Advance

POTENTIAL HEALTH DEVELOPMENT PVT LTD

5TH FLOOR NO:71 SONA TOWERS
MILLERS ROAD BANGALORE
Phone: +919900784422

Body Composition/BMD Report: 05 October 2021

CLIENT

Name:

Age: 53.9 years	**Birth Date:** 08/01/1967	
Sex: Male	**Height:** 184.0 cm	**Patient ID:** (not specified)
Ethnicity: White	**Weight:** 82.5 kg	**Measured:** 07/23/2021

LEAN

Lean mass includes all parts of the body [organs, muscle, and fluids] but excludes body fat.

The higher the Tissue %Lean, the more muscular the body.

Total Mass:	76.4 kg
Lean Mass:	57,176 g
Tissue %Lean:	74.8 %

FAT

USA (Lunar) Reference Chart: No reference data for Total Body [Total] region.
Total Body support disabled.

Fat Mass:	16,105 g
Tissue (%Fat)	22.0 %

Composition Reference Graph shows your Total Body %Fat result compared to a reference population. This comparison is very similar to how babies are measured and compared to reference data for height and weight. The bold black line on the graph represents the median result for the reference population. The square on the graph represents your result. There are currently no standard definitions of normal or obesity based on %Fat results, but you can see how you compare to this reference population.

World Health Organization BMI Classification

BMI = 24.4 (kg/m²)

13	18.5		25	30	35
Underweight		Normal		Overweight	Obese
44	63		85	102	118
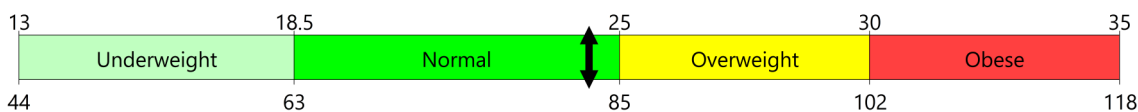
Weight (kg) for height = 184.0 cm

ANDROID / GYNOID (waist / hip)

While Total Body %Fat will tell you more about your overall fitness than your weight alone, regional fat distribution tells you where the fat is located.

Android (waist) fat is often associated with apple-shaped body types.

Gynoid (hip) fat is often associated with pear-shaped body types.

Region	Tissue %Fat
Android:	25.0 %
Gynoid:	21.6 %
A/G Ratio:	1.16

BONE

Total Body: Total (BMD)

BMD (g/cm²)   YA T-score

Age (years)

USA (Combined NHANES/Lunar)
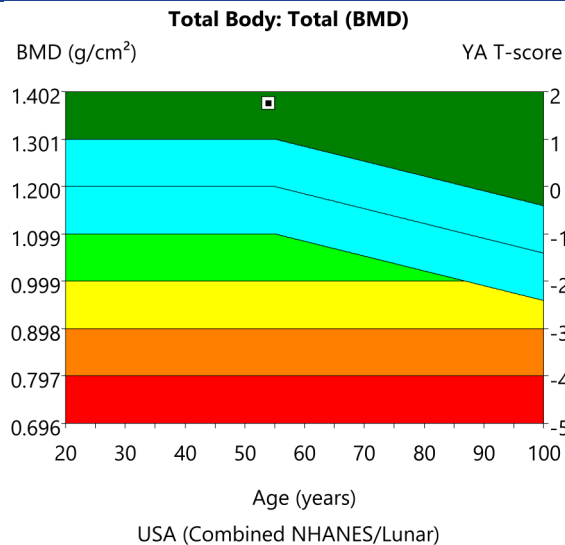
Age	BMD (g/cm²)	T-score	Z-score	Centile
53.9	1.378	1.8	1.8	96

A bone densitometry test helps your physician to diagnose osteoporosis. The test compares your Bone Mineral Density (BMD) to that of a "young adult" at peak bone strength, displayed as your T-score. It also compares your results to people of your same age, called "age-matched" displayed as your Z-score. This information, along with other factors, helps physicians assess your risk of osteoporotic fracture.

RESTING METABOLIC RATE (RMR)

Resting Metabolic Rate (RMR) is synonymous with Resting Energy Expenditure (REE) and is an estimate of how many calories you would burn if you were to do nothing but rest. It represents the minimum amount of energy needed to maintain body temperature, heartbeat, and respiratory rate.

RMR:	1,602 cal/day

RMR (Resting Metabolic Rate) based on Mifflin-St Jeor equation.
RMR = 19.7 x FFM(fat free mass) + 413
Mifflin MD, St Jeor ST, Hill LA, Scott BJ, Daugherty SA, Koh YO. A new predictive equation for resting energy expenditure in healthy individuals., Am J Clin Nutr., 1990 Feb;51(2):241-7. PMID: 2305711

RELATIVE SKELETAL MUSCLE INDEX (RSMI)

RSMI represents the relative amount of muscle in the arms and legs.

RSMI:	8.10 kg/m²

RSMI (Relative Skeletal Muscle Index) based on Baumgartner equation.
RSMI = (lean mass of arms[kg] + lean mass of legs[kg]) / (height[m])²
Baumgartner RN, Koehler KM, Gallagher D, Romero L, Heymsfield SB, Ross RR, Garry PJ, Lindeman RD (1998) Epidemiology of sarcopenia among the elderly in New Mexico. Am J Epidermiol 147(8):755-763.

Lunar Prodigy Advance

POTENTIAL HEALTH DEVELOPMENT PVT LTD
5TH FLOOR NO:71 SONA TOWERS
MILLERS ROAD BANGALORE
Phone: +919900784422

| Client	Sex	Ethnicity	Birth Date	Height	Weight	Measured
	Male	White	08/01/1967	184.0 cm	82.5 kg	07/23/2021

Abdomen Composition
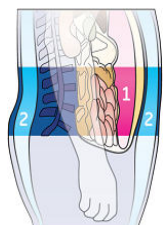
Adipose Tissue
1 Visceral
2 Subcutaneous

The Android region is that of the abdomen, and often the body type with increased fat in this area is described as "apple shaped." The Gynoid region is that around the hips and thighs and often the body type with increased fat in this area is described as "pear shaped." Understanding where fat is stored on the body is recognized as an important predictor of the potential health risks of obesity.

CoreScan estimates the VAT (Visceral Adipose Tissue) content within the android region, VAT is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and type 2 diabetes. CoreScan results have been validated for adults between ages 18-90, and with a BMI in the range of 18.5-40.
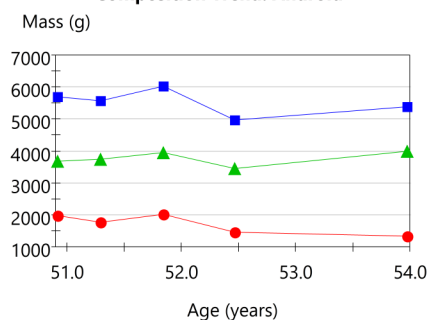
Total

Composition Trend: Total
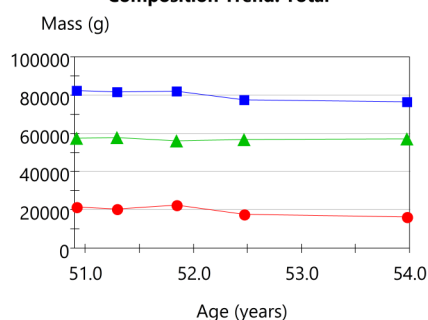
Date	Age	Total Mass (kg)	Lean Mass (g)	Fat Mass (g)
07/02/2018	50.9	82.3	57,481	21,539
11/17/2018	51.2	81.6	57,817	20,527
06/04/2019	51.8	81.8	56,071	22,571
01/20/2020	52.4	77.5	56,621	17,689
07/23/2021	53.9	76.4	57,176	16,105

Android / Gynoid

Composition Trend: Android

Date	Age	Android Mass (kg)	Android Lean (g)	Android Fat (g)	Android %Fat	Gynoid %Fat	A/G Ratio
07/02/2018	50.9	5.7	3,668	1,968	34.9	26.5	1.32
11/17/2018	51.2	5.6	3,749	1,761	32.0	25.7	1.24
06/04/2019	51.8	6.0	3,941	2,020	33.9	29.9	1.13
01/20/2020	52.4	5.0	3,451	1,456	29.7	24.2	1.23
07/23/2021	53.9	5.4	3,988	1,332	25.0	21.6	1.16

Visceral Adipose Tissue (VAT)

Composition Trend: VAT
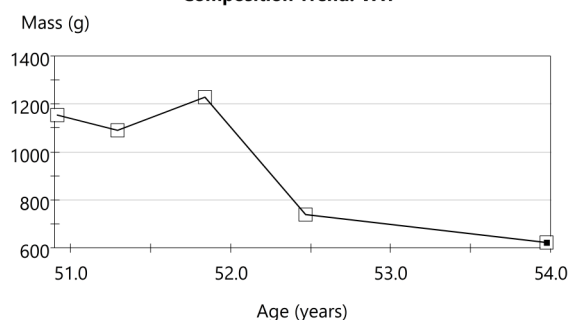
| Date	Age	Fat Mass (g)	Volume (cm³)
07/02/2018	50.9	1,154	1,223
11/17/2018	51.2	1,089	1,155
06/04/2019	51.8	1,228	1,301
01/20/2020	52.4	738	782
07/23/2021	53.9	623	661

Lunar Prodigy Advance (GE)

POTENTIAL HEALTH DEVELOPMENT PVT LTD
5TH FLOOR NO:71 SONA TOWERS
MILLERS ROAD BANGALORE
Phone: +919900784422

Client	Sex	Ethnicity	Birth Date	Height	Weight	Measured
	Male	White	08/01/1967	184.0 cm	82.5 kg	07/23/2021

Segmental Analysis

Color Coding
Bone — Lean — Fat
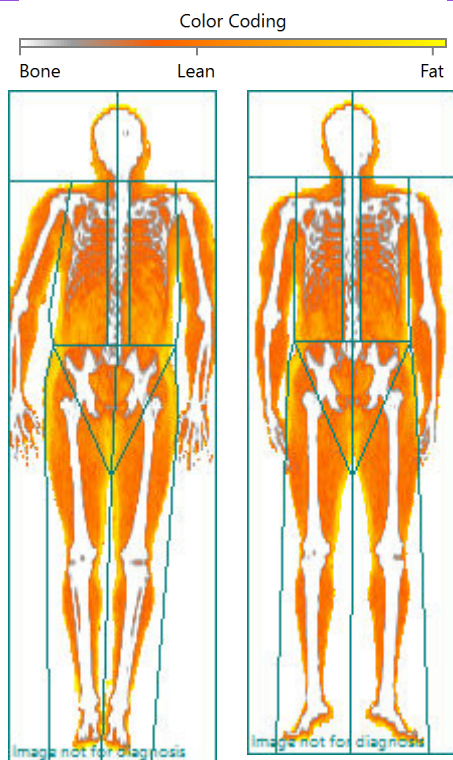
07/02/2018   07/23/2021

Image not for diagnosis

Region	%Fat (%)	Total Mass (kg)	Fat Mass (g)	Lean Mass (g)	BMC (g)
Arms Total	15.4	10.5	1,545	8,492	466
Right	16.0	5.5	840	4,409	248
Left	14.7	5.0	705	4,082	217
Difference	1.3	0.5	135	327	31
Legs Total	20.6	25.1	4,904	18,936	1,220
Right	20.4	12.8	2,480	9,685	617
Left	20.8	12.3	2,424	9,251	603
Difference	-0.4	0.5	57	434	14
Trunk	24.9	36.0	8,734	26,322	918
Android	25.0	5.4	1,332	3,988	63
Gynoid	21.6	11.6	2,429	8,837	300
Total	22.0	76.4	16,105	57,176	3,159

BMC = Bone Mineral Content

**World Health Organization BMI Classification**

BMI = 24.4 (kg/m^2)

13	18.5		25	30	35
Underweight		Normal	Overweight	Obese	
44	63		85	102	118

Weight (kg) for height = 184.0 cm
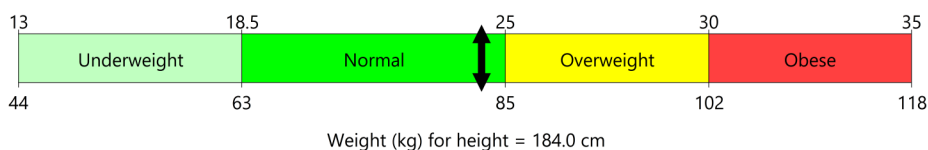
Body Composition History (Region: Total)

Measured Date	Total Mass (kg)	Change vs. Baseline (kg)	Change vs. Previous (kg)	Fat Mass (g)	Change vs. Baseline (g)	Change vs. Previous (g)	Lean Mass (g)	Change vs. Baseline (g)	Change vs. Previous (g)
07/02/2018	82.3	baseline	-	21,539	baseline	-	57,481	baseline	-
...	...	...	...	...	...	...	...	...	...
06/04/2019	81.8	-0.5	0.2	22,571	1,032	2,044	56,071	-1,410	-1,746
01/20/2020	77.5	-4.8	-4.3	17,689	-3,850	-4,882	56,621	-860	550
07/23/2021	76.4	-5.9	-1.1	16,105	-5,434	-1,584	57,176	-305	555

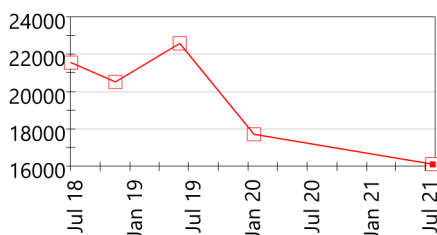**Composition Trend: Total**

Total Mass (kg) vs Measured Date
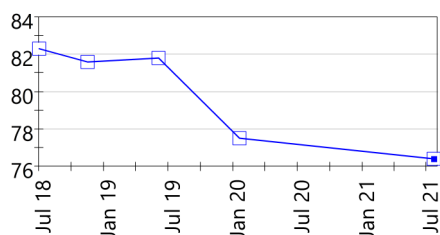
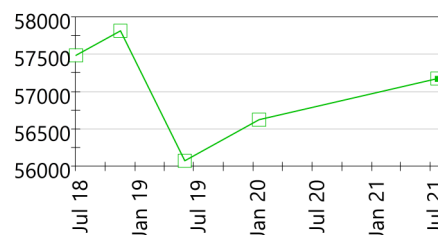**Composition Trend: Total**

Fat (g) vs Measured Date

Composition Trend: Total

Lean (g) vs Measured Date

Recommendation / Follow-up

Add text here...