Concord Medical Centre
Braydon Avenue
Bristol BS34 6BQ

Body Composition/BMD Report: 13 May 2011

CLIENT

Patient: S

Age:	54	**Birth Date:**	. 1956		
Gender:	Male	**Height:**	177.0 cm	**Patient ID:**	(not specified)
Ethnicity:	White	**Weight:**	74.2 kg	**Exam Date:**	12/05/2011

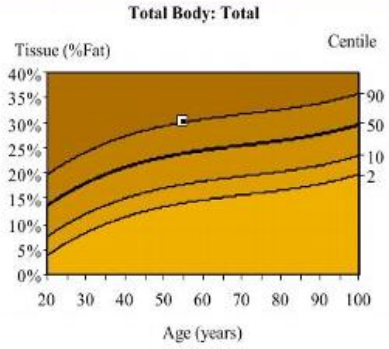
LEAN

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.

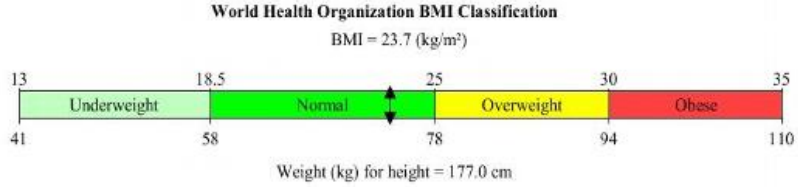
Total Weight:	73.8 kg
Lean Weight:	49,019 g
Tissue %Lean:	66.4%

FAT



Fat Weight:	21,458 g
Tissue %Fat:	30.4%

Composition Reference Centile Graph shows your Total Body Tissue %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 50th percentile (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 Tissue %Fat results, but you can see how you compare to this reference population.



http://www.body-composition.co.uk
Tel:01454616767

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ANDROID / GYNOID (waist / hip)

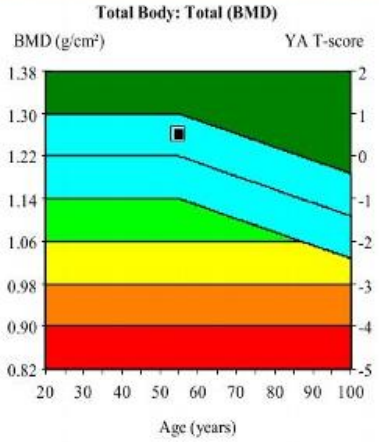
While Total Body %Fat will tell you more about your overall fitness than your weight alone, regional fat distribution tells you **where** the fat is located.

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:	39.6%
Gynoid:	34.1%
A/G Ratio:	1.16

BONE



Age	BMD	T-score	Z-score
54.7	1.262 g/cm²	0.5	0.5

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. The difference between your result and that of a "young adult" is given as a T-score. A panel of experts at the World Health Organization (WHO) has developed categories that define the amount of bone loss:

Normal: T-score that is above –1
Osteopenic: T-score between –1 and –2.5 *(Low bone density)*
Osteoporosis: T-score below –2.5

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 Harris-Benedict equation)
*RMR(male)=66.473 - 6.775*age[yrs] + 13.7516*weight[kg] + 5.0033*height[cm]*
*RMR(female)=655.0955 - 4.6756*age[yrs] + 9.5634*weight[kg] + 1.8496*height[cm]*
Harris JA, Benedict FG. A biometric study of basal metabolism in man. Washington, DC: Carnegie Institute of Washington, 1919. (Carnegie Institute of Washington Publication 279).

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RELATIVE SKELETAL MUSCLE INDEX (RSMI)

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

RSMI:	6.81 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.

ASSESSMENT

Nutritional Evaluation

Protein:	☐ **Normal**	☐ **Deficient**
Mineral:	☐ **Normal**	☐ **Deficient**
Fat:	☐ **Normal**	☐ **Deficient**

Weight Management

Weight:	☐ **Normal**	☐ **Under**	☐ **Over**	
Lean:	☐ **Normal**	☐ **Under**	☐ **Strong**	
Fat:	☐ **Normal**	☐ **Under**	☐ **Over**	
Tissue %Fat:	☐ **Normal**	☐ **Under**	☐ **Obese**	☐ **Very Obese**
A/G Ratio:	☐ **Normal**	☐ **Under**	☐ **Obese**	☐ **Very Obese**
BMI:	☐ **Normal**	☐ **Underweight**	☐ **Overweight**	☐ **Obese**

Body Strength

Upper:	☐ **Normal**	☐ **Weak**	☐ **Developed**
Lower:	☐ **Normal**	☐ **Weak**	☐ **Developed**
Muscle:	☐ **Normal**	☐ **Weak**	☐ **Developed**