



MIC's whole body composition analysis tells you what percentage of your body is lean tissue and what percentage is body fat. You can then use this information as a baseline before starting, or making changes to, your health or fitness program.



## How is the body composition test done?

MIC uses dual-energy x-ray absorptiometry (DXA) to determine your body composition. This special low-dose x-ray machine scans your whole body and measures three types of tissue:

- Bone mineral content.
- Lean tissue including muscle, ligaments, tendons, and organs such as the heart, lungs, liver and bowel.
- Body fat.

Once the test is complete, you will be given a report that tells you the total amount of fat in your body as a percentage of your total body weight. This is referred to as your body fat percentage.

## What happens during the DXA test?

The DXA test is a simple, straightforward procedure. You will lie on a padded table and your technologist will place your feet in a brace designed to keep your legs in a specific position. A small arm of the DXA machine will gradually pass over you to measure your body components. You will need to remain still for the entire procedure (7 to 10 minutes). There are no complications from the test and the amount of radiation used is very small—about 1/10th of the amount you receive during a chest x-ray.

## How do I prepare for my appointment?

No special preparations are required for a DXA test. You should wear comfortable clothing without any metal on it. If you prefer, we can give you a hospital gown to wear. We will ask you to remove your jewelry, but don't worry if you have a small piercing that cannot be removed. It may interfere with the measurements during the test, but the effect will be minimal.

## Are there any reasons I cannot get a DXA test?

You cannot have the test if:

- You have a nuclear medicine exam or x-ray dye for a CT scan in the week leading up to your DXA appointment, or an exam with a barium drink two weeks before your appointment. These tests can interfere with the DXA measurements.
- You are pregnant since it is important to protect your fetus from any exposure to radiation. If you think you might be pregnant, you should wait until your period starts before booking.

## What if I have an artificial hip or knee?

You can have a DXA test if you have artificial joints or spine supports. The metal in your body will have some effect on the accuracy of the DXA test, but the effect on the body fat measurement is usually very small.

## What will the test tell me about my bones?

The DXA test measures the amount of mineral in your entire skeleton, which reflects the calcium content of your bones. If your results show **low bone mineral content**, this can be an indication of osteoporosis. Since osteoporosis affects certain bones more than others, the best way to diagnose this condition is through a bone densitometry test that **specifically measures the bone density of your spine and hip**. MIC Medical Imaging offers bone densitometry at several clinics in the Edmonton area.

## How do I book a whole body composition analysis?

First, you will need to ask your healthcare practitioner for a requisition. Then you can book your appointment by calling MIC Central Booking at 780.450.1500. The cost for your test and the results is \$60.