



## Your whole body composition results are:

Total Body Fat Percentage: \_\_\_\_\_ %      Total Body Bone Mineral Content: \_\_\_\_\_  Z-score  T-score  
 Absolute Total Body Fat: \_\_\_\_\_ kg      DXA Machine Serial Number: \_\_\_\_\_  
 Absolute Total Body Lean: \_\_\_\_\_ kg      Scan Date: \_\_\_\_\_



Total body fat percentage categories for men					
Age	Underfat	Healthy Range	Overweight	Obese	
20-39	Under 8%	8-19%	20-24%	Over 24%	
40-59	Under 11%	11-21%	22-27%	Over 27%	
60-79	Under 13%	13-24%	25-29%	Over 29%	



Total body fat percentage categories for women					
Age	Underfat	Healthy Range	Overweight	Obese	
20-39	Under 21%	21-32%	33-38%	Over 38%	
40-59	Under 23%	23-33%	34-39%	Over 39%	
60-79	Under 24%	24-35%	36-41%	Over 41%	

- Athletes may fall in the "Underfat" category due to their training.
- People of Chinese or Southeast Asian heritage should have slightly lower values for the overweight and obese categories, but the exact numbers are not known at this time.

## Comparing these results to your previous DXA whole body composition analysis

If your body fat percentage has changed, either up or down, use the information below to determine whether the difference is due to the DXA machine or an actual change in your body composition. You should start by comparing the DXA machine serial number used for this test (noted at the top of the page) with the one used for your previous test. Then look at the minimum values required for the change to be significant.

	Measurement	Minimum change to be sure difference is real
Comparing DXA results for tests performed on the same MIC machine after October 2020	Total Body Fat Percentage	1.1 %
	Absolute Total Fat	0.8 kg
	Absolute Total Lean	1.0 kg
Comparing DXA results for tests performed on a different machine, or on the same MIC machine before November 2020	Total Body Fat Percentage	3.5 %
	Absolute Total Fat	2.7 kg
	Absolute Total Lean	2.8 kg

## Total body bone mineral content results

A whole body DXA measures the total bone mineral content in your entire skeleton and your results are scored according to your age. If you are under 50, you will receive a Z-score. If you are over 50, you will be given a T-score. These scores are either positive or negative values.

If your score is a negative value and it is in a category marked with an asterisk, your results show you have **low bone mineral density**. This can be an indication of osteoporosis, but to be sure your healthcare practitioner will need to send you for a different test. Since osteoporosis affects some bones more than others, it is diagnosed through a dedicated bone densitometry test which **specifically measures the bone density of your spine and hip**.

MIC Medical Imaging offers bone densitometry at several clinics in the Edmonton area.

Bone mineral results for people under 50 years of age	
Z-Score	Classification
Above -2.0	Within expected range for age
At or below -2.0*	Below expected range for age

Bone mineral content for people 50 years of age or older	
T-Score	Classification
At or above -1.0	Normal
Between -1.0 and -2.5*	Low bone mass
At or below -2.5*	Osteoporosis

\*this value is lower than normal and you should discuss the result with your healthcare practitioner.

## For more information

Your healthcare practitioner and/or your personal trainer will be able to help interpret your DXA test results and incorporate them into your health and fitness plan.

Official Diagnostic Imaging Provider for:

