What is DXA Body Composition Analysis?

DXA Body Composition Analysis takes a precise measurement of the amount of fat, muscle and bone in your body. The result is highly accurate and presented in both graphical and numerical formats for you and your healthcare professional or trainer to review in detail. As part of your exam we then compare your result to a very large database of individuals so you can see where you “measure up” when compared to age-matched people of the same sex. In addition, DXA Body Composition Analysis estimates the amount of “visceral fat,” or fat inside your abdominal cavity, which is an independent factor for disease risk. Unlike Body Mass Index (BMI), which uses your total weight (fat, muscle and bone mass combined), we go further to calculate a Fat Mass Index (FMI), a more meaningful index that takes into account your body fat percentage in relation to your height. DXA’s ability to measure the body’s bone content also makes the analysis more precise.

Princeton Radiology is the only facility in the area that offers DXA Body Composition Analysis.
What to Expect in a DXA Body Composition Analysis

It's easy. In most cases, no special prep is necessary. Avoid calcium supplements for 24 hours before the exam. Eat normally on the day of the appointment. You should also have not had an imaging exam with oral or injected contrast material within the past seven days. The exam is entirely noninvasive and pain free. There are no guidelines about how to dress, since you will be given a gown to wear during the exam.

It's fast. The DXA scan itself takes only 3–5 minutes.

It's safe. Although DXA scans use X-rays, the radiation dose is extremely low.

It's affordable. You can obtain this important, highly accurate information about your body composition for a surprisingly low fee. Currently, this procedure is not covered by insurance plans.

Why Choose Princeton Radiology?

- Only DXA Body Composition Analysis procedure available in the area
- Respect for your time, with quick scheduling and less time in the waiting room
- Expert interpretation by board-certified, subspecialty trained radiologists
- Detailed report available upon completion of your exam
- Patient-friendly hours – including nights and weekends – to fit your schedule
- Easy parking at convenient locations – right in your neighborhood

Affordably Priced.

www.PrincetonRadiology.com

Scheduling: 609.921.8211