



## 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 health care 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.***



**Scheduling: 609.921.8211**  
**[www.PrincetonRadiology.com](http://www.PrincetonRadiology.com)**

**Princeton** | **Monroe**  
419 N. Harrison Street | 9 Centre Drive



## Body Composition Analysis



## Weight and BMI Tell Only Part of the Story

Knowing your weight and BMI doesn't necessarily tell the whole story about your proportion of body fat and your risks for problems like heart disease, stroke and Type 2 diabetes. DXA Body Composition Analysis at Princeton Radiology is a fast, painless, noninvasive, and safe way to precisely measure the proportion of body fat, lean muscle and bone in your body, giving you a more complete picture of your health. DXA is an advanced, X-ray-based imaging exam that uses a very low radiation dose – so low that, during the exam, the technologist stays right next to you at the console in the exam room!

## Who Needs DXA Body Composition Analysis?

In addition to helping clinicians assess and manage obesity, DXA Body Composition Analysis is also helpful in assessing age-related muscle loss, neuromuscular changes, and growth disorders. Knowing your FMI can help your clinician plan and monitor interventions for excessive body fat, and track the progress of physical training regimens.

DXA Body Composition Analysis may also benefit people who are:

- Diabetic
- Candidates for bariatric surgery or receiving follow-up care after a procedure
- Suffering from sarcopenia (degenerative muscle loss)
- Currently involved in a weight management program
- Anorexic
- Fitness enthusiasts



## 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.**