

## Advanced Body Composition<sup>®</sup> Assessment



# Ensuring healthy weight loss

Abnormalities in body composition are a key predictor of a patient's risk for obesity, and obesity-related diseases, including diabetes and cardiovascular disease. Often Body Mass Index (BMI) is used to diagnose clinical obesity, but it measures excess weight, not excess fat. It doesn't tell a complete story.

DXA scans clearly differentiate between fat and lean muscle mass, providing more accurate and detailed measurements of body composition. These measurements are critical for accurately assessing the state of your patient's health and defining successful treatment programs.

### Graphical Reports Help in Diagnosis and Monitoring

The Advanced Body Composition Assessment (BCA), available with whole body scans on the Hologic Horizon™ DXA system, visually presents the data from DXA scans in a series of easy-to-read graphical reports. BCA results are available immediately and use color mapping to identify fat, lean muscle mass, and bone.

BCA reports provide detailed information including patients' %Fat and %Lean Mass and enable you to compare patients' results against the NHANES database of age, gender and race matched peers. You can quickly assess and explain the state of a patient's health.

In the example below, the BMI measurement of excess weight would indicate the patient on the left (Figure 1) is obese. Yet, the DXA data and BCA analysis show the patient has a healthy ratio of fat to lean mass.

Conversely, BMI measurements for the patient on the right (Figure 2) would indicate normal weight, while BCA analysis of the patient's ratio of fat to muscle shows the patient to be at risk for obesity-related diseases.

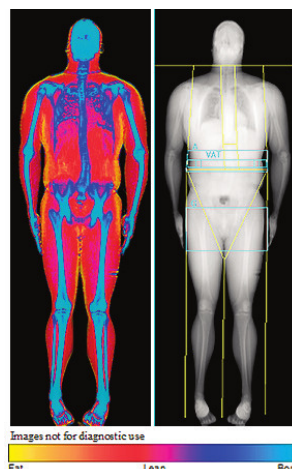


Figure 1.

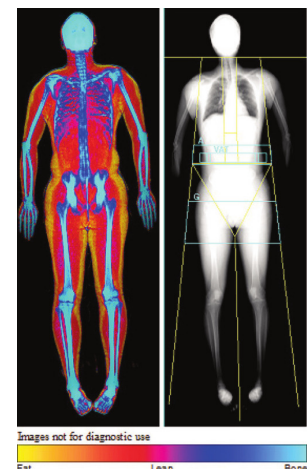
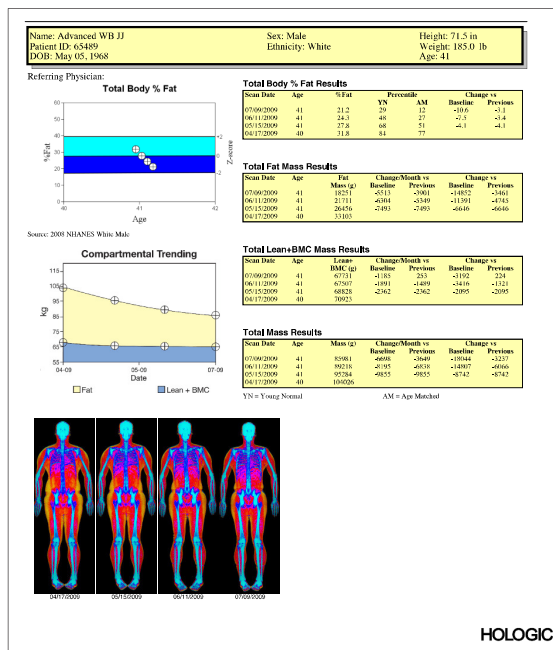


Figure 2.

# Hologic developed a unique Rate-of-Change report, which visually displays changes in a patient's body over time.

## Software Lets Patients Track Their Progress

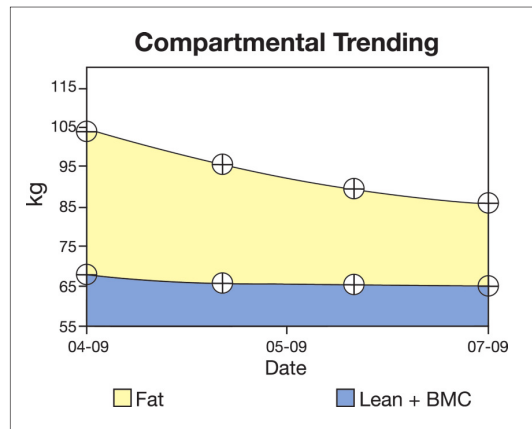
Regularly scheduled DXA scans during the course of a patient's weight management program will show if the weight loss is from fat stores – or from muscle. A key report available with BCA, the Rate-of-Change report, visually displays changes in a patient's body over time, enabling patients and clinicians to assess and adjust treatment programs.



The report shows Total Body %Fat results over time. These measurements are based on NHANES Whole Body Reference Data, enabling you to accurately compare your patients' body composition against reference data based on gender, ethnicity, and age.

BCA reports also include a Compartmental Trending report providing a graphical display of the changes in Total Body Fat Mass and Total Body Lean Mass.

BCA is unique in its ability to measure visceral adipose tissue (VAT), which is associated with increased health risks, including type-2 diabetes. Hologic holds the patent on methods for measuring VAT using DXA scans.



## Improving Treatment Outcomes

The Advanced Body Composition Assessment provides an additional tool to monitor patients' weight loss and weight management programs. When used in conjunction with weight management programs, the Advanced Body Composition Assessment can help patients lose body fat, not muscle mass, for a more successful and healthier long-term weight loss.

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