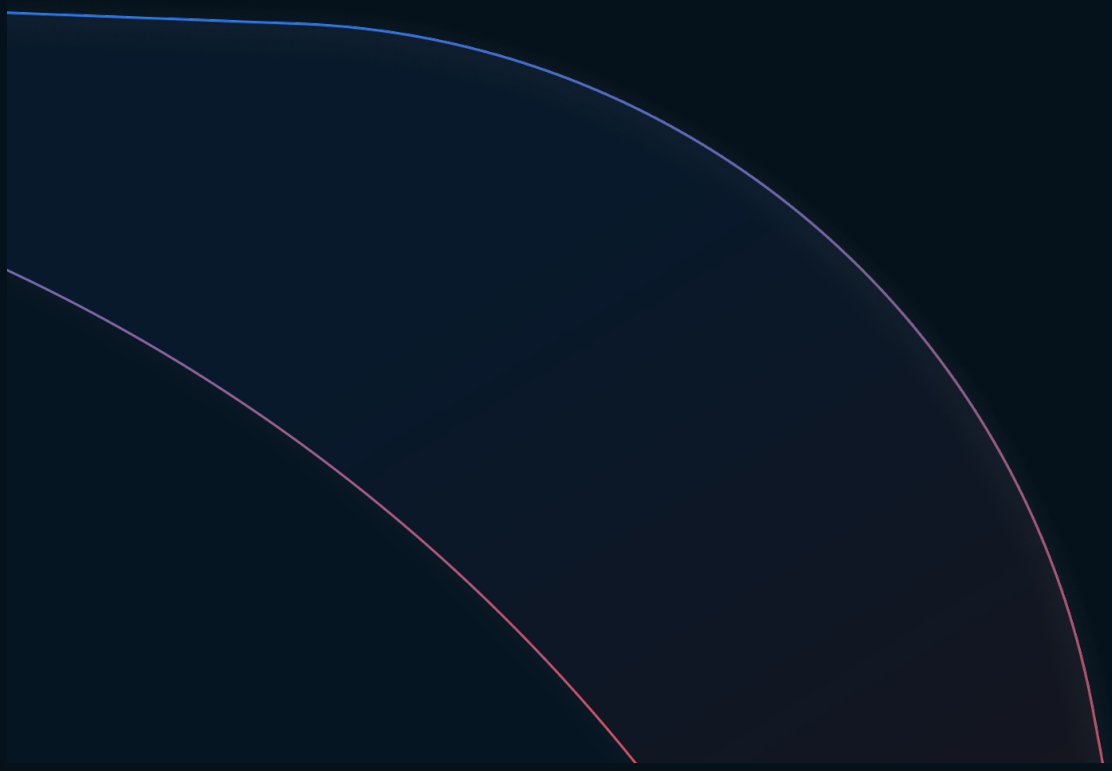
Early™

Being early matters™



DEXA Analysis

EARLY PROGRAM RESOURCE MATERIAL

Early™

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Male

DEXA Analysis

DATE:

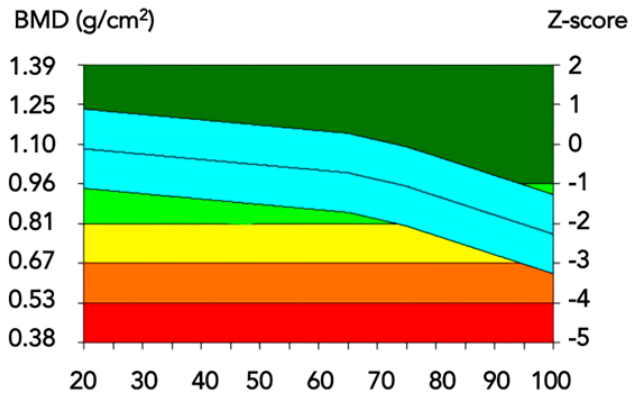
Bone mineral density, left femur (Z-score):
Bone mineral density, right femur (Z-score):
Bone mineral density, lumbar spine (Z-score):
Bone mineral density, left femur (T-score):
Bone mineral density, right femur (T-score):
Bone mineral density, lumbar spine (T-score):

Total body fat: %
Visceral adipose tissue (VAT) mass: g
Appendicular lean mass index (ALMI): kg/m^2
Fat-free mass index (FFMI): kg/m^2

ALMI = Lean Mass of Arms (kg) + Lean Mass of Legs (kg) / Height (m)^2
FFMI = Total Lean Mass (kg) / Height (m)^2
VAT = Convert your reported value into grams

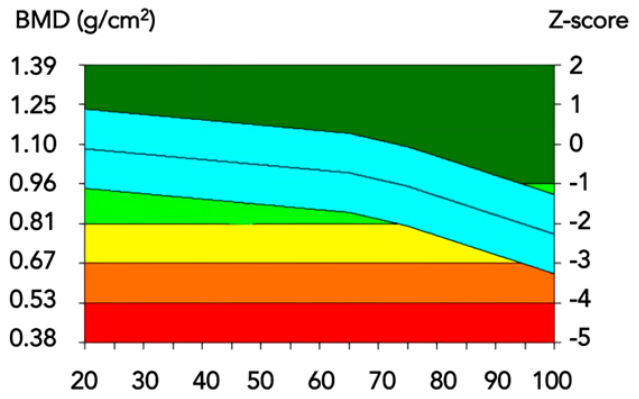
01 / 08

Bone Mineral Density
Left Femur



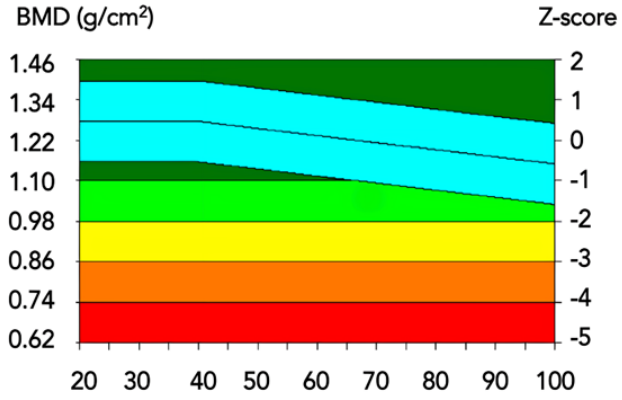
02 / 08

Bone Mineral Density
Right Femur



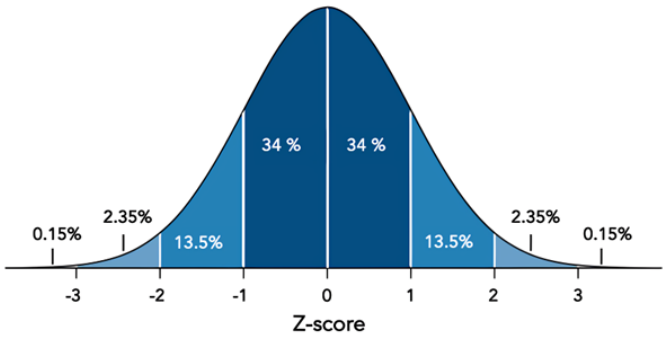
03 / 08

Bone Mineral Density
Lumbar Spine



04 / 08

Normal Distribution Curve



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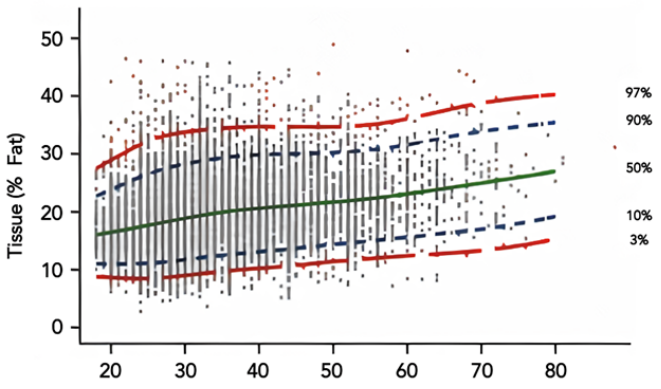
Male

DEXA Analysis

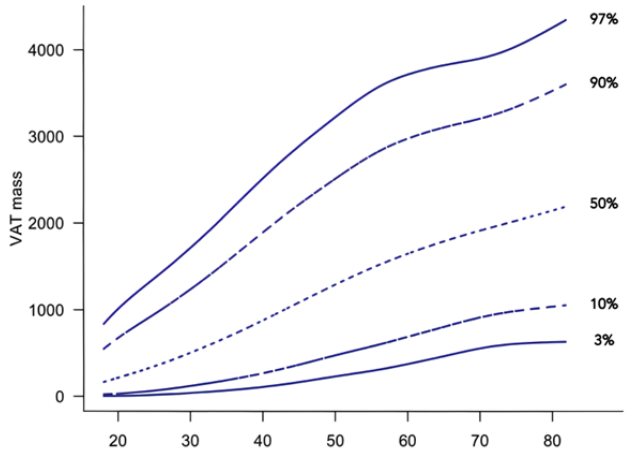
05 / 08

Total Body Fat [1]



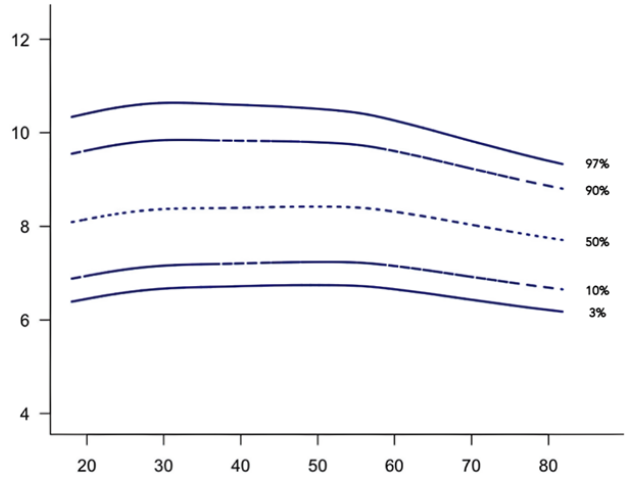
06 / 08

Visceral Adipose Tissue [2]



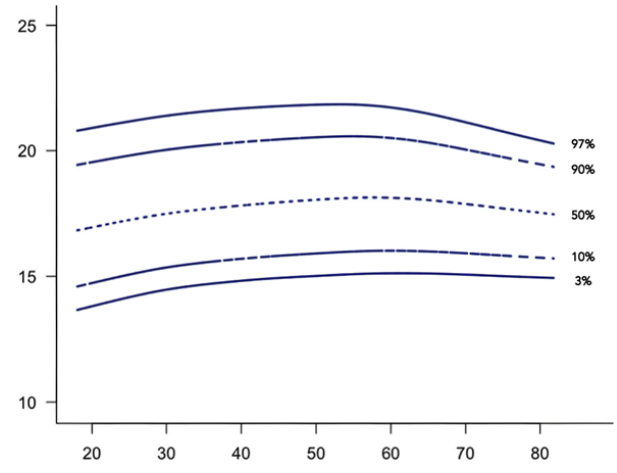
07 / 08

Appendicular Lean Mass Index (ALMI) [2]



08 / 08

Fat-Free Mass Index (FFMI) [2]



1 Total body fat is based on the Kirk et al. databased from 2013-2020. The total population dataset includes 26,999 participants. https://doi.org/10.1002/jcsm.12712

2 VAT, ALMI, and fat-free mass index are based on Ofenheimer et al. databased from 2011-2019. The total population dataset includes 10,894 participants. https://doi.org/10.1038/s41430-020-0596-5

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Female

DEXA Analysis

DATE:

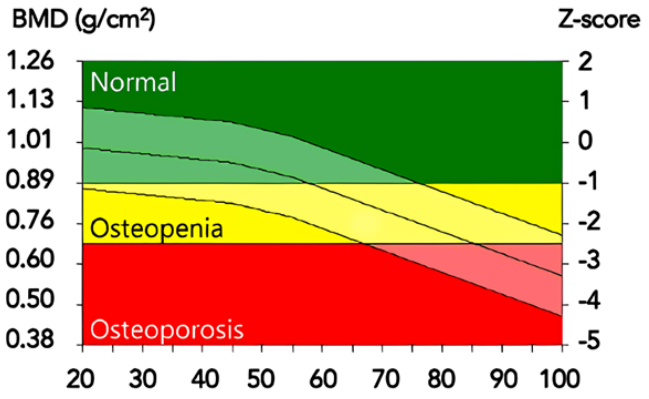
Bone mineral density, left femur (Z-score):
Bone mineral density, right femur (Z-score):
Bone mineral density, lumbar spine (Z-score):
Bone mineral density, left femur (T-score):
Bone mineral density, right femur (T-score):
Bone mineral density, lumbar spine (T-score):

Total body fat: %
Visceral adipose tissue (VAT) mass: g
Appendicular lean mass index (ALMI): kg/m^2
Fat-free mass index (FFMI): kg/m^2

ALMI = Lean Mass of Arms (kg) + Lean Mass of Legs (kg) / Height (m)^2
FFMI = Total Lean Mass (kg) / Height (m)^2
VAT = Convert your reported value into grams

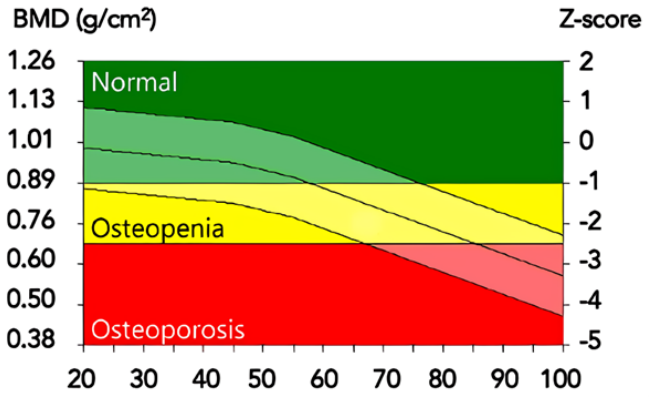
01 / 08

Bone Mineral Density
Left Femur



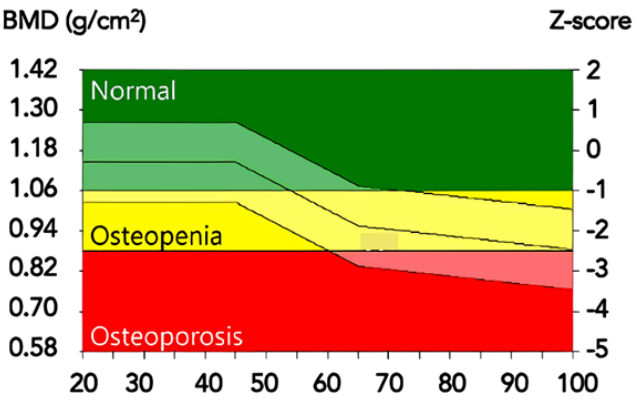
02 / 08

Bone Mineral Density
Right Femur



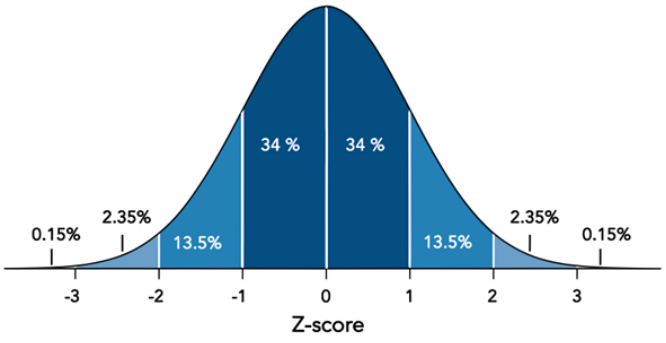
03 / 08

Bone Mineral Density
Lumbar Spine



04 / 08

Normal Distribution Curve



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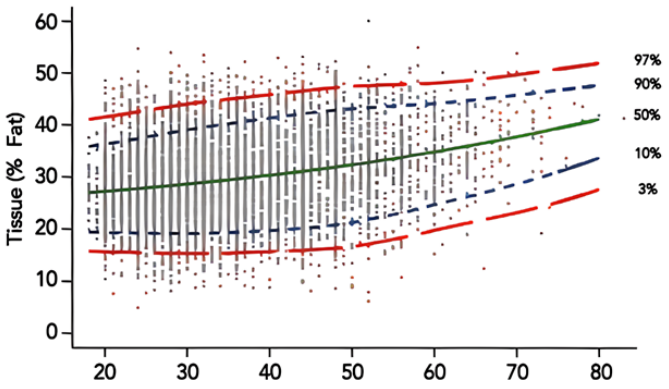
Female

DEXA Analysis

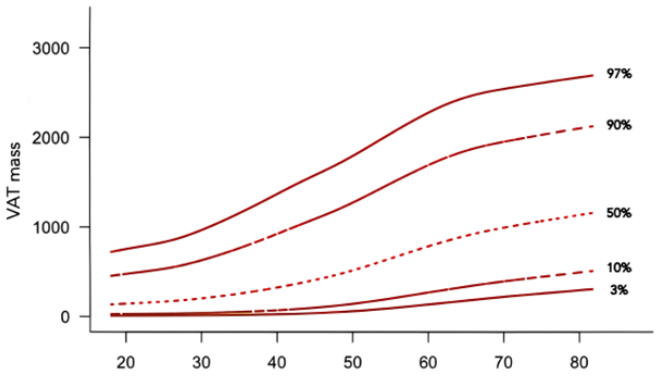
05 / 08

Total Body Fat [1]



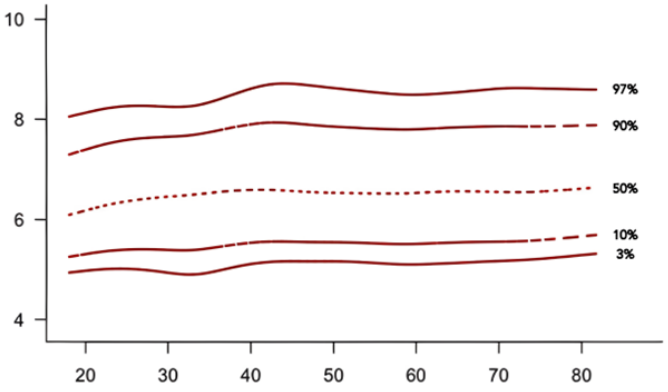
06 / 08

Visceral Adipose Tissue [2]



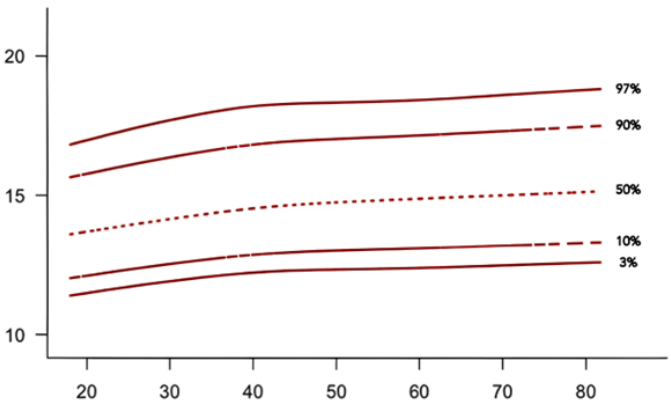
07 / 08

Appendicular Lean Mass Index (ALMI) [2]



08 / 08

Fat-Free Mass Index (FFMI) [2]



[1] Total body fat is based on the Kirk et al. databased from 2013-2020. The total population dataset includes 26,999 participants. https://doi.org/10.1002/jcsm.12712

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DEXA Trend Sheet

MEASUREMENT	DATE	DATE	DATE	DATE	DATE
BONE MINERAL DENSITY, L/R (Z-score)					
BONE MINERAL DENSITY, L SPINE (Z-score)					
BONE MINERAL DENSITY, L/R (T-score)					
BONE MINERAL DENSITY, L SPINE (T-score)					
TOTAL BODY FAT (%)					
VAT MASS (grams)					
ALMI/RSMI (kg/m2)					
FAT-FREE MASS INDEX (kg/m2)					