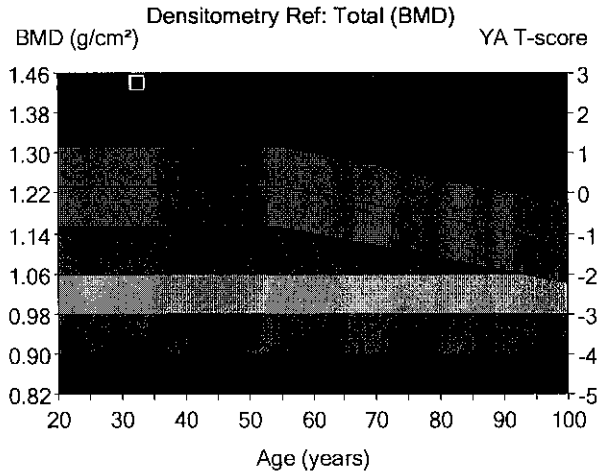
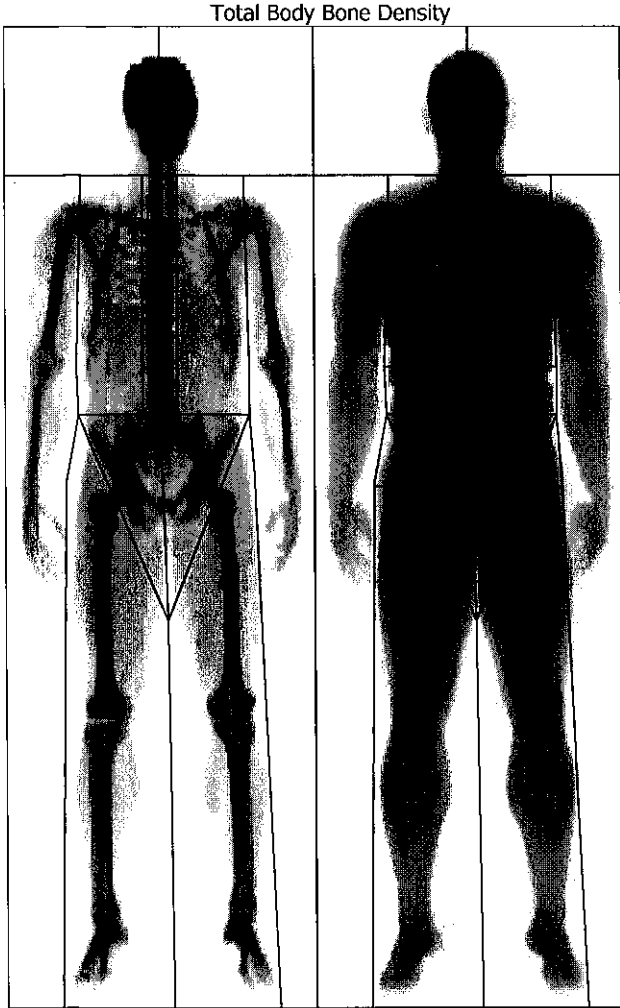


Radiology Consultants

9601 Baptist Health Drive Ste. 1100
Little Rock, AR. 72205

Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.6 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 180.0 lbs.	Measured:	12/06/2019 2:32:17 PM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:30:57 AM (13.60)



Region	1	2		3	
	BMD (g/cm ²)	Young-Adult (%)	T-score	Age-Matched (%)	Z-score
Arms	1.236	-	-	-	-
Legs	1.733	-	-	-	-
Trunk	1.147	-	-	-	-
Ribs	0.807	-	-	-	-
Pelvis	1.489	-	-	-	-
Spine	1.263	-	-	-	-
Total	1.442	118	2.8	117	2.6

COMMENTS:

Image not for diagnosis
 Printed: 02/14/2020 11:31:18 AM (13.60)76:0.15:76.92:62.4 0.00:-1.00
 4.80x13.00 14.0:%Fat=8.2%
 0.00:0.00 0.00:0.00
 Filename: qpx32qbc3.dfb
 Scan Mode: Thick 0.8 µGy

1 - Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm² for Total Body Total)
 2 - USA (Combined NHANES (ages 20-30) / Lunar (ages 20-40)) Total Body Reference Population (v112)
 3 - Matched for Age, Weight (males 25-100 kg), Ethnic

Radiology Consultants

9601 Baptist Health Drive Ste. 1100
Little Rock, AR. 72205

Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.6 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 180.0 lbs.	Measured:	12/06/2019 2:32:17 PM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:30:57 AM (13.60)

ANCILLARY RESULTS [Total Body]

Region	BMD ¹ (g/cm ²)	Young-Adult ² (%) T-score	Age-Matched ³ (%) Z-score	BMC (g)	Area (cm ²)		
Head	2.103	-	-	502	239		
Left Arm	1.246	-	-	252	202		
Left Leg	1.724	-	-	724	420		
Left Trunk	1.136	-	-	623	548		
Left Total	1.437	-	-	1,863	1,296		
Right Arm	1.227	-	-	269	219		
Right Leg	1.742	-	-	757	435		
Right Trunk	1.158	-	-	620	535		
Right Total	1.447	-	-	1,884	1,302		
Arms	1.236	-	-	521	422		
Legs	1.733	-	-	1,481	854		
Trunk	1.147	-	-	1,243	1,083		
Ribs	0.807	-	-	366	454		
Pelvis	1.489	-	-	534	359		
Spine	1.263	-	-	342	271		
Total	1.442	118	2.8	117	2.6	3,746	2,598

1 -Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm² for Total Body Total)
 2 -USA (Combined NHANES (ages 20-30) / Lunar (ages 20-40)) Total Body Reference Population (v112)
 3 -Matched for Age, Weight (males 25-100 kg), Ethnic
 Filename: qpx32qbc3.dfb

Radiology Consultants

9601 Baptist Health Drive Ste. 1100
Little Rock, AR. 72205

Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.6 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 180.0 lbs.	Measured:	12/06/2019 2:32:17 PM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:30:57 AM (13.60)

No image records match search criteria.

Trend: Total Body TBLH				
Measured Date	Age (years)	BMD ¹ (g/cm ²)	Previous (g/cm ²)	Change vs Previous (%)

1 -Statistically 68% of repeat scans fall within 1SD (± 0.010 g/cm² for Total Body TBLH)

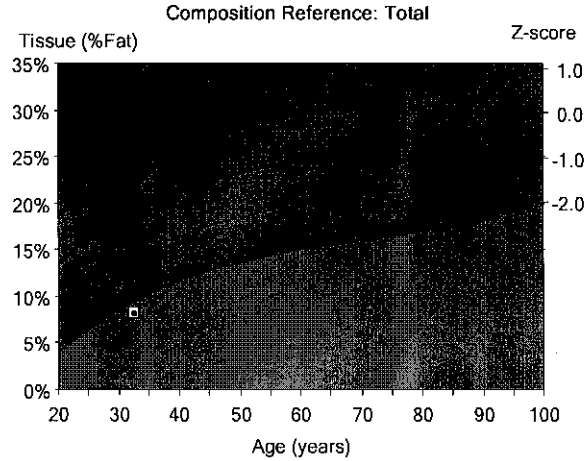
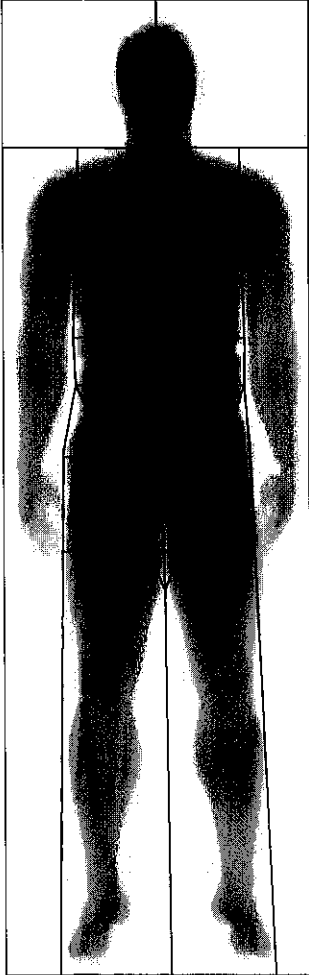


Radiology Consultants

9601 Baptist Health Drive Ste. 1100
Little Rock, AR. 72205

Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.6 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 180.0 lbs.	Measured:	12/06/2019 2:32:17 PM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:30:57 AM (13.60)

Total Body Tissue Quantitation



Region	1 Tissue (%Fat)	2,3 Z-score	Total Mass (kg)	1 Fat (g)	1 Lean (g)	BMC (g)
Legs	9.5	-	28.7	2,592	24,639	1,481
Trunk	8.1	-	38.7	3,026	34,460	1,243
Total	8.2	-2.3	83.0	6,528	72,706	3,746

COMMENTS:

Image not for diagnosis

Printed: 02/14/2020 11:31:22 AM (13.60)76:0.15:76.92:62.4 0.00:-1.00
4.80x13.00 14.0:%Fat=8.2%
0.00:0.00 0.00:0.00
Filename: qpx32qbc3.dfb
Scan Mode: Thick 0.8 µGy

- 1 -Statistically 68% of repeat scans fall within 1SD (± 0.8 % Fat, ± 210 g Tissue Mass, ± 520 g Fat Mass, ± 610 g Lean Mass for Total Body Total)
- 2 -USA (Lunar) Total Body Composition Reference Population (v112)
- 3 -Composition Matched for Age

Radiology Consultants

9601 Baptist Health Drive Ste. 1100
Little Rock, AR. 72205

Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.6 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 180.0 lbs.	Measured:	12/06/2019 2:32:17 PM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:30:57 AM (13.60)

BODY COMPOSITION

Region	Tissue ¹ (%Fat)	Region (%Fat)	Tissue ¹ (g)	Fat ¹ (g)	Lean ¹ (g)	BMC (g)	Total Mass (kg)
Left Arm	5.8	5.5	4,859	284	4,576	252	5.1
Left Leg	9.5	9.0	13,108	1,246	11,862	724	13.8
Left Trunk	8.1	7.8	19,550	1,575	17,975	623	20.2
Left Total	8.2	7.8	40,057	3,286	36,770	1,863	41.9
Right Arm	5.8	5.5	4,804	279	4,524	269	5.1
Right Leg	9.5	9.0	14,124	1,346	12,777	757	14.9
Right Trunk	8.1	7.8	17,935	1,451	16,485	620	18.6
Right Total	8.3	7.9	39,177	3,242	35,935	1,884	41.1
Arms	5.8	5.5	9,663	563	9,100	521	10.2
Legs	9.5	9.0	27,232	2,592	24,639	1,481	28.7
Trunk	8.1	7.8	37,485	3,026	34,460	1,243	38.7
Android	10.2	10.0	5,216	533	4,684	83	5.3
Gynoid	12.2	11.8	12,457	1,517	10,939	405	12.9
Total	8.2	7.9	79,234	6,528	72,706	3,746	83.0

FAT MASS RATIOS

Trunk/ Total	Legs/ Total	(Arms+Legs)/ Trunk
0.46	0.40	1.04

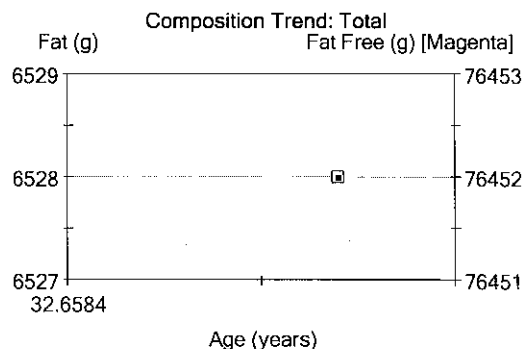
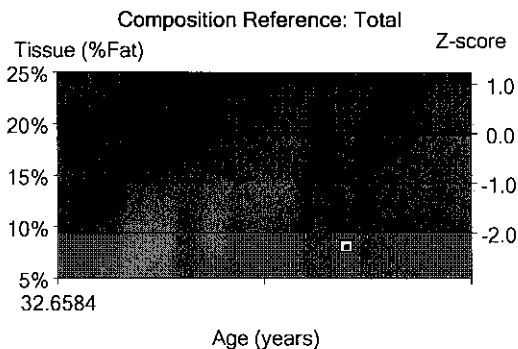
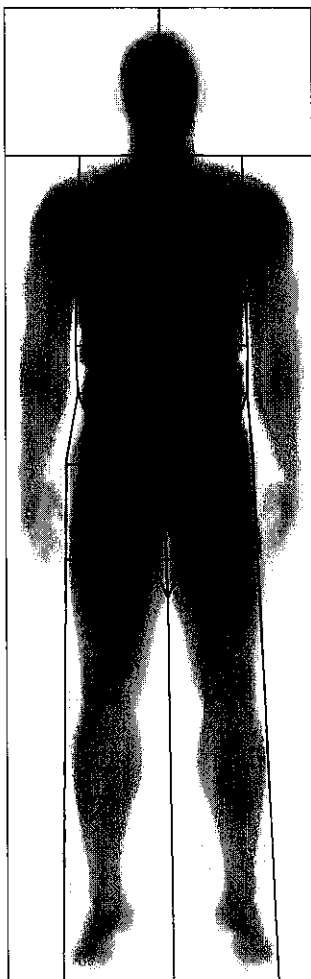
1 -Statistically 68% of repeat scans fall within 1SD (± 0.8 % Fat, ±210 g Tissue Mass, ±520 g Fat Mass, ±610 g Lean Mass for Total Body Total)
 Filename: qpx32qbc3.dfb

Radiology Consultants

9601 Baptist Health Drive Ste. 1100
Little Rock, AR. 72205

Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.6 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 180.0 lbs.	Measured:	12/06/2019 2:32:17 PM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:30:57 AM (13.60)

Total Body Tissue Quantitation



Trend: Total										
Measured Date	Age (years)	Tissue ¹ (%Fat)	Z-score ^{2,3}	Total Mass (kg)	Region (%Fat)	Tissue ¹ (g)	Fat ¹ (g)	Lean ¹ (g)	BMC (g)	Fat Free (g)
12/06/2019	32.6	8.2	-2.3	83.0	7.9	79,234	6,528	72,706	3,746	76,452

Trend: Fat Distribution					
Measured Date	Age (years)	Android (%Fat)	Gynoid (%Fat)	A/G Ratio	Total Body ¹ (%Fat)
12/06/2019	32.6	10.2	12.2	0.84	8.2

COMMENTS:

World Health Organization BMI Classification

BMI = 26.6 (kg/m²)

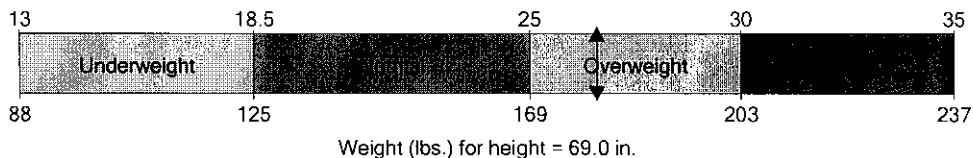


Image not for diagnosis

Printed: 02/14/2020 11:31:24 AM (13.60)76:0.15:76.92:62.4 0.00:-1.00
4.80x13.00 14.0:%Fat=8.2%
0.00:0.00 0.00:0.00
Filename: qpx32qbc3.dfb
Scan Mode: Thick 0.8 µGy

- 1 -Statistically 68% of repeat scans fall within 1SD (± 0.8 % Fat, ±210 g Tissue Mass, ±520 g Fat Mass, ±610 g Lean Mass for Total Body Total)
- 2 -USA (Lunar) Total Body Composition Reference Population (v112)
- 3 -Composition Matched for Age

Radiology Consultants

9601 Baptist Health Drive Ste. 1100

Little Rock, AR. 72205

Phone: 501-227-5240 Fax: 501-227-4735 Web: <http://www.radconlr.com>

Body Composition/BMD Report: Friday, February 14, 2020

CLIENT

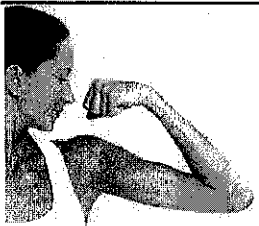


ALEXANDER FOTIOO

Age: 32.6

ID: [REDACTED] Birth Date: 04/09/1987 Height: 69.0 in. Exam Date: 12/06/2019
 Gender: Male Ethnicity: White Weight: 180.0 lbs.

LEAN

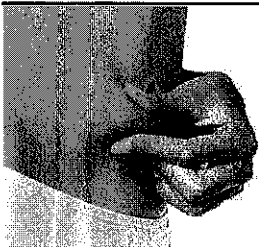


Lean mass includes all parts of the body [organs, muscle, and fluids] but excludes body fat.

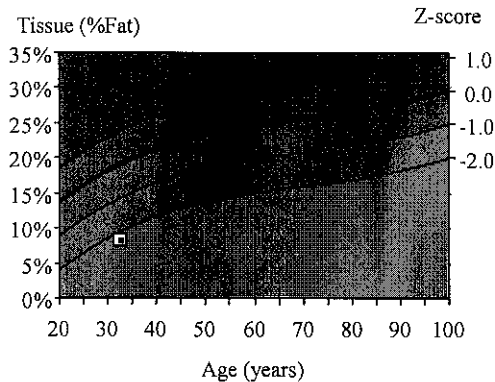
The higher the Tissue %Lean, the more muscular the body.

Total Weight:	83.0 kg
Lean Weight:	72,706 g
Tissue %Lean:	87.6%

FAT



Total Body: Total

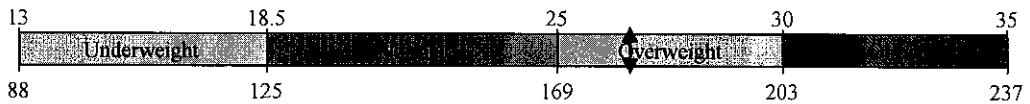


Fat Weight:	6,528 g
Tissue %Fat:	8.2%

Composition Reference Centile Graph shows your Total Body Tissue %Fat result compared to a reference population. This comparison is very similar to how babies are measured and compared to reference data for height and weight. The **bold black line** on the graph represents the 50th percentile (median) result for the reference population. The square on the graph represents your result. There are currently no standard definitions of normal or obesity based on Tissue %Fat results, but you can see how you compare to this reference population.

World Health Organization BMI Classification

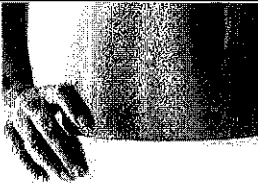
BMI = 26.6 (kg/m²)



Weight (lbs.) for height = 69.0 in.

Radiology Consultants
 9601 Baptist Health Drive Ste. 1100
 Little Rock, AR. 72205

ANDROID / GYNOID (waist / hip)



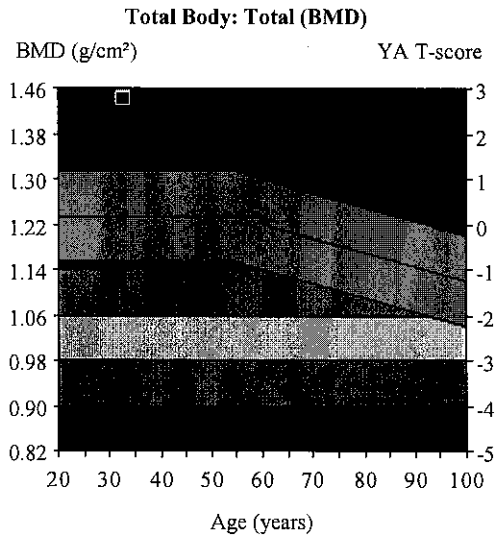
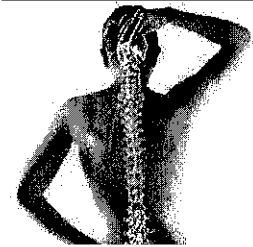
While Total Body %Fat will tell you more about your overall fitness than your weight alone, regional fat distribution tells you **where** the fat is located.

Android (waist) fat is often associated with apple-shaped body types.

Gynoid (hip) fat is often associated with pear-shaped body types.

Region	Tissue %Fat
Android:	10.2%
Gynoid:	12.2%
A/G Ratio:	0.84

BONE



Age	BMD	T-Score	Z-Score
32.6	1.442 g/cm ²	2.8	2.6

A bone densitometry test helps your physician to diagnose osteoporosis. The test compares your Bone Mineral Density (BMD) to that of a "young adult" at peak bone strength, displayed as your T-score. It also compares your results to people of your same age, called "age-matched" displayed as your Z-score. This information, along with other factors, helps physicians assess your risk of osteoporotic fracture. The difference between your result and that of a "young adult" is given as a T-score. A panel of experts at the World Health Organization (WHO) has developed categories that define the amount of bone loss:

- Normal:** T-score that is above -1
- Osteopenic:** T-score between -1 and -2.5 (*Low bone density*)
- Osteoporosis:** T-score below -2.5

RESTING METABOLIC RATE (RMR)



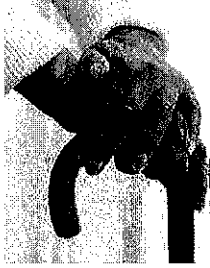
Resting Metabolic Rate (RMR) is synonymous with Resting Energy Expenditure (REE) and is an estimate of how many calories you would burn if you were to do nothing but rest. It represents the minimum amount of energy needed to maintain body temperature, heartbeat, and respiratory rate.

RMR:	1,845 cal/day
-------------	---------------

RMR (resting metabolic rate based on Harris-Benedict equation)
 $RMR(\text{male}) = 66.473 - 6.775 * \text{age}[\text{yrs}] + 13.7516 * \text{weight}[\text{kg}] + 5.0033 * \text{height}[\text{cm}]$
 $RMR(\text{female}) = 655.0955 - 4.6756 * \text{age}[\text{yrs}] + 9.5634 * \text{weight}[\text{kg}] + 1.8496 * \text{height}[\text{cm}]$
 Harris JA, Benedict FG. *A biometric study of basal metabolism in man.* Washington, DC: Carnegie Institute of Washington, 1919. (Carnegie Institute of Washington Publication 279).

Radiology Consultants
 9601 Baptist Health Drive Ste. 1100
 Little Rock, AR. 72205

RELATIVE SKELETAL MUSCLE INDEX (RSMI)



RSMI represents the relative amount of muscle in the arms and legs.

RSMI:	10.98 kg/m²
<i>RSMI (relative skeletal muscle index) based on Baumgartner equation.</i>	
<i>RSMI = (lean mass of arms[kg] + Lean mass of legs[kg]) / height[m]^2</i>	
<i>Baumgartner RN, Koehler KM, Gallagher D, Romero L, Heymsfield SB, Ross RR, Garry PJ, Lindeman RD (1998) Epidemiology of sarcopenia among the elderly in New Mexico. Am J Epidemiol 147(8):755-763.</i>	

ASSESSMENT



Nutritional Evaluation

Protein:	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Mineral:	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient
Fat:	<input type="checkbox"/> Normal	<input type="checkbox"/> Deficient

Weight Management

Weight:	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over	
Lean:	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Strong	
Fat:	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Over	
Tissue %Fat:	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Obese	<input type="checkbox"/> Very Obese
A/G Ratio:	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Obese	<input type="checkbox"/> Very Obese
BMI:	<input type="checkbox"/> Normal	<input type="checkbox"/> Underweight	<input type="checkbox"/> Overweight	<input type="checkbox"/> Obese

Body Strength

Upper:	<input type="checkbox"/> Normal	<input type="checkbox"/> Weak	<input type="checkbox"/> Developed
Lower:	<input type="checkbox"/> Normal	<input type="checkbox"/> Weak	<input type="checkbox"/> Developed
Muscle:	<input type="checkbox"/> Normal	<input type="checkbox"/> Weak	<input type="checkbox"/> Developed

Comments

(not specified)

Radiology Consultants
9601 Baptist Health Drive Ste. 1100
Little Rock, AR. 72205

Phone: 501-227-5240 Fax: 501-227-4735 Web: <http://www.radconlr.com>

Body Composition - Lean Balance and Fat Distribution Report: Friday, February 14, 2020

CLIENT



ALEXANDER FOTIOO
 Age: 32.6

ID: [REDACTED] **Birth Date:** 04/09/1987 **Height:** 69.0 in. **Exam Date:** 12/06/2019
Gender: Male **Ethnicity:** White **Weight:** 180.0 lbs.

LEAN MASS BALANCE



Region	Measured		Lean Mass		Difference
	Date	Age	Right	Left	
Arms:	12/06/2019	32.6	4,524 g	4,576 g	-52 g
Trunk:	12/06/2019	32.6	16,485 g	17,975 g	-1,490 g
Legs:	12/06/2019	32.6	12,777 g	11,862 g	915 g
Total Body:	12/06/2019	32.6	35,935 g	36,770 g	-835 g

Lean mass balance is a comparison of your body's right to left lean mass symmetry. A lean mass difference close to zero indicates a balance of muscle. An injury, non-symmetrical training, or a health condition may cause disproportionate lean mass differences, but only your physician can determine if a health condition is the related cause.

Radiology Consultants

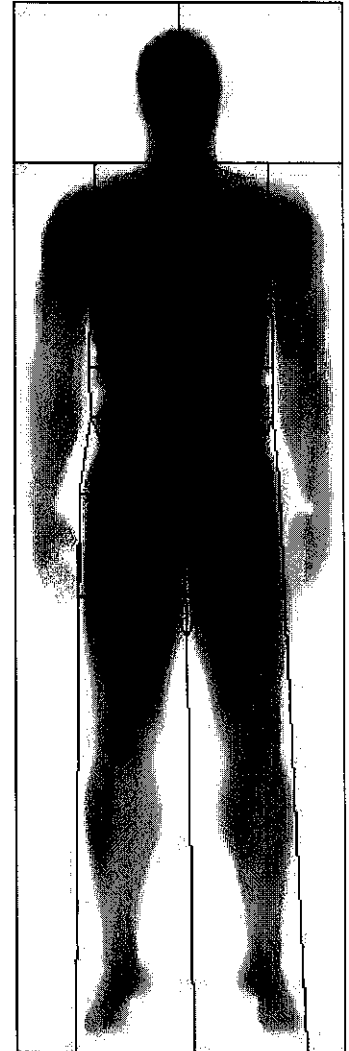
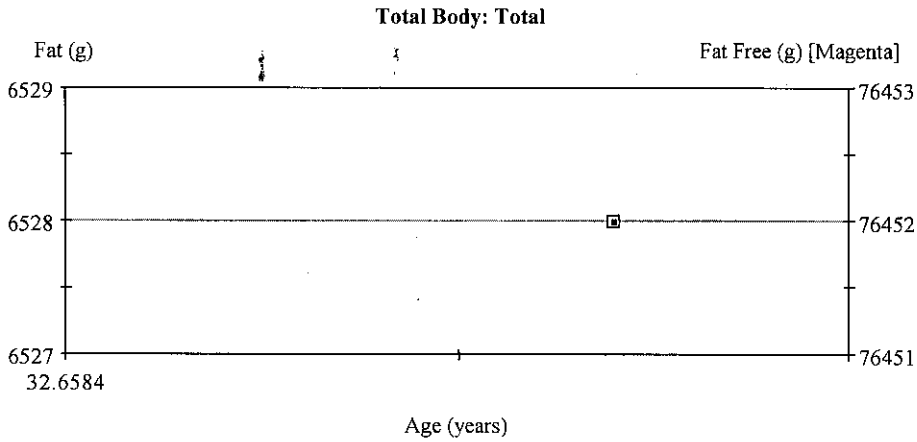
9601 Baptist Health Drive Ste. 1100

Little Rock, AR. 72205

Phone: 501-227-5240 Fax: 501-227-4735 Web: <http://www.radconlr.com>

Body Composition - Lean Balance and Fat Distribution Report: Friday, February 14, 2020

FAT DISTRIBUTION



Region	Date	Measured Age	Region %Fat	%Change vs.	
				Previous	Baseline
Android:	12/06/2019	32.6	10.0%	N/A	baseline
Gynoid:	12/06/2019	32.6	11.8%	N/A	baseline
Arms:	12/06/2019	32.6	5.5%	N/A	baseline
Trunk:	12/06/2019	32.6	7.8%	N/A	baseline
Legs:	12/06/2019	32.6	9.0%	N/A	baseline
Total:	12/06/2019	32.6	7.9%	N/A	baseline