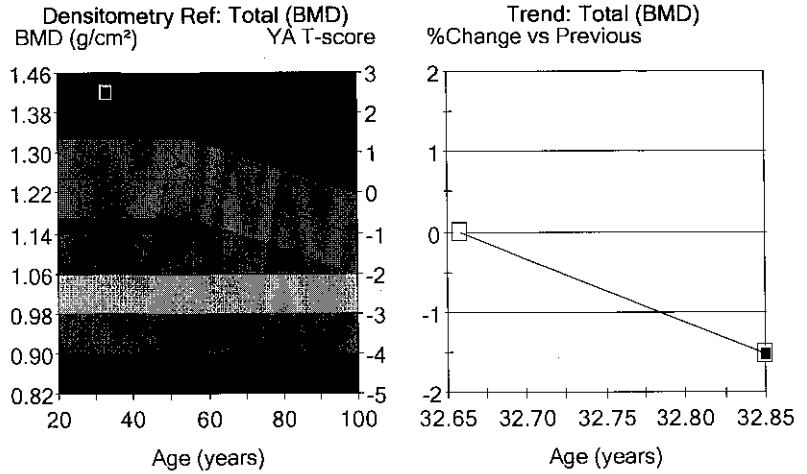
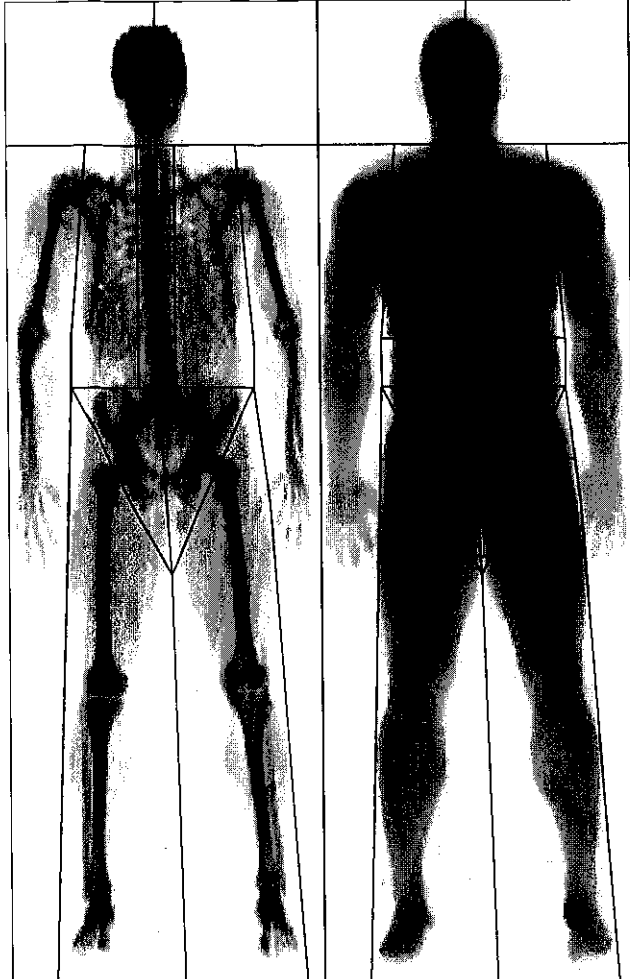


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Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.8 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 190.0 lbs.	Measured:	02/14/2020 11:42:13 AM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:42:13 AM (13.60)

Total Body Bone Density Trend



Region	1	2		3	
	BMD (g/cm ²)	Young-Adult (%)	T-score	Age-Matched (%)	Z-score
Arms	1.154	-	-	-	-
Legs	1.690	-	-	-	-
Trunk	1.151	-	-	-	-
Ribs	0.801	-	-	-	-
Pelvis	1.483	-	-	-	-
Spine	1.268	-	-	-	-
Total	1.420	116	2.5	114	2.1

Measured Date	Age (years)	Trend: Total		
		BMD ¹ (g/cm ²)	Change vs Previous (g/cm ²)	Change vs Previous (%)
02/14/2020	32.8	1.420	-0.022	-1.5
12/06/2019	32.6	1.442	-	-

COMMENTS:

Image not for diagnosis

Printed: 02/14/2020 11:43:55 AM (13.60)76:0.15:76.92:62.4 0.00:-1.00
4.80x13.00 14.4:%Fat=9.2%
0.00:0.00 0.00:0.00
Filename: dqcp5qbc3.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

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Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.8 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 190.0 lbs.	Measured:	02/14/2020 11:42:13 AM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:42:13 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	2.140	- -	- -	514	240
Left Arm	1.127	- -	- -	251	223
Left Leg	1.670	- -	- -	711	426
Left Trunk	1.125	- -	- -	618	550
Left Total	1.384	- -	- -	1,796	1,297
Right Arm	1.179	- -	- -	284	241
Right Leg	1.711	- -	- -	740	433
Right Trunk	1.180	- -	- -	593	503
Right Total	1.455	- -	- -	1,916	1,317
Arms	1.154	- -	- -	535	463
Legs	1.690	- -	- -	1,451	858
Trunk	1.151	- -	- -	1,212	1,052
Ribs	0.801	- -	- -	342	427
Pelvis	1.483	- -	- -	528	356
Spine	1.268	- -	- -	342	270
Total	1.420	116 2.5	114 2.1	3,711	2,614

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: dqcp5qbc3.dfb

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Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.8 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 190.0 lbs.	Measured:	02/14/2020 11:42:13 AM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:42:13 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)

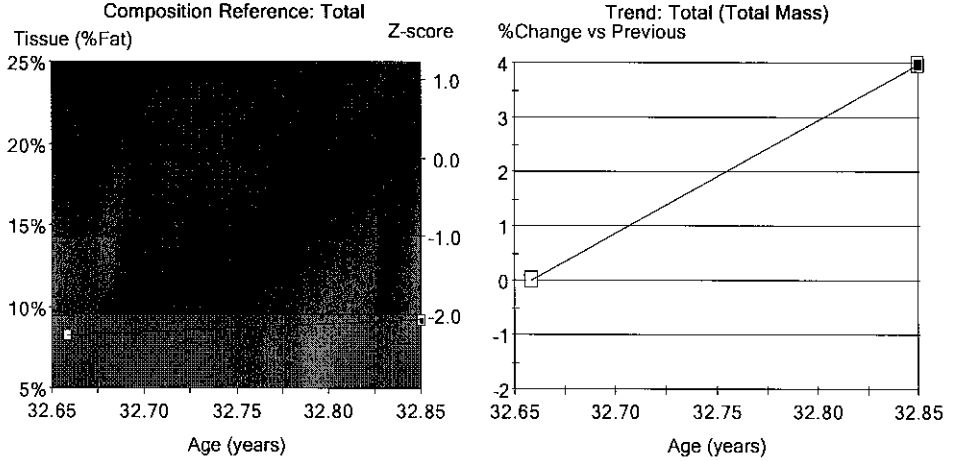
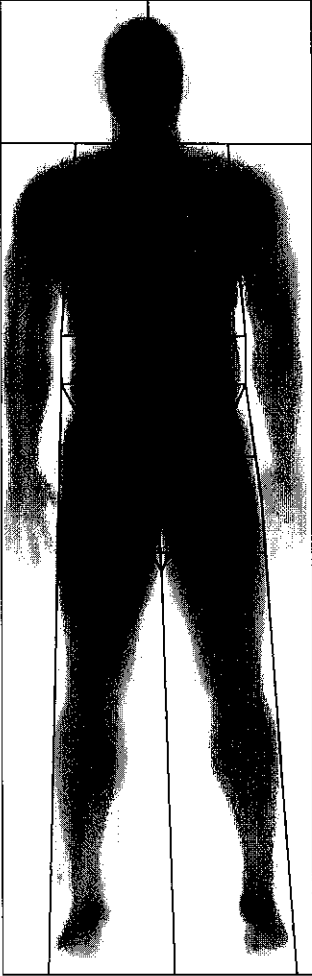


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Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.8 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 190.0 lbs.	Measured:	02/14/2020 11:42:13 AM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:42:13 AM (13.60)

Total Body Tissue Quantitation



Region	Tissue ¹ (%Fat)	Z-score ^{2,3}	Total Mass (kg)	Fat ¹ (g)	Lean ¹ (g)	BMC (g)
Legs	10.5	-	30.3	3,026	25,809	1,451
Trunk	9.3	-	39.4	3,550	34,625	1,212
Total	9.2	-2.1	86.3	7,588	74,963	3,711

Measured Date	Age (years)	Trend: Total ¹		
		Total Mass (kg)	Change vs Previous (kg)	Change vs Previous (%)
02/14/2020	32.8	86.3	3.3	4.0
12/06/2019	32.6	83.0	-	-

COMMENTS:

Image not for diagnosis

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 4.80x13.00 14.4:%Fat=9.2%
 0.00:0.00 0.00:0.00
 Filename: dqcp5qbc3.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

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Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.8 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 190.0 lbs.	Measured:	02/14/2020 11:42:13 AM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:42:13 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	6.1	5.8	5,033	307	4,726	251	5.3
Left Leg	10.5	10.0	14,047	1,474	12,572	711	14.8
Left Trunk	9.3	9.0	20,330	1,891	18,438	618	20.9
Left Total	9.2	8.8	41,475	3,826	37,649	1,796	43.3
Right Arm	6.1	5.8	5,614	343	5,271	284	5.9
Right Leg	10.5	10.0	14,788	1,551	13,237	740	15.5
Right Trunk	9.3	9.0	17,845	1,658	16,187	593	18.4
Right Total	9.2	8.8	41,076	3,762	37,314	1,916	43.0
Arms	6.1	5.8	10,647	651	9,997	535	11.2
Legs	10.5	10.0	28,835	3,026	25,809	1,451	30.3
Trunk	9.3	9.0	38,175	3,550	34,625	1,212	39.4
Android	11.7	11.5	5,576	653	4,923	81	5.7
Gynoid	13.0	12.6	13,273	1,726	11,547	402	13.7
Total	9.2	8.8	82,551	7,588	74,963	3,711	86.3

FAT MASS RATIOS

Trunk/ Total	Legs/ Total	(Arms+Legs)/ Trunk
0.47	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: dqcp5qbc3.dfb

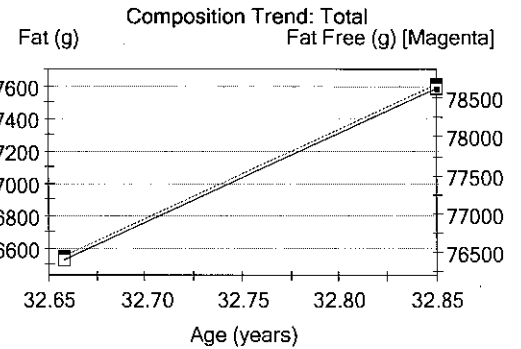
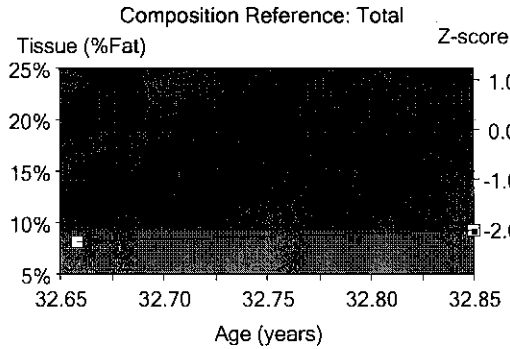
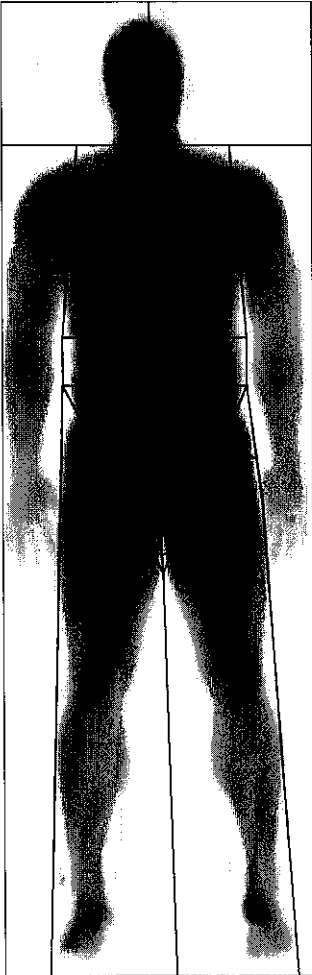


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Patient:	FOTIOO, ALEXANDER	Facility ID:	
Birth Date:	04/09/1987 32.8 years	Referring Physician:	JOSEPH MURPHY
Height / Weight:	69.0 in. 190.0 lbs.	Measured:	02/14/2020 11:42:13 AM (13.60)
Sex / Ethnic:	Male White	Analyzed:	02/14/2020 11:42:13 AM (13.60)

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)
02/14/2020	32.8	9.2	-2.1	86.3	8.8	82,551	7,588	74,963	3,711	78,674
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)
02/14/2020	32.8	11.7	13.0	0.90	9.2
12/06/2019	32.6	10.2	12.2	0.84	8.2

COMMENTS:

World Health Organization BMI Classification

BMI = 28.1 (kg/m²)

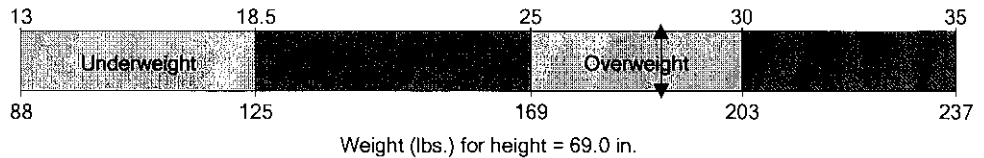


Image not for diagnosis

Printed: 02/14/2020 11:44:03 AM (13.60)76:0.15:76.92:62.4 0.00:-1.00
4.80x13.00 14.4:%Fat=9.2%
0.00:0.00 0.00:0.00
Filename: dqcp5qbc3.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

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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: 32.8

ID: [REDACTED] Birth Date: 04/09/1987 Height: 69.0 in. Exam Date: 02/14/2020
 Gender: Male Ethnicity: White Weight: 190.0 lbs.

LEAN

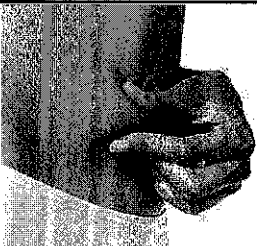


Lean mass includes all parts of the body [organs, muscle, and fluids] but excludes body fat.

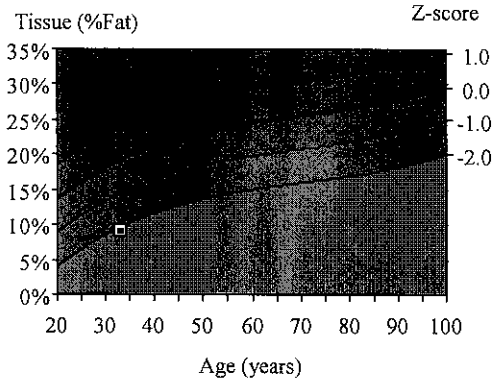
The higher the Tissue %Lean, the more muscular the body.

Total Weight:	86.3 kg
Lean Weight:	74,963 g
Tissue %Lean:	86.9%

FAT



Total Body: Total

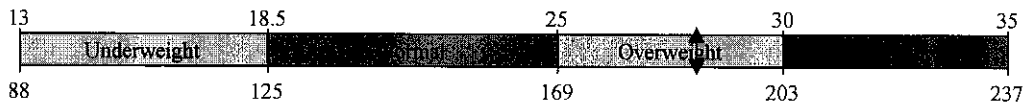


Fat Weight:	7,588 g
Tissue %Fat:	9.2%

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 = 28.1 (kg/m²)

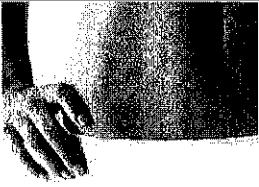


Weight (lbs.) for height = 69.0 in.

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ANDROID / GYNOID (waist / hip)



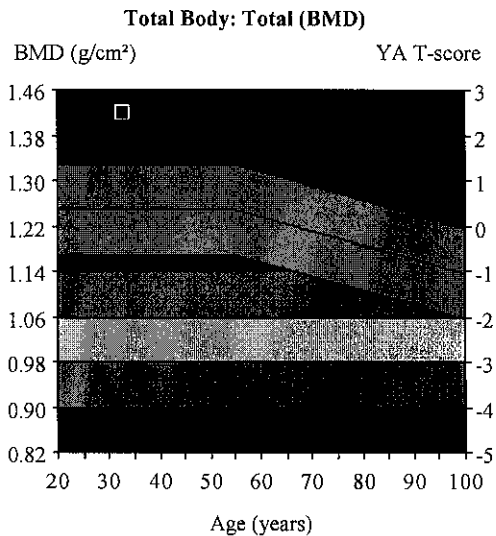
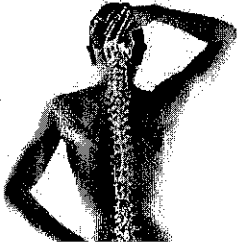
While Total Body %Fat will tell you more about your overall fitness than your weight alone, regional fat distribution tells you **where** the fat is located.

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:	11.7%
Gynoid:	13.0%
A/G Ratio:	0.90

BONE



Age	BMD	T-Score	Z-Score
32.8	1.420 g/cm ²	2.5	2.1

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)



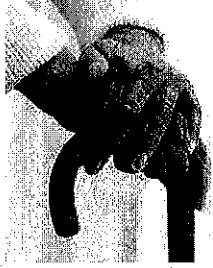
Resting Metabolic Rate (RMR) is synonymous with Resting Energy Expenditure (REE) and is an estimate of how many calories you would burn if you were to do nothing but rest. It represents the minimum amount of energy needed to maintain body temperature, heartbeat, and respiratory rate.

RMR:	1,906 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).

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RELATIVE SKELETAL MUSCLE INDEX (RSMI)



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

RSMI: 11.66 kg/m²

*RSMI (relative skeletal muscle index) based on Baumgartner equation.
 RSMI = (lean mass of arms[kg] + Lean mass of legs[kg]) / height[m]^2
 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.*

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

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

CLIENT



ALEXANDER FOTIOO

Age: 32.8

ID: [REDACTED] Birth Date: 04/09/1987 Height: 69.0 in. Exam Date: 02/14/2020
Gender: Male Ethnicity: White Weight: 190.0 lbs.

LEAN MASS BALANCE



Region	Measured		Lean Mass		Difference
	Date	Age	Right	Left	
Arms:	02/14/2020	32.8	5,271 g	4,726 g	545 g
Trunk:	02/14/2020	32.8	16,187 g	18,438 g	-2,251 g
Legs:	02/14/2020	32.8	13,237 g	12,572 g	664 g
Total Body:	02/14/2020	32.8	37,314 g	37,649 g	-335 g

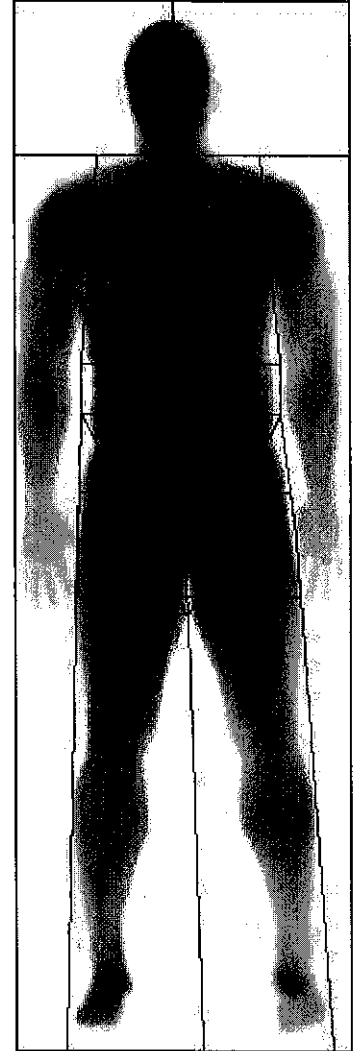
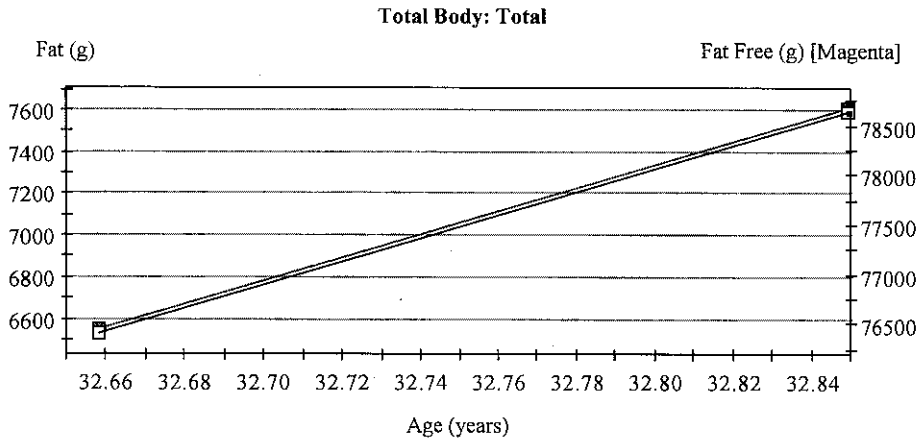
Lean mass balance is a comparison of your body's right to left lean mass symmetry. A lean mass difference close to zero indicates a balance of muscle. An injury, non-symmetrical training, or a health condition may cause disproportionate lean mass differences, but only your physician can determine if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

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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:	02/14/2020	32.8	11.5%	1.5%	1.5%
Gynoid:	02/14/2020	32.8	12.6%	0.8%	0.8%
Arms:	02/14/2020	32.8	5.8%	0.3%	0.3%
Trunk:	02/14/2020	32.8	9.0%	1.2%	1.2%
Legs:	02/14/2020	32.8	10.0%	1.0%	1.0%
Total:	02/14/2020	32.8	8.8%	0.9%	0.9%