

# DXA BCA—Advanced Body Composition Assessment

## Your Personalized Guide to Measuring Body Fat Mass, Lean Mass, and Bone Mass

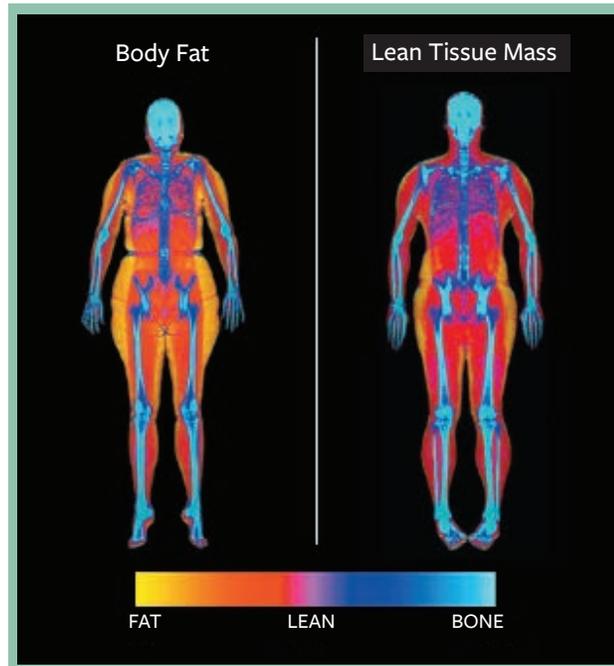
As a recognized leader in personalized healthcare, Invision Sally Jobe knows that **Every Body is Different**. We also know that weight loss doesn't always equal fat loss and goes far beyond numbers on a scale. The best athletic and rehabilitation programs are tailor-made.

The same technology developed to measure bone density to detect osteoporosis is now the leading tool for assessing both body fat and body composition. This provides you with an invaluable tool to determine the distribution of your individual fat mass, lean tissue mass, and bone mass so that you and your physician can develop the best possible plan for your personal weight loss and training programs.

### What Is An Advanced Body Composition Assessment?

An Advanced Body Composition exam is a quick, low dose X-ray exam that measures the three main tissues of the human body: fatty tissue, lean tissue, and bone.

It may help your health professional assess what level of exercise or intervention is needed to maintain a good ratio between fat and lean muscle mass.



Should I have an Advanced Body Composition Assessment?  
An Advanced Body Composition assessment is best suited for individuals trying to manage their weight as well as athletes in training or rehabilitation.

### The DXA BCA Experience

A whole body composition scan takes as little as 5 minutes.

Preparing for your scan:

- Unless instructed otherwise, eat normally on the day of the exam; but avoid taking calcium supplements for at least 24 hours prior to your appointment.

- Wear loose, comfortable clothing without zippers, buttons or any metal. Remove all jewelry, hair accessories and other removable metal objects.
- You should not have the exam if you are currently pregnant or have had a barium study, radioisotope injection, oral or intravenous contrast material from a CT scan or MRI within 14 days prior to your Advanced Body Composition assessment.

## Health Outcomes & Weight Loss Goals

Knowing where excess fat is located in your body may make a considerable difference in health outcomes. Too much fat around abdominal organs such as the liver, for instance, can be much worse than excess fat just under the skin as it contributes more greatly to obesity-related diseases.

For individuals on weight management programs, the results of an Advanced Body Composition Assessment may help determine your risk of developing obesity-related conditions such as type 2 diabetes, cardiovascular disease, cancer, hypertension and osteoarthritis. The exam precisely measures how much excess fat is present and where the fat is distributed in the body.

Advanced Body Composition Assessments are also used to monitor certain diseases such as Sarcopenia and Lipodystrophy and the effects of some medical therapies.

## Athletic Training & Rehabilitation

Advanced Body Composition Assessments are commonly used as a measurement tool by athletes in training or rehabilitation to monitor neuromuscular changes and the effects of physical training. The results show how your lean and fatty tissue is distributed to help you put yourself on the road to fitness success. Ask your healthcare professional if a body composition scan is a suitable measure for your fitness training and/or rehabilitation goals.



## What to Expect During and After Your Scan

During your exam, you will lie comfortably on an open padded table while the DXA unit, an X-ray system, quickly scans your body. Radiation exposure during this exam is extremely low and involves no injections, invasive procedures or pain.

Following your scan, you will receive a personalized Advanced Body Composition report of your images and measurements including guidance on how to interpret your results.

## What are my payment options?

DXA BCA is currently offered by Invision Sally Jobe as a self-pay screening exam for \$99.

The following Invision Sally Jobe location offers DXA Advanced Body Composition Assessment

### ISJ-Castle Rock

1175 S. Perry St.  
Castle Rock, CO 80104

### ISJ-Centrum DTC

8200 E. Belleview Ave., Suite 220E  
Greenwood Village, CO 80111

### ISJ-Cherry Creek

3300 E. 1st Ave., Suite 490  
Denver, CO 80206

### ISJ-Southwest Healthpark

6169 S. Balsam Way, Suite 170  
Littleton, CO 80123

### ISJ-Sky Ridge

10107 RidgeGate Parkway, Suite 110  
Lone Tree, Colorado 80124

### ISJ-Hampden Place

401 W. Hampden Place, Suite 40  
Englewood, CO 80110

Talk to your doctor about whether an Advanced Body Screening Assessment is right for you.

**Call us at 720-493-3277 to schedule your exam!**



General Scheduling 720-493-3700 • Medical Records 720-493-3242 • Billing 303-643-4500

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