

We use Dual Energy X-ray Absorptiometry (DEXA) to accurately measure bone density at specific sites, usually lumbar spine and hip. The DEXA scan is also the most accurate measure of body composition available (muscle and fat percentages for whole body, trunk, arms and legs) providing useful information for people working towards decreasing body fat or increasing muscle mass.

### Why is measuring bone density body composition important?

As we age bones demineralise and this can lead to reduced bone density and in some cases, osteoporosis. The risk of fracture is increased in those who are osteoporotic and the mortality rate is markedly increased after an osteoporotic fracture. For those people of a suitable age who wish to embark on an exercise programme, BMD should first be determined. The highly accurate measure of body fat provided by DEXA is invaluable for those trying to lose weight as it provides quality monitoring. Similarly, muscle loss through inactivity, ageing or disease is a major health problem which needs to be assessed and remedied.

### Procedure

Each scan takes between 5-10 minutes and involves lying supine with the legs positioned to allow reproducible and accurate results. The scanner is painless and uses very low level radiation (less than a flight to the East coast). Our Accredited Exercise Physiologists will be able to answer any questions at the time of the scan.



### State of the Art Facility and Equipment

- DEXA bone density and body composition scans
- Neurocom Balance Testing
- Cardiovascular/stress Testing
- ECG stress Testing
- VO2 Max Fitness Test
- Resting Metabolic Testing
- Functional Work Capacity Testing
- Lung Function Testing
- Strength Testing

### To make an appointment or find out about our costs, please contact:

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