

X-Ray Associates

***** *New Service of Metabolic Health Testing*

Dear Colleague,

Body composition measurements with Dual-energy X-ray Absorptiometers (DXA) are used increasingly for a variety of clinical and research applications. Nutrition, exercise, and aging have profound effects on fat and lean tissue. Body composition measurements in general are used for a variety of health and human performance applications.

Our clinic has the latest state-of-the-art Dual-energy X-ray Absorptiometer (DXA) that can help screen your patient's overall metabolic health. With your patient lying supine on a scanning table for a short period of time, the body composition software measures the regional and whole body bone mineral density (BMD), lean and fat tissue mass, and calculates other derivative values which are displayed in user-defined statistical formats and trends, and compared to reference populations at the sole discretion of a healthcare professional. Some of the diseases/conditions for which body composition values are useful include obesity, chronic renal failure, anorexia nervosa, AIDS/HIV, and cystic fibrosis.

Our CoreScan software estimates the Visceral Adipose Tissue (VAT) content within the android region in a male or female population. Some of the diseases/conditions for which VAT estimation can be useful include hypertension, impaired fasting glucose, impaired glucose tolerance, diabetes mellitus, dyslipidemia and metabolic syndrome.

Measurements with DXA are:

- *Fast, less than 10 minutes;*
- *Simple and non-invasive, ensuring simple patient cooperation;*
- *Low dose, equivalent to less than a day of background radiation, and;*
- *They provide both total body and regional (trunk, arms, legs, android, gynoid) results.*

The absence of a contrast study within one week of the test is required, otherwise there is no special preparation. We ask only that your patient wear loose clothing without metal to help in proper assessment. Pregnant female patients will not be scanned. This is a non-OHIP exam and the cost is \$100. (Repeat exam is \$75 within 1 year)

Almost 60% of Canadian adults are overweight and estimates of the economic burden of obesity in Canada range from \$4.6 billion to \$7.1 billion annually. Helping to screen patients most at risk will make an impact both on patient well-being and health care expenditures.

Regards,

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