



BODY FAT TESTING

We have a new opportunity for all of our patients who may be interested in calculating body composition. The University of Central Oklahoma has the software available to measure body composition using a DXA scanner. The DXA scanner is the same technology that has been used by most of you when you have done your osteoporosis scans. The test is extremely safe and extremely easy. The DXA scanner is programmed to measure bone mineral density when you get your osteoporosis scan done. It is also technology that can measure your tissue composition and divide this into percent of body fat as measured in pounds versus lean tissue as measured in pounds. The software will also tell you your percent body fat as well as where you are on a percentile scale. In other words, it will tell you what percentage of people your age and gender have a lower percent body fat and what percentage have a higher percent body fat. This technology can also show you android versus gynoid fat which tells you whether or not you store most of your fat in an unhealthy area around the abdomen or a more healthy area around the hips and thighs. This is very important when it comes to health risks associated with excess body fat. The ancillary results can also give you a bone mineral density and percent body fat for each region to include each arm, each leg, trunk and head. If you are due for your osteoporosis scan, I can read these results for you.

This is very useful information for those of you who are just starting TLC or another weight loss program. It is also helpful for those of you who may be “on your way down”, and would like to know where you are now compared to when you enter Phase III or IV. It will tell you if you are gaining “muscle” and losing fat.



You can schedule this scan by contacting Dr. Jacilyn Olson, PhD at jolson3@uco.edu.

The University of Central Oklahoma is not a medical facility and therefore does not accept medical insurance. You will be having your scan done in the Kinesiology Lab at the university. The test is offered for \$50.

If you choose, I can use this data to read your bone density as well. The scanner will do both a bone mineral density and a body tissue composition for us. If you have not already had your bone density study done at another facility and you are due for this, medical insurance will cover a bone density and we can provide a claim form for you to send to your insurance company for this part of the service and for my interpretation. If you are not interested in having the bone density measured and would like to just have a body composition done, then that is fine as well.

I encourage all of you who are early starts in TLC to get this study done. It is more accurate than using calipers to measure percent body fat, and actually is the most accurate way to measure percent body fat, even compared to underwater weighing. If you contact the university to get this test done, make sure that you get a copy of the report to me or the physician of your choice, so it can be used to help you to determine the best process to help you with your continued success with fat loss and a healthier metabolic status.

We will also give you the opportunity to have your body fluid measured. Our Bio-Z machine will measure the following:

HR	Heart Rate	LCWI	Left Cardiac Work Index
SV	Stroke Volume	VI	Velocity Index
SI	Stroke Index	ACI	Acceleration Index
CO	Cardiac Output	STR	Systolic Time Ratio
CI	Cardiac Index	STRI	Systolic Time Ratio Index
SVR	Systemic Vascular Resistance	PEP	Pre Ejection Period
SVRI	Systemic Vascular Resistance Index	LVET	Left Ventricular Ejection Time
BP	Systolic (SBP), Diastolic (DBP) and Mean Arterial (MAP) Blood Pressure	TFC	Thoracic Fluid Content
TAC	Total Arterial Compliance	TFCI	Thoracic Fluid Content Index
TACI	Total Arterial Compliance Index	SSRI	Systemic Stroke Resistance Index
QC	Q-C Interval	LSWI	Left Stroke Work Index
HI	Heather Index	Z0	Base Impedance

The TFC—Thoracic Fluid Content—as well as the Thoracic Fluid Content Index can be used to determine if you are hydrated sufficiently or with too much body water. This, combined with a urine specific gravity done in the office will allow us to know if you are under or over hydrated, or if you may need a diuretic. The cost for the Bio-Z is \$110.00 and the specific gravity with ketones testing is \$4.00. You can send a claim form to your insurance for reimbursement for these tests. **If you would like to schedule these tests, please call the office at 405-475-0100.**