



BODY COMPOSITION AND BONE DENSITY

Our state-of-the-art DEXA whole body scanning system is a safe, non-invasive imaging test that accurately measures lean mass, adipose tissue distribution and bone mineral density. Changes in these measures help to support exercise prescription goals.

Before Your Appointment

- **Clothing:** Wear loose, comfortable clothing without metal (e.g., zippers, buttons, underwire bras, reflective tape). You may be asked to change into a gown.
- **Supplements:** Avoid calcium supplements for 24 hours before your scan.
- **Recent Imaging:** Inform the clinic if you've had a barium study, CT scan with contrast, or nuclear medicine scan in the past two weeks.
- **Jewelry:** Remove all metal accessories before the scan.

During the Scan

- Lie flat on a padded table while a scanning arm passes over your body.
- Scan is painless, non-invasive, and takes about 10–30 minutes.
- Lay as still as possible to ensure accurate results.

After the Scan

You can resume normal activities immediately. A detailed report will be provided to you or your referring practitioner including

- Bone mineral density scores
- Total and regional fat and lean mass
- Visceral fat estimates (if applicable)

Next Steps

Book an appointment today to take the first step towards a healthier, more informed lifestyle. GP referral is essential.



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