

## DEXA SCAN

Bone • Muscle • Fat

### Body Frame Blueprint™

Your Most Accurate Body Composition & Bone Health Assessment

Assess Early • Act Early •  
Live Stronger • Age Smarter



### What Is A DEXA Scan?

DEXA (Dual-Energy X-ray Absorptiometry) is the gold standard for measuring:

- Total Body Fat & Visceral Fat
- Muscle Mass & Distribution
- Bone Density And Strength



### Who Should Do A DEXA Scan?

- Individuals above 30 years
- Women pre-/post-menopause
- Anyone with osteopenia risk
- Fitness enthusiasts
- Diabetic / thyroid / metabolic patients
- Weight loss or muscle gain programs
- Patients undergoing rehab

# Why The Body Frame Blueprint™ Matters

## 1 Bone Health Assessment

- Detect osteopenia & osteoporosis early
- Detect bone loss risk years earlier
- Monitor treatment & lifestyle interventions



## 2 Muscle Health & Sarcopenia Prediction

- Pinpoint weak muscle groups
- Evaluate sarcopenia risk
- Guide strength training & rehab

## 3 Fat Distribution Mapping

- Visceral fat (dangerous fat)
- Subcutaneous fat
- Android/gynoid fat ratio (metabolic risk)

## 4 Personalized Risk Forecasting

- Cardiometabolic risk
- Fall & fracture risk
- Longevity and mobility score

DEXA Finds It Early –  
So You Can Reverse It.



Bone Loss And Muscle  
Loss Start Silently.

Assess & Act Before  
It's Too Late

## The ProHumane Advantage

- Medical-grade GE DEXA scanner
- Doctor-supervised interpretation
- Functional bone, muscle & fat score
- Personalized action plan
- Nutrition + exercise + functional medicine guidance

Body Performance Blueprint- CPET  
Available At ProHumane

Make An Appointment

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 **ProHumane**  
FUNCTIONAL HEALTH

Functional Medicine • Rehabilitation • Pain Medicine