LARIMAR MED
FUNCTIONAL MEDICINE + BIOHACKING + MEDSPA

113 N 2nd Ave, St. Charles, IL 60174

Patient:	Weight Loss, Trending			Referring Physician:	(not specified)
Birth Date:	8/23/197	Age:	28.8 years	Patient ID:	(not specified)
Height:	8 65.0 in.	Weight:	214.5 lbs.	Measured :	6/26/2007 12:04:13 PM (12.00)
Sex:	Female	Ethnicity:	White	Analyzed:	8/27/2024 8:10:18 AM (18 [SP 5])

Body Composition Analysis (BCA)

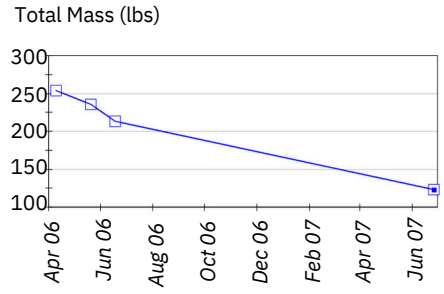
DXA or DEXA is a three component model, it quantifies three primary metrics: Bone, Fat, & Lean Tissue. These components are then organized into additional metrics which are depicted throught your report. Total Mass = Measured Weight it's the sum of your Fat, Lean, & BMC. Fat Mass = All Fat Mass including items like brain, bone marrow, ect. Lean Mass = Muscle Mass, Organs, Blood and Stomach Contents. BMC = Bone Mineral Content; generallly 3-5% of the total. Fat Free = the total of Lean Tissue and BMC.

Measured Date	Total Body Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)	Fat Free (lbs)
6/26/2007	28.0 %	123 .3	34.5	83.8	5.0	88.7 lbs

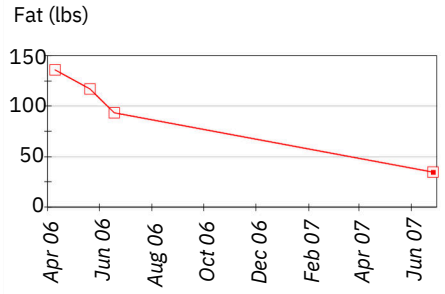
Body Composition History (Region: Total)

	Measured Date	Total Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)	Fat Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)	Lean Mass (lbs)	Change vs. Baseline (lbs)	Change vs. Previous (lbs)
(e)	4/9/2006	253 .5	baseline	-	136.0	baseline	-	111.8	baseline	-
	5/20/2006	235 .5	-18.0	-18.0	116.9	-19.1	-19.1	113.0	1.2	1.2
	6/18/2006	213 .4	-40.1	-22.1	93.6	-42.4	-23.3	114.3	2.5	1.3
	6/26/2007	123 .3	-130.2	-90.1	34.5	-101.5	-59.1	83.8	-28.0	-30.5

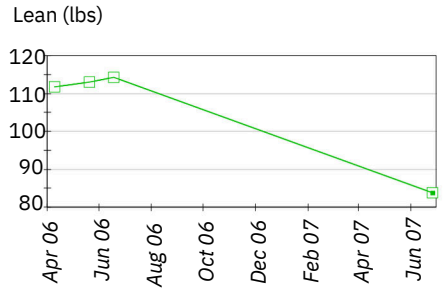
Composition Trend: Total



Composition Trend: Total



Composition Trend: Total

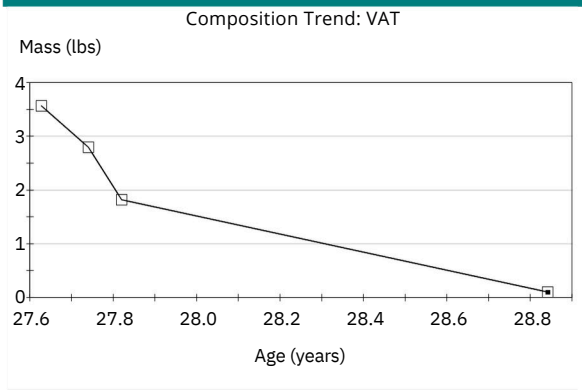


Regional Body Composition Analysis

The regional body composition report below shows the 5 key regions of your body including your arms, legs, trunk, android (abdomen) and gynoid (hips region) metric and displays the composition analysis for each region.

Region	Total Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)	Fat Free (lbs)
Arms	32.6 %	14.2 lbs	4.4 lbs	9.1 lbs	0.7 lbs	9.8 lbs
Legs	37.6 %	44.5 lbs	16.0 lbs	26.6 lbs	1.9 lbs	28.5 lbs
Trunk	23.0 %	55.6 lbs	12.5 lbs	41.7 lbs	1.4 lbs	43.1 lbs
Android	17.9 %	7.3 lbs	1.3 lbs	5.9 lbs	0.1 lbs	6.0 lbs
Gynoid	38.9 %	21.8 lbs	8.3 lbs	13.0 lbs	0.5 lbs	13.5 lbs
Total	29.2 %	123.3 lbs	34.5 lbs	83.8 lbs	5.0 lbs	88.7 lbs

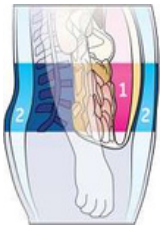
Visceral Adipose Tissue (VAT)



Date	Age	Fat Mass (lb s)	Volume (in3)
4/9/2006	27.6	3.5	104.85
5/20/2006	27.7	7	82.22
6/18/2006	27.8	2.8	53.45
6/26/2007	28.8	0	2.80

1.8
2
0.1
0

What is Visceral Adipose Tissue (VAT)?



Adipose Tissue
1 Visceral
2 Subcutaneous

The Android region is that of the abdomen, and often the body type with increased fat in this area is described as "apple shaped." The Gynoid region is that around the hips and thighs and often the body type with increased fat in this area is described as "pear shaped." Understanding where fat is stored on the body is recognized as an important predictor of the potential health risks of obesity.

CoreScan estimates the VAT (Visceral Adipose Tissue) and SAT (Subcutaneous Adipose Tissue) content within the android region, VAT is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and type 2 diabetes. CoreScan results have been validated for adults between ages 18-90, and with a BMI in the range of 18.5-40.

How does your VAT volume compare?

Ideal|Healthy	Increased||High	At Risk|Very High
0.00 to 52.00	52.15 to 112.10	1 1 2.1 0+
A VAT volume (in3) between the level listed above is considered a healthy range. Continue to practice exercise and a balanced diet.	If your VAT volume (in3) is between the level listed above you are considered to be at an increase risk. Within this range, you may consider improving your diet and increasing exercise.	If your VAT volume (in3) is at or above the level isted above your risk may be considered high. If you are within this range you may consider consulting your physician.

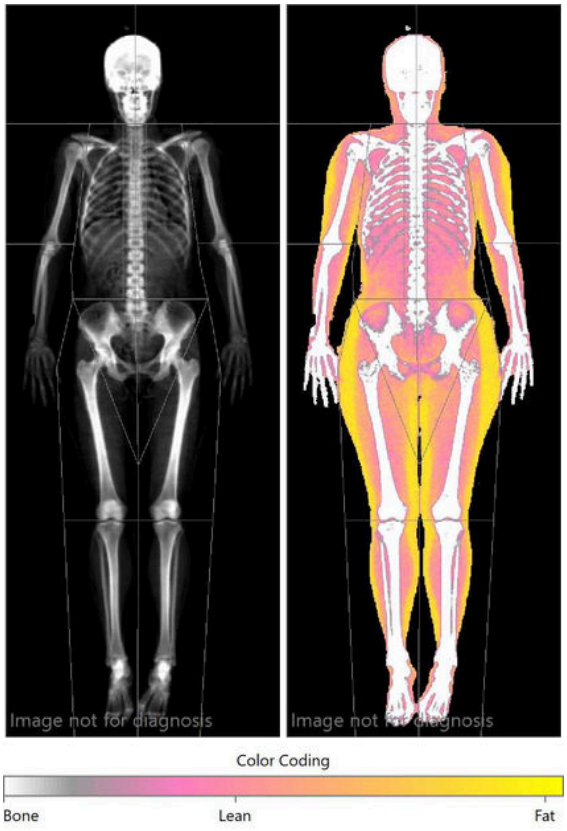
A/G Body Fat Disbribution

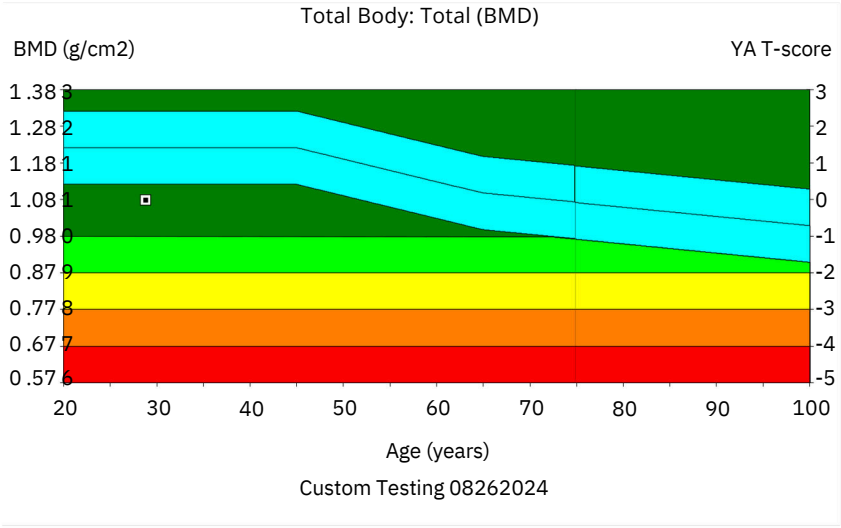
Measured Date	Andr oi d	Gynoid	A/G Ratio
	Android fat is concentrated in the lower abdominal region.	Gynoid fat is concentrated in the hips, upper thighs and buttocks.	For optional distribution, Android fat % should be less than your total body fat % and your A/G should be less than 1.0
6/26/2007	17.9 %	38.9 %	0.46

Total Body Bone Density Report

Bone Density is critically important to our overall health & physical capability. Good, holistic nutrition is essential to maximizing peak bone mass, which is typically achieved between your mid to late thirties. Then, as we continue to age, our bones start to naturally deteriorate through a process called fibrosis, where bone structure slowly converts to fibrous tissue. Keep in mind that this measurement is of Total Body Bone Density and cannot be compared apples to apples versus what is referred to as a DEXA Bone Density, which consists of measurements of your left/right femural neck and AP Spine (L1-L4). A DEXA Bone Density is the standard exams for observing the potential risk for Osteopenia and Osteoporosis and is typically referred by your physician.

Total Body Bone Density





Densitometry: Custom Testing 08262024 (Enhanced Analysis)

Region	BMD (g/cm²)	YA (%)	YA T-score	AM (%)	AM Z-score
Head Arm	2.197	-	-	-	-
Right Arm	0.708	-	-	-	-
Left Leg	0.693	-	-	-	-
Right Leg	1.129	-	-	-	-
Left Trunk	1.161	-	-	-	-
Ribs	0.906	-	-	-	-
Spine	0.734	-	-	-	-
Pelvis	1.050	-	-	-	-
Total	0.961	-	-	-	-
	1.080	100	-	91	-1.4

Weight Loss, Trending

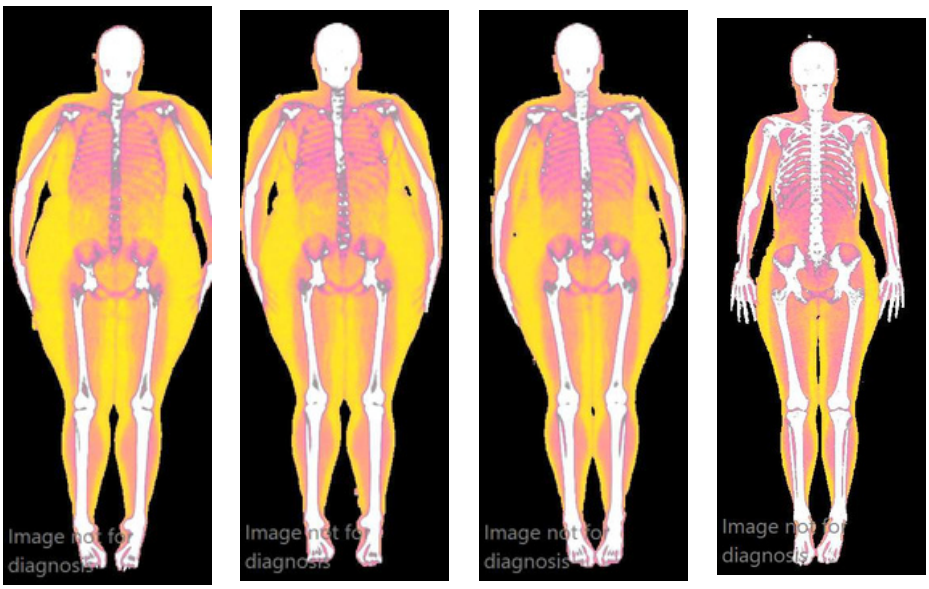
Muscle Mass Balance Analysis

The table below regionalized your arms and legs to assess muscle symmetry. Arms will often have tissue imbalances up to 0.5 lbs, while legs will have tissue imbalances up to 1.5 lbs. LarimarMed looks at movement efficiency because a better balanced body composition improves overall physical capability, especially relating to functional movements.

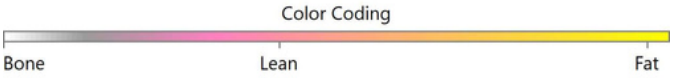
Left/Right Side	Date	Lean Mass (lbs)	Tissue % Lean	Fat Mass (lbs)	Tissue % Fat	Total Mass (lbs)
Arms Total	6/26 /2 00	9.1	67.4	4.4	32.6	14.2
Arm Right	7 6 /26 /2	4.6	69.8	2.0	30.2	7.0 7.2
Arm Left	00 7 6 /26	4.5	65.2	2.4	34.8	-0.2
Arms Diff.	/2 00 7 6	0.2 lbs	-	-0.4 lbs	-4.6 %	lbs
Legs Total	/26 /2 00 7	26.6	62.4	16.0 lbs	37.6	44.5
Leg Right	6/26/2007	13.5	62.4	8.1	%	22.5
Leg Left	6/26/200	13.2 lbs	62.5	7.9	37.6	22.0
Legs Diff.	7	0.3 lbs	-	0.2 lbs	%	0.5 lbs
	Leg Left				37.5	
	Legs Diff.				%	
					0.1 %	

Body Composition Trending Report

The following graphs show how different regions of your body have changed over time. This image and table shows how your body's muscle development and body fat in each area has responded to your training and/or nutrition program. Each individual will gain and lose lean tissue differently. LarimarMed will continue to track these regions with each subsequent scan.



4/9/2006 5/20/2006 6/18/2006 6/26/2007



	Measured Date	Total Mass (lbs)	Total Fat (%)	Total Fat (lb s)	Total Lean (lbs)	Trunk Fat (lbs)	Trunk Lean (lbs)	Arm Fat (lbs)	Arms Lean (lb s)	Legs Fat (lb s)	Legs Lean (lbs)
(e)	4/9/2006	253.5	54.9	130.6	111.8	76.2	50.3	10.8	11.9	46.9	42.8
	5/ 20/20 06	235.5	50.9	119.3	113.0	65.0	49.9	7.5	11.7	34.1	44.8
	6/ 18/20 06	213.4	45.0	96.4	114.3	50.2	53.2	4.4	9.1	16.0	42.8
	6/ 26/20 07	123.3	29.2	34.5	83.8	12.5	41.7				26.6