

## DEXA Scan



### What is it?

The DEXA scan assesses fat—both subcutaneous and visceral—along with muscle and bone, not merely for aesthetics, but to uncover risks of cardiovascular disease, cancer, and inflammation, while guiding the precise use of peptides for optimal health outcomes. Visceral adipose tissue, also known as V-A-T is B-A-D. VAT is also associated with persistent inflammation, characterized by the release of pro-inflammatory mediators. Let's be very, very clear, inflammation is the root cause of all chronic diseases and death. We need to avoid inflammation and get rid of it at all costs. Most body composition tools give you a blurry snapshot. DEXA is like a 4K high-definition camera — it zooms in with razor-sharp precision on fat, muscle, and bone. It doesn't just show what's visible, it reveals what's hidden beneath the surface.

### Why is it important?

DEXA scanning can identify healthy-seeming people as high-risk individuals for cancer before they become patients. This measurement is considered a better predictor of cardiovascular risk than other muscle measures because it most directly captures the functional, metabolically

active skeletal muscle mass that influences cardiometabolic health. DEXA-based measurement is precise and reproducible.

At MetaLab by Confidia Health Institute™, we offer DEXA scans as part of our elite diagnostic lineup because health isn't about guessing. It's about measuring, tracking, and building smarter strategies. Whether you're training like an athlete or just want to age with strength, clarity, and confidence, the DEXA scan gives you a crystal-clear blueprint. The only question is: are you ready to read it? If the answer to the question is yes, then join us, and...

LET'S WIN THE DAY TOGETHER!

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