

Patient Data

ID:

Name:

BMI

Weight:
135.36 lbs

BMI:
23.79 kg/m²

Height:
5' 3 1/4"

A person's state of nutrition is initially assessed by measuring and weighing the subject. The ratio between weight and height is indicated by the **Body Mass Index (BMI)**. The more accurately weight and height are measured, the more accurate the BMI will be. According to the World Health Organization (WHO) an adult is considered to be overweight with a BMI of 25 kg/m^2 or more, and obese as of 30 kg/m^2 . A person with a BMI of below 18.5 kg/m^2 is considered to be underweight. The BMI does not allow any conclusions to be drawn about body composition or the proportions of body weight accounted for by muscle, fat and water. Sports people, in particular, are often categorized as overweight due to high muscle mass, which increases their weight.

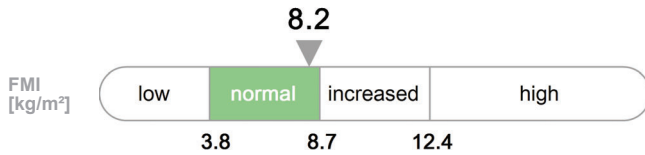


Fat Mass

Fat Mass (FM):
46.82 lbs (34.6 %)*

Fat Mass Index (FMI):
8.2 kg/m²

Fat Mass (FM) is the total amount of fat in the body. In addition to storage or depot fat, it also includes structural fat. Depot fat stores energy and heat for the body. Structural fat is vital to life and plays a role at various locations in the body. For example, it helps in the development of somatic cells and protects the organs. If, however, FM is elevated on a long-term basis, the risk of diabetes and cardiovascular disease is increased. The individual FM value is interpreted in the form of a graph with the help of the BMI. In contrast to the classical BMI graph, it is not body weight that serves as the basis here but FM.



Pulse Rate

Pulse Rate:

Source:
Unknown

Each beat of the heart pumps blood into limbs and organs to provide them with oxygen and nutrients. The number of heartbeats per minute is called the pulse rate. Values of between 60 and 100 bpm (beats per minute) are normal here. Pulse rate can also be below 60 bpm in very fit people, or above 100 bpm in people who are stressed. A long-term pulse rate of below 60 bpm is referred to as bradycardia (heart too slow). If the long-term pulse rate is above 100 bpm, it is referred to as tachycardia (heart too fast).

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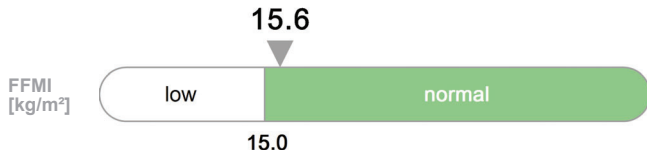
Name:

Fat-Free Mass

Fat-Free Mass (FFM):
88.54 lbs (65.4 %)*

Fat-Free Mass Index (FFMI):
15.6 kg/m²

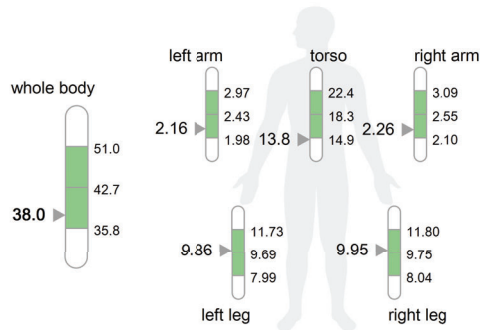
Fat-Free Mass (FFM) is the difference between weight and Fat Mass. Averaging 73.2%, body water accounts for the largest share of FFM. Muscles, bones, organs, cartilage, tendons and ligaments are also part of FFM. FFM can be increased by developing muscle mass. The ratio between FFM and height is indicated by the Fat-Free Mass Index (FFMI). An FFMI of less than 15 for women and less than 17 for men is a criterion for malnutrition.



Skeletal Muscle Mass

Skeletal Muscle Mass (SMM):
38.01 lbs

The Skeletal Muscle Mass (SMM) comprises the mass of all the muscles that move the body and are responsible for posture. Skeletal Muscle Mass is also involved in thermogenesis (heat production). Skeletal muscles account for a significant proportion of the body's energy expenditure. If skeletal muscle mass is increased, this also increases Resting Energy Expenditure. Normal muscle mass can help avoid problems with the locomotor system. Skeletal Muscle Mass can in addition influence the immune system, the metabolism and the development of diabetes mellitus by means of messenger substances.

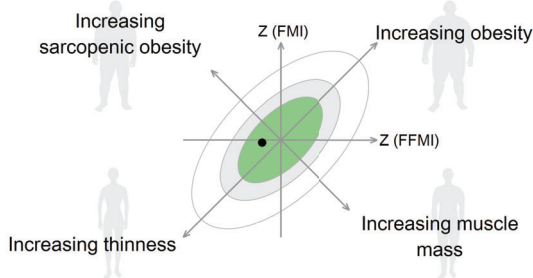


Body Composition Chart

Fat Mass Index (FMI):
8.2 kg/m²

Fat-Free Mass Index (FFMI):
15.6 kg/m²

The Body Composition Chart (BCC) gives a graphical representation of Fat Mass (FM) in relation to Fat-Free Mass (FFM) in a two-axis system. FM is shown on the vertical axis, and FFM on the horizontal axis. The ellipses show the measuring ranges of a comparison group of healthy people. A measuring point outside the ellipses merely indicates a difference from the comparison group. It is thus possible to determine for example whether an increased BMI is due to a high proportion of fat or muscle.



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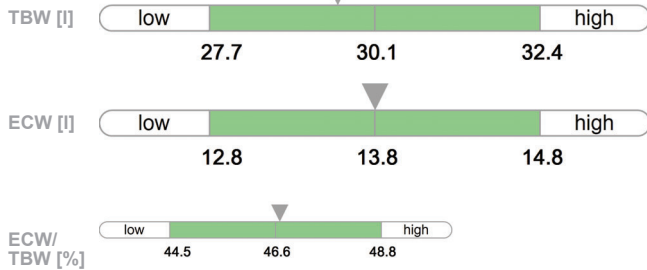
Water

Total Body Water (TBW):
29.6 l (47.8 %)*

Extracellular Water (ECW):
13.8 l (22.3 %)*

ECW/TBW:
46.7 %

Total Body Water (TBW) accounts for around 60% of the body weight of a healthy adult. The proportion of body water decreases from birth to old age. In a healthy person, two-thirds of Total Body Water is found within the somatic cells and is known as Intracellular Water (ICW), while a third of Total Body Water is found outside the cells and is known as Extracellular Water (ECW). The distribution of Total Body Water in percent is indicated by the ratio of ECW to TBW.

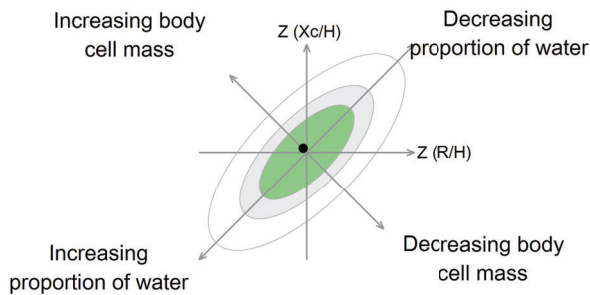


BIVA

Resistance (R):
626.7 Ω

Reactance (Xc):
56.7 Ω

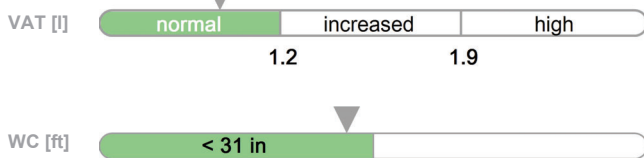
In Bioelectrical Impedance Vector Analysis (BIVA) the body's Fat-Free Mass is analyzed. In the chart a distinction is drawn between the cellular axis (which runs diagonally from the bottom right to the top left) and the water axis (which runs diagonally from the top right to the bottom left). The individual measurement point indicates the number and quality of the somatic cells as well as the body's water balance. The ellipses show the measuring ranges of a comparison group of healthy people. A measuring point outside the ellipses merely indicates a difference from the comparison group.



Visceral Adipose Tissue & Waist Circumference

Visceral Adipose Tissue (VAT): Waist Circumference (WC):
0.8 l 28 1/4"

The Waist Circumference (WC) allows conclusions to be drawn about the amount of body fat in the abdominal cavity. This abdominal fat, which is also known as Visceral Adipose Tissue, is a risk factor for vascular disease (arteriosclerosis) and diabetes mellitus type 2, which can result in heart attacks and strokes. Women with a Waist Circumference of 80 cm or more and men with a Waist Circumference of 94 cm or more have an increased risk. Women with a Waist Circumference of 88 cm or more and men with a Waist Circumference of 102 cm or more have a greatly increased risk.



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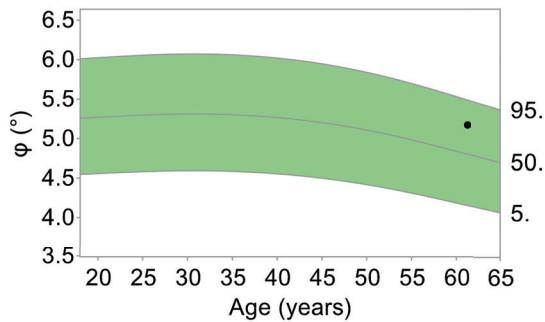
Name:

Phase Angle

Phase Angle (ϕ):
5.2°

Percentile:
81.

The Phase Angle (ϕ) is a measure of the quantity and quality of the somatic cells. ϕ allows conclusions to be drawn about a person's nutritional condition and state of health. A high Phase Angle indicates a person is in good physical condition. Generally speaking, the Phase Angle decreases from birth to old age. Women have a lower Phase Angle than men.



Energy

Total Energy Expenditure:
2189 kcal/day

Recommended Energy Intake:

Resting Energy Expenditure (REE) is the amount of energy a body needs to maintain its respiratory, digestive and cardiovascular systems, etc. REE depends on a person's age, height, weight and gender and accounts for around 60-70% of total energy expenditure. Total Energy Expenditure (TEE) is the amount of energy a person requires every day, taking into account physical activity in addition to Resting Energy Expenditure (REE). This level of activity varies widely from person to person. TEE can be boosted by increasing physical activity.

Physical Activity Level:
1.8

Duration:

Resting Energy Expenditure:
1216 kcal/day

Therapy Goal:

Metabolic Syndrome:

Metabolic Syndrome:

Metabolic Syndrome (MSX) is a combination of different factors that significantly increase the risk of diabetes mellitus type 2 or coronary heart disease and thus of associated effects such as heart attacks. The risk factors include excessive abdominal fat, high blood pressure, elevated blood sugar values and altered blood fat levels. The most important measures for avoiding secondary disease are a healthy lifestyle, a balanced diet and regular exercise.