



Gordon C. Gunn, M.D. Nancy A. Towbin, M.D. Ricarda D. Benz, M.D. Melanie R. Santos, M.D. P.K. Kaliban, PA-C

Date of Exam: _____

Time: _____

BodyStat Analysis

Information

BodyStat uses the scientific principle of Bioelectrical Impedance Analysis (BIA) to obtain a complete analysis of the body composition. Body weight, by itself, does not provide an accurate indicator of a person's health. BodyStat accurately measures the percent distribution of body fat, lean body mass, hydration status (water content), weight distribution and metabolism.

Determining the body fat percentage and weight distribution is important in assessing risks for Diabetes Mellitus, Hypertension, Heart Disease, and Metabolic Syndrome. BodyStat calculates the metabolic function, daily caloric needs and ideal body weight range based on the lean body mass weight. This information is invaluable for patients who are desirous of losing weight.

The BodyStat Analysis includes a fifteen-page report that will help create a specifically designed plan for improving wellness. The analysis incorporates your lab results, blood pressure measurements, EKG and carotid artery ultrasound results to provide an overall assessment of your current state of health.

Instructions

In order to insure an accurate analysis of your body composition, please follow these instructions:

1. No exercise - 12 hours prior to the test.
2. No alcohol or caffeine consumption - 24 hours prior to the test.
3. No creams, oils or other applications to hands, wrists, feet or ankles (also applies to the EKG).
4. Proper hydration is essential for accuracy. Dehydration results in an inaccurate fat %.

5. Drink plenty of water and have a healthy meal before your test.
6. Note: There is no discomfort during the BodyStat Analysis Testing.

Precautions:

This bioelectrical test cannot be performed if you have any of the following:

1. You are pregnant.
2. You wear a pacemaker or any other type of an implanted electronic device.

Rev: 09-02-09