



EXAMPLE REPORT: OBESITY

23/02/2010

EXAMPLE: OBESITY

MEDICAL CENTER

STREET - CITY

Personal data

Name: EXAMPLE: OBESITY
Surname:
Date of birth:
Identification:

File num: 7
State: Active

Address

Address:
Town:
City:
P.C.:

Contact

Phone 1:
Phone 2:
Mobile:
Fax:
E-Mail:

Notes

This person could not achieve the average weight for his height and build. It was decided to agree a "desired weight" which is reasonable and can be achieved easily without too much effort. No physical exercise tests were undertaken until half way through the treatment. However, a "Walking Plan" using a pedometer was introduced. Progress has been good and total weight has declined together a body fat reduction.

Health

Classification: None
Blood: A+
Factors: Drinker
Insomnia
Other: Space for comments.

History

Father:
Mother:
Personal:
Eating disorder:

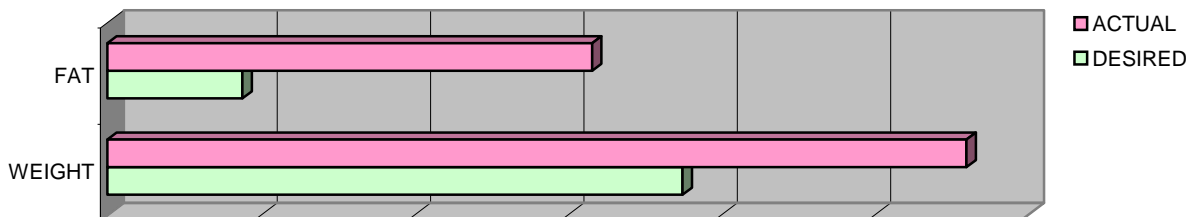
Other:

RESULTS

Anthropometrical Data

Sex: Male
 Age: 51 years
 Weight: 112,0 kgr
 Height: 170 cms
 Build: Medium
 Population: Adult

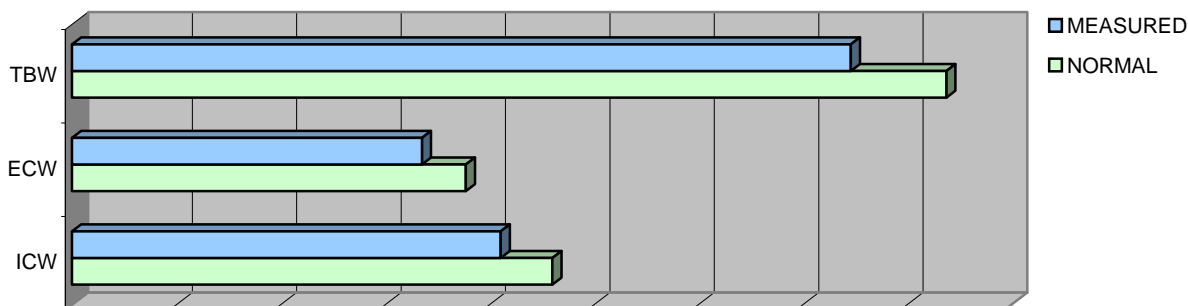
BODY COMPOSITION



	WEIGHT		BODY FAT		LEAN MASS	
	%	Kg	%	Kg	%	Kg
ACTUAL	149,3	112,0	56,4	63,2	43,6	48,8
AVERAGE	89,5	64,3 - 69,8	23,5	15,8	76,5	51,3
DESIRED	100,0	75,0	23,5	17,6	76,5	57,4
DESIRED - ACTUAL	-49,3	-37,0	-32,9	-45,6	32,9	8,6

This Body Fat Percentage corresponds to a man older than 50.

WATER in LEAN



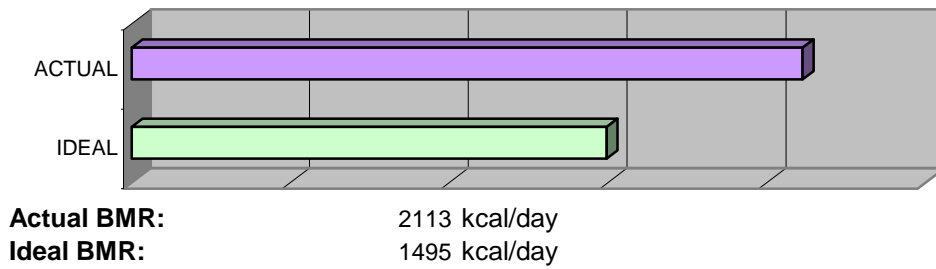
	TBW		ECW		ICW		ECW/ICW	EDEMA
	%	Lts.	%	Lts.	%	Lts.		
MEASURED	76,4	37,3	34,4	16,8	42,1	20,5	0,82	0,45
NORMAL	73,0	41,9	32,9	18,9	40,1	23,0	0,82	0,45

Body water	37,3 litres	33 % of Weight
Intracellular	20,5 litres	55 % of body water
Extracellular	16,8 litres	45 % of body water

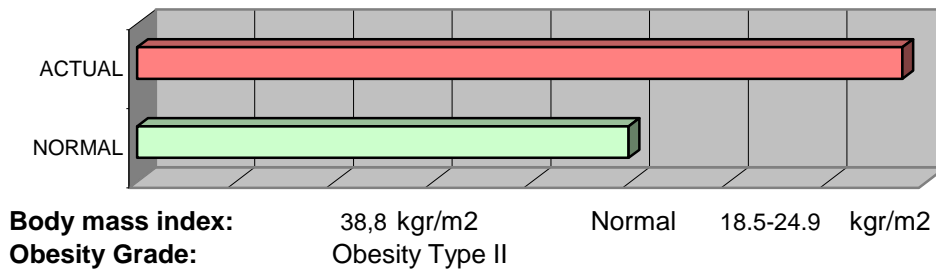
TBW: Total Body Water
 ECW: Total Extracellular Water
 ICW: Total Intracellular Water
 EDEMA: ECW/TBW

Extracellular Mass	25 kgr	Norm	29 kgr
Body Cell Mass	24 kgr	Norm	26 kgr
Bone Mineral	3 kgr	Norm	4,0 kgr
META Index	17	Norm	18 - 30

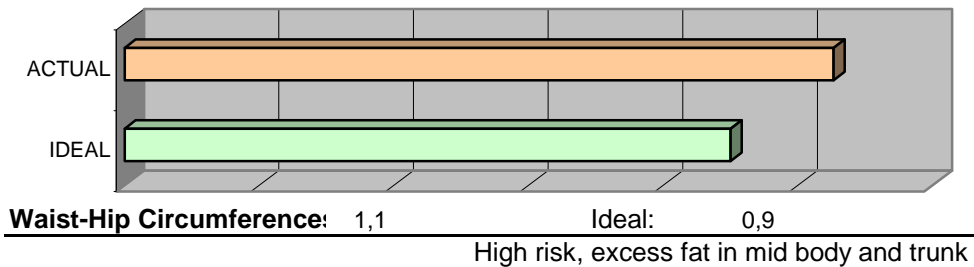
BMR



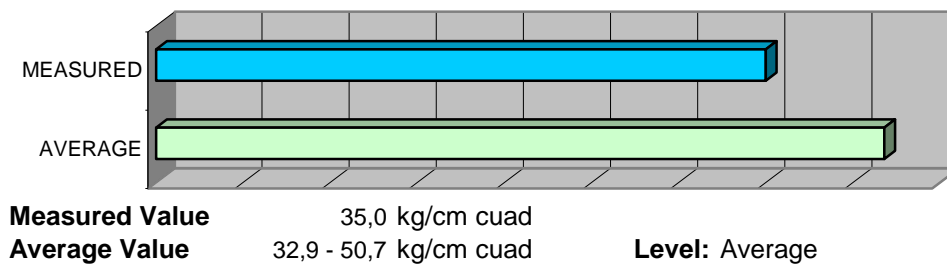
BMI



WAIST-HIP CIRCUMFERENCES



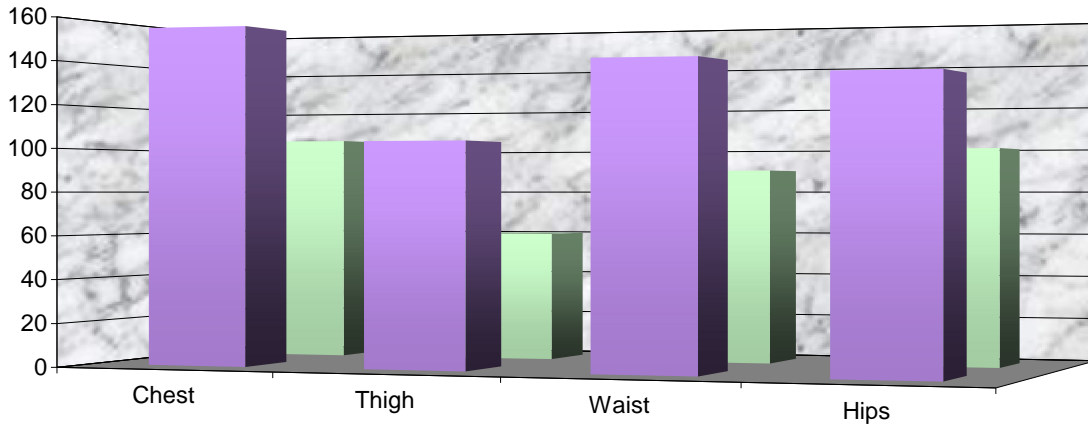
HANDGRIP STRENGTH



PARAMETERS

PERIMETERS

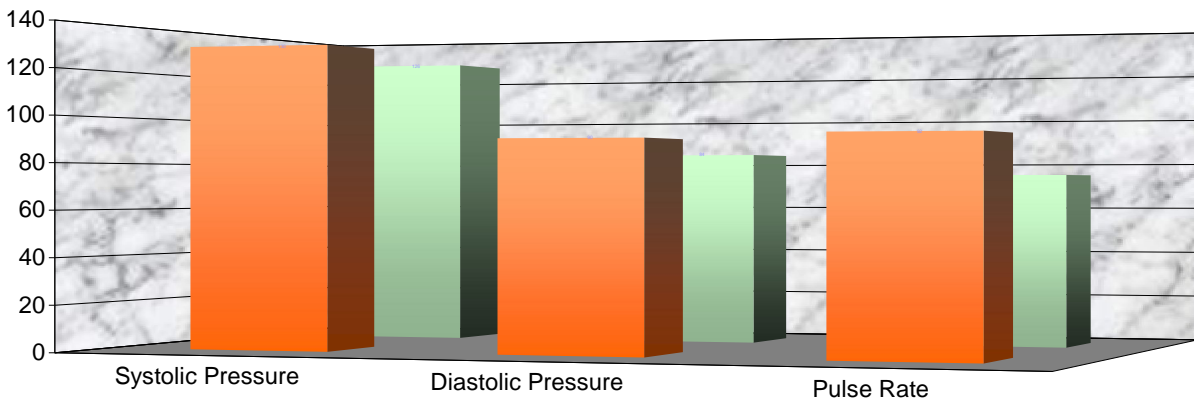
ACTUAL IDEAL



	ACTUAL	IDEAL
Chest	156 cms	105 cms
Thigh	103 cms	60 cms
Waist	139 cms	90 cms
Hips	132 cms	100 cms

CARDIAC FUNCTION

ACTUAL IDEAL

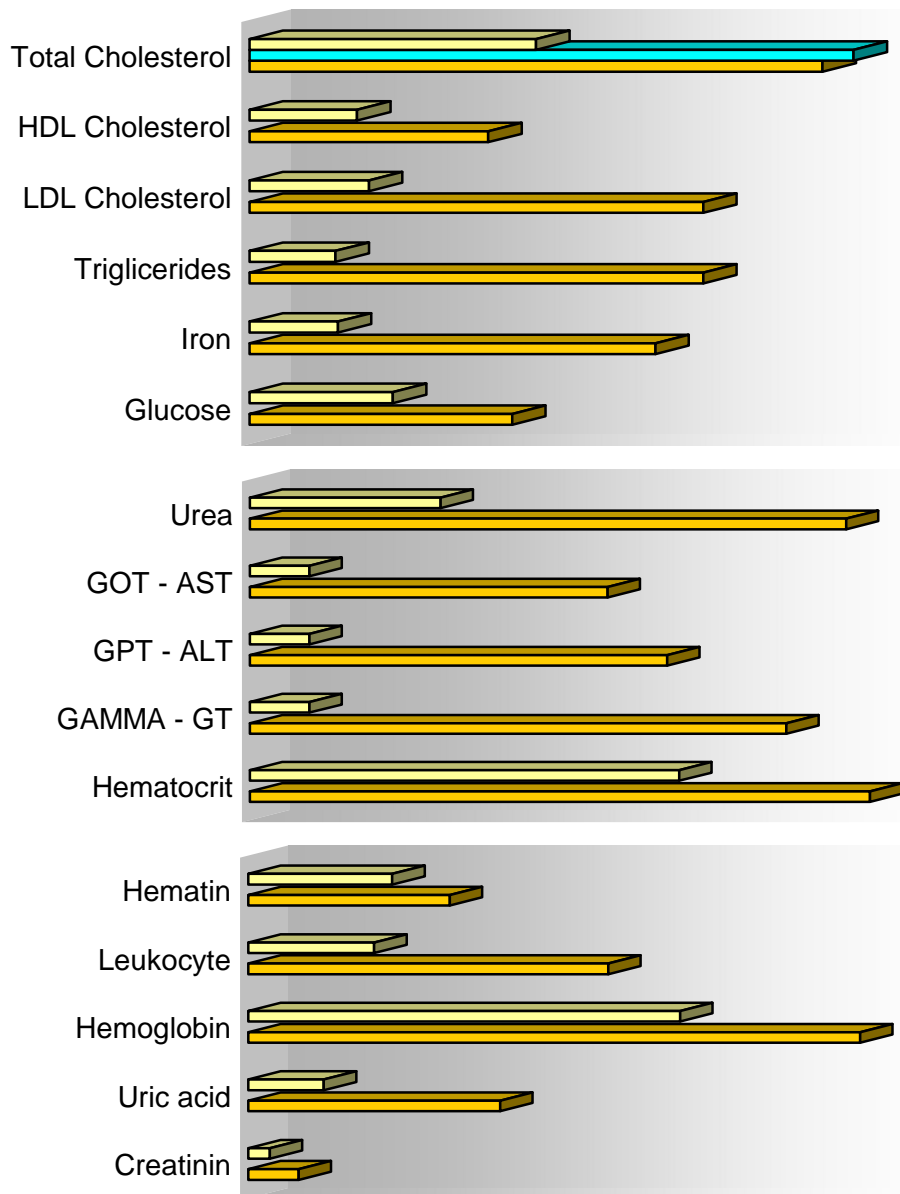


	ACTUAL	IDEAL	VALUE
Systolic Pressure	130 mmhg	126 mmhg	Unfit
Diastolic Pressure	90 mmhg	84 mmhg	
Pulse Rate	92 beats	75 beats	

	Actual	Min	Max		
Total Cholesterol	253 mg%	120	240	mg%	*
HDL Cholesterol	mg%	45	100	mg%	*
LDL Cholesterol	mg%	50	190	mg%	*
Triglicerides	mg%	36	190	mg%	*
Iron	mg%	37	170	mg%	*
Glucose	mg%	60	110	mg%	*
Urea	mg%	16	50	mg%	*
GOT - AST	ul	5	30	ul	*
GPT - ALT	ul	5	35	ul	*
GAMMA - GT	ul	5	45	ul	*
Hematocrit	%	36	52	%	*
Hematin	millon/ul	4	5,6	millon/ul	*
Leukocyte	millon/ul	3,5	10	millon/ul	*
Hemoglobin	g/dl	12	17	g/dl	*
Uric acid	mg%	2,1	7	mg%	*
Creatinin	mg%	0,6	1,4	mg%	*

BIOCHEMICAL

■ MAXIMO ■ ACTUAL ■ MINIMO



FITNESS

Stamina

Abdominals:	13,00 reps	Result	Marginally Low
Press ups:	9,00 reps	Result	Very Low
Handgrip Strength:	35,00 kg/sq.cm	Result	Average

Flexibility and Muscle Strength

Sit and Reach:	6,10 cm	Result	Normal
Sapo:	5,60 cm	Result	Low
Jump test:	45,00 cm	Result	Regular

Cardiac Resistance

Rate at rest:		beats/min
Rate immediatly after test:		beats/min
Rate 1 minute after test:		beats/min
	Result	NO DATA

Activity Planner

(Minutes)	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton							
Basketball							
Canoeing							
Cycling 8,8km/h							
Cycling 15,1 km/h							
Dancing							
Hockey (grass)							
Golf							
Gymnastics							
Horseriding							
Jogging 9min/1600m							
Judo, Karate							
Running 6 min/1600m							
Running							
Ski-ing cross country							
Ski-ing downhill							
Squash							
Swimming slow crawl							
Tennis							
Voleibol							
Walk 15min/1600m							
Pedometer (Steps)	4824		4934				

Activity Expend	324,2	0,0	331,6	0,0	0,0	0,0	0,0
BMR	2112,7	2112,7	2112,7	2112,7	2112,7	2112,7	2112,7
Work Expend	1056,4	1056,4	1056,4	1056,4	1056,4	1056,4	1056,4
Total Expend	3493,2	3169,1	3500,6	3169,1	3169,1	3169,1	3169,1

Occupation Writer

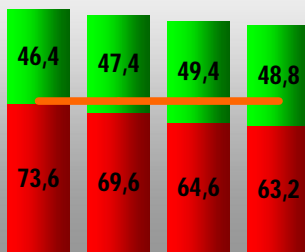
HISTORICAL

	D.W.*	Weight	Lean	Fat	WATER			BMI	Waist-Hip Circ.	BMR
					Total	Intra	Extra			
12/01/2010	75,0	120,0	46,4	73,6	37	20,5	16,3	41,5	1,08	2223
26/01/2010	75,0	117,0	47,4	69,6	37	20,7	16,4	40,5	1,08	2181
09/02/2010	75,0	114,0	49,4	64,6	38	21,1	16,7	39,4	1,05	2140
23/02/2010	75,0	112,0	48,8	63,2	37	20,5	16,8	38,8	1,05	2113

*: Desired Weight

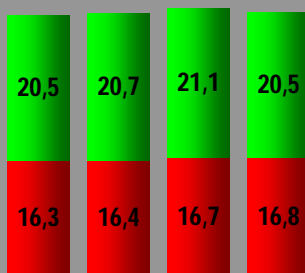
Body Composition

FAT LEAN Desired Weight



WATER

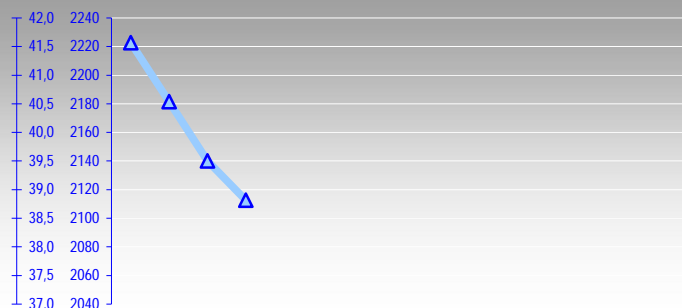
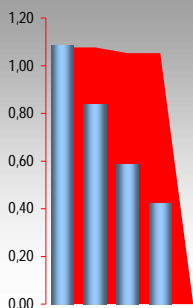
ExtraCellular IntraCellular



Waist-Hip Circ.

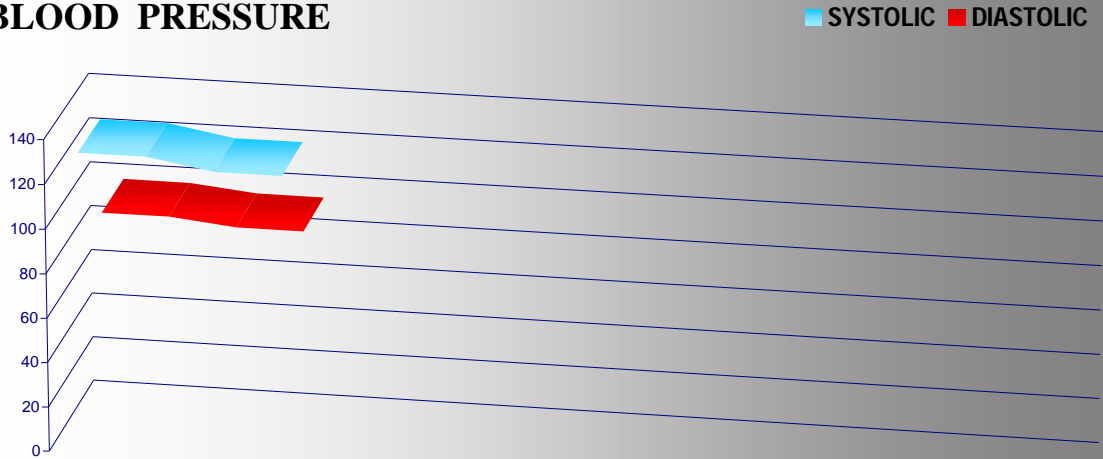
BMI

BMR

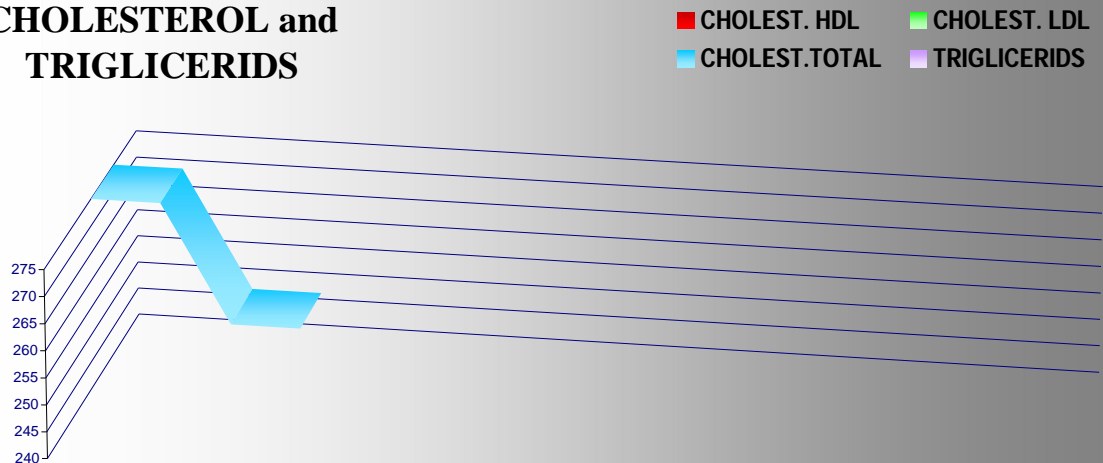


	Blood Pressure		Cholesterol			Triglycerids
	Systolic	Diastolic	Total	HDL	LDL	
12/01/2010	135	93	275			
26/01/2010	135	93	275			
09/02/2010	130	90	253			
23/02/2010	130	90	253			

BLOOD PRESSURE



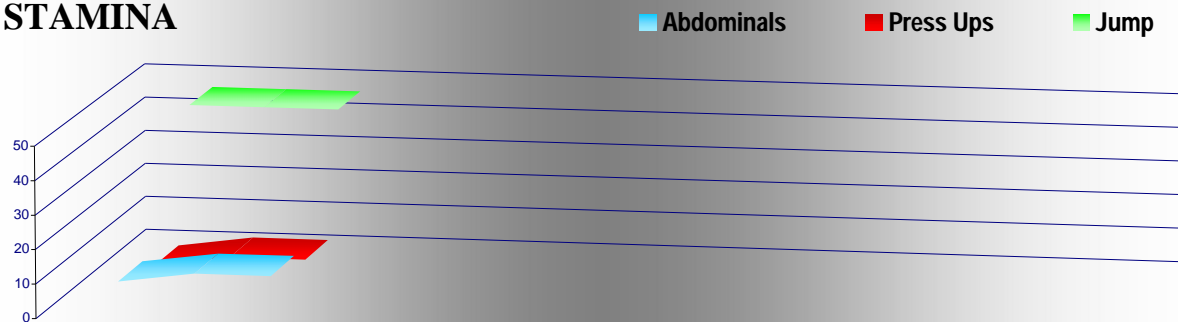
CHOLESTEROL and TRIGLICERIDS



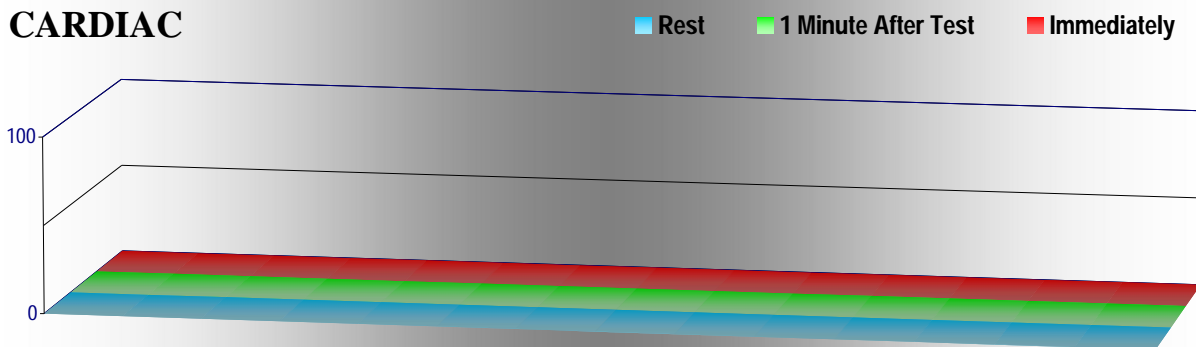
	Stamina		Flexibility		Pwr	Cardiac Function			
	Abdominals	Press Ups	Sit	Sapo	Jump	Rest	Later	1min	Score

12/01/2010									-0,7
26/01/2010	10	6	6,1	5,6	45				-0,7
09/02/2010	13	9	6,1	5,6	45				-0,7
23/02/2010	13	9	6,1	5,6	45				-0,7

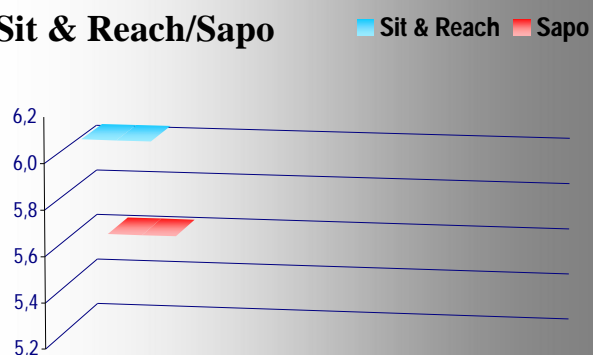
STAMINA



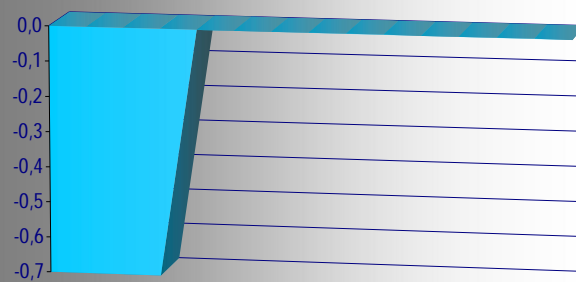
CARDIAC



Sit & Reach/Sapo



SCORE



IMPEDANCES

4 electrodes

	1Khz	10Khz	25Khz	50Khz	75Khz	100Khz	150Khz	Frecuency
Z	737	721	684	651	637	621	615	Impedance
Rb	736,991	720,119	679,975	644,377	631,236	616,563	612,484	Resistance
Xb	3,703	35,624	74,098	92,623	85,498	74,098	55,574	Reactance
P	0,288	2,832	6,219	8,180	7,713	6,853	5,185	Phase

Body cells in good condition

WEIGHT PLAN

Actual Weight: 112 kg.
Desired Weight: 75 kg.
 Weight Loss: 1 kg.
 Treatment Duration: 37 weeks

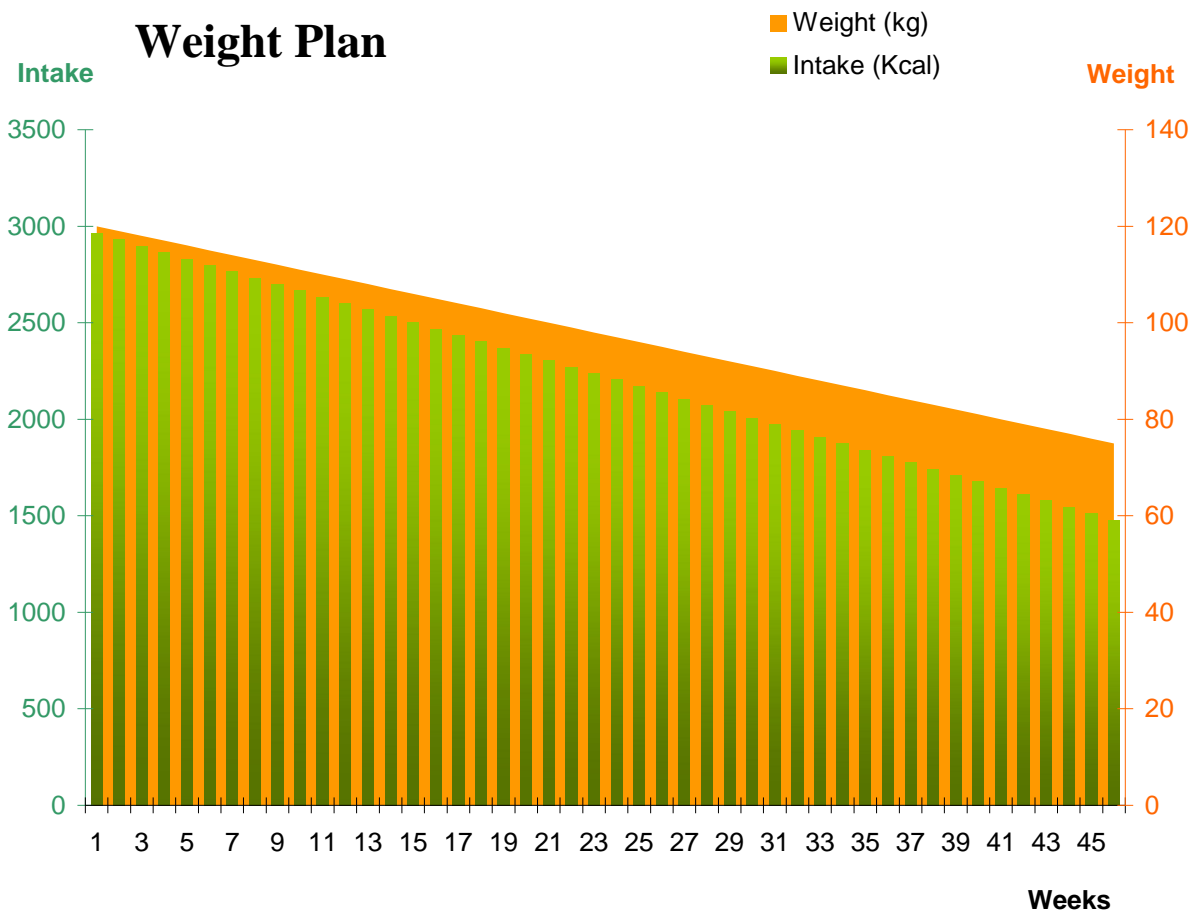
Burn by Exercise 164 KCal
 Metabol. Rate 2.113 KCal
 Burn at Work 1.056 KCal

 Total Burn 3.333 KCal
 Ideal Intake 2.699 KCal
Total Loss 634 KCal

Weight (kg)	Intake (kcal)
112,00	2699,00
111,00	2666,00
110,00	2633,00
109,00	2600,00
108,00	2567,00
107,00	2534,00
106,00	2501,00
105,00	2468,00
104,00	2435,00
103,00	2402,00
102,00	2369,00
101,00	2336,00
100,00	2303,00
99,00	2270,00
98,00	2237,00

Weight (kg)	Intake (kcal)
97,00	2204,00
96,00	2171,00
95,00	2138,00
94,00	2105,00
93,00	2072,00
92,00	2039,00
91,00	2006,00
90,00	1973,00
89,00	1940,00
88,00	1907,00
87,00	1874,00
86,00	1841,00
85,00	1808,00
84,00	1775,00
83,00	1742,00

Weight (kg)	Intake (kcal)
82,00	1709,00
81,00	1676,00
80,00	1643,00
79,00	1610,00
78,00	1577,00
77,00	1544,00
76,00	1511,00
75,00	1478,00



PEDOMETER

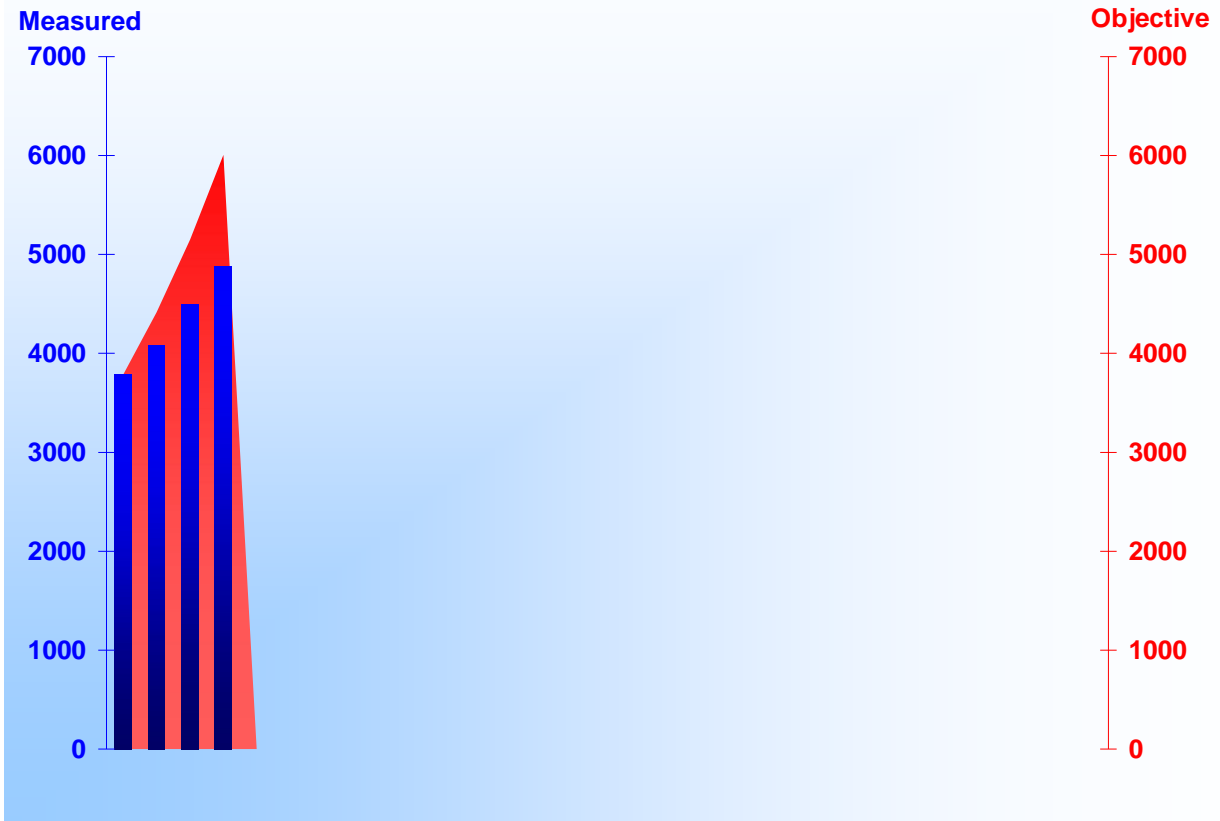
Initial Date	12-ene-10
Initial Value	3786 Steps
Weekly Increase	8 %
Final Objective	7400 Steps

	Measured (steps)	Objective (steps)
12-ene-10	3786	3786
26-ene-10	4074	4416
9-feb-10	4492	5151
23-feb-10	4879	6008

	Measured (steps)	Objective (steps)
12-ene-10	3786	3786
26-ene-10	4074	4416
9-feb-10	4492	5151
23-feb-10	4879	6008

PEDOMETER

- Objective (steps)
- Measured Steps



Body Weight [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

Ideal or normal body weight is that which is associated with a lower incidence of illness and a longer lifespan. [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) for this reason nutrition professionals, via scientific studies in various Obesity Associations, have created the Body Mass Index (BMI) which shows the relationship between weight and height of a person.

Low weight or a low BMI [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

with a severe reduction in physical capacity, immune defense system and above all higher risks in the [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

On the other hand, being overweight or obese increases the risk of developing diabetes, high blood pressure, [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) kidney stones, arthritis and even some types of cancer.

Body Fat

Everybody, including slim people, has a certain amount of fat which as well as being a necessary energy store in times of food intake absence, has important metabolic functions.

The majority of [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

abdomen between the [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

to have more body fat than men. An excess of body fat is the main indicator of obesity and as previously mentioned, carries a high risk of developing other associated diseases.

Waist-Hip Circumferences

The accumulation of fat around the abdomen carries a greater risk of developing certain diseases than the [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

abdominal obesity which can be seen as apple shape in the person and is characteristic of

men. On the other hand, a pear shaped person would be referred to as periferal obesity which occurs more in women. Nutrition professionals in nutrition are interested in the

relationship [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

the distribution of fat in the person. If the ratio of the two measurements is high, then the person is at greater risk of developing diabetes and cardiovascular disease.

Two models exist:

Android: usually found in [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

abdomen. It is likely that there will be a greater accumulation of fat around the vital organs

and assumes [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

arteriosclerosis and high blood pressure at a later stage in life.

Genoid: more frequently [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

and thighs.

Lean Mass

Lean mass, or often referred as fat free lean, is the portion of the body which includes:

Muscles

Skeleton

Vital organs: glands, liver, heart, lungs, brain etc.

Blood and blood vessels

Lean mass contains body [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

us to breathe, talk, move etc. It also houses the chemical activity which facilitates metabolic actions [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

normal body functions. In general, people who exercise regularly tend to have high levels of lean mass whereas malnourished people tend to have lower levels.

Lean mass consists [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

mainly found within the skeleton but also within the cells and water. All contribute to the well being of the person.

Body Water

Water is the most vital substance found in the body. A typical person is made up of approximately [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

Water is distributed within the body in 2 areas. Extra cellular water (outside the body cells) and intra cellular water (inside the body cells). In normal healthy people, the majority of water is [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

cardiovascular disease, renal disease or hepatic disease and diminishes in dehydrated people.

Body Cell Mass

Body cell mass (BCM) is considered the active part of our organism and contains the majority of [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

physiological functions such as breathing, moving, thinking etc.

Extracellular mass (ECM) is made up of components such as water, fat and minerals and are found [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

Basal Metabolic Rate (BMR)

BMR is a measurement of the body activity at rest and after digestion. Its function is to maintain [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

metabolic activities for the synthesis and tissue repair. These processes consume a large amount of [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

such as body weight and lean mass given that fat alone does not consume energy.

Blood Pressure

The heart is made up of a right and a left pump. The right side pumps deoxygenated blood to the lungs where [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) pumps the oxygenated blood around the body via the arteries, veins and capillary vessels where the exchange of gases take place between blood and cells.

Blood pressure is that created by the cardiac cycle where the blood flow from the heart is restricted [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

because it forces the blood to flow around the body from a high pressure area to low pressure area but also [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

Blood pressure [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

beats and heart rate. An increase in blood pressure without exercise is considered as high blood pressure and [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

High blood pressure caused by stress is usually resolved easily by exercise programs and in time tends to fall.

Cholesterol

Cholesterol is an essential substance used by the body for different processes.

For example, as [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) various hormones. Cholesterol enters the body through diet and can be synthesised by body cells. Foods rich in cholesterol include liver, kidneys and eggs.

A high blood cholesterol level is related to a possible increased risk in coronary disease, arteriosclerosis, due [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) deposited on the artery walls and other blood vessels. Over time, the vessels can narrow and may eventually [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

It is possible to reduce high blood cholesterol levels by reducing the intake of foods high in cholesterol and at the same time increasing physical exercise. Blood analyses help to identify high levels of cholesterol which in turn permit the individual to take measures to reduce and [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) cholesterol diet and regular exercise.

CARDIAC FUNCTION

Cardiac responsiveness to endurance strength Test

Test Ruffier Dickson

This test is intended to give an idea as to the cardiac responsiveness in relation to prolonged physical activity using numerous muscle groups.

The efficiency of the cardiac system is defined by AERÓBIC CAPACITY. This has been directly associated with LACTIC THRESHOLD which reflects the metabolic energy production efficiency during relatively prolonged time periods. Cardiac training improves [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

turn helps to obtain additional energy at the expense of fat and at the same time helps [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

The cardiac cycle consists of a cardiac muscle contraction which expulses blood from the heart (systolic [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) blood flow to the heart (diastolic). The resting heart rate varies generally between athletic and sedentary people. Athletic [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) athletic person may have a resting heart rate of 40 beats per minute compared with 80 beats per minute of a sedentary counterpart. A low resting heart rate is due to a high blood volume being pumped during exercise, which can reach 180 beasts per minute, which in turn makes the athlete's [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) the body and also increasing the production of oxygen.

STRENGTH ENDURANCE

This test is designed to measure the efficiency of the neuro-muscular system in maintaining a certain level of strength during a relatively prolonged period which is required [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) performance for long [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) exercise and reduces recuperation time after exercise.

FLEXIBILITY

The Flexibility Test helps assess the ability undertake joint movements.

This evaluation [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

Poor flexibility in a certain area can be an important limiting factor in reaching a good performance [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

and may be related to bad posture and muscle development. Therefore flexibility training would be essential [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) underdeveloped muscles.

STRENGTH AND SPEED

Explosive Muscle Strength

Jump Test

The Strength-Speed test gives a performance index over time which helps to identify the suitability and/or additional training required. Because Strength and speed together are important [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) performance of a sport. This underlines the importance to periodically measure explosive muscle strength [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

Phase angle

Phase angle is a measurement which reflects the condition of the body cellular membrane tissue and lean content. For example, a high value would suggest a high quantity of living cells and a [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

However, it should be noted that age also can affect the number of living tissues which suggests [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

A Healthy Diet

A healthy diet is associated with a low incidence of disease (cardiovascular, cancer, degenerative, etc) and there are many types of diets which share these qualities. For example, the Mediterranean Diet and many found in Asian countries, Japan and China.

Common Characteristics of a Healthy Diet

- Daily consumption of cereals (2-3 times a day): They include bread, rice and pasta which should [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) if elaborated with animal fats, margarines or hydrogenated oils.
- Daily consumption of fresh vegetables being the source of vitamins and minerals
- Daily consumption of fresh fruit.
- Daily consumption [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)
- Daily consumption and moderate use of olive or sunflower oil with the exception of butter and above all margarines and hydrogenated oils.
- Average of 2-4 [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)
- Average of 2-3 times a week consumption of white meat such as chicken or turkey.
- Average of 1-2 times a week consumption of eggs.
- Average of 1-2 [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)
- Avoid animal fat such as butter, lard and hydrogenated fats.

HANDGRIP STRENGTH

Handgrip strength depends on various factors such as gender, age, fitness, nutritional well-being and [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) similar in both hands, with the exception of manual workers or sports people such as tennis players having a greater strength in one hand. Interestingly, recent studies have found the decrease in [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) changes in the energy production capacity than to a loss of muscle mass.

PEDOMETER

Research shows that using a Pedometer improves general health and increases energy consumption. Walking [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)

- Reduces the [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#) blood flow.
- Reduces [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)
- Reduces body fat.
- Helps prevent the [MediSystem Pro1 - DEMO VERSION - Incomplete Data](#)