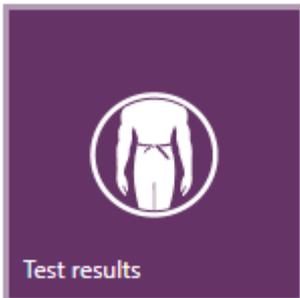


BODYGRAM[®] PLUS

ANTHROPOMETRIC MODULE



This page intentionally left blank

TABLE OF CONTENTS

ANTHROPOMETRIC MODULE	4
ENTERING AN ANTHROPOMETRIC EXAM	4
ANTHROPOMETRIC REFERENCES SCREEN	7
REPORT	8
MODIFYING AN ANTHROPOMETRIC EXAM	9
DELETING AN ANTHROPOMETRIC EXAM	9

N.B.: the "Weight Loss" module described below is a Bodygram Plus optional function and cannot be used without activation of a user licence, for which a fee is payable.

This module was created to manage BIA exams and anthropometric measurements using a single platform. This module can be used to locate, store and print the changes in 8 different body circumferences, identify the morphotype, calculate the cardio-metabolic risk, and estimate the amount of abdominal fat.

An anthropometric evaluation of the patient is common practice in many clinical settings: information on one's predisposition to cardio-metabolic diseases as well as indications about a patient's body composition are obtained from the measuring and the ratios of certain areas of the body. Specific anthropometric parameters are also good growth indicators in children and for "locating" fat deposits. The module records and analyses the following parameters:

- Height
- Weight
- BMI
- Chest circumference
- Abdominal circumference
- Waistline
- Hip circumference
- Waist/hip ratio
- Waist/height ratio
- Body composition type
- Wrist circumference
- Right arm circumference
- Right thigh circumference
- Percent abdominal fat
- Printing of the anthropometric exam
- Printing of the anthropometric follow-up exam

ANTHROPOMETRIC MODULE

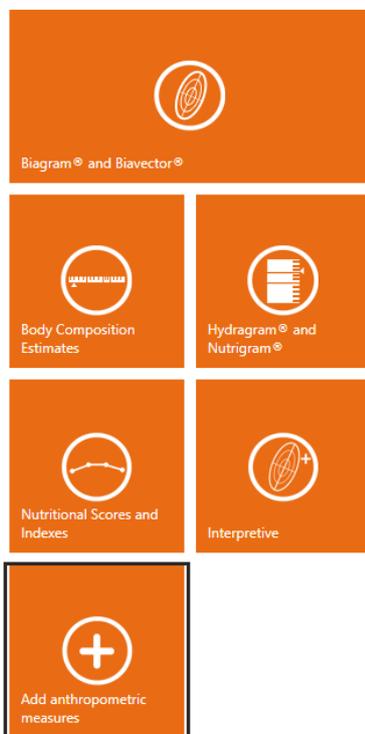
The anthropometric module is included in the “Assessment Functions” and allows management of anthropometric tests and BIA with the same software.

To enter an anthropometric exam:

- ✓ Select the group containing the patient for scanning; enter a new group if necessary;
- ✓ Select the patient for scanning if already on file, or enter a new patient;
- ✓ Enter a new BIA exam or select an existing exam from the listing

ENTERING AN ANTHROPOMETRIC EXAM

Functions



Select “add anthropometric measures” from the assessment functions window.

← New anthropometric exam

Chest circumference	<input type="text" value="0.0"/>	Right arm circumference	<input type="text" value="0.0"/>	
Abdominal circumference *	<input type="text" value="0.0"/>	Wrist circumference	<input type="text" value="0.0"/>	
Waistline *	<input type="text" value="0.0"/>	Right thigh circumference	<input type="text" value="0.0"/>	
Hips circumference	<input type="text" value="0.0"/>	Calf circumference	<input type="text" value="0.0"/>	
* (Required to compute Abdominal Fat)				



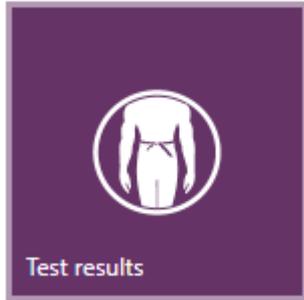
Chest circumference

Take the user's arms and place the tape measure at the base of the axilla, where it intersects with the base of the upper limb. With the user's arms relaxed along his/her sides, recheck the position of the tape measure and then take the measurement.

1. Locate on the Chest circumference field
2. Measure the patient following the instructions and image in the bottom of the screen
3. Enter the measurement obtained
4. Repeat the same operation for all the other fields.



Saves the data after entering

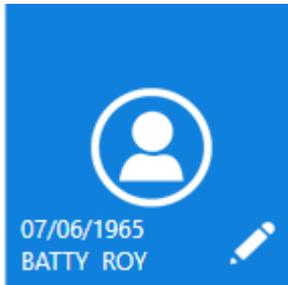


When the assessment has been entered, the *Anthropometric References* screen opens, summarising the data entered and the relative references

Test results				
Parameters	Results	Reference values	Parameters	Results
Body Mass Index (BMI)	24.9	From 18 to 25	Abdominal Fat	5.4 % Weight 4.8 kg
Body Cell Mass (BCM)	52.0%	Over 40	Biotype	Android
Phase angle (PhA)	5.7 °	From 6.3 to 8.1	Morpho Type	Medium
Chest circumference	102.5 cm		Abdominal circumference *	104.0 cm
Hips circumference	98.5 cm	From 93 to 111	Right arm circumference	33.0 cm
Waist/Hip ratio	1.06	Less than 0.9	Right thigh circumference	59.0 cm
Waistline *	104.0 cm	Less than 94	Wrist circumference	19.0 cm
Waist/Height ratio	0.55	Less than 0.5	Calf circumference	40.0 cm

ANTHROPOMETRIC REFERENCES SCREEN

As well as various information, the Anthropometric References screen contains access to the anthropometric assessment functions and reports, and allows it to be modified or deleted.



To return to the patient screen



BIA summary



The glossary contains the instructions for measuring circumferences.



For viewing exams in columns and sorting them by criteria selected by the user.



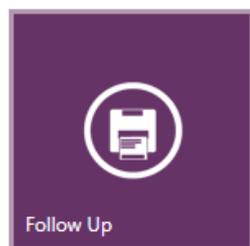
Allows exams to be exported as a .csv file compatible with Excel

REPORT

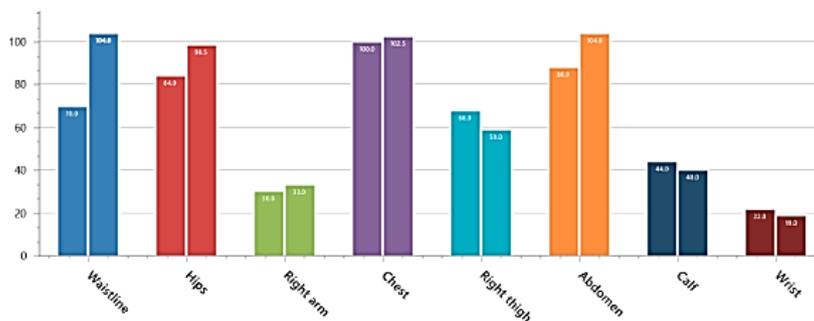


For viewing the Anthropometric Report and printing it on paper or on file

bodygram+ Anthropometric Report			
ROY BATTY			
Gender :	M	Date :	27/04/2017
Date of Birth :	07/06/1965	Weight :	88.0 kg
Age :	51	Height :	188.0 cm
BMI :	24.9	FA :	5.7
Anthropometric evaluation, body structure and cardio-metabolic risk			
<p>The body circumferences are indicators of the cross-sectional size of certain body segments. Alone or in combination, the anthropometric measurements may be used to evaluate the metabolic and cardiovascular risk, such as nutritional indicators, of the distribution of body fat, such as growth indicators, and the constitutional body type. The circumference of the torso primarily indicates the amount of subcutaneous and visceral adipose tissue, while the circumference of the wrist is used as an indicator of body type. To lower the risk of cardiovascular diseases, the proportions of the body should be kept within physiological ranges: the waistline, for example, should be less than half of your height.</p>			
Results			
Parameter	Value	Indication	References
BMI :	24.9	Normal weight (Between 18-25)	Between 18-25
Bodytype :	Android		
Hips circumference :	98.5 cm		Between 93 - 111 cm
Waistline :	104.0 cm		Under 94 - Combined with BMI
Waist/Hip ratio :	1.06		Under 0.9 Age Between 50-59
Waist/Height ratio :	0.6		Less than 0.5
Calf circumference :	40.0 cm		
Chest circumference :	102.5 cm		
Right arm circumference :	33.0 cm		
Abdominal circumference :	104.0 cm		
Wrist circumference :	18.0 cm		
Right thigh circumference :	59.0 cm		
Morpho type : (height in cm/wrist circ. in cm)	9.9	Medium	Short U < 9.6 D < 9.9 Medium U 9.6 - 10.4 D 9.9 - 10.9 Long U > 10.4 D > 10.9
Abdominal fat :	4.8 Kg	5.4 % Weight	27.0 % Weight
BodygramPlus Beta version 1.1.4.20 © Akern 2016			



For viewing the follow up and printing it on paper or on file. The bar graph shows the trend over time of the body areas measured.



MODIFYING AN ANTHROPOMETRIC EXAM



To modify an anthropometric exam:

- ✓ Select the group containing the patient;
- ✓ Select the patient;
- ✓ Select the exam on which the changes are to be made



In the Assessment functions click Anthropometric Exam to access the Anthropometric References screen

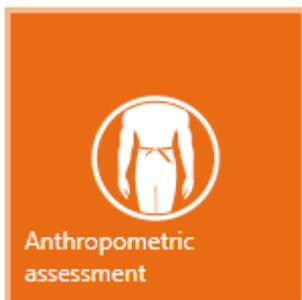


To modify the data entered

DELETING AN ANTHROPOMETRIC EXAM

To delete an anthropometric exam:

- ✓ Select the group containing the patient;
- ✓ Select the patient;
- ✓ Select the exam on which the changes are to be made



In the Assessment functions click Anthropometric Exam to access the Anthropometric References screen



To delete the data entered

All rights reserved
AKERN SRL