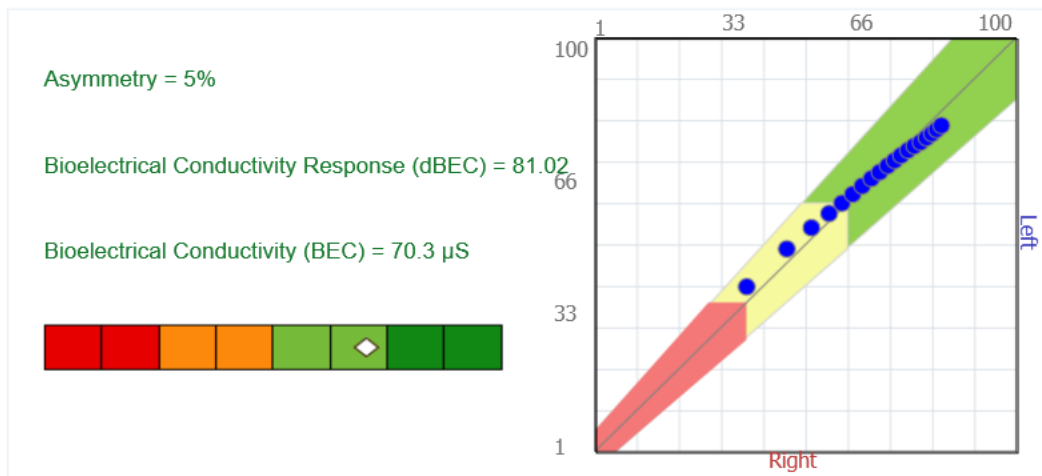
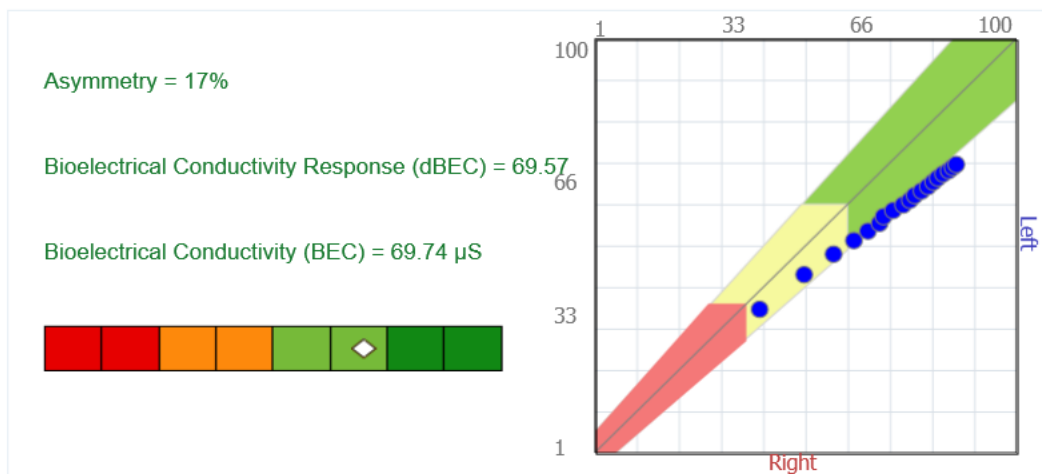


Name:dejuk, m DOB:27 May 1958 (Age:57)
 File:dejukm_2015_5_27_15_52_61.dsf
 Gender:M Date:27 May 2015 15:52 Weight:54kg Height:157cm

HANDS - ASYMMETRY



FEET - ASYMMETRY



RISK FOR SUDOMOTOR AUTONOMIC NEUROPATHY (investigation only)



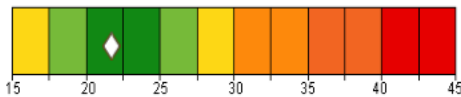
Comments:

Name:dejuk, m DOB:27 May 1958 (Age:57)
File:dejukm_2015_5_27_15_52_61.dsf
Gender:M Date:27 May 2015 15:52 Weight:54kg Height:157cm

Ideal Body Weight = 54 kg
Real Body Weight = 54 kg
Basal Metabolic Rate (BMR) = 1230 cal
Total Daily Energy Expenditure = 1844 cal

■ Normal ■ Borderline Normal ■ Mild - Moderate ■ Borderline Abnormal ■ Abnormal - Severe

Body Mass Index (BMI) = 21.9
(Normal value range: 19 - 25)



Body mass index, or BMI, is a new term to many people. However, it is the measurement of choice for many physicians and researchers and it is used to estimate a healthy body weight based on a person's height, assuming an average body composition.

It is the most widely used diagnostic tool to identify weight problems within a population. Body mass index is defined as the individual's body weight divided by the square of his or her height.

The body mass index can be used to identify if you are overweight. A drawback of the calculation is that if you are muscular it can suggest you are overweight due to muscle density.

An elevated BMI is associated with Metabolic Syndrome and is tied to an elevated risk of type 2 diabetes, hypertension, and cardiovascular disease.

Risk of Associated Disease According to BMI and Waist Size

- 18.5 or less: Underweight - N/A
- 19 - 25: Normal - very low risk of associated diseases
- 26 - 29: Overweight - prone to health risks
- 30 - 40: Overweight to Obese - high risk of associated diseases
- 40 or greater: Extremely Obese - very high risk of associated diseases

The Basal Metabolic Rate (BMR) shows the calories (energy) your body uses per day while at rest. The Total Daily Energy Expenditure shows the calories needed to maintain your current weight.

For healthy weight management increase your caloric usage (exercise) and decrease you caloric intake below the Total Daily Energy Expenditure towards the Basal Metabolic Rate (BMR).

Eating a high quality, nutrient dense diet (fresh vegetables (cooked and raw), chicken, fish, eggs, and yogurt) and staying away from carbohydrates and poor quality fats helps to prevent cravings and aids in weight loss. If you go too far below the Basal Metabolic Rate (BMR) your metabolism may slow down making weight management more difficult.

Comments: