



Case report: healthy weight loss
Medical field: nutritional medicine

1 Patient data



Age: 57 years
 Gender: male
 Height: 5.05 ft

Initial weight: 218.81 lbs
 Initial BMI: 41.80 kg/m²
 Final weight: 149.58 lbs
 Final BMI: 28.60 kg/m²

2 Medical history / diagnosis

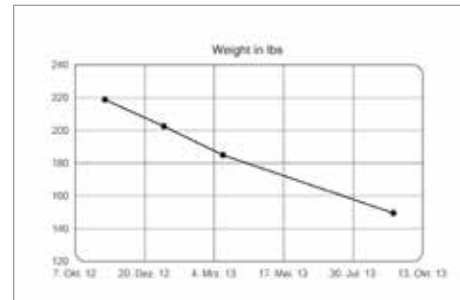
A 57 year-old man with type 2 diabetes and metabolic syndrome came for nutrition counseling with the aim of losing weight and improving health. In addition to Metformin to regulate blood sugar level, the patient was also having to take Vocado and Bisoprolol to reduce blood pressure. The diet was altered to a reduced-calorie mixed-food diet and combined with a higher level of daily activity following a return to work after extended sick leave (slipped disk).

3 Graphs of measuring results

Weight

Weight was reduced by 69.23 lbs in just over a year. Weight loss was continuous.

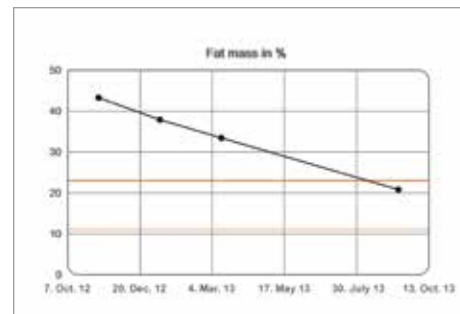
- November 7, 2012: 218.81 lbs
- January 9, 2013: 202.49 lbs
- March 13, 2013: 184.97 lbs
- September 11, 2013: 149.58 lbs



Fat mass

The percentage fat mass was steadily reduced throughout the entire period. The final measuring point is in the normal range.

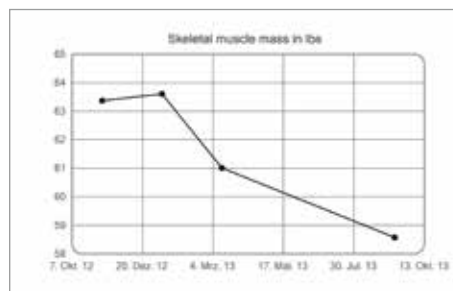
- November 7, 2012: 43.00 %
- January 9, 2013: 38.00 %
- March 13, 2013: 33.00 %
- September 11, 2013: 21.00 %



Skeletal muscle mass

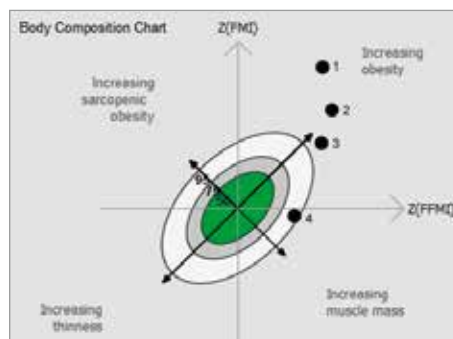
Skeletal muscle mass also decreased throughout the entire period, but compared to fat mass, 4.74 lbs of skeletal muscle mass was lost. However, given a total weight loss of 69.23 lbs, this can be virtually discounted.

- November 7, 2012: 63.38 lbs
- January 9, 2013: 63.60 lbs
- March 13, 2013: 61.07 lbs
- September 11, 2013: 58.64 lbs



Body composition chart (BCC)

The reduction in fat mass is also easy to see in the BCC. The patient starts way outside the normal range in the obese area. The measuring points gradually reach the high muscle mass range. Fat-free mass (skeletal muscle mass, total body water) hardly drops at all, it was virtually maintained.



4 Summary

Reducing weight made it possible to reduce medication, improve the metabolic situation and thus achieve the therapy objective.

Measurement of body composition using the seca mBCA underlines the positive course of the treatment. The ideal weight reduction becomes especially clear in the body composition chart (BCC). The patient lost 69.23 lbs in just over a year. This weight loss was accompanied by a comparatively small loss in skeletal muscle mass (4.74 lbs) and a dramatic reduction in relative fat mass (22.30 %). The small loss in skeletal muscle mass and significant loss of fat mass make it possible to speak of healthy weight loss in this instance.

The patient was able to improve his metabolic situation by means of a healthy reduction in weight in terms of fat mass (something which can be assessed using the mBCA).