

## Bioelectrical Impedance Analysis Scale SECA mBCA 514



At RocklandMD, we offer you state-of-the-art equipment to measure your body mass. Bioelectrical impedance analysis (BIA) gives you the details that are not available from your regular scale. The device gives you information about your fat percentage, your muscle mass and your level of hydration. This is very useful for evaluating your progress while measuring the impact of your diet and physical activity on your body composition and health.

With the SECA mBCA (Medical Body Composition Analyzer) bioimpedance scale, you get a much more detailed analysis than with the BMI (body mass index) often used to determine if a person is overweight. This professional medical standard device measures body mass in whole and also in segments, making analyzes for each arm, each leg and for the trunk by a multifrequency electrical signal (1 to 1000 kHz, 100  $\mu$  A ) which is sent in the body by 10 electrodes. Three pairs of electrodes are located at the handles and two pairs of electrodes are located below the feet to make the 8-point bioelectrical measurements. The principle of the analysis is that lean tissues, such as muscle, contain large amounts of water and electrolytes

and that they are electrically conductive. In contrast, fatty tissue provides resistance to electrical current thus allowing the calculation of the proportion of fat that is present.

These values are analyzed using SECA medical software to create a reliable and complete report of your body mass and your metabolic health. SECA bio-impedance analysis is recognized as one of the best in the world that is available in clinical settings.

