

FirstLineTherapy

What is a BIA (And why do you need one?)

Bioelectrical Impedance Analysis or Bioimpedance Analysis (BIA) is a method of assessing your “body composition” – the measurement of body fat in relation to lean body mass. It is an integral part of a health and nutrition assessment.

Why is Body Composition Important to My Health?

Research has shown that body composition is directly related to health. A normal balance of body fat is associated with good health and longevity. Excess fat in relation to lean body mass, a condition known as altered body composition, can greatly increase your risks to cardiovascular disease, diabetes, and more. BIA fosters early detection of an improper balance in your body composition, which allows for earlier intervention and prevention. BIA also provides a measurement of fluid and body mass that can be a critical assessment tool for your current state of health.

BIA also serves to measure your progress as you work to improve your health. Improving your BIA measurement, or maintaining a healthy BIA measurement, can help keep your body functioning properly for healthy aging and reduced risk to illness. With your BIA results, we can recommend a personalized dietary plan, nutritional supplements, and exercise to help you support optimal health and well-being for a lifetime.

How Does a BIA Work?

BIA is much more sophisticated than your bathroom scale, but just as painless – and almost as quick. BIA is a simple procedure that can be performed right in our office in a matter of minutes with the help of a sophisticated, computerized analysis.

This analyzer “calculates” your soft tissue and fluid compartments – using an imperceptible electrical current passed through pads placed on one hand and foot as you lie comfortably clothed on an exam table. In just minutes, we’ll have very accurate measurements to help create an effective, personalized program to improve your health status.

Improving your BIA measurement by lowering your percentage of unhealthy body fat can help reduce your risk to a variety of serious health conditions.

BIA Pre-Test Preparation

1. Evening prior to test drink 2 eight ounce glasses of water between dinner and bedtime.
2. Do not eat for 4 hours prior to testing.
3. Do not exercise for 12 hours prior to testing.
4. Drink at least 1 quart of water one hour before your test.
5. Do not drink caffeine that day of your test.
6. Do not drink alcohol 12 hours prior to testing.
7. Do not use lotions or oils on your hands or feet.
8. For women only: do not wear pantyhose on day of test.