



# What Is a BIA?

## (And why do you need one?)

**B**ioelectrical 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, 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 provides a measurement of fluid and body mass that can be a critical assessment tool for your current state of health.

BIA also measures your progress as you improve your health. Improving your BIA measurement, or maintaining a healthy BIA measurement, can help keep your body functioning properly for healthy aging. Your BIA results can help guide us in creating a personalized dietary plan, including nutritional supplements

when appropriate, and exercise to help you maintain 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 simple—and almost as quick. BIA is performed in our office with the help of a sophisticated, computerized analysis.

This analyzer “calculates” and estimates your tissue and fluid compartments—using an imperceptible electrical current passed through pads placed on your hand and foot as you lie comfortably clothed on an exam table. In just minutes, we’ll have detailed measurements to help create an effective, personalized program for you.

### Follow-up Tests

We can conduct a series of follow-up BIA tests to monitor your health and measure your progress.

### Guidelines for Assessment

For the most accurate results, the following guidelines should be followed:

1. **Do not eat for 4 hours prior to testing.**
2. **Do not exercise for 12 hours prior to testing.**
3. **Do not consume alcohol for 24 hours prior to testing.**
4. **Drink at least 1 quart of water one hour before your test.**
5. **Do not drink caffeine the day of your test.**
6. **Do not wear pantyhose.**
7. **Do not put lotion on your hands and feet.**

*Follow-up Appointment:*