seca|mBCA

Medical background of the
medical field **diabetology**

1 Definition

Type 2 diabetes is a disorder that is mainly characterized by high blood sugar levels. The second precondition for diabetes mellitus type 2 is a limited function of the pancreas (responsible for producing insulin). Insulin is required to transport sugar (glucose) into the cells of the body. Contributing factors are a high-fat diet, overweight and lack of exercise.

About 80 % of people with type 2 diabetes are overweight or obese. Medical experts assume that although overweight is not the only cause it is the decisive contributing factor for developing diabetes. The reason for this: Carrying too much fat in the body disturbs the metabolism. The more overweight one becomes, the risk of high blood pressure and metabolic disorders such as diabetes increases.

Risk factors are higher age, obesity, family history, glucose intolerance, lack of physical activity and ethnicity.

2 Prevalence

8.3 % of the US population suffer from diabetes mellitus.
In 2004, 347 million people worldwide were suffering from diabetes.

3 Diagnosis

When risk factors such as excess body weight and physical inactivity are present and symptoms such as fatigue, disturbed vision and disturbed wound healing are experienced, evidence of diabetes can be found by determining the blood sugar level, the urine sugar level or the HbA1c value.
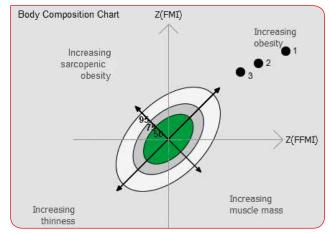
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Precision for health

4 Therapy

To manage diabetes, a dietary change aiming at losing weight is very important.
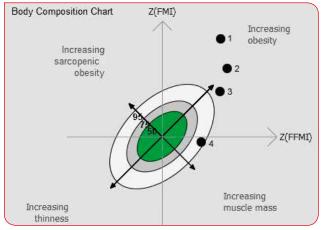More physical activity should also be integrated into the daily routine.

5 Benefits offered by the seca mBCA

In most cases insulin resistance and type 2 diabetes derive from overweight / obesity combined with an inactive lifestyle. This is why one of the first therapy goals is to reduce fat while maintaining muscle. The faster weight is lost, the more likely it is that patients will lose more water and muscles than fat. This development cannot be detected using a simple scale. The seca mBCA provides the perfect solution. In addition to measuring weight, body composition is determined so that an unhealthy weight loss can be distinguished from a healthy weight loss. Apart from determining fat mass and fat-free mass, visceral fat can be assessed.

Unhealthy weight loss

Healthy weight loss