# 健康風險評估中心 HEALTH RISK ASSESSMENT CENTRE

# BCA - PRECISION BODY COMPOSITION ASSESSMENT

One of the most accurate body composition analysis machines in the market Users from more than 33 countries have successful experiences.

Provides a multitude of body composition indicators:

- Analysis of body composition and fat
- Visceral fat area
- Waist to Hip ratio and Body Mass Index (BMI)
- Edema index, such as body water level and body fluid balances
- Skeletal muscle weight
- Basal Metabolic Rate



✓ SAFE AND RELIABLE

✓ HIGH ACCURACY

www.hracentre.com

## BCA - PRECISION BODY COMPOSITION ANALYZER



BCA measures the minute changes within body in just a few minutes. We invite you to experience this unique, professional service!

# WHY DO WE NEED TO KNOW THE COMPOSITION OF THE BODY?

Body water, proteins, minerals and body fat compose total body weight. Any imbalance can lead to edema, obesity, osteoporosis or even increase the risk of various chronic diseases. According to statistics, deaths caused by chronic diseases have accounted more than 50% of all deaths, these included diabetes, hypertension, high cholesterol. As chronic diseases are long term illnesses and cannot be cured completely, early prevention is better than cure.

## BCA'S TECHNOLOGY IS UNPARALLELED

BCA not only provides a quick analysis using safe, non-radioactive methods. it's base technology consists of an 8-point tactile electrode method, segmental bioelectrical impedance analysis (SBIA) and multi-frequency bioelectrical impedance analysis (MFBIA). This has been patented in countries across the world including the US, Japan and European nations. The technology of BCA has received FDA approval. It is definitely a proven technology and invention.

\*In addition to the above certifications, it also received other medical device patents in Japan, China, Canada and other countries\*



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### AREAS OF BCA APPLICATION

Areas of BCA application BCA has a broad range of applications. Adults, children or the elderly can also benefit from the following areas:

#### Medical Check Up Center

BCA provides the necessary measurement parameters to prevent geriatric diseases like hypertension, diabetes, heart disease and fatty liver. The inclusion of high-tech measurements like visceral fat and edema has led BCA to be widely used for medical examination checks.

#### • Weight Management

BCA provides high-precision data required to treat patients with obesity such as severe obesity, sarcopenic obesity, obesity after childbirth or weight gain. This data helps doctors and dietitians provide a more appropriate diagnosis and treatment to those in need.

#### Nephrology & Body Toxin

BCA is used to help measure the balance of water in the body, along with providing the change of intracellular and extracellular water. This data helps provide a picture of the edema level within the body.

#### Sports Medicine

BCA provides a precise examination for body development status and balance. Analysis by segment and various body indexes are used as foundational data for exercise prescription.

#### Nutrition Clinic

BCA is used to analyze nutritional and health conditions for patients with degenerative, chronic diseases and children in growth periods or all age groups. In particular, it provides precise data on protein, mineral, water and fat contents of the body, which are vital to maintain or improve a patients' health status.

BCA The Precision Body Composition Analyser												
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## PRECAUTIONARY STEPS TO BE TAKEN BEFORE CONDUCTING A TEST

- 1. Do not exercise right before conducting the test as it can cause changes in body composition.
- Assure that the test is conducted before a meal. In cases where the examinee has already eaten, the test should be put off until two hours have elapsed since the last meal.
- 3. Do not conduct the test right after shower or the sauna to avoid changes of body water content.
- 4. Make sure to use the bathroom for more accurate measurements.
- 5. If possible, conduct the test before noon, as body's water content tends to move to the lower extremities of the body during the day due to a long period of standing.
- 6. Remove all exterior accessories before the test begins.
- 7. During the test, please remain quiet and stand still until the test has finished.
- 8. Medical electronic implants can affect the accuracy of the results.

Please coordinate with the above rules in order to have accurate results. \*It is recommended to arrive 15 minutes before appointment time

BCA is not suitable for the following situations:

- Women who are planning for pregnancy or currently pregnant
- People who rely on medical electronic implants to sustain life, such as an artificial heart, pacemakers or artificial lungs.





#### **Reservations And Inquiries Service Hours:**

Mon - Fri : 12:00p.m. - 6:00p.m. (Closed on Sat, Sun & Public Holiday)

#### Hong Kong Flagship Centre

Address: Unit 1534, Star House, No.3, Salisbury Road, Tsim Sha Tsui, Kowloon Hotline: (852) 3462 6633 Website: www.hracentre.com