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MedGem[®] and BodyGem[®] can determine percent body fat in overweight adults and adds value to weight management programs.

Golden, CO---Oct. 28th, 2009 — Microlife Medical Home Solutions, Inc. (MiMHS) presented the results from a validation trial at the 27th Annual Obesity Society Scientific Conference. This trial assessed the accuracy and reliability of determining percent body fat from a MedGem measurement.

Fat-free body mass (FFM) is made up of muscle, organs, bone, and water; therefore, the remaining body weight is fat. Most clinicians determine the amount of body fat by bioelectrical impedance or by skin-fold measurements. Each has their respective benefits and limitations in accurately determining the amount of fat weight in an individual. "Studies have shown that the accuracy of bioelectrical impedance, BIA, is dependant upon the hydration and activity level of an individual. In addition, skin-fold measurements require that an individual be subjected to a clinician "pinching" the fatty areas (i.e., abdomen, thigh, hip,) on their body. If the clinician is not well trained in the skin-fold technique, the measurement can be inaccurate" said R. Scott Hammond, M.D., FAAFP, Associate Clinical Professor at the University Of Colorado School Of Medicine.

The MedGem and BodyGem devices are handheld indirect calorimeters that determine resting metabolic rate (RMR) from measured oxygen consumption. RMR makes up approximately 65-75% of individuals daily energy expenditure. "Since RMR is highly related to muscle tissue, in theory, one should be able to determine the amount of fat-free weight from an RMR measurement. We employed a proprietary algorithm with the RMR measurement and compared the results to the gold standard DEXA, and a commonly used BIA system. Results indicate the MedGem measurement is within $\pm 2\%$ of DEXA measurements and equal to a BIA system in determining percent body fat in overweight adults" said Scott O. McDoniel, Ph.D., Director of Clinical Affairs for Microlife Medical Home Solutions.

Indirect calorimetry is considered the gold standard for assessing RMR and is recommended when clinicians develop adult and pediatric weight management nutritional plans. In addition, private payers and Medicare usually reimburse clinicians for an indirect calorimeter procedure (CPT 94690). "Currently, payers do not reimburse clinicians for assessing percent body fat. Now, a paid medical diagnostic procedure can provide both RMR and percent body fat for overweight patients" " said Dr. Hammond

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Microlife Medical Home Solutions will add the new algorithm into a new version of MedGem and BodyGem Analyzer. MedGem and BodyGem Analyzer 4.0 will have new clinical features. In addition to being able to accurately assess percent body fat, Analyzer 4.0 will provide a metabolic range for each patient or client based on resting oxygen consumption values, new educational reports that improve calorie balance literacy, and the capability to develop nutritional programs for overweight adolescents as young as 7 years of age.

“Childhood obesity is on the rise and clinicians need tools and educational materials to help their patients and clients. The MedGem and BodyGem are the only portable indirect calorimeters that have been validated in an adolescent population. Now, clinicians can use the device with the new software program to accurately assess calorie needs and body fat when developing nutritional programs to better help this patient population” said Dr. McDoniel.

MedGem and BodyGem Analyzer 4.0 are scheduled to be available December 1, 2009. Clinicians purchasing the MedGem or BodyGem device will receive the new software program. Microlife will offer the new Analyzer 4.0 program to existing MedGem and BodyGem customers at a promotional price. For more information on MedGem and BodyGem Analyzer 4.0 contact Microlife Medical Home Solutions Inc. at 1-800-968-1378. Individuals interested in obtaining a copy of the study may download the poster abstract at www.MiMHS.com.

Microlife Medical Home Solutions, Inc. a subsidiary of Microlife Corporation is dedicated to meeting the needs of healthcare providers and their busy medical practices. Our proprietary hand-held medical devices and systematic solutions offer healthcare providers evidence-based and practice-tested methods for accurate assessment, diagnosis, and treatment of cardiovascular and metabolic diseases. Microlife is committed to working with healthcare providers to help reduce hypertension and obesity rates and its associated healthcare expenditures by providing efficient and cost-effective solutions.

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