

## Who should I share my BIA results with?



Share test results with your health care provider, doctor and nutritionist. They can all help to develop a plan to reach your health goals. Treatment goals will be based on many things including:

- BIA results
- Blood test results
- Dietary history
- Drug and alcohol use
- Medication adherence
- Past and recent medical history

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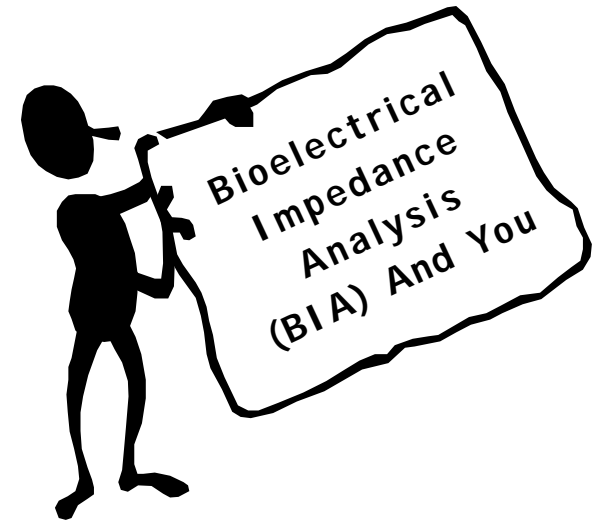
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## This tip sheet answers questions about BIA

BIA is a fast way to estimate body fat and fat-free tissues. BIA tells you about body muscle and organ tissue. A BIA machine uses electrodes to measure these values.

Body weight may not help to estimate nutritional status. BIA, height, weight, and other body measures help to assess weight changes. BIA is the most helpful when it is done on a regular basis. It helps to follow tissue changes in the body. BIA is useful to monitor muscle loss or gain in people with HIV.

## What should I do before a BIA?

Ask your health care provider for a referral to an experienced BIA clinician. It is important to have later BIAs done by the same clinician. This helps to track body changes more exactly. Limit activities that would greatly change fluid amounts in the body. At least eight hours before the BIA **do not**:



➤ use diuretics or supplements that act like caffeine to increase fluid loss

➤ do heavy exercise that causes excessive sweating

➤ drink a lot of beverages with caffeine

You should also avoid applying any lotion, oil or petroleum jelly on your hands, wrists, feet, or ankles before your BIA.

## What should I tell the person doing the test?

Tell the person doing the BIA if you:

➤ urinate a lot, have diarrhea or are vomiting

➤ sweat a lot

➤ have a pacemaker, automatic implanted cardiac defibrillator, or other metal in your body



## What will happen when I get a BIA?

- The test takes less than five minutes to do.
- Height and weight will be measured.
- You will lay on your back on a flat surface. Legs and arms need to be slightly apart so that they do not touch each other.
- Two electrodes will be put on one hand and one foot. The electrodes usually go on the right hand side of the body.
- Jewelry must be removed or moved until it is at least one inch away from the electrodes.

## What are the readings that the BIA takes?

The readings include how the body resists electrical current (resistance) and reacts to electrical current (reactance). Most tissues in the body resist electricity. Some tissues react, such as body water. Healthy cell tissues can contribute to a higher reactance reading. Fat tissues are less conductive.

## What is phase angle and is it important?

Phase angle is a calculation based on resistance and reactance. It does not indicate overall health. The phase angle changes as body cells change. Body cells are active tissue such as muscles and organs and other mass such as body fat.