

## Preparing for your MedGem Measurement

### Resting Metabolic Rate: The Missing Link to Weight Management

Your resting metabolic rate is the number of calories your body burns each day with no activity. It makes up the majority (60-75% in healthy individuals and 100% in critically ill) of calories burned each day.

Resting metabolic rate (RMR) can vary significantly from person to person.

Patients following a diet plan established from measured RMR lose more weight compared to diet plans that estimate RMR.

Measuring RMR to establish appropriate nutritional needs will assist you and your dietitian in individualizing your plan for successful weight loss and maintenance.

Purposeful exercise and lifestyle/occupation activities contribute to the number of calories burned by an individual. Resting metabolic rate, however, accounts for the majority of calories burned and has been the missing link in many nutrition programs.

Accuracy of this test will depend on your ability to follow certain preparatory guidelines. To prepare for this test, please follow the instructions below.

At least four hours prior to the test **STOP:**

- Eating (continue to drink water)
- Caffeine containing beverages, foods, or medications
- Nutritional Supplements or medications containing ephedra, ma huang, guarana, yerba mate, or pseudoephedrine (commonly found in decongestants and diet pills)
- Nicotine containing substances (tobacco, smoking deterrents such as nicotine patches and gum)
- Cardiovascular and strength training exercises

\*It is also mandatory that you finish taking any short-term medications (prescribed or over-the-counter) before the Med Gem test. Long-term medications are ok.

\*The measurement should be performed in a quiet environment and you should relax for 10 -15 minutes prior to and throughout the measurement. Please feel free to bring a magazine or book that will help you relax. You may ask us for a magazine and/or we can dim the lights in the exam room for you, if you prefer.

We know that traffic and parking can be stressful so, please arrive 20 minutes early for your appointment to allow time to calm down and relax before the measurement. Practice stress-relieving techniques to relax your body as you wait. While seated in the waiting room, you may want to try some of these recommended techniques: deep breathing exercises, listening to calming music, closing your eyes and envisioning a relaxing atmosphere, or thinking happy, peaceful thoughts.

The measurement will take approximately 5-15 minutes to complete. One of our program dietitians will discuss the results with you at a pre-scheduled follow-up visit. You will also receive a printed report with your RMR and recommended calories per day to induce weight loss.

Why is it important to re-measure?

Resting metabolism can change significantly during a weight management program. Re-measuring RMR will ensure that you are on a successful track for long-term weight management success or appropriate recovery. We will measure your RMR at the beginning and end of the program. Both measurements are part of the program fee. Our program physician may also recommend that you re-measure if you meet the following guidelines:

- $\pm$  5-10% weight change during program
- If no weight loss has occurred in the first few weeks, or if you have reached a weight loss plateau
- When there is a change in medical conditions or medications

Additional measurements (beyond the 2 included in the program fee) will be billed separately.

*The information above was provided by Microlife Medical Home Solutions and Emory Bariatric Center.*