

Body Calculator

For the HP49G(+)

Version 2.0

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This program calculates Ideal Body Weight (IBW), Lean Body Weight (LBW), Body Surface Area (BSA), Body Mass Index (BMI), Adjusted Body Weight (ABW) and Daily Calorie Needs (DCN) and interprets the results in terms of underweight, normal weight, overweight and obesity.

It conforms to the standards set by the National Institute of Health (NHI), the Federal guidelines on the identification, evaluation, and treatment of overweight and obesity in adults released by the National Heart, Lung, and Blood Institute (NHLBI), in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), USA. The formulae are valid for ages between 20 and 90.

The calculator can be used in the treatment of overweight, for the calculation of medication doses and many other medical interventions. With regard to overweight the following citation:

“...excess weight leads to at least 300,000 deaths per year and costs more than \$70 billion each year in direct costs alone. Obesity now accounts for more deaths and chronic disorders, and poorer health-related quality of life, than either smoking or problem drinking” (Harvard Medical School).

IBW is an estimate of ideal body weight based on statistical data of large populations.

LBW Lean Body weight refers to the sum of the weight of the muscles, bones, tendons, ligaments, and water in the body. For good health, it is important to have a high proportion of lean weight compared to fat weight.

BSA Body Surface Area is useful in the calculation of medication doses, especially antineoplastic drugs.

BMI Body Mass Index is measure of body fat based on height and weight that applies to both adult men and women. BMI is a reliable indicator of total body fat, which is related to the risk of disease and death. The score is valid for both men and women but it does have some limits. The limits are:

- * It may overestimate body fat in athletes and others who have a muscular build.

- * It may underestimate body fat in older persons and others who have lost muscle mass.

ABW The IBW and ABW (Adjusted Body Weight) are used to calculate medication dosages when the patient is obese. The formula only applies to persons 152 cm or taller.

The Body Calculator will generate an error message when IBW would be calculated with body heights smaller than 152 cm in obese persons.

DCN The Daily Calorie Needs indicate the total calory intake necessary to *maintain* the current weight. It may be used to estimate the *reduction* of calory intake to loose weight in for overweight and obese people.

A combination of calory-restriction and exercise is the best way to loose

weight. One should be careful not to reduce calorie intake too much because this will cause unhealthy side-effects and even interfere with weight reduction by loss of water instead of shedding fat. As a guide to minimum calorie intake, the American College of Sports Medicine (ACSM) recommends that calorie levels never drop below 1200 calories per day for women or 1800 per day for men. Even these calorie levels are quite low. For guide lines to loose weight in a healthy and effective way visit:

<http://www.weight-loss-i.com/>

Interpretation *overweight* is defined as a BMI value between 25 and 29.9, *obesity* as a BMI greater than or equal to 30 and *underweight* as a BMI smaller than 18.5.

Contents of the package

BODY2.hp is the compiled binary

BODY2.txt is the source file

Body2.pdf is this user guide

Installing

Transfer BODY2.hp to your Home directory.

Use of the program

Run BODY2, select Sex in the CHOOSE box and press OK.

In the next CHOOSE box select one of four activity levels:

Very Light, typically inactive. Office job, no exercise.

Light, mostly sedentary, some light walking or household chores.

Moderate, some vigorous exercise plus a more active lifestyle.

Heavy, high level of activity, both at work and at leisure.

Press OK.

In the following INFORM box, edit body Weight, Length and Age and press OK.

The results are displayed in a GROB. Press [ON] (Cancel). to return to the calculator screen.

Remark

You can easily adapt the program to the HP48 by deleting the several PUSH and POP commands in the program and replace them by the familiar RCLF and STOF, storing your flag settings in a temporary variable.

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Weight Loss Appetite Suppressants

These medications suppress your appetite so you feel less hungry. They work by changing levels of brain chemicals (neurotransmitters) that regulate satiety (fullness) and appetite. In addition, some weight loss appetite suppressants slightly increase your metabolic rate - the rate at which your body burns calories.

Examples of weight loss appetite suppressants include:

Diethylpropion hydrochloride (eg. Tenuate)
Mazindol (eg. Mazanor, Sanorex)
Phendimetrazine tartrate (eg. Bontril)
Phentermine hydrochloride (eg. Adipex-P, Ionamin)

Who Are Weight Loss Appetite Suppressants Designed For?

Appetite suppressant medications are designed for the treatment of obesity patients (those with a Body Mass Index of 30+). They should be used in combination with a calorie-controlled weight-loss diet and physical exercise program.

Do Weight Loss Appetite Suppressants Work?

Weight loss results with appetite suppressants are not well documented in clinical trials. More research is needed.

In one study, obese patients using phentermine for 9 months with a 1,000-calorie-a-day diet reduced weight by 26.9 lb (12.2 kg) compared to weight loss of 10.5 lb (4.8 kg) with the diet only.

Studies on diethylpropion are ambivalent. Some indicate weight loss; others no weight loss.

Weight Loss Appetite Suppressants Ineffective Alone

It's important to know that weight loss pills don't work without lifestyle changes. So weight loss appetite suppressants must be combined with diet

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and exercise. Lastly, weight lost is typically regained once you stop taking the appetite suppressants.

Sources include:

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Bonow RO, et al. (1998). ACC/AHA guidelines for the management of patients with valvular heart disease: A report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines (Committee on Management of Patients With Valvular Heart Disease). Journal of the American College of Cardiology, 32(5): 1486–1588.

Kahn MA, et al. (1998). The prevalence of cardiac valvular insufficiency assessed by transthoracic echocardiography in obese patients treated with appetite-suppressant drugs. New England Journal of Medicine, 339(11): 713–718.

Gardin JM, et al. (2000). Valvular abnormalities and cardiovascular status following exposure to dexfenfluramine or phentermine/fenfluramine. JAMA, 283(13): 1703–1709.

Hershel J (2000). Heart valve disorders and appetite-suppressant drugs. Editorial. JAMA, 283(13): 1738–1739.

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