



# OMRON recommended products

## Body Composition Monitoring

### OMRON BF500

- 8-sensor measurement with hands and feet
- Visceral fat and skeletal muscle measurement
- MRI reference



## Physical Activity Monitoring

### OMRON Walking style Pro

- Acceleration sensor technology
- Aerobic mode with every minute recording
- USB-interface and Health Management Software



## Blood Pressure Monitoring

### OMRON M10-IT

- Morning Hypertension detection
- Arrhythmia sensitivity
- USB-interface and Health Management Software



# OMRON and Healthcare@home

OMRON's mission and vision is to provide professional, easy-to-use health care devices for the home user. These devices are for all aspects of the health care area. As the world leader in the field of Blood Pressure Monitoring, OMRON also offers world-class technology in other daily health and well-being products. Intensive research and constant development guarantee excellent solutions for your daily Healthcare@Home.



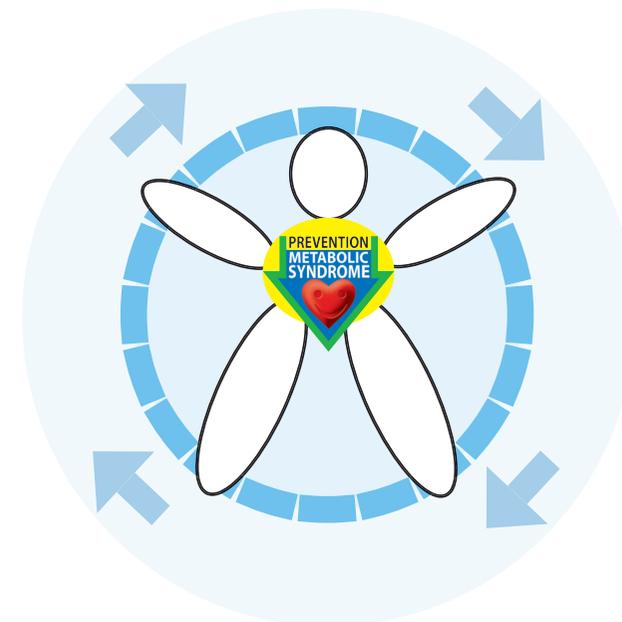
Blood Pressure Monitors • Thermometers • Nebulisers  
Body Composition Monitors • Electronic Nerve Stimulators • Step Counters

OMRON Healthcare Europe B.V., Kruisweg 577, 2132 NA Hoofddorp, The Netherlands.

Consult us – we'll be glad to advise you

[www.omron-healthcare.com](http://www.omron-healthcare.com)

# Do you know the Metabolic Syndrome?



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# What does Metabolic Syndrome mean?

The Metabolic Syndrome<sup>1</sup> is the combination of several factors with a high risk for the general health.

The main factor is the **increased waist circumference** with male  $\geq 94$  cm and female  $\geq 80$ cm.<sup>2</sup>

In addition two of the following factors have to be present as well:



- raised blood triglycerides
- reduced HDL cholesterol
- increased blood pressure and
- raised fasting glucose levels.

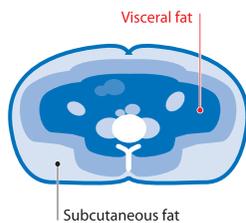
<sup>1</sup> according to the International Diabetes Federation (IDF), 2006

<sup>2</sup> ethnic specific values according to the International Diabetes Federation (IDF), 2006

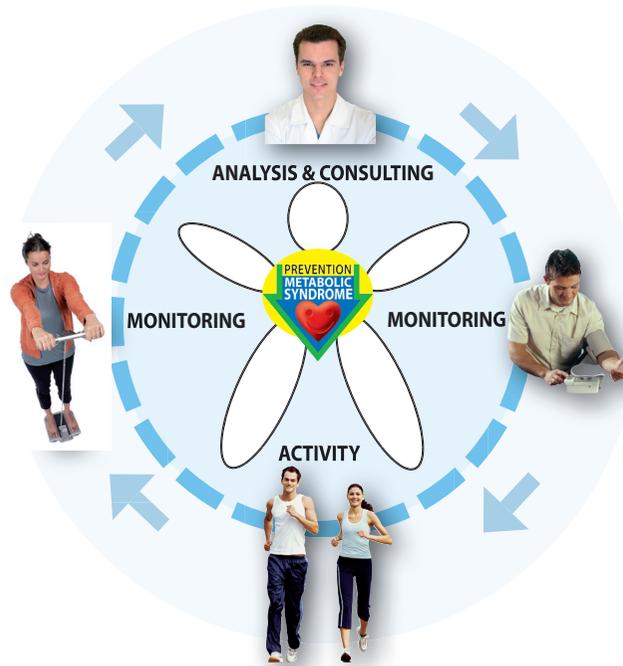
# Why measure visceral fat levels?

An important indicator is the level of visceral fat within the body. This fat is located around the inner organs and responsible for many of the above mentioned risk factors.

Many cardiovascular diseases and diabetes are occurring after developing the Metabolic Syndrome!



# The OMRON active prevention cycle



The International Diabetes Federation (IDF) recommends the following treatment:

Once a diagnosis of the Metabolic Syndrome is made, the management of the condition should be uncompromising in its aim to reduce the risk of Cardio Vascular Diseases (CVD) and type 2 diabetes.

Patients should undergo a full cardiovascular risk assessment (including smoking status) in conjunction with the following:

- Primary intervention: healthy lifestyle promotion
  - moderate calorie restriction
  - **moderate increase in physical activity**
  - change in dietary composition
- Secondary intervention: drug therapy

# OMRON offers solutions

OMRON contributes to the prevention of lifestyle diseases such as the Metabolic Syndrome by providing innovative and easy-to-use diagnosis and monitoring tools. Blood pressure monitors and acceleration sensor step counters support your efforts for an improved, anti-obesity lifestyle.

OMRON's new Body Composition Monitors are a diagnosis and monitoring tool with unique features to easily measure important parameters related to the Metabolic Syndrome:



- Full body sensing with hands and feet
- Visceral fat and skeletal muscle measurement
- MRI-data as the most accurate reference to date

The professional monitoring in the home and clinical environment and the motivation for physical exercising show OMRON's dedication for Healthcare@Home.

OMRON is offering the newest technology in easy-to-use, highly accurate devices to prevent lifestyle diseases and support a healthy lifestyle.

