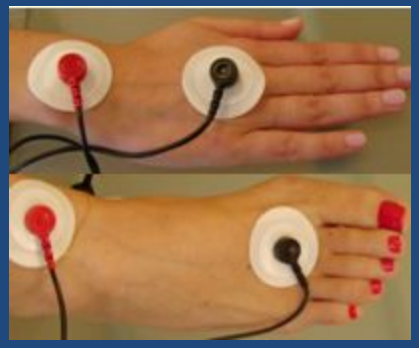
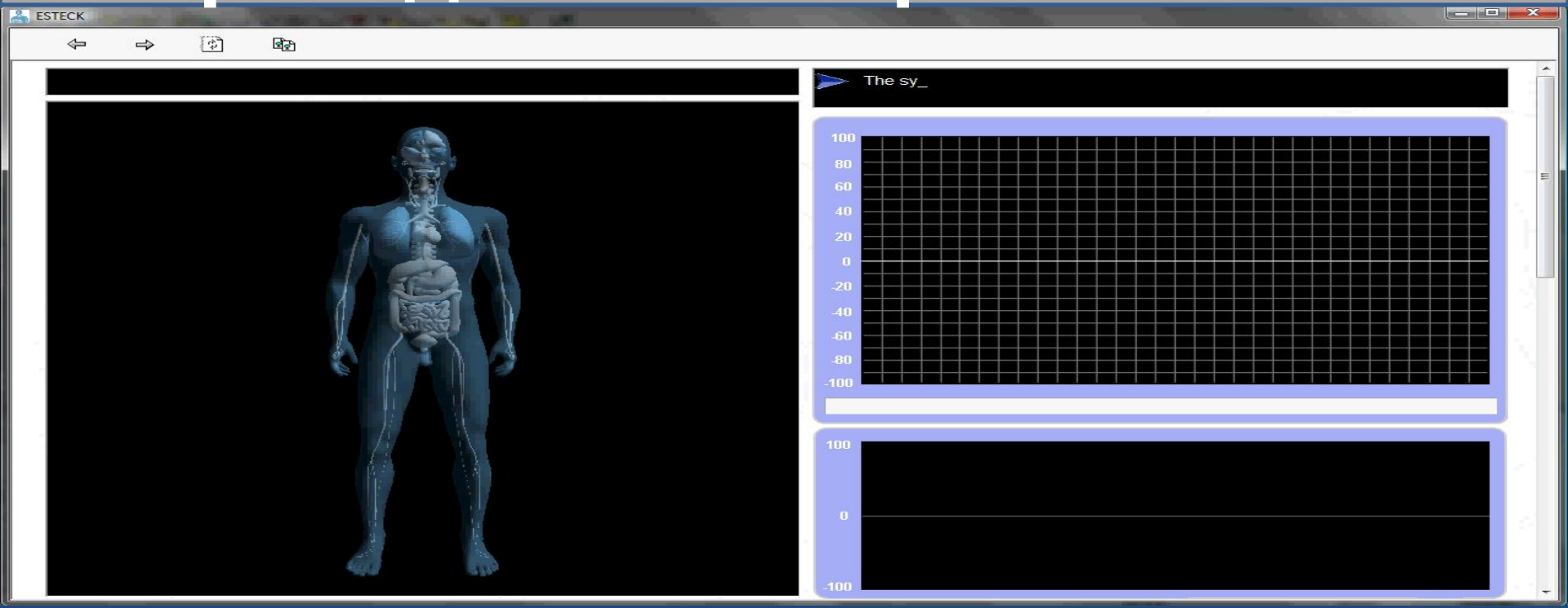
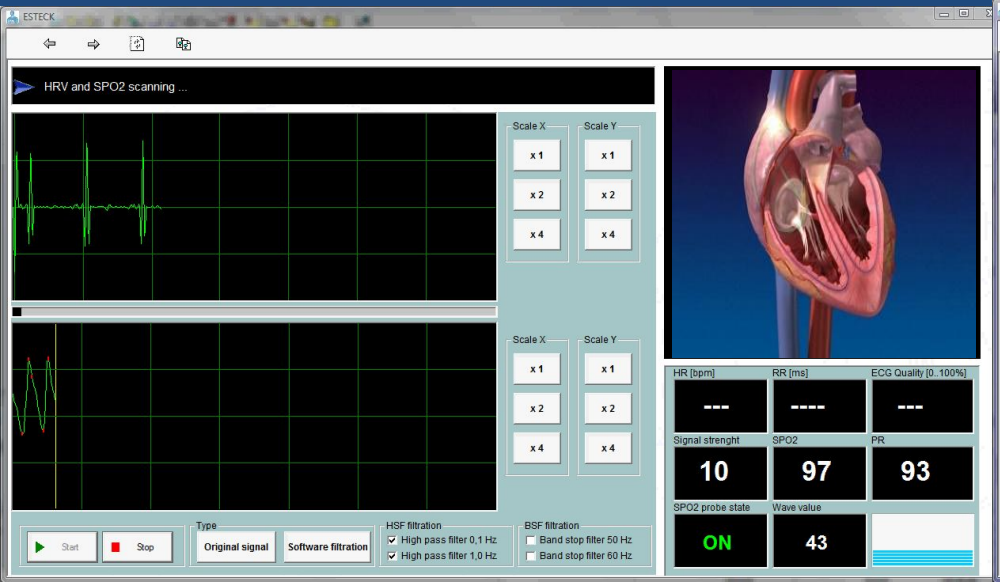
КОМПЛЕКС ES ТЕСК

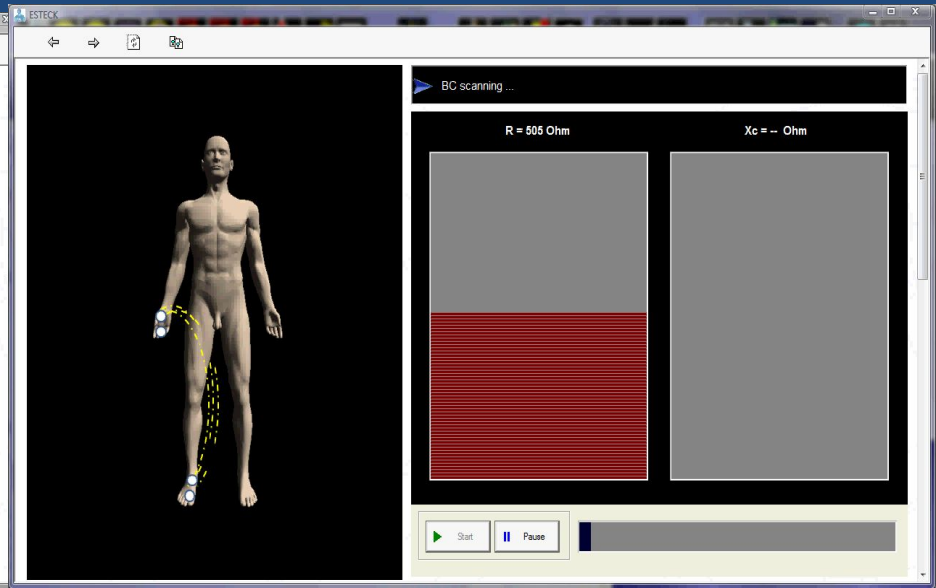
СОСТОИТ ИЗ 4-Х МЕТОДИК (HRV, SPo2, BC, EIS)



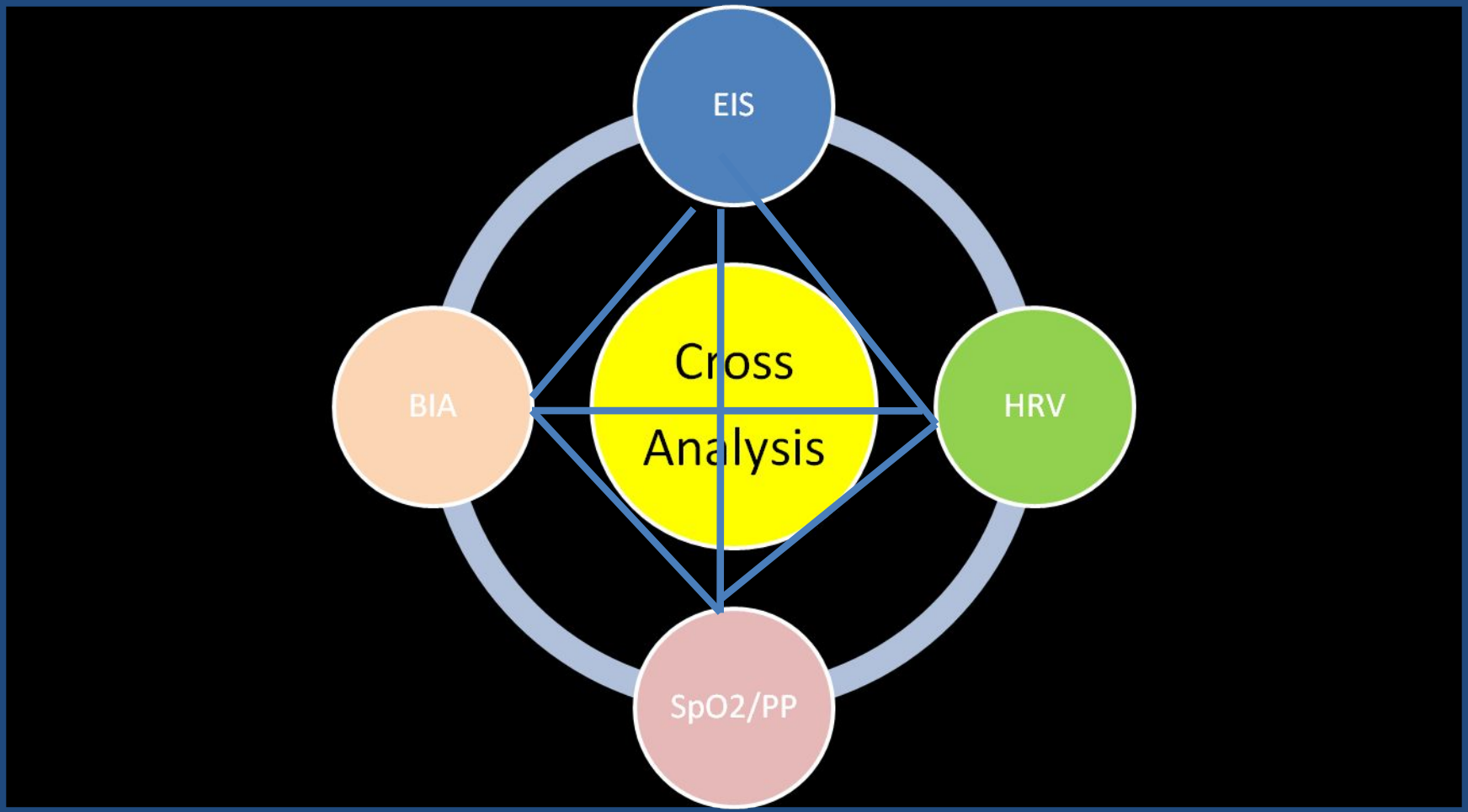
Проведение измерений ES Teck







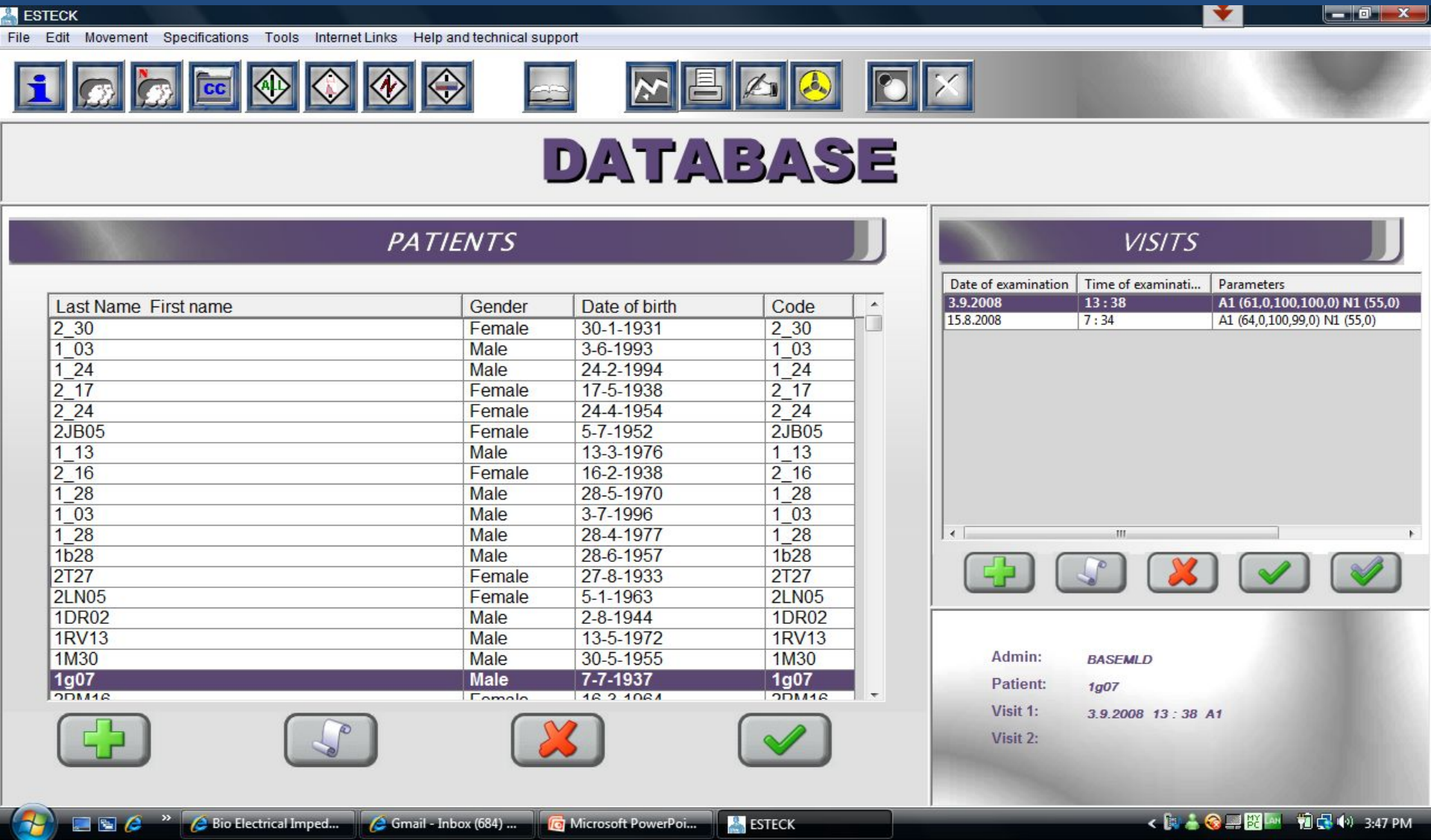
ПЕРЕКРЕСТНЫЙ АНАЛИЗ РЕЗУЛЬТАТОВ



ОСНОВНЫЕ ПАРАМЕТРЫ E.S ТЕСК КОМПЛЕКС

- **HRV модуль (вариабельность сердечного ритма):** Анализ ритмов NN или RR интервалов электрокардиограммы, комплексный анализ параметров вариабельности сердечного ритма .
- Модуль рассчитывает числовые параметры измеряемой ЭКГ
- **Оценка параметров симпатической и парасимпатической нервной системы.**
- **PP модуль**: Анализ ритмов пульса методом фотоэлектрической плетизмографии.
- **Исследование параметров ССС**
- **EIS модуль**:
- **Мониторинг заболеваний, функционального состояния и терапии**
- **BIA модуль**:
- **Измерение и мониторинг параметров композиции массы тела**

БАЗА ДАННЫХ ВИЗИТОВ и ИЗМЕРЕНИЙ



E.S TECK РЕЗУЛЬТАТЫ

EIS АНАЛИЗ


DIAGNOSIS.pptx - Microsoft PowerPoint non-commercial use
ESTECK
Patient: 1g07
Age: 71
Gender: Male
Measurements : 1A1 (64) / 15.8.2008 7 : 34 , 1N1 (55) / 15.8.2008 7 : 28
BMI: 29.76 , % Fat mass : 30.9, % Total body water : 49.6
Mitochondrial activity: Value (+)
Symptoms and treatments : NO SYMPTOM, NO TREATMENT ;
ESG adapt
A1
N1
ESG abs
Abs ESG A1
Reference values
A1
N1
Fast Fourier Transformation
70,19
36,37
100,100
62,64
6,5
45,47
45,41
24,21
Statistical Cross Analysis
Bio Electrical Im...
Gmail - Inbox (68...
Microsoft Power...
ESTECK
ESTECK
Untitled - Paint
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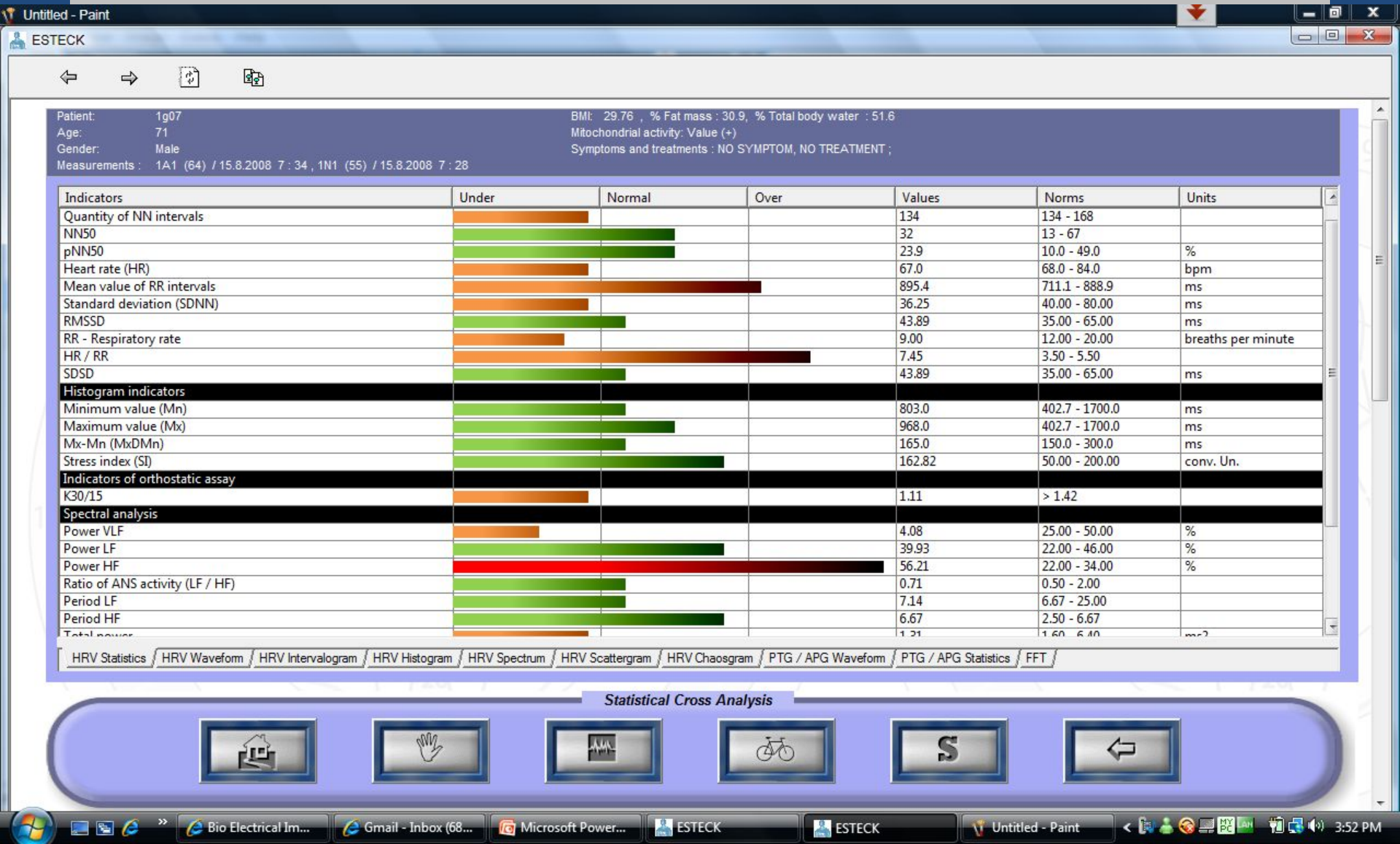
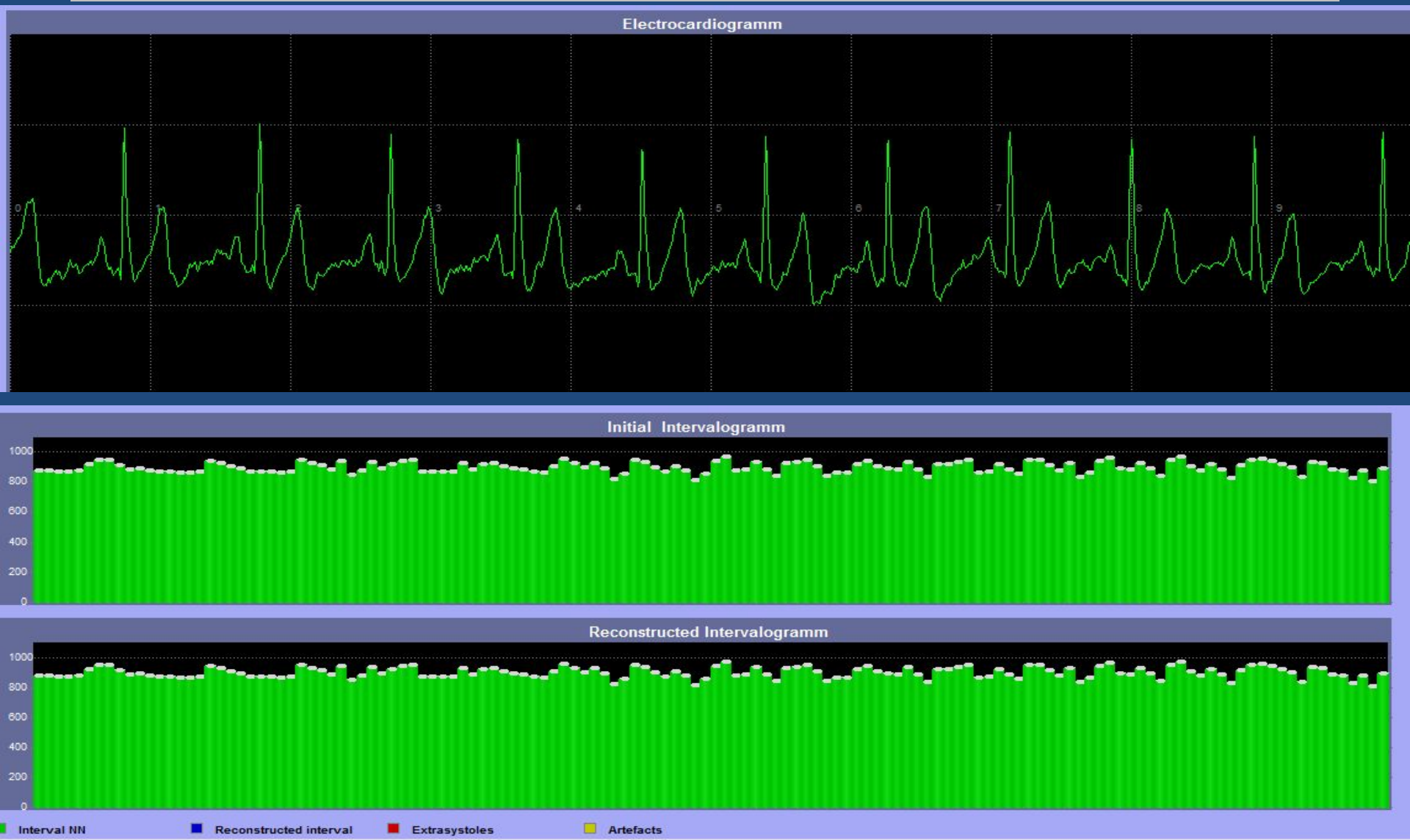
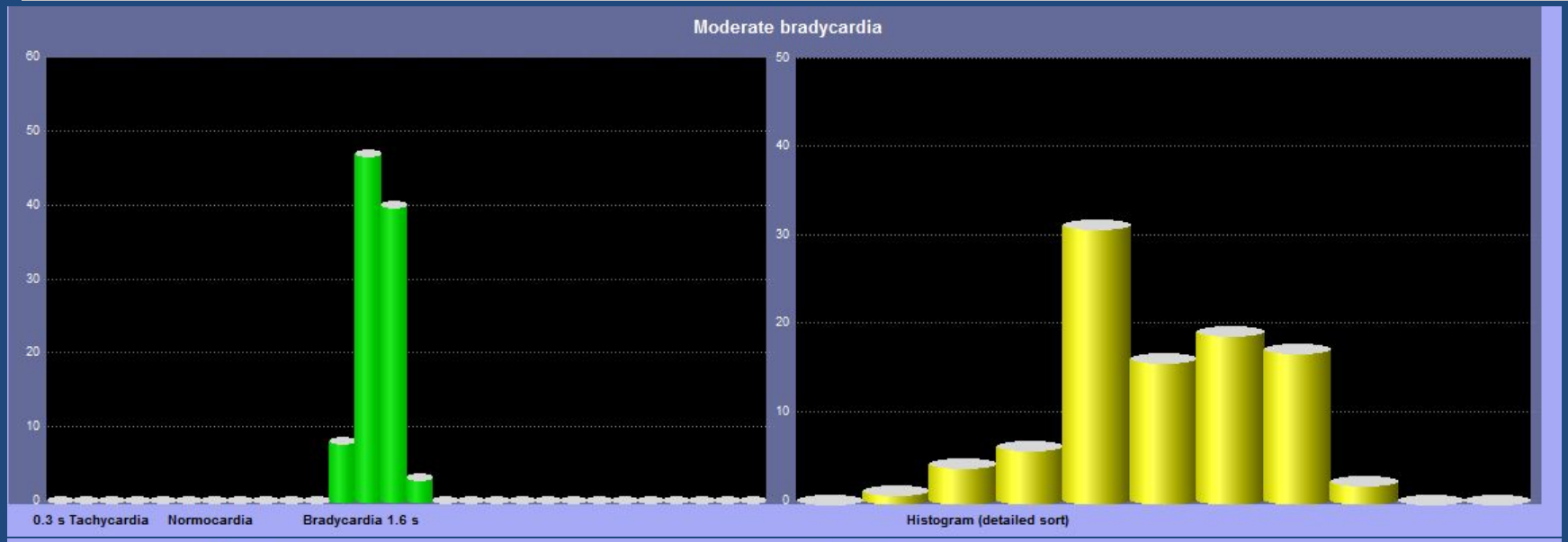
HRV СТАТИСТИЧЕСКИЕ ПОКАЗАТЕЛИ

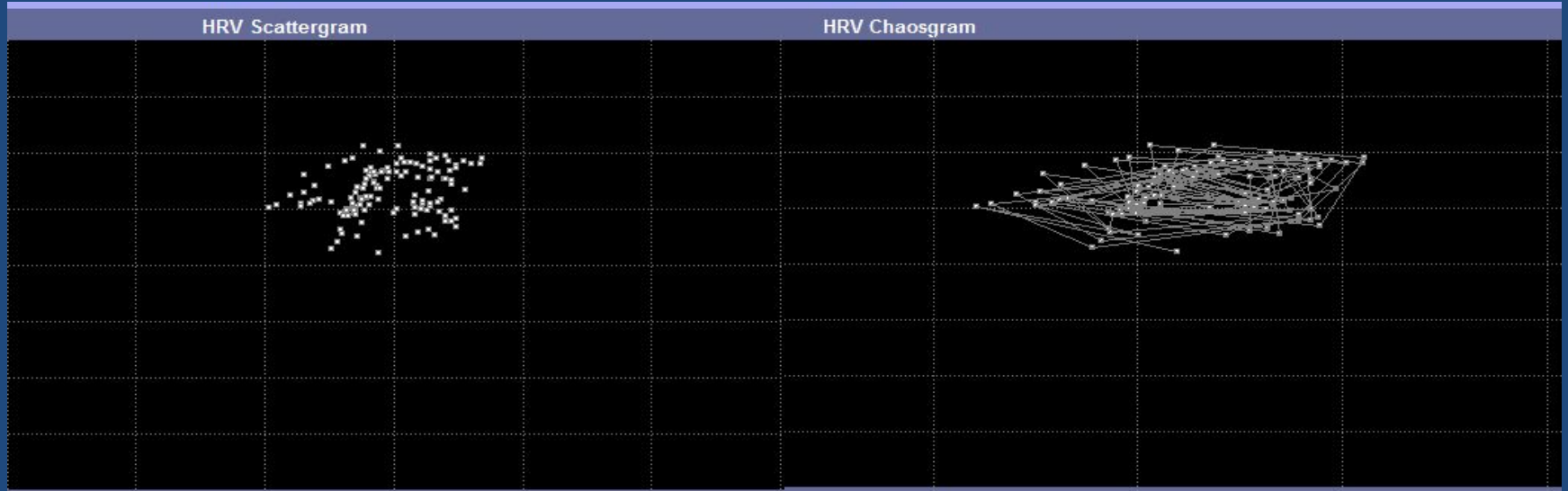


HRV ИЗМЕРЕНИЕ



HRV АНАЛИЗ СПЕКТРА



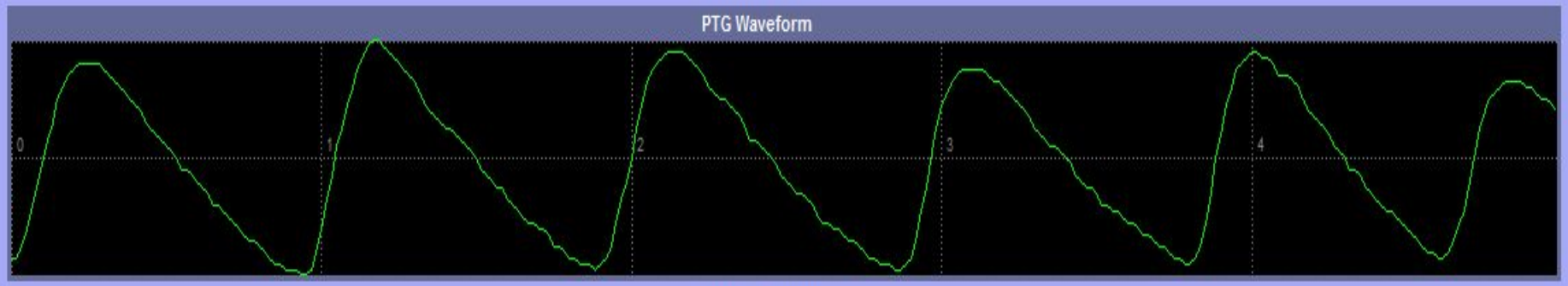


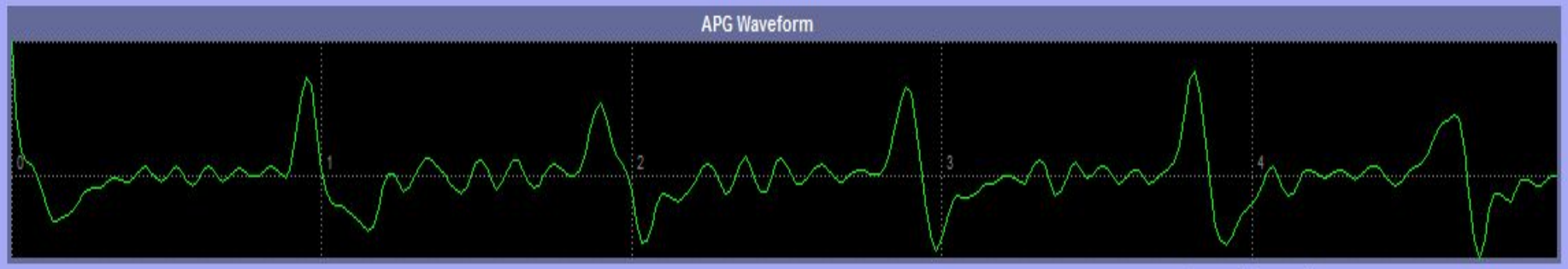
SpO2 РЕЗУЛЬТАТЫ (ФОТОЭЛЕКТРИЧЕСКАЯ ВОЛНА)

Patient: 1g07
Age: 71
Gender: Male
Measurements : 1A1 (64) / 15.8.2008 7 : 34 , 1N1 (55) / 15.8.2008 7 : 28

BMI: 29.76 , % Fat mass : 30.9, % Total body water : 51.6
Mitochondrial activity: Value (+)
Symptoms and treatments : NO SYMPTOM, NO TREATMENT ;

Indicators	Under	Normal	Over	Values	Norms	Units	Comments	Follow Up
SpO2 Measurement								
SpO2				98.0	94.0 - 96.0	%		
PR (Pulse Rate)				66	68 - 79	bpm		
Signal Strength				10	8 - 12	mm		
Wave Value				72	65 - 95	mm		





ФОТОАЭЛЕКТРИЧЕСКАЯ ПЛЕТИЗМОГРАММА (АНАЛИЗ И РЕЗУЛЬТАТЫ)

Patient: 1g07
Age: 71
Gender: Male
Measurements : 1A1 (64) / 15.8.2008 7 : 34 , 1N1 (55) / 15.8.2008 7 : 28

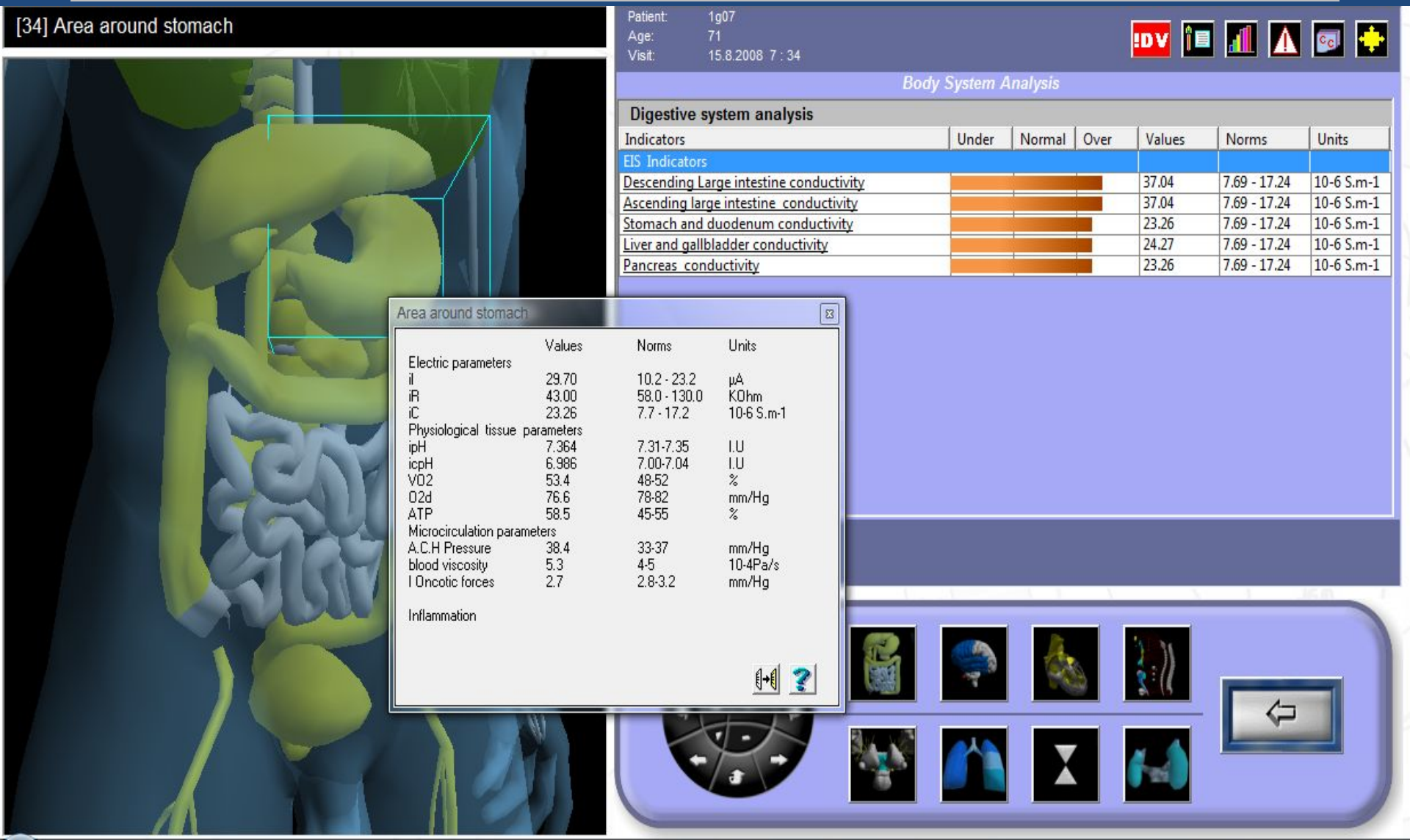
BMI: 29.76 , % Fat mass : 30.9, % Total body water : 51.6
Mitochondrial activity: Value (+)
Symptoms and treatments : NO SYMPTOM, NO TREATMENT ;

Indicators	Under	Normal	Over	Values	Norms	Units
PTG Analysis						
AI (Augmentation Index)				1.03	1.05 - 1.45	
EEI (Ejection Elastic Index)				0.00	0.40 - 0.80	
DDI (Dicrotic Dilation Index)				0.10	0.20 - 0.40	
DEI (Dicrotic Elastic Index)				0.10	0.10 - 0.30	
PR (Pulse Rate)				66	68 - 79	
PH (Pulse Height)				8.1	2.0 - 8.0	
Etc (Estimated Cardiac Ejection time)				233	260 - 380	ms
APG Analysis						
APG Type				75		
APG Aging Index				0.19	-0.32 - 0.32	
a-b				78		ms
a-c				123		ms
a-d				175		ms
a-e				346		ms
b/a				-0.41	-0.61 - -0.35	
c/a				-0.07	-0.34 - -0.06	
-d/a				0.65	0.32 - 0.58	
e/a				0.12	0.09 - 0.23	
APG Type: 21(25), 11(35), 25(45), 12(55), 7(65), 22(75) (%)						

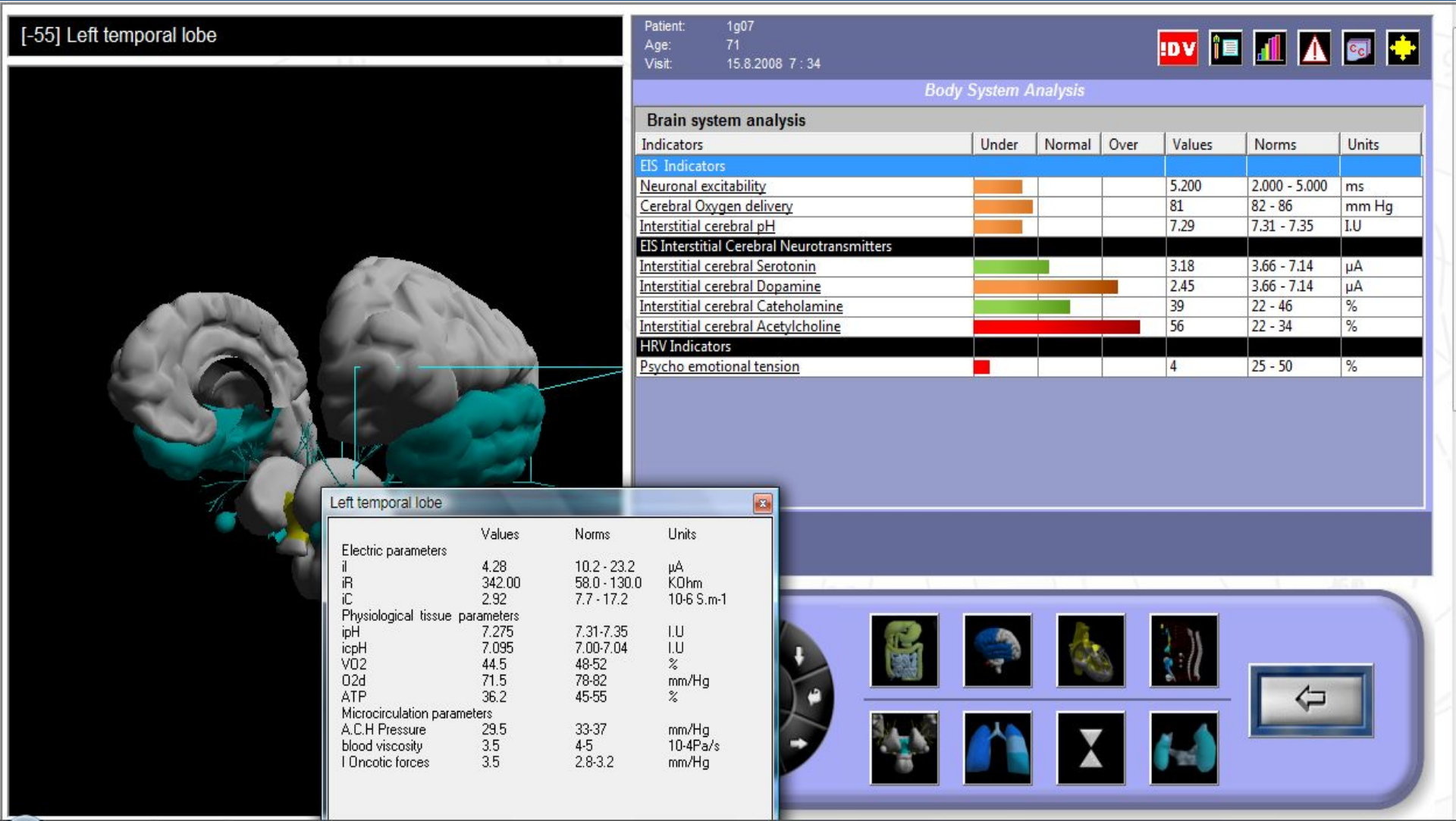
E.S TECK COMPLEX

- ПЕРЕКРЕСТНЫЙ АНАЛИЗ
- МОДЕЛИРОВАНИЕ ИНДИКАТОРОВ СОСТОЯНИЯ

ИНДИКАТОРЫ СИСТЕМЫ ПИЩЕВАРЕНИЯ

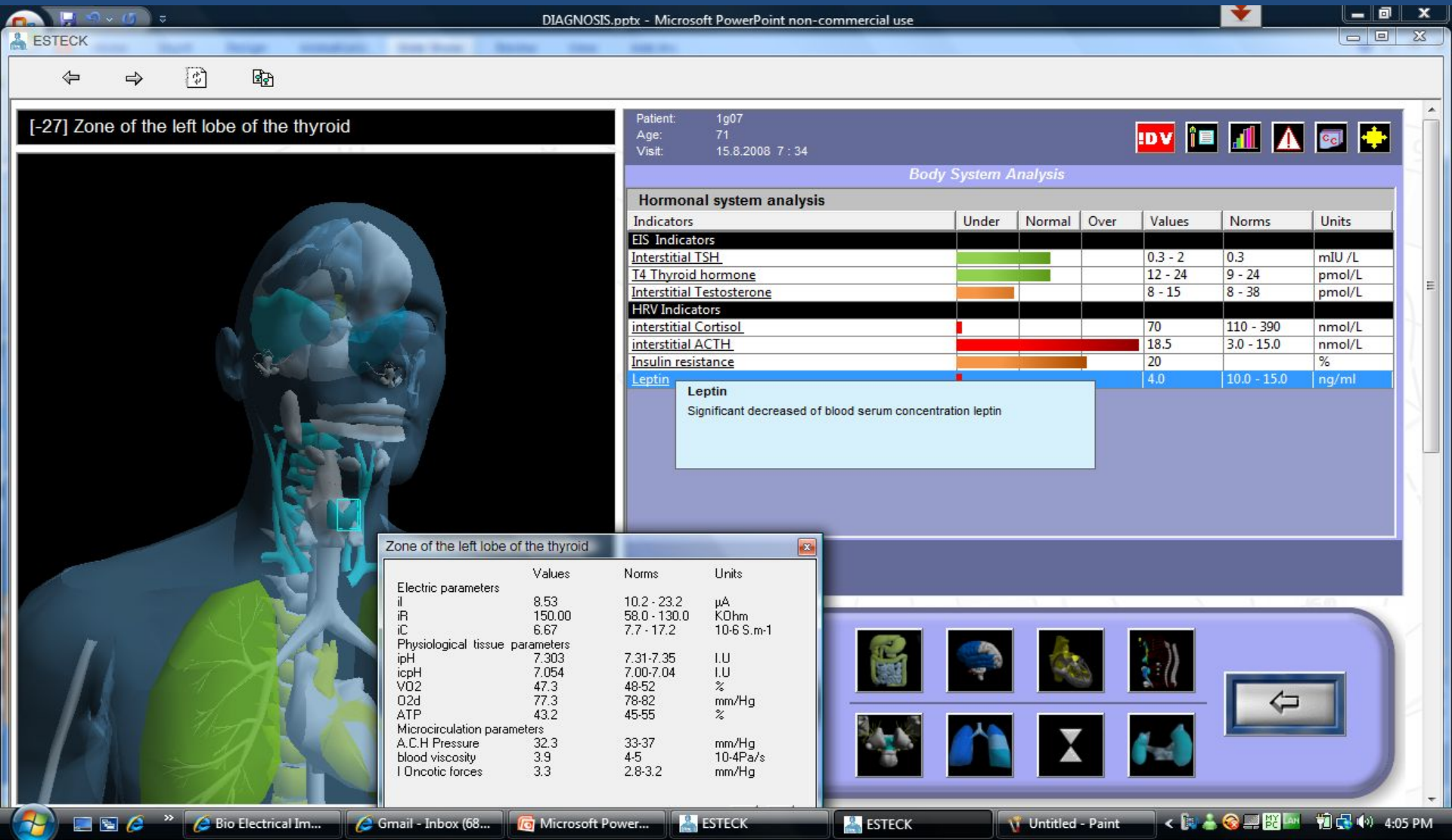


ИНДИКАТОРЫ СОСТОЯНИЯ МОЗГА

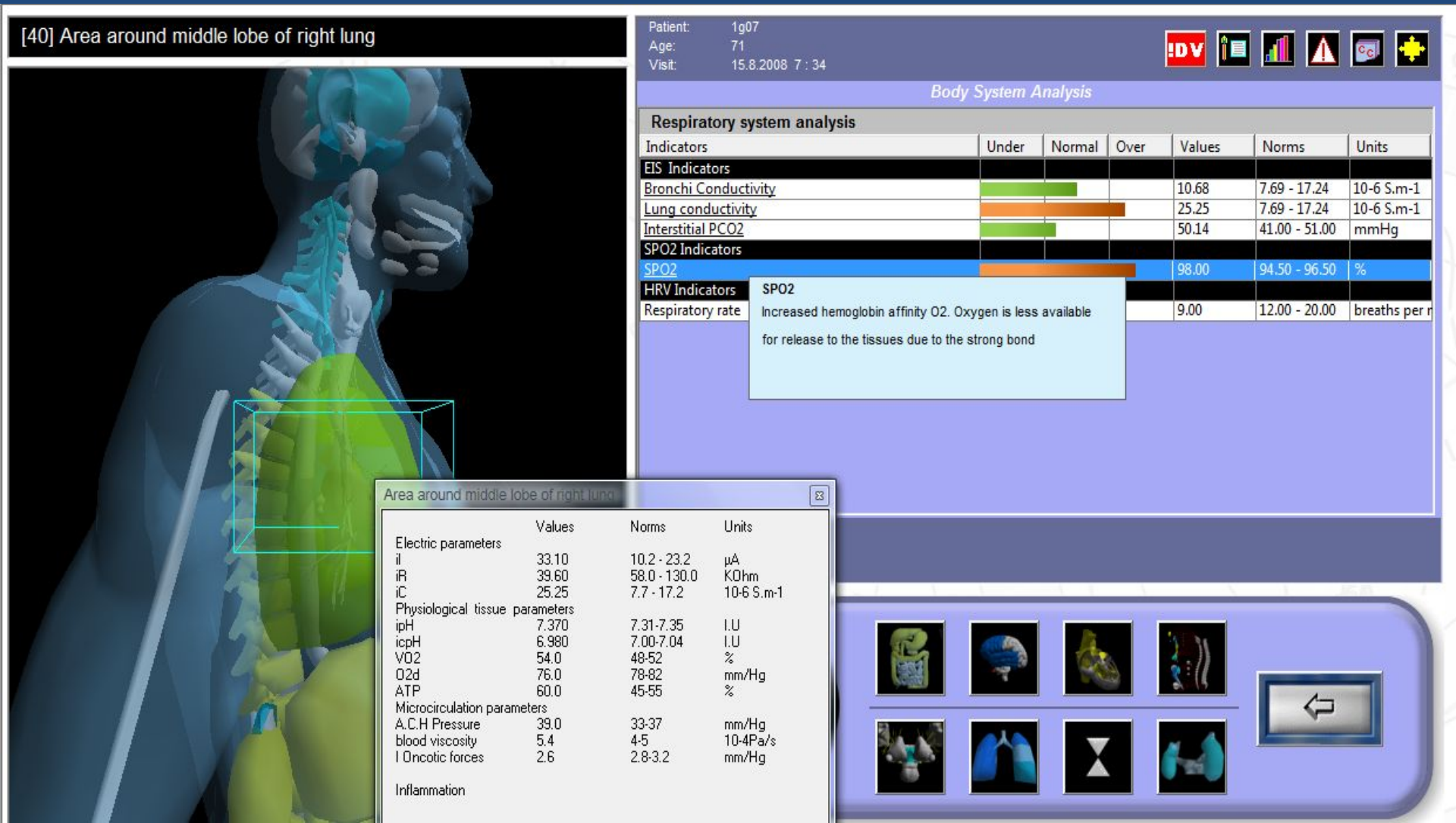


ИНДИКАТОРЫ ССС (сердечно – сосудистая система)

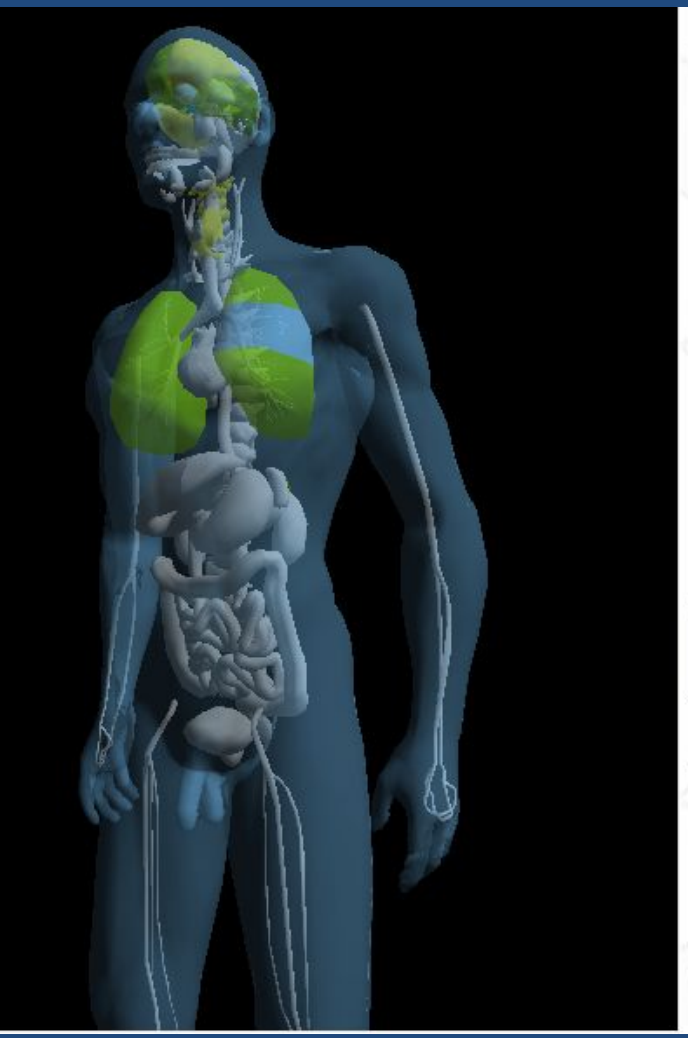
ГОРМОНАЛЬНЫЙ БАЛАНС



ИНДИКАТОРЫ СИСТЕМЫ ДЫХАНИЯ



Оценка и мониторинг параметров образа жизни (Life Style)



ES Teck Lifestyle

Lifestyle Indicators

Indicators	Under	Normal	Over	Values	Norms	Units
EIS Indicators						
ESG 9+10				23.26	7.69 - 17.24	10-6 S.m-1
ATP production				51	45 - 55	%
Insulin resistance				0	< 5	%
interstitial Na+				131.0	121.6 - 129.0	mmol/L
interstitial K+				2.95	3.00 - 3.40	mmol/L
interstitial Cl-				106.7	107.5 - 115.0	mmol/L
intertitial Ph				2.85	1.60 - 2.70	mmol/L
interstitial Ca++				1.43	1.45 - 1.63	mmol/L
interstitial Mg				0.32	0.40 - 0.56	mmol/L
interstitial H+				47.84	42.60 - 51.30	mmol/L
BIA Indicators						
Fat mass				25.8	10.0 - 20.0	%
Fat free mass				91.5	79.0 - 89.0	%
Total Body Water				49.5	55.6 - 65.6	%
Body Mass Index				28.9	18.5 - 24.5	

Советы по питанию (показанные, противопоказанные продукты…)

NOT RECOMMENDED FOODS

Vegetables
Egg Plant, Avocado
Animal protein
Salami , Frankfurters, Well-hung game, Marinated herring, Beef liver, Brain, Lard, Sausages, Bacon, Goose
Dairy products
Mozzarella, Margarine, Fresh cream, Cheese
Carbohydrates
Brewer's yeast, Sodium glutamate (often used in Chinese cooking), Chocolate, Ice-cream, Honey, Jam, Cocoa, Jam tart
Fats
Fried food, Mayonnaise
Drinks
Sweetened Cola Drinks
Oily foods
Almonds, Pistachios, Hazel nuts, Walnuts, Pine nuts
Fruit
Bananas, Pineapple, Dates , Fruit in syrup, Candied fruit, Dried fruit, Fruit jelly, Coconut

RECOMMENDED FOODS

Vegetables
Artichokes, String beans, Celery root, Leeks, Fennel, Dandelion
Drinks
Chicory
Fruit
2 fruits per day max
Herbs
Parsley

MICRONUTRITION

Trace elements
Magnesium

Plant therapy
Poppy ,Passion flower ,Aubeline ,Hawthorn ,Garlic ,Cypress ,Chestnut tree ,Horsetail

COOKING METHODS

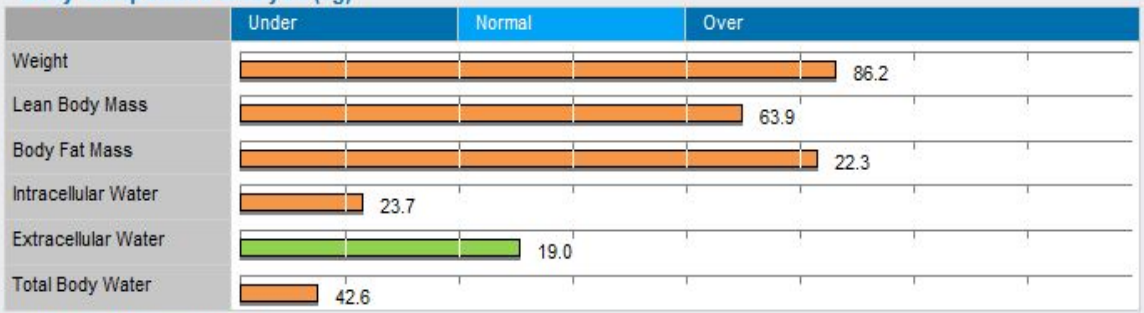
- Steaming is to be preferred to all other methods.
- For cooking food: olive, peanut or palm oil, without ever allowing it to smoke.
- For improved carotenoid digestion, cook: carrots, tomatoes, broccoli, spinach then add olive or colza oil after cooking.
- To prepare fish, marinate in lemon juice, wine or oil, then steam or poach in stock
- Do not burn or carbonize meat and throw away the gravy.

Индикаторы композиции массы тела

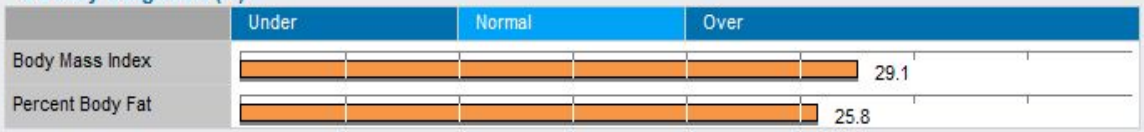
Body Composition (kg)

Compartments	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water	23.7	42.6	63.9	86.2
Extracellular Water	19.0			
Dry Lean Mass	21.3			
Body Fat Mass	22.3			

Body Composition Analysis (kg)



Obesity Diagnosis (%)



Weight Control (kg)

Current Target Weight: 69.9 **Fat Control: -9.3** **Basal Metabolic Rate: 2003 Kcal**

Weight Control: -16.3 **LBM Control: -5.3**

Daily Activity Level:
Very light: stay at home, no activity
Overweight
Height: 172.7 cm
Weight : 86.2 kg
Fat free mass: 63.9 kg
Fat mass: 22.3 kg (25.8%)
TBW: 42.6 kg (49.5%)
Extracellular Water: 18.97 kg (-2.2%)
Intracellular Water: 23.67 kg (-9.1%)
Basal metabolic rate / 24 Hours: 2003 Kcal

Algorithms used :

TBW: Davies et al 1988
FFM: Deurenberg et al 1991
ECW: Sergi G, et al 1994

Actual Impedance:

Z = 417.4 Ohm
R = 415 Ohm Xc = 45 Ohm
Phase Angle (PA) = 6.2

The calculation of the body composition is made according to the Bioelectrical Impedance Analysis (BIA). BIA in tetra polar mode and mono frequency of 50KHz.

Statistical Cross Analysis

Мониторинг динамики показателей до и после спортивной нагрузки

Indicators	Value before sport	Value after sport	BIA and Modeling Monitoring
HRV Indicators			
HR	56	83	
HRVLF	25.59	49	
MxDMn	150	161	
BIA Indicators			
TWB			
ECW			
ICW			
EIS Indicators			
Cortisol			
Aldosterone			
Na+			
K+			
Cl-			
Ca++			
Mg			
Phosphates			
[H+]			
ESG 9/10 (VO2)			
SpO2% and photoelectrical Plethysmography Indicators			
SpO2			
Etc			
EEI			
DDI			
DEI			

Сравнение моделей состояния до и после спортивных упражнений в FIS

Мониторинг показателей композиции массы тела