

SECA Scan



What is it?

The Seca Scan is a bioimpedance study testing whole-body composition, which includes fat, muscle mass, and hydration status.

Why is it important?

Bioimpedance studies show that greater visceral fat mass, even with a normal BMI, predicts higher cardiovascular mortality. Along the same lines, muscle mass is independently associated with higher all-cause and cardiovascular mortality, even after adjusting for fat mass. Think of your body like a car engine. Visceral fat is the sludge building up around the parts you can't see, deep inside the engine. Even if the outside looks clean, as a normal BMI would, that hidden gunk can cause the engine to fail unexpectedly. The SECA scan also incorporates a critical parameter: the phase angle. A reduced total body water distribution, as determined by phase angle measurement using our technology, serves as an indicator of health status. A higher phase angle from bioimpedance—reflecting cell membrane integrity and water distribution predicts better survival. In contrast, a lower phase angle - reflecting poor hydration status and reduced cell mass, correlates with higher cardiovascular and all-cause mortality.

How to fix it?

Through the SECA Scan offered by MetaLab, you are employed with a crucial level of insight into your body's level of fat, muscle, and water. This information is vital in achieving health goals such as muscle growth, weight management, and chronic disease monitoring. Join us to gain this deep, actionable insight into body composition, and...

LET'S WIN THE DAY TOGETHER!

Total Body Health

(860) 249-6579

Bristol, CT

Delray Beach, FL