



Medical background of the  
medical field **cardiology**

## 1 Definition

Patients with chronic heart failure over a period of six months, who have lost more than 5 % of their normal weight due to the disease.

## 2 Prevalence

About 1 % of the total population suffers from chronic heart failure (CHF). The average five-year survival rate of patients after the diagnosis of CHF is about 50 %. The increasing life expectancy, the improved therapy of acute cardiac events and the enhanced diagnostics and therapy of CHF itself will result in an increased frequency in the population. These epidemiological developments will also lead to an increased incidence of advanced states of severity of CHF. This means that cardiac cachexia will be diagnosed more frequently and parenteral nutrition will play a greater role in cardiology in future.

Worldwide, 16-42 % of patients with heart insufficiency develop a cardiac cachexia. This large range can be explained with a higher prevalence for the development of cachexia as comorbidity than in industrial countries.

## 3 Diagnosis

Chronic heart failure is associated with a premature loss of skeletal muscle mass.

When cardiac cachexia has developed, the muscle mass is further reduced, resulting in a significant decrease in body fat.

One can speak of cachexia if due to a disease:

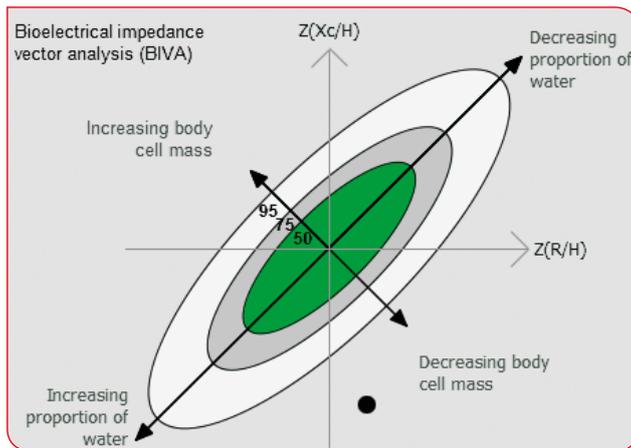
- More than 5 % of the body weight is lost within a period of six months
- The BMI falls below 20.00 kg/m<sup>2</sup> and the loss of weight exceeds 2 %

## 4 Therapy

As in a very advanced stage, only treatments designed to alleviate symptoms can be used, experts recommend initiating a suitable treatment as early as in the stage of pre-cachexia.

## 5 Benefits offered by the seca mBCA

The bioelectrical impedance vector analysis (BIVA) helps to detect cachexia and allows to monitor the severity in the course of the therapy. The fact that the patient's values are in the area of low body cell mass is an indication of cachexia.



The body composition chart (BCC) enables the diagnosis of sarcopenia. Sarcopenia means low muscle or fat free mass (FFM).

