

MedGem® Metabolic Testing at Madonna ProActive

What is MedGem?

A patient-centered, evidence based weight loss solution that is tailored to your body, lifestyle, and weight loss goals.

What will this test reveal?

You will learn your metabolic measurement, your Resting Metabolic Rate (RMR), using the MedGem device. Madonna ProActive's Registered Dietitian, Katie Bolte, creates an individualized nutrition plan based on your RMR, weight goals (loss, gain or maintain), and exercise routine.

What does "metabolism" mean?

Metabolism is the total number of calories burned each day. Resting Metabolic Rate (RMR) is the energy, or calories expended for the maintenance of normal body functions such as breathing, heart beat, digestion, etc. It represents the largest portion of total energy expenditure, 60% to 80%. Exercise and activities of daily life (grocery shopping, gardening, walking to work, etc.) account for the other portions of energy expenditure.

What can impact my metabolism?

Muscle mass, gender, age, body weight, hormone levels, medications taken, and illness and disease all can impact your metabolic rate.

What is the cost?

The cost for Metabolic Testing & Consultation is \$50 for a 45 minute appointment. The initial 15-20 minutes are spent conducting the test, and the remaining time is for nutrition consultation to teach you what to do with the number the device calculates. The test should take 10-15 minutes and you will have five minutes to rest and relax before starting.



It is preferred that metabolic testing is conducted at the start of your day before any activity or food/beverage consumption. This will give the most accurate results.

Follow these steps to prepare for the test:

- No physical activity or exercise at least four hours prior to the test.
- Refrain from eating or drinking for at least four hours prior to the test (water is ok).
- Refrain from consuming caffeine, nutritional supplements or medication containing ephedra, Ma Huang, or pseudoephedrine for at least four hours prior to the test.
- Refrain from smoking or using nicotine for at least one hour prior.
- You will not be allowed to listen to music, read, watch television, use your cell phone, etc., during the test.

For questions or to sign up for this test contact:
Katie Bolte, RD, LMNT at 402.413.3559

