



**European Conference on Aerospace Medicine  
2010 Athens  
10th – 13th November 2010**

**ABSTRACT**

<b>Title: REDUCING RISK FAKTORS OF HUNGARIAN OBES PILOTS WITH BODY COMPOSITION MONITOR</b>	
<b>Author(s) Name:</b> P. Vaskó), <u>I. Melles</u> , L. Ungváry	
<b>Affiliation:</b> AVIATION SHIPPING MARITIME MEDICAL CENTER	
<p>It is hard to predict the risk of cardiovascular diseases though it is very important in aviation medicine.</p> <p>In Aeromedical Center Budapest several methods has been used in predict the risk of cardiovascular diseases. The height and weight of the pilots are measured and if the BMI is above 30 the SCORE risk is evaluated, the abdomen size is measured. These kind of results do not give enough information for aeromedical doctors how to protect their pilots and what kind of risks jeopardize them. Aviation doctors in their practice need more detailed, more precise datas for risk management.</p> <p>Authors introduce new equipment for risk management. BF 500 Body Composition Monitor is developed for analyzing the body fat percentage and visceral fat level, resting metabolism and skeletal muscle percentage.</p> <p>Authors show examples for risk management after analyzing 95 cases with BF 500 Body Composition Monitor.</p>	
<b>Name and address for correspondence:</b> Dr. Imre Melles, 17 Gyali, 1097 Budapest, Hungary	
<b>Telephone No.:</b> 361 280 6809	<b>Fax No.:</b> 361 3580975
<b>E-mail:</b> melles@omfi.hu	<b>Date:</b> 31/08/2010