

PUBLISHER'S LETTER

Healthy Technology

My family and I recently moved to a new home and, for the first time in my life, I don't have a landline phone. When we were setting up our new utilities accounts, I quickly realized I rarely made calls using our home phone. And in the few instances we received calls, they were telemarketers. Anyone who needs to contact me for a good reason has my cell phone number, so we decided a landline was a relic we no longer needed to function. I guess this is progress—now I only have one phone to worry about.

What other technology advances affect our daily lives? To start, many apps and products are designed to maintain our health and wellness, and many of these apps can be downloaded to your smartphone. Some help with tracking diet and exercise, as well as all types of

daily planning. Others help you shop better and eat healthier. One of my favorite apps is "Cures A-Z," which allows the user to ask health-related questions. The app was developed by Dr. [Jacob Teitelbaum](#) and is available for both Apple and Android devices. Check it out, and let us know your thoughts.

But these new technologies do not stop with apps. Some products, such as fitness trackers, help monitor daily physical activity, sleep, and vital signs. You can then download the information and analyze any changes that occur over time. Glucose readers, for example, can be connected to apps, thereby allowing diabetics to track daily readings and notify healthcare providers when action is needed. Blood pressure readers with similar functions also exist, and many clinics allow us access to electronic medical records,

lab reports, and information we need to better manage our health.

Although all of this technology provides great information, it's only data. The information itself won't improve your health; rather, it's what you do with the information that counts. You have the power to improve your health by managing your diet, getting adequate exercise, and following guidelines related to the information. Technology is a great tool when used correctly.

Before closing, I want to point out a special feature in this issue on a book called *New Beginnings*. It's a story about the triumphs of 120 cancer survivors. The book's author, Bill Aron (a cancer survivor himself), compiled his own photographs of cancer survivors with their narratives to show how cancer changed their lives. It is a powerful story that puts life into perspective. Be sure to check it out on page 44.

Thank you for your continued support!



Dick Benson
PUBLISHER

