

TECHNOLOGIES SAVE OUR LIFE

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Abstract

The article considers the problem of the rapid growth of innovative technologies and the benefits we get from modern gadgets. We can monitor our health and prevent unexpected illnesses or complications due to new technologies. It has been convincingly proved that monitoring tools today are not a luxury but a way to a better future.

Key words:

Modern technologies, care about health, fitness tracker, biometric, heart rate monitoring, data in one place.

Анотація

У статті розглянуто проблему, пов'язану зі стрімким ростом інноваційних технологій та користь, що ми отримуємо від сучасних гаджетів. Завдяки новим технологіям, ми маємо можливість слідкувати за своїм станом здоров'я та запобігати неочікуваній хворобі чи ускладненням. Переконаливо доведено, що сьогодні засоби моніторингу не є предметом розкоші, а шляхом у краще майбутнє.

Ключові слова:

Сучасні технології, турбота про здоров'я, фітнес-трекер, біометричний, моніторинг серцебиття, дані в одному місці.

People can hardly imagine their lives without modern technologies nowadays. It is almost impossible to go out without a mobile phone or an MP3 player, for example. These devices have become an important part of our life. Moreover, almost every day either a new technology is being invented or an old one is being improved. To stay up-to-date people keep buying newer items. Soon our houses and workplaces will look like electronic stores. Technology is all around us and there is nothing bad in it.

Most of us take care of health. There are different gadgets you can buy to monitor the state of the organism. For example, it can be a fitness tracker, smart headphones or even a small ring. All information from devices returns to the smartphone. You can easily check it wherever you are and correct life according to the goal you wish.

Not too long ago, the idea of walking around with biometric wrist sensors, feeding health data to server farms thousands of miles away, would have been met with skepticism. Now the devices are ubiquitous. What makes wearable trackers ripe for a healthcare expansion? Their almost incomprehensible database of heartbeats, sleeping hours and steps counted. And the potential of that data in the realm of healthcare is just now coming to light. Fitbit, a leader in the fitness tracker market, is working hard to filter noise and find the signal in medical data - just as it did with fitness.

The cheapest way is to buy a fitness tracker. What are your daily workout needs? Consider how a fitness tracker can benefit your exercise regimen. If you engage in activities like Pilates, yoga, or walking, opt for a basic fitness tracker for heart rate monitoring and sleep data. On the other hand, if high-intensity workouts, including running and swimming, are more of your thing, choose a fitness tracker that can give you vital reads and remember your mileage.

Some experts say that wearables may be on track to offer clinical-grade patient data that doctors can use to make diagnoses. Still, medical say relying solely on smartwatches for medical advice is a good idea. Your smartphone is probably one of the most important tech devices, so it might be helpful to find a fitness tracker

that connects with it. If that's the case, you can receive call and text notifications when you're commuting, exercising, or moving around the house. This is a major plus if you're prone to miss phone calls from coworkers, family members, and friends. Plus, some trackers come with smartphone apps, so you can store all your data in one convenient place. Most fitness trackers run on batteries or need to be charged regularly. Check to see the power life of a tracker first before buying it. If it doesn't last long, skip it and opt for another model. You don't want to have a tracker that can't keep up with your physical activity needs.

You are counting your steps, tracking your workouts and measuring your sleep with your wearable fitness tracker. But these devices can do more than help you improve your health — the data they track can help you spot dangerous health problems. Just ask Curtis Carey of Hudson, Wisconsin. His wife gave him a Fitbit fitness tracker for Christmas 2017. After using the tracker for a few months, Carey, now 69, noticed his heartbeat was irregular. "It would jump up to 130 [beats per minute] then down to 60, then back up and back down," he says. On the Fitbit app, he could see that his heart rate had been normal for the previous month or two. He didn't have any chest pain or discomfort, and a visit to his doctor didn't uncover any problems. But by fall 2018, Carey was worried. After strenuous activity, his heart rate would stay above 100 beats per minute for more than two hours. When a hunting trip left him winded and worn out, he sought care again. A CT scan of his heart showed blockages in three blood vessels, including one that was 95% obstructed. In March 2019 Carey had bypass surgery to clear the blockages and he's now well into his recovery. There are five serious health risks that your fitness tracker could help detect: heart disease, atrial fibrillation, kidney disease, diabetes, and cancer.

There are no perfect things, so these gadgets are no exception and have disadvantages. The most annoying one is understanding that you must have an attachment to the socket every few days. Battery's capacity is very low because of the size. But if you want tidy technologies you have to pay for it.

You can walk through the park or street and see that our world is changing every day. Values we kept a few years ago become not so interesting for young people. Now it is more pleasant to boast casual things bought recently. It is curious but modern youth prefer clothes, shoes, and gadgets which do not harm health but help to do life easier and more careful. It seems to me, that it is a good way to upgrade our society for better. The newest technologies give us an opportunity for it.

Conclusion

In conclusion, I must admit that using some of these devices, people can make their life careful and easier without any difficulty.

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