

Cry for Help

Computer Tips & Tricks

Medical Answers

There has been an explosion in both the use of the internet for medical questions and also the number of web sites that give medical information. These sites appear to be dispensing free medical advice, however you must remember that their main aim is more about selling advertising space. They all suffer from two basic flaws. Firstly, the advice is not patient specific. By this I mean that there has been little to no analysis of your personal circumstances prior to arriving at the answers. And secondly, you don't know who is providing this information. Both of these issues are the opposite of going to see your local GP. Dr Google (the new term for using the internet to seek medical answers) can be very helpful, but be very careful in the application of this information.

However, there are plenty of mobile apps to assist you in the measurement of your medical situation. Apps to count steps, count calories eaten, count calories burnt, and much more. These apps aren't trying to give advice, instead they are purely focused on measurement. In fact, once you have gained a history of these measurements, and taken them to your GP, your treatment may well be enhanced.

Finally, one extreme example of this medical measurement is the medical feedback devices worn by high level sports athletes to measure, heart rate, speed, acceleration and many more factors. The reading of this information enables practitioners to diagnose conditions before the normal symptoms might become apparent.

Stay fit & healthy!

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