

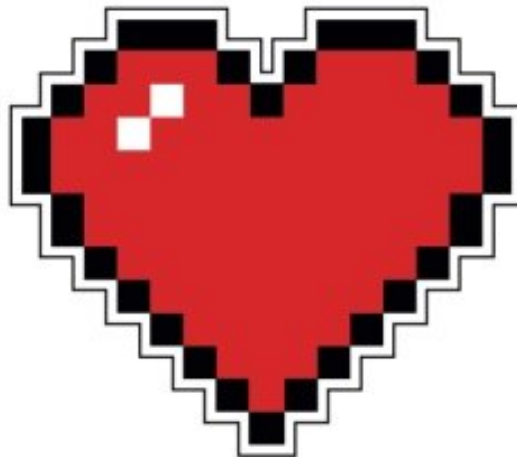
[Free] My Health: Upgraded: Revolutionary Technologies To Bring A Healthier Future

# My Health: Upgraded: Revolutionary Technologies To Bring A Healthier Future

*Bertalan Mesk*

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**MY HEALTH  
UPGRADED**  
REVOLUTIONARY TECHNOLOGIES  
TO BRING A HEALTHIER FUTURE



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**Bertalan Mesk : My Health: Upgraded: Revolutionary Technologies To Bring A Healthier Future** before purchasing it in order to gage whether or not it would be worth my time, and all praised My Health: Upgraded: Revolutionary Technologies To Bring A Healthier Future:

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found the following review helpful. A must read for people interested in digital health. By Fred Keser Not much to say other than: go read this book! 5 of 5 people found the following review helpful. Latest book from Bertalan Mesko "My Health Upgraded" is outstanding and practical. By Denise Silber My Health Upgraded, Bertalan Mesko's latest book, and I've read all his works, is brilliant. It brings you three things in one: 1) a didactic snapshot of digital health today and to come 2) a practical "how-to" guide for managing your own health self-tracking 3) responses to questions from real people. And no question daunts Bertalan. While I see many digital health books and articles, they are often repeats of what's already out there. My Health Upgraded is really worth your time.

Health technology is changing healthcare for patients, doctors and regulators radically. Learn what to expect, and start living a better life with the help of digital health tools. Dr. Bertalan Mesko, PhD answers the 40 most exciting questions about the present and future of health technology. Known as The Medical Futurist and featured in CNN, TIME and BBC, Bertalan has interviewed 50 empowered patients, medical innovators and regulators. The questions he sought to answer are among the most exciting from over 500 talks given at patient forums, pharmaceutical boards and healthcare conferences, including: Will technology make managing diabetes easier? How can we use wearables today to exercise more, sleep better and decrease anxiety? Can 3D printed organs ever make donor waiting lists redundant? Should doctors be replaced by artificial intelligence and surgical robots? Keeping this glimpse into the future actionable, the book gives detailed methods for using technology to live a healthy and proactive life, from sleeping better to using exercise motivation apps. Healthcare impacts each of our lives. Start preparing for its future - today.

"Dr. Bertalan Mesko, the consummate medical futurist, takes us on an extended technological tour - one that bodes well for how healthcare can advance."