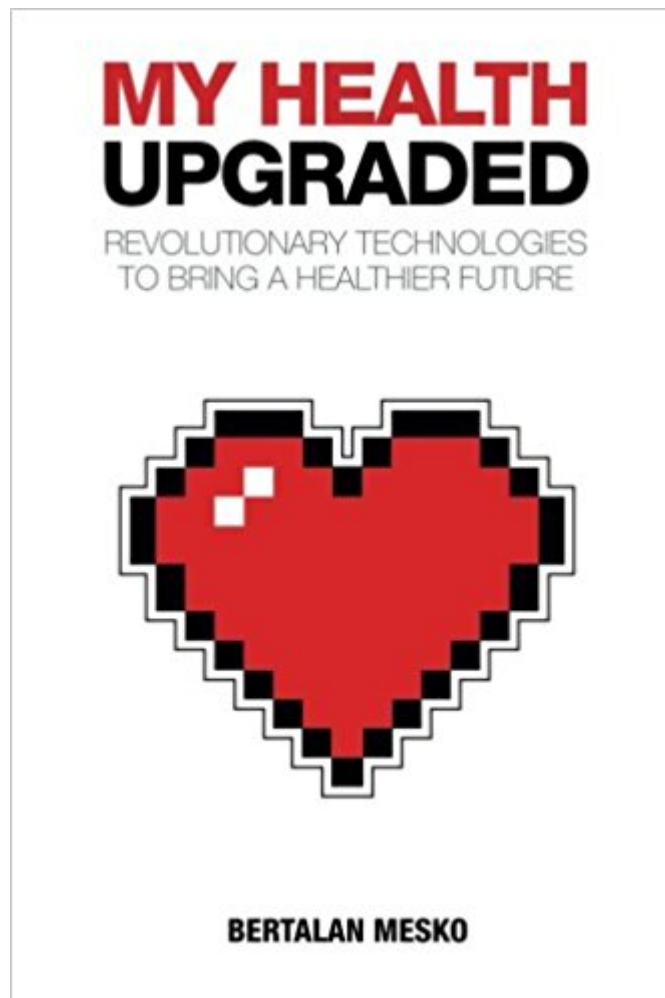




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# My Health: Upgraded: Revolutionary Technologies To Bring A Healthier Future



## Synopsis

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.

## Book Information

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## Customer Reviews

"Dr. Bertalan Mesko, the consummate medical futurist, takes us on an extended technological tour - one that bodes well for how healthcare can advance."- Dr. Eric Topol, author of The Patient Will See You Now, Professor of Genomics, The Scripps Research Institute"Dr. Bertalan Mesko has been called a thought leader thanks to his views on the future of medicine, and his latest book proves yet again just why he deserves that title. Dr. Mesko's thoughts on digital health are comprehensive and innovative, but most importantly, they are accessible and easily understood. This thrilling book is a

must-read for patients, providers, and all other stakeholders interested in taking control of their own health."- Dr. Larry Chu, Executive Director, Stanford Medicine X"Sit down, loosen your mind, and settle into this book. It's an extraordinary, liberated tour of what health and treatment will be like when we no longer starve for information and when everything physical is digital - which is far closer than you think."- e-Patient Dave deBronkart, e-patient thought leader, speaker, author"Only few have the gift of being transformative and using it; Dr. Bertalan Mesko is one of them. This book bridges Hype, Hope & reality in a way that fits both the world of technology and medicine. Definitely a must read if you're on the intersection of technology & medicine."- Lucien Engelen, Director of the Radboud REshape Innovation Center"An easy to read guide to future health. Introducing recent history and everyday examples of progress as evidence of trends, it looks to the future of health technologies and their interactions with everyday lifestyle with informed optimism, avoiding unnecessary jargon. It shows how the reader can take control of their own health and the many future opportunities for improving it. It also explores when we will get the technologies we see in sci-fi movies. All of this makes it a compelling but easy-going read."- Ian Pearson, Futurologist, Author of You Tomorrow

"I firmly believe that it's time for humanity to step up and prepare for the technological revolution in a way that we keep on improving the human touch in medicine and live healthier lives. It is only possible with more and more disruptive technologies. In My Health:Upgraded, I present how I have managed to upgrade my health in the last decade with good technologies; and what the most alarming issues are related to the future of medicine and healthcare."Dr. Bertalan MeskoThe Medical Futurist

Informative and credible.

Not much to say other than: go read this book!

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 Bercy. 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.

In the age of Digital Health we are all searching for answers on how to access and get the best possible care for ourselves and our family. Charting a course is Dr Bertalan Mesko a longstanding leader and innovator in health care who offers readers a peek into the future. Filled with details of the current state of healthcare technology and insights into technology that will revolutionize our approach to treating patients. The contents apply to a wide range of readers - everyone from the parent of children, child of aging parents or even individuals thinking about their health and the struggle with staying fit and healthy in our changing world. For those in the healthcare industry either as clinical providers or working in the support and technology areas this guide will help expand the boundaries of your thinking and open your eyes to the opportunities that exist today and that are rapidly entering our world changing the way we think about healthcare and medicine. If one thing is certain - change is inevitable and with this guide you can look forward to it happening in healthcare faster and more exciting than ever before - this book will open your mind expand your thinking and help guide you into the new age of Digital Health

A very insightful and delightful book, I found it particularly useful as I work in the healthcare industry, but it would indeed be useful for anyone who is interested in understanding the considerable transformation that is happening in this sector. The book illustrates numerous interesting cases that show how digital disruption is impacting the practice of medicine. Hats off to the writer for a job very well done, I hope to see more works published soon.

Only few have the gift of being transformative and using it; Dr. Bertalan Mesko is one of them. This book bridges Hype, Hope & reality in a way that fits both the world of technology and medicine. Definitely a must read if you're on the intersection of technology & medicine.

To me, eHealth or mHealth is something mysterious and geeky, vague and big data-ish. Quite the oxymoron, but please let me explain. As Berci Mesko MD asked me to review his book "My Health Upgraded", I recalled one of the sci-fi novels from "Twelve Tomorrows" 2016 (sci-fi written by MIT, USA): "Boxes", by Nick Harkaway. "Neural cells grown on mesh, kept alive in boxes, helping you get decades more function out of your brain. And the hype. 'It was medieval to rely on ordinary, old, dying neurons! There was always an upgrade waiting next year, a better bridge or Box, and clever apps you could get that tuned your creativity and stimulated your blah blah and your neural blah' Real technology never worked like the hype, so they were always debating about the next model.'

As someone who did a lot of ballet dance with harsh professors breathing down my neck and always telling us to eat less (so I ended up with severe anorexia at the age of 16), the last thing I would want is an app spying on my fitness routine and letting everybody know about the data, my performance or the kind of music I am listening to. But I understand people need to transform their humdrum exercise routine into something more exciting and rewarding, and fitness apps or devices have the potential to do just that. Sure thing, the Apple smartphone and watch are helpful: at the annual conference of developers in California, they conveyed the message that a marathon professional was relying on that Apple watch. If it's good enough for a professional, the non-professionals should be able to take advantage of it, right? Smartphone is good; smart-ass phone is despicable (would remind me of some ballet profs). We are on the cusp of a digital revolution in medicine, where it is said that there should be no conflicts between patients and doctors. But what are we talking about here? Are we discussing fitness, or health care? In the case of fitness, Berci might be right. Doctors don't give a dime about fitness. If their patients are using apps or devices to exercise, good for them. Physicians will not perceive this digital approach of health as an intrusion. But let us discuss health care. That's a whole other issue. Information is power, and doctors are not willing to give up on that. Will they have to be forced from power by popular protests? We need a learning health care system, we don't have it. Are our devices and apps (Apple) pushing people away? As Berci says, quoting Cynthia Lynn Breazeal, an Associate Professor of Media Arts and Sciences at the Massachusetts Institute of Technology, where she is the director of the Personal Robots Group (formerly the Robotic Life Group) at the MIT Media Laboratory. Be warned: this is a very dense book, mentioning many devices and apps in fitness/prevention, dermatology (iDoc), cardiology (AliveCor ECG bracket on smartphone), well-being, ways to handle mood swings, enhance concentration, meditation, measure oxygen saturation, pulse, stress, or record an electrocardiogram (and send it to your GP in PDF format), improve your attention by piloting a Puzzlebox orbit drone etc. My favorite part is when Berci shows the devices he is using personally and to what purposes. It is a whole new approach of medicine, and people will need time to discover it, to try it out. In US TV show Big Bang Theory, if Leonard had a twin brother who studied medicine and genomics, it would be Berci. What I like best about the book is that it provides a global perspective: medicine as a continuum, with the digital revolution and its purposes being integrated in the whole thing, so in my opinion, My Health Upgraded is providing a great hype filter. It is packed with scientific facts from yesterday, today and even tomorrow. A robot can clean 70% of bacteria from a hospital room in 10

minutes using ultraviolet light. IBM's Watson can analyze over 1,000 data points per second per patient. A society more interested in and demanding more from medical innovation is needed. This book is definitely a great contributor to the cause and will end up creating such a society. Having worked with surgeons and studied genomics at MIT (MOOCs), I find the overall portrait of health care as depicted by Berci quite accurate. The way technology will truly change medicine hasn't even revealed itself yet. But change is coming soon. Couldn't agree more. Until now, we had organ-based medicine. How crucial is the ownership of medical data by patients in such a scientific context? It is of little relevance. No patient is a trained organ specialist, and 1.0 medicine is built around this assumption. Now, here comes genomic precision medicine (2.0 medicine), including mHealth or eHealth), based on the knowledge of the human cell; not the human vital organ. At MIT I saw how you can digitize pretty much anything in biology. So if medicine is about the digitized cell and its genome, let me ask again: how crucial is the ownership of medical data by patients in such a scientific context? Crucial. Changing medicine is gonna be dangerous (p. 63). Geocentric and Heliocentric Systems, rings a bell? Shifting from the vital organ to the human cell could trigger conflict (doesn't it already?) Will the main change come from the fact that billions of people, who have never been online, will finally be able to get an Internet connection? "Democratization of ideas hasn't yet happened." Democratization of medicine hasn't either. And my favorite (p.85): Patients should sit in the driver's seat, but the car should be automated. By this, I mean that patients should control what happens to them. They should own their medical data. But what the patient goes through while receiving care should depend neither on human error or luck. It should be well-designed and automated by smart algorithms and similar techniques. Where is the physician's place in this analogy? Sitting next to the patient. My only regret is that the part about sci-fi movies (Berci seems to have seen them all) is too compacted. I would have liked to read what he thinks about Her: The Main Character started to have feelings for the cognitive computer and its voice. No surprise, given that Scarlett Johanson was that voice. But why this choice? And, if you flip the problem round: perfection is boring. So maybe the main character is the one who should have put an end to the relationship, instead of Her? How many women will have a crush on IBM's Watson? How many had a crush for Star Trek's Mister Spock? (Quite a lot). But Mister Spock was half human, so he was not perfect. Berci, however, tells us that in 2015 he had to resist the temptation to fall for

the lead robot in Ex Machina. *«Revolution or Evolution? What revolution?»* In traditional medicine, there was little room (if any) for digital players. But in the era of genomic *«precision medicine*, new players will appear: parents cracking the code to get a diagnosis for their son, doing some mouse modeling of the disease with CRISPR genome editing (trying to find a cure) and building a platform to cure a whole bunch of diseases, like Mission Massimo, or Salvatore Iaconesi, Italian brain cancer patient and computer programmer, setting up new ways of brain storming, keeping up to date, researching and interacting *«La Cura*. Such new players (also found in type I and type II diabetes) will be the Linux (open access) of genomics, or medicine, while Californian biotech company Illumina will be more like the IBM of genomics or medicine. In *«The Patient Will See You Now*», Eric Topol MD was writing about the Angelina Jolie *«case*. People might want to imitate proactive stars, fair enough, but who knows who will drive the *«(r)evolution*? Maybe you, dear reader*«Berci, May The Force Be With You*. Disclaimer: I was offered a free copy of the book by the author.

Dr. Mesko has done it. His new book "My Health Upgraded" is a must read. His paradigm to health is one that anyone can and everyone should follow. A great read, I am inspired by Dr. Mesko, ability to connect and engage the reader Dr. Eric Kaplan #1 Bestselling Author, "The 5 Minute Motivator"

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