

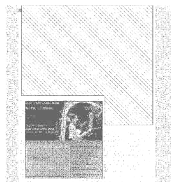
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Before closing, I want to point out a special feature in this issue on a book called *New Beginnings*. It's a story about the triumphs of 120 cancer survivors. The book's author, Bill Aron (a cancer survivor himself), compiled his own photographs of 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



...anemic 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

physical activity, sleep, and vna. You can then download the information and analyze any changes that occur over time. Glucose readers, for example, can be connected to a smartphone, thereby allowing diabetics to track their daily readings and notify health providers when action is needed. Blood pressure readers with similar functionality also exist, and many clinics allow access to electronic medical records.