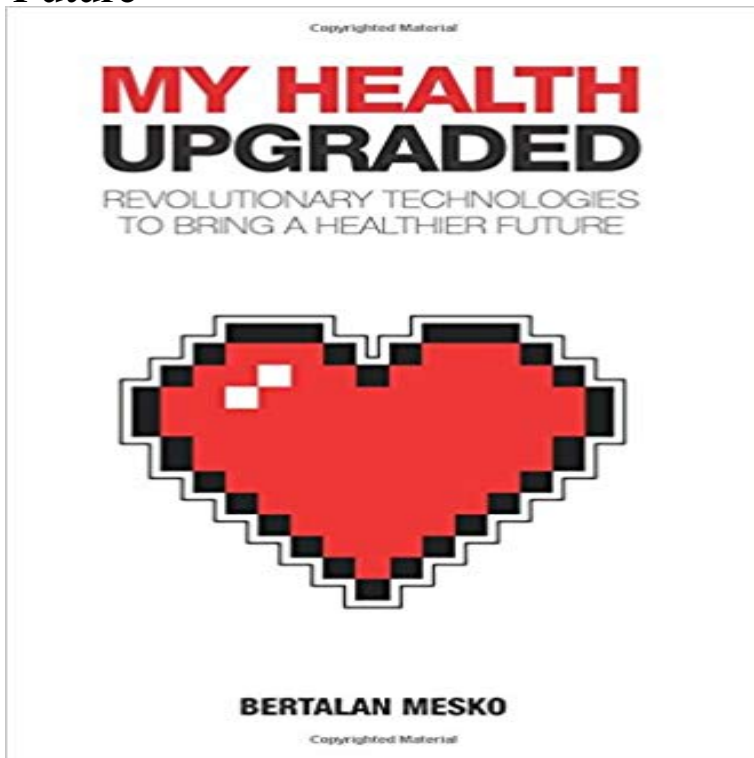


# My Health: Upgraded: Revolutionary Technologies To Bring A Healthier Future



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.

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