

Ihealth Scale

Phillip Sparling, Mr.,Kerry Redican

Point-of-Care Technologies Enabling Next-Generation Healthcare Monitoring and Management Sandeep Kumar Vashist, John H.T. Luong, 2019-02-20 This book describes the emerging point-of-care (POC) technologies that are paving the way to the next generation healthcare monitoring and management. It provides the readers with comprehensive, up-to-date information about the emerging technologies, such as smartphone-based mobile healthcare technologies, smart devices, commercial personalized POC technologies, paper-based immunoassays (IAs), lab-on-a-chip (LOC)-based IAs, and multiplex IAs. The book also provides guided insights into the POC diabetes management software and smart applications, and the statistical determination of various bioanalytical parameters. Additionally, the authors discuss the future trends in POC technologies and personalized and integrated healthcare solutions for chronic diseases, such as diabetes, stress, obesity, and cardiovascular disorders. Each POC technology is described comprehensively and analyzed critically with its characteristic features, bioanalytical principles, applications, advantages, limitations, and future trends. This book would be a very useful resource and teaching aid for professionals working in the field of POC technologies, in vitro diagnostics (IVD), mobile healthcare, Big Data, smart technology, software, smart applications, biomedical engineering, biosensors, personalized healthcare, and other disciplines.

Nanobiosensors Aiguo Wu, Waheed S. Khan, 2020-06-02 Containing cutting edge research on the hot topic of nanobiosensor, this book will become highly read Biosensor research has recently re-emerged as most vibrant area in recent years particularly after the advent of novel nanomaterials of multidimensional features and compositions. Nanomaterials of different types and striking properties have played a positive role in giving the boost and accelerated pace to biosensors development technology. Nanobiosensors - From Design to Applications covers several aspects of biosensors beginning from the basic concepts to advanced level research. It will help to bridge the gap between various aspects of biosensors development technology and applications. It covers biosensors related material in broad spectrum such as basic concepts, biosensors & their classification, biomarkers & their role in biosensors, nanostructures-based biosensors, applications of biosensors in human diseases, drug detection, toxins, and smart phone based biosensors. Nanobiosensors - From Design to Applications will prove a source of inspiration for research on biosensors, their local level development and consequently using for practical application in different industries such as food, biomedical diagnosis, pharmaceuticals, agriculture, drug discovery, forensics, etc. * Discusses the latest technology and advances in the field of nanobiosensors and their applications in human diseases, drug detection, toxins * Offers a broad and comprehensive view of cutting-edge research on advanced materials such as carbon materials, nitride based nanomaterials, metal and metal oxide based nanomaterials for the fast-developing nanobiosensors research * Goes to a wide scientific and industry audience Nanobiosensors - From Design to Applications is a resource for polymer chemists, spectroscopists, materials scientists, physical chemists, surface chemists, and surface physicists.

iPhone David Pogue, 2011-12-15 Explains how to use the iPhone and learn all the options of its additional capabilities which include iCloud, Siri, FaceTime, the App Store, iTunes, and settings.

iPhone: The Missing Manual David Pogue, 2012-10-24 With the iOS 6 software and the new iPhone 5, Apple has two world-class hits on its hands. This sleek, highly refined pocket computer comes with everything—cellphone, iPod, Internet, camcorder—except a printed manual. Fortunately, David Pogue is back with this expanded edition of his witty, full-color guide: the world's most popular iPhone book. The important stuff you need to know: The iPhone 5. This book unearths all the secrets of the newest iPhone. Taller screen, faster chip, 4G LTE Internet, thinner than ever. The iOS 6 software. Older iPhones gain Do Not Disturb, the new Maps app, shared Photo Streams, camera panoramas, smarter Siri, and about 197 more new features. It's all here. The apps. That catalog of 750,000 add-on programs makes the iPhone's phone features almost secondary. Now you'll know how to find, manage, and exploit those apps. The iPhone may be the world's coolest computer, but it's still a computer, with all of a computer's complexities. iPhone: The Missing Manual is a funny, gorgeously illustrated guide to the tips, shortcuts, and workarounds that will turn you, too, into an iPhone addict.

Future Access Enablers for Ubiquitous and Intelligent Infrastructures Dragan Perakovic, Lucia Knapcikova, 2021-06-19 This book constitutes the refereed post-conference proceedings of the 5th International Conference on Future Access Enablers for Ubiquitous and Intelligent Infrastructures, FABULOUS 2021, held in May 2021. Due to COVID-19 pandemic the conference was held virtually. This year's conference topic covers security of innovative services and infrastructure in traffic, transport and logistic ecosystems. The 30 revised full papers were carefully reviewed and selected from 60 submissions. The papers are organized in thematic sessions on: Internet of things and smart city; smart environment applications; information and communications technology; smart health applications; sustainable communications and computing infrastructures.

Point-of-care Glucose Detection for Diabetic Monitoring and Management Sandeep Kumar Vashist, John H.T Luong, 2017-01-12 This book unravels the role of Point-of-Care (POC) glucose monitoring as an essential part of diabetes management. It provides the reader with an in-depth knowledge and understanding of diabetes management, including: the need for POC glucose monitoring the glucose detection technologies (invasive, noninvasive and continuous) being used in the POC devices the analytical performance, characteristics, pros and cons of the POC devices developed to date the importance and role of glycated hemoglobin (HbA1c) monitoring for diabetes management the various POC devices and analyzers for the determination of HbA1c. This is the first book to provide complete up-to-date information on POC glucose detection technologies and devices for diabetic monitoring and management. It will be an important reference for healthcare professionals, biomedical engineers, researchers, economists and policy makers. This book also serves as an asset and teaching aid for professionals and researchers in diabetic monitoring and management.

Wearable Technology in Medicine and Health Care Raymond Tong, 2018-08-08 Wearable Technology in Medicine and Health Care provides readers with the most current research and information on the clinical and biomedical applications of wearable technology. Wearable devices provide applicability and convenience beyond many other means of technical interface and can include varying applications, such as personal entertainment, social communications and personalized health and fitness. The book covers the rapidly expanding development of wearable systems, thus enabling clinical and medical applications, such as disease management and rehabilitation. Final chapters discuss the challenges inherent to these rapidly evolving technologies. Provides state-of-the-art coverage of the latest advances in wearable technology and devices in healthcare and medicine Presents the main applications and challenges in the biomedical implementation of wearable devices Includes examples of wearable sensor technology used for health monitoring, such as the use of wearables for continuous monitoring of human vital signs, e.g. heart rate, respiratory rate, energy expenditure, blood pressure and blood glucose, etc. Covers examples of wearables for early diagnosis of diseases, prevention of chronic conditions, improved clinical management of neurodegenerative conditions, and prompt response to emergency situations

The Internet of Things for Smart Urban Ecosystems Franco Cicirelli, Antonio Guerrieri, Carlo Mastroianni, Giandomenico Spezzano, Andrea Vinci, 2018-08-10 The main objective of this book is to provide a multidisciplinary overview of methodological approaches, architectures, platforms, and algorithms for the realization of an Internet of Things (IoT)-based Smart Urban Ecosystem (SUE). Moreover, the book details a set of real-world applications and case

studies related to specific smart infrastructures and smart cities, including structural health monitoring, smart urban drainage networks, smart grids, power efficiency, healthcare, city security, and emergency management. A Smart Urban Ecosystem (SUE) is a people-centric system of systems that involves smart city environments, applications, and infrastructures. SUEs require the close integration of cyber and physical components for monitoring, understanding and controlling the urban environment. In this context, the Internet of Things (IoT) offers a valuable enabling technology, as it bridges the gap between physical things and software components, and empowers cooperation between distributed, pervasive, and heterogeneous entities.

Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program) Jason R. Rich,2015-09-09 Book + Content Update Program Apple Watch and iPhone Fitness Tips and Tricks contains hundreds of tips and tricks you can use with the new Apple Watch and your iPhone to create a powerful personal health and fitness system that can help you get fit, and stay fit. You'll learn how to use Apple's new technologies to track your performance, strengthen your motivation, reduce your stress, and improve your diet. You'll learn how to use the Apple Watch and iPhone with everything from Bluetooth-compatible workout equipment to third-party exercise and nutrition apps. Easy to understand and nontechnical, this book is ideal for beginners, as well as more experienced Apple Watch and iPhone users who are fitness-, health-, or nutrition-minded and want to reduce their stress, lose weight, sleep better, build muscle, and live a healthier lifestyle. In addition, this book is part of Que's Content Update Program. As Apple updates features of the Apple Watch and iPhone, sections of this book will be updated or new sections will be added to match the updates to the software. The updates will be delivered to you via a FREE Web Edition of this book, which can be accessed with any Internet connection. How to access the free Web Edition: Follow the instructions within the book to learn how to register your book to get the FREE Web Edition. Author Jason Rich is the best-selling author of more than 55 books. Rich will help you learn to: • Through in-depth and exclusive interviews with world-renowned health and fitness experts, learn how to succeed in your fitness, diet, and health goals • Define achievable goals, and use your iPhone and Apple Watch to work toward them • Use the built-in Health app to collect, view, analyze, store, or share health and fitness data • Customize your Apple Watch to display fitness information whenever you want it • Wirelessly link a scale, treadmill, fitness tracker, and medical devices to your iPhone • Discover great tracking and performance tools for cyclists, runners, and walkers • Track what you eat, and become more mindful about nutrition • Discover mind/body tools for improving focus and reducing stress • Monitor your sleep patterns, sleep better, and consistently wake up more rested • Reinforce your motivation with apps, accessories, and music • Set up Medical ID to provide life-saving medical information in an emergency • Make the most of Apple's Activity and Workout apps

Principal 2.0 Matthew Militello,Jennifer Friend,2013-03-01 This volume of essays provides insights into educational technology from a diverse set of vantage points. Each chapter provides school leaders with both conceptual insights and practical guides. Moreover, the authors of these insights and guides are eclectic including: current K-12 school educators and students, professors and graduate students of educational technology and educational leadership, and technology industry leaders. Our goal was to provide a thoughtful and thought-provoking set of essays that propels your own work in the world of educational technology forward. The audience for this book includes teachers, school and district leaders, educational technologists, educational policymakers, and higher education faculty. Chapters demonstrate a number of specific uses of advanced technologies in schools, in educational leadership, and in leadership preparatory programs. Chapters are accompanied by screen-captured images and links to multimedia examples that are accessible to readers via the Internet, including digital artifacts of leadership and learning that will guide readers to implementation in diverse educational settings.

Weight Loss Planner 2020 Ihealth Publishing,2019-12-16 Weight Loss Planner 2020 Are you looking for a way to track all that you eat, to monitor your dieting, and to journal your way into a healthy weight? If so, then this food and fitness journal is right up your alley! Inside You Will Find: Measurement Tracker Shopping Lists Meal Planner Workout Tracker Checklists Journal Pages Progress Trackers Throughout the Book Grab this lovely weightloss journal and you will be on your way to living a healthier and fulfilling life! Great gift for Christmas, as a stocking stuffer, or as a birthday present.

iHealth Phillip Belton Sparling,Kerry J. Redican,2021 Information overload is real-especially when it comes to personal health. Adding to the overload is the rapid pace at which scientific advances revolutionize medical treatments and health recommendations. Achieving good health is not a one-course deal. If only it was as straightforward as arithmetic. Memorize the multiplication tables once and count on them for life! For health education, mastering core content is simply phase one. Critical analysis and implementing behavior change are the lasting skills we aim to instill. iHealth was developed to help students navigate the changing sea of medical research and recommendations-to help you reach a higher level of health literacy and personal well-being. By presenting only the most essential topics, less time is spent memorizing and more time discussing and evaluating. Focusing on critical thinking and communication skills provides carryover value for making smart health decisions long into the future. Using a conversational writing style, we have distilled each topic into small sections. Brief content coverage translates into more time to explore special aspects or issues during class sessions. Carefully selected articles from diverse publications reinforce and expand the essential material. By tackling controversies, presenting possible solutions, and raising new questions, these articles lead readers to consider different perspectives. Health topics are often complex with many perspectives. After all, healthrelated issues occur within the broader context of our lifestyle, health care system, and society. iHealth is versatile-it functions well using a traditional topics approach or an interactive issues-based approach. iHealth is an integrated digital product in sync with today's instructional technology. Opportunities to practice critical thinking and develop healthier lifestyle skills are available through an assortment of assessments and readings--

Report on the Administration of the National Insurance Act, Part I (Health Insurance). Great Britain. National Health Insurance Joint Committee,1913

iHealth Phillip Belton Sparling,Kerry J. Redican,2010-01-02 Featuring 13 chapters of essential personal health content in a brief handbook format, and accompanied by 66 online, assignable health articles, Personal Health: A Concise Guide, offers a truly innovative approach to teaching the personal health course. Personal Health: A Concise Guide, was designed to highlight visual appeal, brevity, portability, and function while focusing on the essential topics in health that are most fundamental to overall wellness. The text covers the core principles and common language of personal health and distills content down into small, manageable portions. The focus on core content gives instructors more time for exploring special topics or issues during class sessions, supported by 66 articles assignable via Connect Personal Health. Together, the concise text and Connect give instructors ample opportunities to elicit and promote greater student engagement.

Use Your Smartphone to Lose Weight Jerry Dugan,2014-01-02 This eBook is ideal for that busy person who is serious about making a lifestyle change, but doesn't have time or money for a gym or personal trainer. Use Your Smartphone to Lose Weight shares Jerry Dugan's strategy of using smartphone apps to hold himself accountable as he made lasting habit changes needed to create a healthy lifestyle. Readers of this book will learn about app features they may not have considered, and gain insights on the slow and steady strategy Dugan applied to reach his own success, 56 pounds lost in 6 months.

Loose Leaf for iHealth Phillip Sparling, Mr.,Kerry Redican,2020-04-14 iHealth 4th Edition is an integrated print-digital learning system that provides a framework for building solid research skills, critical thinking skills, and behavior change skills that will enable students to make good decisions and live more fulfilling lives. The 4th Edition remains concise, conversational, lively, flexible, and digital. The authors focus on key issues and work from the premise that being health literate is not mastery of facts alone; it's about behavior change, self-assessment, and decision making. Instructors can easily add their own materials, readings, and assessments to customize the iHealth learning package. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following: SmartBook® - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content. Access to your instructors' homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course. Progress dashboards that quickly show how you are performing on your assignments and tips for improvement. The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping.

Digital Healthcare Empowering Europeans R. Cornet,L. Stoicu-Tivadar,A. Hörbst,2015-05-08 The digitization of healthcare has become almost ubiquitous in recent years, spreading from healthcare organizations into the homes and personal appliances of practically every citizen. Thanks to the collective efforts of health professionals, patients and care providers as well as systems developers and researchers, the entire population of Europe is able to participate in and enjoy the benefits of digitized health information. This book presents the proceedings of the 26th Medical Informatics in Europe Conference (MIE2015), held in Madrid, Spain, in May 2015. The conference brings together participants who share their latest achievements in biomedical and health Informatics, including the role of the user in digital healthcare, and provides a forum for discussion of the inherent challenges to design and adequately deploy ICT tools, the assessment of health IT interventions, the training of users and the exploitation of available information and knowledge to further the continuous and ubiquitous availability and interoperability of medical information systems. Contributions address methodologies and applications, success stories and lessons learned as well as an overview of on-going projects and directions for the future. The book will be of interest to all those involved in the development, delivery and consumption of health and care information.

Zipes and Jalife's Cardiac Electrophysiology: From Cell to Bedside Jose Jalife,William Gregory Stevenson,2021-12-16 Fully updated from cover to cover, Zipes and Jalife's Cardiac Electrophysiology: From Cell to Bedside, 8th Edition, provides the comprehensive, multidisciplinary coverage you need—from new knowledge in basic science to the latest clinical advances in the field. Drs. José Jalife and William Gregory Stevenson lead a team of global experts who provide cutting-edge content and step-by-step instructions for all aspects of cardiac electrophysiology. Packs each chapter with the latest information necessary for optimal basic research as well as patient care. Covers new technologies such as CRISPR, protein research, improved cardiac imaging, optical mapping, and wearable devices. Contains significant updates in the areas of molecular biology and genetics, iPSCs (induced pluripotent stem cells), embryonic stem cells, precision medicine, antiarrhythmic drug therapy, cardiac mapping with advanced techniques, and ablation technologies including stereotactic radioablation. Includes 47 new standalone chapters that are organized into discrete topics for improved access. Discusses extensive recent progress in the understanding, diagnosis, and management of arrhythmias, including new clinical insights on atrial fibrillation and stroke prevention, new advances in the understanding of ventricular arrhythmias in genetic disease, and advances in implantable devices and infection management. Features 1,600 high-quality photographs, anatomic and radiographic images, electrocardiograms, tables, algorithms, and more., with additional figures, tables, and videos online. Recipient of a 2018 Highly Commended award from the British Medical Association.

Universal Access in Human-Computer Interaction. Design and Development Approaches and Methods Margherita Antona,Constantine Stephanidis,2017-06-28 The three-volume set LNCS 10277-10279 constitutes the refereed proceedings of the 11th International Conference on Universal Access in Human-Computer Interaction, UAHCI 2017, held as part of the 19th International Conference on Human-Computer Interaction, HCII 2017, in Vancouver, BC, Canada in July 2017, jointly with 14 other thematically similar conferences. The total of 1228 papers presented at the HCII 2017 conferences were carefully reviewed and selected from 4340 submissions. The papers included in the three UAHCI 2017 volumes address the following major topics: Design for All Methods and Practice; Accessibility and Usability Guidelines and Evaluation; User and Context Modelling and Monitoring and Interaction Adaptation; Design for Children; Sign Language Processing; Universal Access to Virtual and Augmented Reality; Non Visual and Tactile Interaction; Gesture and Gaze-Based Interaction; Universal Access to Health and Rehabilitation; Universal Access to Education and Learning; Universal Access to Mobility; Universal Access to Information and Media; and Design for Quality of Life Technologies.

Move to a Great Body Joseph C. Kvedar,Carol Colman,Justin Mager,2014-04-01 Move to a Great Body, the first book in Wellocracy's cutting-edge ebook series, introduces the smart tools called activity trackers, wearable biosensors that monitor your activity levels throughout the day. Activity trackers can tell you how many steps you take, how much time you spend sitting, and how many calories you burn. Some can even measure the length and quality of your sleep. They send data to your computer, tablet, or smartphone, where you can access them anytime. The Wellocracy team will show you how to "listen" to your tracking information to make simple and incremental changes that can be incorporated into your life—your way to grow slimmer, stronger, fitter, and happier. Do you know which tracker you need and the best brands to meet your health and wellness objectives? In Move to a Great Body, our experts explain how to pick the tracker that's right for you, based on your personal goals and budget. Moreover, the Wellocracy team shows you how to use tracking information to customize a personalized fitness plan that will get you up and moving in no time. And in our books and companion website, Wellocracy.com, we will help you find your "stickiness factor," the term experts use to describe the particular motivational strategies that will inspire you to stay on track to achieve your goals. Identifying and understanding your own stickiness factor will enable you to stick to a fitness program even if you have never been able to do that before. Future books in the Wellocracy series will feature health devices and apps that can help you lose weight and maintain weight goals, cope with stress, improve your sleep, rev up your sex life, monitor your pregnancy, boost your productivity, and manage chronic conditions like high blood pressure. Wellocracy is a community dedicated to empowering and motivating people to simply—and effectively—track and manage their health and wellness in ways that have never before possible until now, whether at home or on the go. Join us at Wellocracy.com.

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



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