



Tri Rehab

It's All About You

Heart rate and step monitors are very popular products to help encourage healthier lifestyles, but a recent published study suggests that they may be able to provide us with even more information - potentially warning us of impending illness.

The study published online Dec. 12, 2016, in the journal *PLOS Biology* and discussed by Stanford University School of Medicine, used almost 2 billion measurements from 60 people. The goal was to determine a baseline measurement in several areas, including: weight; heart rate; oxygen in the blood; skin temperature; activity, such as sleep and steps; calories expended; acceleration; and exposure to gamma rays and X-rays. Knowing baseline measurements allows deviations from the norm to be flagged and monitored.

Researchers can figure out when that happens and determine if deviations are connected with certain conditions, environments or

other factors. Then they can use that information for treatment and diagnosis, the study authors said. Abnormal oxygen levels, elevated heart rate or variability in rates, or fevers can signal various respiratory or viral illnesses and potentially type 2 diabetes.

Source: Healthday via MedlinePlus.gov