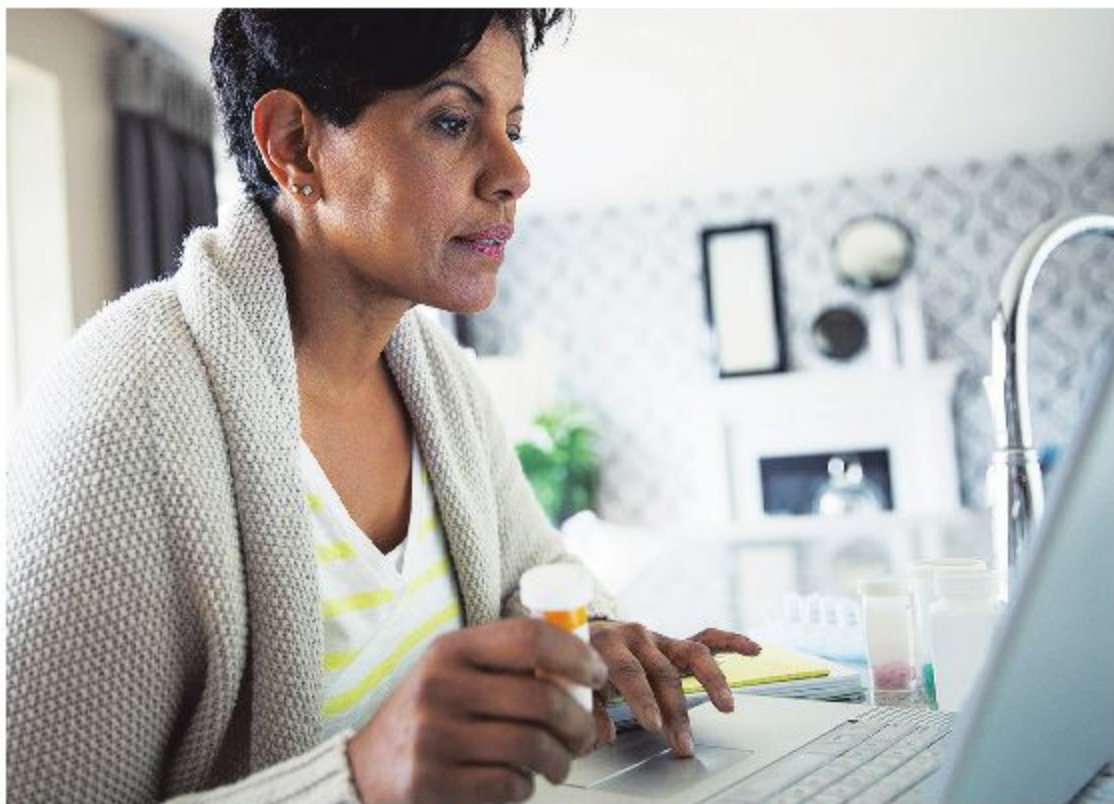


# Relieve sandwich generation stress with new health tech



We've all heard the perils of the sandwich generation—juggling caring for young kids along with taking care of aging parents. What we haven't heard much about yet is how new healthcare technologies can help.

For example, Telus Health's home health monitoring technology now lets doctors and healthcare professionals remotely monitor a patient's heart, blood pressure, and other health factors.

This is useful for older adults living alone and people with health issues in isolated areas of the country far away from medical centres and specialists. It also makes it easier for patients to plan checkups and for care teams to adjust treatment.

This advancement in digital tech was perfect for Christine McNaughton's mother, who started requiring monitoring for her heart after she became ill. McNaughton and her mother both live on a remote island, hours away from the closest city centre with specialized healthcare.

The doctor uses the home health

monitoring technology and gave my mom a Blackberry to monitor her heart, she explains. McNaughton's mother attaches two electrodes to her chest and the app on her phone collects the data and monitors her cardiac activity, sending the information to her specialists.

It absolutely amazes me that this is possible, not to mention how excited my mom was to explain how it all worked, says McNaughton. Doctors can help their patients wherever they are. It gives me great peace of mind.

This technology and other digital healthcare advances will only become more common in the coming years, given that for the first time ever, there are more seniors in Canada than children under 15.

We should all advocate for better healthcare so using our smartphones for our personal health becomes as popular as using it for blogging and shopping, recommends McNaughton.

Find more information online at [telushealth.com](http://telushealth.com).

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