

Shiraz Fourth International mHealth Congress

Health Promotion via mHealth

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Spanish Flu



Better life conditions for poor
Improved methodology for patient care
Better housing conditions
Inspired great Works in art
Discussion on public Health started

Covid-19

A close-up photograph of a person's hands being washed under a stream of water from a kitchen faucet. The water is splashing, and the background is blurred, showing a kitchen setting with various items on the counter.

- **Our best investment is our Health**
- **Nearly 90% of the deceased had a chronic condition and/or 65+**
- **Remote communication is possible, feasible & applicable**
- **Telehealth, wearables and mHealth used more widely**
- **There is no return to the old normal**



Global Current Status

- 13% of the adults in the world are obese
- 39% of the adults in the world are overweight
- Obesity means Chronic diseases
- The share of chronic diseases in all HC expenditures is 70%
- Global HC expenditure is nearly 8 Trillion USD
- Money spent in weight loss programs is more than 25 Billion USD globally



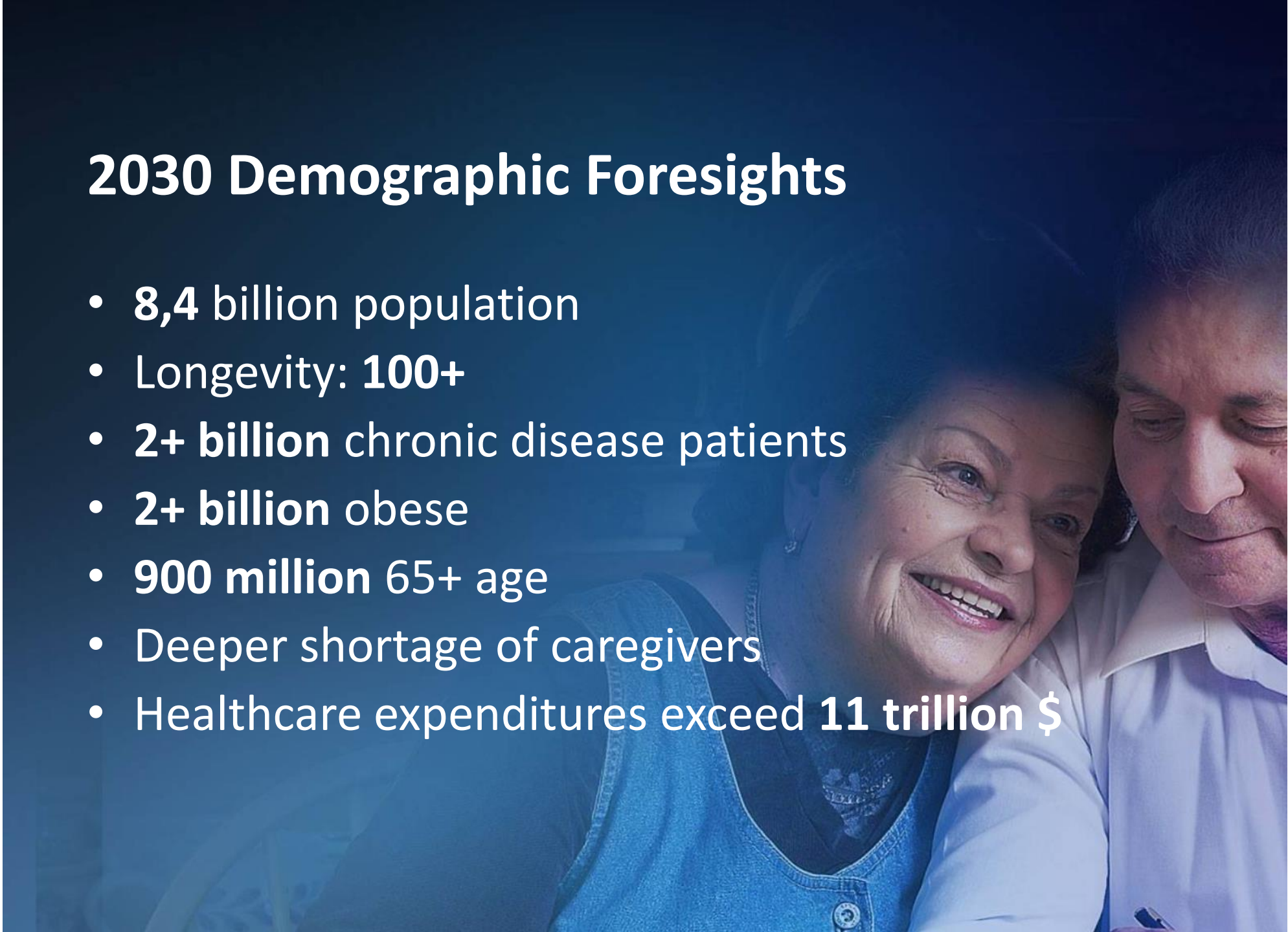
Unhealthy
Life Style

Risc Factors

Chronic
Diseases

2030 Demographic Foresights

- 8,4 billion population
- Longevity: **100+**
- **2+ billion** chronic disease patients
- **2+ billion** obese
- **900 million** 65+ age
- Deeper shortage of caregivers
- Healthcare expenditures exceed **11 trillion \$**



Expected Outcomes

- Sickcare will be transformed to Healthcare
- Care will move out of the hospitals
- Living healthy (not getting ill) will gain importance
- Insurance society will invest on wellbeing
- Medicine will focus on not only lifespan but healthspan
- Digital Health will rise to engage and empower people to take responsibility of their health
- Community wellbeing programs (corporate wellbeing) will be the new normal

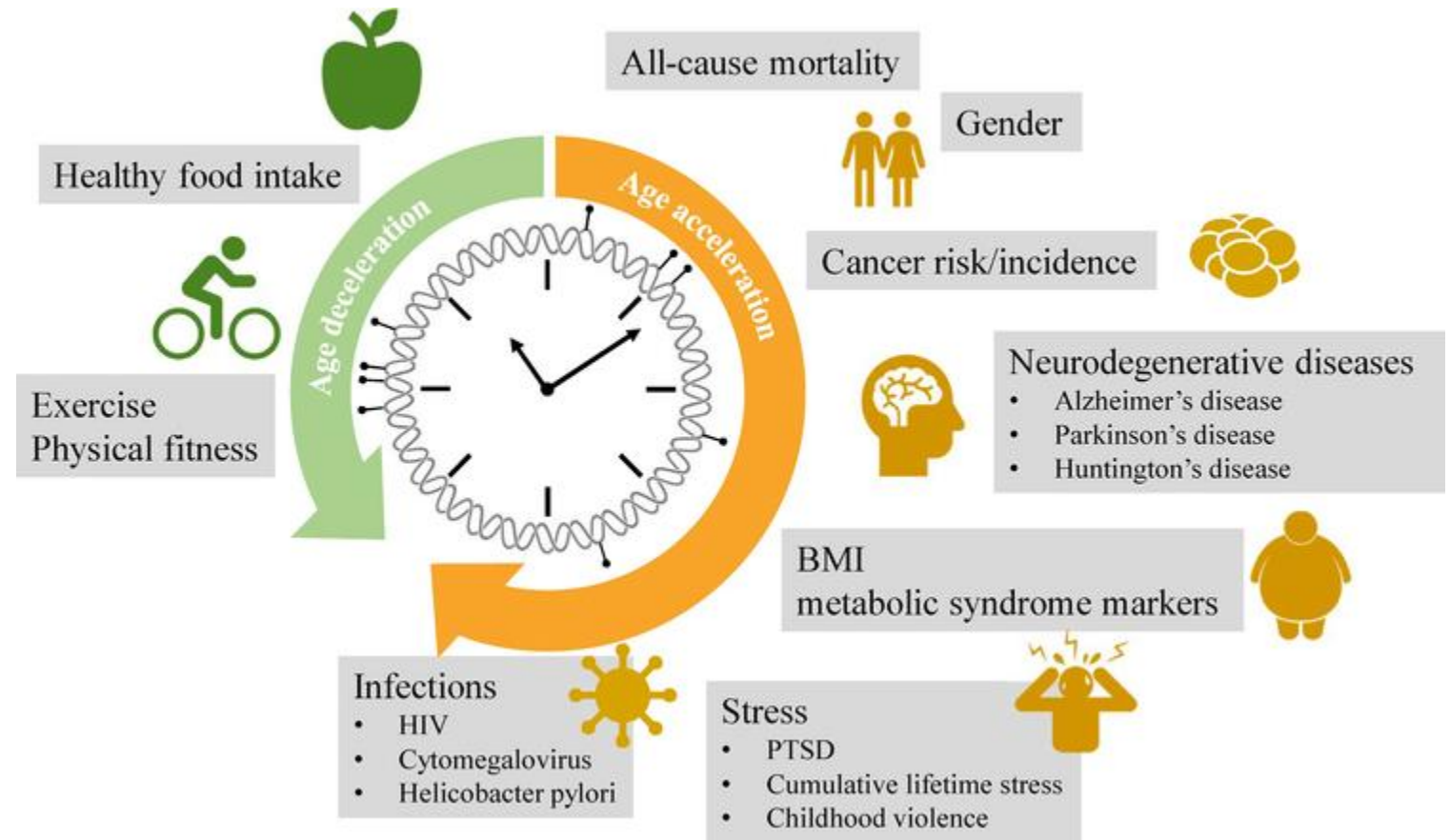
What Medicine focus on for centuries is **Lifespan**

Now we need to focus on **Healthspan**



- We already lost nearly 2,500,000 individuals
- Roughly 70% of chronic disease patients couldn't get the care they need
- Millions and millions of surgeries got postponed or canceled

Life Style Change



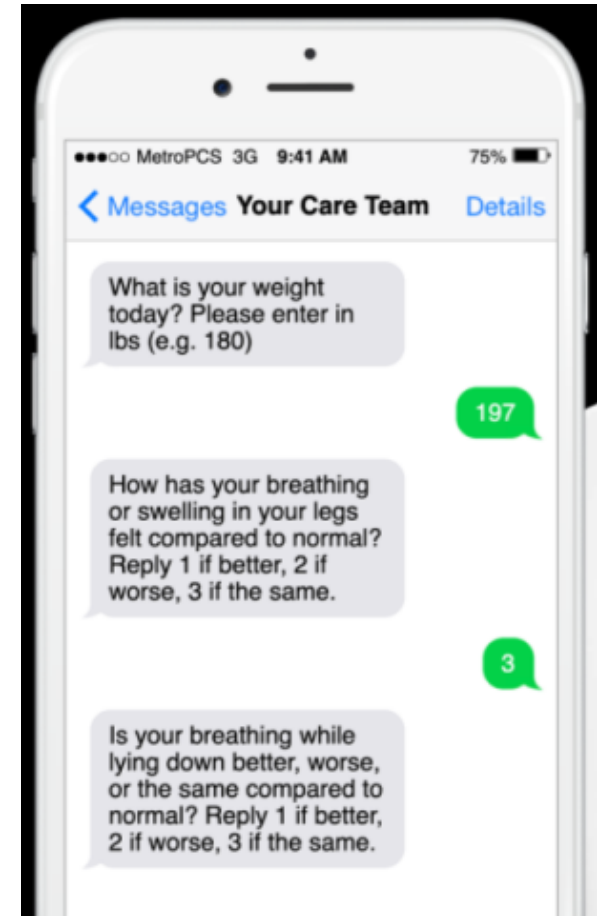
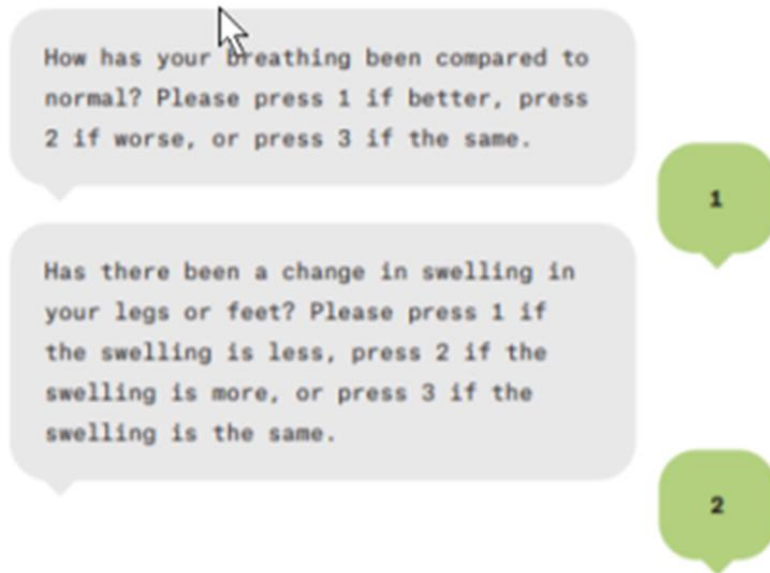
*Epigenetic Clock

*Genom analysis

*Longevity

*Corporate Wellbeing

Deviceless Remote Monitoring





Blood Pressure



Heart Rate



Respiration Rate



Blood Oxygen
(SpO₂)

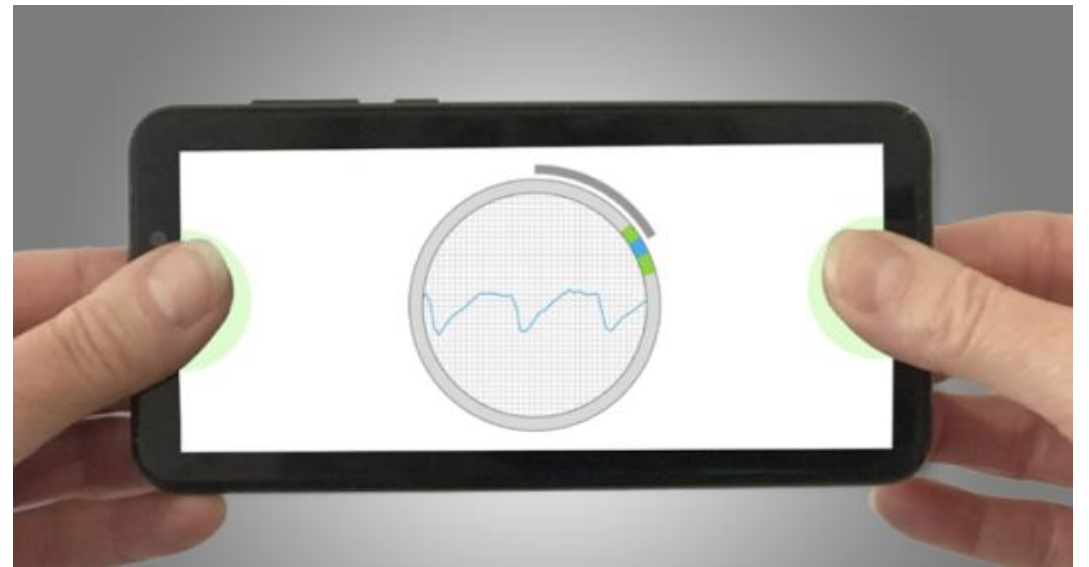


Non-contact Body
Temperature

LMD's e-Checkup Sensor



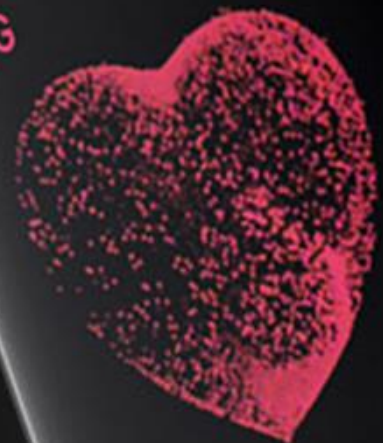
15mm





10:09

ECG



Hold your finger on
the crown.

10:09

ECG

Sinus
Rhythm



76 BPM AVERAGE

This ECG does not
show signs of atrial
fibrillation.

10:09

76 BPM

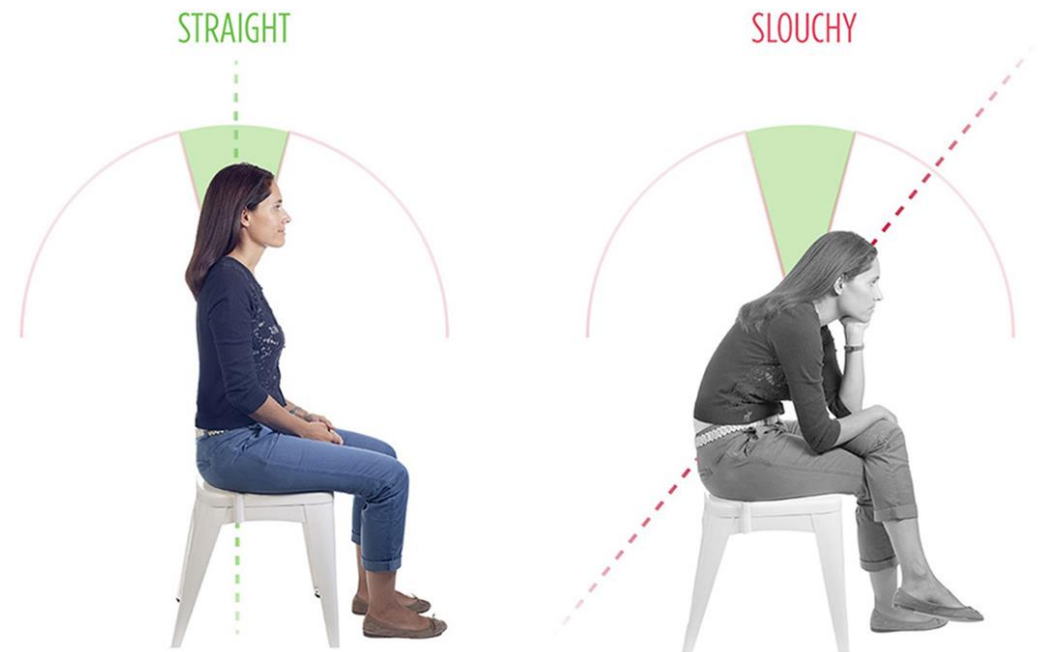


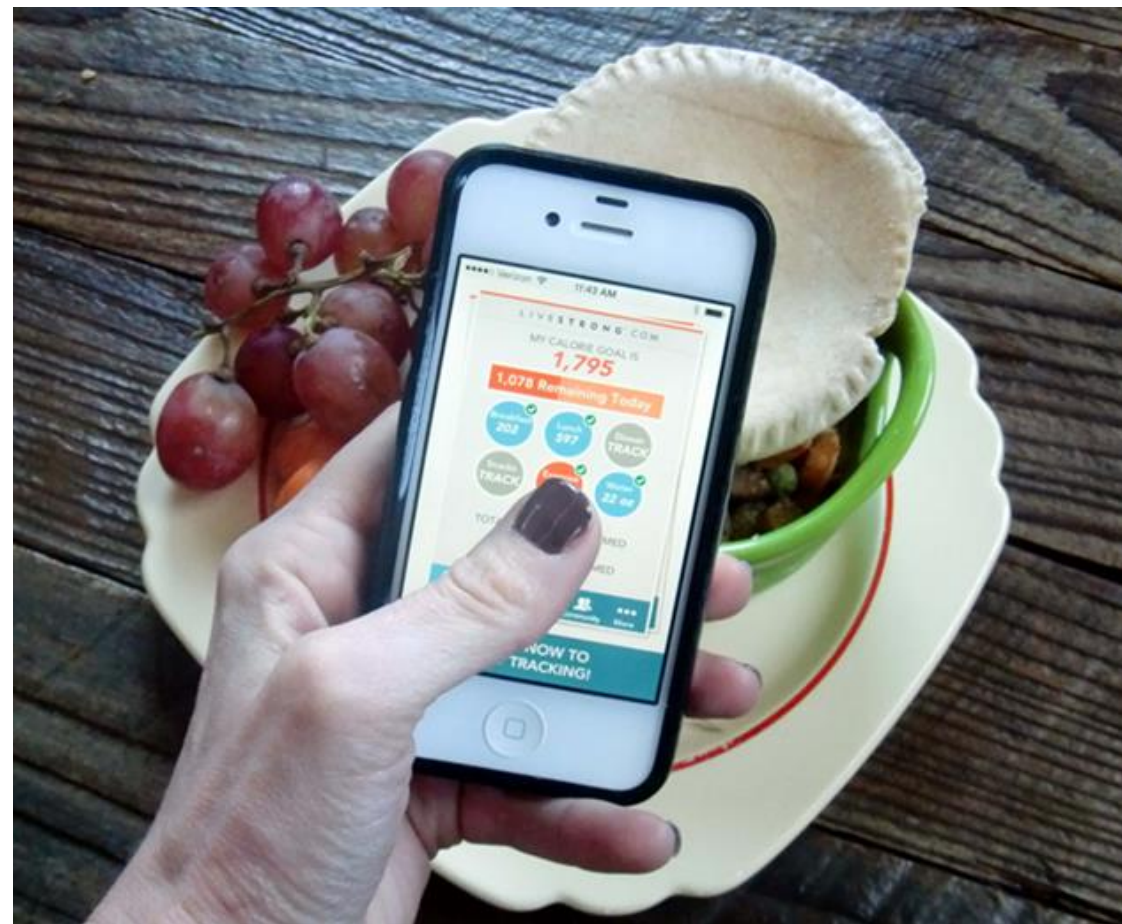
22sec

It helps to rest your
arms on a table or
your legs.



**Wearables
Hearables
Ingestables
Embeddables
And more...**







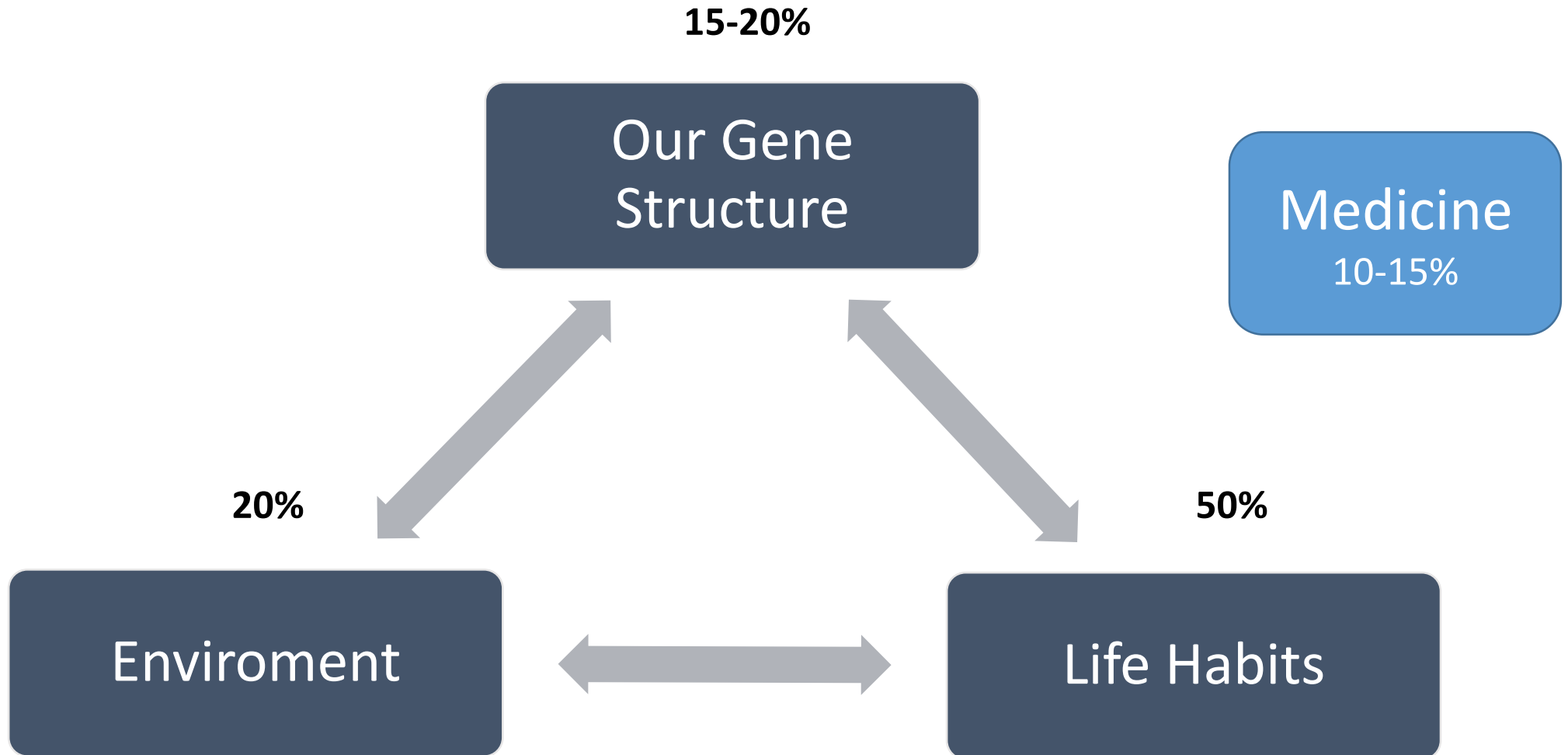
ViVoo

Spirohome



Basics For Healthy Living

- Drinking enough **water**
- **Active Lifestyle**, walk every day
- Healthy and Balanced **Diet**
- Sufficient and deep **sleep**
- Managing the **stress**





Change in Healthcare is Inevitable

- Healthcare and medicine will get personal
- From Sickcare to Healthcare
- New Business models
- Rise of Biotechnology
- Rise of Gene studies, therapies, CRISPR
- Wellness & wellbeing
- Behavior Change and nudging
- Gamification

Healthcare should focus on
prolonging life, not delaying death...

Thank You...

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