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12:30-13:30



"IT'S TIME TO REVOLUTIONIZE MEDICINE WITH SMARTWATCHES"

Abstract: Smartwatches provide a valuable tool for continuous health monitoring, offering insights into disease detection and patient well-being. In our large-scale clinical trial in Israel (2021–2024), we tracked 5,000+ participants over 2-3 years, collecting days of smartwatch 800,000 million over data, questionnaires, and linked medical records. This dataset enables research on early infectious disease detection, vaccine safety, and PTSD monitoring, showing how physiological shifts can indicate health changes before symptoms appear. I will also discuss how these methods may contribute to cancer research, particularly in tracking patient responses during treatment. Our findings highlight the potential of wearable technology in advancing personalized and preventive healthcare.