

The Idea Generator – Phase 1

الفكرة 1
Installing implantable cardioverter-defibrillators to prevent complications of heart failure
الفكرة 2
Quit smoking and avoid sitting next to a smoke
الفكرة 3
Undergoing an artificial heart transplant and educating the community to donate a heart in range between 25 to 45
الفكرة 4
Not using alcohol
الفكرة 5
Avoid high blood sugar, high blood pressure and increase blood fats
الفكرة 6
Avoid stress, fatigue, and tension
الفكرة 7
Adherence to medications such as aspirin - enzyme inhibitors and others
الفكرة 8
Control cholesterol in the blood
الفكرة 9
Maintain a healthy weight and avoid overweight.
الفكرة 10
To get a good sleep

الفكرة 11

Regular health checks
الفكرة 12
Treatment of malformations in the heart
الفكرة 13
Not watching horror movies.
الفكرة 14
Prevention of myocardial infarction and arterial disease.
الفكرة 15
Prevention of blood pressure and heart rhythm disorders
الفكرة 16
Stay away from prepared foods
الفكرة 17
. Heart valve repair or rapid heart rhythm control
الفكرة 18
This app takes a scientifically backed approach with more than 20 evidence-based techniques to help you quit smoking. Log your cravings and get tips for managing them, as well as insights into craving patterns and graphs to monitor your overall progress. You also have the option to participate in a rigorous scientific trial that will help more people quit smoking successfully
الفكرة 19
Cardiac resynchronization therapy for heart failure
الفكرة 20
Installing devices to support blood circulation

21 الفكرة
Limit your intake of salt - sugar - processed carbohydrates - saturated fats and try.
22 الفكرة
Check daily for no swelling in the legs and feet
23 الفكرة
. Vaccination with necessary vaccines.
24 الفكرة
Check the medicines you take
25 الفكرة
Be careful when taking nutritional supplements
26 الفكرة
. Medical examinations before marriage to avoid infection of fetuses and raise awareness of them through initiatives
27 الفكرة
. Contracting with initiatives such as the "Safety Your Heart" initiative, which aims to protect the hearts of Egyptians from heart diseases, which operates.
28 الفكرة
Protecting the hearts of children from the age of 15: 5 years from rheumatism of the heart.
29 الفكرة
Protecting the hearts of young people and the elderly from coronary insufficiency
30 الفكرة
Protecting the hearts of newborns from congenital heart defects.

الفكرة 31
Log to track your blood pressure, heart rate and rest weight. Charts, graphs, and trend analysis tools also show how your blood pressure fluctuates daily and over time.
الفكرة 32
It uses the phone's camera to measure your heart rate. It also uses your heart rate to provide insight into your fitness.
الفكرة 33
Development of a blood pressure measuring device that works with device your iPhone.
الفكرة 34
Maintain regular exercise
الفكرة 35
The app tracks your daily calories, fats and proteins
الفكرة 36
Implantation of a pacemaker without wires inside the heart 36.
الفكرة 37
The app records your heart's electrical activity, and when you share this data with your doctor, it helps diagnose atrial fibrillation and other heart problems using the ECG you hold on your chest.
الفكرة 38
app to easily track your water intake and weight. The diabetes feature allows you to set your target glucose, entering multiple results per day while also allowing you to enter the required amount of insulin
الفكرة 39
. Sleep is important for managing stress, but it's also one of the first things to become an issue when you're feeling anxious. Sleep, meditation, and relaxation are in your hands with app , a popular mindfulness app. These guided

meditations are good for complete novices and seasoned practitioners, and you have your pick when it comes to how long you can dedicate to the app each day. app will offers a mood check-in feature that tracks your mood throughout the day and puts together a personalized report of your moods.

الفكرة 40

Colorfy is an adult coloring book brought into the digital realm. With a selection of images and mandalas to choose from, or the option to upload your own sketches to color, you can spend hours in a flow state or focused meditation through this app

الفكرة 4

make app to uses helpful techniques that stem from CBT and acceptance commitment therapy (ACT), two common approaches to manage intense feelings of anxiety, depression, and stress. app features a comprehensive diary that allows you to log daily moods and habits, along with a feelings tracker that asks you to rate your emotions on a scale from 1 to 10.

الفكرة 42

Racing thoughts and ruminations are hallmarks of anxiety, but you can slow down, breathe deeply, and clear your thoughts with the gentle sounds and sights.

الفكرة 43

From thunder and rain to crackling fires and bird sounds, there's something for everyone. Set the app timer to listen while you gently drift off to sleep, or set one of the tracks as your morning alarm so you can start your day with a soothing sound, A 2019 review suggests that listening to nature sounds can help reduce stress, so this app may be an easy way to lower your anxiety.

الفكرة 44

The presence of an ambulance equipped with all technology to help the heart patient

الفكرة 45

Reducing the spread of infection during surgery.

الفكرة 46

46. The way you experience and express anxiety can vary based on your cultural background. The app offers meditation practices, podcasts, a huge audio library, and community forums, so you can work on managing your anxiety on your own or with the support of others with a similar background.

الفكرة 47

If you suffer from anxiety, you may have tried a breathing exercise or two exercises to help calm yourself. The app takes the science of breathing exercises even further by organizing a range of breathing exercises based on your goal: sleep, feel relaxed, feel energized, or relieve stress.

الفكرة 48

There are possible courses for parents on how to deal with their children in a hopeful manner

الفكرة 49

First aid courses to deal with heart attacks.

الفكرة 50

Publishing posters to raise awareness of how to deal with a heart patient in case of seizures and how to make first aides for him

The Idea Generator – Phase 2

الفكرة 1
Installing implantable cardioverter-defibrillators to prevent complications of heart failure
الفكرة 2
Cardiac resynchronization therapy for heart failure
الفكرة 3
Installing devices to support blood circulation
الفكرة 4
Medical examinations before marriage to avoid infection of fetuses and raise awareness of them through initiatives
الفكرة 5
. Contracting with initiatives such as the "Safety Your Heart" initiative, which aims to protect the hearts of Egyptians from heart diseases, which operates.
الفكرة 6
Undergoing an artificial heart transplant and educating the community to donate a heart in range between 25 to 45 years old
الفكرة 7
app to easily track your water intake and weight. The diabetes feature allows you to set your target glucose, entering multiple results per day while also allowing you to enter the required amount of insulin
الفكرة 8
The presence of an ambulance equipped with all technology to help the heart patient

الفكرة 9
Publishing posters to raise awareness of how to deal with a heart patient in case of seizures and how to make first aides for him
الفكرة 10
Protecting the hearts of children from the age of 15: 5 years from rheumatism of the heart.