

Wearable Technology for Breast Cancer

It is stated that breast cancer can be overcome by being physically active. For keeping track of patients, wearable activity trackers (WATs) were used and asked whether it is useful or not.

Participants said that these devices make them careful about their physical activities. Patients began to be cognizant about spending their time actively. Since patient's data is being collected, they were more eager about being more active. In addition to this, the closer they get to the end of their target, they become more ambitious. Since they are being stalked, they increased movement of their life for example they parked cars farther or started to climb stairs in place of lift. (Nguven, Hadgraft, & Moore, 2017, p. 3378)

Comment: It is obvious that the usage of wearable technology has advantages since it makes patients more ambitious and provides them to become more active into their daily routines.

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