**I A Paragraph:**

The first remarkable usage of wearable technology is health care. As technology developed, people thought that it can be useful for people’s health care. A great number of companies started to improve their wearable accessory’s health features. Besides this, for treating some diseases, wearable technology started to take the lead. One of these treatments is to cure Parkinson disease. Parkinson disease is an illness that affects nerve cells in the brain that control movement. Patients who suffer from Parkinson disease are affected by freezing of gait (FOG). While they are experiencing Freezing of Gait, their feet are sticked to the ground. Because of that, they face the risk of falling on the ground and their quality of life decreases. In such cases, wearable technology becomes useful for patients. For example, sensors which are worn on the body can understand that FOG event will occur and stimulate patient by vibration or aural warning. **It was expressed that less fog event became when the device is plugged in by the 5 out of the 8 patients who suffered from FOG events while training. The rest of them said that there was no difference whether they are plugged in or not. In addition, five of the patients asserted that their freezing event was brief with the device. The number of the patients who thought that freezing event was longer when the device is logged on was 1. The other patients said that there was no difference (Bachlin, Plotnik, & Roggen, 2009, p. 7).** It is clear that using wearable technology for Parkinson disease patients is a profitable method for the treatment process. In addition to Parkinson disease, wearable technology can be useful for Breast Cancer treatment process. Breast cancer is a disease in which cells in the breast grow out of control. **It is stated that breast cancer can be overcome by being physically active. For keeping track of patients, wearable activity trackers (WATs) was 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 patients’ 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, the more ambiguous they become. Due to being followed, 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).** 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. It can be concluded that wearable technology for medical field is a manageable and beneficial procedure.

(Tevfik OZGU)