

# New Tools and Tech for Patients

This first-in-a-series of product highlights can help patients deal with many of the discomforts that often accompany chronic illness.

By Ilana Jacqueline

**WE ALL NEED** a little extra help sometimes. Whether it's tracking our medications, enhancing the strength of them or finding new ways to cope with chronic illness, sometimes retail therapy really is the answer! We hunted for the best in new tools and tech for patients and here's what we found to help you get through what you have to manage.\*

## Managing Fevers and Staying Cool

- *FeverMates Cooling Patches; \$4.18 (FeverMates.com)*

You've probably seen mentholated products for fevers or migraines, but who wants to smell like chemicals or feel that icy-hot burn on their face? FeverMates Cooling Patches by Mediband offer an alternative with their medication-free, no-drop, no-slip stick-on patches. These peel-and-stick pads go directly on your forehead (or the back of your neck) and instantly begin cooling you down. No scent and no residual stickiness means these are a great on-the-go remedy. While not reusable, one patch lasts approximately eight hours and a pack of six pads sells for only \$4.18. I've

found them useful for high fevers, migraines, hot flashes and unbearably hot summer days. Take care to use only as directed, and remember that because this is not a medication,

it won't solve the root cause of a fever, so use these as a supplementary tool to keep you cool when you're feeling on fire!



- *FeverMates Stick-On Temperature Indicators; \$5.62 (FeverMates.com)*

If you've ever had to wake a sleeping child to take a temperature, you know how awful it can be for the both of you. Avoid the tantrum and relieve your anxiety by using one of these child-friendly stick-on thermometers. Made in colorful, fun animal designs, these stickers go right on your child's forehead and give a continuous temperature reading. There are several black circles on each

\*Editor's note: Statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

sticker. If one of the circles reads “N” it means your child’s temperature is normal. If it’s higher than normal, the digits will appear in one of the other circles. When dealing with immune deficiencies, temperature readings are imperative during a cold, flu or infection.



• *Thermo by Withings; \$99.95 (Withings.com)*

It’s important to keep track of your body temperature when you have an immune deficiency. Even the slightest increase in your “normal” can be cause for concern. That’s why Withings has created Thermo, a Bluetooth-

enabled temporal thermometer that allows you to record your temperature throughout the day and track it on your phone. It’s more sanitary than oral thermometers, can track up to eight users, syncs with your Wi-Fi and its batteries last up to two years! This is a must-have for parents or adults dealing with chronic illness who want to use technology to take control of their health.

• *SkinCool Ice Rollers; \$25 (Hansderma.net)*

Have you ever had a headache or a fever so bad you’ve considered dunking your head in a bucket of ice? I have a solution that’ll deliver a little less shock to the system while still cooling you down in a hurry. Hansderma’s SkinCool Ice Rollers live in your freezer and can be used to roll over your face, neck or entire body! They deliver a cooling, comfortable massage with little effort, and their broad-barreled rollers do all the work so you don’t have to. Quit cleaning up wet washcloths and sticky ice-packs and roll on to cool down with this handheld roller ice pack.



• *Snuz Mattress; \$500 (TWIN) (SleepChoices.com)*

When your immune system is at an all-time-low, it’s imperative your hours spent getting a restful night’s sleep are at an



all-time high. With so much hype in the online mattress world, it can be hard to tell if the mattress you order will be a perfect fit. If you’re concerned about overheating, Snuz might be your perfect fit. The company’s foam mattress allows cool air that enters through its knit fabric to travel up through special grooves to allow your body to cool while you sleep. Snuz is CertiPUR-US-certified and made without ozone depleters, PBDE flame retardants, mercury, lead, other heavy metals, formaldehyde or chlorofluorocarbons, and it is safe and environmentally friendly.

## Wearable Health

• *Skineez Hydrating Compression Socks; \$19.99 (GetSkinEez.com)*

Whether you’re stuck in bed for too long or just deal with chronically poor circulation, you can get your blood moving with these compression garments from Skineez. No one wants to wear uncomfortable shapewear when they’re already feeling faint. Skineez uses a unique fabric that slides on comfortably and breathes. All the benefits of compression and none of the discomfort. Skineez are imbued with shea butter to moisturize, apricot kernel oil to increase elasticity, rose hip oil to rejuvenate, retinol to soothe and vitamin E to nourish skin. The company’s unisex compression socks are easy to put on and comfortable enough to wear all day. They also sell compression leggings and gloves for joint pain.



• *MediBand Write-On Medical ID Bracelets; \$6.40 (Mediband.com)*

Mediband knows it’s difficult to find appropriate medical ID jewelry for rare diseases, so they created a write-on band that allows wearers to write the name of their condition themselves. Their ultra-light and comfortable silicone band IDs ensure against incorrect medical treatment, give vital information to others when you can’t speak for yourself and are 100 percent hypoallergenic. If you upgrade to their MediBand Plus product, your bracelet will give first responders a secure website and unique code to get even more details about your health, including recent medical records.



- *WeatherX Earplugs for Pressure Headaches; \$11.95 (WeatherX.com)*

Changes in weather can cause extreme discomfort for patients with chronic ear infections. WeatherX offers natural relief with its pressure filtering earplugs. Their ceramic inner filter helps regulate air flow in and out of the ear canal, and their four-ring design offers a snug and comfortable fit. These earplugs are made out of soft, cleanable and hypoallergenic silicone available in both child and adult sizes. Users suggest slipping them in at the first sign of discomfort. WeatherX even offers its own downloadable app to get weather pressure alerts to remind you when to slip them in.



- *Bioscarf; \$44.99 (Bioscarf.com)*

Embarrassed to wear a mask in public? Protect your personal space with the first scarf with air pollution, allergy, cold and flu protection built in. If you're concerned about air pollution, allergies or contagious illnesses like pneumonia, strep, influenza or tuberculosis, Bioscarf literally has you "covered." These stylish accessories come in black, white, green and camo, and as part of their PlusOne Program, a portion of the proceeds go to giving scarves to patients living in high-risk areas with toxic air pollution.

## New in Health Technology

- *Wynd Plus Smart Personal Air Purifier with Quality Sensor; \$199.95 (shop.hellowynd.com/products/wynd)*

Have you ever walked into a room and immediately thought: "Oh no, I better hold my breath!" If you suffer from asthma and allergies, you probably have. With Wynd Plus, you can not only check the air quality wherever you go, but improve it with this tiny, portable air purifier. Wynd Plus creates a bubble of clean air around you by



removing dust, smoke, allergens and pollution from the air. It captures particles as small as 0.3um (1/210th the average thickness of human hair!). Wynd Plus breaks down into two pieces: the air purifier that comes with its own kickstand for easy placement and a detachable tracker that displays a different color based on the quality of the air. Leave the device in a place with poor air quality and Wynd Plus cleans it up!

- *Nima Starter Kit; \$289 (www.NimaSensor.com)*

Anyone with a gluten or peanut allergy knows that just because a product says it's peanut- or gluten-free doesn't always mean it actually is. That's why Nima created a compact food tester that takes the first bite for you! This amazing, portable device allows users to take a sample of their meal, pop it into Nima's sensor and know for certain whether the food is allergen-free. This has to be one of the coolest new products out there that truly gives patients some control over their diet and their lives. An absolute must-have for anyone who fears eating outside their own kitchen!



- *TimerCaps 4 Pack; \$19.95 (Timercap.com)*

Don't guess when the last time you took your medication was, know for sure with TimerCap! The lids on these pill bottles count down to the exact second you last took your medication and helps solve that age-old concern about forgetting to take your meds. These simple, yet innovative pill caps have been featured on "The Today Show" and in *The Wall Street Journal*, and they come in all shapes and sizes. They help patients keep track of their medication schedules and help stop prescription abuse and deter unwanted openings. In addition, if you're concerned about keeping pain medication at home, the TimerCap can act as a strong deterrent to thieves since patients will know the bottle has been opened at the wrong time.

## Nausea and Pain Relief

• *Moji Roller*; \$69.99  
([GoMoji.com](http://GoMoji.com))

Rolling out sore muscles with self-massage techniques can help patients stay comfortable when pain strikes.



Moji has taken the experience to a new level by creating a line of microwavable massage tools. Their heated foam rollers and massage balls can fit in any standard microwave and stay warm for hours, allowing for extensive relief anytime. With added heat, Moji Rollers help to relax sore muscles, enhance healing, speed recovery, increase circulation and boost endorphins.



• *Quell 2.0 Starter Kit*; \$299  
([www.QuellRelief.com](http://www.QuellRelief.com))

Can pain be quelled by neurotechnology? That's what some patients are saying after using Quell Relief for 30 days. This 100 percent drug-free, FDA-cleared device is a prescription-strength nerve stimulation powered by a

Bluetooth-enabled device that straps around your calf. Quell is safe to wear for 60 minutes at a time up to three times a day to help quiet pain throughout the body. Using the app, patients can adjust the intensity or stop the device at any time. It can be worn while active or sleeping. It is up to 10 times more powerful than the average over-the-counter TENS unit devices.

• *PainPod 3*; \$479  
([www.painpodusa.com](http://www.painpodusa.com))

PainPod has combined advances in science waveform, electrotherapy and microcurrents with the latest in neurological understanding and advanced bioengineering to create a comfortable, easy-to-wear device that conquers pain without medication. The device is currently being used throughout the world by occupational therapists and medical rehabilitation centers to reduce pain throughout the body. While the device can be used with traditional pads that



stick to pressure points, it can also connect to custom gloves, socks, foot pads and even a belt that can help reduce abdominal pain. While all three units (PainPod 3, PainPod XPV and PainPod Mi) are portable, they are easily one of the most expensive electronic pain devices on the market. But, according to athletes Michael Jordan, Bruce Lee and Jack Nicklaus, these devices really do work.



• *Tummydrops*; \$10.99  
([Amazon.com](http://Amazon.com))

Designed by a gastroenterologist, Tummydrops are the new go-to for getting through nausea. When you've maxed out on prescription antiemetics, these all-natural lozenge candies are an excellent next step. Made with ginger and peppermint, they taste delicious and are vegan, gluten-free, organic and kosher. Each drop is individually wrapped for easy storage in your purse or pocket. New flavors include sweet blackberry ginger.

• *ReliefBand*; \$174.99  
([www.reliefband.com](http://www.reliefband.com))

You've probably tried those silicone nausea bands sold at the grocery store, but nausea relief just went to the next level with ReliefBand 2.0. This fascinating little device looks like a smart-watch but zaps queasiness like a TENS unit. Find the pressure point on your wrist using the included instructions, apply a small drop of gel, place the device over the gelled area and fasten snugly. You can adjust the amount of stimulation to the area depending on the severity of your nausea. This device is *not* for the faint-hearted, it delivers a seriously distracting buzz — maybe just distracting enough to quell your nausea. ☑



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