

**Bella**

# HIGH-TECH HEALTH

Here's our rundown of the latest health gadgets on the market – and those on the way



**G**one are the days when the most cutting-edge piece of medical equipment in the family first-aid box was a thermometer. We may not yet be in the age of the Bionic Woman but family health has gone high-tech.

## Asthma and lung problems

- You can improve lung strength and reduce asthma symptoms by using **POWERbreathe** (below), a device that gives your breathing muscles a workout.

In clinical studies it improved muscle strength by 11 per cent in three weeks and reduced the need for asthma inhalers by up to 87 per cent. Use it also to improve general fitness.

**Price:** £49.95.

**Stockists:** Boots, Argos, Lloyds Pharmacy.

- A new anti-allergy pillow, **Breathe Easy**, combines the

plasters. When your children scrape their knees just reach for the **TCP Spray Plaster**.

Spray it on a clean wound and it dries in 45 seconds to form an invisible, waterproof layer. It's ideal for knees, elbows and other places where conventional plasters often don't stick, and a 30ml can gives up to 50 applications.

**Price:** £8.

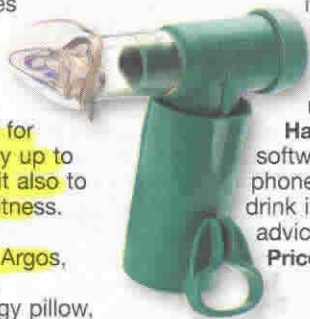
**Stockists:** most pharmacies.

## Slimming aids

- Ever thought you'd lose weight if only you had someone there to encourage you? Then get fitness and nutritional advice on your mobile phone.

**Handheld Health** provides software to download to your phone that logs your food and drink intake. You can also get advice on changing bad habits.

**Price:** from £4.50.



## Coming to a hospital near you...

- Anaesthetists are reducing the risk of patients waking up during surgery. The patient wears