

## Letter to the Editor

# Emerging Trends or Challenges in the Field of Digital Health: Letter to the Editor

Jahid Jony\*

Harbin Medical University, Harbin, China

\*Corresponding author: jonybd4all@gmail.com

One of the most exciting trends in digital health is the growing use of wearables and other mobile devices to monitor and track health metrics in real time. From smart watches that track heart rate and activity levels, to glucose monitors that can be worn on the skin, these technologies are enabling patients to take a more active role in managing their own health<sup>1</sup>. However, we must also address concerns around data privacy and security, as well as the need for more research to establish the efficacy and safety of these tools.

I also think it's important to pay attention to the growing use of telemedicine and online platforms for health care. These tools have been especially critical during the COVID-19 pandemic, allowing patients to receive care remotely and reducing the burden on healthcare facilities<sup>2</sup>. However, we must ensure that these technologies are accessible and affordable for all patients, regardless of their location or socioeconomic status. Additionally, we must continue to refine and improve virtual care delivery models to ensure that they are effective and efficient.

Finally, I would like to highlight the role of social media and other communications technologies in digital health. These tools have enormous potential to facilitate health communication and education, and to connect patients with healthcare providers and supportive communities. However, they also pose challenges in terms of ensuring the accuracy and credibility of health information, and preventing the spread of misinformation. As we continue to explore the possibilities and limitations of digital health, I believe that it is essential for researchers, healthcare providers, and policymakers to work together to address these challenges and advance the field. I hope that this letter will inspire further discussion and collaboration around these important issues.

### Acknowledgement statement

**Ethical approval:** No

**Sources of funding:** No

**Conflict of interest disclosure:** No

**Acknowledgements:** No

### References

Rodriguez-León C, Villalonga C, Munoz-Torres M, Ruiz JR, Banos O. Mobile and Wearable Technology for the Monitoring of Diabetes-Related Parameters: Systematic Review. *JMIR Mhealth Uhealth*. 2021 Jun 3;9(6):e25138. doi: 10.2196/25138. PMID: 34081010; PMCID: PMC8212630.

Garfan S, Alamoodi AH, Zaidan BB, Al-Zobbi M, Hamid RA, Alwan JK, Ahmaro IYY, Khalid ET, Jumaah FM, Albahri OS, Zaidan AA, Albahri AS, Al-Qaysi ZT, Ahmed MA, Shuwandy ML, Salih MM, Zughoul O, Mohammed KI, Momani F. Telehealth utilization during the Covid-19 pandemic: A systematic review. *Comput Biol Med*. 2021 Nov;138:104878. doi: 10.1016/j.compbiomed.2021.104878. Epub 2021 Sep 20. PMID: 34592585; PMCID: PMC8450049.

**Keywords:** Digital Health; Emerging Trends

Received: June 1, 2023; Accepted: June 27, 2023; Published online: June 29, 2023

<https://doi.org/10.5281/zenodo.8083633>

