WHAT DO THE HMG PERSONAL APPLICATIONS CONTRIBUTE TO THE MEDICINE WORLD

Dear users,

The importance of nutritional changes is becoming more and more apparent in the light of many clinical scientific research projects.

How can we ensure these imporant changes ?

For nutritional support to reach its goal, the daily requirement range of daily nutritional requirements are calculated according to each individual and their diseases then converted into daily menus according to the determined composition.

Today's medicine can determine an individual's daily requirements of energy, water and approximately 140 nutrients in light of clinical scientific research work and retrospective analysis. Also, notably organizations such as the USDA provide information on how many (mg) of *(energy + water + approximately 140 nutrients)* is in 100 grams of food and drinks.

How much *(more/less/normal)* of which food to consume in the presence of which diseases has been also determined by many clinical scientific research in comparison to their calculated normal range value.

Why isn't this information sared with us and appled to menus ?

No matter how well informed, experienced or smart we are it is beyond us dietitians and doctors to perform these complicated calculations and recommend scientific menus.

Only e-learning algorithms which are present only in the HMG applications can achieve this feat.

In today's practice, nutritional requirement limited to energy, CH, fat, protein etc. are recommended as template menus *(ignoring approximately 135 nutrients).*

To this day, institutions and organizations leading dietetic, who determine the required algorithm that dietetic students and graduates will use, haven't been able to provide what is needed to create a scientific menu and contribute in solving these requirements.

Instead of providing scientific solutions by making deep rooted changes in the system, leading institutions and organizations in dietetic focus instead on getting by *(modifying template menus, portion and meal exchange, carbohydrate count etc.)* and have developed algorithms far from reaching their goal.

The interesting thing is that this erroneous approach *(since there is no way to test its validity)* has been imposed upon both dietitians and patients/clients as the right and ideal way.

Do the applications contribute to lengthening the human lifespan and increasing life quality ?

To reach the maximum life quality and lifespan of the human body all required parameters should be determined according to the individual and their diseases, and the individuals nutrition, exercise and living condition.

Imagine a passenger plane, a combination of tens of thousands of pieces which is only able to fly safely after hundreds of test flights. We know that wrong assembly or change of even the smallest piece can cause the plane to crash.

I've mentioned before that doing these calculations and turning them into menus is far more complex than plane making and is beyond the limits of the human brain.

HMG Software has started software work in 2001 to provide scientific and permanent solutions to hundreds of deficiency or errors in world medicine, and has developed hundreds of WEB and Mobile applications that are interactive and fully integrated within each other.

Thus, solutions have been provided to thousands of issues *(regarding preventive medicine, diagnosis, treatment and follow-up)* world tech giants such as Google, Microsoft, IBM etc. haven't been able to fix or find a solution to, and have been brought into use for both individuals and medical professionals on Mobile and WEB platforms.

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HealthMaster

MENU RECOMMENDATION and FOLLOW UP

First, the individual's daily requirement of energy, water and approximately 140 nutrients are determined. Parameters such as the patient's diseases *(nearly 5 000 disease are available),* exercises, weight goals… etc. are used.

Then, fitting menus are recommended using e-learning algorithms.
Food can be filtered out according to unwanted, allergy inducing,
high intolerance foods or dietary restrictions such as vegan, vegetarian,
pescetarian etc. and won't be recommended in your menus.

MONITORING SYMPTOMS / FINDINGS

If the individual chooses to select their symptom and findings, both the disease and side-effects of current medication can be monitored interactively by their doctor. Thus, interactive changes in treatment protocol *(prescription)* or the required blood and urine tests are possible and urgent/at risk patients can be delivered to the hospital.

In the case of infection diseases, in countries where it is integrated patients can benefit from this if they approve that they want to share their data with the health ministry. Thus lots of data such as the prediction of infection source and spread strategy can be uncovered, leading to earlier treatment and more control.

INTERACTIVE GRAPHICS

Our goal is to enable both the individual and their assigned health professionals to be able to evaluate current health data in a fast and reliable manner, and manage drug use, exercise and nutrition accordingly.

Health data *(hundreds of parameters such as fasting blood glucose, postprandial 2nd hour blood glucose, HbA1c, weight (kg), exercise energy expenditure (kcal), blood pressure, pulse etc.)* can be input along with related dates by merely clicking.

DRUG and FOOD SUPPLEMENTS

Both the individual and health professionals can choose from ten thousands of drug and food supplements around the world, edit their dosage and set alarms and view as prescriptions if requested.

The energy, water and nutrient values of these drugs and food supplements also affect menu recommendation.

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EXERCISE OPTIONS

Hundreds of outdoor and indoor (GYM) exercises can be planned, along with their dates, duration, repeats and program sets.

Thus, both races and training speed and performance can be managed professionally.

LABORATORY TESTS

Results of thousands of analysis done at network member organizations are displayed as interactive graphs *(calculated according to the determined normal values)* as soon as they're validated. You can view analysis results from non member organizations as interactive graphs by manual input.

HEALTH MESSAGE

Application users, their friends and health professionals can interact on the HMG SPN WEB or Mobile platforms via Health Message.

This enables messaging, data sharing etc. Both incoming and outgoing messages can be translated instantly into almost 60 languages.

MANAGING APPOINTMENTS

Both personal and medical appointments can be interactively managed.

HEALTH EDITOR

Is an application where you can store and edit your medical information. There is also an integrated word processor which allows for the translation of your texts into nearly 60 languages.

BONUS and PROMOTIONS

Over 7500 steps per day are rewarded.

In the bonus function, foods and beverages corresponding to the calories burnt during extra exercises will be recommended.

HMG Solution Partners Network member companies offer promotions valid for 24 hours.