**IF I COULD INVENT SOMETHING**

If we are being honest, the average person considers doctors visit a nerve-wracking experience. Besides that, most consultations to a medical practitioner and medical tests are costly. Smart watches have been convenient for helping us monitor heart rate and even sleep cycles. Yet, our next greatest need is a disease-detection feature. This invention or upgrade will not only save money but also prevent people from back-and-forth appointments. But what is most valuable in this invention is its ability to buy us more time to spend with our loved ones while we get the treatment needed in time before condition worsens.

If I could invent this watch, I would need materials such as stainless steel, plastic, glass, rubber, silicon electronic components. These materials are chosen based on the specific features and functions of the watch, as well as the intended use and aesthetic. Most of the wearable devices are extremely low powered, meaning the impacts of the higher heat generation as a drawback would be minimal.

Smart watches won on the wrist are not for telling time only. If I could invent mine, it would really make a huge difference. Especially, keeping our eyes on our health. One great thing it would do is to help doctors and nurses take care of people from far away places through what is called Remote Patient Monitoring. Hence, its ability to track anything, even lost items, with ease. They would have the ability to track medical conditions such as cardio vascular diseases and seizures as well as enabling self-monitoring of activity, providing feedbacks on activity levels and facilitating communication with healthcare providers. It would really possess wide range of benefits such as internet access, GPS navigation, and health monitoring capabilities.

This device would help in detecting disease ten days earlier before the symptoms show. The data collected from these wearables will be used in algorithms that predicts how likely someone would be infected and how severe certain illnesses can be.

Surely, by using this device which would be a world class invention, the rate at which contagions are spread would be limited.

**Alade Nicole**,

**Madonna Catholic College (JSS 3).**