



PregnaScan Encouraging Preventive Care

In the quagmire of the ongoing Covid-19 pandemic and several other life-threatening scenarios caused by adulterated food, deteriorating environment, and so on, maintaining optimum health has become paramount to preventing diseases. However, in today's super specialized medical world, most healthcare organizations are focusing on diagnosing, treating, and preventing a certain disease, owing to which, the continual well-being of an individual takes a backseat. In essence, continually prioritizing the health and upkeep of an individual could go as far as preventing eventual hospitalization or medication, particularly during pregnancy or similar critical health conditions.

Upholding this philosophy through its progressive telemedicine system is PregnaScan – a Hungary-based company that strives to alleviate the health concerns of individuals. PregnaScan offers a non-invasive cardiovascular and pregnancy monitoring telemedicine system that allows expectant mothers to assess health levels at the comfort of their homes. Dr Kulin Sándor, CEO at PregnaScan, reckons, "Pregnancy is a sequence of physiological adaptation of a mother's body that greatly influences the cardiovascular system." To this end, PregnaScan examines the cardiovascular system of a person to gain insights into the autonomic nervous system, which largely regulates bodily functions, such as the heart rate, digestion, respiratory rate, pupillary response, among others. This enables healthcare providers to monitor the health levels of their patients from their homes and ensure a seamless pregnancy journey for expectant mothers. "Our telemedicine system not only offers insights into the health levels but with daily monitoring also captures early changes to it," states Dr Kulin Sándor, CEO at PregnaScan.

As part of its telemetry system, PregnaScan offers a Bluetooth-enabled smart pulse oximeter that collects biological data pertaining to blood oxygen level, heart rate, weight and blood pressure, which is stored through the PregnaScan mobile app (Android and iOS). Although these parameters offer significant information, they do not divulge all details related to a person's cardiovascular health. Nonetheless, pulse oximeter also records the peripheral pulses, which the company mathematically analyses on its proprietary engine (technology and an algorithm centre) to understand the levels of palpation of small arteries. "With our algorithm centre and medical know-how, we analyse the matrix of the parameters to provide accurate information about a patient's cardiovascular health level," states Dr Kulin. By gaining regular access to the physiological information provided by the PregnaScan telemetry

system, doctors gain valuable insights into their patients' health, thereby helping prevent the onset of any disease.

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Dr Sandor Kulin

The adoption of PregnaScan's telemetry system by Hungary's National Task Force bears testament to its efficiency. During the Covid 19 pandemic, monitoring patients was the biggest hurdle for the healthcare providers. However, using PregnaScan's telemetry system, primary healthcare providers (GPs) could remotely monitor the cardiovascular health of patients. Obtaining real-time access to patients' health information enabled the GPs to identify high-risk patients that needed immediate hospitalization. As a result, many lives in the country could be saved. "Our telemetry system and services are the only solutions adopted by the National Task Force during the pandemic to monitor patients' health," extols Dr Kulin.

Initially started as a telemetry system for monitoring health levels of pregnant women, PregnaScan now plans to expand its horizon to other non-medical fields where health monitoring could help prevent diseases. "Our aim is to serve even the non-medical entities with very reliable physiology data and help them improve their clients' health," mentions Dr Kulin. For instance, trained fitness coaches and dietitians can analyze the parameters offered by PregnaScan to render improved personalized advice to elevate a person's health levels. Additionally, by regularly monitoring health levels, both the end-users and healthcare providers can easily deduce whether or not the prescribed advice is working for them. "We believe that life is a strategic game where you should continually strive to achieve optimum health; we will keep innovating our solutions and services to improve the health levels of our clients," concludes Dr Kulin. **HT**