

ALLERGY SHOTS

HI-TECH ASTHMA

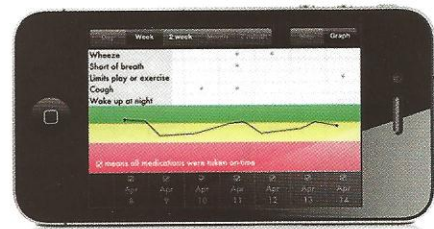
Disease Detective

Sometimes it's tough to figure out what's triggering asthma. But the new **Asthmapolis** inhaler sensor is intended to help with clues to possible environmental factors.

It works like this: you attach the sensor to the top of your reliever inhaler and install an application on your smartphone. When you have an asthma exacerbation and use the inhaler, the sensor tracks precisely where and when this occurred – and sends the information to the application. Your physician also has a dashboard to monitor patients with sensors (and can quickly see who's not doing well).

The patient and doctor review to find patterns and even precise triggers and work to improve asthma control. The system is available through select health systems. See www.asthmapolis.com and to find out if there's a provider near you, e-mail info@asthmapolis.com.

–Gwen Smith



Smart Journal

The new smartphone app **AsthmaSense** will tell you when to take your asthma medication and remind you to test your peak flows. Asthma diary entries are done with a simple menu tap, and data is saved for two months, making it easy to pull up at your next doctor's visit. Purchase on iTunes for \$3.99.



Kitchen Counters

Eye-catching helpers for the family that depends on home-cooking.

Board Certified

The **Food Station** by Joseph Joseph gets our stamp of approval with three removable, color-coded and flexible chopping mats on a glass base. Use different mats for different allergens to reduce the risk of cross-contamination. \$19 at www.amazon.com.



STEP ON UP

Stop tracking allergens and microbes into your home. **Dr. Doormat** is a new eco-friendly mat that's specially designed to neutralize seasonal allergens, dust, pesky pollutants and odors. A non-toxic, antimicrobial formula is permanently bonded to the yarn. Perfect for high-traffic areas such as doorways and hallways. \$29.99 / 61 cm x 46 x 1. At Bed Bath & Beyond stores and see <http://drdoormat.com>. –J.K.



Case Closed

Healthy eating is easy with the addition to your kitchen of Lekue's **Steam Case**. Big enough to steam a complete meal for four, it not only saves food preparation time clean up is a breeze! \$50 at www.lekueusa.com.

–Pamela Lee

