Are "smart" pills the future of medication?

Kasey Panetta, Associate Editor

Have trouble remembering to take your meds?

Only about 50 percent of people take medication according to a doctor's recommendation, according to the World Health Organization. Luckily, some companies are now developing "smart" meds to track your prescription habits.

The U.S. Food and Drug Administration recently cleared a digestible sensor, created by Proteus Digital Health [1], for use as a medical device.

Basically, the ingestible sensor is placed in a pill or other pharmaceutical. Once the device reaches the stomach, it is powered by contact with stomach fluid, which causes the senor to send out a signal containing information about the identity of the pill and when it was ingested. That information is then stored in a patch worn on the skin and eventually makes its way to a mobile app. Additionally, the sensor collects information about heart rate, body position, and activity. The company [2] hopes the data will allow for better patient care if patients share it with their doctors.

It's a little bit freaky to think about—tiny sensors in your stomach? Can we say *Alien?*—but it could be a great way to gather information about medication and hopefully help doctors come up with better solutions so patients are actually *taking* the medication that's going to help them. It's definitely an interesting foray into the marriage of the digital world and the medical world.

Would you use a "smart" medication? Leave your thoughts in the comments.

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[1] http://proteusdigitalhealth.com/proteus-digital-health-announces-fda-clearance-of-ingestible-sensor/
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