My Fave Free Health Apps for Liver Disease

November 21, 2015 By Karen Hoyt

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's I Help C blog, October 21, 2015.

Today's smart phones have more technology than the Apollo One Spaceship! Have you thought about using your smartphone to improve your health? The applications (apps) can help you get through the ups and downs of the Hepatitis C Virus, Cirrhosis, or Cancer. I've even found one for post liver transplant. I've used many of them, and as your best friend, I want to give you the low down on what I consider to be the best apps. Of course the ones I tried are all free! I use an iphone, so the apps may be a little different if you have an android. Just do an app search and if there is not the exact one that I review, there may be one that has similar functions.

Medication monitors can be your own personal reminder service! If you need to take a dose, it will notify you with a ring tone or message. **MediSafe** is the free app that adds some coolness to my rejection meds reminder. I picked the Star Wars theme. Yoda warns me that if I don't take my meds, I will never be a Jedi Master. Get this: If I don't turn it off, it messages my brother! By syncing with someone you have back up! That's important with liver disease or HCV treatment. Entering your information is a quick and easy if you are on looking for simplicity. And..... it's free!

Lab Value Lite is modern medicine at your fingertips. Loaded with features, it will come in handy. I like the cardiovascular and gastrointestinal categories for my personal use. These are good for all things liver related such as enzymes, ALT, AST, and Ammonia. It also breaks down the norms and values for Common Panels like CBC, Liver Function, and Thyroid. **There is a quick menu that makes it like having a lab technician at your disposal.** Love this one!!

To read the rest of Karen's blog and find out about more of her favorite health apps for liver disease, click here.

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