

## **Could a Fitbit Save Your Life?**

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In this podcast, Dr. Vivek Sailam, a Cardiologist at Associated Cardiovascular Consultants in Cherry Hill, NJ, sits down with Daniel Ferhat, a Partner in the Healthcare Group. Dr. Sailam is a practicing cardiologist who had an experience with "wearable technology," that as he puts it, left a great impact on his clinical practice. Wearable technology can be defined as a device that can monitor your heart rate, sleep, calories burned, and activity level.

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