

## Can biohacking transform our homes into ‘hospitals of the future’?

The need of having a higher quality of care and more control and transparency over individual healthcare are affecting the [healthcare] sector.

All this is creating the perfect storm for biohacking to emerge as a new healthcare paradigm that could finally provide a solution to the so-called healthcare “iron triangle” (access, affordability, effectiveness).

But there is another major trend that is suggesting that do-it-yourself medicine may be a substantial part of the future healthcare landscape. The convergence of [artificial intelligence, cheap IoT devices, and blockchain](#) is already improving both preventive and post-treatment healthcare in such a way that patients are not required to leave their houses to look for treatments. It is not hard to then imagine our homes as the hospitals of the future.

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Technically speaking, the major problems concern the scientific validity of certain DIY practices, as well as the lack of a shared general curated dataset. Artificial intelligence can help on the first aspect (especially because most of the biohacking processes can be simulated and A/B tested) while blockchain can be useful to address the second point, creating master patient indices and a single longitudinal dataset of patient records.

**Read full, original post:** [Life 3.0 and Biohacking: Rewriting Human Life in the Digital Age](#)