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The Apple Watch's health features have once again played a part in flagging a potential health problem. A 57-year-old woman from Brighton, East Sussex says her Apple Watch alerted her to an issue that ultimately led doctors to uncover a brain tumor.

Sam Adams told [The Sun](#) that her Apple Watch repeatedly [flagged an unusually](#)

[low heart rate](#) after she returned from a trip to Costa Rica. At the time, she was recovering from personal losses including losing a parent, a pet, and her marriage. Adams believed her exhaustion and headaches were the result of stress, grief, and jet lag.

When the Apple Watch heart rate alerts persisted, she visited a pharmacist to check her blood pressure. That led to further tests that eventually discovered a treatable heart condition that likely triggered the alerts.

While searching for the cause of the alerts, Adams mentioned experiencing frequent headaches, which prompted doctors to call for a CT scan. That's when they unexpectedly found that Adams was living with a previously undiscovered brain tumor.



The tumor, which doctors believe is benign, requires ongoing monitoring. Adams has been prescribed daily medication and undergoes regular scans to track the tumor.

Despite the uncertainty, she says she feels fortunate that her Apple Watch pushed her to seek medical attention sooner than she otherwise might have.

“I am so grateful for my Apple Watch,” Adams says. “I don’t know what would have happened if it had not gone off. I still live with the tumor, but I’m well, managing it, and grateful that technology gave me the early warning I didn’t know I needed.”

This is just one of many examples when [Apple Watch](#) provides a nudge that pushes users to seek medical advice, only to discover something life-changing. It's remarkable how often this sort of thing happens thanks to the Apple Watch.

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