



# MYCYFAPP NEWS

N° 02 | September 2015 | [www.mycyfapp.eu/es/](http://www.mycyfapp.eu/es/) | [f](#) Mycyfapp | [t](#) MyCyFAPP

## THE CO-DEVELOPED APP MYCYFAPP IS AIMED AT A PERSONALISED AND ACCURATE CONTROL AND MONITORING OF THE DISEASE

The MyCyFAPP project aims at self-management of enzyme replacement in children with CF by means of a mobile application (APP) that allows for a personalized and accurate control and monitoring of pancreatic insufficiency.



## THE PROJECT MYCYFAPP IS COMING ALONG

### 1<sup>ST</sup> PROGRESS MEETING TOOK PLACE IN LISBON IN JUNE

Members of the whole consortium met last 29<sup>th</sup> and 30<sup>th</sup> of June at the Portuguese Pulmonology Society headquarters, where fruitful discussions and relevant agreements on the way ahead were made. Project consortium are a multidisciplinary research team, integrated by nutritionists/dieticians, paediatric gastroenterologists and pulmonologists, food technologists, food engineers, IT experts, game developers, software developers, psychologists, biologists and patients' representatives who will bring their expertise to ensure the successful development of the project through a holistic and integrative approach of the different and complementary areas of knowledge and experts included.



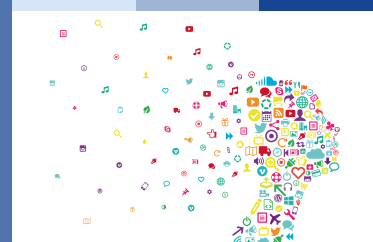
### 3 XVI EDITION OF FORMENTERA SWIMMING TOUR AGAINST CF

Joaquim Calvo and Sara Carrasco, from HULAFE, were there.



### 3 38<sup>TH</sup> EUROPEAN CYSTIC FIBROSIS CONFERENCE

MyCyFAPP has been presented during the Special Symposium.



### 4 SOCIAL NETWORK

The project has a website and a presence in Facebook, Twitter, Google Plus, LinkedIn, YouTube...



©MyCyFAPP. Six yogurt samples are being in vitro digested: which one contains the optimal dose of enzymes?

### FIRST 4 FOOD PRODUCTS SUCCESSFULLY IN VITRO DIGESTED

With the in vitro digestion system it has been possible to simulate the gastrointestinal conditions of a CF patient in lab.

We have studied the effect of different enzyme supplement doses on fats digestion with different types of milk and yoghurt. The method is currently being improved and in the upcoming months we will know about how enzyme supplements do with other food matrices. [▶](#)



©MyCyFAPP. Patients showed motivated and highly interested when explained about the Project.

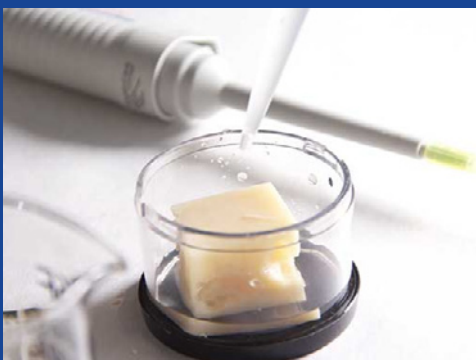
### ALMOST 200 PATIENTS TOOK PART IN THE 1<sup>ST</sup> STAGE OF THE PROJECT

Children and teenagers from all around Europe completed a food record in which they indicated the food products and dishes they consumed during 4 days. Now we are working out which are the most consumed ones and establishing the common dietetic pattern among our population. Results coming soon!



### STARTING OUR WAY TOWARDS THE “ENZYME DOSE PREDICTOR”

The Mathematical Predictive Model of the individual optimal enzyme dosage will bring together the outcomes of the in vitro and the in vivo studies. Next January patients willing to participate in the core part of the project will have the possibility to join us after signing the informed consent. This autumn you will find more info at your CF consultation!



©MyCyFAPP. The members of this consortium were part of an activity during our last progress meeting in which we created a “Persona”. In the box, one of the materials resulting.

### A CO-DEVELOPED APP FROM THE INSIDE OUT

Experts in user requirements identification have been having talks with patients, their parents and the health professionals so as to know about their needs and wishes before we start building the APP. For that purpose, several tools and resources are being applied to figure out how the APP will look like in the future, such as the “Persona” activity that consists of putting yourself in a CF patient’s shoes and imagine how the APP would help you in several daily routines.



## XVI EDITION OF FORMENTERA SWIMMING TOUR AGAINST CF

2ND TO 5TH OF JULY 2015, FORMENTERA (BALEARIC ISLANDS), SPAIN

Organised by RESPIRALIA, a non-profit organization working for Cystic Fibrosis. Joaquim Calvo and Sara Carrasco from HULAFE were the representatives of MyCyFAPP Project (photo).



## 37<sup>TH</sup> ESPEN MEETING

5<sup>TH</sup>-8<sup>TH</sup> OF SEPTEMBER 2015, LISBON, PORTUGAL.

Prof. talked about MyCyFAPP during her presentation of the new "European Nutritional Guidelines for CF".

## 38<sup>TH</sup> EUROPEAN CF CONFERENCE

10<sup>TH</sup> TO 13<sup>TH</sup> OF JUNE 2015, BRUSSELS, BELGIUM

MyCyFAPP project has been also presented by Joaquim Calvo during the Special Symposium - Research opportunities in EU.

## MILAN CF CENTER ANNUAL MEETING

12<sup>TH</sup> OF APRIL 2015

As the head of the Center, Prof. Colombo showed to patients in follow-up and their families the objectives, expected outcomes and different stages of the project.



## MYCYFAPP IN A GAMES WORKSHOP

Lucia Pannese, CEO of IMAGINARY, presented about health games at the serious games workshop at CEBIT (<http://www.cebit.de/>) on March 19 and included the MyCyFAPP project.

IMAGINARY wrote an article about health games on the EXPO special issue about health that was distributed with the ilSole24ore (Italian best national economy daily newspaper) on the 27<sup>th</sup> of April. It includes a paragraph about MyCyFAPP Project and the coming games included in the APP, and a link to the website.

IMAGINARY attended the 2<sup>nd</sup> Italian Digital Health Summit in Milano on the 16<sup>th</sup> of June and talked about the MyCyFAPP games. The same happened on July 14<sup>th</sup> when Lucia was invited as a games expert by EY in Frankfurt at the "Life Sciences Executive Information Dinner: applied interactive technologies".



## FITFORHEALTH 2.0

HEALTH PARTNERING DAY

Dr. Carmen Ribes presented our Project in a "success stories" session.  
17th September 2015, Brussels, Belgium  
<http://www.fitforhealth.eu>



## EXPO MILAN

26<sup>TH</sup> OF JUNE 2015

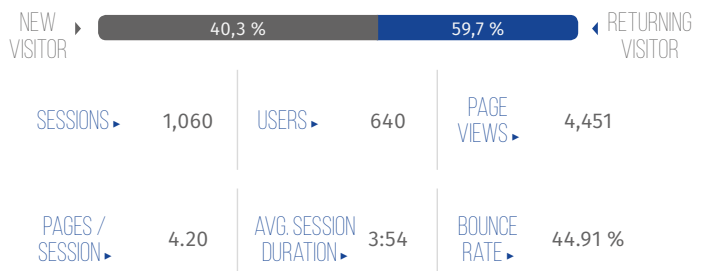
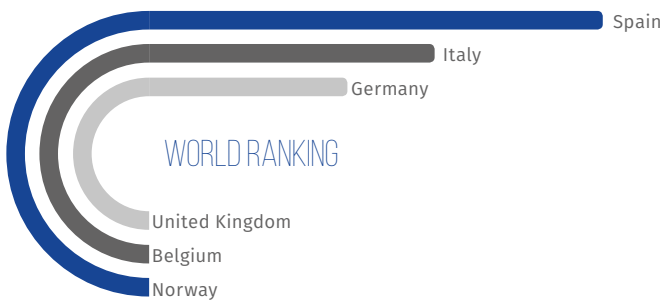
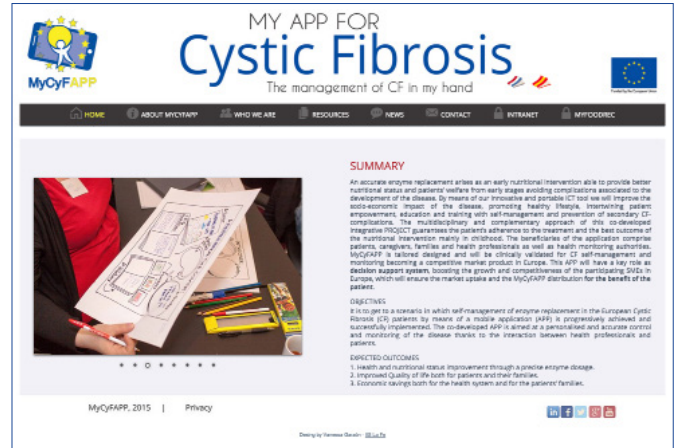
Professor Carla Colombo (USM) presented the Project at International Pediatric Conference held within the interational event.

## SOCIAL NETWORK

### MYCYFAPP HAS ALREADY ACCOUNT IN MAJOR SOCIAL NETWORKS

A total of 640 people has visited the project website, [www.mycyfapp.eu/es](http://www.mycyfapp.eu/es), since its launch in March until this September. Most visitors came from Spain (34.72%), Italy (14.34%), and Germany (12.45%). Nearly six out of every 10 visitors repeated.

The project also has a presence in the most popular social networks: Facebook, Twitter, LinkedIn, Google Plus and YouTube. The number of followers is growing daily.



## COMING SOON

### HEALTH FORUM GASTEIN 2015

A poster presenting our project will be displayed during the event.  
30<sup>th</sup> of September to 2<sup>nd</sup> of October  
<http://www.ehfg.org/home.html>

### XIII CONGRESS OF THE SPANISH SOCIETY FOR CYSTIC FIBROSIS

5<sup>th</sup> and 7<sup>th</sup> of November 2015,  
Murcia, Spain  
<http://www.congresosefq.org>

### ANNUAL MEETING OF THE ITALIAN CF SOCIETY

11<sup>th</sup>-14<sup>th</sup> of November 2015,  
Bari, Italy  
<http://www.sifc.it>

### THE PARLIAMENT MAGAZINE

Next issue will include an article about MyCyFAPP  
<https://www.theparliamentmagazine.eu>

### MYCYFAPP 2<sup>ND</sup> PROGRESS MEETING

Taking place next January in Munich (Germany)



## THE MYCYFAPP CONSORTIUM:

We are a multidisciplinary research team, integrated by nutritionists/dieticians, paediatric gastroenterologists and pulmonologists, food technologists and engineers, IT experts, game developers, software developers, psychologists, biologists and patients' representatives who will bring their expertise to ensure the successful development of the project through a holistic and integrative approach of the different and complementary areas of knowledge and experts included.