

## **My Leaf, an app that helps improve the quality of life of people affected by rare diseases**

**LOCATION:** Malaga

**LENGTH:** 1'''

**SUMMARY:** 'My Leaf' is a mobile app that connects people affected by a rare disease. It also allows them to monitor their symptoms and treatments, generating information that is useful for researchers and doctors. 6% of the Spanish population is affected by a rare disease.

### **VTR:**

The 'Rare but not invisible' documentary was their first contact with rare diseases. It was a referent in information, integration and research. Now, they are taking one step further and have created the app 'My Leaf', which helps patients control and improve their quality of life and monitor their condition.

**Carlos Martín**  
**CEO of My Leaf**

*"A platform that allows patients to monitor their routines."*

Through the app, patients can meet other each other and share their experiences, control their routines and do a follow up of their symptoms and treatments. Their evolution is represented by a graph, which is a useful tool for doctors and researchers. Francisca leads the rare diseases unit of Malaga.

**Francisca María Sánchez**  
**University of Malaga researcher**

*"We obtain more information, more clues, about what could be affecting that person, if there's a solution for any of the symptoms shown."*

**Carlos Martín**  
**CEO of My Leaf**

*"It makes easier for doctors to see the evolution of the patients, what is working and what isn't, and to find the most suitable treatment."*

There are around seven thousand rare diseases, which are those that affect less than one out of 2,000 people. There are 3 million people affected by them in Spain, around 6% of the population. And it takes an average of five years to diagnose them. Carlos is a Big Data specialist and collaborates in this project.

**Carlos Ángel Moreno**  
**Big Data specialist**

*"All the information is much disorganised. In this case, we can help the people by connecting those who are going through the same situation."*

**Carlos Martín**  
**CEO of My Leaf**

*"We can do a lot with all those measurements and information. We can have a deeper knowledge of the daily routines of the patients."*

The app is available for IOS and Android devices. In five months, they reached over 600 downloads in 18 different countries.

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