



The LDN Health Tracker App

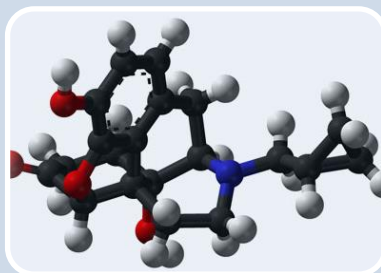
Introducing the world's largest combined study of LDN

myLDN - The future for LDN research

myLDN



The largest remote study in the world, covering every country known to provide LDN



Includes all the conditions known to be affected by LDN



Empowers patients to **take control** of their condition



Feeds anonymous data to a **secure** central repository

Available on these platforms:



LDN Health Tracker App



iPhone



Android phones & tablets



Windows phone

kindle **fire**



Any PC or Mac with an
Internet connection

FREE

Creating a myLDN account



Accept the
Terms &
Conditions.

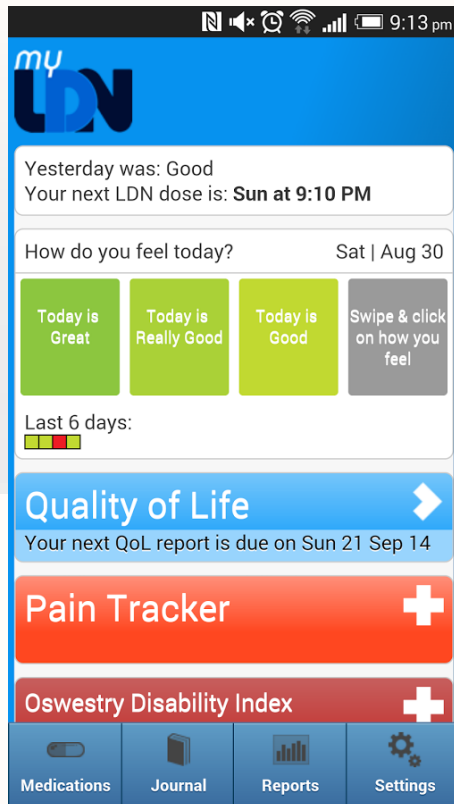
Before a user can begin using myLDN, they must accept the Terms & Conditions. By doing so, the user is confirming that they understand that they are **securely sharing** their **anonymous, non-personally identifiable**, health data to be used in various research studies. If the user does not agree to the Terms & Conditions, then they will not be able to use myLDN.

Create an
account.

The user will create a unique account where they can **securely store** their health data. When creating an account, myLDN records the user's Primary Condition, what type of LDN they take and what dose size, and whether their GP has prescribed it for them, amongst other initial data.

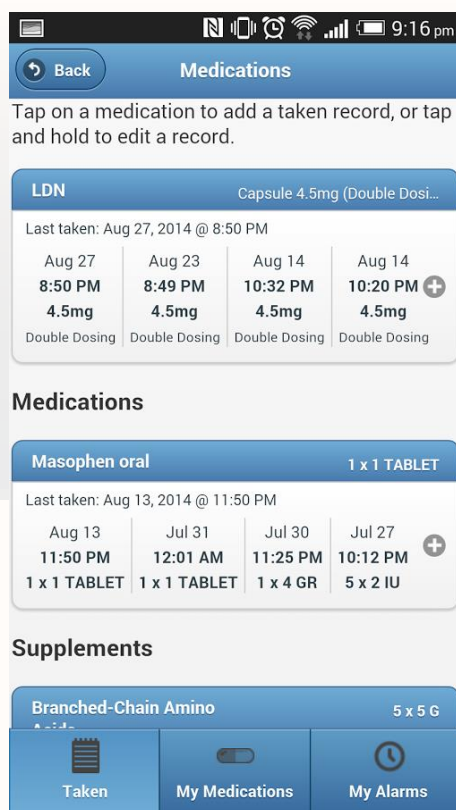
Start using
myLDN.

Once an account has been created, the user can start entering data across multiple devices with a single login. The data entered is **transmitted securely to our central database**, where it can be synchronised to their other devices.



With myLDN, users can:

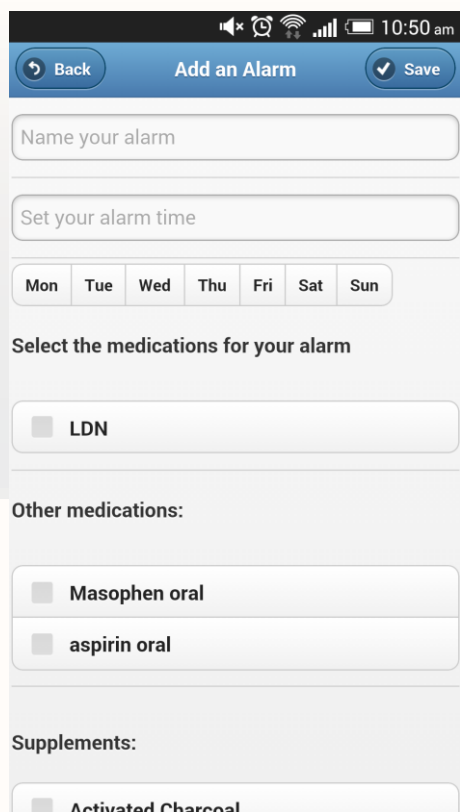
- Keep track of the changes to their LDN dosage and keep a record of how this affects them in the following key life markers:
 - Quality of Life
 - Sleep Patterns
 - Pain
 - Mood
 - Energy



Users can also add:

- Any other conditions they may be suffering from
- Any other medications they are taking
- Any supplements they are taking

myLDN will keep track of the user's doses for LDN and any of their other medications.



The screenshot shows a mobile application interface for adding an alarm. At the top, there is a status bar with icons for signal, Wi-Fi, and battery, and the time 10:50 am. Below this is a blue header bar with a 'Back' button, the title 'Add an Alarm', and a 'Save' button. The main form contains several sections: a 'Name your alarm' text field, a 'Set your alarm time' text field, a row of seven buttons for days of the week (Mon, Tue, Wed, Thu, Fri, Sat, Sun), a section titled 'Select the medications for your alarm' with a checkbox for 'LDN', a section titled 'Other medications:' with checkboxes for 'Masophen oral' and 'aspirin oral', and a section titled 'Supplements:' with a checkbox for 'Activated Charcoal'.

10:50 am

Back Add an Alarm Save

Name your alarm

Set your alarm time

Mon Tue Wed Thu Fri Sat Sun

Select the medications for your alarm

☐ LDN

Other medications:

☐ Masophen oral

☐ aspirin oral

Supplements:

☐ Activated Charcoal

On mobile devices, users can add alarms to remind them when to take their LDN, as well as other medications and supplements they have added.

Diet



Users can track Diet items which might have had a health effect.

Select from the list of pre-populated options, or add new items.

Review diet history.

11:08 am

Back Diet Save

Listed below are the most common allergenic foods, the '**big eight**'. If you have eaten any of these foods today, mark it down!

add a new diet item

- ☐ Eggs
- ☐ Fish
- ☐ Milk
- ☐ Nuts (from trees)
- ☐ Peanuts (groundnuts)
- ☐ Shellfish
- ☐ Soya
- ☐ Wheat

11:10 am

Back Diet History Add

Oct 24, 2014 @ 11:09 AM

Shellfish

Oct 13, 2014 @ 9:56 PM

Fish

Fish

Nuts (from trees)

Nuts (from trees)

Sep 6, 2014 @ 2:53 AM

Peanuts (groundnuts)

Shellfish

Sep 6, 2014 @ 2:25 AM

Nuts (from trees)

Sep 4, 2014 @ 10:18 PM

Fish

Sep 4, 2014 @ 10:06 PM

Exercise

2 items added at 12:04 AM



Medical Aids

2 items added at 12:03 AM



Users can also track any Exercise they may have done, any Medical Aids they may have needed in a similar fashion.

Specific Questionnaires



myLDN also presents specific Trackers to users with certain conditions. Currently these are:

- EDSS for users with MS
- Rating Scale for users with Fibromyalgia and CFS
- Oswestry Disability Index for users suffering with pain

More specific Trackers will be added over time for other users.

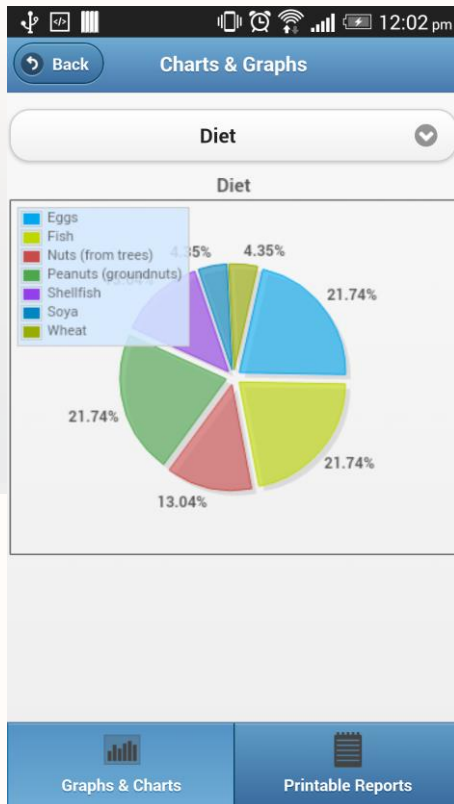
Journal



There is a Journal section, where users can record their day-to-day experiences and how they are feeling.

The Journal, as with all data, will synchronise across all the devices they are using, but will not be visible by the research team.

Reporting



myLDN includes Pie Charts & Line Graphs to give the user visual feedback of the data they have entered.

Graphs are available for all of the Trackers the user has access to.

Reporting

myLDN

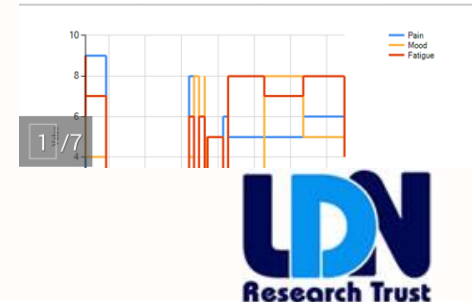
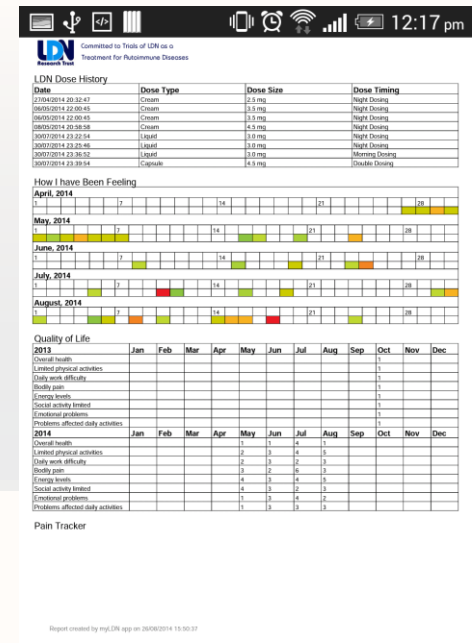


Select the items you want for your report and then click the Save button.

- ☒ LDN Dose
- ☐ How I've Been Feeling
- ☐ Quality of Life
- ☐ Pain Tracker
- ☐ Oswestry Disability Index
- ☐ Sleep
- ☐ Diet
- ☐ Exercise
- ☐ Medical Aids

myLDN also generates more detailed PDF reports, which can be downloaded to the user's device.

These reports can be emailed or printed off and taken to a GP if required.



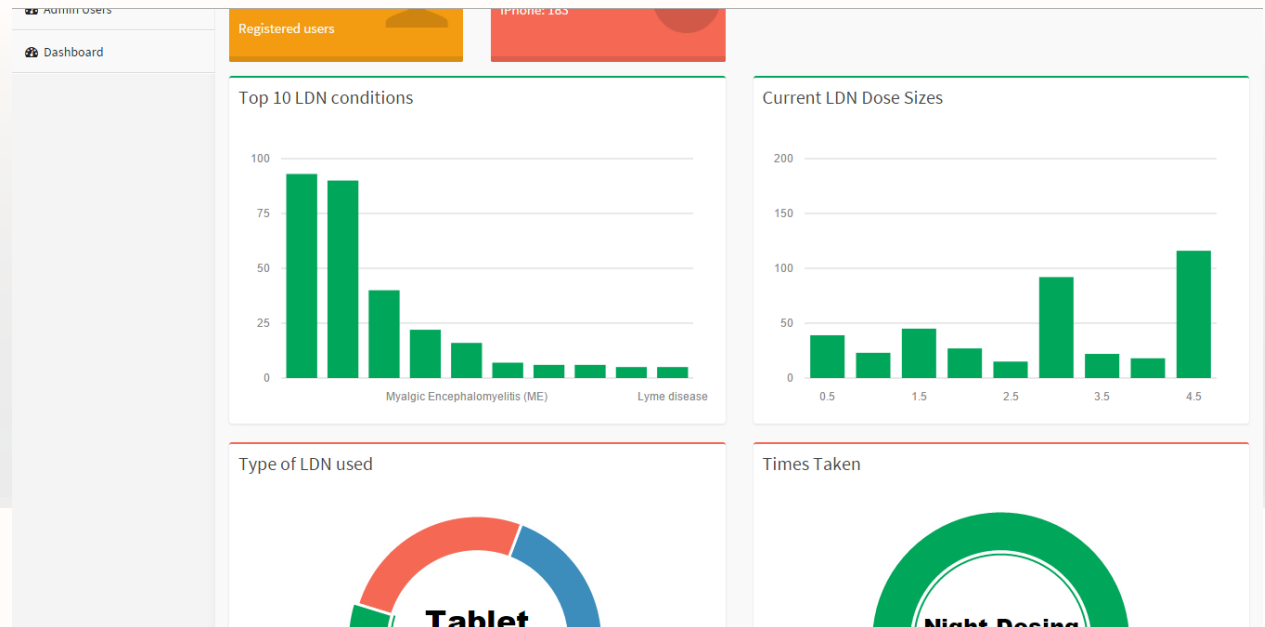
LDN
Research Trust

Research Dashboard



LDN Research Trust approved research teams will be allowed access to the myLDN dashboard.

From here, they will be able to query the data or download the anonymous data to put through their own statistics packages.



Every myLDN user has consented to their data being used in this way, by accepting the Terms & Conditions of using the app. All of the data available to the research teams is anonymous, there is ***absolutely no access to email addresses or names or any personally identifiable data.***

Help make myLDN a success



In order to make our research study the success it deserves to be, **we need your help!**

This help won't be time consuming or costly.

Simply inform your LDN patients about myLDN.

Pharmacists



- When you fulfil a prescription for LDN, we ask if you could please print off a note to go together with the prescription with the link to the website for myLDN
- By encouraging your patients to be involved, it is ultimately putting the future into their hands – for themselves and for thousands of others
- A template to print out is on the LDN Research Trust website

Doctors



- All we ask is that you point your patients to myLDN and ask that they take part in the research study
- They most likely are aware of the sometimes difficult ways to currently get LDN – in both getting the prescription to begin with, let alone the actual medication
- Please inform your LDN patients about myLDN- and how important it is to do this study...ultimately, it is your patients that will be helping the future for thousands of other's lives



THANK YOU!