Folia Health

Canopy Series

Summer 2023

Diagnostic Odyssey/Searching for a Diagnosis

General Overview

What inspired canopy series

You have the power to change the way you advocate for your health. Through Canopy Series, we aim to show you that not only do your tracking habits matter to you, but have the ability to help others like you. Having symptoms or a condition can be scary and isolating, and we can learn how others are handling their care, and use this knowledge to better advocate for ourselves.

Moving forward with community driven research

As the Folia Community continues to grow, we hope to continue holding space for the sharing of knowledge. Contributing to research is a common desire amongst the Folia community, but participating in a clinical trial does not allow you to see some of the details of what others are doing. This provides the opportunity to contribute to research, while also seeing results in real time.

Diagnostic Odyssey Community Snapshot

number of participants

1026

number of data points

7892

More about a Diagnostic Odyssey

On average, individuals reported a pain or discomfort severity of

6.35

on a scale of 1-10.

Symptom Tracking Volume Per Person Per Month and Average Tracked Severity

■ Average number of monthly tracks per person   ■ Average tracked severity

Figure 1.

Non Medication Treatment Use

■ Tracking Volume
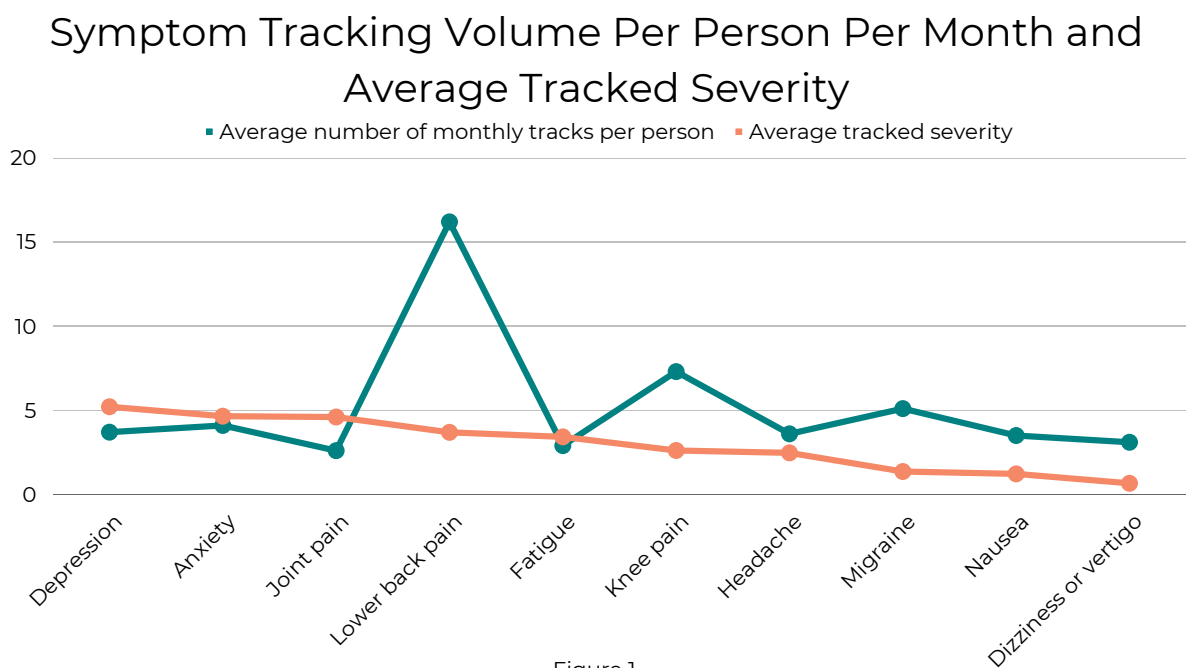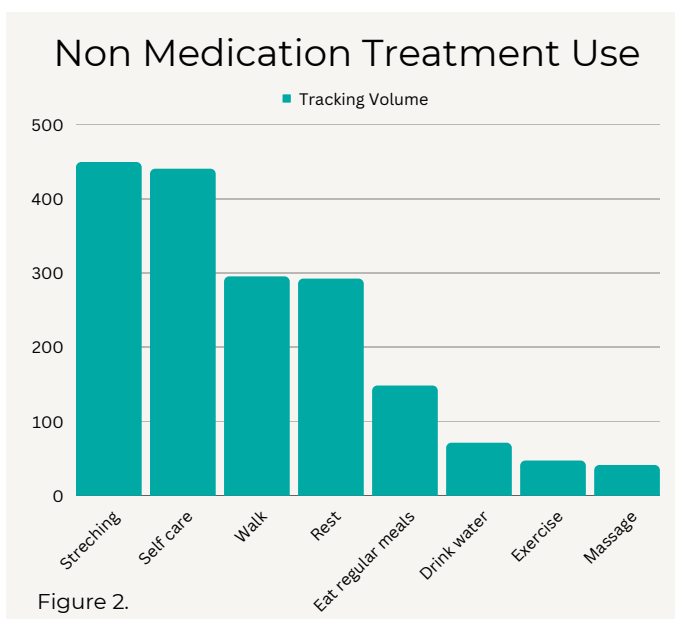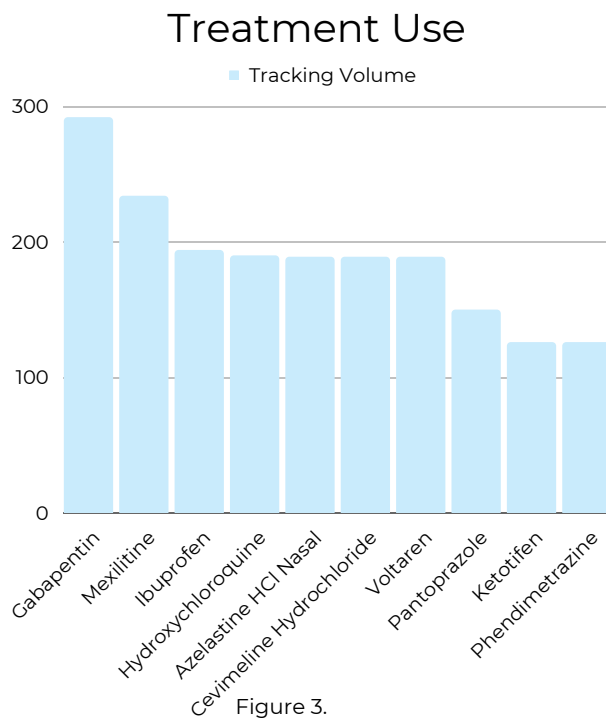

Figure 2.

Analysis of Symptomatology

In figure 1 above, participants tracked Lower back pain most often at an average rate of 16.2 tracks per month. This symptom had the fourth highest average tracked severity at 3.69

Depression was tracked at a lower rate at an average of 3.7 tracks per person each month, but the severity was the highest average tracked severity at 5.21.

The wide variety of reported symptoms reflects the individual nature of a diagnostic odyssey. However, there are still some similarities, as reflected in the volume of tracks per symptom.

Treatment Use

■ Tracking Volume

Figure 3.

Analysis of all treatments and comobrid conditions

Figure 2 shows Stretching and Self care were the top two non-medication treatments.

Figure 3 shows medication treatments, and Gabapentin was the most commonly tracked treatment, with 292 total tracks.

Between the population of 1026 individuals, 340 total comorbid conditions were reported. 268 individuals reported having Anxiety Disorders, and 253 reported having Depression. Additionally, 151 individuals reported having Post Traumatic Stress Disorder (PTSD).

Canopy Series wouldn't be possible without you

Thank you so much for your participation

You matter and your health experiences matter. Embarking on or being on a Diagnostic Odyssey is no easy feat. Symptoms may not be explained by a specific condition, or a previously diagnosed condition may not explain new symptoms. The journey can seem endless. Your knowledge can be the key to finding a diagnosis.

This project was inspired by a theme of a Maya Angelou poem - that we are more alike than we are unalike. In the healthcare world, why don't we take more time to learn from others? This is our first step towards making this possible.

Your participation in research helps to inform others as they embark on or manage their Diagnostic Odyssey Journey. As you continue to track more, we will be able to answer more of your questions. We are so grateful you are part of the Folia Community, and we look forward to future research projects.

Happy Tracking!

> We are more alike, my friends,
> Than we are unalike.
> -Maya Angelou