

# Folia Health Canopy Series

Summer 2023

Lupus



## General Overview

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### 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.

## Lupus Community Snapshot

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number of participants

**697**

number of data points

**7873**

## More about Lupus

On average, individuals reported a joint pain severity of

# 5.86

on a scale of 1-10.

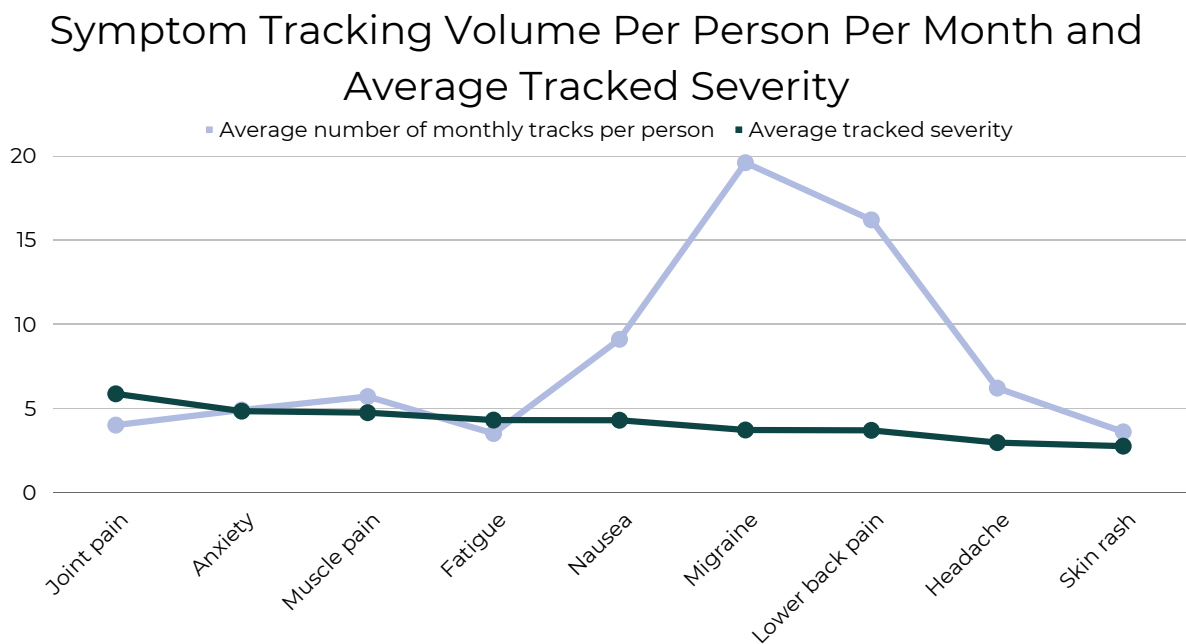


Figure 1.

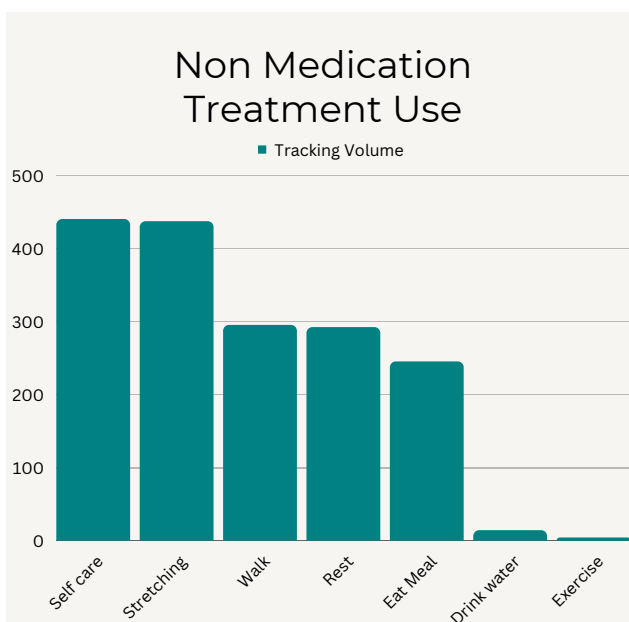


Figure 2.

### Analysis of Symptomatology

In figure 1 above, participants tracked Migraine most often at an average rate of 19.6 tracks per month. The average severity of Migraine was lower than other symptoms, at a value of 4.29.

Joint pain was tracked at a much lower rate at an average of 4 tracks per person each month, but the severity for this symptom was the highest average among all tracked symptoms at 5.86.

## Treatment Use

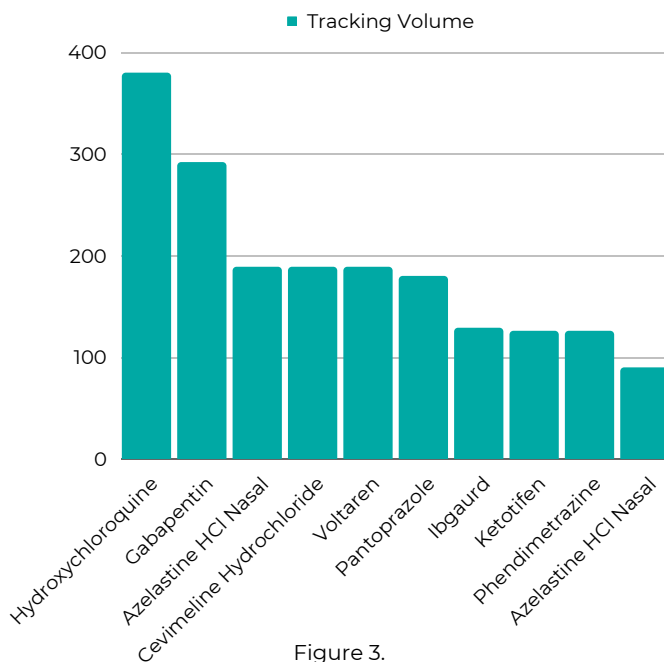


Figure 3.

## Analysis of all treatments and comorbid conditions

Figure 2 shows Self Care was tracked most often with 440 total tracks. Stretching was the next most common Non-medication treatment with 437 tracks.

Figure 3 shows medication treatments, and Hydroxychloroquine was the most commonly tracked treatment with 380 total tracks.

Between the population of 697 individuals, 330 total comorbid conditions were reported. 94 individuals reported having Fibromyalgia, and 81 individuals reported having Depression.

# Canopy Series wouldn't be possible without you

## Thank you so much for your participation

You matter and your health experiences matter. Conditions often are heterogeneous meaning they can present themselves differently in each individual. While your specific experience is unique to you, we also know you may encounter situations similar to others.

This project was inspired by a theme of a Maya Angelou poem - that we are more alike than we are unlike. 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 Lupus 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 unlike.  
-Maya Angelou