Folia Health
Canopy Series
Summary 2023

Rheumatoid Arthritis

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.

RA Community Snapshot

number of participants

1012

number of data points

5424

More about RA

On average, individuals reported a depression severity of

5.21

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.

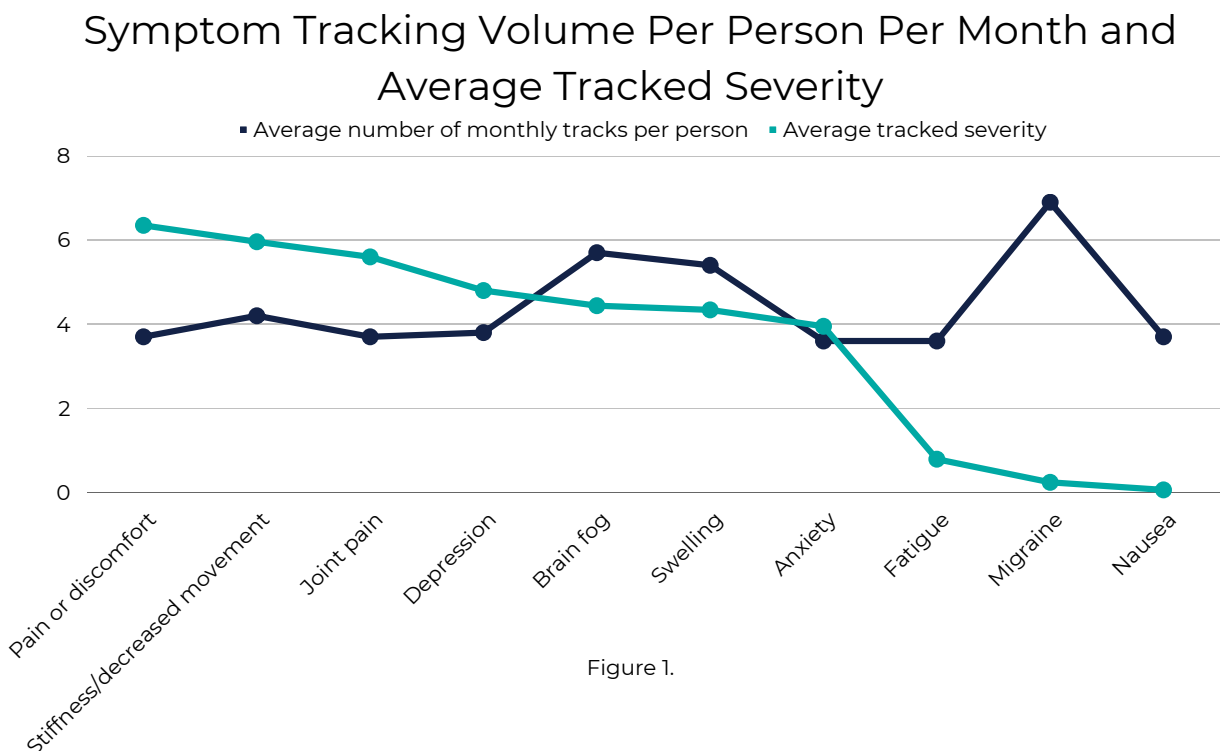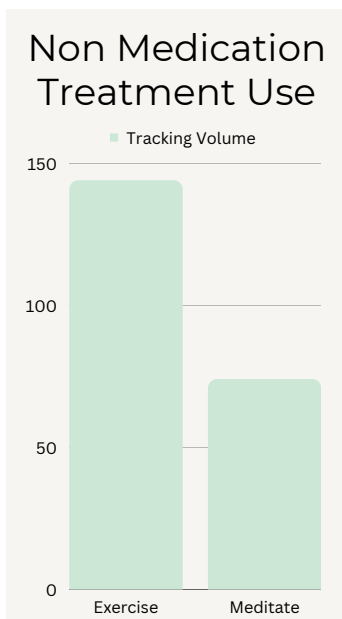## Non Medication Treatment Use

■ Tracking Volume

Figure 2.

Yes/No Questions

Do you have Brain fog?

277 total responses

89.2% of responses were "Yes"

Analysis of Symptomatology

In figure 1 above, participants tracked Migraine most often at an average rate of 6.9 tracks per month. The average severity of Migraine was lower than all other symptoms other than Nausea, at a value of 0.24.

Pain or discomfort was tracked at a much lower rate at an average of 3.7 tracks per person each month, but the severity for this symptom was the highest average among all tracked symptoms at 6.35.

Brain Fog was tracked both on a scale of 1-10, and as a yes/no question. When asked as a yes/no question, 89.2% of responses were a "Yes".
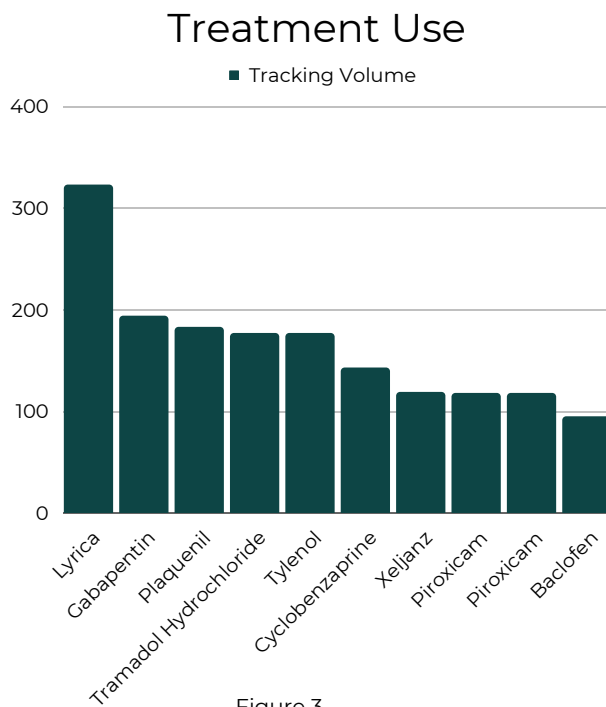
Treatment Use

■ Tracking Volume

Figure 3.

Analysis of all treatments and comobrid conditions

Figure 2 shows Exercise and Meditation were the two tracked non-medication treatments.

Figure 3 shows medication treatments, and Lyrica was the most commonly tracked treatment with 323 total tracks.

Between the population of 1012 individuals, 317 total comorbid conditions were reported. 163 individuals reported having Depression, and 124 individuals reported having other Autoimmune Disorders.

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 encountered situations similar to others.

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 RA 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