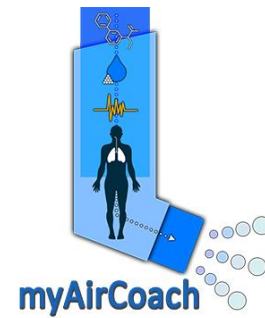




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Press Release

Thessaloniki, 20/02/2015

MyAirCoach

Empowerment of asthma patients for the self-management of their disease through novel approaches of mHealth

Empowering asthma patients through novel methods is key to helping them manage their own health. MyAirCoach is a three-year research project funded by the European Commission under the HORIZON2020 programme, which started in January 2015 to support asthma patients. The Information Technologies Institute (Centre for Research and Technology Hellas) is the coordinator of the project RAMCIP, which aims to develop a holistic asthma monitoring system based on personalized mHealth capabilities.

Need for a customized asthma treatment

Asthma is a life-long chronic inflammatory disease of the airways that is very common worldwide, affecting people of all ages, race and gender. In addition to the clinical risks that it imposes, asthma is a huge psychological and economical burden for both the patients and their families and affects each patient in a different way. Asthma is a difficult to treat disease, since it is influenced by many factors that might be out of the patient's control such as age, genetic makeup, body functions, behavior, environmental factors. In addition to these parameters, the disease is also constantly changing. As a chronic disease, patients go through different stages that go along with the different moment in their life, which makes every case of asthma unique. Unfortunately and despite the increasing prevalence of the disease more than half of asthma patients are characterized as being not well controlled.

myAirCoach solution

The myAirCoach project aims to develop a holistic asthma monitoring system based on personalised mHealth capabilities. The patient will receive immediate feedback on how to manage his-her condition. The empowerment of asthma patients to manage

their own health will be achieved by providing user friendly tools to increase the awareness of their clinical state and the adherence and effectiveness of medical treatment. Towards this direction an ergonomic, compact and efficient sensor-based inhaler will be developed that will be in continuous communication with the patients smart devices and through them with the central system of myAirCoach. The intuitive user interfaces of the components will offer to the patients the possibility to customize their treatment towards preset goals and guidelines, either automatically or driven by healthcare professional in a telemedicine manner.

The impact of the holistic and innovative approach of myAirCoach is expected to lay the foundations for the widespread adoption of sensor-based self-management systems across the full spectrum of respiratory diseases.

For more information about myAirCoach please visit: www.myaircoach.eu

Note: The myAirCoach project is coordinated by the Information Technologies Institute of the Centre of Research and Technology Hellas (Greece), while its consortium brings together researchers from Information Technologies Institute of the Centre of Research and Technology Hellas (Greece), Imperial College of London (United Kingdom), IHP Microelectronics (Germany), University of Patras (Greece), Leiden University Medical Center (Netherlands), Aerocrine AB (United Kingdom), University of Manchester (United Kingdom), European Federation of Asthma & Allergy Associations (Belgium), Asthma UK (United Kingdom), ZorgGemak (MedVision360 BV) (Netherlands), Allertec Hellas Pharmaceutica (Greece) and Cnet Svenska AB (Sweden)

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