

# Niet meer naar de dokter

Zelf je gezondheid verbeteren met persoonlijke data

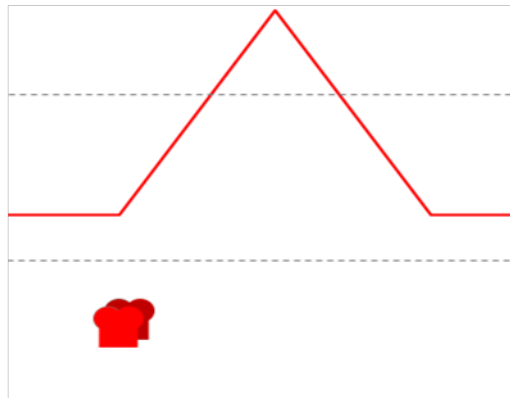
Ronald Fokkink

Mobile Healthcare Congres – 8 november 2018

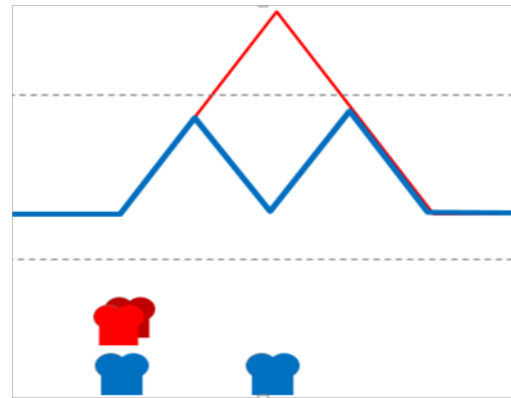
# Methods to learn from personal data

2

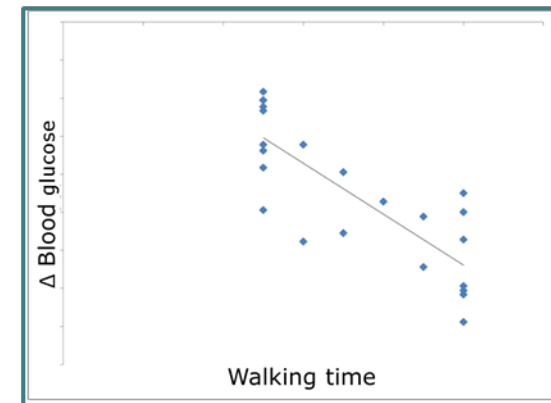
Discover  
unhealthy behaviour



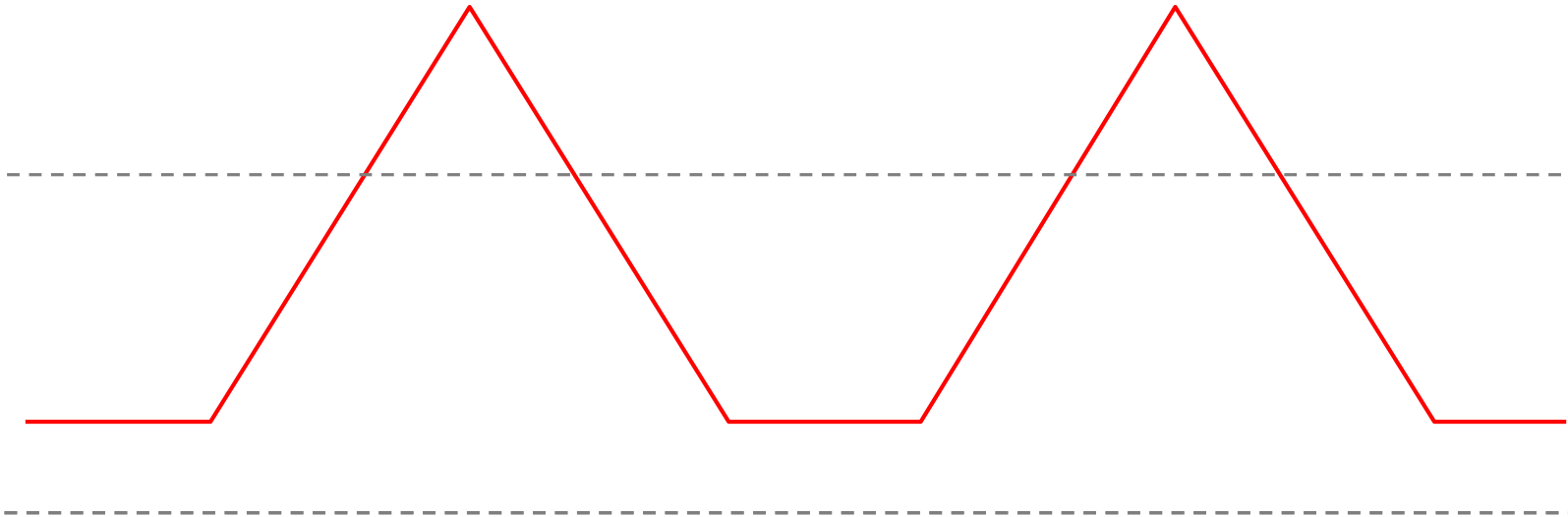
Experiment  
with new behaviour



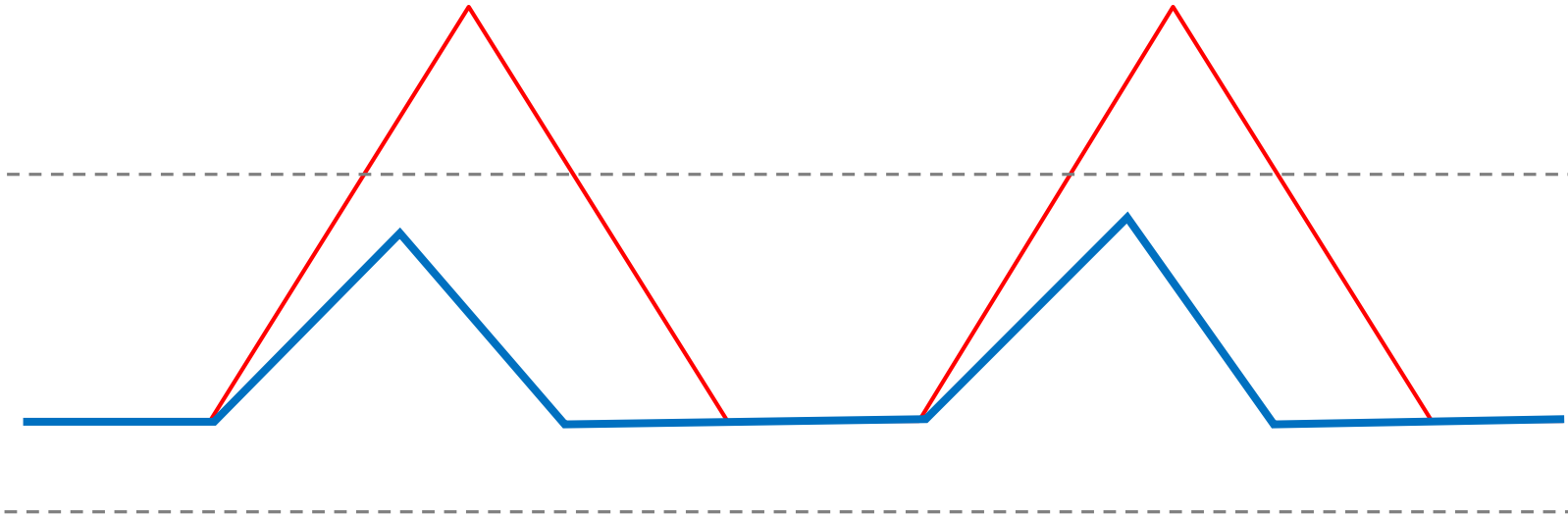
Quantify  
health outcomes



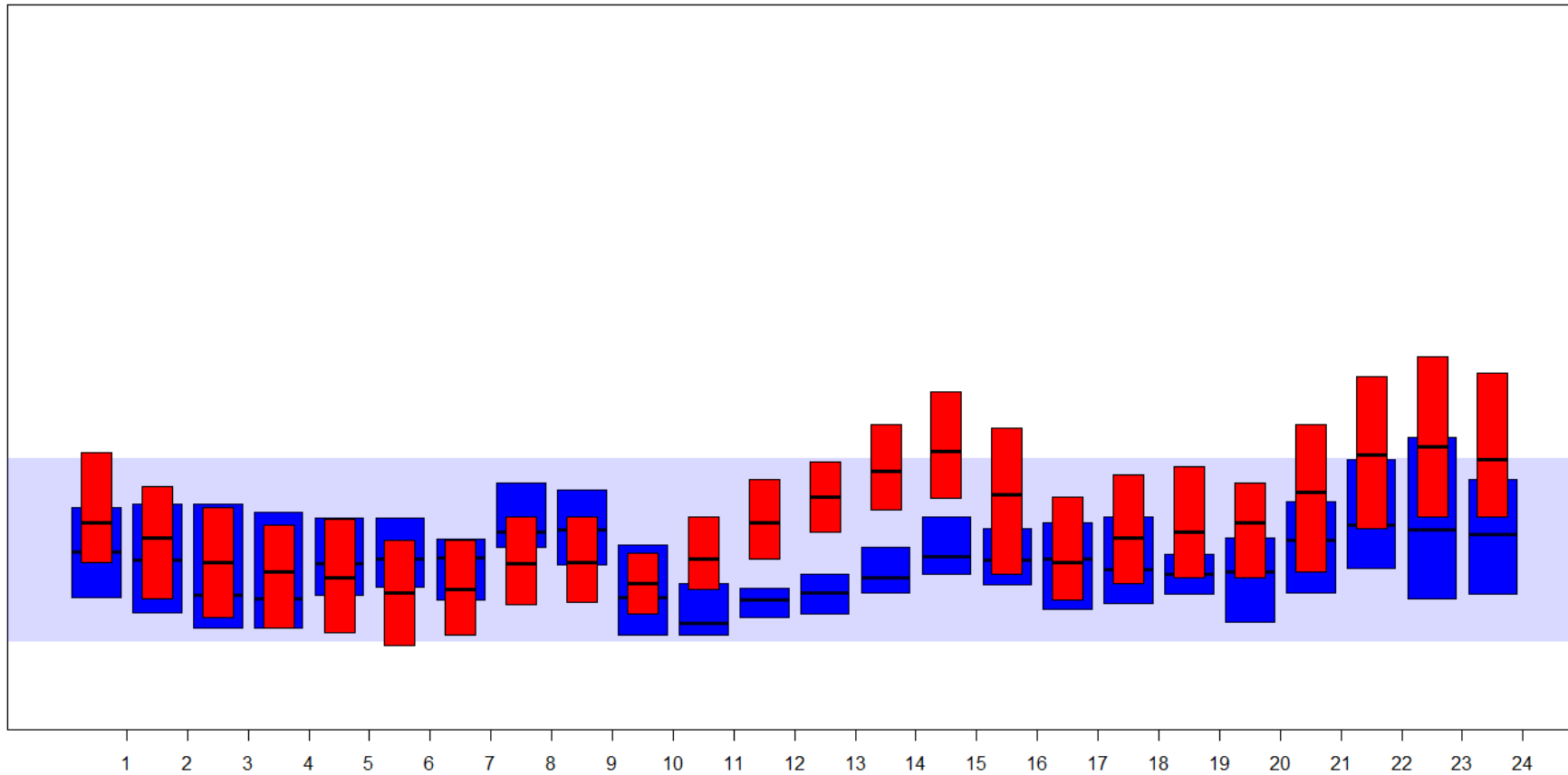
# Discover unhealthy behaviour



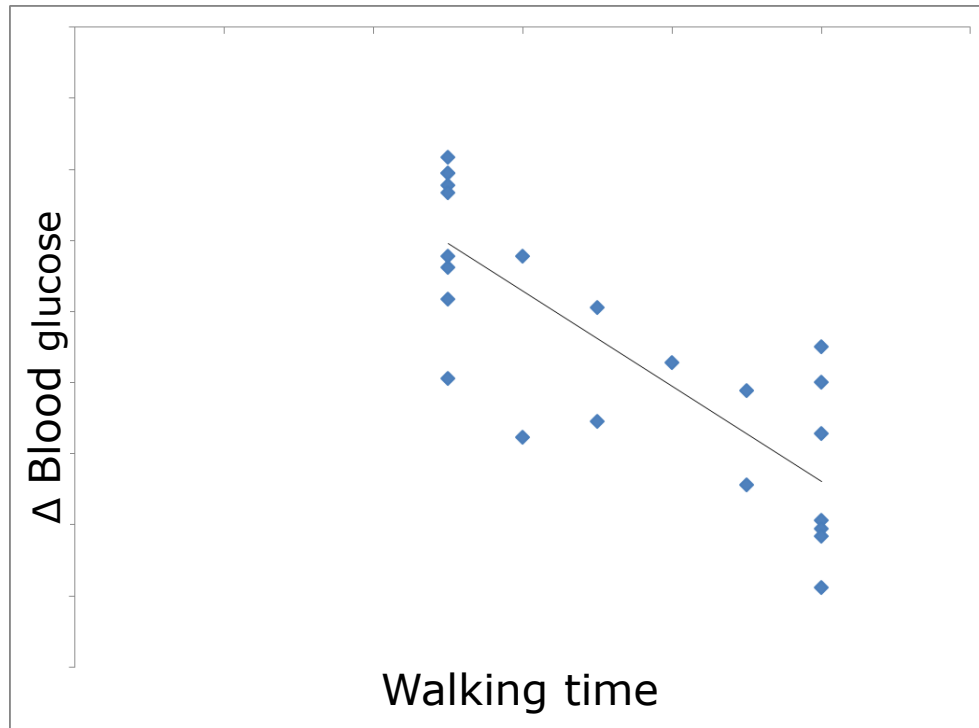
# Experiment with new behaviour



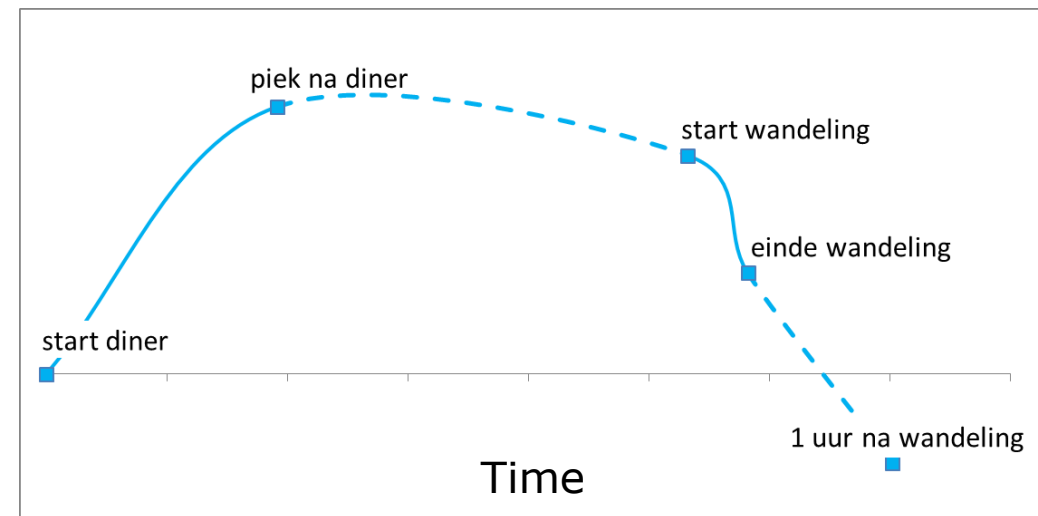
# Compare health outcomes of behaviour



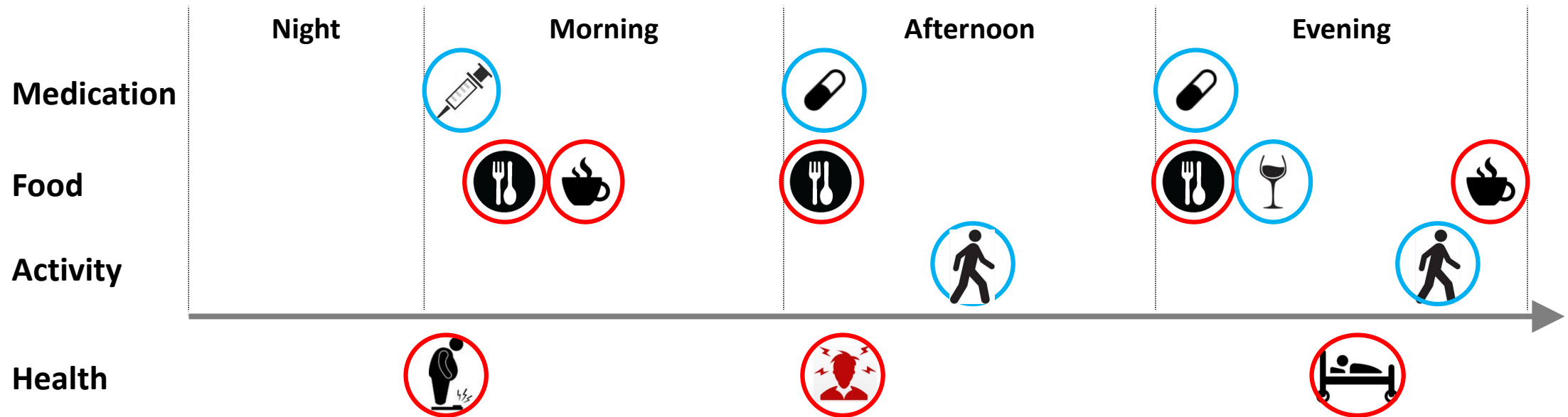
# Quantify health outcomes of behaviour



Drop in glucose:  $\Delta G \approx -\frac{T}{10}$  mmol/L  
 $= -1.8 \times T$  mg/dL

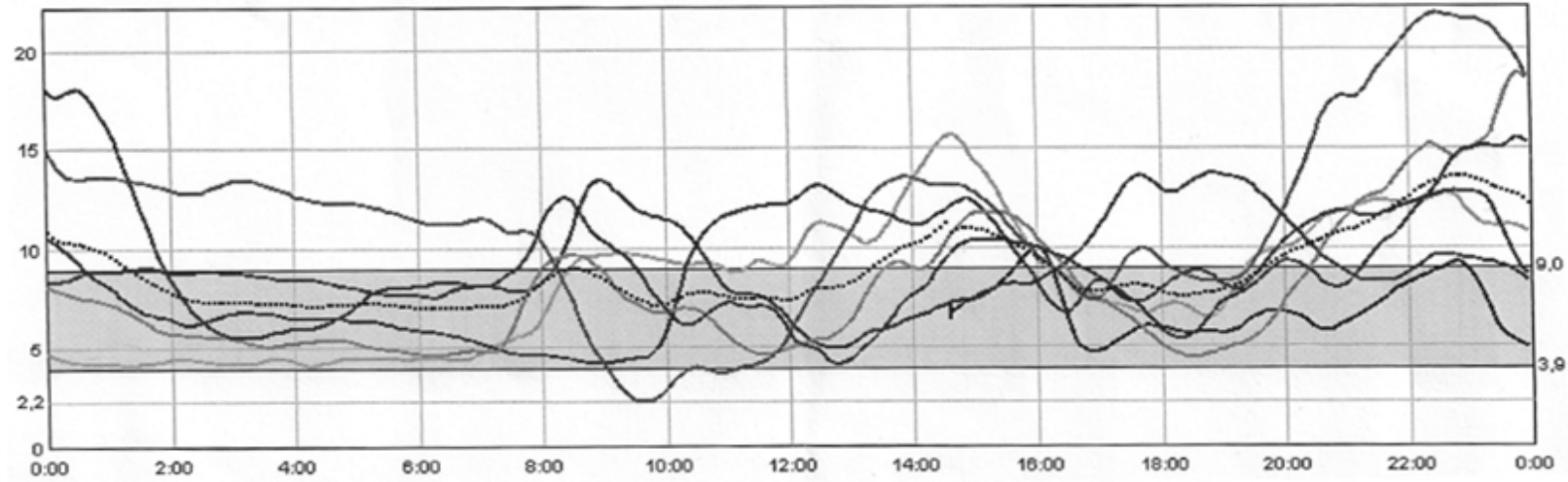


# Factors that I track

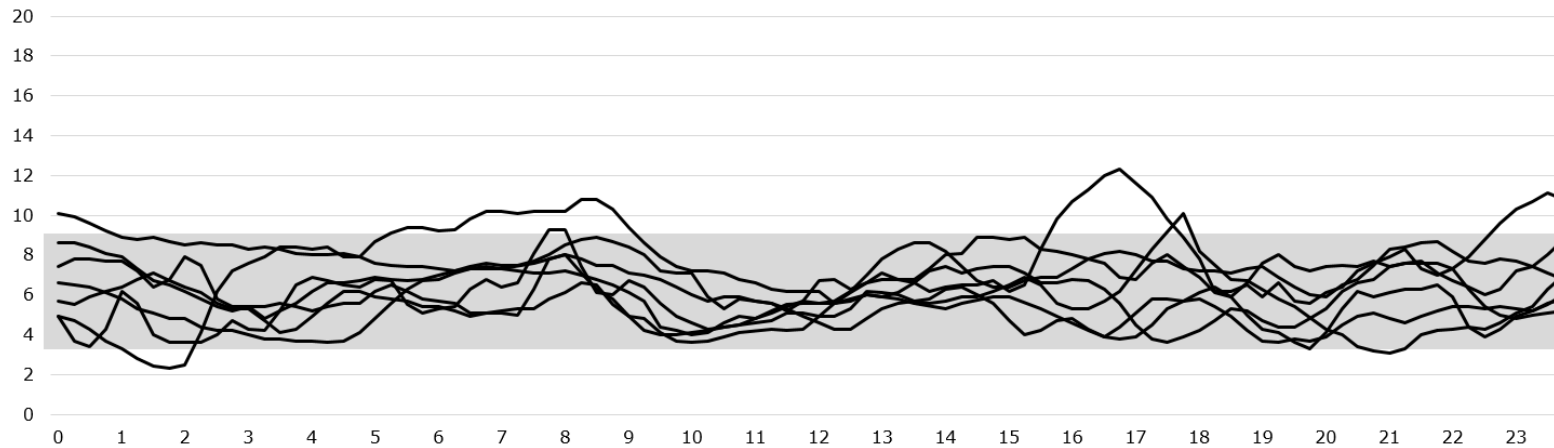


# Health outcomes

October  
2013

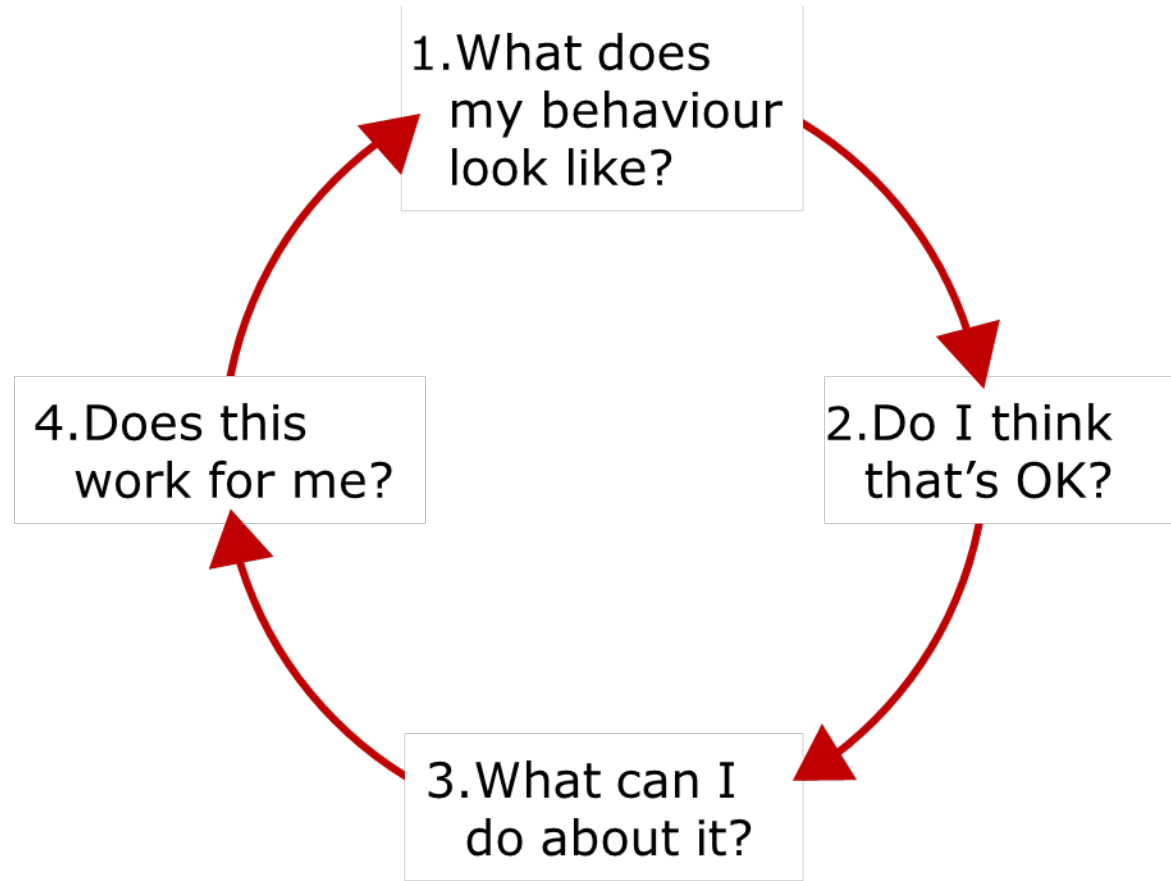


Today

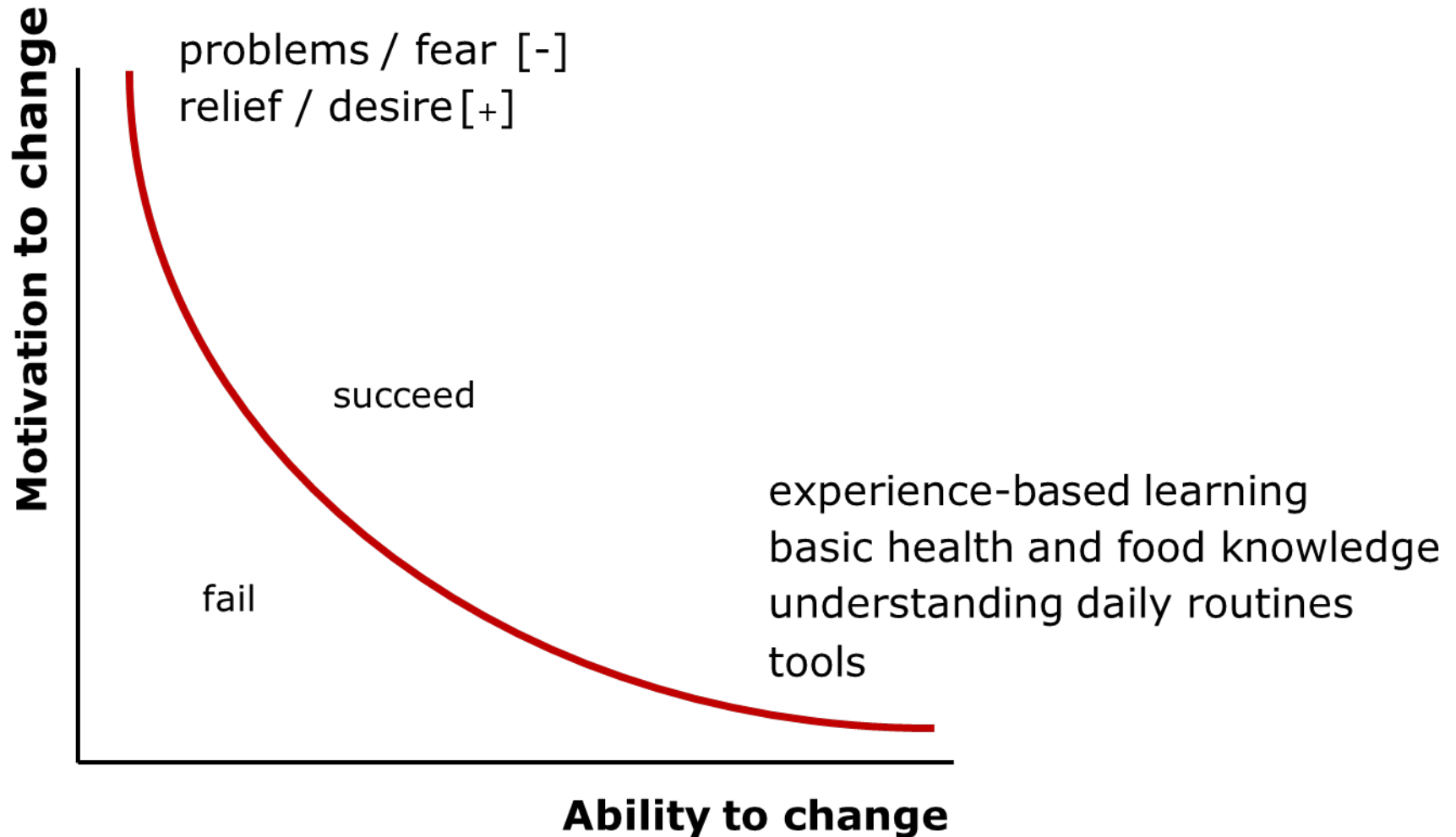




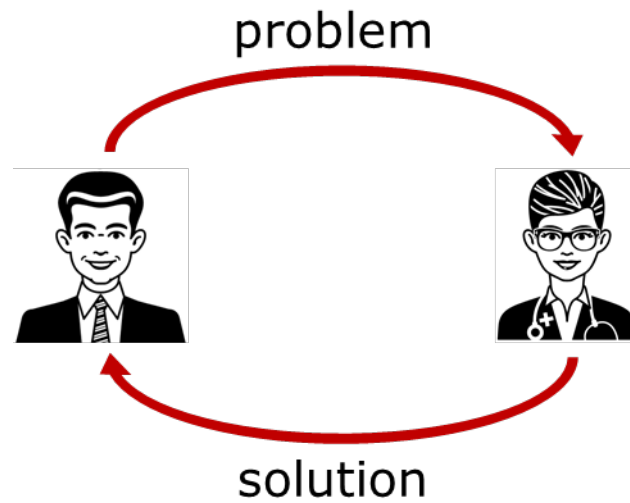
# Learning cycle



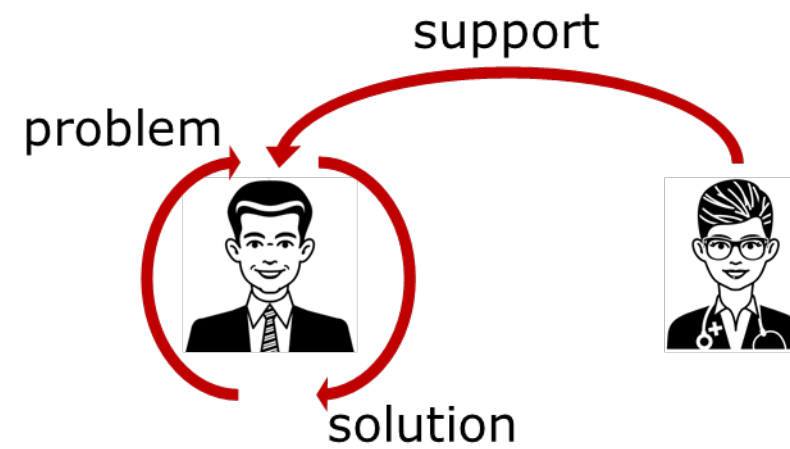
# Ability to change



# Patient–doctor relationship



**Current**



**Desired**

# Contact

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