¿Está la medicina preparada para la era 2.0?

Octubre 2011
1.0 = Busco y encuentro
2.0 = Hago y participo
Pacientes
Digo lo que pienso
@KatjaPresnal ok. just watched. commercial is the most BS I have ever heard. we all wore our babies until they were like 2. ONLY WAY TO GO

less than a minute ago from web in reply to KatjaPresnal

FitMom
“Con respecto al comercial reciente de Motrin, hemos recibido tus comentarios.

En nombre de McNeil Consumer Healthcare y todos los que trabajamos para la marca Motrin, te pedimos que aceptes nuestras más sinceras disculpas.

Hemos recibido tus comentarios sobre el comercial publicado en nuestro sitio Web. Nosotros también somos padres y tomamos muy en cuenta los comentarios recibidos de las madres.

Estamos trabajando para quitar este anuncio de todos los medios. Lamentablemente, quitarlo de nuestras publicaciones demorará un poco más de tiempo ya que se encuentra en los kioscos de periódicos y en distribución.

Agradecemos tus comentarios. Son muy importantes para nosotros”.

Atentamente,

Kathy Widmer
Vicepresidenta de comercialización
McNeil Consumer Healthcare
Facebook: pharmas must enable comments by August 15
Mathew Arnold  May 24, 2011

Facebook sales reps told pharmas last week that they can no longer disable commenting on their pages.

In the past, companies could ask reps to disable commenting on their pages. No more.

“Starting today, Facebook will no longer allow admins of new pharma pages to disable commenting on the content their page shares with people on Facebook,” Facebook told pharmas in a May 17 email posted by Intouch Solutions on its blog. “Pages that currently have commenting disabled will no longer have this entitlement after August 15th. Subject to Facebook’s approval, branded pages solely dedicated to a prescription drug may (continue to) have commenting functionality removed.”

The policy change, said Facebook, “supports consistency for the Facebook Pages product and encourages an authentic dialogue between people and business on Facebook.”
Me dicen lo que piensan
Consumers are willing to pay 20-99% more for a 5-star product than a 4-star rated product.

(ComScore/Kelsey, October 2007)
Find and Rate Doctors and Dentists

Over a million free doctor reviews since 2004

Doctor’s Last Name: ________________________________
Enter last name or last name, first name (include comma)

City or Zip: ___________________________ State: ___________________________

Specialty: ___________________________

Find Doctors in USA

Browse rated docs      Top 10s      Rate doctors      Forums      FAQ      Contact

© 2010 - Privacy
Find prescription drug info. The site where people like you provide real, independent ratings, reviews and recommendations for prescription drugs, medications and pharmaceuticals.

Drug Name: 

ADVANCED SEARCH
Find Drug

BROWSE RATED DRUGS

ADD OR RATE A DRUG

Where the patients rate prescriptions!
Compartimos
nuestra experiencia
When you need to know if a medication really works, why not Ask A Patient?

There is more to know than what the ads say. Learn from the experience of real people who have taken drug treatments. Share your side effects or success stories. Take control of your health by being informed and asking questions. AskaPatient.com provides tools for the empowered patient.

Top 10 Drug Searches
1. CRESTOR (cholesterol)
2. PROGESTERONE (HRT)
3. ADDERALL (ADHD)
4. MIRALAX (constipation)
5. ORTHO TRI-CYCLEN (birth control)
6. METRONIDAZOLE (antibiotic)
7. SYNTHROID (thyroid)
8. VYVANSE (ADHD)
9. WELLEUTRIN (antidepressant)
10. AUGMENTIN (antibiotic)

Top 10 Treatment Categories
- Allergies
- Anxiety
- Birth Control
- Depression
- Diabetes
- Digestive Disorders
- High Blood Pressure
- High Cholesterol
- Osteoporosis
- Migraine Headaches

Frequently Rated Drugs
- DEPO-PROVERA
- EFFEXOR XR
- CYMBALTA
- ORTHO TRI-CYCLEN
- YASMIN

Poll
Should the U.S. Supreme Court uphold the Vermont law that requires doctors’ permission before pharmacies can sell prescribing data to data mining and marketing companies?
104,192 patients
500+ conditions

Get your health in order.
Join PatientsLikeMe.
Welcome

FacetoFace Health is your trusted health community for connecting one-on-one with others who share similar health experiences. Share your story, and find others, quickly and privately. Humanizing Healthcare Communities - that's what we do.
Living With Diabetes

Hey my name is Liz. I am 16 years old and I have had diabetes since I was 11.

I have had my ups and downs since the 5th grade and since then my life has changed and people have came to accept me as I am. I have learned that some people who say they are my friends really are not because they think I am different from everyone else.

I am in my High School Marching band and concert band. It is a big part of my life. I have a wonderful boyfriend who has accepted me for who I am.

I am still getting used to being a diabetic even though it has been about 6 yrs. I have learned how to not let it control my life.

- Visit Liz’s page
- More children with diabetes

Upcoming CWD Conferences and Events

**Friends for Life: Orlando 2011**
July 5-10, 2011
Disney’s Coronado Springs Resort
Lake Buena Vista, Florida

**Friends for Life Canada: Toronto 2011**
July 20 - 31, 2011
Marriott Toronto Downtown Eaton Centre
Toronto, ON, Canada
Para mí, personalizado
Servicio descontinuado de enero 2012
HealthVault helps you access all of your family's important health information.

Did you know?
HealthVault can help you monitor chronic conditions a little more easily.

Discover HealthVault

What is HealthVault?
A trusted place for people to organize, store, and share health information online.
See how it works

We’ve Gone Mobile!
On the go? Access your health info on your mobile phone!
Digestive inspection:
- Normal

Digestive auscultation:
- Normal abdominal noises

Digestive palpation:
- Little pain on the right lower area

Thursday, 22 Jan 2009
- Liver: No hepatomegaly.
- Rectal:

Note: Further investigate possible causes of abdominal pain.
Start filling in the gaps with your DNA

"Because I had given my doctor information from 23andme, he got to a diagnosis much faster. 23andme saved my life."  Kirk C.

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Our new low price for all!  
Was $199

Order Now »

*Requires a 1-year commitment to the Personal Genome Service® at $99mo. Order for $399 without commitment.

Gain insight into your traits, from baldness to muscle performance. Discover risk factors for 97 diseases. Know your predicted response to drugs, from blood thinners to coffee. And uncover your ancestral origins. start tour »

Overview

Discover Health & Ancestry   Keep Your Doctor Informed   Participate In Research

Latest Genome Service Discoveries

UPDATED Results for C-reactive Protein Level  
Jun 29, 2011

What People are Saying

expending my @23andMe Genetic Profile. Having fun :) 

From the Press

23andMe Achieves Milestone in Building Sarcoma Research Community and Announces...
El objetivo: estar bien
how healthy works

with alli you learn how healthy works through weekly lessons, check-ins and a community to support your journey. you build healthier skills and habits.

start now

Exercise

Food

How alli works

get started
Wealth of health = “wellth”
Médicos
Formarme
Carta de un médico a la Industria Farmacéutica

10 RAZONES POR LAS QUE NO DESEO SER INFORMADO POR LOS REPRESENTANTES DE LA INDUSTRIA FARMACÉUTICA:

1. La industria farmacéutica suele ofrecer propaganda comercial con conflicto de intereses.

2. En internet es posible obtener información más imparcial, basada en la evidencia científica y con análisis de coste-efectividad independientes.

3. No necesito su dinero ni sus panfletos para mi formación continuada. Tampoco les necesito para estar actualizado (punto 2).

4. Intento tratar a mis pacientes usando sólo los nombres de los principios activos (como constan en la literatura científica), y no con nombres comerciales.

5. No necesito de sus regalos. El intercambio de sus regalos por mis recetas es un chantaje fruto de la corrupción a costa de los impuestos generales.

6. Sus "novedades terapéuticas" no lo suelen ser en términos de relevancia terapéutica (comparación contra placebo, estereoisómeros).

7. El elevado precio de mercado de sus "novedades" es difícil de justificar debido a la falta de transparencia y de supervisión por organismos independientes en sus investigaciones.

8. Gastan demasiado dinero en publicidad que podría ser invertido en más investigación o en abaratar los precios de mercado de sus "novedades".

9. En ocasiones no han publicado resultados negativos en términos de ausencia de eficacia/efectividad o de presencia de efectos adversos en sus "novedades" con resultados catastróficos (Coxibs, Statinas, etc.)

10. No es compatible su visión de libre mercado con el derecho al acceso a la salud (patentes abusivas en países pobres, ganancias exorbitadas a costa del sufrimiento de los enfermos y enfermedades olvidadas).
Del push al pull
A Better Way To Connect.

We are connecting physicians with our 100% free, user-friendly, comprehensive tools and forum, raising the profile and practice of collaborative medicine.

- Access from anywhere
- Secure & confidential
- Nothing to download
- Completely FREE
- Verified medical community

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meshMD member? Sign in.

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Password

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Forgot password?

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Has anyone found a reliable, reasonably-priced EMR solution? Post An Answer

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www.twitter.com/meshMD

Latest tweet:
Is there any role for local injections in the sub acute treatment of back pain? Do you have an answer?

Top 5 reasons docs say they love meshMD

1. Get a quick second opinion
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3. Organize committees & groups effectively
4. Grow their business through referrals
5. Meet new connections abroad - mentors & specialists

OrthoMind's platform harnesses the collective expertise to drive innovation and clinical advancement.

Join thousands of surgeons offering observations, clinical and radiographic images, even videos—discussing cases in a HIPAA-compliant manner. OrthoMind is safe and secure—exclusively for orthopaedic surgeons and was created by orthopaedic surgeons—free from industry sponsorship. We are redefining true Peer Review.

Team up with over 4,500 Orthopaedic Surgeons across all subspecialties and all states in the U.S., as well as specialists internationally, and:
- Exchange insights with colleagues in real time
- Collaborate about clinical cases - get experienced input
- Poll your colleagues for rapid consensus opinions
- Discuss practice management, politics & research

Will Surgeon Owned Distributors benefit our patients?

<table>
<thead>
<tr>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>64%</td>
</tr>
<tr>
<td>21%</td>
</tr>
<tr>
<td>9%</td>
</tr>
<tr>
<td>6%</td>
</tr>
</tbody>
</table>

"I like that it's only for Orthopedic. The content is timely."

- Dr. Carter

Take the Tour

Poll Your Colleagues

Member Login
Username or Email:
Password:
Remember Me

Log in to OrthoMind
Dr. Tenenbaum talks to CNN about Targeted Therapy Finder — Melanoma.

This application distills the knowledge of leading melanoma experts to help patients and their physicians select the best available genomic tests, targeted therapies and clinical trials. Therapy Finders for other cancers are coming soon. Cancer Commons will continuously test and refine the experts' recommendations based on data donated by patients and physicians. Please join us in this mission by becoming part of the Cancer Commons Network.

Please Register Now

“Cancer Commons puts the patient at the front end of a remarkable experiment in translational medicine — one in which basic molecular biology, computational methods and a network of experts and institutions collaborate to work out personalized medical solutions.”

Donald Kennedy, Ph.D. President Emeritus Stanford University and Editor of Science (2000 - 2008)
ACHIEVE A BETTER BALANCE BETWEEN WORK AND PLAY!

Welcome to RelaxDoc.com, the exclusive FREE online resource for physicians - a private community created by physicians, providing concise information and valuable services to help you balance your personal and professional life. RelaxDoc.com is your single source for news and information, peer networking, travel, sports, and more.

At RelaxDoc you can:

- Connect socially and professionally with other like-minded physicians - both in and outside your specialty.
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- Discuss your experience with a disease, drug or course of treatment.
- Comment on non-medical related issues, such as politics, sports, travel, gardening.
- Share ideas for balancing the unique demands of work, family and other personal issues you face as a physician.
- Explore information on cooking, fine wine, art and other leisure.
Register
Open yourself up to a world of possibility

Login Information

Username: [input]
This will be the name you use to login.

Password: [input]
Enter a password with at least 7 characters.

Password Confirm: [input]
Enter your password again for confirmation.

Account Information

Display Name: [input]
This is the name that others will see when viewing your profile.

First Name: [input]

Last Name: [input]

Email: [input]
We do not share email addresses with others.

Next
Welcome to medpharmaconnect - the hub for good relationship practice between medical and pharmaceutical professionals.

There are no heroes any more in the pharmaceutical industry (Malcolm Allison) – there is a surprising lack of data.

Connect

Read our industry and physician spotlights for working examples of good relationship practices.

Physician Spotlight

Professor Philip Poole-Wilson - Shortly before he died, Professor Philip Poole-Wilson gave an interview on his work and motivations.

Industry Spotlight

Usman Azam - Spotlight on Usman Azam - just assigned to one of the most senior roles in a pharmaceutical company.

Collaborate

Participate and have your say on our forum and learn about excellent projects.

Hot Topic

Doctors are looking to us for web help

Commendable Collaborations

Steve Smith - in our series describing Commendable Collaborations in healthcare and the people who make them happen, we get some insights into how to make them happen and how to bring clinical academia and the pharmaceutical industry together from Professor...

Contribute

Contribute to the site by writing an article or reviewing GRP.

This week's Lead Article

Paul Croyle discusses the role of medical communications agencies in the delicate relationship between pharma and thought leaders.

The Burning Question

What is an acceptable amount for industry to spend annually on educating physicians about their products?
Welcome to almostadoctor.com – free revision notes for medical students.

almostadoctor.com is an exciting, innovative, student led project, which aims to create the ultimate free medical student revision resource.

Founded in 2009, by Tom Leach (now a 5th year student at The University of Manchester, UK), our free medical revision notes should be useful for those at all stages of medical school, from freshers just starting to revise, right up to those revising for finals.

All our content is written by medical students, for medical students, and anybody (that means you!) can apply to become a part of our team.

We are always looking for new medical revision note authors, medical student bloggers, medical student reps at Universities around the UK, and further afield, AND enthusiastic students who would like to get involved, and make an impact in other roles.

Not only is it a great opportunity to have your work published online, but there are prizes up for grabs, and you will get goodies for your medical portfolio!

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- **Latest**
- **Most commented**

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- ![Upload a Video](upload_a_video)

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VuMedi is the only place to watch, discuss and improve techniques online.

1500+ Videos   Free CME   Live Webinars
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Hora          jueves, 07 de julio a las 8:30 - 08 de julio a las 18:00

Lugar        Parc de Recerca Biomèdica de Barcelona
             Doctor Aiguader, 88
             Barcelona, Spain

Creado por    Grupo de la Academia Española de Dermatología y Venereología (AEDV), Rosa Taberner

Más información    Organiza Dr. Josep Herrero. Dermatología. Hospital del Mar

Muro

Conchi Sánchez
Me vienen muy bien tus recordatorios. saludos
21 de mayo a las 13:50 · Me gusta · Comentar

A Rosa Taberner le gusta esto.
Escribe un comentario...
Cirugía Pediátrica: Paciente de 32 semanas de EG, 780 gramos al nacimiento, inicia tolerancia oral al 4º día de vida. A los 12 días comienza con distensión abdominal, dóbito bilioso e inestabilidad térmica, al día siguiente tiene un cuadro de bradicardia y apnea... See More
23 hours ago · Like

Juan Luis Blas: Enterocolitis necrotizante? Me parece ver gas "dibujando" el contorno de las asas, junto con un cuadro séptico. Hace mucho que no me manejo con niños.
13 hours ago · Like

Juan Luis Blas: Cómo pregunta/duda: diferencias entre colitis necrotizante/neumatosis intestinal... es un mismo proceso, dos entidades distintas? Gracias por la información de antemano...
13 hours ago · Like

Más de lo mismo? ¡Ya NO! De interés para organizaciones que quieran mejorar su ROI on y off line.
www.2bizz.es

Like · 16 people like this.
Enfermo de 35 años, con cuadro de 1 mes de sangrado gingival, astenia, anorexia. No refería antecedentes de interés y destacaba palidez importante, gingivitis hemorrágica, aftas bucales y petequias. Hepatomegalía de 4 traveses no dolorosa. Se presenta una imagen del frotis sanguíneo.

23 hours ago · Like · Comment · Subscribe

2 people like this.

Julio González Sánchez Leucemia monocítica aguda. 22 hours ago · Like

Santiago Casares ¿y en que se basa el diagnostico? 19 hours ago · Like

Francisco Del Castillo Tirado El central parece un linfocito muy indeferenciado. Sin embargo, los eritrocitos de alrededor se parecen demasiado a los daciocitos (hematies en lágrima, compatible con mieloptisis). La clínica es compatible con una leucemia aguta. En fin, a ver qué respuestas se dan, que también es muy temprano para pensar. Un saludo. 13 hours ago · Like
Surgeons send 'tweets' from operating room

DETROIT, Michigan (CNN) — It's 7 a.m. at Henry Ford Hospital, and surgeons are preparing to remove a cancerous tumor from a man's kidney.

It's potentially a risky surgery, but everything's ready: The doctors and nurses are in the operating room, the surgical instruments are sterilized and ready to go, and the chief resident is furiously Tweeting on his laptop.

That's right — last week, for the second known time, surgeons Twittered a surgery by using social-networking site Twitter to give short real-time updates about the procedure.

Following the February 9 operation online were other doctors, medical students and the merely curious.
Scientific Meetings through the Lens of Twitter

When cancer doctors and researchers gather in Chicago this weekend to discuss the latest advances against the disease, people at the meeting and around the world will join a conversation that started on Twitter 2 weeks ago.

The discussion began in earnest on May 13, when the American Society of Clinical Oncology (ASCO) released 4,000 scientific abstracts online ahead of its annual meeting this weekend. People on Twitter began to post short messages, or tweets, about abstracts they found interesting. This sparked more chatter, including, just for fun, a flurry of tweets in Haiku.

On Saturday, after much anticipation, the conversation will turn to research results. During the plenary, members of the audience will share findings from the talks on Twitter in real time; these messages, in turn, will prompt people following online to share their views.

“One of the most useful things about Twitter at meetings is the real-time feedback from colleagues who come at the talks from different angles,” said Dr. David Kroll of North Carolina Central University. “The additional perspectives can really help you to interpret a talk.”

Less Solitary, More Enjoyable

Before social media, these kinds of conversations took place between sessions or over drinks afterward. One’s perception of a presentation can change, however, with the passage of time and additional talks, Dr. Kroll noted. In contrast, Twitter captures information and first impressions in real time.
Results for #ASCOvirtual

maedac Marcos
@congressconnect #ASCOvirtual
26 May

joniwatson Joni Watson
@congressconnect would love an #ASCOvirtual pass.
26 May

RNchat RNchat
RT @congressconnect Can't attend #ASCO11? @reply us w #ASCOvirtual & get one of 100 virtual meeting certificates we give out today. #RNchat
26 May

congressconnect Roche
@MarianCutler Congrats on your #ASCOvirtual meetings certificate. Please follow us so that we can DM you the details.
26 May

MarianCutler Marian
@congressconnect Please send a certificate #ASCOvirtual
26 May

stales Alicia C. Staley
HOLY MOLY --> Thank you @connectedcongress for the pass to
“Follow the pharmaceutical community and join the conversation.”

Kevin French, 3 minutes ago from Paper.li

Beautiful roses from @KendaLo's shower...nice to see all the ladies & the little guest of honour! [http://v.tn/gx/pr0j](http://v.tn/gx/pr0j)
Laura Espinoza, 13 minutes ago from Twitter for BlackBerry®

B1ClinicalTrial, 26 minutes ago from twitterfeed

B1ClinicalTrial, 26 minutes ago from twitterfeed

Trendcloud

bit social check dlvr media via was twitter enlev lust business nem health see shown life sun der have time off instanw week anduvas turmaine love photo one man maverick

Top Members

Shawn HealthIT Riley (rilescat)
Aplicaciones
myHealthMate™: the pocket symptom checker for men

myHealthMate™ is an iPhone application developed by The Alfred and proudly supported by Holden. Go better.

Features include:

• Free health tips and hints: Explore symptoms and common ailments with the help of 17 of Australia's foremost experts in men's health
• User friendly search: Tap the body graphic to navigate symptoms relating to more than 20 areas of the male body
• Exclusive download: No fuss guide to cancer in men
• One click access to AlfredHealth TV

Available as a free download through iTunes, myHealthMate™ is the first mobile phone health application for men to be produced by an Australian public hospital.

Walgreens Refill Rx by Scan

Thursday, June 9, 2011

OMG!

I am so in love with this app that allows me to refill our scripts at Walgreens. Simply open the app (iPhone or Android), go refill by scan, scan then Bam! you are given a date and time when ready. There is also the option to change that info. Seriously this is so painless and fun.
500 Million People to Use Mobile Health Apps by 2015: mHealth Study

BY JENARA NERENBERG  Thu Nov 11, 2010

Here’s a snapshot of what went on this week in Washington D.C.
Sleep On It

Get the iPhone alarm clock that does it all! Set your alarm and with one tap you can record how much sleep, then add info about sleep quality, your mood, meds and more to see what affects your sleep and how much you really need to feel rested and energized.

No other iPhone alarm app helps record and understand your sleep like Sleep On It.

Created by MedHelp, the largest online health community, in partnership with GE Healthymagination, let Sleep On It help you wake up on time feeling your best!

Download Sleep on It for Free from the iTunes store.

Benefits of Sleep On It:
- Sleep On It is Free!
- Built-in alarm clock will wake you up on time - Never wake up late again!
- Easily track how long and how well you slept at night with the touch of a button
- Track total sleep, nighttime sleep, short naps and power naps - whatever

http://www.medhelp.org/land/sleep-log-app
MedCoach

Quick Log  Refills  History

Medications  Doctors  Pharmacies

Settings  Share

Reminders

Today

Anbesox
1 Injection, 20 ml
2:12 PM

Aspirin
1 Pill
2:10 PM

Refills

Tap image to select medication.
The Smart Blood Pressure Monitor
Accuracy over time

Learn more

http://www.withings.com/
UK NHS Raisin
Maya from MedMinder is the most effective and affordable solution available to enhance medication adherence. Besides enabling personal interventions from caregivers, Maya offers patients a sense of comfort and companionship.
The Picture of Health

Only Basis gives you a complete overview of your day, and puts the tools to boost your health and wellness right at hand. Track your caloric burn, activity levels and sleep habits to make every day your best day.

Basis is launching soon. Got ideas? Send them our way by visiting the community forums. Also, reserve your Basis Band now to participate in our private beta program!

Reserve yours now
It Only Looks Simple

Don’t let its good looks fool you. Beneath the sleek exterior is a hard-core machine that’s all business when it comes to gathering, tracking and delivering everything about your body’s day. Basis packs astonishing capabilities in its streamlined silhouette, opening up an amazing world of possibilities that will help you take your health to a whole new level.

http://mybasis.com/
Wrist device rewards kids for exercising

Virtue may be its own reward, but that doesn't mean tangible prizes won't make the deal even sweeter. Just as SmartyCard uses gifts from popular vendors and family sites to reward kids for completing educational games, so Switch2Health uses much the same approach to motivate them to exercise.
Who uses Asthmapolis?

Patients

Experts recommend that people with asthma track their symptoms, triggers and use of asthma medications. The Spiroscout and mobile diary can help you learn more about and better manage your asthma.

See what people say

Physicians

Physicians who remotely monitor asthma symptoms and the use of medications by their patients can identify those in need of additional attention, and help them achieve better asthma control.

See how physicians are using Asthmapolis

Public Health

By aggregating reports from individuals with asthma, epidemiologists and public health researchers can now access the latest, objective data on asthma in their community.

Explore Asthmapolis surveillance data

Scientists

Track where and when people have asthma symptoms and use medications, to quantify the burden of asthma, explore environmental exposures, and identify spatial and temporal patterns of disease.

Learn more about research studies
NEWS IN BRIEF!

05.07.2011
SENSIMED and NIDEK to cooperate in Japan

SENSIMED announced today the company has agreed a cooperation agreement with NIDEK CO., LTD to support the clinical research phase and to develop the registration path for the SENSIMED Triggerfish® in Japan. Founded in Gamagori, Japan in 1971, NIDEK continues to be a global leader in the design, manufacture and distribution of ophthalmic equipment.

http://www.sensimed.ch/
**September’s Game • Saturday the 11th**

**Notes**

Review of the day
I had a bit of a baguette at brunch for Rick Wills’ ONE NIGHT ONLY and celebration.

<table>
<thead>
<tr>
<th>Rules Followed</th>
<th>Points</th>
<th>Life Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>90% 9 / 10 rules followed</td>
<td>162 points on this day. 2,120 points this month.</td>
<td>5 life points left. 1 life points lost this turn.</td>
</tr>
</tbody>
</table>

**You earned 0 new pieces of fruit. You have 10 total.**

![Fruit icons](image)

**How you did with the various kinds of rules**

![Pie charts](image)
Mantente en forma y diviértete
Mantén un diario de todas tus actividades deportivas y dale ánimos a tus amigos. Más información »

Regístrate gratuitamente!

Más información

https://www.heiaheia.com
Sistema
Weekly Game with Dad

FROM

DAD 18

YOU 12

Hey sis, how is the Scrabble game going?
Sore Throat
Diagnostic Card for Sore Throats.

Swab tongue then touch to center.

Yes

No

SCRUB HERE

NEXT STEPS...
If the indicator says:

YES
If the sore throat symptoms have persisted for more than 24 hours call a doctor and schedule an appointment.

(888) 555-1221

NO
Try hot soup and lots of liquids including juice and water. If symptoms persist, swab again to double check.
Joey's Health Record

Joey Rojas
Age 6
Weight: 46lb
Height: 42in

General medical information
Allergies and drug sensitivities
Conditions
Hospitalizations
Surgeries
Medications
Immunizations
Clinical tests
Hello Dr. Williams!

DIAGNOSTIC IMAGE:
Thursday, July 20th, 16:20:14

Susan
Female
Age 39
Hello Susan,

The results of your recent scan show that you should try the following stretches:

- **Quadriiceps Strengthening**
- **Hamstring Strengthening**
- **Exercises for Knee Stability**
- **Balancing Knee Exercises**
Hello Susan,

Skin Tracker

The Skin Tracker helps you keep track of the health of your skin over time.

Month

Jan  Feb  Mar  Apr  May  Jun  Jul  Aug  Sept  Oct  Nov  Dec
Health Concierge

- **Gluten Detection Plate**
  - 200
  - Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sed tempus ultricies dui vel vestibulum. [Read More]

- **Special needs kids info 101**
  - 117
  - Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sed tempus ultricies dui vel vestibulum. [Read More]

- **Incredible gluten-free tortillas - finally!**
  - 85
  - Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sed tempus ultricies dui vel vestibulum. [Read More]
Recipes of The Week

Spinach Lentil Soup

"Turkey kielbasa, spinach, and lentils are combined to yield a hearty soup."

Black Bean and Couscous Salad

Couscous is dotted with green onions, cilantro and black beans and boasts the tang of a lime-garlic vinaigrette.

Mario’s Tortellini

Gluten

Tortellini

by Tony

Recommend
Chat with Iris

Hey Iris. Are we still going to run together today?

Absolutely! Can't wait. I'm getting ready right now.
Today’s run with Iris.

00:30:00

4.2 mph

6.5 mph
1. Place your hands on a wall for balance. You can also do this with your hands on the back of a chair, a counter, or a tree.
2. Step back with your left leg. Keep the leg straight, and press your left heel into the floor.
3. Press your hips forward, bending your right leg slightly. You will feel the stretch in your left calf.
4. Hold the stretch 15 to 30 seconds.
5. Repeat 2 to 4 times for each leg.
Joey has strep throat. I am keeping him at home today.
Un modelo
live better

work better
live better (your health utility)

work better (your relationship utility)

HEALTH (condition) ➤ WELLNESS (behavior)

improve well-being

better ways

exchange with peers

better knowledge

exchange with peers

instant learning
La palabra clave: aplicaciones
El medicamento:
Un caso particular (físico) de aplicación
Cambios en los procesos:
Salud en casa,
preguntas en el centro de salud
Cada día, una idea

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