

MyOwnResearch

Homogeneous subgroup identification in fatigue management across chronic immune diseases through single subject research design.



MyOwn
Research
intestinal health

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***BeyondRCT: towards co-operative citizen science in Food and Health,
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The MyOwnResearch Consortium

Scientific lead

Value-for-patients lead



UNIVERSITY OF AMSTERDAM



**Total Budget: 2,6 million Euro
September 2018 – August 2021**





Two purposes

- Methodological ->
 - proof of concept of Practice Based Evidence Building

- Biomedical ->
 - new research leads & treatments for patients with intestinal and fatigue issues



MyOwnResearch

Homogeneous subgroup identification in fatigue management across chronic immune diseases through single subject research design.

1

- Single Subject Design Study
- Research couple: Patient-researcher and Physician (GP)
- 500-1000 participants
- Self monitoring through EMA-app in a treatment context
- Microbiome analysis, blood analysis
- Intervention with probiotics, DJ Repair or pers m therapy



2

Pattern analysis
biostatistics op at
aggregated level,
subgroup typing

3

Randomised doubleblind research
to confirm findings in subgroup



mijn data
onze gezondheid



Who qualifies?

Patient-researchers

- Chronic illness
- Gut problems
- Chronic fatigue
- A desire to do something about it

General Practitioners

- Eagerness to assist patients in a different way
- Willing to learn about modern way to dialogue w/ patients
- Interested in gut health

Masterclasses for GP's autumn 2018 and spring 2019



Gut health and fatigue

MOUSE COLON

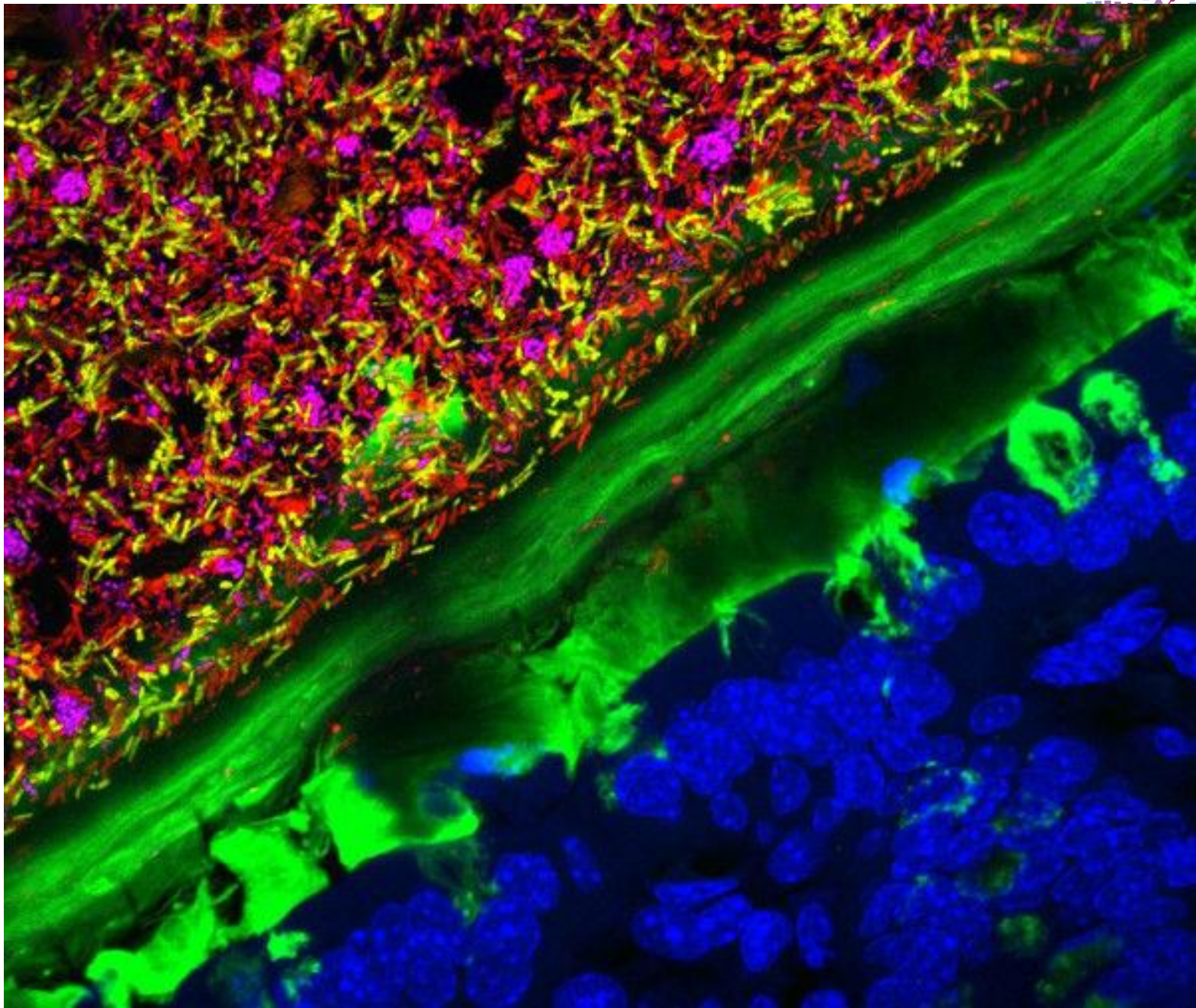
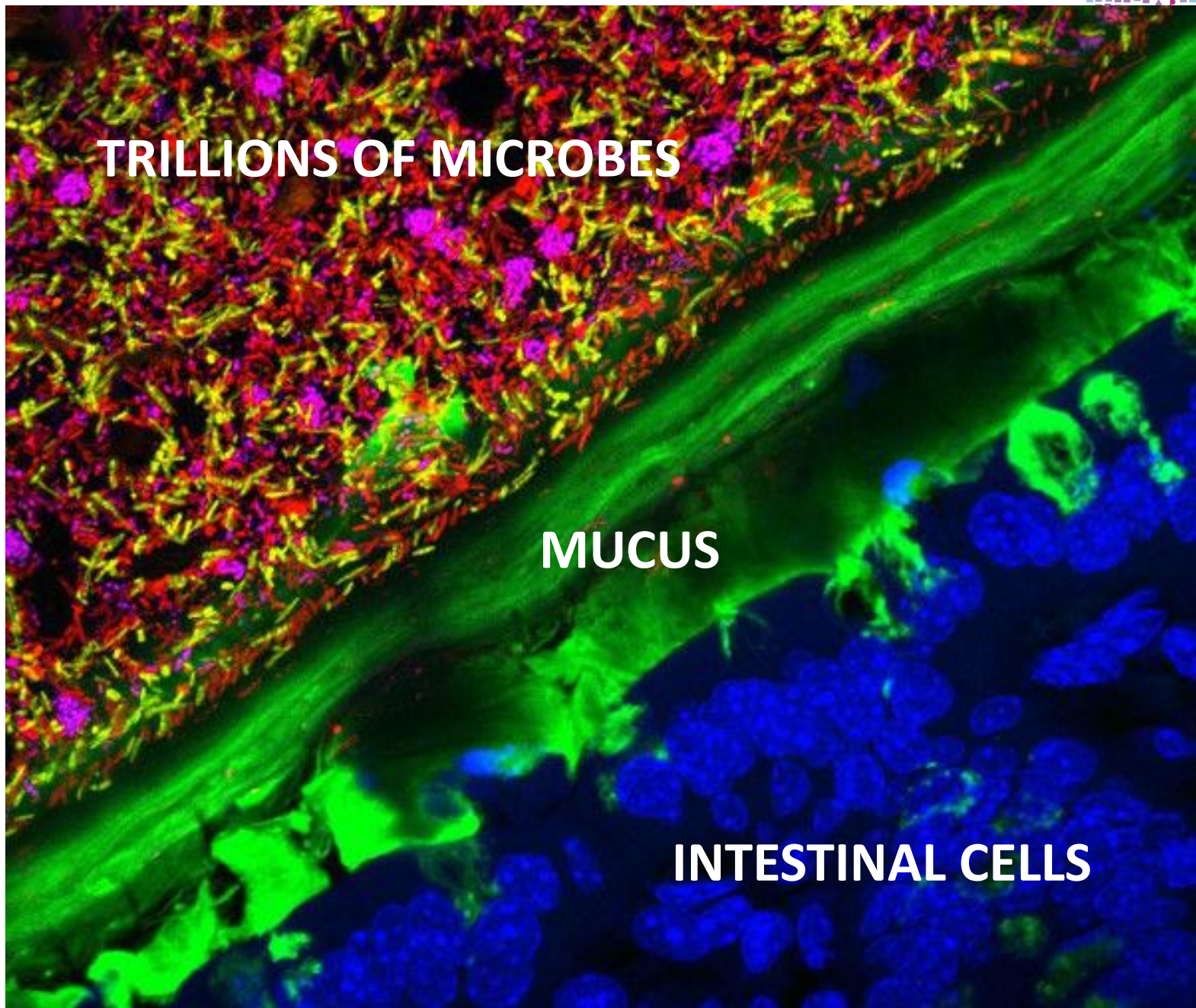


Image made by Kristen Earle, Gabriel Billings, KC Huang and Justin Sonnenburg



TRILLIONS OF MICROBES

MUCUS

INTESTINAL CELLS

Image made by Kristen Earle, Gabriel Billings, KC Huang and Justin Sonnenburg

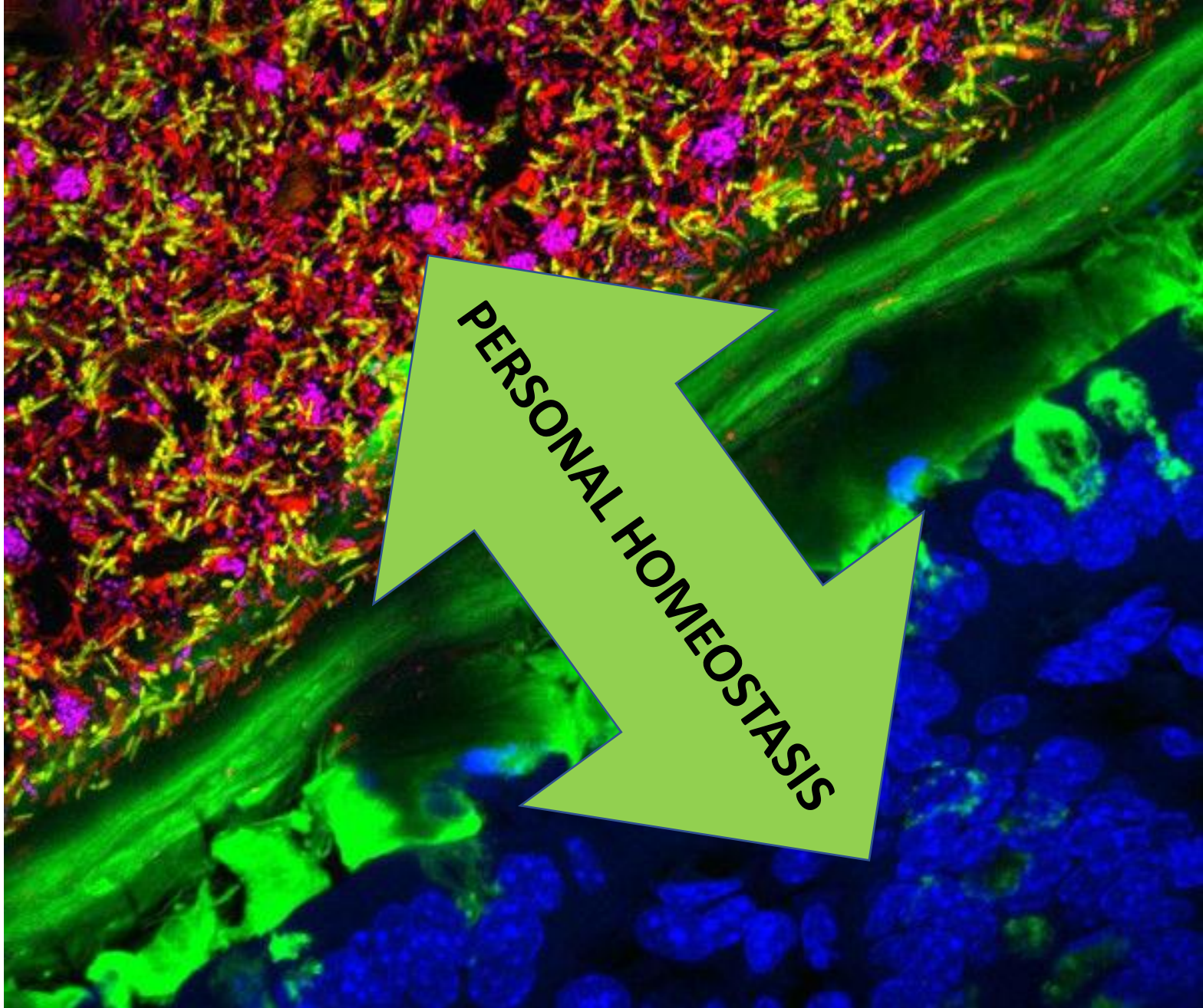


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HOW TO REGULATE YOUR OWN INTESTINAL HOMEOSTASIS

The **GOOD GUT**

TAKING CONTROL *of*

**YOUR
WEIGHT**

YOUR MOOD

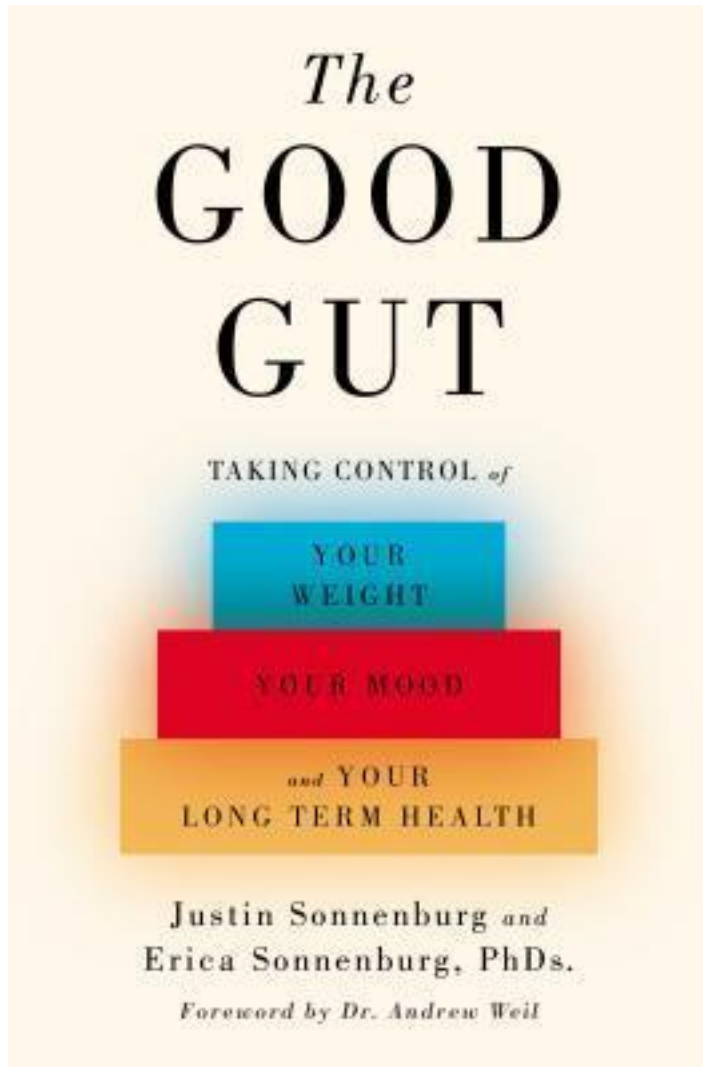
and **YOUR
LONG TERM HEALTH**

**Justin Sonnenburg *and*
Erica Sonnenburg, PhDs.**

Foreword by Dr. Andrew Weil

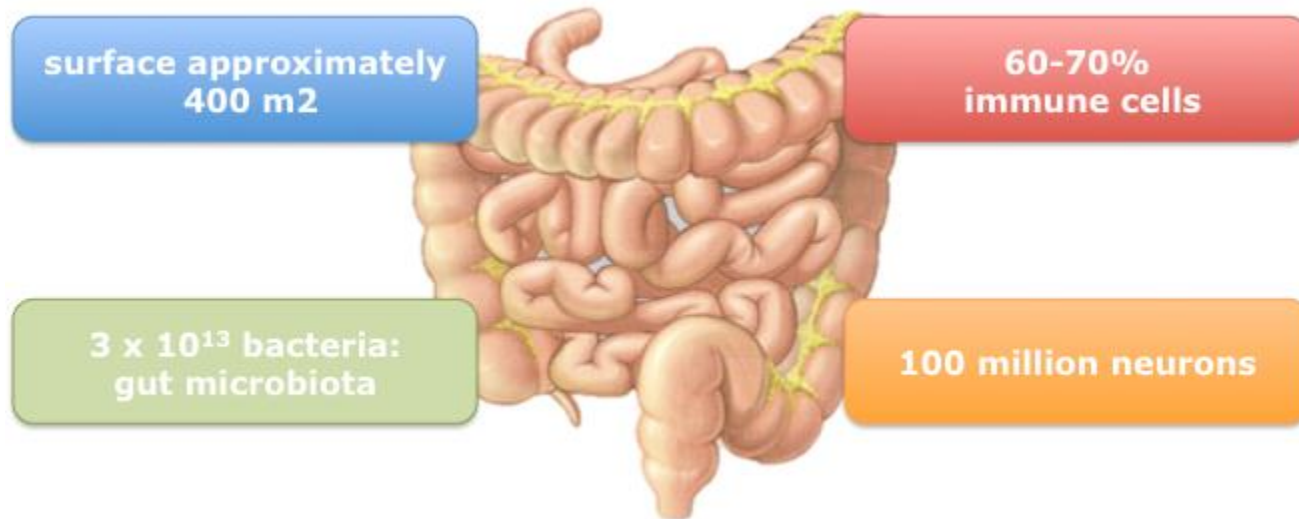


HOW TO REGULATE YOUR OWN INTESTINAL HOMEOSTASIS





CENTRAL ROLE OF THE GUT

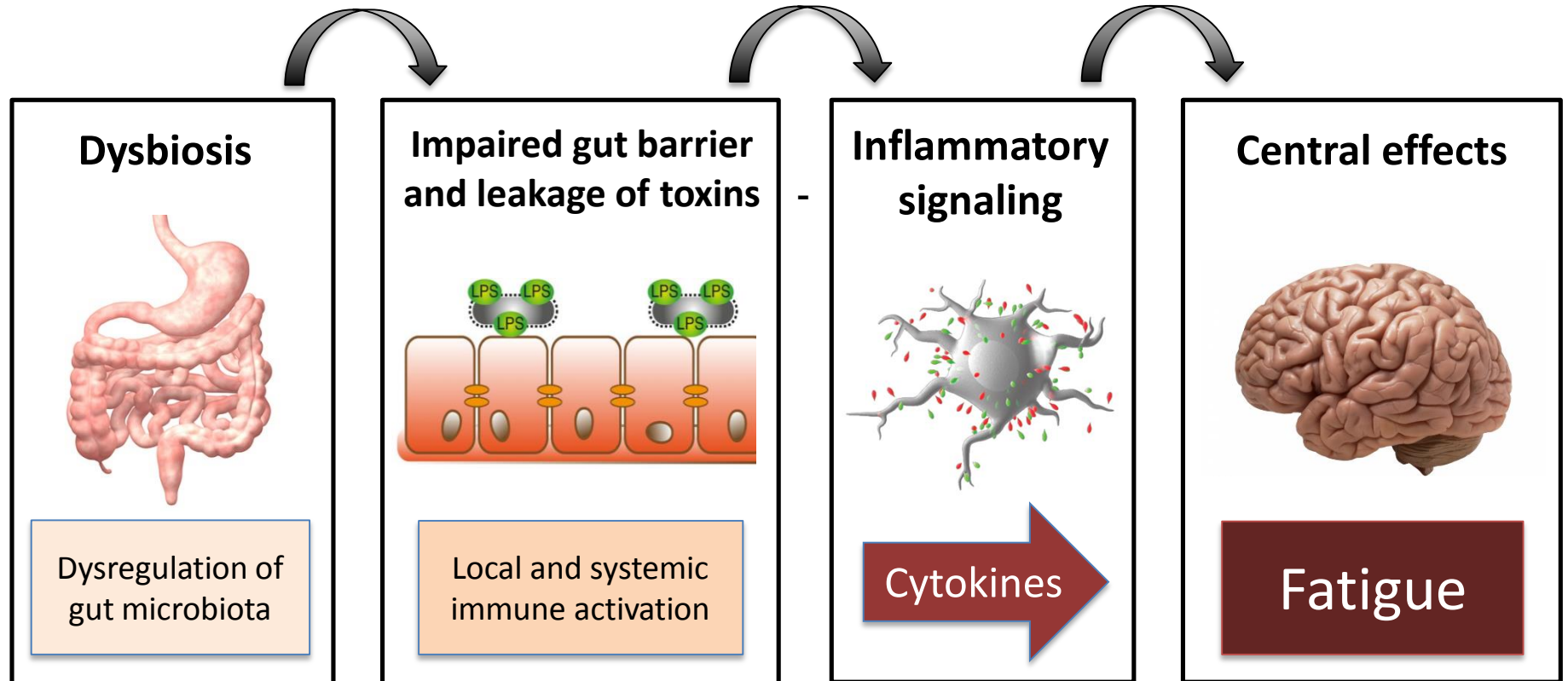


Many chronic diseases are associated with:

- leaky gut
- microbial dysbiosis
- systemic inflammation



GUT-IMMUNE-BRAIN AXIS INVOLVEMENT IN FATIGUE ASSOCIATED WITH CHRONIC DISEASES





MyOwnResearch

Supports the personal quest to restore intestinal homeostasis





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Supports the personal quest to restore intestinal homeostasis

