

Health made simple



The DIOPTRA app helps you to understand complex medical information.

It simplifies terms and concepts about colorectal cancer screening, prevention, and care, helping you understand your options, have better conversations with doctors, and make confident health decisions.



Scan the QR code to download the app, sign up and start exploring!



 dioptra-project.eu
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Join
the
dioptra
App

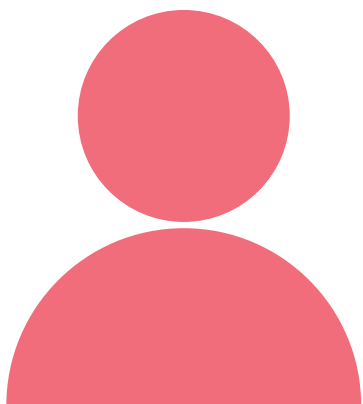
The Project

The DIOPTRA project aims to create a blood test for detecting precancerous colon cancer stages, that could offer a minimally invasive, affordable alternative to colonoscopy.

The mobile app “DIOPTRA” will be provided and tested for one year during the project’s prospective study.



dioptra-project.eu



Who

We are welcoming your participation to the DIOPTRA study if you:

- Are 18-80 years-old ●
- Have a colonoscopy visit set at our hospital ●
- Are willing to answer a questionnaire during your hospital visit ●
- Are interested in testing our DIOPTRA mobile app during one year ●
- Are willing to provide two blood samples: one at the start and one at the end of the study ●

When and How

During your first visit

Give your written consent, answer a questionnaire, give a blood sample



Until end of April 2025



After your visit

Use the app to track your health, follow personal recommendations and answer periodic questions for one year

Before mid-2025 to mid-2026



Your visit after one year

Provide a second blood sample

Before end of June 2026

Your personal helper

DIOPTRA mobile app looks at your lifestyle habits, such as what you eat, if you smoke, how active you are, your alcohol consumption, etc. It helps identify patterns in your behaviour and highlights areas where you can make changes to improve your health.

Based on your profile, it provides suggestions to address modifiable factors such as dietary habits, physical activity, and daily routines.

To support you in making these changes, the application provides specific articles, offering practical guidance to help you follow them.