



TELEDERMATOLOGY

A NEW APP FOR PATIENTS WITH MYCOSIS FUNGOIDES

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Background: Mycosis fungoides (MF) is the most common primary cutaneous T-cell lymphoma. Although it is a lymphoma, in principle of good prognosis, the word "lymphoma" produces distress in patients. This means that, on many occasions, patients turn to information sources such as the Internet to learn about the disease, where we have verified that this content is mostly inaccurate, alarmist and difficult to understand.

Objective: Mobile applications or apps are an easy and quick way to access information sources and are increasingly in use by a greater number of people. For all the above, we have developed "MF", an app designed for patients with MF and people who need reliable information about the disease.

Material and methods: we have made a literature review on the MF in order to collect all available evidence on the disease. From this information we have developed the content of the app, a reliable and updated content, with an adapted and understandable language, composed of text, images and links of interest, which tries to transmit all the existing knowledge about the MF to any person, without creating unnecessary anxieties and doubts. The application has been developed with the collaboration of the University of Deusto as a multiplatform environment easily editable through the Wordpress web text editor.

Results: At the date of publication of this work we only have a beta version in Spanish for the Android operative system, waiting for its publication and evaluation, but we hope to have it ready as soon as possible for all operating systems and in different languages.

Conclusions: The creation of medical apps will suffer an exponential increase in the coming years. Physicians should play an important role in this task of guidance through the Internet maremagnum.

