

PRESS RELEASE

Hospital Delfos has launched a pioneering healthcare plan in Catalonia to reduce the incidence of urological diseases

Between 1,000 and 1,200 patients were treated in emergency care in 2016 for renal lithiasis (kidney stones) or urinary infections. A high number of these individuals went to emergency care more than once

Hospital Delfos and the company Devicare have signed a collaboration agreement to introduce the first-in-class Lit-Control® method based on empowering patients to self-monitor their urinary pH

Appropriate urinary pH helps prevent these diseases and improves the efficacy of antibiotics

The hospital has taken a step forward to help patients monitor their own health, one of the main challenges for the healthcare system, and can form part of the therapeutic decisions recommended by their doctors

Barcelona/Cerdanyola del Vallès, 29 November 2017 – [Barcelona's Hospital Delfos](#) will implement a healthcare improvement plan based on **home-based self-monitoring for patients** to reduce the recurrence of chronic urological diseases such as **renal and urinary lithiasis** (kidney or bladder stones) and **urinary infections**, among others. This will also help strengthen patients' proactive participation in the clinical decisions that directly affect them.

By promoting quality and cutting-edge technology, Hospital Delfos will incorporate a new medical approach which internationally renowned experts are recommending in order to treat these diseases: **urinary pH control through the innovative Lit-Control®** method developed by the company [Devicare](#).

The hospital will launch a Healthcare Protocol for a prospective and observational study of patients who present these urological diseases. The study has been designed jointly by the Urology and Emergency care teams of Hospital Delfos under the guidance of **Dr Carlos Torrecilla**, director of the Urology Department, and **Dr S. López Coll**, director of the Emergency Care Department, as well as **Devicare's scientific team**.

When a patient enters emergency care with any of these diseases, their urinary pH will be measured and if it's outside of the appropriate range, they will be prescribed weekly monitoring and follow up. Patients will be able to monitor themselves through

a **medical device equipped with biosensors**. These readings will be sent to the medical team and will allow the patient's urinary pH to be measured simply and precisely from home without having to go to hospital, similar to diabetic patients with a glucose meter.

A pH between 5.5 and 6.2 prevents the formation of lithiasis (uric acid lithiasis, calcium phosphate and infectious lithiasis directly, and calcium oxalate lithiasis indirectly). Cystinuric lithiasis can be prevented with a pH above 7. On the other hand, a urinary pH between 5 and 6 improves the **efficacy of the main urinary antibiotics** and helps to decrease the recurrence of repeated urinary infection.

"Apart from recurrence, our goal is also to monitor the symptoms and pain that significantly affect the quality of life for these patients" explains Xavier Peris, Sales and Marketing Director at Devicare.

Video of how Lit-Control works (in Spanish): <https://youtu.be/CO2CZ53uhJI>

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About Hospital Delfos

Delfos (www.hospitaldelfos.es/en) is at the vanguard of medicine thanks to the experience of our professionals and our will of progress. The centre has a surface of 24.000 m2 and the emergency department attends to more than 20.000 patients per year. The hospital offers improved facilities, the latest technical and scientific advances and the best healthcare assistance. We want to give answer to our patients' needs with exceptional service and personalised attention. Delfos' main goal is based on the provision of integral medical services to improve and preserve health by the hand of qualified professionals willing to give an excellent service and fulfill the needs of our patients.

About Devicare

Devicare (www.devicare.com) is a company specialized in the development of innovative solutions and medical devices for the home care of chronic patients. These solutions are developed under the concept of Remote Patient Monitoring (RPM) in order to enable the patient to actively participate in the monitoring of their disease. Currently, the company offers two product lines: Lit-Control® (www.lit-control.com) for the prevention and self-management of recurrent urinary diseases and Tao-Control® (www.tao-control.com) for self-management of patients taking anticoagulants (medicines such as Sintrom® or Aldocumar®). Devicare's headquarters is located at the UAB Research Park, in Cerdanyola del Vallès, near Barcelona (Spain).

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