

iLARS

SMART SUPPORT FOR LIFE AFTER RECTAL SURGERY.

The image shows a smartphone screen with the iLARS app interface. At the top, the status bar shows the time 2:49, signal strength, Wi-Fi, and battery level at 39%. The app header is 'Daily Symptoms' with a back arrow. Below the header is a search bar. The main content area has two food input sections. The first section is titled 'Soft fruits without skin' with a banana icon and the text 'Bananas, melon, watermelon, mango'. It has a 'Quantity (pieces):' label and a numeric input field with minus, 0, and plus buttons. The second section is titled 'Muesli and bran cereals' with a bowl icon and the text 'Sugar-free muesli, bran cereals, granola'. It has a 'Quantity (servings):' label and a numeric input field with minus, 0, and plus buttons. Below these is a 'Stool Consistency' section with four icons in a 2x2 grid. The first icon shows small, loose stools and is labeled '1'. The second icon shows a solid, rounded stool and is labeled '2'. The third icon shows a long, thin, ribbon-like stool. The fourth icon shows a very thin, pencil-like stool. At the bottom of the screen is a blue-to-purple gradient 'Submit' button.

2:49 39%

< Daily Symptoms

Soft fruits without skin
Bananas, melon, watermelon, mango

Quantity (pieces): 0

Muesli and bran cereals
Sugar-free muesli, bran cereals, granola

Quantity (servings): 0

Stool Consistency

1 2

Submit

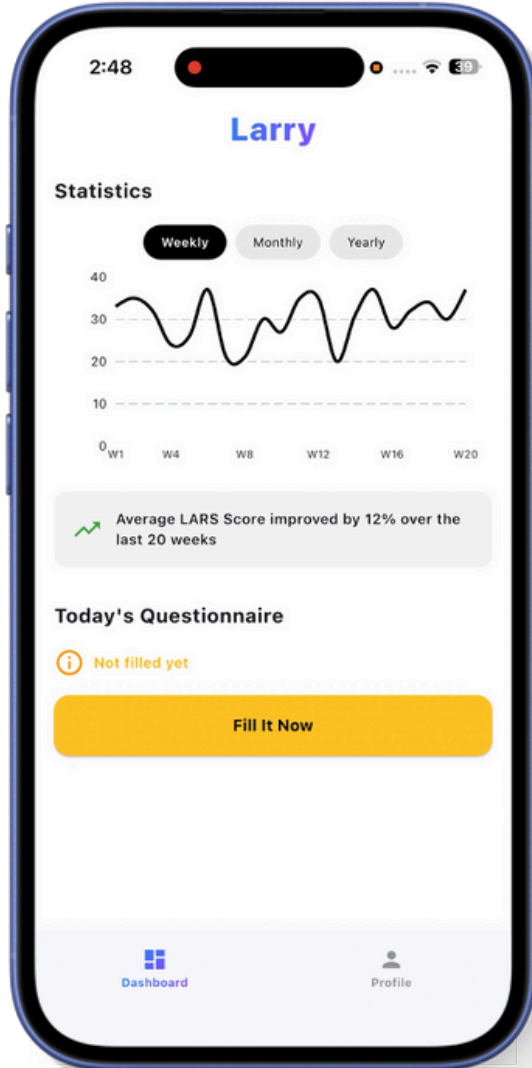
The **problem**

- ✗ No easy way for patients to track daily symptoms
- ✗ Important information often lost between visits



- ✗ Lack of structured, longitudinal data
- ✗ No digital tools tailored specifically to LARS

Our best **solution**

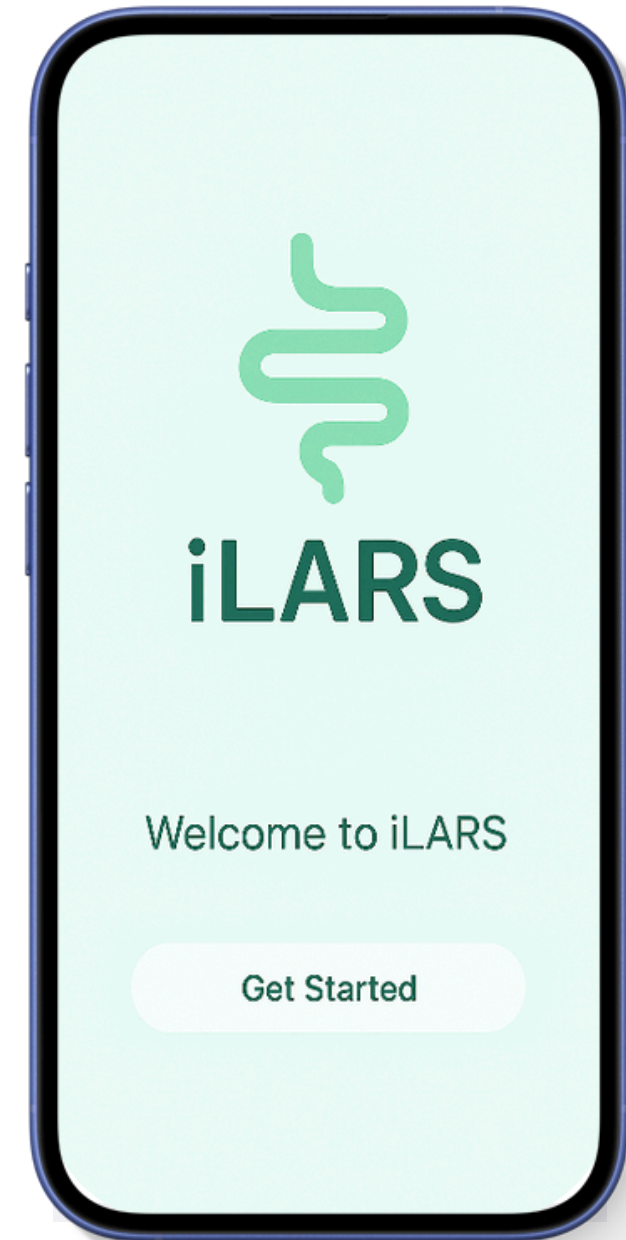


- ✓ Daily symptom tracking
- ☐☐ LARS & CRADI-8 score calculators
- ☐☐ Stool diary (Bristol scale)
- ☐☐ Daily diet logging
- ☐☐ Pelvic floor & diet education
- ☐☐ Trend visualization & exportable PDF reports

The 'Monthly Quality of Life' screen features a list of seven statements, each with a slider from 1 to 4 (except for the last two which go to 10). The statements are: 'I avoid traveling due to bowel problems', 'I avoid social activities', 'I feel embarrassed by my condition', 'I worry others will notice my symptoms', 'I feel depressed because of bowel function', 'I feel in control of my bowel symptoms', and 'Overall satisfaction with bowel function'. A blue 'Submit' button is at the bottom.

Simple. Intuitive.
Daily use in 1-2 minutes.

- Easy **onboarding** – individualized codes
- **Track** bowel habits and **symptoms**
- **Monitor progress** via charts and scores
- **Share** reports with your physician
- **Education** for diet, exercises, and more



2:48 39

< Daily Symptoms

Stool/day
⊖ 2 ⊕

Pads used
⊖ 1 ⊕

Urgent
Yes No

Night stools
Yes No

Stool leakage
None Liquid Solid

Incomplete evacuation
Yes No

Bloating
0 10

Impact on life
0 10

What did you drink today?

Water

Submit

Benefits for **Physicians**

- See validated **scores and symptom** trends over time
- Quickly **identify worsening LARS** or non-response
- Discuss objective symptom data during **follow-up**
- **Save time** and improve **personalized care**
- Potential **integration into EMRs** or registries

What's next?

Pilot testing
with patients



Integrating
alerts & AI
suggestions



Multilingual
interface



Collaborators
for testing





Dovile Cerkauskaite, M.D.

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PROJECT IDEA AND CLINICAL
CONCEPT; SYMPTOM MODULES,
EDUCATIONAL CONTENT, AND APP
TEXTS; COORDINATION AND
COLLABORATION WITH DEVELOPER

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Benedikt Bachmetjev, M.D.

"

CLINICAL CO-DESIGN AND TECHNICAL
LEAD; APP DEVELOPMENT: DESIGN,
CODING, FULL-STACK
INFRASTRUCTURE

"



Audrius Dulskas, M.D., PhD

"

CLINICAL FEEDBACK AND USABILITY;
ASSESSED INTERFACE FROM
PHYSICIAN'S PERSPECTIVE;
CONTRIBUTED TO LOGIC AND DECISION
FLOW

"



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