Bridging the gap between Mind, Brain and Body: exosome role and monitoring

Fact Sheet

Project information

MindGAP

Grant agreement ID: 829040

Status

Ongoing project

Start date

1 April 2019

End date

31 March 2023

Funded under:

H2020-EU.1.2.1.

Overall budget:

€ 4 435 830

EU contribution

€ 4 435 830

Coordinated by:

Objective

MindGAP presents a radical new vision that may BRIDGE the GAP between HEALTH status and MIND/BODY interactions and lead to a paradigm shift in medicine. The disruptive idea presented herein is sustained by relevant data presented in the literature: (i) exosomes circulate throughout the body as messengers of health and disease, transporting genetic data to be delivered into a recipient cell; (ii) and exosomes are implicated in brain activity, having the ability to cross the blood brain barrier. Thus, when exosomes circulate and exit the brain to peripheral cells, there is a message transported therein, which is related to its cargo inside the vesicle. Overall, we aim to know which cargo is related to health and which cargo is related to disease. Traditionally, everyone has been looking for disease indicators to detect disease. Herein, we look for sensitive health indicators that may change under disease installation, therefore yielding an unprecedented early disease detection possibility. Moreover, the possibility of using MINDFULNESS meditation as a mind-related tool to control the cargo of exosomes is explored herein. If meditation is successful in changing the behaviour and attitudes of many people, fighting depression, etc., it means that the exosomes cargo may be changed through this process. Thus, this could be a major route to a self-healing approach before disease begins. Finally, all this knowledge opens doors to an innovative device that may be used by everyone to understand his/her health status. Overall, MindGAP targets (i) the missing relation between the genetic data in EXOSOMES and health status; (ii) interfacing this link with MIND-related activities; (iii) and to create an INNOVATIVE and PORTABLE DEVICE that TRACKS EXOSOMES and ANALYSIS their relevant genetic data, thereby allowing each individual to correlate this information.
with their own HEALTH STATUS and the installation of a pro-active attitude of each one of us against disease.

**Field of Science**

/humanities/languages and literature/literature - general

**Programme(s)**

H2020-EU.1.2.1. - FET Open

**Topic(s)**


**Call for proposal**


[See other projects for this call](#)

**Funding Scheme**

RIA - Research and Innovation action

**Coordinator**

*INSTITUTO SUPERIOR DE ENGENHARIA DO PORTO*

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<th>Address</th>
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<th>EU Contribution</th>
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<td>Rua Dr Antonio Bernardino De Almeida 431 4200-072 Porto</td>
<td>Higher or Secondary Education Establishments</td>
<td>€ 1 159 931,25</td>
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[Contact the organisation](#)

**Participants** (4)
<table>
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<tr>
<th>Organisation</th>
<th>EU Contribution</th>
<th>Address</th>
<th>Activity type</th>
</tr>
</thead>
<tbody>
<tr>
<td>OULUN YLIOPISTO</td>
<td>€ 866 656,25</td>
<td>Pentti Kaiteran Katu 1 90014 Oulu</td>
<td>Higher or Secondary Education Establishments</td>
</tr>
<tr>
<td>Teknologian tutkimuskeskus VTT Oy</td>
<td>€ 826 342,50</td>
<td>Vuorimiehentie 3 02150 Espoo</td>
<td>Research Organisations</td>
</tr>
<tr>
<td>INSTITUTO PORTUGUES DE ONCOLOGIA DO PORTO FRANCISCO GENTIL, EPE</td>
<td>€ 793 525</td>
<td>Rua Antonio Bernardino Almeida 4200-072 Porto</td>
<td>Public bodies (excluding Research Organisations and Secondary or Higher Education Establishments)</td>
</tr>
<tr>
<td>LINNEUNIVERSITETET</td>
<td>€ 789 375</td>
<td>Linnaeus University 35195 Vaxjo</td>
<td>Higher or Secondary Education Establishments</td>
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