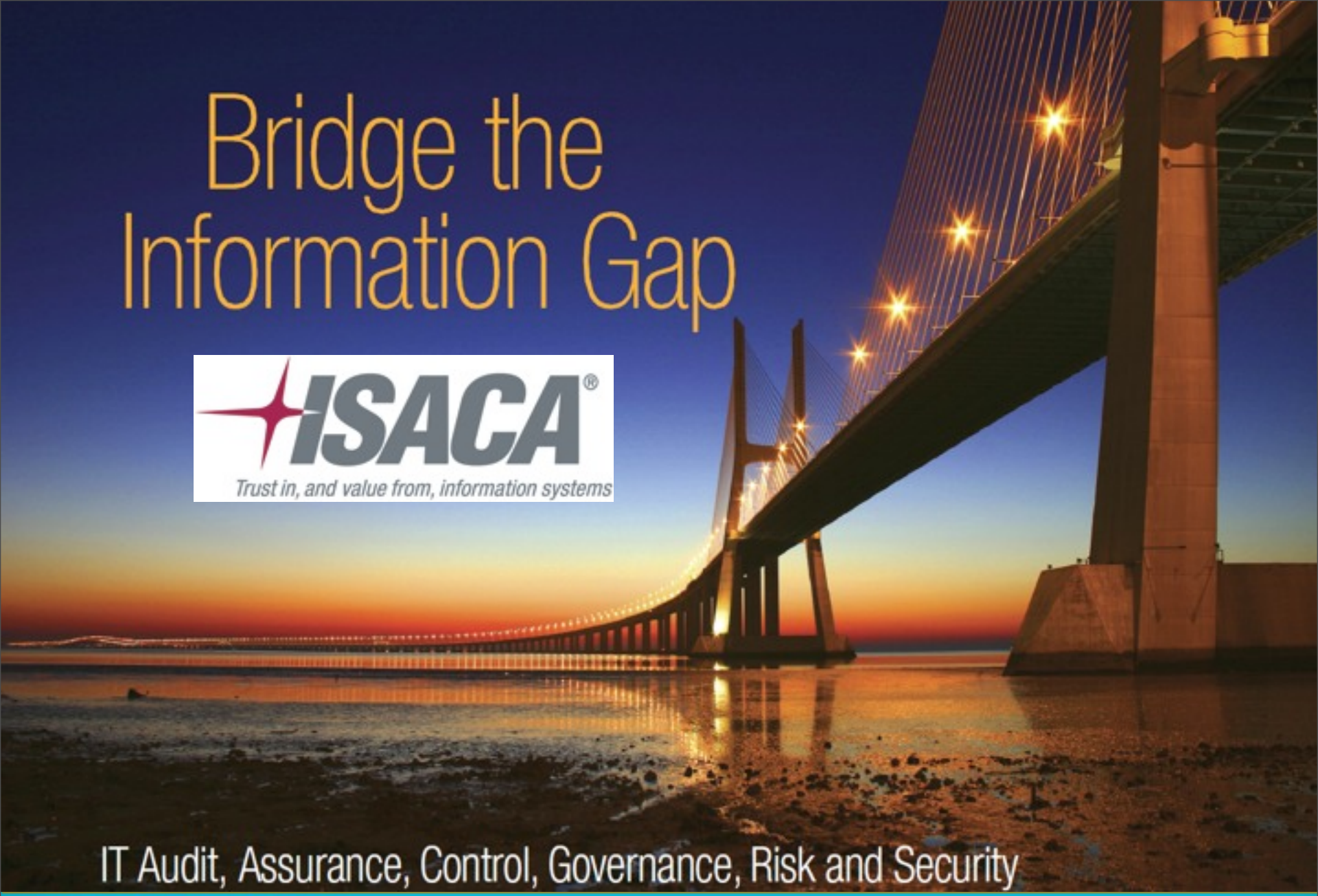
10 IT trends influencing the Information Security Profession

Marc Vael
ISACA

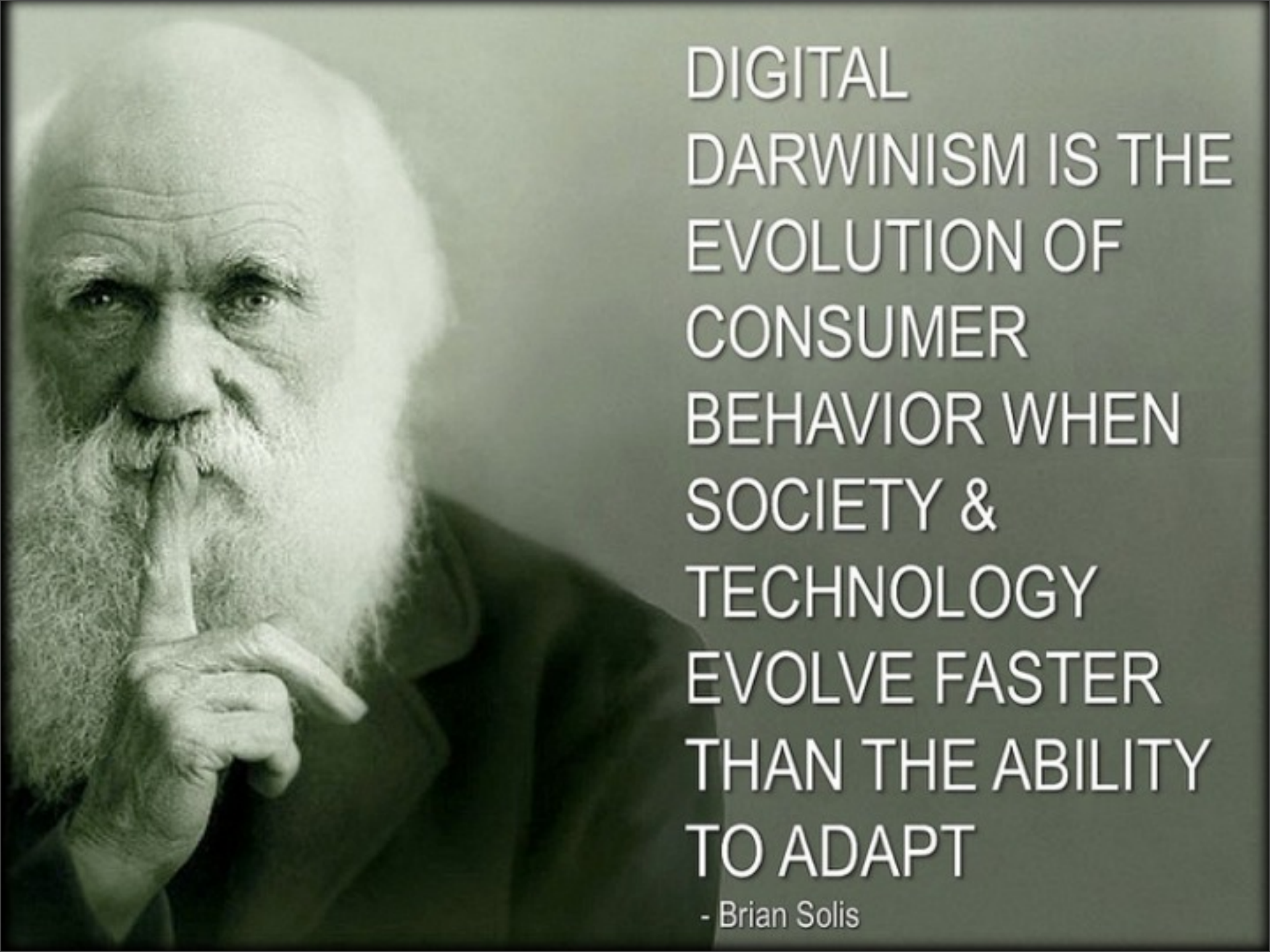
Security in knowledge

RSA CONFERENCE EUROPE 2013

SECT-W07


Bridge the
Information Gap
ISACA®
Trust in, and value from, information systems
IT Audit, Assurance, Control, Governance, Risk and Security

Information is emerging as the
most important business asset
of the 21st century.


DIGITAL DARWINISM IS THE EVOLUTION OF CONSUMER BEHAVIOR WHEN SOCIETY & TECHNOLOGY EVOLVE FASTER THAN THE ABILITY TO ADAPT
- Brian Solis

1. Hyperconnectivity

FREE INTERNET
FREE CHARGE FOR YOUR ELECTRONICS
FREECHARGE
STATION
DFW
FREE INTERNET
FREE INTERNET
FREE INTERNET
FREE INTERNET

facebook
foursquare
Gowalla
MOSCONE
WEST

Google
we're famous, find us
on Google Maps
maps.google.co.uk

Guessing Your Interests

Like · Dislike · Comment · 1 minute ago

The site will actually ***guess your interests*** based on those of your friends, even if you've provided ***NO information.***

Sharing Your Phone Number

Like · Dislike · Comment · 1 minute ago

Your ***phone number*** and other ***contact info*** is made available to ***FB developers.***

Since some of these developer platforms include ***malware*** and the like, this could have ***very unpleasant consequences.***

Mapping Your Location

Like · Dislike · Comment · 1 minute ago

With ***Facebook Places,*** your account updates ***where you are*** when you post, sharing with the world ***your location.***

Forecasting Your Breakups

Like · Dislike · Comment · 1 minute ago

Facebook can actually ***scan status updates*** for specific words and has shown that after Valentine's Day and before spring break are the ***biggest seasons for breakups.***

Missing Information Leaks

Like · Dislike · Comment · 1 minute ago

Certain Facebook applications, such as Farmville, have been found to be ***leaking information*** to ***third parties,*** including advertisers.

Keeping Track of Your Habits

Like · Dislike · Comment · 1 minute ago

By clicking the ***"Like"*** button on other sites, Facebook can track your web habits and see which sites you spend more time on.

The ***"Like"*** button is ***considered illegal*** in Germany, with a 50,000 euro fine.

Messages
FaceTime
Photo Booth
Calendar
Clock
Maps
Newsstand
Reminders
Notes
Contacts
Settings
Game Center
App Store
iTunes
Music
Videos
Mail
Safari

Start
Wendy Teo
Justin
Harrison

Messages
Photo
What can I help you with?

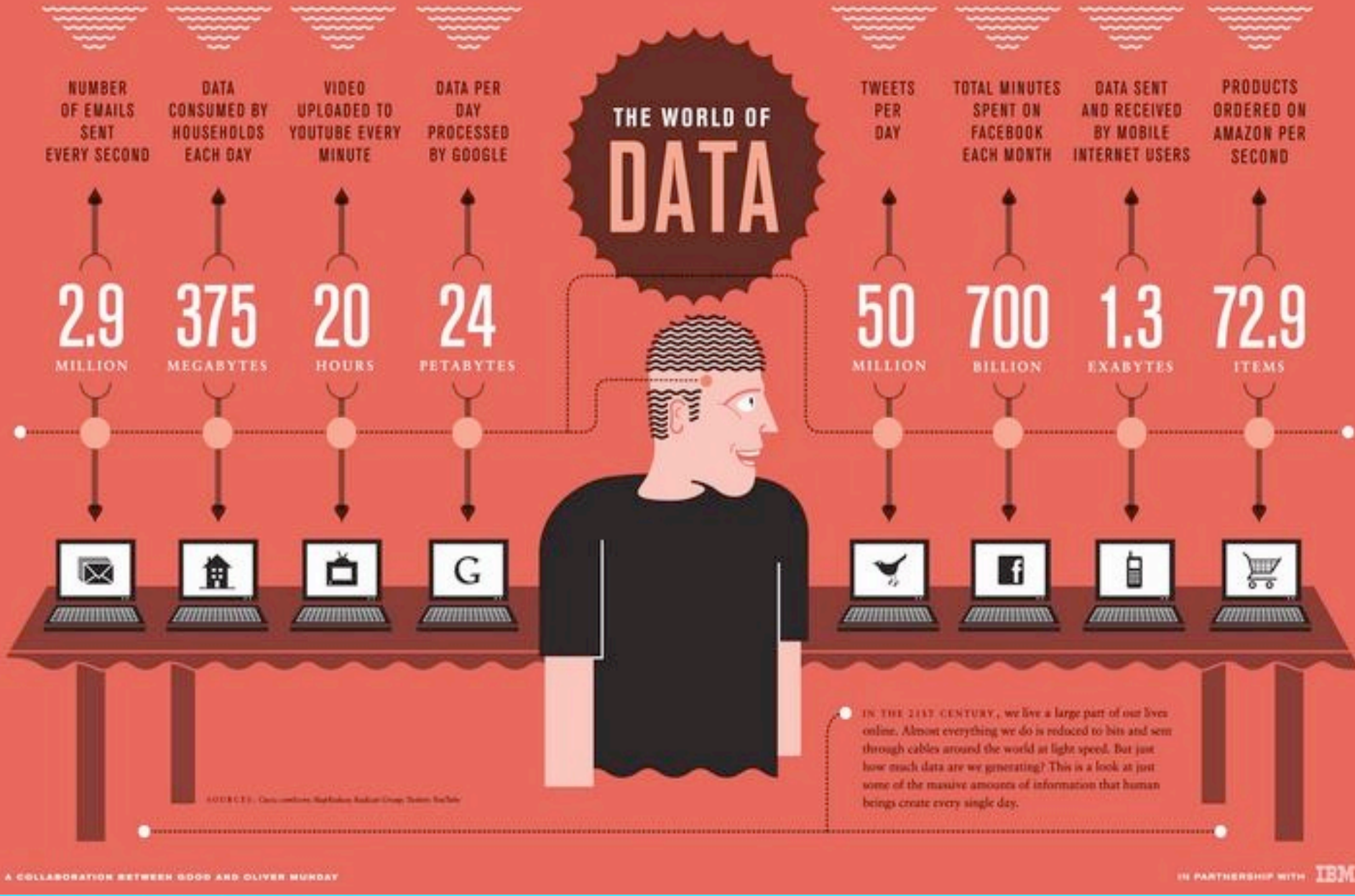
By 2017,
40% of enterprise contact information will have leaked into Facebook via employees' increased use of mobile device collaboration applications.

1. “mobile” is the ecosystem of devices interacting with each other.
2. CISOs will take advantage of the vast amounts of geo-location data to build business information security experience programs.

▶ **HYPERCONNECTIVITY**

2.
Data Tsunami

VOLUME
VELOCITY
VALUE
VARIETY
VERIFICATION


THE WORLD OF
DATA
NUMBER OF EMAILS SENT EVERY SECOND
2.9
MILLION
DATA CONSUMED BY HOUSEHOLDS EACH DAY
375
MEGABYTES
VIDEO UPLOADED TO YOUTUBE EVERY MINUTE
20
HOURS
DATA PER DAY PROCESSED BY GOOGLE
24
PETABYTES
TWEETS PER DAY
50
MILLION
TOTAL MINUTES SPENT ON FACEBOOK EACH MONTH
700
BILLION
DATA SENT AND RECEIVED BY MOBILE INTERNET USERS
1.3
EXABYTES
PRODUCTS ORDERED ON AMAZON PER SECOND
72.9
ITEMS
IN THE 21ST CENTURY, we live a large part of our lives online. Almost everything we do is reduced to bits and sent through cables around the world at light speed. But just how much data are we generating? This is a look at just some of the massive amounts of information that human beings create every single day.
A COLLABORATION BETWEEN GOOD AND OLIVER MUNDAY
IN PARTNERSHIP WITH IBM

UMass Student Exposes Serious Flaws in Harvard Economists' Influential Study

AP, University of Maryland

Like 240 Tweet 16 +1 0 Share Print article Email article Comments (7)

J.K. TROTTER | 3,052 Views | APR 18, 2013

For the the past four days, the insulated world of economics has been thoroughly captivated by an otherwise stuffy-sounding 26-page paper titled "Does High Public Debt Consistently Stifle Economic Growth? A Critique of Reinhart and Rogoff." In it, a 28 year-old University of Massachusetts grad student named Thomas Herndon, along with two of his teachers, identify several errors in an much-discussed 2010 paper (called "Growth in Time of Debt") written by two Harvard economists, Carmen Reinhart and Kenneth Rogoff, about the relationship between high

By 2015, Big Data demand will reach 4.4 million jobs globally, but only 1/3 of those jobs will be filled.

1. Clear achievable security project goals will help to align business needs to data opportunities.
2. Sensible, adaptable data strategy and data governance rules will help share valuable data.
3. Most data security projects will be ongoing & iterative. Initial data assumptions & objectives will need to be reviewed frequently

► DATA TSUNAMI

3.
Truly Virtual Money

Stop
Corr
VISA

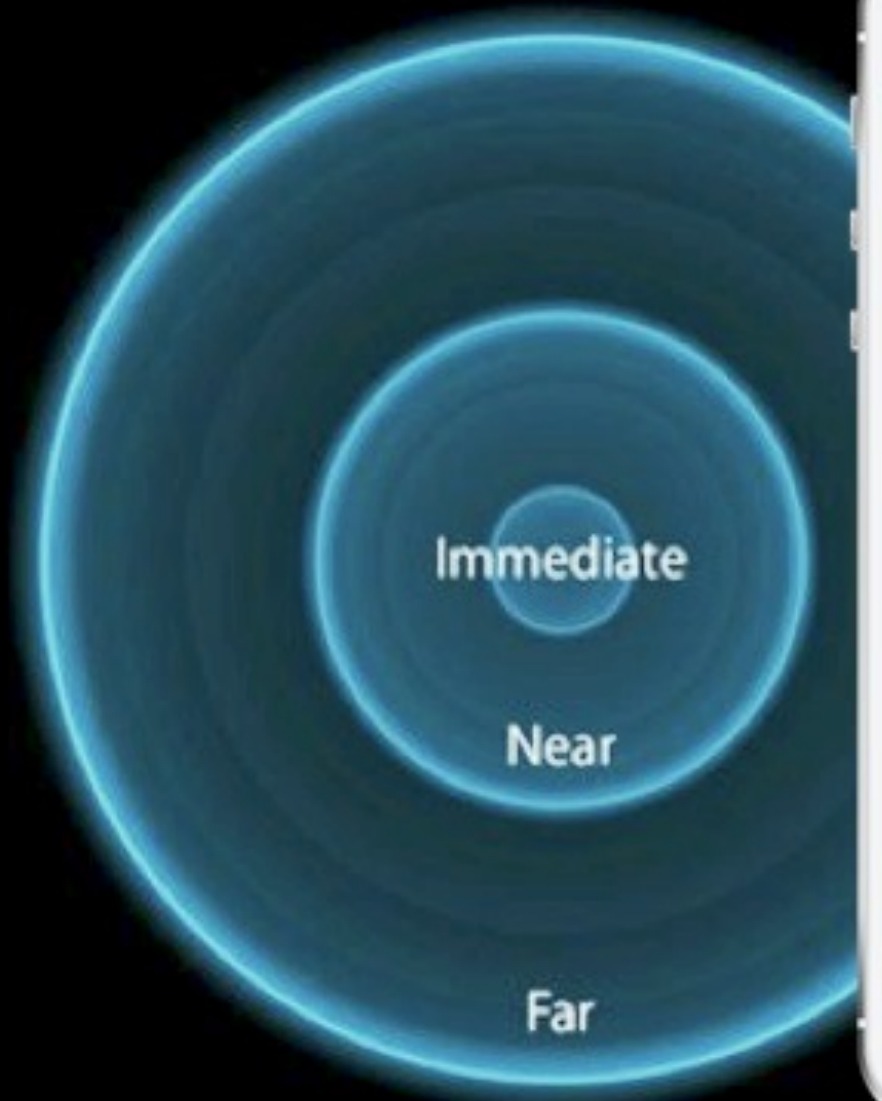
VISA
0000 0000 0000
JOHN SMITH
PayPal Here
AT&T 3G
10:00 AM
PayPal Here

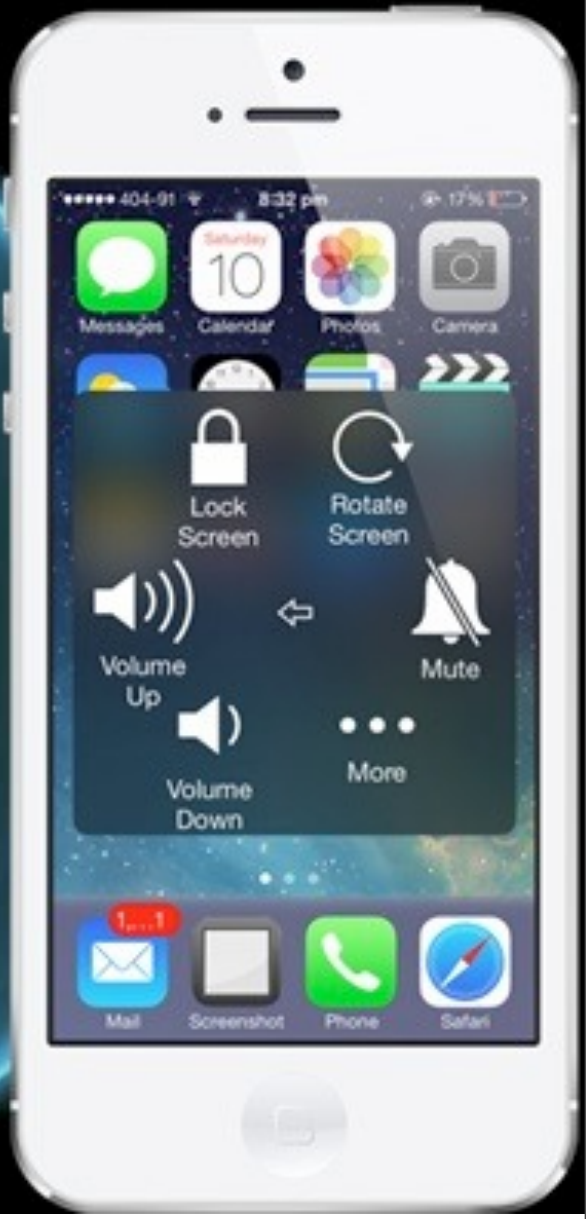
Description
Qty
Price
BALANCE REFRESH JUICE 16.9Z
1
1.99
DELISH ELECTROLYTE WATER
1L
1
1.59
BOTTLE DEPOSIT
1
0.05
Rewards #: *********4785
Amount Paid: 0.00
Balance Due: 3.95
Please Swipe or Tap
English
Español
Now Accepting
Google wallet

iBeacons

Ranging

Unknown

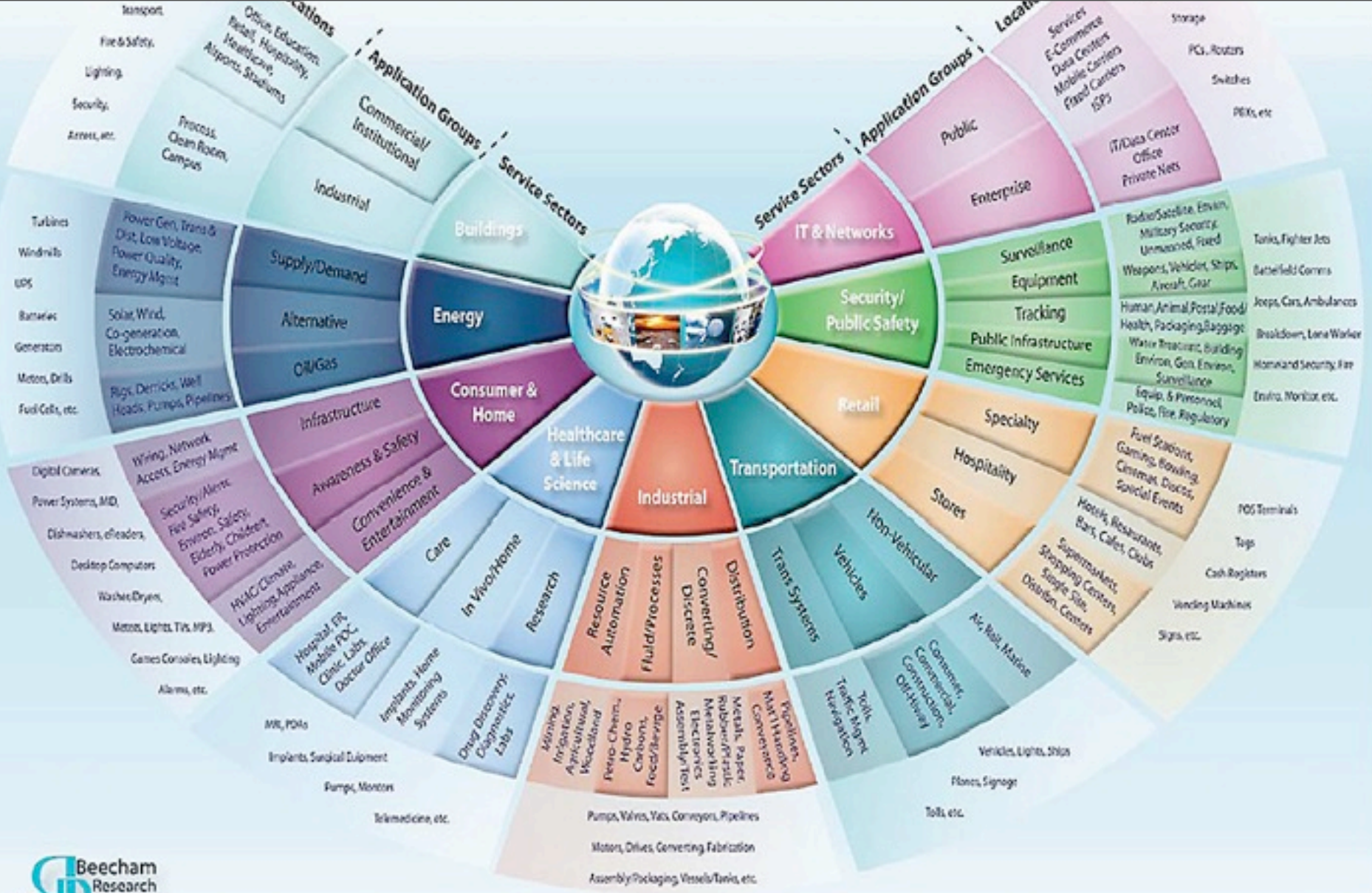




1. Security around financial transactions will be user and company friendly.
2. Mechanisms to handle incidents and theft will be simple and effective.

▶ TRULY VIRTUAL MONEY

4.
Internet of Things


Service Sectors
Application Groups
Energy
Buildings
Industrial
Commercial/ Institutional
Supply/Demand
Alternative
Oil/Gas
Consumer & Home
Infrastructure
Awareness & Safety
Convenience & Entertainment
Healthcare & Life Science
Care
In Vivo/Home
Research
Industrial
Resource Automation
Fluid/Processes
Converting/ Discrete
Distribution
Transportation
Trans Systems
Vehicles
Non-Vehicular
Retail
Specialty
Hospitality
Stores
IT & Networks
Public
Enterprise
Security/ Public Safety
Surveillance
Equipment
Tracking
Public Infrastructure
Emergency Services
Beecham Research

+50% of internet connections => things (M2M)

- **2011:**

  15 billion connected things /

  50 billion intermittent connections.

- **2020:**

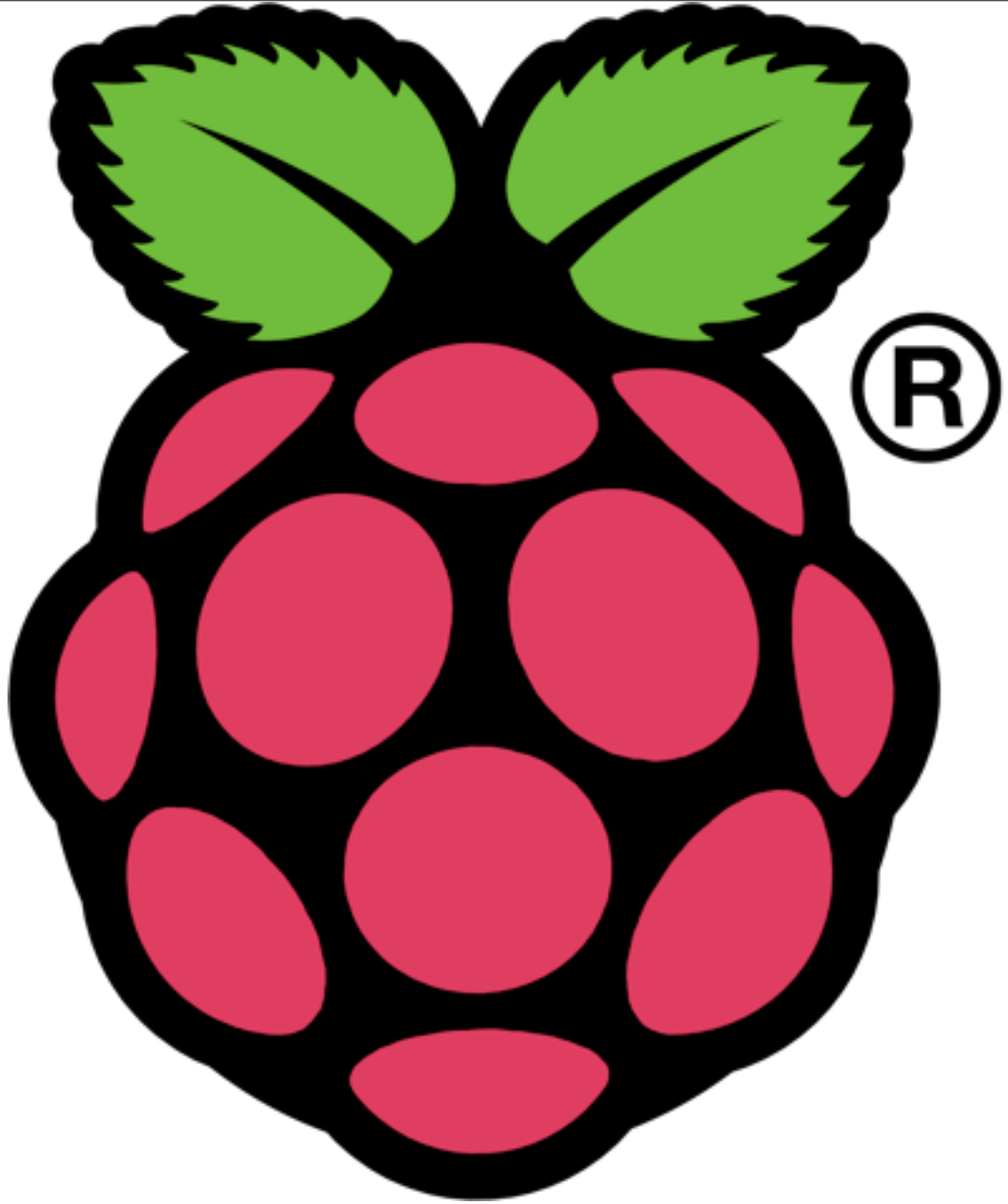
  30 billion connected things /

  200 billion intermittent connections.

- **Key technologies: embedded sensors, image recognition and NFC.**

- **Wearable smart electronics in shoes, tattoos and accessories will emerge as $10 billion industry by 2016.**

7
celebrities
in WEARABLE TECH



Raspberry Pi
RS

ZSL

Main Menu
History
Messages
Targets
Billing
Feed-In
Tariffs
Settings
Help
Home
British Gas
Back

SMART METER
FREE ZONE
www.foire.org

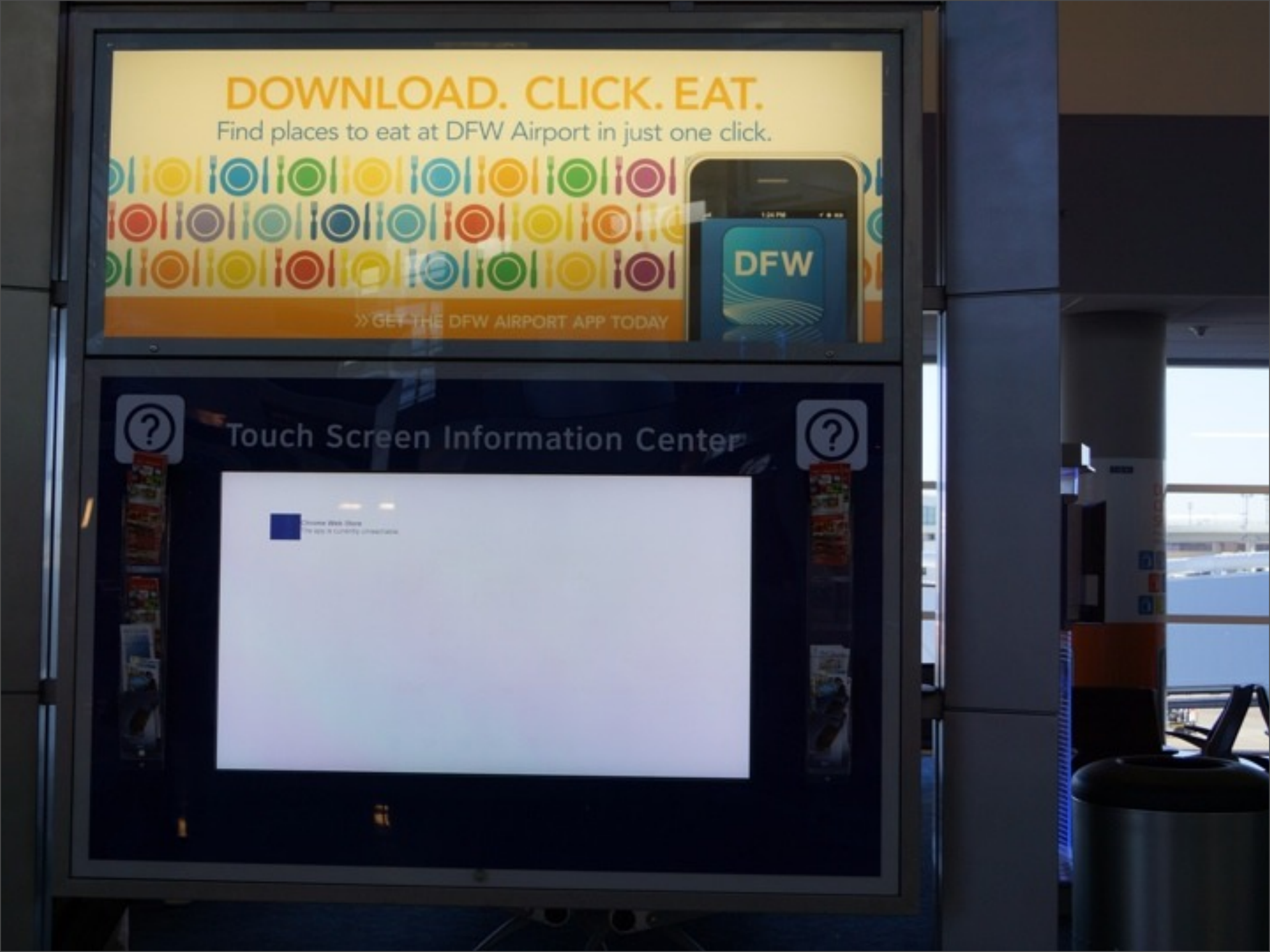
Google Glass Is Banned
On These Premises

Windows
A fatal exception 0E has occurred at 0028:C0011E36 in VXD VMM(01) +
00010E36. The current application will be terminated.
* Press any key to terminate the current application.
* Press CTRL+ALT+DEL again to restart your computer. You will
lose any unsaved information in all your applications.
Press any key to continue _

Departures
Your questions answered
Where can I find a Customer Service Desk?
For Customer Service Desk Central and baggage drop, follow signs for gate A10.
For Customer Service Desk South, follow signs for gates A13 & A14.
Terminal 5
A
B
C
via transit
via transit
Gates A1-A23
10 minutes
Gates B32-B48
15 minutes
Please allow enough time to reach your gate

Voie
17

BEST BUY
EXPRESS
BEST BUY® STORE PRICES.® KIOSK CONVENIENCE.


DOWNLOAD. CLICK. EAT.
Find places to eat at DFW Airport in just one click.
DFW
GET THE DFW AIRPORT APP TODAY
Touch Screen Information Center

Chrome Web Store

The app is currently unreachable.

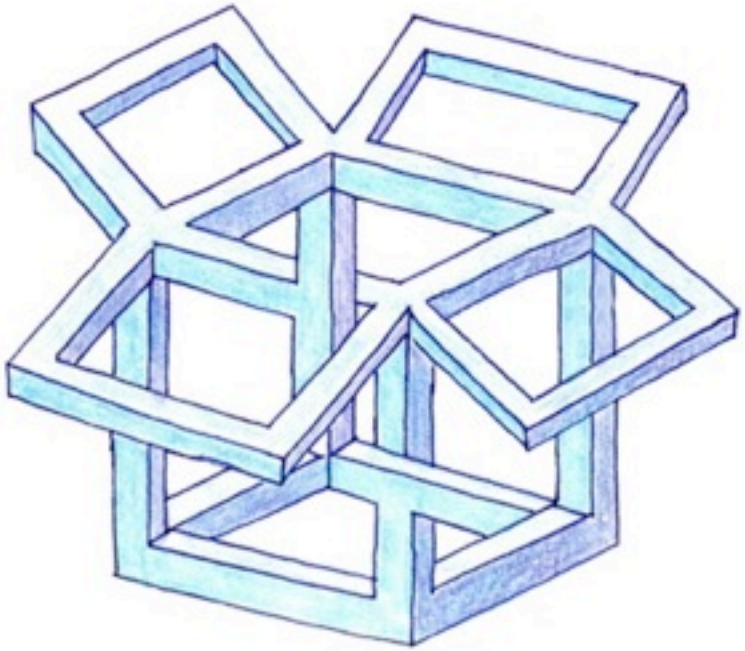
Cloud Drive Is Experiencing Problems.

Unfortunately Cloud Drive is not responding at the moment. We are working on this and Cloud Drive will be back as soon as possible.

Do you need help? Explore our Help pages or contact us

Go to the Manage your Cloud Drive page

Go to the Manage your Cloud Drive page © 2011, Amazon.com, Inc. or its affiliates



Error (404)

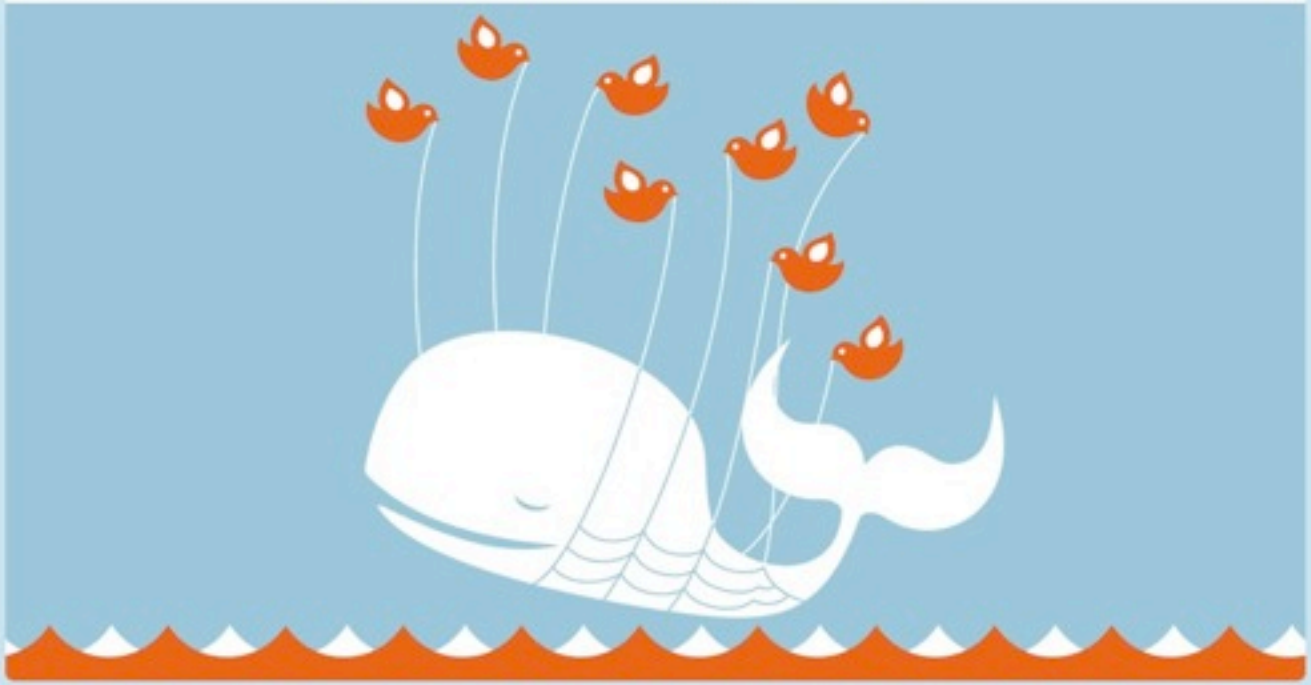
We can't find the page you're looking for. Check out our Help Center and forums for help, or head back to home.

twitter

Home ›

Twitter is over capacity.

Please wait a moment and try again. For more information, check out Twitter Status »



English Deutsch Español Français Italiano 日本語

한국어

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twitter

Home ›

Something is technically wrong.

Thanks for noticing—we're going to fix it up and have things back to normal soon.

English Deutsch Español Français Italiano 日本語

한국어 Português

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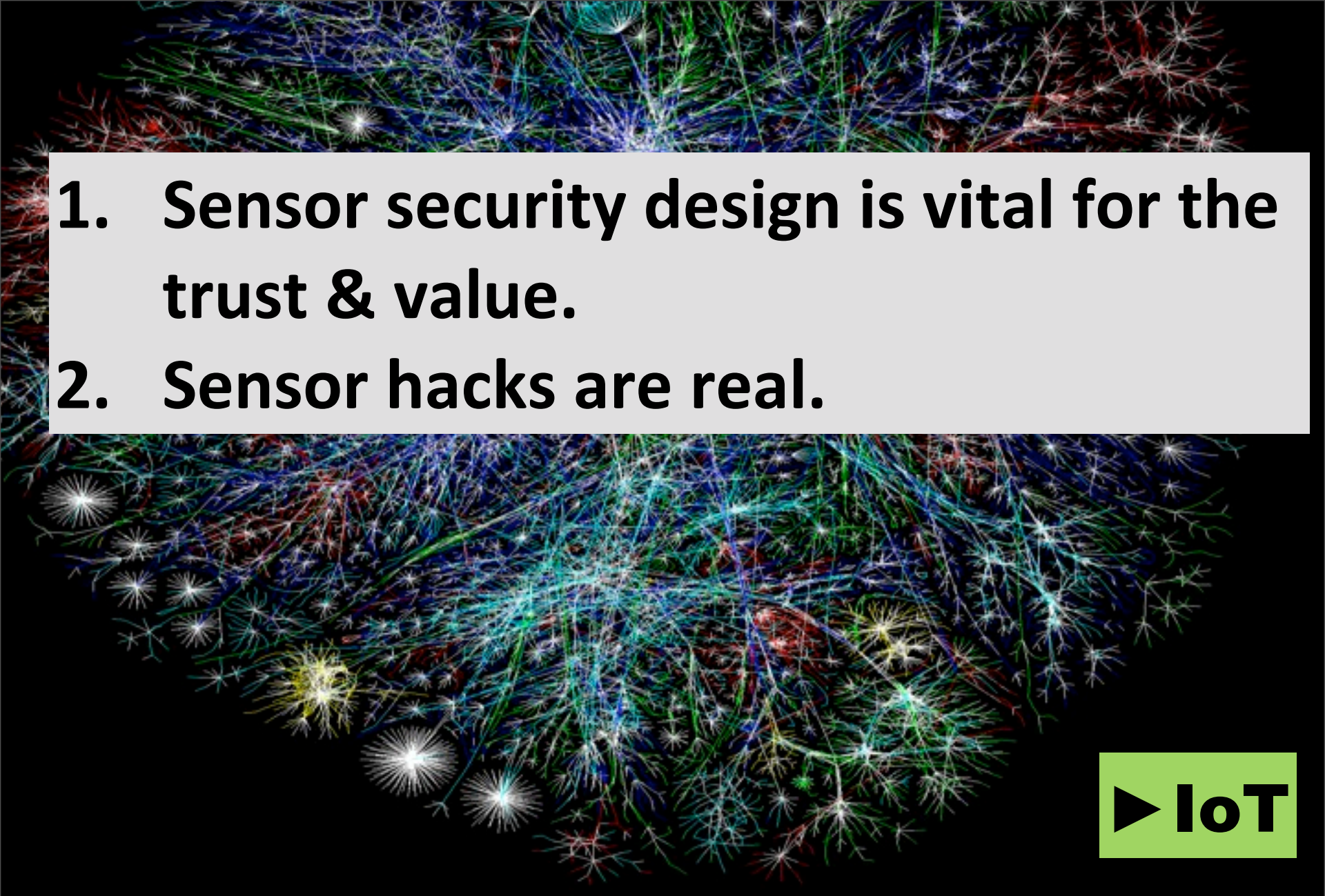
Google

502. That's an error.

The server encountered a temporary error and could not complete your request.

Please try again in 30 seconds. That's all we know.



1. Sensor security design is vital for the trust & value.
2. Sensor hacks are real.

▶ IoT

5. Personalized Privacy

"On the Internet, nobody knows you're a dog."

“But why should I worry about privacy?

I have nothing to hide.”

CNBC

DOCTOR FUN

16 Jan 2006

Copyright © 2006 David Farley, d-farley@ibiblio.org
http://ibiblio.org/Dave/drfun.html

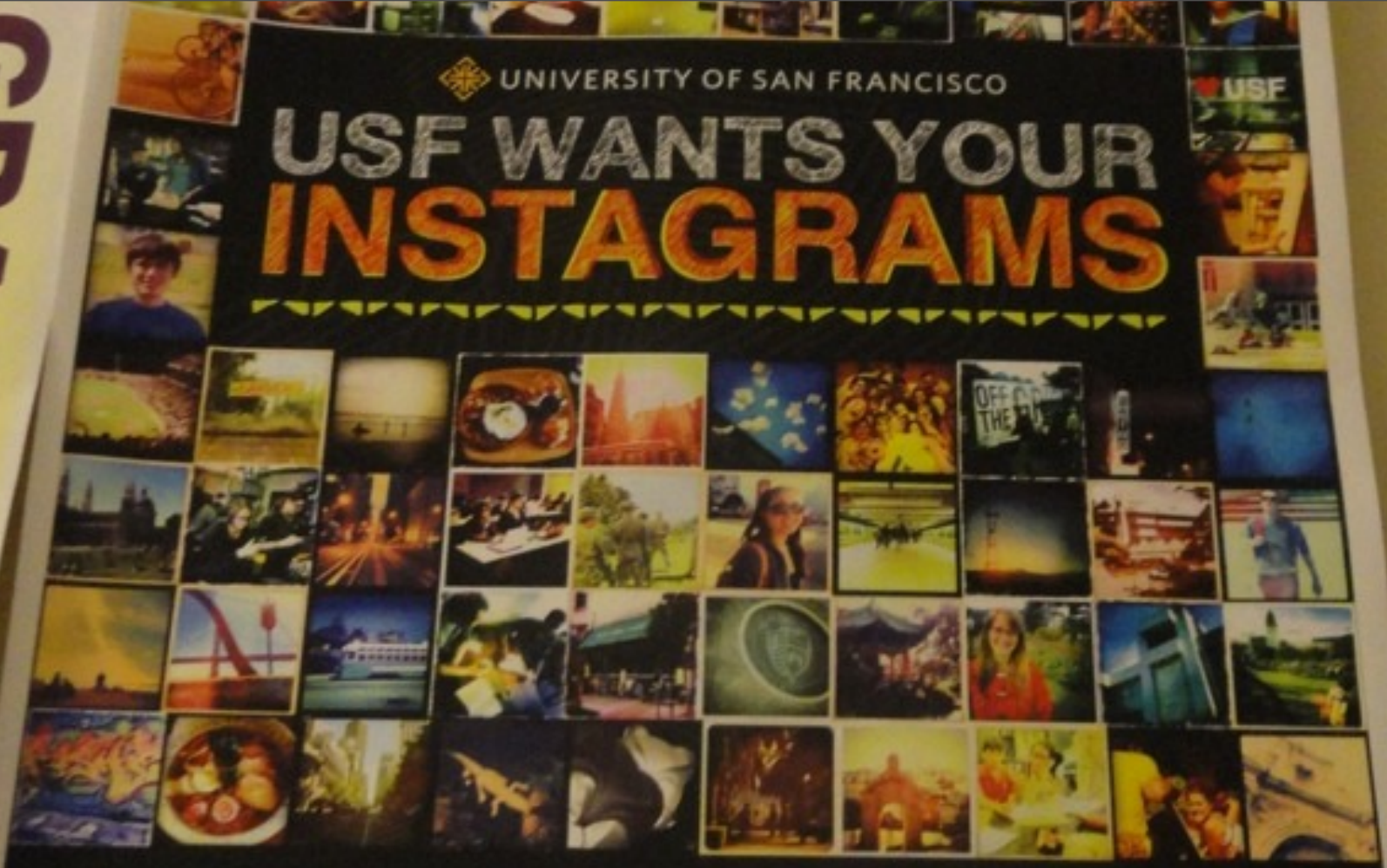
This cartoon is made available on the Internet for personal viewing only. Opinions expressed herein are solely those of the author.

GAFA

GRADS!

UNIVERSITY OF SAN FRANCISCO

USF WANTS YOUR INSTAGRAMS



The USF Office of Communications and Marketing is looking for Instagram or Hipstamatic portraits of USF students, photos of cool hangouts around the city, and shots of student life and school spirit.

Send us your images by **May 18** *and they could be included in our undergraduate admissions materials and brochures!*

Teen posts public birthday party invitation on Facebook: 21,000 RSVPS - Teach kids Facebook privacy

FAMILY & PARENTING | SEPTEMBER 24, 2010 | BY: ROSS ELLIS | + SUBSCRIBE

facebook
Photo credit: facebook.com

Your teen is having a birthday party and wants to invite her friends. Is sending out party invitation s on Facebook the best way?

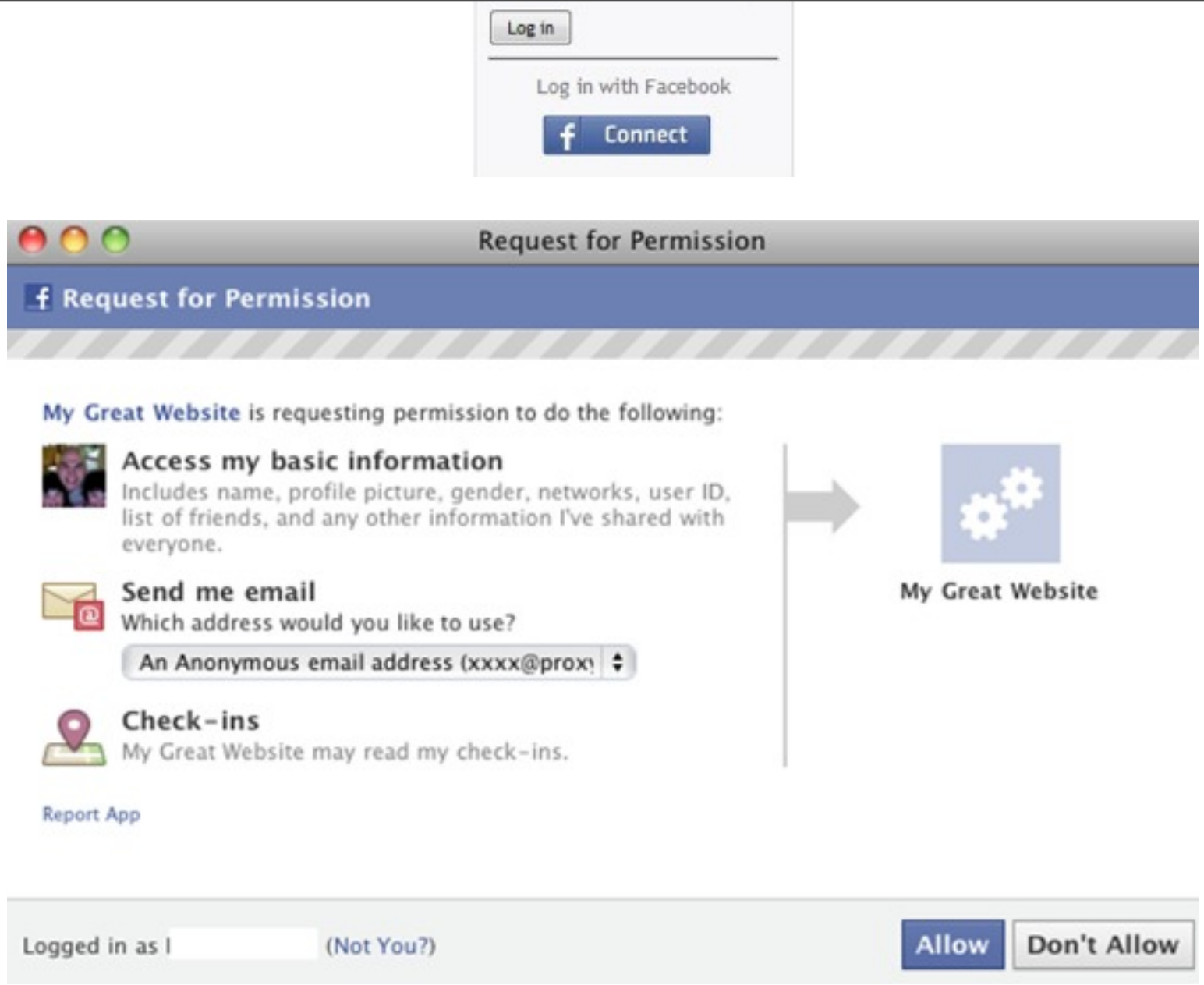
Rebecca Javeleau, 14, of England, created her birthday party event on Facebook, and got the shock of her life when she got 21,000 RSVPs.

Parents: Are you aware that anyone can view the RSVP on Facebook unless you uncheck the box next to the "anyone can view and RSVP" setting before clicking the "Create Event" button.

Rebecca got 21,000 RSVPs from around the world. Even from a fake Justin Bieber and Stephen Hawking.

Had she made her party a private affair, her regular invitation list would have RSVPd and her party would have gone off without a hitch.

The teen's mom cancelled the party, revoked Rebecca's Internet privileges and even called the police to ward off the Facebook party list!


Log in
Log in with Facebook
Connect
Request for Permission
Request for Permission
My Great Website is requesting permission to do the following:
Access my basic information
Includes name, profile picture, gender, networks, user ID, list of friends, and any other information I've shared with everyone.
Send me email
Which address would you like to use?
An Anonymous email address (xxxx@prox
Check-ins
My Great Website may read my check-ins.
Report App
My Great Website
Logged in as I
(Not You?)
Allow
Don't Allow

SNCB Leak Check | Home

SNCB Leak Check

This tool allows you to find whether you were exposed or not the SNCB data leak that occured in December 2012. Try searching for your name to know if you were exposed. If your name is popular, look up your email.

First Name | Lastname | Search

If your name is popular, you might want to check using your email.

Email | Search

Who ?

A citizen that cares about data protection. He believes that you have the right to know whether you're exposed or not.

What ?

This has been build in a few hours with an accent on privacy protection.

Donate

Help the Electronic Frontier Foundation to defend your rights in the digital world.

ELECTRONIC FRONTIER FOUNDATION

SNCB Leak Check Home

You've been exposed ?

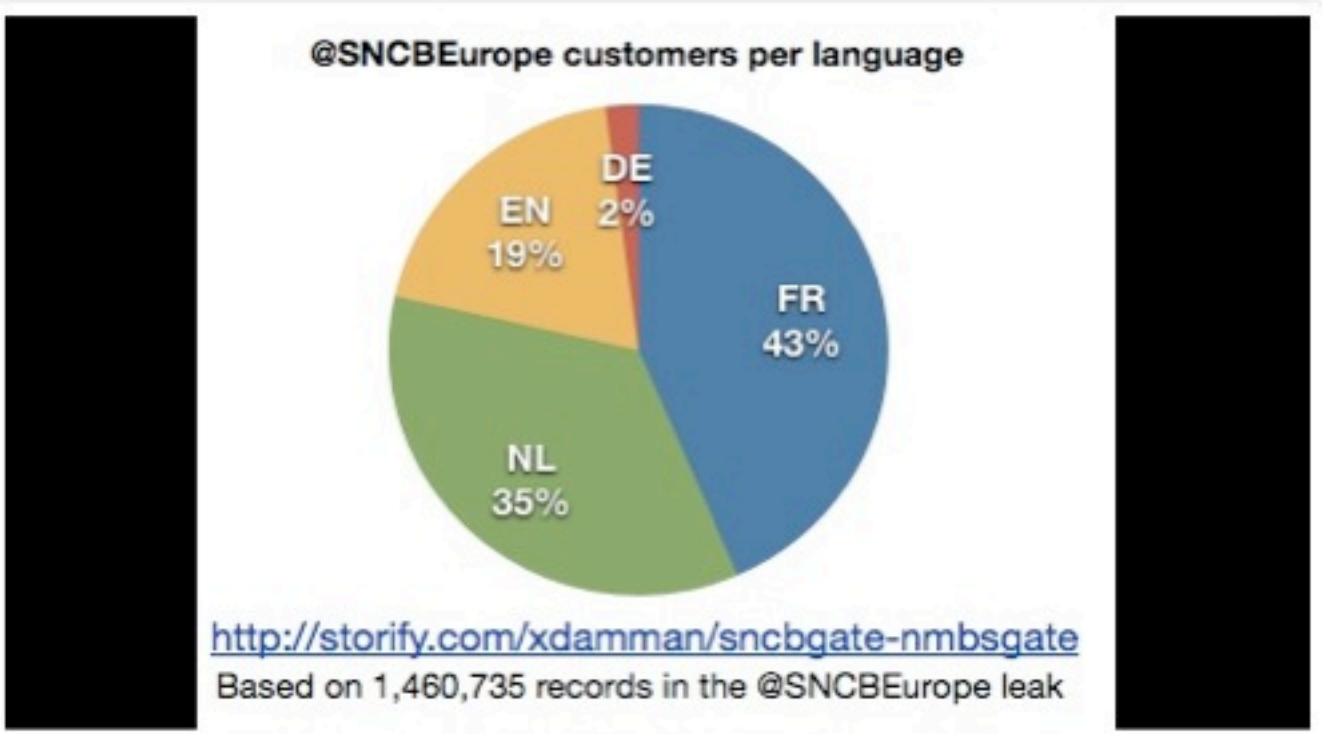
A grey label means that field was not exposed. An orange label means that field has been exposed.

Tweet it!

Firstname	Lastname	Birthdate	Email	Address	Phone
marc	vael	Not Exposed	Exposed	Street House Number Postal Code City Country	
marc	vael	Not Exposed	Exposed	Street House Number Postal Code City Country	

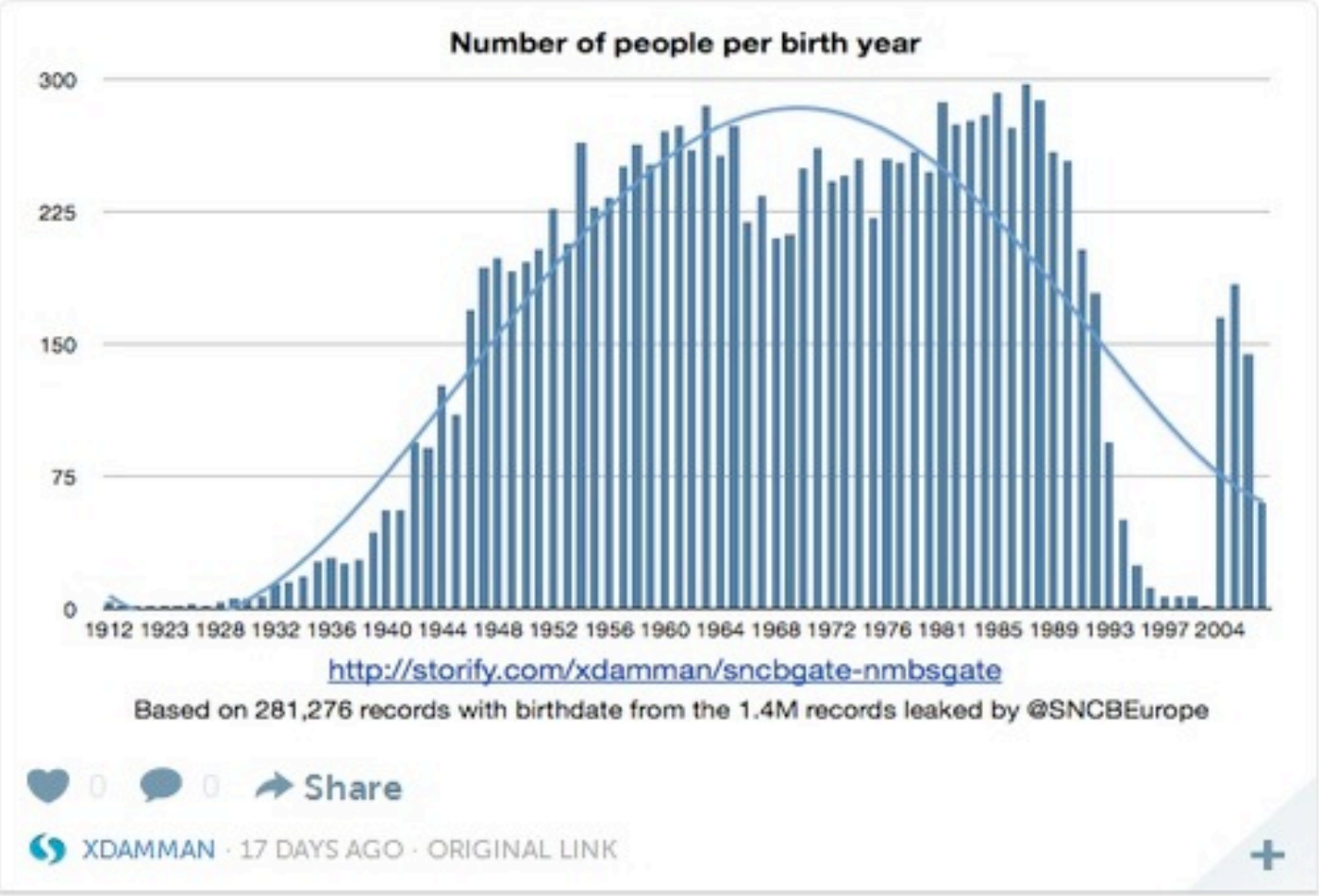
Language distribution

Guess what are the 3 official languages in Belgium?



Birth years distribution

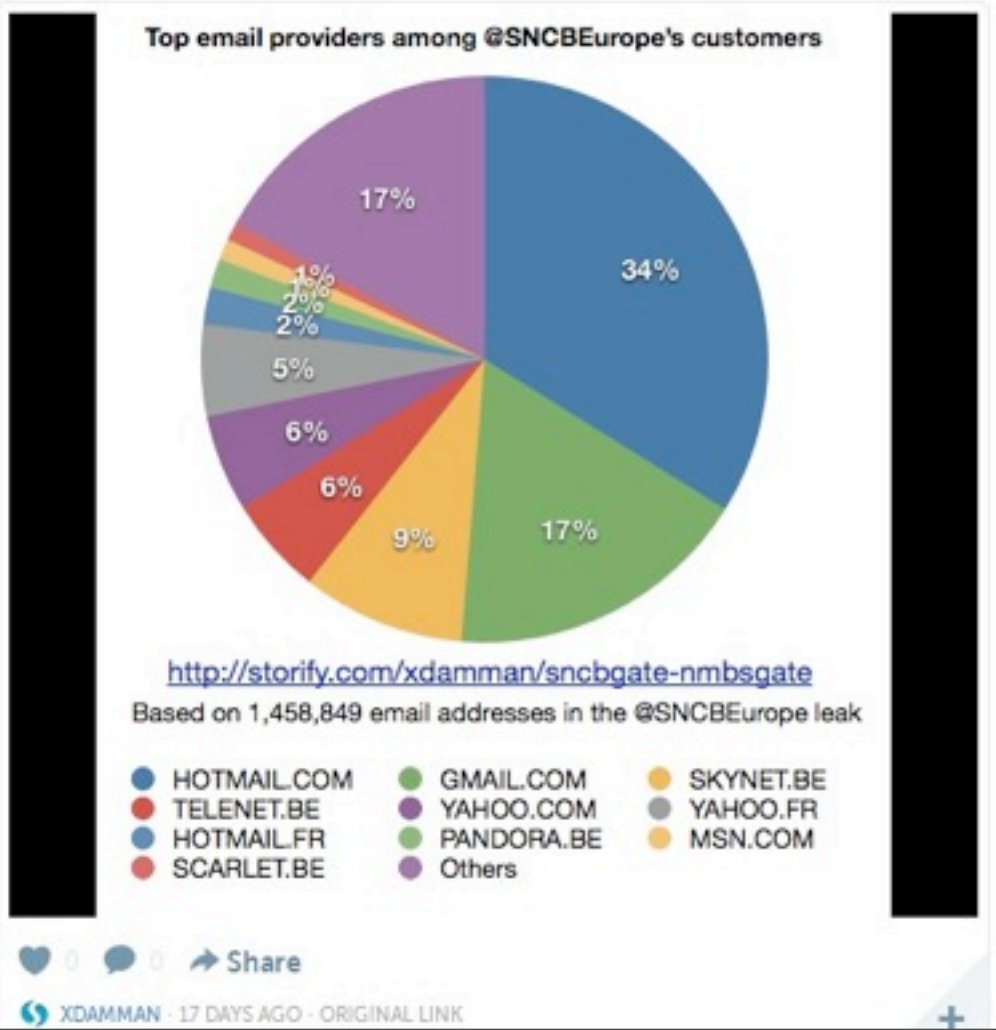
The listing includes the birthdate for 281,276 people. Here is the distribution (I had to remove 1980 and 2003 which were, for unknown reasons, disproportionally represented. Maybe a default value in their registration form?).



Top email providers

I've computed the top 1000 email providers. The top 5 are:

1. HOTMAIL.COM (363,202 email addresses)
2. GMAIL.COM (187,090)
3. SKYNET.BE (99,806) (very first Internet provider in Belgium)
4. TELENET.BE (60,011)
5. YAHOO.COM (59,293)



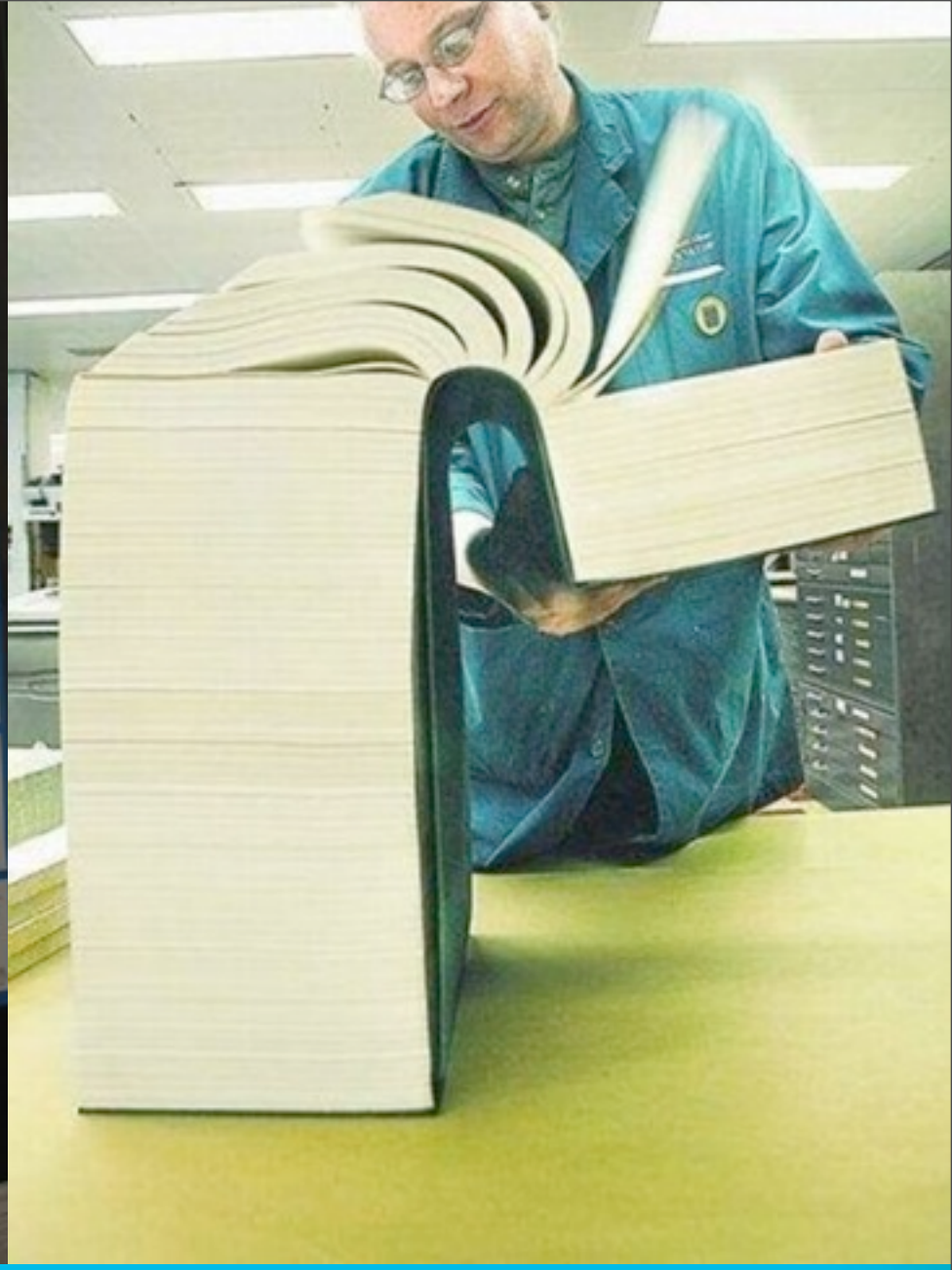
Geographic distribution [new]

@tgouverneur mapped the data on Google Maps to have a better view of the geographic distribution of all those customers.

Belgium as you could imagine, but there are also many (probably tourists or expatriates).

AUDIT CHECKLIST
Audit Satisfactory
Nonconformances Found
Observations Made

IT'S THE LAW!
1-800-321-OSHA
www.osha.gov
EMPLOYEE RIGHTS
$5.85 $6.55 $7.25
Occupational Safety & Health Notices
Employee Notice
CALL 911
First Aid Safety Procedures
IT'S THE LAW!
Sexual Harassment Is Forbidden By Law
1-800-321-OSHA
www.osha.gov



1. Security professionals keep investing in people awareness on privacy rules and risks
2. Data Protection Authorities will actively deal with privacy breaches.

► PERSONALIZED PRIVACY

6. Personalized eLearning

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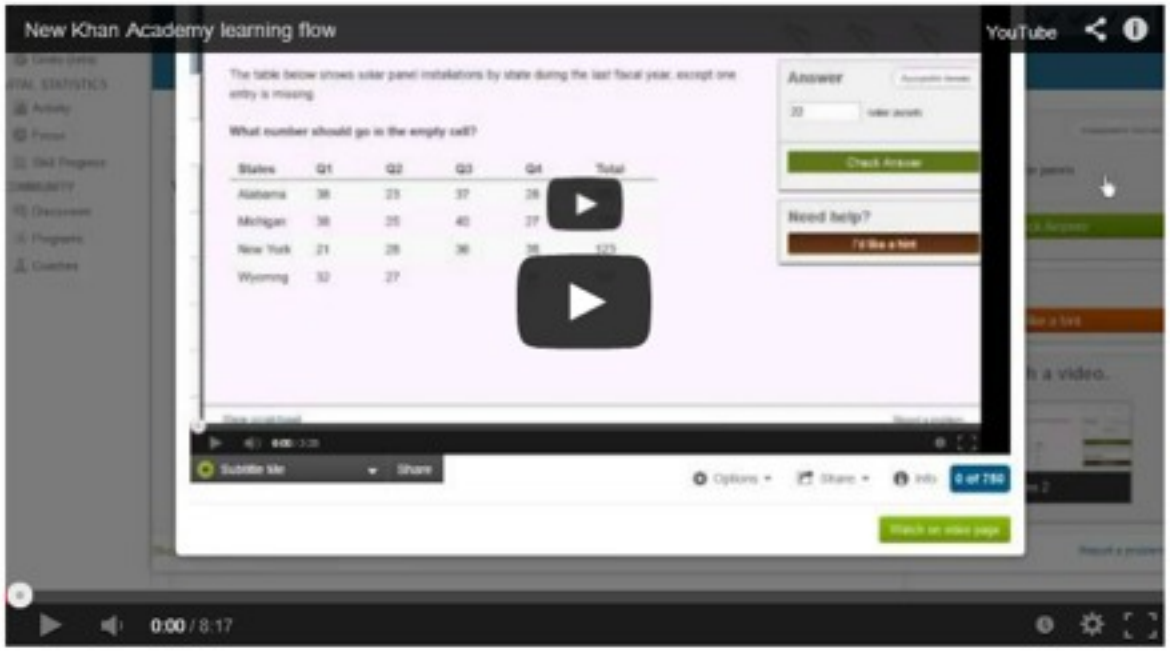
Our Mission Blog Our Team Our Interns Our Content Specialists Our Supporters Volunteer MCAT Video Competition

KHAN ACADEMY

A free world-class education for anyone anywhere.

Khan Academy is an organization on a mission. We're a not-for-profit with the goal of changing education for the better by providing a free world-class education for anyone anywhere.

All of the site's resources are available to anyone. It doesn't matter if you are a student, teacher, home-schooler, principal, adult returning to the classroom after 20 years, or a friendly alien just trying to get a leg up in earthly biology. Khan Academy's materials and resources are available to you completely free of charge.



How it works for students

Students can make use of our extensive library of content, including interactive challenges, assessments, and videos from any computer with access to the web.

Coaches, parents, and teachers

Coaches, parents, and teachers have unprecedented visibility into what their students are learning and doing on the Khan Academy.

coursera

Courses Partners About | marc vael

Welcome to Coursera!

Take the world's best courses, online, for free.

What would you like to learn about?

University of California, Santa Cruz »

YOUR COURSES

Problem with your course enrollments? Get help here.

Designing and Executing Information Security Strategies

Ended 3 months ago

University of Washington

Mar 25th (10 weeks long)

View class archive

View course info | Un-enroll

Recommendations for... Students Lifelong Learners Professionals

Study ahead. Take college-level courses not offered at school.

coursera

Courses Partners About | marc vael

Search by course name, category, university, or instructor

Global Partners (12) · US State Institutions (0)

Sort by Starting soon

- Starting Soon 3

Eligible For

- Signature Track 12

- **All Languages** 12
- English 12
- Russian 1
- Turkish 1
- Arabic 0
- Chinese 0
- French 0
- German 0
- Italian 0
- Japanese 0
- Portuguese 0
- Spanish 0
- Ukrainian 0

- **All Categories** 90
- Arts 1
- Biology & Life Sciences 17
- Business & Management 12
- Chemistry 1
- CS: Artificial Intelligence 3

Pennsylvania State University
Creativity, Innovation, and Change
with Jack V. Matson, Darrell Velegol & Kathryn W. Jablokow
Sep 1st 2013
8 weeks long
Signature Track

The University of North Carolina at Chapel Hill
Metadata: Organizing and Discovering Information
with Jeffrey Pomerantz
Sep 2nd 2013
8 weeks long
Signature Track

University of Minnesota
Introduction to Recommender Systems
with Joseph A Konstan & Michael D Ekstrand
Sep 3rd 2013
14 weeks long
Signature Track

University of California, Irvine
Foundations of Virtual Instruction
with Cindy Carbajal
Sep 30th 2013
5 weeks long
Signature Track

University of Michigan
Internet History, Technology, and Security
with Charles Severance
Oct 7th 2013
11 weeks long
Signature Track

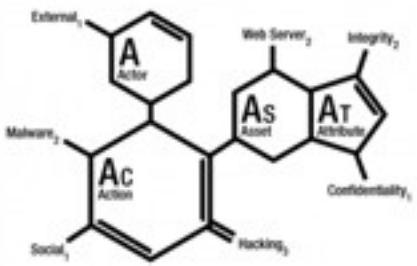
[[start]]

VERIS Community

Show pagesource | Search

Trace: • public • start
You are here: start

- VERIS Overview
- VERIS schema (GitHub)
- Schema documentation
  - Incident tracking
  - Victim demographics
  - Incident description
    - Actors
    - Actions
    - Assets
    - Attributes
  - Discovery & Response
  - Impact assessment
  - Indicators of Compromise
- Schema Enumerations
- VERIS Community Database
- VERIS form example
- Classification examples
- The A4 Grid
- Publications
- Mailing list
- Terms of use



The **Vocabulary for Event Recording and Incident Sharing (VERIS)** is a set of metrics designed to provide a common language for describing security incidents in a structured and repeatable manner. VERIS is a response to one of the most critical and persistent challenges in the security industry - a lack of quality information. VERIS targets this problem by helping organizations to collect useful incident-related information and to share that information - anonymously and responsibly - with others. The overall goal is to lay a foundation from which we can constructively and cooperatively learn from our experiences to better measure and manage risk.

This site serves as a central hub for all things VERIS. On it, you will find information and resources for leveraging VERIS in your organization as well as interacting with the growing community of users. We hope you'll become part of that community, and help build a set of valuable information that benefits us all.

Announcement

The VERIS wiki is moving from the original Zoho site to its new home here. If you are looking for the most up-to-date resources on VERIS, we recommend you grab the XML schema and related resources from GitHub and join the mailing list.

VERIS Resources

overview: A brief summary of VERIS and what it can do for you.

usage: An explanation of the terms of use associated with VERIS.

schema: The latest VERIS schema files are available on GitHub. We moved from beta to v1 in Jan 2013 (currently in json format) and will be maintaining a regular update schedule from this time forward (probably annually or bi-annually).

documentation: This wiki is the primary source of supporting documentation pertaining to the VERIS Community schema. When the current update process is complete, it will provide additional guidance and commentary on the schema and its use.

data: The VERIS Community Database (VCDB) is an open and free repository of publicly-reported security incidents in VERIS format. You can grab the raw data or use an interactive dashboard.

publications: We encourage those using VERIS to share incidents and/or publish their findings with the community. Those we know of are listed below (If this list looks short, that's because it is; wanna help us extend it?).

- Verizon's Data Breach Investigations Reports (DBIR) contain statistics from thousands of incidents classified using VERIS, and are available here.

interact: We know mailing lists have lost much of their former glory, but they're still a pretty good way to interact with a large group. VERIS has one, and you can sign up here

assistance: If you need to directly contact those responsible for developing and overseeing VERIS, send an email to admin {at} veriscommunity {dot} net.

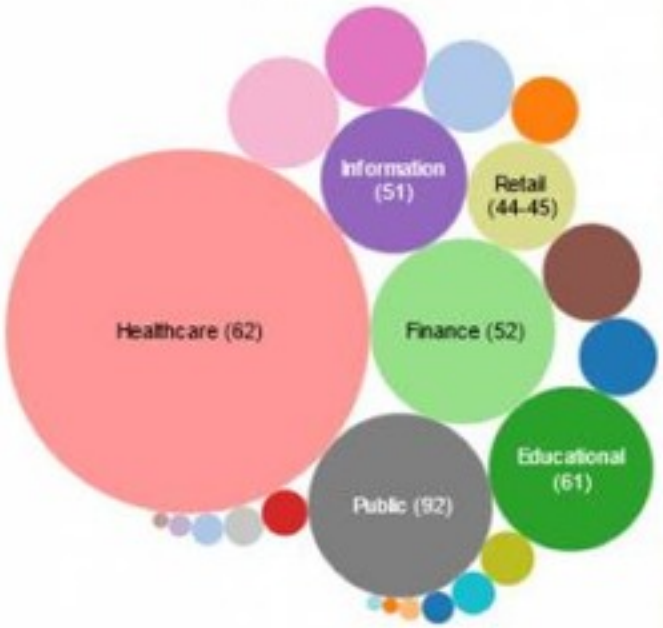
start.txt · Last modified: 2013/09/10 20:27 by wbak

Overview | Threat Actors | Actions | Assets | Timeline and Discovery

Please navigate using the tabs at the top

VERIS Community Database (VCDB)

Industries



Selecting (clicking) an industry above or an organizational size below will filter the categories shown on the right.

Organizational Size

("Small" organizations have less than 1,000 employees)

Share

The **Vocabulary for Event Recording and Incident Sharing (VERIS)** is a set of metrics designed to provide a comm language for describing security incidents in a structured and repeatable manner. VERIS is a response to one of the most critical and persistent challenges in the security industry - a lack of quality information. VERIS targets this problem by helping organizations to collect useful incident-related information and to share that information - anonymously and responsibly - with others. The overall goal is to lay a foundation from which we can constructively and cooperatively learn from our experiences to better measure and manage risk. Learn more at

Actor Categories *(see details on the "Threat Actors" tab above)*

Action Categories *(see details on the "Actions" tab above)*

Asset Categories *(see details on the "Assets" tab above)*

Time until Discovery *(see details on the "Timeline and Discovery" tab above)*

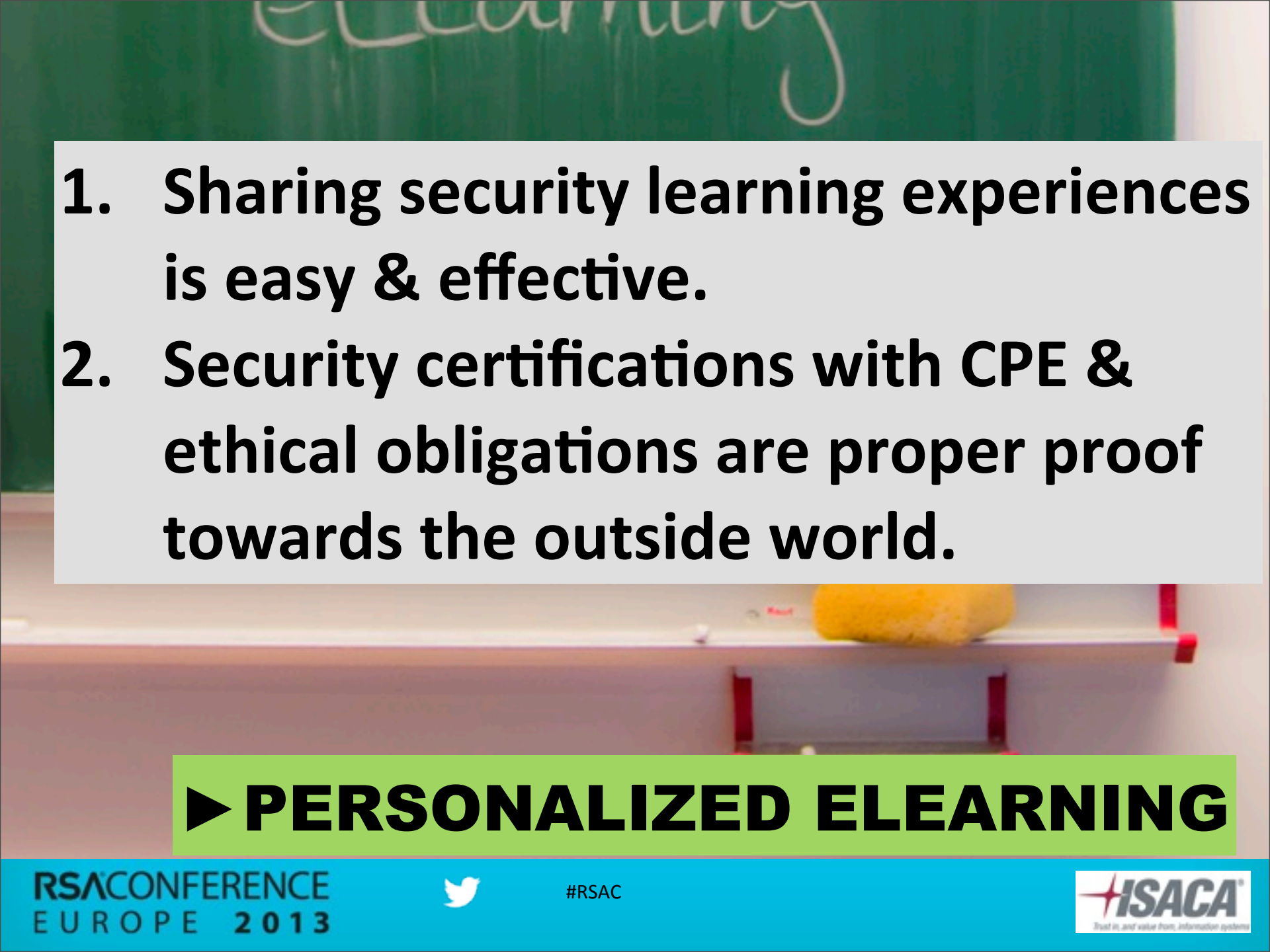
Incident Count

1,218

Last updated: June 13th, 2013

Like this? Visit veriscommunity.net

Want Data? Visit github.com/vz-risk



1. Sharing security learning experiences is easy & effective.
2. Security certifications with CPE & ethical obligations are proper proof towards the outside world.

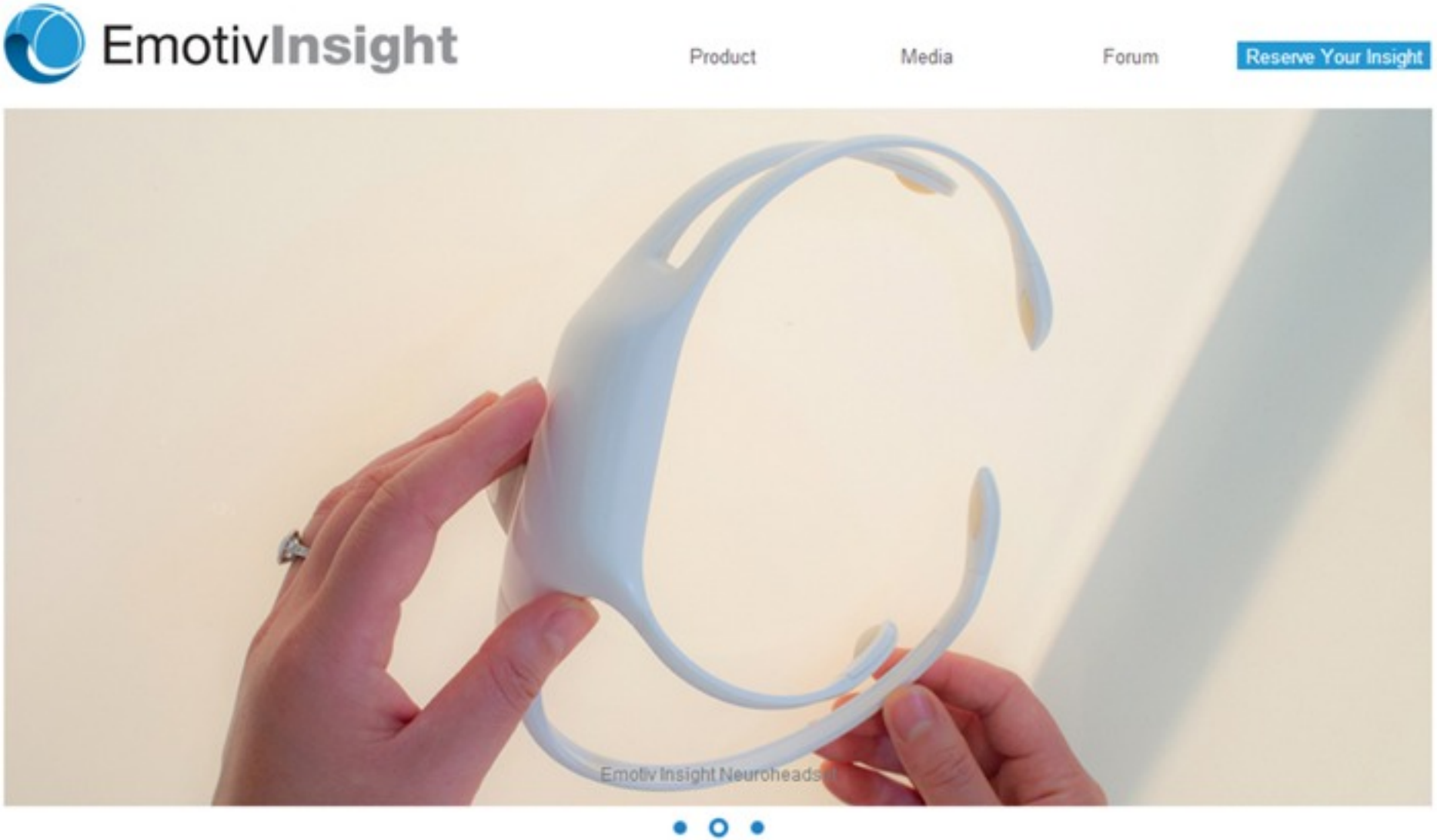
▶ PERSONALIZED ELEARNING

7.
Private Memory

Total recall

Eternal sunshine of the spotless mind

INCEPTION



What you can do with a little Insight…

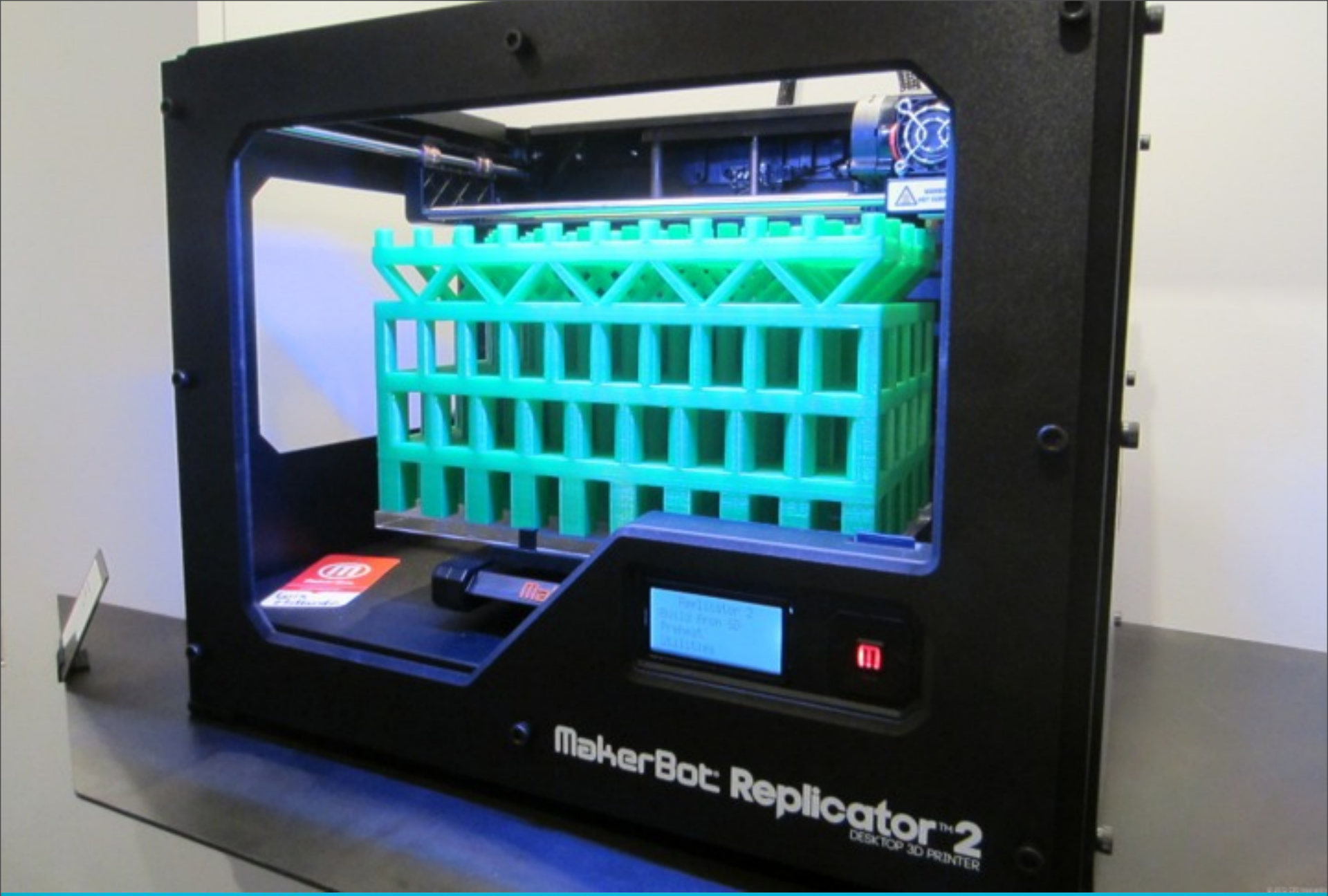
TONEGAWA LAB

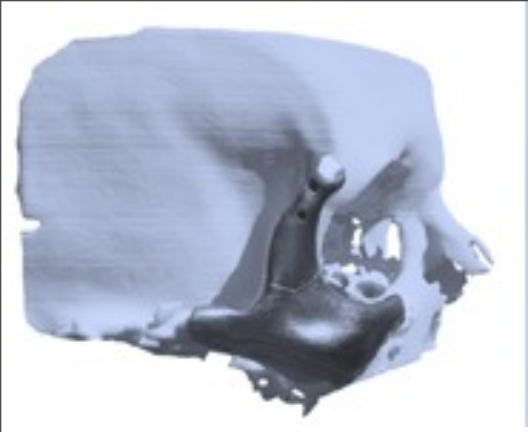
RIKEN-MIT

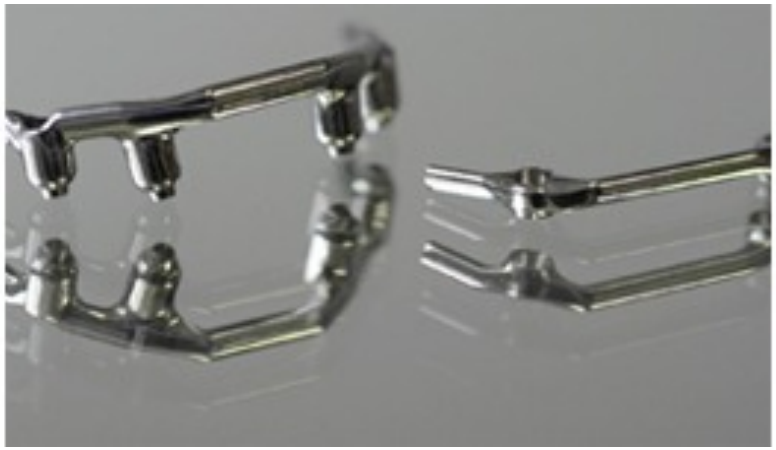
1. Security on archives is critical, based on its value.
2. Risk of changing or stealing memory is real.

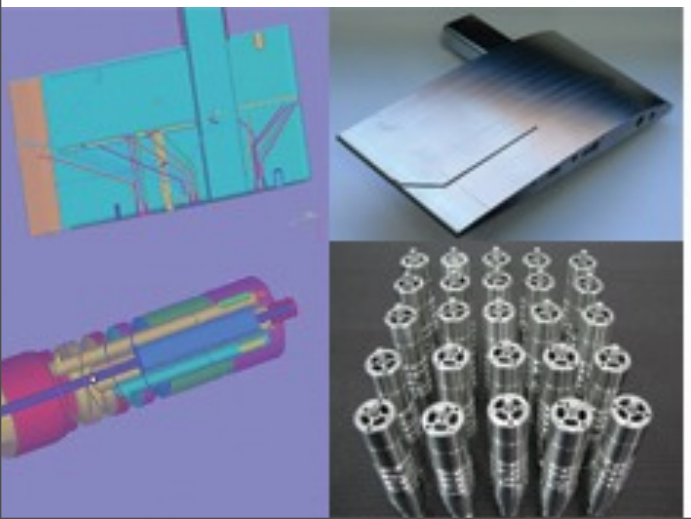
▶ PRIVATE MEMORY

8.
Printing of Things


MakerBot Replicator™2
DESKTOP 3D PRINTER



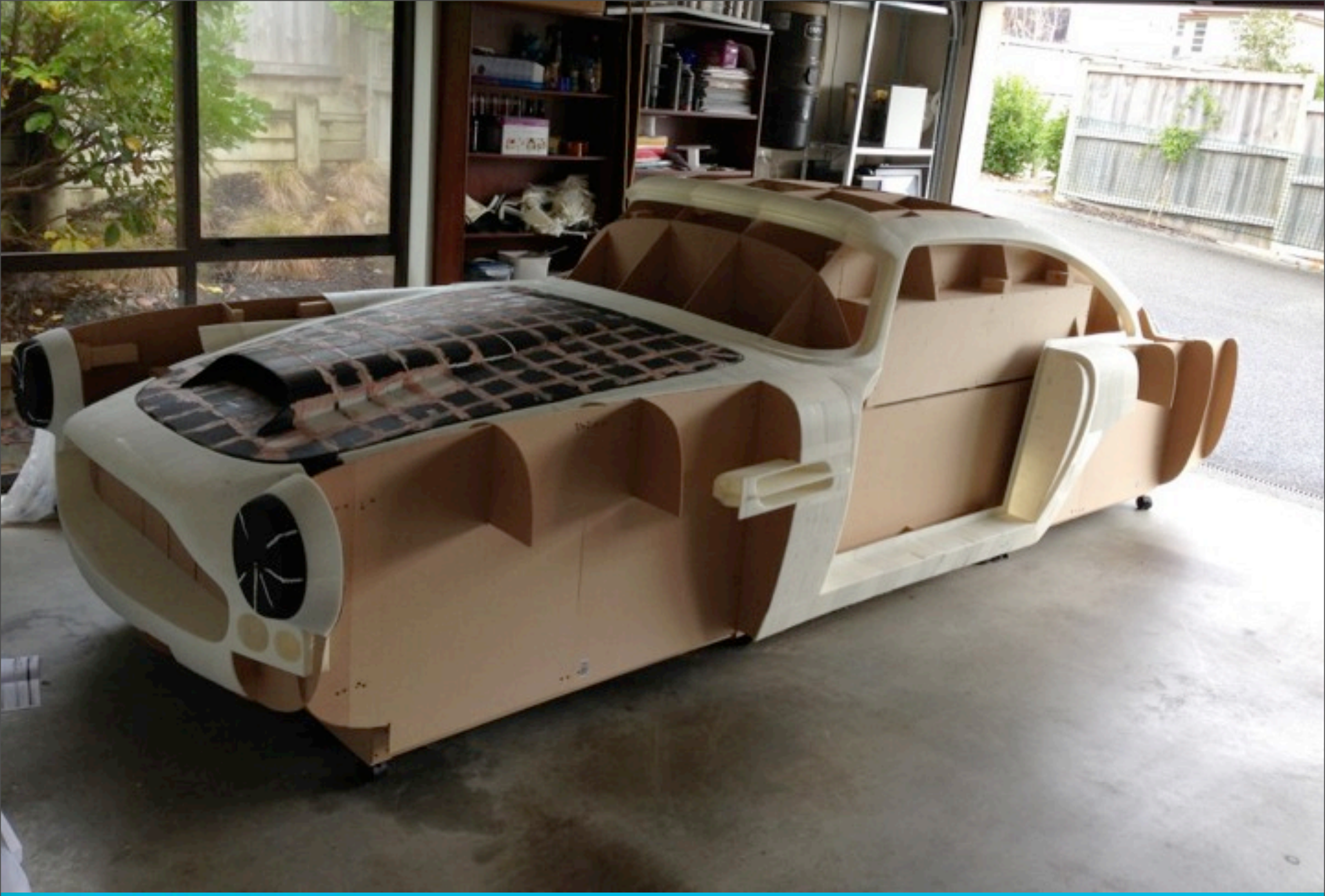


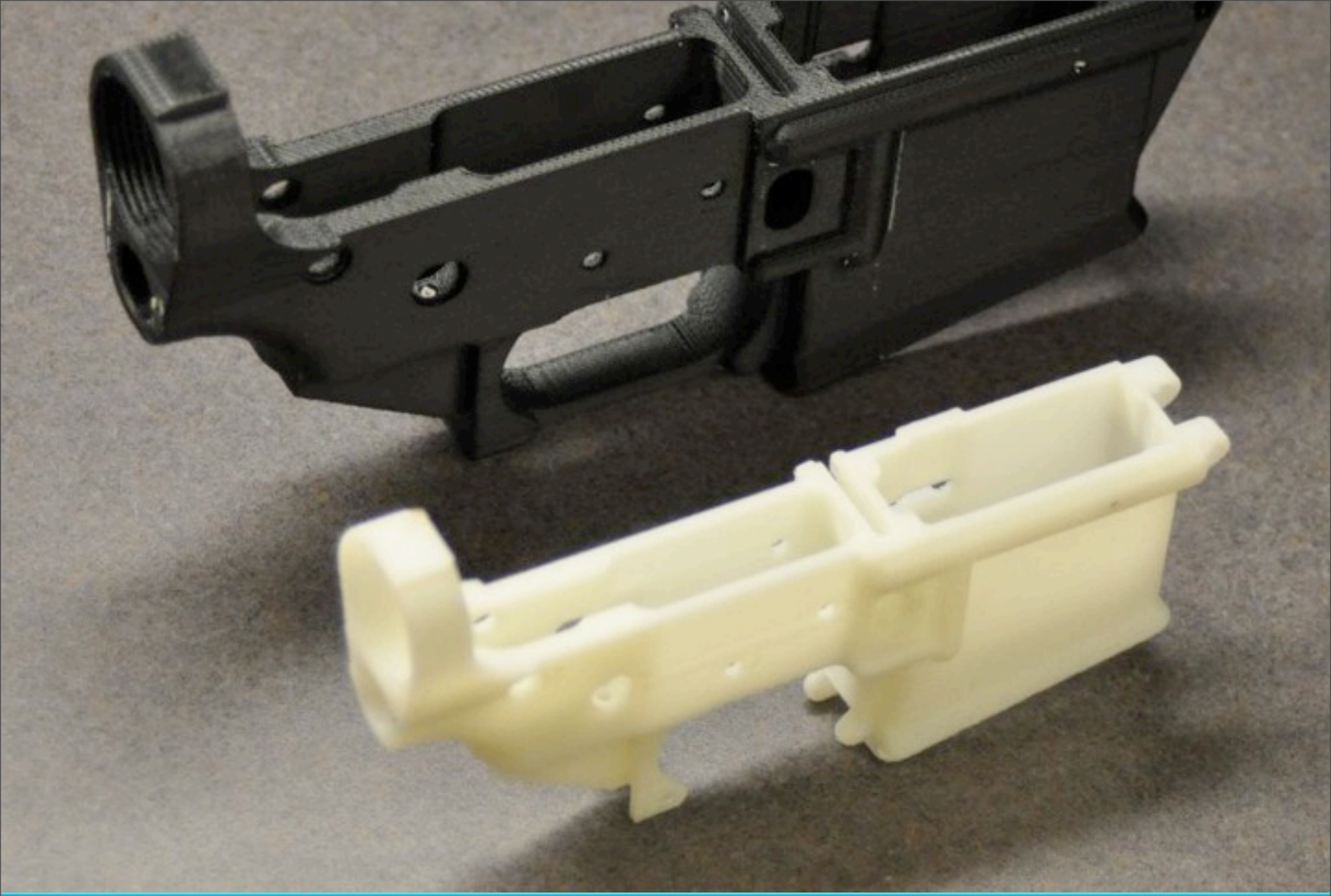


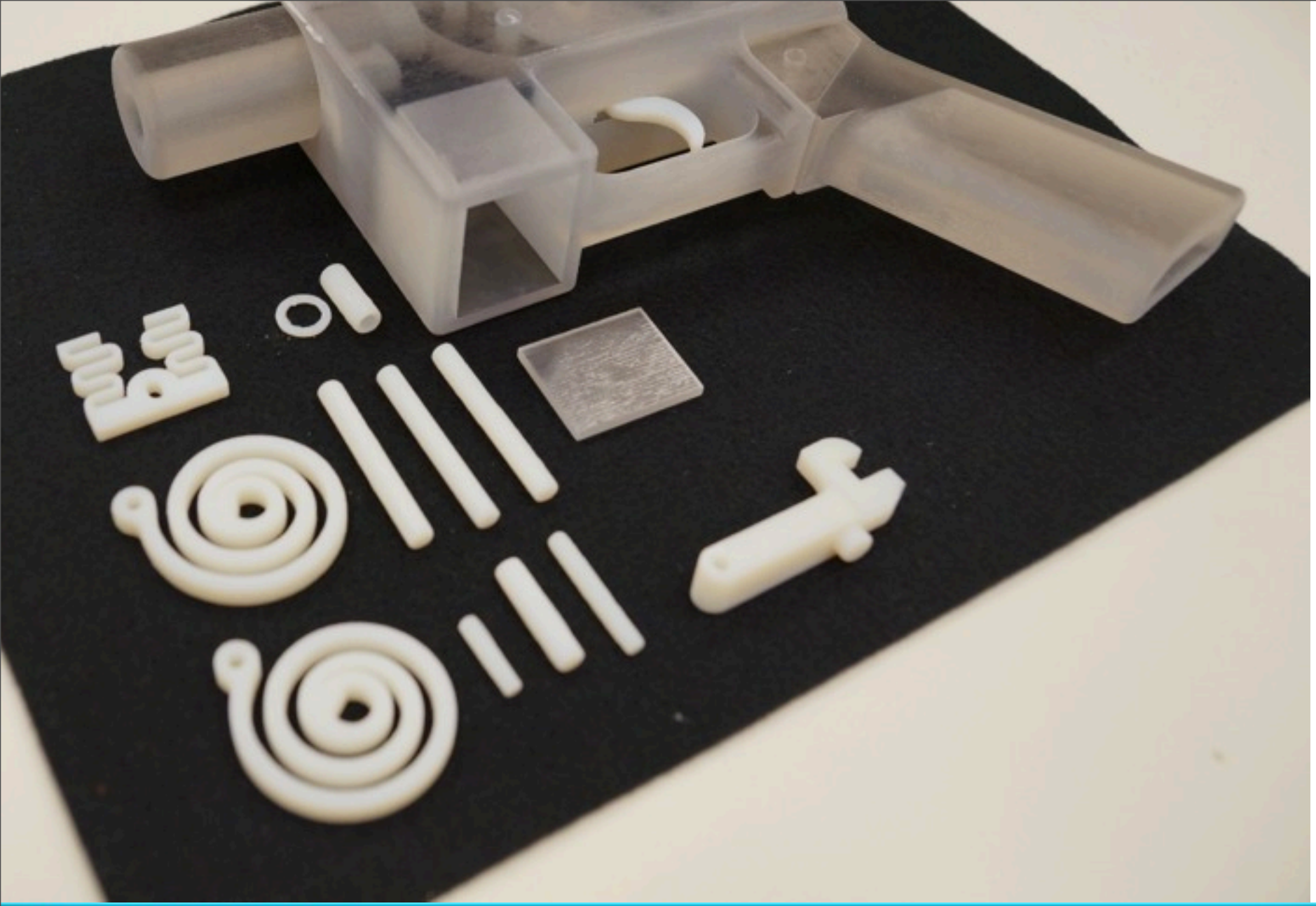
OBJET 1000
OBJET

BMT 216A

SKYFALL
007
BMT 216A







TNO innovation for life

5 July 2011 Last updated at 14:08 GMT

13K Share

Printer produces personalised 3D chocolate

By Katia Moskvitch
Technology reporter, BBC News

Chocolate lovers may soon be able to print their own 3D creations thanks to work by UK scientists.

A 3D printer that uses chocolate has been developed by University of Exeter researchers - and it prints layers of chocolate instead of ink or plastic.

The printer uses chocolate instead of ink

Although still a prototype, several retailers have already expressed interest in taking on the device.

3D printing using plastic and metal is already widely used in industry to speed up design work.

Lead scientist Dr Liang Hao told BBC News that chocolate printing, just like any other 3D printing technique, starts with a flat cross-section image - similar to that produced by ordinary printers turning out images.

"Then you do a 3D shape - layer by layer, printing chocolate instead of ink, like if you were layering 2D paper to form a 3D shape," he said.

Once a layer is completed, it solidifies, and the machine moves on to the next layer.

Related Stories

In pictures: Express yourself with 3-D printing

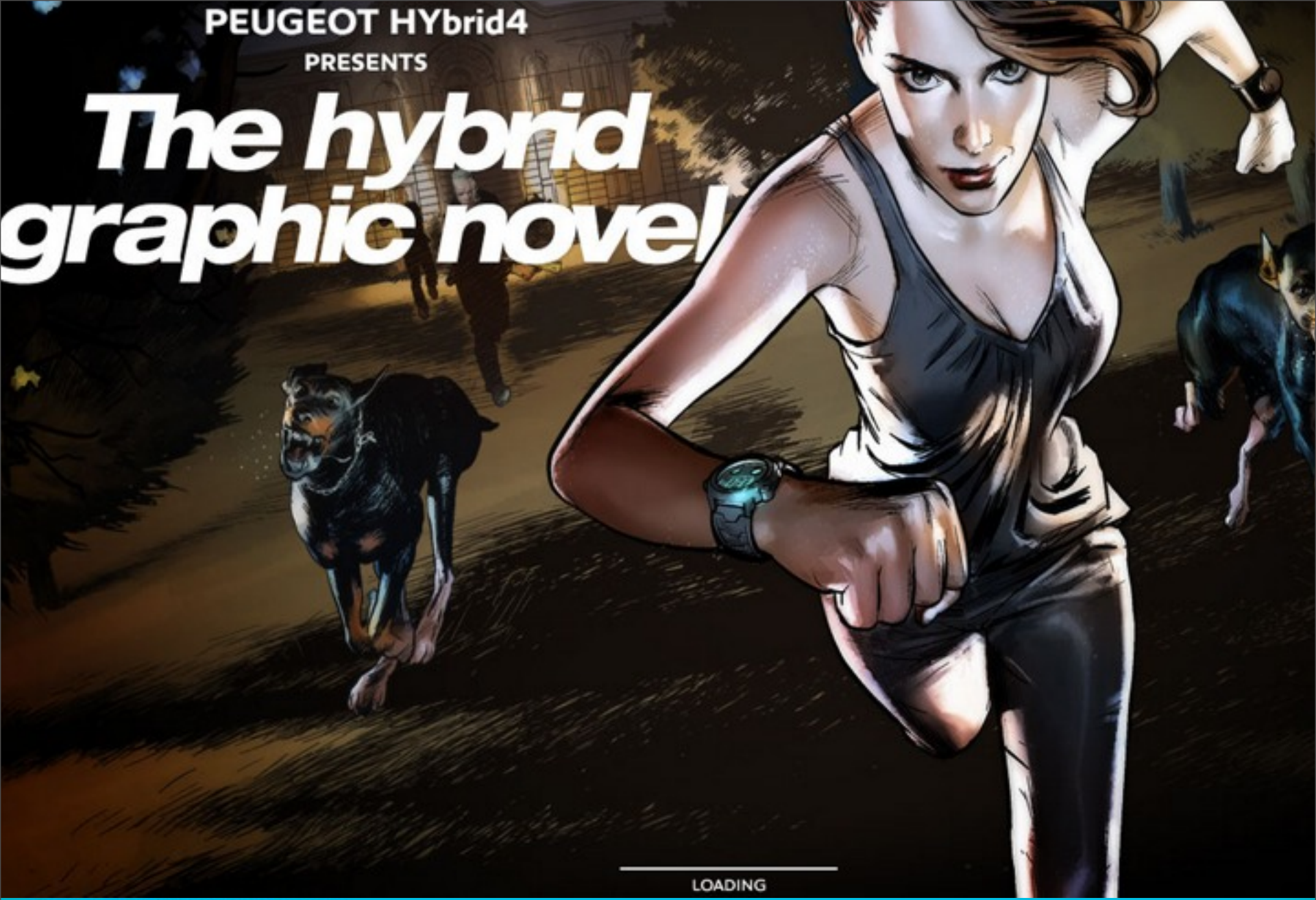
'Printing out' new ears and skin

The printed future of Christmas dinner

1. Security reviews on purchased devices and materials are vital.
2. Challenges on controls of the authenticity and quality of designs, raw materials and end products are “the standard”.

► PRINTING OF THINGS

9.
Augmented Reality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The hybrid graphic novel
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1
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DID YOU KNOW ?
TOUCH TO DISCOVER

Nearby
Prentiss Brown Thea...
0.44mi
Banana Republic
0.02mi
Posh Bagel
0.02mi
Steamer's Grill H
Old Town
0.04mi
GapBody
0.04mi
Wine Cellar

Robinson Street
Green Valley
Residents are saying:
Street: Street party this Saturday - bring your friends.
Suburb: The local schools are great!
News about this:
Street: Judge buys property in Robinson Street
Suburb: Crime drops dramatically in Green Valley
Local Favourite Restaurant
Pizza Italia
Last there: 15/04/08
Owner name: Vincente Paliozi
1 Network presence
3 persons removed
Jimmy Marshall, 30
1ST CONNECTION
VIA WORK
Tom Hancock, 26
Belinda Andrews, 31
2ND CONNECTION
VIA James West
Friends in Area
Nomatongo Mthimkhulu
2km SE
Albert Ngcobo
500m W
Jessica Aaron
5km NW
MORE THAN 2.5KM >

ANDERTON

YES
Vote "Yes" on the
National Precrime Initiative
PRECRIME

CrowdOptic

Location is good. Focus is better.

Technology Products Company News API

CrowdOptic's patented technology (U.S. Patent No. 8,527,340) analyzes where people point their mobile and wearbale devices to identify activity hot spots, engage users with contextual applications, and curate social media content.

Aim Your Device

to find your Facebook friends in the crowd

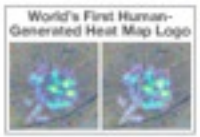
Crowd Engagement

From finding Facebook friends in the crowd to interacting with the live entertainers and athletes, CrowdOptic lets fans at live events engage in new ways using their devices.

CrowdOptic Augmented Reality and Analytics
Read about CrowdOptic's platform for tracking and analyzing crowd interest by focus.

Highlights

CrowdOptic at TechCrunch Disrupt SF with Google Glass and Robert Scoble (03:55)



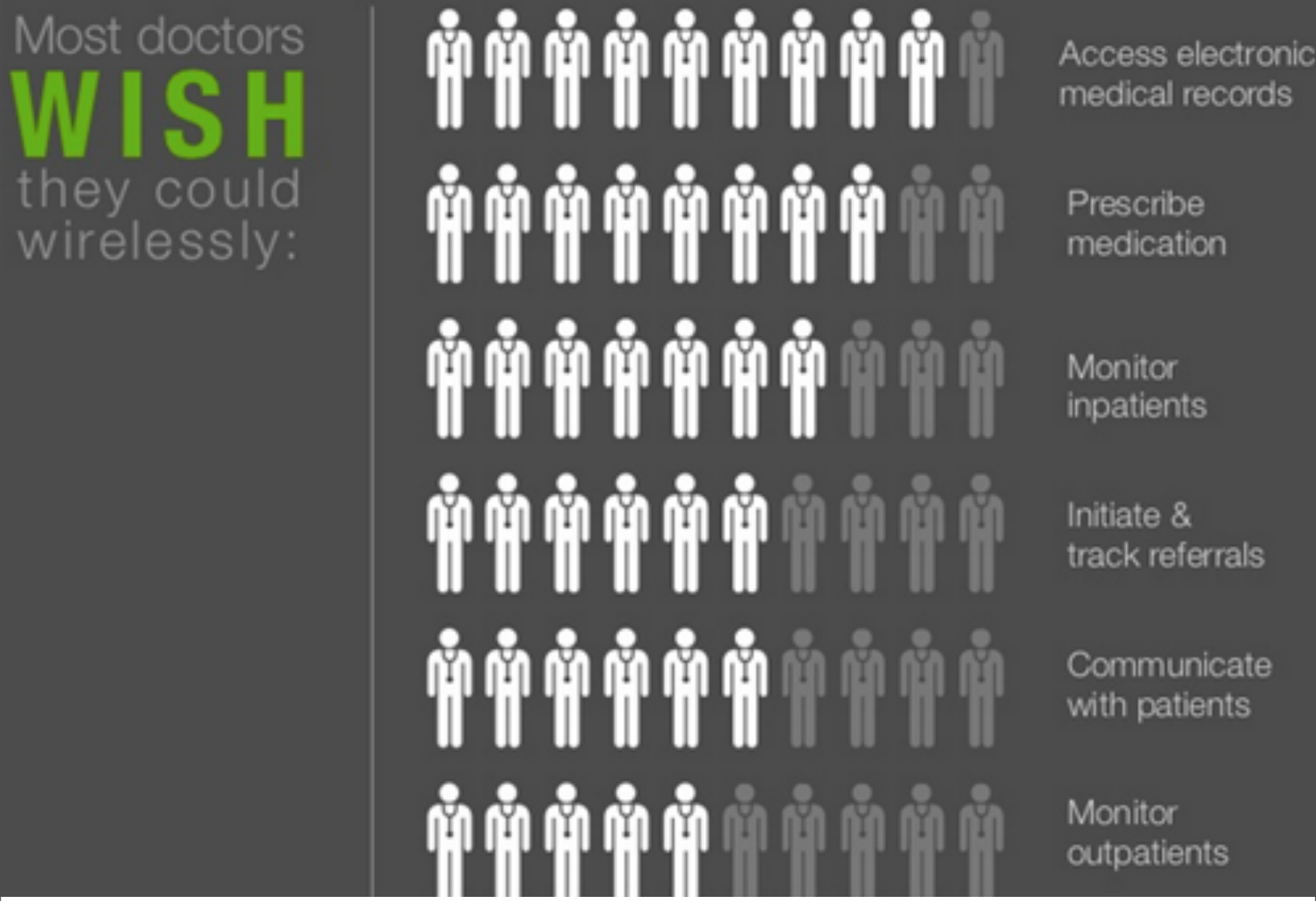
"It's a little piece of magic."
- Alexandra Tanner,
E-Business & Interactive Manager,
Lancôme Canada.

New Heat Signal for Social Media
CrowdOptic analyzes hundred of millions of mobile social media posts to identify, tag, and rebroadcast the most relevant videos, photos and social media content.

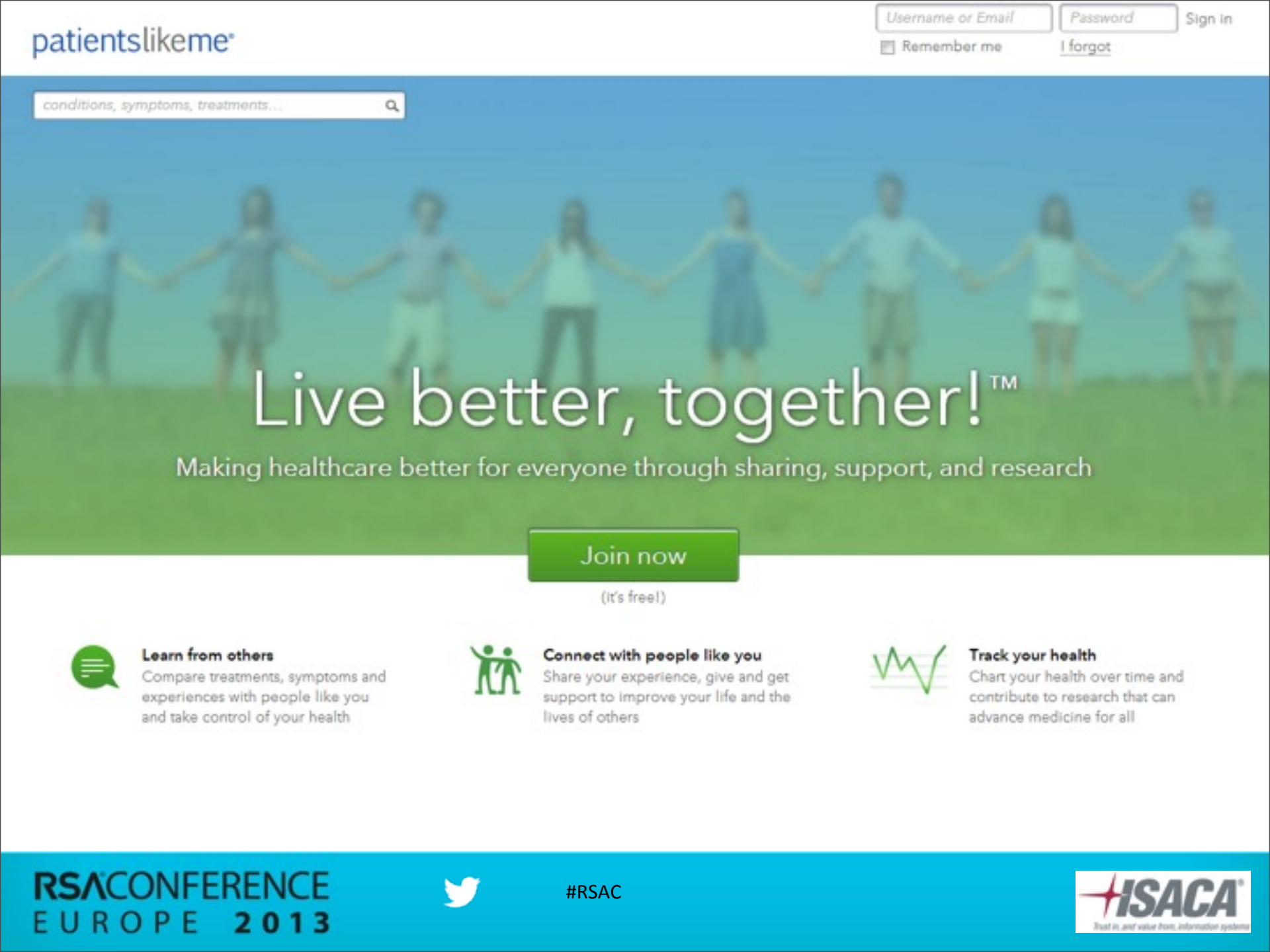
1. Security solutions accommodate & optimize touch, swipe, voice experiences to obtain a strong visual security presence
2. Augmented reality builds real relationships with user & customer expectations on various platforms.

► AUGMENTED REALITY

10.
Advanced eHealth



HIS 2013 report


patientslikeme
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Password
Sign in
Remember me
I forgot
conditions, symptoms, treatments...
Live better, together!™
Making healthcare better for everyone through sharing, support, and research
Join now
(it's free!)
Learn from others
Compare treatments, symptoms and experiences with people like you and take control of your health
Connect with people like you
Share your experience, give and get support to improve your life and the lives of others
Track your health
Chart your health over time and contribute to research that can advance medicine for all

patientslikeme

Patients | Conditions | Treatments | Symptoms | Research

Filter by: All | Please type at least 3 letters to choose a condition | patients

Home > Symptoms

Symptom name | Please type at least 3 letters in the search box to see results | Search

Symptoms At PatientsLikeMe

Primary Symptoms	Patients	Severity	Treatments reported
Anxious mood	76,480		534
Depressed mood	76,623		632
Fatigue	77,479		834
Insomnia	64,409		432
Pain	74,365		1,226

Severe Moderate Mild None

Community Symptom Reports Click on a symptom to see severity, treatments taken and what patients have to say about their experiences.

Prev 1 2 3 4 5 .. 82 83 Next ▶

Other symptoms added by patients like you	# of patients	Treatments reported
Fatigue	77,479	834
Depressed mood	76,623	632
Anxious mood	76,480	534
Pain	74,365	1,226
Insomnia	64,409	432
Headaches	36,151	304
Brain fog	35,813	201
Excessive daytime sleepiness (somnolence)	27,236	125
Stiffness/Spasticity	26,408	492
Balance problems	23,651	232
Sexual dysfunction	22,772	31

Community Treatment Reports

Click on a treatment to see what patients have to say about side-effects, perceived effectiveness, advice, burden, dosages and cost.

1,611 Prescription Drugs

Treatment	# of Patients
Gabapentin (Neurontin, Ratio-Gabapentin...)	4,995
Duloxetine (Cymbalta, Yentreve...)	4,834
Baclofen (Mylan Baclofen, DOM-Baclofen...)	3,834
Pregabalin (Lyrica)	3,783
Glatiramer acetate (Copaxone)	3,645

See all 1,611 Prescription Drugs...

381 Over the Counter Drugs

Treatment	# of Patients
Ibuprofen	2,412
Aspirin	1,831
Acetaminophen (Paracetamol)	1,175
Naproxen OTC	659
Cetirizine	499

See all 381 Over the Counter Drugs...

1,875 Supplements

Treatment	# of Patients
Vitamin D	3,266
Omega 3 Fish Oil	2,487
Multivitamins	2,405
CoQ10 (CoEnzyme Q10)	1,454
Vitamin C (ascorbic acid)	1,324

See all 1,875 Supplements...

106 Physical Therapy

Treatment	# of Patients
Physical Therapy (PT)	942
Massage Therapy	859
Chiropractic	468
Range of Motion Exercises	393
Deep breathing and relaxation	228

See all 106 Physical Therapy...

415 Equipment

Treatment	# of Patients
Walking Stick/Cane	1,737
Wheelchair (powered)	874
Walker	777
Wheelchair (manual)	555
Non-invasive Ventilator	538

See all 415 Equipment...

250 Procedures

Treatment	# of Patients
MRI	861
Acupuncture	457
Neuromuscular Electrical Stimulation	344
Blood test	321
Lumbar Puncture	241

See all 250 Procedures...

234 Lifestyle Modifications

Treatment	# of Patients
Handicap/Disability Parking Permit	1,673
Heat avoidance	485
Rest	464
Naps	419
Physical activity and exercise as tolerated	324

See all 234 Lifestyle Modifications...

5 Psychotherapy

Treatment	# of Patients
Individual Therapy	3,520
Group Therapy	248
Peer Support Group	143
Couples/Family Therapy	90
Inpatient Therapy	12

See all 5 Psychotherapy...

153 Exercises

Treatment	# of Patients
Physical Exercise	1,172
Walking	664
Yoga	621
Stretching	543
Exercise	202

See all 153 Exercises...

268 Nutrition/Diets

Treatment	# of Patients
Water	623
Diet modification	285
Gluten Free Diet	217
Avoid Caffeine	199
Juice, fresh veg and fruit	180

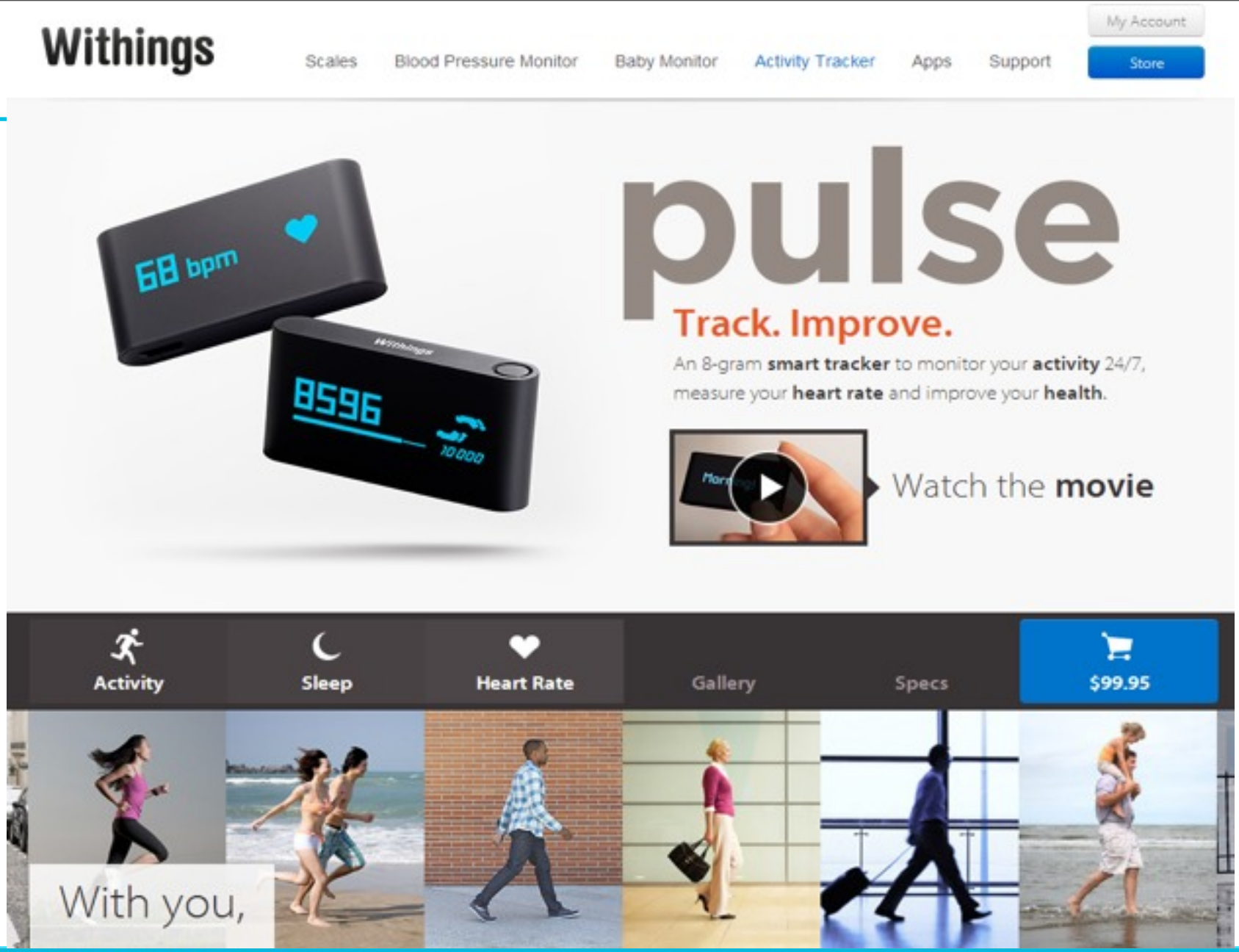
69 Surgeries

Treatment	# of Patients
PEG-Percutaneous Endoscopic Gastrostomy	137
Tracheostomy	69
Gallbladder removal (cholecystectomy)	34

61 Complementary and Alternative Medicines

Treatment	# of Patients
Homeopathy	48
Acupressure	20
Reiki/Energy Therapy	6
Vitamin C Intravenous (IV)	5

9748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Support
My Account
Store
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Check your health as easily as your email.

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Introducing the

Scanadu Scout™

A scanner packed with sensors that enables anyone to conduct sophisticated physical exams – in a snap.

Features Design Tech Specs

Simply place the Scanadu Scout™ to the forehead.

As if it is reading your mind, the Scanadu Scout™ detects problems early. It potentially decreases hospital readmissions, and the costs of managing chronic conditions for

Features Tech Specs

The convenience of testing at home, with the accuracy of testing at a lab, at a fraction of the price.

Scanaflo will test for levels of glucose, protein, leukocytes, nitrates, blood, bilirubin, urobilinogen, specific gravity, and pH in urine. It will also test for pregnancy.

Scanaflo™ is a urine test kit that will empower people to monitor their health at home. It is designed to give them an early warning if something is wrong with their liver, kidneys, urinary tract, or metabolism. These warnings could

The leading health and ancestry DNA service | sign in | register kit | 0

23andMe

welcome | health | ancestry | how it works | store | search | help

Get to know you.
Health and ancestry start here.

- Reports on 240+ health conditions and traits
- Discover your lineage, find relatives and more
- Get updates on your DNA as science advances

order now $99

Learn hundreds of things about your health.

Using your DNA information, 23andMe helps you know more about your health so you can take an active role in managing it. With reports on over 240+ health conditions and traits, here are a few of the things you'll learn about you.

Carrier status

Find out if your children are at risk for inherited conditions, so you can plan for the health of your family.

Health risks

Understand your genetic health risks. Change what you can, manage what you can't.

Drug response

Arm your doctor with information on how you might respond to certain medications.

Health tools

Document your family health history, track inherited conditions, and share the knowledge.

Inherited traits

Explore your genetic traits for everything from lactose intolerance to male pattern baldness.

Scientific advances

Keep receiving updates on your DNA as discoveries are made, so your knowledge grows as you do.

1. eHealth is successful based on security built in the design and implementation of core applications.
2. Patients, doctors, hospitals and governments agree on a secure and auditable information exchange convention.

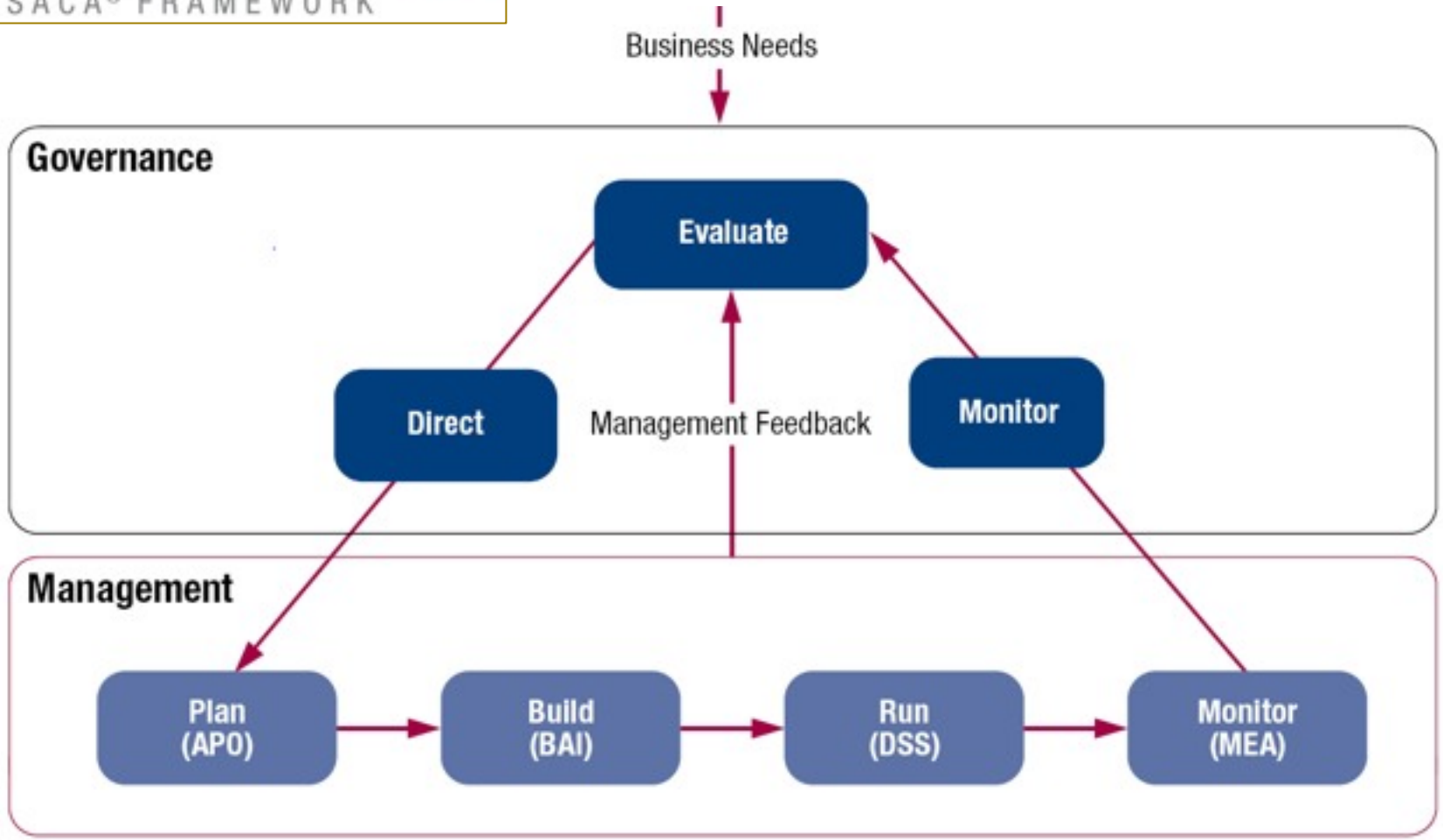
► ADVANCED eHEALTH

In summary

ISACA
Trust in, and value from, information systems
BALANCE
Risk with Reward

COBIT® 5

AN ISACA® FRAMEWORK



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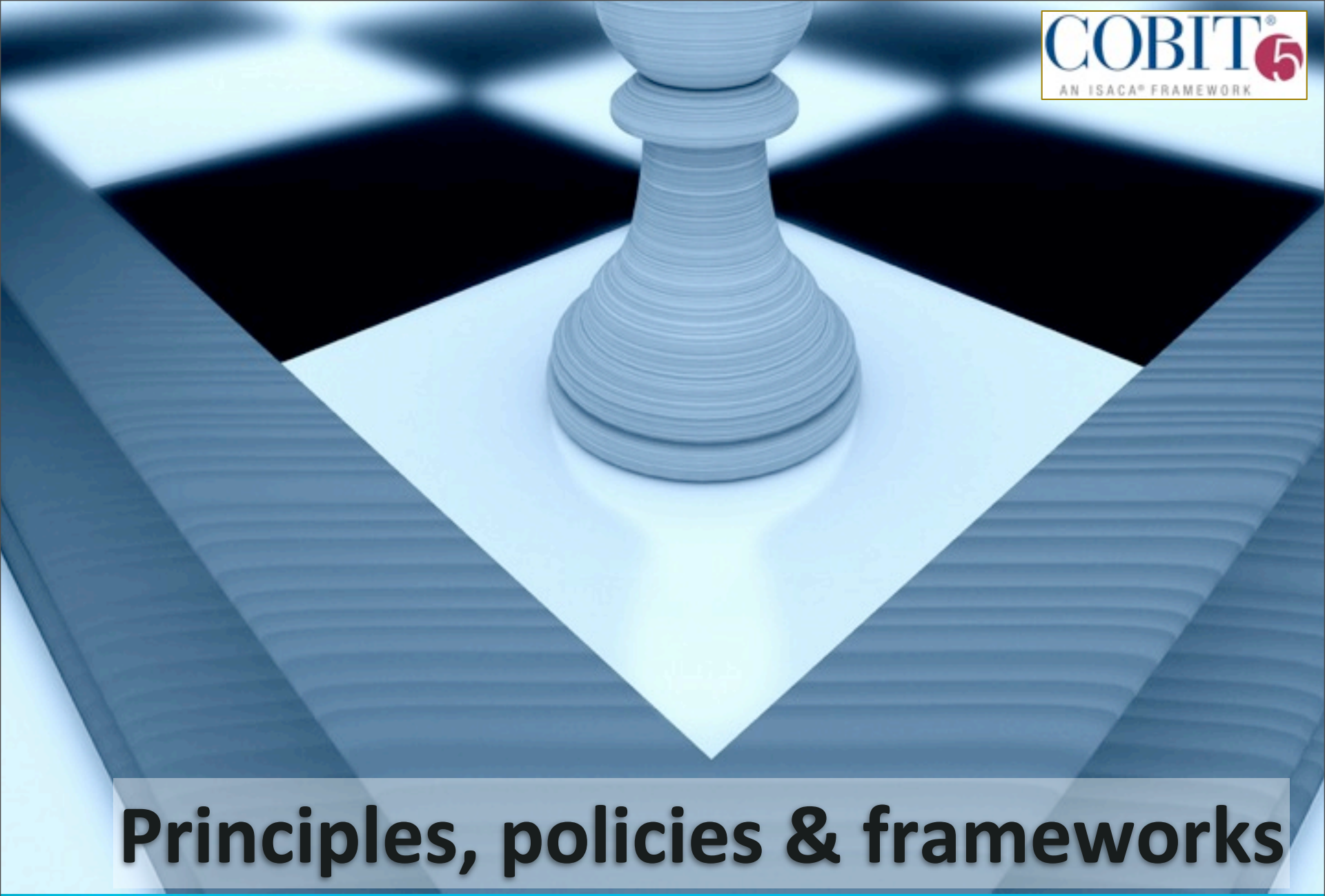
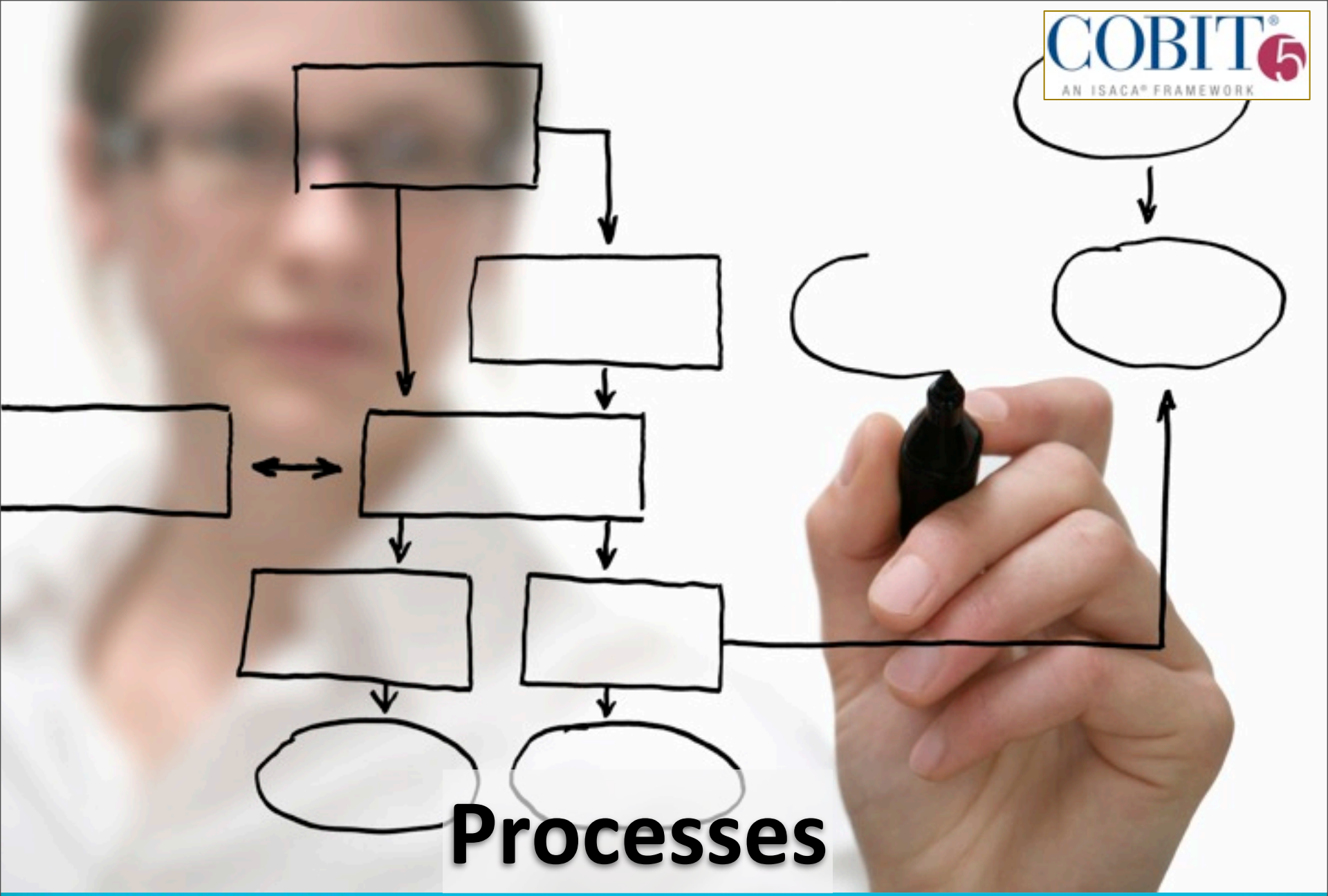


Principles, policies & frameworks

Services, Infrastructure, Applications


COBIT 5
AN ISACA® FRAMEWORK
Processes

COBIT 5
AN ISACA® FRAMEWORK
Information

Organisational structure

VALUES
Culture, Ethics, Behaviour

COBIT 5
AN ISACA® FRAMEWORK

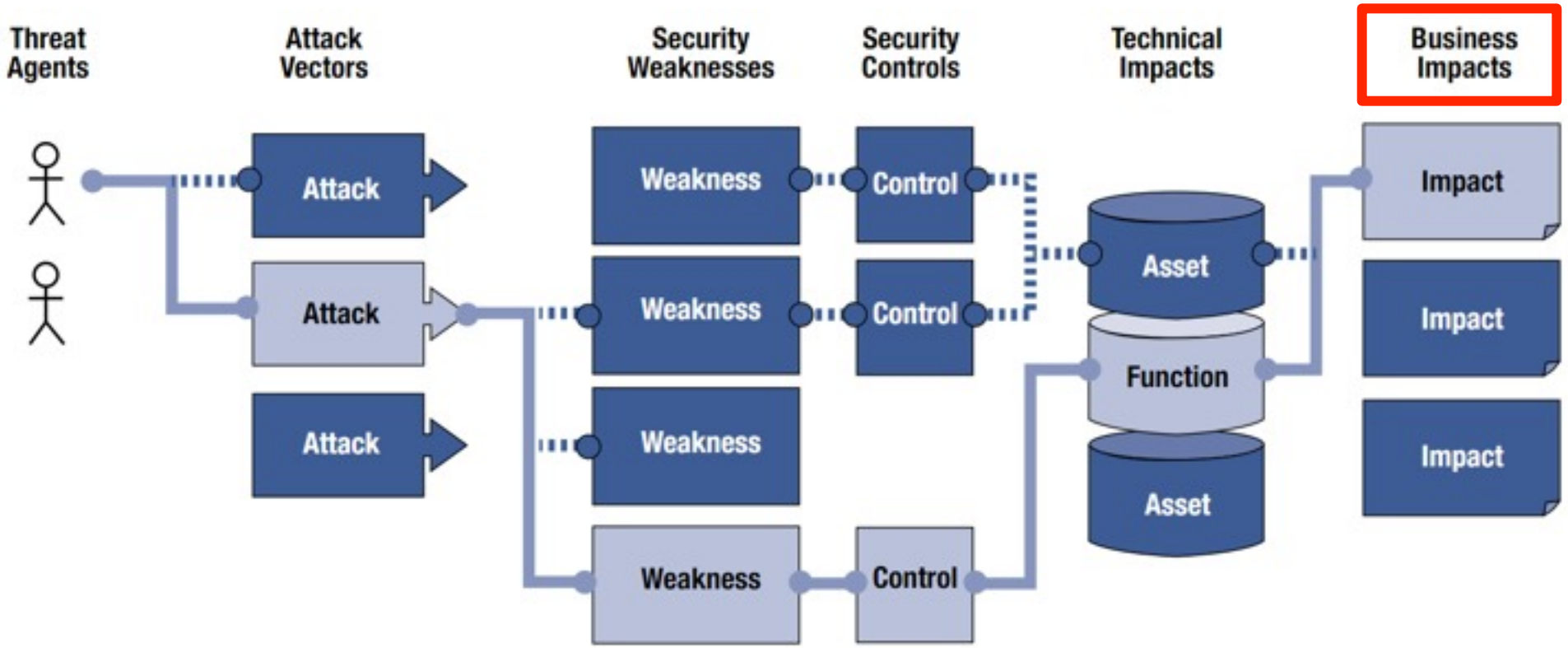
People, Skills, Competencies

Your security is as strong …

… as its weakest link

ISACA
Trust in, and value from, information systems

COBIT 5
AN ISACA® FRAMEWORK



THINK

KEEP
CALM
AND
CARRY
ON

Always room for improvement

Welcome to the Genius Bar.
If you have an appointment, please let us know you're here.
If you don't, we'll do our best to find one for you.
GENIUS BAR
Welcome to the Genius Bar.
If you have an appointment, please let us know you're here.
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GENIUS BAR

Bridge the
Information Gap
ISACA
Trust in, and value from, information systems
COBIT 5
AN ISACA® FRAMEWORK
IT Audit, Assurance, Control, Governance, Risk and Security

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Where networking and knowledge intersect
ISACA's IT Professional Networking and Knowledge Center is a meeting place for IT professionals who share common professional interests. Participants can consume information, exchange expertise and experience, and build new understanding through collaboration. A wide range of disciplines and practices powers this global professional community, making it a truly unique and holistic resource.
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Thank you!

Marc Vael

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