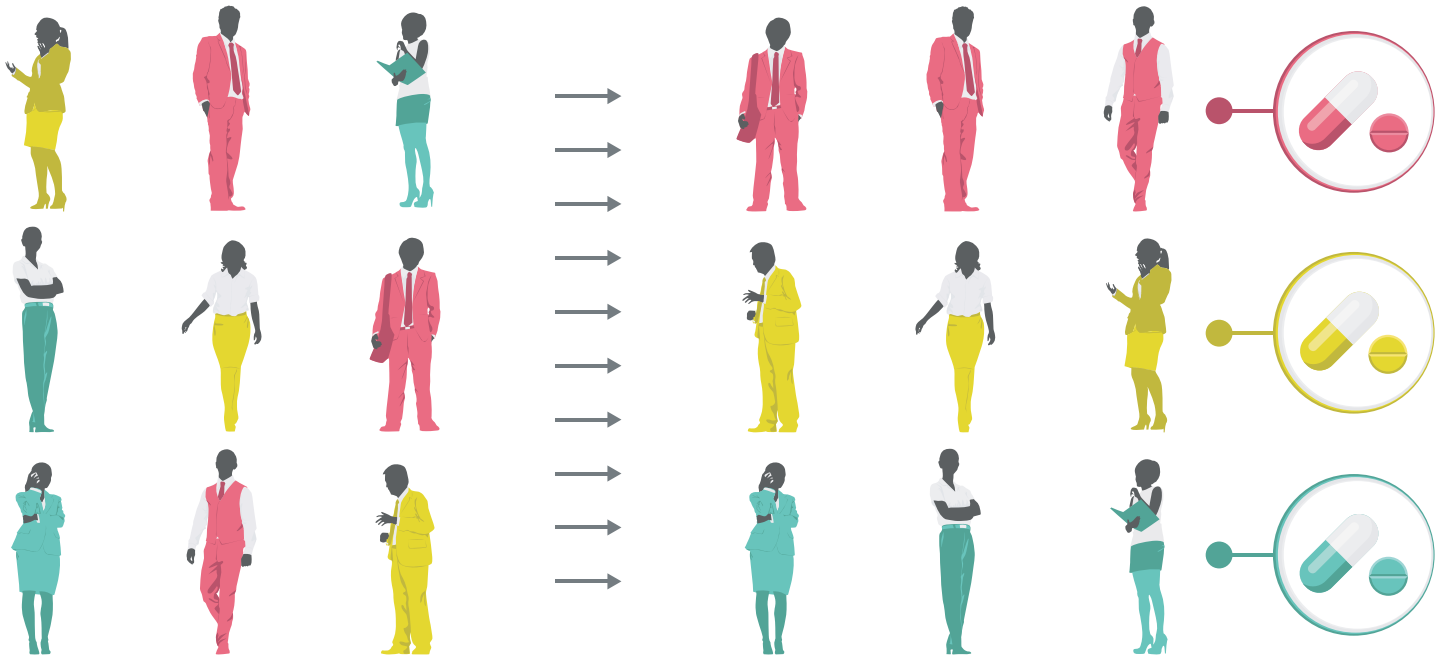


Personalised Medicine: What does it mean for cancer patients?



Research has provided us with increased knowledge as to how cancer occurs and what are the key genes and biological processes that are involved in turning normal cells into cancer cells. This “cancer intelligence” has led to a more precise and patient-focussed way of diagnosing and treating cancer. This new approach is called personalized medicine, where treatment can be tailored to the characteristics of the cancer in the individual patient.

Personalized medicine is already being used to treat certain cancers of the blood, breast, colon, lung and prostate, and is also showing significant promise in an ever increasing range of different malignancies. However, personalized medicine is more complex than standard cancer treatment approaches and you, the

patient, may find it challenging to understand what personalized medicine is and how it can be of benefit to you. Recognizing this, the European Cancer Patient Coalition (ECPC), European’s largest cancer patient advocacy organisation, has put together a booklet (co-created by patients and health professionals) entitled “*Personalized Medicine – A Guide for Patients*” (available from ECPC or downloadable at <https://ecpc.org/wp-content/uploads/2020/11/ECPC-personalised-medicine-booklet-IV.pdf>) which is intended as an aid for patients to help them to navigate their own personalized medicine journey. In addition, ECPC has provided a series of 10 questions, reproduced overleaf, which you may choose to ask your doctor or cancer team so as to be more informed in your decision making about your own individual care.



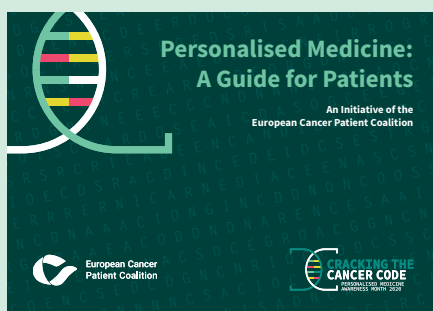
European Cancer
Patient Coalition



Personalised Medicine: The Top 10

Ten Questions you should ask your doctor or medical team about personalized medicine and how it applies to you

- 1 Are there personalized medicine treatment options for my particular tumour?
- 2 Is this treatment option available for me at this hospital?
- 3 I want to get access to a personalized medicine treatment. What is involved?
- 4 If my test indicates that a specific personalized medicine treatment is suitable for me, what happens next?
- 5 If the test indicates that the specific treatment is not suitable for me, do I have other options?
- 6 Is my treatment part of a clinical trial or is it a standard-of-care?
- 7 How often has this hospital treated patients using this personalized medicine approach and what do your results look like compared to other hospitals in my region/country?
- 8 Are there any side effects associated with the personalized medicine that I will receive and if so what are they and how will they be managed?
- 9 How (and when) will I know that my treatment has worked?
- 10 Can you signpost me to reliable information/resources that will help me make my decision and keep me informed of the latest personalized medicine developments?



We hope that these 10 Key questions will support you as a patient in navigating the often complex and confusing world of personalized medicine. A link to our booklet “Personalized Medicine – A Guide for Patients” is available at <https://ecpc.org/wp-content/uploads/2020/11/ECPC-personalised-medicine-booklet-IV.pdf>, where both the booklet and further copies of the leaflet can be downloaded.