



"We want to be at the table and not on the menu!"

The Inspire2Live 2019 Annual Congress

January 30 (diner), 31 and February 1 – 2019

Health is a matter of all citizens. The unborn, the young, the young adult, the adult and the elderly. We have to take care that health is not only important when we get sick, when we are diagnosed with cancer. It matters always and it needs to be emphasized when we are still healthy. Prevention from falling ill is key.

Health cannot be fragmented: it is composed of an integrated fabric of physical, social and psychological aspects in a healing environment.

In healthcare, when citizens have become a patient, we have to look at diagnoses, the planning of the treatment, the treatment, reintegration in society after treatment and the after care. For the patient and her loved ones. A focus on Quality of Life is all of these stages is primordial.

Furthermore, in the journey from citizen to patient to citizen, a person-centered organization of health data is needed to speed up and improve the performance in all stages, and to boost research.

We need activist interventions immediately after we know the state of the art and what is still needed.

We better start thinking, discussing and working on it now. We want to be at the table. Not on the menu!

Wednesday, January 30, 2019

Location: 'De Nederlandsche Bank, Westeinde 1, Amsterdam

16.00 – 17.00	Drinks & welcome by the conference chairs	Rebecca Malby (London South Bank Univ.) & Piarella Peralta (Inspire2Live)
17.00 – 17.45	I want to share my story with you	Jason van der Burgt (I2L)
17.45 – 18.15	The help of Artificial Intelligence for patients	Tjebbe Tauber (I2L)
18.15 - 18.45	How industry as enabler can benefit the patient	Jan Kimpen (Philips)
18.45 – 21.30	Welcome dinner Music performed by Mark Moss	

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Thursday, January 31, 2019

Location: 'De Nieuwe Liefde', Da Costakade 102, 1053 WP Amsterdam
<http://denieuweliefde.com>

08.45 - 09.15 Registration with coffee and tea

09.15 - 9.30 Welcome by the conference chairs
Rebecca Malby (London South Bank Univ.) & Piarella Peralta (Inspire2Live)

9.30 – 10.00 Our health and societal change
Mary Baker (European Brain Council)

10.00 – 10.30 We deliver the best care for children
Rob Pieters (Prinses Maxima Children Hospital)

10.30 – 11.00 Economics of cancer systems across Europe: affordability and value
Richard Sullivan (Kings College)

11.00 – 11.30 Coffee, tea and networking

11.30 – 12.00 Navigating between health and disease
Stephen Friend (Sage Bionetworks & 4YouandMe)

12.00 – 12.45 Rapid fire talks of participants.

What happened in my organization? What did we realize to change and how did we do it?
In 8 speed presentations of 3 minutes and 1 slide at the max inspirational participants talk about their way of refurbishing the organization they are part of.

Pouya Zarchin (Deloitte), Robert Greene (I2L & Hungerandthirst), Giliam Kuijpers (Medgezel), Abidin Aliev (Bayer), Margreet Balder (Bewust Massagetherapie), Lezan Wurja (UAF),

12.45 – 13.30 Public discussion: 'Why don't we implement in society for our health what we want and what we can? Lead by Rebecca Malby and with comments from 5 continents: Roberto Toro (South America), Brian Bot (North America) **TBD**, Seun Adebisi (Africa), Vedang Renade (Asia), Natalija Frank (Europe).

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13.30 – 17.30 Out in the city.

Take away lunch and groups at work in breakout sessions somewhere in Amsterdam. The theme is: Wat is possible? What can be done?

Group 1: The evolution of the city Amsterdam	Amsterdam City Archive (Gert Eijkelboom)
Group 2: The Amsterdam Noord-Zuid metro: how did we realize it?	Amsterdam Public Transport (GVB) (Cees Splinter)
Group 3: DNA-profiling as a standard.	Science Park - Hartwig Medical Foundation (Edwin Cuppen)
Group 4: The young ones A	Location TBD – Lotte Smit (RUG), Noortje Gabriëls (LUMC)
Group 5: The young ones B	Location TBD – Young Ones from The Dutch Cancer Organization (KWF) (TBD)

18.00 – 22.00 **Diner at 'to be decided' in Amsterdam**

18.30 – 19.00 Report back and presentations of the plan of actions by the groups

Music performed by prof. dr. Fritz Schröder.

Presentation of the Inspire2Live Patient Advocate Hero of Cancer Awards.

Friday, February 1, 2019

Location: **'De Nieuwe Liefde', Da Costakade 102, 1053 WP Amsterdam**
<http://denieuweliefde.com>

8.30 - 9.00 Registration with coffee and tea

9.00 – 9.30 Welcome by the conference chairs Rebecca Malby & Piarella Peralta

9.30 – 10.00 It's possible to change governments Jaykumar Menon (Centre for International Sustainable Development Law)

10.00 – 10.30 We want our health and we want it now Natacha Bolanõs (Lymphoma Coalition)

10.30 – 11.00 Coffee, tea and networking

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11.00 – 14.00	Working sessions with lunch served during the sessions. Participants work with leaders of the sessions towards a document with minutes, conclusions and advises. This is for Inspire2live the basis for a lobby document and the start of a lobby.	
11.00 – 14.00	How to get the best <u>prevention</u> ?	Hanno Pijl (Leiden University Medical Center) Robert Greene (I2L) & Gaston Remmers (I2L)
11.00 – 14.00	How to get the best <u>diagnostics</u> ?	Peter Keeling (Diaceutics), Piarella Peralta (I2L) & Ghada Ibrahim (I2L)
11.00 – 14.00	How to get the best <u>treatments</u> ?	Mark Lawler (Queens University Belfast) Ilona Schelle (I2L) and Barbara Moss (I2L)
11.00 – 14.00	How to get the best <u>after care</u> ?	Carmen Loiselle (McGill University Montreal) Cornelia Bierens (I2L) & Nicole van Leeuwen (I2L)
14.00 – 14.30	What do I take home from the congress?	6 participants chosen during the congress
14.30	End of conference	Peter Kapitein

October 10th, 2018

Background and content of the congress.

What impact do you aim for?

- The patient is at the table, not on the menu
- The citizen is inspired to stay healthy.
- We are determined to make ourselves healthy.
- The scientist creates a broad spectre, works with tons of data with which he can do endless research. The scientist is aware of the impact his work has on the quality of life of us and our loved ones.
- The doctor is listening and acting for us. The doctor is aware that he can only do a small part of what is necessary. The doctor evolves from god to guide and is aware that 'The patient will see her now'.
- The industry will only allow itself to make profits with products that benefit us.
- The health insurance company is in conversation with us and negotiate for us for the best treatments and the lowest costs.
- The government supports prevention (or acts preventively) and knows what to do.

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