



## Manifesto Inspire2Live

### Decisive, Independent, Highly Educated and Well Informed

#### **Reducing Incidence / increasing Prevention**

We want to create a movement in society and make sure that the awareness and importance of a healthy lifestyle will be better understood. We want an improvement of a healthy lifestyle by promoting nonsmoking, healthy food, less alcohol, more exercise and a healthy weight. We'll use evidence based information in all our activities.

#### **Innovation of the Clinical Practice**

Scientific knowledge should be brought faster to the patient and they have the right to have (access to) the best treatments. We'll inform patients about their own responsibility in participating in (fundamental) research and help doctors to communicate this issue well. We want to change the publication culture and reward structure of scientific research. We want Patient Advocates to be part of the Scientific Councils and decide on the research agenda. Focus on result for the patient, instead of publication points. We will improve the good use of blood, tissue and other relevant samples and data for research. All authorities and institutions must adopt methods for testing and approving novel treatments in precision medicine, genetic methods and immunological methods. We will make it possible to find (early access) to the right drugs and make them available. We speed up the implementation of new proven methods that benefit the patient.

#### **Quality of Care / Quality of Life**

All patients have the right and access to the best care and we'll promote that patients will be treated in centers of excellence by the best doctors. Making the right decisions in hospitals; that's what we want. Patients have their own responsibility for their recovery and health, during and after their treatments. More genuine attention to aspects of fitness, nutrition and general lifestyle as part of the treatment of cancer. We provide a focus on living with a good quality of life (which can be with cancer) and do not focus on the cancer.

#### **This is what Inspire2 Live wants:**

- Reduction of incidence/Increase of prevention;
- innovation of clinical practice;
- better quality of care and life;
- more international cooperation;
- the Patient Advocate as the voice of the patient and as a connecting link between patients, clinicians and researchers.

#### **International Cooperation**

We optimize research and stimulate international cooperation in research. Only the best research helps patients. We will take care of knowledge sharing between patients from different countries. We bring patients, clinicians and researchers together to speed up the process of getting cancer under control. We provide innovation of all cancer care as fast as possible. We break down the silos in research and healthcare.

#### **The role of Patient Advocates**

It's about awareness of what to work on, about education of the patients and their doctors, about being the voice of the patient and about being the connection between patients, clinicians and researchers. The Patient Advocate is involved in the decision-making process in all matters of and access to cancer care and part of the decision-making process of the cancer research agenda. We are patients ourselves, or have lost loved ones. We dedicate our time and effort. We are not alone! You are not alone!

**never ever quit!**