



**Fadia Survive & Thrive Association جمعية فادية البقاء والازدهار**  
<https://www.uicc.org/membership/fadia-survive-thrive-association>

 **Fadia\_Survive\_Thrive**

**30 September 2021**

**Subject: Letter of Endorsement TARGET-app**

**To Whom it May Concern,**

**Fadia Survive & Thrive is an international cancer patient advocacy association with its main aims and activities revolving around cancer patient advocacy, cancer prevention, control and promoting/supporting means of alleviating cancer therapy side effects and improving patients' quality of life via evidence-based knowledge being put into action. Fadia Survive & Thrive also acknowledges the unique needs of patients with advanced/metastatic cancer. I have been a patient advocate for over 10 years myself and very much focused in everything related to improving patients' quality of life, therefore, I hereby endorse the TARGET-app, based on the TARGET-method, developed by Dr. Christine Boers-Doets.**

**I came to know that from daily practice that Dr. Christine Boers-Doets has developed an approach that has proven to be particularly effective for combating side effects of targeted anticancer agents and therapies, the TARGET-method:**

- 1. Determine the side effect sub diagnosis.**
- 2. Identify the symptoms and signs of the side effect and its impact on quality of life.**
- 3. Collect & report detailed information on symptoms and signs.**
- 4. Grade the severity of the side effect.**
- 5. Evaluate the effect of the measures taken.**
- 6. Initiate the most appropriate and effective treatment strategies.**

**I endorse the TARGET-app since it will be the most comprehensive app available to help monitor and treat side effects of cancer drugs by patients themselves. The TARGET-app will lead patients through the six steps. This way, in many cases, patients can stay independent from their treatment team and start with the appropriate measures right away, ensuring getting side effects in control within a short timeframe and in the safest and time effective way. This prompt action ensures that side effects treatment stays simple and inexpensive. Only in a limited amount of cases, patients need guidance and prescription drugs from their treatment team.**

Fadia Survive & Thrive Association, State of Geneva, 5, avenue Gaspard-Vallette, 1206 Genève, Switzerland.

Correspondence Address to Fadia Survive & Thrive Association's President: P.O. Box 1529, Salmiya, 22016, Kuwait.

My understanding that when the six steps of The Target System is applied on a side effect:

- Patients will know which preventive measures to apply to avoid the development of severe side effects.
- Patients will be able to select appropriate measures that are actually effective for their subtype of side effects and can continue the life-saving or life prolonging treatment.
- Patients will stay longer than before on their drug on the initial dose since less dose adjustments or modification of cancer therapy due to controlled side effects are needed.

With every action Dr. Christine Boers-Doets takes, she helps patients on cancer medication to stay on their lifesaving or life sustaining treatment by getting side effects in control quickly.

The TARGET-app will make evidence-based research and years of practical experience available to a broad audience. The six steps can be very helpful to manage complicated side effects, and it is more likely that the entire extent is explored and treated in the right way. The structure for managing the side effects is not only useful to the health care professionals, but also for people living with cancer. The app will support patients to manage the side effects they experience by themselves.

It is really a pleasure to work together with Dr. Christine Boers-Doets. She is very dedicated in improving a patients' quality of life by finding solutions for every patient. The TARGET-method provides patients and healthcare professionals practical steps to approach side effects systematically and in an effective manner to improve outcomes of therapy and quality of life. The TARGET-app will make the TARGET-method available to many more healthcare providers and patients.

I am truly appreciative that the TARGET-method is finally there, and I would like to offer tremendous support to the TARGET-app.

Should you have any queries to discuss, please feel free to contact me if I can provide any additional information in support of this endorsement at [rania.a.azmi@gmail.com].

I look forward to see the prototype of the TARGET-app soon, so more patients can benefit from the practical and effective 6-steps side effects approach.

Sincerely,





Rania Azmi, Ph.D.

President and Member of the Executive Committee

Fadia Survive & Thrive Association

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