

P.M.F.D. Kooijmans
Patient advocate
Floris Heermalestraat 30
3514 VX Utrecht, the Netherlands

Date: October 6, 2021

Subject: Letter of Endorsement TARGET-app

To Whom it May Concern,

I, Ellen Kooijmans, patient advocate with many connections in the world of metastatic breast cancer in the Netherlands, writer of a "[living with MBC-blog](#)" (+18.000 visitors this year; informing fellow MBC patients about new scientific research, and about actually living with MBC) hereby endorse the TARGET-app, based on the TARGET-method, developed by Dr. Christine Boers-Doets.

There is a big gap in knowledge concerning side effects. The experience of me and my fellow MBC patients is that every nurse and every doctor gives a different advise, and often they don't know how to solve side effect problems. There is no Dutch overall databank where patients can read about what could possibly help them to tackle side effects.

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. This prompt action ensures that side effects treatment stays simple and inexpensive. 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.

In my experience lots of patients are very reluctant to tell their doctors about side effects because they are afraid that this will lead to ending a treatment that is effective. Ending the therapy will lead to a less longer live than necessary and patients don't want that. The Target-app could help them a lot.

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.

I am truly appreciative of the TARGET-method, 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 ellenkooijmans@planet.nl.

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,

Signature:

P.M.F.D. Kooijmans

