



Ourania Nicolatou-Galitis, DDS, MSc, PhD, CureCancer Scientific Responsible

CureCancer, curecancer.gr, curecancer.eu.

Athens, 155 61, Greece

Subject: Letter of Endorsement TARGET-app

To Whom it May Concern,

I, Ourania Nicolatou-Galitis, in behalf of the Council of CureCancer, DDS, MSc, PhD, CureCancer PC Scientific Responsible, BMJ lead for the Educational Module for Oral Mucositis, and Former President of the International Society of Oral Oncology, mascc.org, hereby endorse the TARGET-app, based on the TARGET-method, developed by Dr. Christine Boers-Doets.

From daily practice Dr. Christine Boers-Doets has developed an approach that has proven to be particularly effective for combating side effects of targeted anticancer therapies, the TARGET-method:

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

I endorse the TARGET-app since it will be the most complete 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. 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.

When you apply the six steps of The Target System 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.

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 nicolatou.galitis@hotmail.com, info@curecancer.gr.

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

Sincerely,

A handwritten signature in blue ink, appearing to be 'Ourania'.

Professor Ourania Nicolatou-Galitis
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<https://curecancer.gr/>