

# What is personalised cancer care?

Personalised care is tailored to an individual based on the cancer's genetic information and the person's lifestyle and environment<sup>1,2</sup>



A better understanding of cancers and advances in cancer tests has helped move care:<sup>1-4</sup>

## From a traditional approach

- chemotherapy, radiotherapy and / or surgery
- based on cancer location and stage

## To a precision approach

- personalised treatments
- based on cancer's genetic information

This marks an important step towards personalised care<sup>1</sup>

This material is released under Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International license (CC BY-NC-SA 4.0). You may share (copy and redistribute) and adapt (remix, transform, and build upon) this. However you must give appropriate credit to Roche and its co-creation partners (its Global Personalised Healthcare Oncology Patient Council), a license notice, and a link to the original material as co-created in February 2022. If you build upon this material, you must distribute your version under the same license as the original (CC BY-NC-SA 4.0).

## Getting tested is key



Looking at your cancer's **genetic information** through the **most up-to-date tests** can help guide decisions about treatment<sup>1,5-7</sup>



**Consenting to share your cancer's genetic information** can help researchers understand more about cancer and develop new treatments<sup>1,6,8,9</sup>

## What does personalised cancer care mean for me?

A more **accurate diagnosis** to guide care plans<sup>6</sup>



More efficient and effective **research and development** for new or improved cancer treatments<sup>9</sup>

Using **data** to better understand, manage and monitor your cancer<sup>6,7</sup>



Helping doctors choose **treatment and care options** best suited to you<sup>6</sup>

Personalised care aims to help get better outcomes for you and others with cancer<sup>6,9</sup>

## References

1. European Society for Medical Oncology. Personalised Cancer Medicine: An ESMO Guide for Patients. [Internet; cited February 2022]. Available from: <https://www.esmo.org/content/download/20122/337223/1/ESMO-Patient-Guide-Personalised-Cancer-Medicine.pdf>
2. Lucy R Yates et al. The European Society for Medical Oncology (ESMO) Precision Medicine Glossary. Annals of Oncology, 2018, Volume 29, Pages 30–35. Available from: <https://www.sciencedirect.com/science/article/pii/S0923753419350112>
3. Cancer Research UK. What is personalised medicine? [Internet; cited February 2022]. Available from: <https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/personalised-medicine>
4. Cancer.net. Understanding Targeted Therapy. [Internet; cited February 2022]. Available from: <https://www.cancer.net/navigating-cancer-care/how-cancer-treated/personalized-and-targeted-therapies>
5. National Cancer Institute. Biomarker Testing for Cancer Treatment. [Internet; cited February 2022]. Available from: <https://www.cancer.gov/about-cancer/treatment/types/biomarker-testing-cancer-treatment>

6. National Health Service England. Improving Outcomes Through Personalised Medicine. [Internet; cited February 2022]. Available from: <https://www.england.nhs.uk/wp-content/uploads/2016/09/improving-outcomes-personalised-medicine.pdf>

7. Arjun Panesar. What is the Future of Healthcare? Machine Learning and AI for Healthcare, 2020, doi:10.1007/978-1-4842-6537-6\_9. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7989871>

8. Nature. How cancer genomics is transforming diagnosis and treatment. [Internet; cited February 2022]. Available from: <https://www.nature.com/articles/d41586-020-00845-4>

9. Charles River Associates. The benefits of personalised medicine to patients, society and healthcare systems. [Internet; cited February 2022]. Available from: <https://www.crai.com/insights-events/publications/benefits-personalised-medicines-patients-society-and-healthcare-systems>