

# Curve.life

Episode 01 (transcript)

Empowering patients and their supporters after a cancer diagnosis

(Copyright 2019)

---

We'll start by introducing ourselves.

We are a group of world-leading cancer experts from different fields: oncologists, researchers, nutritionists, exercise specialists mental health experts, and, importantly, patients.

Together, we are Curve.

Cancer can make you feel like you're at a standstill, with no end in sight and a number of important decisions to make. But understanding you are not alone can help.

We're here to show you that, if you're willing to take action, you might be able to make a real difference.

Instead of taking a passive approach, why not be active? Understand what the options are, explore them, use them... and try to improve your position. Most doctors will acknowledge privately that it's the patients who take an active interest in their health who tend to do better.

Curve is here to encourage you to take action alongside your doctors - adopting a collaborative approach. Your doctors are trained in, and will focus on, certain areas – surgery, chemotherapy, radiotherapy and so on. These are all powerful treatments.

But they are not trained in other areas like exercise, nutrition, and stress management; and there is now a growing body of evidence indicating that these things - and others - can not only make you feel better but might also act against cancer.

In fact, at Curve we consider these things so important that we suggest they should be front and centre in your response to cancer.

In our experience, most patients instinctively wonder if there is more they can be doing after diagnosis and so turn to the internet for help.

But, as a wise man once said, trying to find information online... is a bit like trying to drink from a burst fire hydrant... not easy... and potentially unsafe because there is a lot of bad information online.

So, we're going to help you sort the good from the bad by giving you the basic knowledge you need to figure out which interventions might really help.

Which means, by the end of this video series, you will have the tools you need to avoid the snake oil sellers, miracle healers and email scammers.

We will provide clear, unbiased information based on the latest research so you're guided by evidence... and can make informed decisions about how to best help yourself.

That's the key, being informed. With knowledge comes power; power to take back control and decide what's best for you.