

Review Proforma

25 April 2024

Jialin Yang
Flat 48
Cornwell House
13 Ron Leighton Way
London
E6 1EQ
(Via email: zakkyang@hotmail.com)

Dear Jialin Yang

Please find below a summary of our recent review appointment.

Re: Jialin Yang, Dob 06/03/1985

It was a pleasure catching up with Mr Yang for our initial review.

Clinical Update: PS = 0/1

- Bloods 18/04/2024 reviewed: Satisfactory full blood count, renal and liver profiles.
- CEA 18 (from 37)
- Ca 19-9 20 (from 34)
- I have congratulated Jialin on this impressive tumour marker response
- Imaging due mid-June
- Ongoing FOLFIRI + Cetuximab (which was added 19/04/24 which his 4th cycle)
- Provided with creams and Limecycline - which I have explained is similar to Doxycycline
- I am grateful to hear that Jialin has tolerated his COC protocol relatively well thus far. No lingering gastrointestinal intolerance. Reports needing to drink more.
- Tolerating chemotherapy relatively well. Fasting around chemotherapy - and has noted weight loss which he tries to recover in the second week of his cycle.
- I have asked Jialin to continue his adjunctive, metabolic protocol or repurposed medicines as before for now. In light of the use of Limecycline we will pause his Doxycycline from the COC protocol. I have detailed my recommendations below.

PLAN: Proceed with COC Protocol

- Metformin 500mg Twice a day
- Atorvastatin 20mg Once at night
- Mebendazole 100mg Daily - alternate months i.e. month on, month off and repeat
- Pause Doxycycline as receiving Limecycline
- Please do not hesitate to contact COC if any concerns.
- Follow-up review in 3 months.

Prescription completed and emailed to pharmacy as per patient request

You may share this note directly with your GP and/or oncologist should you wish.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'HARIHARAN KUHAN', with a stylized flourish below it.

Dr Hariharan Kuhan
Care Oncology Clinic Doctor

Addendum: Additional clinical service – COC Plus

COC Plus is our new, additional service designed to measure and track fundamental parameters, which if optimised, may improve cancer outcomes. COC Plus evaluates these specific parameters, both via specialist blood biomarker tests and an in-depth questionnaire, enabling provision of actionable insights to our patients based on their personalised scores.

COC doctors carefully review the COC Plus data and make individualised, evidence-based recommendations to help drive improvements. This can include advice around diet and nutrition, stress, sleep, exercise, as well as the recommendation or prescription of a specific set of supplements with an excellent evidence-base in the cancer setting.

In addition, the COC Plus blood test data enables our clinical team to objectively assess the degree of metabolic control which may be being exercised by your current COC Protocol and to further refine the dosing of COC Protocol medications as necessary.

For more information about adding COC Plus to your current COC service, please email info@careoncologyclinic.com, or call +44 (0) 20 3855 5939.



Care Oncology Clinic

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