

A patient

# SPEAKING FREELY

by Steve Holmes

**If I had the opportunity to address those people of talent and expertise - the medical scientists, researchers, and healthcare professionals - then, these would be my words.**

This is a raw and unpolished observation by a patient that has learned much from his relationship with a cancer that leaves little survivors that cross its path.

The Patient carries all the risk and by default so do their family, friends, and support community.

When one patient is diagnosed it immediately impacts the health & wellbeing of at least 10 other people.

Each diagnosis creates an instant unsuspecting pop-up support community. Typically these pop-up communities fall into chaos and are in need of support and guidance themselves.

A Patients outcome is very often determined by the quality of their supporter community and its ability to synchronise its efforts around the patient and their medical support team.

As a patient who feels the responsibility to contribute to the success if not cure equation, I feel compelled to ensure that what I have learned is heard by those who continue to apply their talents and skills in overcoming Cholangiocarcinoma.

More lives can be saved and outcomes dramatically improved if what has been learned and achieved can make it to the coal face - The Newly Diagnosed Patient.

The communication pipeline is both clogged and flawed, it requires an immediate overhaul so that medical breakthroughs become a patient choice in real terms - the medical researchers, professionals, and health providers have time to evolve, the Cholangiocarcinoma patient does not.

Every patient should have the full choice of today's available information - there should be nothing that inhibits this. Every life matters in real time every day - this is not an unrealistic expectation and can be achieved if the willingness is there.

Although Cholangiocarcinoma is considered rare, it is climbing in numbers across the globe - Solving the Cholangiocarcinoma puzzle will have enormous downstream benefits to many other cancer cohorts.

Yes we all share the common objective, and we all have the commitment to that, its we just look at it from different angles and with different urgencies.

Replacing the current communication pipeline will save lives today and give time to the medical science and research community - I suspect it will also improve funding pipelines also.

**As a patient that has had to fight for his life, I would also like to share some thoughts that have become real things** - things that have influenced my outcomes, but I suspect have the potential to influence your contributions - these thoughts lifted me above my best, I think it also rubbed off on those many people who supported my efforts.

**To walk on water you must first allow yourself to believe that it is possible, despite everyone else knowing that it is not!**

Anything and everything is possible if you remain open to its reality. It allows the inner willingness to rise up like a bright beacon so that 'opportunity' and 'good fortune' can always find their way to me. There have been times when this is all I had left in the tank.

**Life is the opportunity**

The opportunity will always live within that next step and the one beyond that until momentum reaches out and engages, lifting you up and beyond the now. Transporting you to that place where your dreams can breathe, and their visions and aspirations free to rise up and begin their journey to reality.

**Your Fiction – My Reality**

The only thing that separates us is how we chose to think upon or about things and ultimately it is personal pain and necessity that drives this viewpoint.

Fiction always proceeds its reality, that's how the earth became round, Neil Armstrong stood on the moon and Jim Allison created the reality around the checkpoint pathway. History shows that those of talent and circumstance that have embraced their fiction, have set a chain of events in motion where fiction has relentlessly pursued its reality.

The Definition of Fiction; Something imagined, a collection of thoughts that form a story not yet real – NOT YET!

### **Hope is the plan**

Not a great statement for the corporates amongst us but hope is raw and primal it is the innermost momentum and when it comes to cancer that is very often the only plan left beyond the toolkit. Embracing Hope is a plan and when it comes to cancer patients hope is a powerful force to reinforce.

There is more that can be said, but if people can see past and through their current skill sets and experiences, it will more than likely lead to breakthroughs beyond their current conscious and tangible measure. The opportunity we all seek will always be just around that next bend or in my case over that next climb (yes a tragic road cycling metaphor)

Steve

Patient Survivor