

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------|------------------------------------------------------------------------------------------------|------------|-------------------------------------------------------------------------------------------------------------------------|---------------|------------------------------------------------------------------------------------------------------------------------------------|--------------|------------------------------------------------|--------|-----------------------------------------|------------|------------------------------------------------|------------|--------------------------------------------|------------|---------------------------------------------------------------------|
| Diagnosis           | <p>Moderately differentiated adenocarcinoma, rectosigmoid colon. ypT4a ypN1b (3/24 nodes) M1a V+. Treatment began Dec 2021; primary resected Mar 2022.</p> <p>SITES OF DISEASE Lungs · mediastinal lymph nodes · liver segment VII (new, Jul 2026).</p> <p>ALSO Smouldering myeloma (diagnosed end of 2021, under haematology surveillance); Gilbert's syndrome (can raise bilirubin).</p> <div><div>ORIGINAL PATHOLOGY</div><div>CLINICIAN LETTER</div></div>                                                                                                                                                                                                                                                                                                                                                                                      |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Molecular           | <p>KRAS/NRAS wild-type · BRAF wild-type · pMMR / MSS · HER2 IHC 0 · TMB-low · 3 Mut/Mb · PD-L1 &lt;1% (22C3, 28-8)</p> <p>KEY DETECTED TUMOUR ALTERATIONS <b>APC</b> p.S1415Rfs*4; <b>TP53</b> p.R342* <div>COMMERCIAL SEQUENCING</div></p> <p>PLATFORM Oncomine Comprehensive Plus, 517-gene targeted panel, hg19. Not whole genome or whole exome. Reported tumour-only.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Treatment lines     | <table><tr><td>Dec 21-Feb 22</td><td>Neoadjuvant XELOX ×4 · good partial response</td></tr><tr><td>Mar-Oct 22</td><td>Primary resected · liver met resected (RO) · adjuvant CAPOX</td></tr><tr><td>Oct 22-Apr 23</td><td>Lung mets appear, progress · SABR 55 Gy/5</td></tr><tr><td>Jun &amp; Aug 24</td><td>Lung ablations (1 left, then 1 left + 4 right)</td></tr><tr><td>Feb 25</td><td>EBUS confirms mediastinal nodal disease</td></tr><tr><td>Apr-Jul 25</td><td>FOLFIRI + cetuximab ×6 · good partial response</td></tr><tr><td>Feb-May 26</td><td>Rechallenge ×6 · good response (CT 12 May)</td></tr><tr><td>Jul-Aug 26</td><td>Progression during the break · FOLFIRI + cetuximab restarted 19 Aug</td></tr></table> <div>CLINICIAN LETTER</div>                                                                                         |  | Dec 21-Feb 22 | Neoadjuvant XELOX ×4 · good partial response                                                   | Mar-Oct 22 | Primary resected · liver met resected (RO) · adjuvant CAPOX                                                             | Oct 22-Apr 23 | Lung mets appear, progress · SABR 55 Gy/5                                                                                          | Jun & Aug 24 | Lung ablations (1 left, then 1 left + 4 right) | Feb 25 | EBUS confirms mediastinal nodal disease | Apr-Jul 25 | FOLFIRI + cetuximab ×6 · good partial response | Feb-May 26 | Rechallenge ×6 · good response (CT 12 May) | Jul-Aug 26 | Progression during the break · FOLFIRI + cetuximab restarted 19 Aug |
| Dec 21-Feb 22       | Neoadjuvant XELOX ×4 · good partial response                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Mar-Oct 22          | Primary resected · liver met resected (RO) · adjuvant CAPOX                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Oct 22-Apr 23       | Lung mets appear, progress · SABR 55 Gy/5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Jun & Aug 24        | Lung ablations (1 left, then 1 left + 4 right)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Feb 25              | EBUS confirms mediastinal nodal disease                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Apr-Jul 25          | FOLFIRI + cetuximab ×6 · good partial response                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Feb-May 26          | Rechallenge ×6 · good response (CT 12 May)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Jul-Aug 26          | Progression during the break · FOLFIRI + cetuximab restarted 19 Aug                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Current regimen     | <p><b>FOLFIRI + cetuximab (rechallenge, 3rd block)</b>, 14 days cycles. Plan: 8–12 weeks, then consider maintenance 5-FU + cetuximab if response is good. CT the week of 2 November, results 9 or 10 November.</p> <table><tr><td>Chemo day</td><td>Standard pre-meds (Akynzeo, dexamethasone, chlorphenamine, atropine) · pegfilgrastim 24h after</td></tr><tr><td>Supportive</td><td>Dexamethasone ×3 days · domperidone · loperamide · doxycycline + Plazon (skin) · Laxido · antihistamine · zopiclone PRN</td></tr><tr><td>Other</td><td>Citalopram 30 mg (breakfast) · melatonin 60 mg (evening) · metformin MR 500 mg twice daily (from cycle 5 day 7) · loratadine 10 mg</td></tr></table> <p>NOT CURRENTLY TAKING Mistletoe and most supplements / off-label drugs, during chemo on my oncologist's advice</p> <div>PATIENT-REPORTED</div> |  | Chemo day     | Standard pre-meds (Akynzeo, dexamethasone, chlorphenamine, atropine) · pegfilgrastim 24h after | Supportive | Dexamethasone ×3 days · domperidone · loperamide · doxycycline + Plazon (skin) · Laxido · antihistamine · zopiclone PRN | Other         | Citalopram 30 mg (breakfast) · melatonin 60 mg (evening) · metformin MR 500 mg twice daily (from cycle 5 day 7) · loratadine 10 mg |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Chemo day           | Standard pre-meds (Akynzeo, dexamethasone, chlorphenamine, atropine) · pegfilgrastim 24h after                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Supportive          | Dexamethasone ×3 days · domperidone · loperamide · doxycycline + Plazon (skin) · Laxido · antihistamine · zopiclone PRN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Other               | Citalopram 30 mg (breakfast) · melatonin 60 mg (evening) · metformin MR 500 mg twice daily (from cycle 5 day 7) · loratadine 10 mg                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Planned changes     | <p>Mebendazole — over the next few weeks · Atorvastatin — over the next few weeks</p> <p>AS AT 19 October 2026 · SOURCE Proposed by my integrative oncologist (private). Not yet discussed with my primary oncologist or the NHS team. Each step is subject to tolerance. Nothing here is agreed with my treating oncologist yet.</p> <div>PATIENT-REPORTED</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Latest imaging      | <p>23 Jul 2026 · CT chest, abdomen &amp; pelvis: Progression above and below the diaphragm, and a new liver metastasis.</p> <div>IMAGING REPORT</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| CEA                 | <p>23 Jul 26 <b>49.4</b> · 07 Aug 26 <b>87.6</b> · 01 Sep 26 <b>146</b> · 14 Sep 26 <b>50.9</b> · 29 Sep 26 <b>44.6</b> · 12 Oct 26 <b>47.3</b> UG/L, REF 0–5.2</p> <div>LABORATORY BLOODS</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Bloods out of range | <p>12 October 2026: Haemoglobin <b>129</b> g/L (low, ref 130–170) · Red cells <b>4.13</b> ×10<sup>12</sup>/L (low, ref 4.40–5.80) · RDW <b>15.2</b> % (high, ref 11.5–15.0) · ALP <b>190</b> U/L (high, ref 30–130)</p> <div>LABORATORY BLOODS</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Open questions      | <ul style="list-style-type: none"><li>Which alteration is the driving event? The panel reports APC p.S1415Rfs*4 and TP53 p.R342* as detected, but it does not designate a driver and no clinician has characterised one on my file. If a driver were formally called, would it change anything actionable?</li><li>NHS whole genome sequencing referral — the testing to date is a 517-gene panel, not WGS or WES.</li><li>Matched tumour/normal sequencing — the tumour panel is reported tumour-only.</li></ul>                                                                                                                                                                                                                                                                                                                                   |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |
| Treating team       | <p>Primary oncologist — Consultant clinical oncologist, Bath Clinic; Haematologist — Consultant haematologist, Bath Clinic (smouldering myeloma); Integrative — Integrative oncologist (private), separate from my NHS/Bath Clinic team</p> <p>NAMED IDENTIFIERS ARE NOT PUBLISHED HERE. A version carrying them is sent to clinicians directly on request.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |               |                                                                                                |            |                                                                                                                         |               |                                                                                                                                    |              |                                                |        |                                         |            |                                                |            |                                            |            |                                                                     |