



My Cancer Profile

You or a loved one is confronting the difficult news of a colorectal cancer diagnosis. This informational card is designed to help you discuss this diagnosis with your oncologist and gather personal information about your disease in one place for easy reading and quick access.

Learning this information will help you have informed conversations with medical professionals, other caregivers, and fellow CRC patients. Being able to discuss your disease with professionals, and with your new friends in COLONTOWN, will help you discern the best treatment choices for you.



CRC INFORMATION

Stage: designates the extent of disease

TNM: Specific designation of disease status based on:

T = tumor. How far has it grown into the colon wall?

N = lymph nodes. Has it spread into regional nodes?

M = metastasis. Has it spread to other organs?

More info at: [cancer.net/cancer-types/colorectal-cancer/stages](https://www.cancer.net/cancer-types/colorectal-cancer/stages)

Biomarkers: measurable characteristics of your disease

MSI: Microsatellite instability high (also called dMMR, deficient mismatch repair)

MSS: Microsatellite stable (also called pMMR, proficient mismatch repair)

Lynch Syndrome: inherited predisposition to cancer

TMB: tumor mutation burden, a measure of mutations in tumor

Genomic Alterations: Changes in genes that affect cell growth and may affect treatment options. Many are called "mutations." The alterations listed are especially important in metastatic (Stage IV) CRC.

Alterations may:

- 1) indicate against the use of certain drugs
 - 2) indicate for the use of drugs that target the alteration
 - 3) be a consideration when exploring clinical trials
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Other Alterations: genomic testing may show other alterations that could be relevant for later treatment or clinical trials.

Your Cancer Profile

Work with your oncologist to add personal information about your disease here. This information comes from reports on imaging, tumor samples, and/or blood. If you do not have some of this information, talk with your doctor about ordering the appropriate tests.

My CRC Biomarkers

Name

DOB

Age at diagnosis

MRN

Oncologist

Stage

TNM

Primary Tumor Location

Metastatic Site(s)

Biomarkers

MSI (dMMR) or MSS (pMMR)

Lynch Syndrome

TMB

Genomic Alterations (esp for Stage IV patients)

BRAF V600E

HER2 amplification

KRAS/HRAS/NRAS

NTRK

Other Alterations



Join Our COLONTOWN® Community!

We invite all affected by colorectal cancer (patients, care partners, family and/or loved ones) to join us. Ours is a secret, by-application-only Facebook community with 'neighborhoods' for learning about different aspects of the disease, discussing treatment options and symptom management, and finding out about clinical trials. In COLONTOWN you can have private, supportive conversations with others who are going through similar experiences. In COLONTOWN, you can FIND YOUR PEOPLE.

Here's how you can be part of the COLONTOWN community:

- 1 Visit colontown.org and register on the "Join COLONTOWN" page.
- 2 Look for an email from colontown.org in your inbox with next steps!

I just had the most ridiculous conversation about colon prep that I could ONLY have had in COLONTOWN. But I would have gone crazy if I couldn't have had it. Thanks.

I am still 'me' - maybe even a better 'me' - after my cancer diagnosis.

The support I get from COLONTOWN is the only thing that gets me through some days... knowing I'm not alone.



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COLONTOWN is supported by the PAL TOWN Development Foundation, a nonprofit dedicated to building communities for patients and caregivers. Learn more and support us at paltown.org.