

## **Presentation of Europacolón Portugal**

Europacolón Portugal - Support for Patients with Digestive Cancer is an IPSS, a non-profit entity, founded in 2006, in Porto, with the primary function of contributing to the reduction of the number of deaths from Bowel Cancer and supporting patients and their families, improving their quality of life, having extended its scope in 2014 for all oncological diseases of the digestive, including cancer of the pancreas, stomach, liver, oesophagus, neuroendocrine tumours and GIST.

Europacolón Portugal belongs to the following organizations:

- Digestive Cancer Europe (DICE) – Brussels
- World Pancreatic Cancer Coalition (WPCC) – USA
- Pancreatic Cancer Europe (PCE) – UK
- International Neuroendocrine Cancer Alliance (INCA) - USA
- Ethics Committee of I3s/Ipatimup – PT
- SIC Board of Trustees, in the area of planning communication strategies about oncology
- EU "Oncoscreen" Project
- Effective Member of Ipatimup – Institute of Pathology and Molecular Immunology of the University of Porto
- Member i3S – Institute for Research and Innovation in Health

Currently, Digestive Cancer has an incidence in Portugal of more than 16600 cases per year and a mortality of more than 10054! (Globocan 2018). The high incidence of these diseases and the permanent lack of a national health policy, focused on prevention and early diagnosis, justifies the need for an NGO dedicated to this issue of Public Health.

As such, Europacolón Portugal has a fundamental role, because its scope covers all oncological diseases, from the digestive forum, and is based on 4 pillars:

1. Support for patients, survivors, family members and caregivers.
2. Pressure and awareness of policy makers to implement the preventive and early diagnosis attitudes necessary for the reduction and, above all, of the mortality of these diseases
3. Actions to raise awareness among the population to increase health literacy and motivation for user participation in therapeutic decisions
4. Involvement in research projects in the areas described in order to increase research funding and population participation, where necessary, in these projects

We offer the population the following services:

- Disseminate knowledge of diseases and their symptoms by the population at national level
- Promote screening and the benefits of early diagnosis, as well as appropriate preventive attitudes to decrease incidence and mortality numbers

- Support, information and awareness raising to all patients, survivors, caregivers and family members of these diseases
- Second clinical opinion
- Home support for patients with advanced Digestive Cancer.
- School Food Education Project.
- Free consultations of Psychology and Nutrition and social care, for patients and family members.
- Colonoscopy Preparation Helpline - 960 199 492
- Digestive Cancer Helpline - 808 200 199.
- Psychological support groups and personal development for patients and survivors.
- Awareness-raising actions, lectures, meetings and education for better health literacy at national level.