

## Fast Facts on Alan Hobson

### 2-Time Cancer Survivor

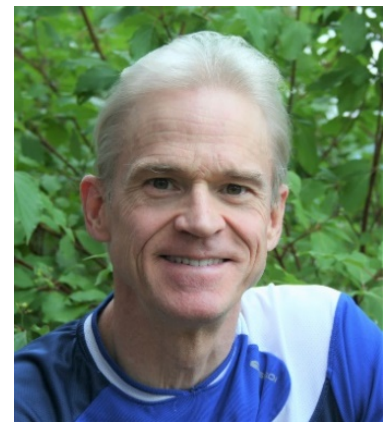
### Founder, "The Climb Back from Cancer Survivorship Program"

### Bestselling Author, Speaker, Mt. Everest Climber & Summiteer

- Summited the world's tallest peak, Mt. Everest, on May 23, 1997 during his 3<sup>rd</sup> self-guided, self-organized & corporately sponsored expedition to the mountain; 10<sup>th</sup> Canadian to do so
- Three years after summiting Everest, at age 42, was diagnosed with the very aggressive blood cancer, acute leukemia, and without treatment, given less than a year to live
- At diagnosis, 90% of the cells in his bone marrow and 40% of the cells in his bloodstream were cancerous
- Endured more than 500 hours of infusion chemotherapy as an in-patient, including 120 hours of high dose chemotherapy to eliminate virtually his entire immune system at the time
- On Nov. 15, 2000, received modern-day equivalent of a bone marrow transplant, a successful adult blood stem cell transplant. Donor was his brother, Eric. On the day of the transplant, Alan was so weak he could not stand for more than a minute
- Today, he is one of less than a few dozen people in the world ever to regain an elite level of fitness after an adult blood stem cell transplant for the treatment of acute leukemia – a tiny fraction of the number of people who have climbed Mt. Everest
- Has been leukemia-free for over 20 years; is officially medically cured
- Appeared in studio on *The Oprah Winfrey Show* on May 4, 2001
- December 2010, at age 52, diagnosed with a preliminary form of colorectal cancer; surgery; complete recovery
- Winner: *William Randolph Hearst Award for Excellence in News Writing*
- International bestselling author of 7 books, including "Cancer Survivorship from the Inside Out – A Step-by-Step Guide for the Newly Diagnosed" and "Climb Back from Cancer" available at <https://www.SurviveCANcer.ca>
- Creator of world's 1<sup>st</sup> "Climb Back from Cancer Survivorship Program" for the newly diagnosed <https://www.SurviveCANcer.ca>
- Co-creator of "The 10 Tools of Triumph" for survivors & caregivers – the key psychological skills needed to help maximize quality of life for the maximum time
- Co-creator: *The Climb Back from Cancer Physical Activity Protocol* that achieved unprecedented results in enabling cancer survivors to overcome their #1 challenge – chronic fatigue, <https://www.SurviveCANcer.ca/overcome-fatigue-video>



Alan & Eric on the day of the transplant



- Member, 10 self-guided & self-organized high altitude mountaineering expeditions worldwide, including successful ascents of the highest peaks in North & South America (Mt. McKinley & Mt. Aconcagua) in addition to Mt. Everest
- Former 9-time "All-American" gymnast; member, 6 U.S. national championship-winning gymnastics teams
- Renowned professional speaker for over 25 years; clients include scores of Fortune 100 & 500 companies, among them Johnson & Johnson, GlaxoSmithKline, Merrill Lynch, New York Life & many others