

From the Bedside to Worldwide – The Inspirational Story of *The Climb Back from Cancer Survivorship Program*

Seeing the Need

During my treatment, I noticed a significant gap in the patient experience – informationally, physically, mentally, emotionally and spiritually. Patients like me were being diagnosed with seriously aggressive cancers but given very little in the form of support materials. Something was needed to fill the gap.

Hearing the Patients

If I survived, I vowed to try to change that. After I came through treatment, I spent 10 years coaching scores of newly diagnosed patients across a wide variety of cancers. I learned very quickly that regardless of the kind of cancer(s) they had, they were all facing similar challenges because they were all asking me the same kinds of questions, e.g. “What did you eat and drink?” “How did you manage your fear?” “Did anything help you sleep better at night?”.

Ensuring Accuracy

After a few months of hearing these questions, I wrote them down and started to flesh out the answers. And, with the help of other patients, caregivers and professional healthcare providers, we expanded the content of the program to include everything from diagnosis through prognosis; fear and energy management; immunity; how to manage depression and fatigue; how to use meditation and relaxation and on and on. Then, I collaborated with a crackerjack review team of medical professionals from all over North America to ensure that all the information in the program was 100% medically accurate.

Pioneering Creativity

Distilling it all down into a comprehensive, clear and concise program was like trying to put Mt. Everest into a bell jar. It took years but eventually we created something of which all of us can be proud – the world’s first program created by a survivor to help maximize the chances of others becoming survivors. The program is everything you need to know if you’re diagnosed with cancer – any cancer, anytime, anywhere.

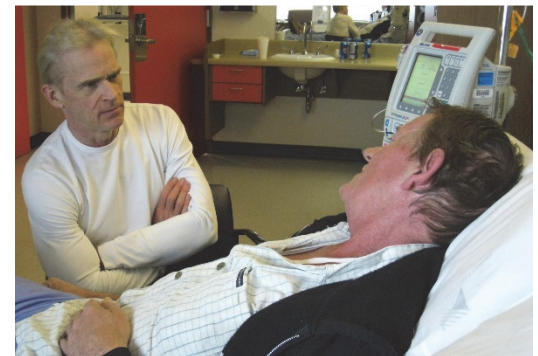
– Alan Hobson

2-Time Cancer Survivor & Program Founder



Alan & acute care nurse Rita Dillabough during his treatment for acute leukemia in 2000. The two have since become close friends.

Photo: Cecilia Hobson



Before creating "The Climb Back from Cancer Survivorship Program," Alan spent 10 years coaching scores of newly diagnosed patients across a wide variety of cancers.



The program's guidebook has been extensively researched and exhaustively medically reviewed. It informs, inspires and empowers.