
Newsletter October 2025

Dear members

Autumn has already begun, and I must apologize for not having written a newsletter since the annual report in June. Time is flying by so quickly, and since we have fewer accompaniments, the lifecircle association has taken a back seat in many respects. Journalists are no longer interested in lifecircle, and we forward to other organizations the many requests for a new membership with lifecircle, which we still receive almost daily even three years after stopping to take on new members. Nevertheless, the lifecircle association and you, dear members, are very important to me.

I am particularly concerned about the emergence of new organizations, which I do not consider to be a positive development in Switzerland. Last year, two more assisted suicide organizations were founded in Switzerland. To my knowledge, there are now at least nine AVD-organizations in Switzerland. Unfortunately, these new organizations very rarely advocate for the legalization of AVD abroad. There is much more to do to ensure that everyone can receive AVD in their home country. Accompanying more foreigners to their AVD in Switzerland is not the right way forward; this has been my conviction for decades.

I am rarely involved in legalization work anymore, because there is still so much to be done in Switzerland regarding self-determination at the end of life. As I have mentioned in previous newsletters, I receive a lot of inquiries from Swiss people who are suffering from serious illnesses and fighting for their lives, just as we do at the lifecircle association. Our approach is to promote and maintain quality of life until the very last moment. I understand and support a person's desire to preserve their life and fight against death. But so often, doctors promise too much and give false hope. Then "Father Death" suddenly knocks on the door, and only now do people start to think about how they want to die. If they are not members of an assisted dying organization, they face the problem that Exit currently has a 90-day waiting period for new members and clearly states: "We are not an emergency organization." Then despair sets in, because when death is at the door, suffering can become very intense and still last for several days or weeks. Here, the treating family doctors could and should also help with an AVD, just as they help their patients with palliative care. But family doctors do not have the knowledge of how an AVD can and should proceed, and they are overwhelmed by the desire for AVD.

A few weeks ago, I met a Swiss onco-gynecologist who has an interesting perspective for Switzerland, which partly coincides with my own. He wants to move away from organizations such as AVD-associations. He believes that six to seven centers of excellence for self-determination at the end of life should be established in Switzerland. These centers should provide information about fasting to death, palliative care, and FTB, and it should also be possible to undergo AVD there without belonging to an assisted suicide association. I found this idea fascinating, and I would like to set up a working group to look into this solution. With 180'000 members, Exit has reached the limits of what it can offer in terms of quality. We need a different solution in Switzerland when the baby boomers reach old age. And that won't be long now.

With the help of Irene Stiefel, we have managed to organize a panel discussion, for which I am grateful. I would like to invite you to our panel discussion in Münchenstein, Hotel Hofmatt, on Wednesday, November 12, at 6 p.m. You will find the invitation in the attachment. I look forward to a lively discussion and a personal exchange afterwards during the aperitif.

Unfortunately, I have to inform you that our “Café Goodbye” will take place for the last time in November. This is because we always had very few visitors, and therefore the ratio of work involved to costs and benefits was not satisfactory. I would like to express my heartfelt thanks to Esther Stoll for running our “Café Goodbye” with such dedication over the years. I would also like to thank those who were interested and always participated actively in the discussions. The “Café Goodbye” in Winterthur will be continued by Wolfgang Weigand, but it has nothing to do with lifecircle.

If anyone needs an aid such as a wheelchair or walking aid, they can still contact the lifecircle association. I am also available at any time for advice on improving quality of life.

I wish all our members and non-members alike a colorful fall and many wonderful experiences. Enjoy every moment you can, because life is far too short and can end at any moment...

Warm regards from our houseboat, currently on a canal in France



Erika Preisig,
family doctor and president
of the lifecircle association