



# AYA NEWSLETTER

## Next AYA Meetup

**Date/time:** June 24th, 2021  
6-7:30pm

Join us on the 4th Thursday of every month to chat and connect with other AYAs!

Please email [aya@uhn](mailto:aya@uhn) to register and to receive the meeting link.

## ABCDEs - Mole or Melanoma?

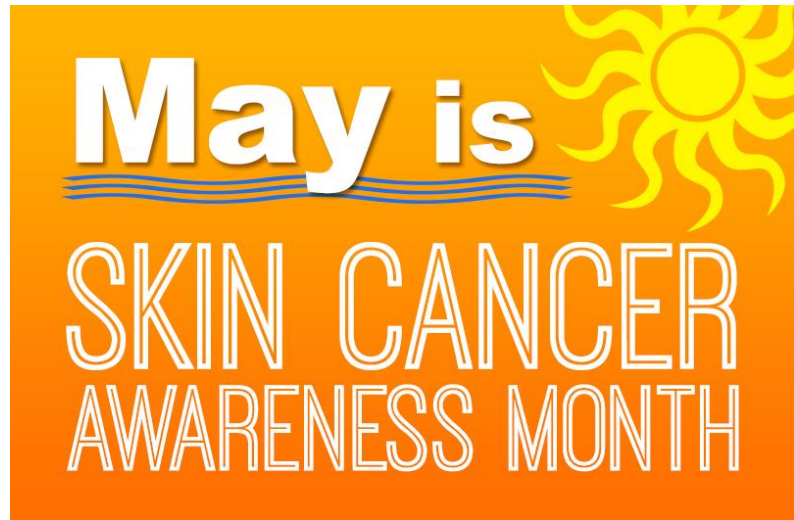
**A**symmetry: one half of a mole does not match the other.

**B**order: the edges are irregular, ragged, notched, or blurred. Normal moles are round or oval.

**C**olour: The mole is not evenly coloured.

**D**iameter: The spot is larger than 6 millimetres across.

**E**volving: The mole is changing in size, shape, or colour.



## Sunscreen, an every day hero!

As warmer, sunnier months approach, it is important for us all to remember sun safety. However, using an SPF30+ sunscreen isn't just important on sunny days - it's important all year round; regardless of your age, gender or skin-tone. Grab your favourite sunscreen from your local drugstore, and stay sun safe!

## Are you a young adult (19-39 years) living with cancer?

We invite you to complete a survey about your experience and needs with post treatment care.

Participate in the survey by clicking here:

For English: <https://external.redcap.uhn.ca/surveys/?s=A9TJR3T4EP>

For French: <https://external.redcap.uhn.ca/surveys/?s=X9Y44PLEXE>

This survey is part of a larger research study by the Adolescent and Young Adult (AYA) Program at the Princess Margaret Cancer Centre and the Canadian Cancer Society. The goal of the study is to determine ways to better support people living with cancer after they have completed primary cancer treatment.

For questions about this study, please contact Jonathan Avery at: [Jonathan.avery@uhnresearch.ca](mailto:Jonathan.avery@uhnresearch.ca).

*Please note that communication via e-mail is not absolutely secure. Thus, please do not communicate personal sensitive information via e-mail.*

*You must be a Canadian resident to participate.*

## UPCOMING EVENTS!



### FREE WILDFIRE WRITING WORKSHOP

For Younger Women Diagnosed with Cancer Living in Canada

TUESDAY JUNE 22 AT 4:30 - 6PM ET



**To reserve your spot: [wildfirecommunity.org/workshops](http://wildfirecommunity.org/workshops)**

Join the Canadian Wildfire Community to learn tips on how to start writing your important stories surrounded by other women who just get it.

Wildfire is a magazine and writing community founded by April Stearns to help young breast cancer survivors and fighters find meaning and a sense of belonging in their experience of cancer.

Each issue of Wildfire Magazine and each Writing Workshop uses stories to provide healing on themes related to younger survivorship including body image, mental health, fertility, parenting with cancer, career, identity after diagnosis, relationships and intimacy, and more. Our belief is that stories -- yours & others -- provide the fabric for a much-needed age-specific community and support network.

# AYA STUDY

Participants needed for a study on the experiences of adolescents and young adults following cancer treatment

## Who can participate?

- ★ Adolescent and young adult cancer survivors diagnosed between 15 and 39 years of age

## What is involved?

- ★ A 30-minute survey measuring body image, social support, and physical activity



In appreciation for your time you will be entered into a draw to win one of twenty \$25 gift cards.

To participate in this study please visit <https://redcap.utoronto.ca/surveys/?s=D3R8JHFT44> or for more information please contact Madison Vani: [madison.vani@mail.utoronto.ca](mailto:madison.vani@mail.utoronto.ca)



## Participants Needed!

The purpose of this study is to evaluate a brief webinar developed to help significant others provide social support for physical activity to young adult cancer survivors.

### YOU CAN PARTICIPATE IF YOU:

Are a young adult who:

- (1) Is between 18-39 years of age
- (2) Has completed primary treatment for cancer
- (3) Is comfortable reading and speaking English
- (4) Has access to the Internet and audio-visual device (e.g., computer with a webcam).

Care for a young adult cancer survivor and are:

- (1) Over 18 years of age
- (2) Comfortable reading and speaking English
- (3) Has access to the Internet and an audio-visual device (e.g., computer with a webcam).

### WHAT DOES PARTICIPATING INVOLVE?



Watching a 30min webinar



Completing brief questionnaires



Participating in an online focus group

### HOW WOULD PARTICIPATING BENEFIT ME?



Contribute to the development of a resource for other young adult cancer survivors and those caring for them



Obtain tips and guidance to provide social support to promote physical activity

### Want to learn more? Contact us!



[jenson.price@uottawa.ca](mailto:jenson.price@uottawa.ca)



(613) 562-5800 ext. 7300