

AYA NEWSLETTER

Adolescent and Young Adult (AYA) Program Newsletter

April & May 2019

AYA SURVIVORSHIP SYMPOSIUM

On March 20th and 21st 2019, the Adolescent and Young Adult (AYA) Program held its first national AYA Survivorship Symposium. Over 200 attendees from across the country came, representing hospital and community-based programs.

The first day of the symposium focused on helping attendees better understand the unique needs of younger adults with cancer, resources and supports, as well as current models of AYA care. The day began with a patient and family panel, followed by presentations delivered by experts in AYA care (i.e. coping, fertility, sexual health, school/work transitions, palliative care, community resources, and AYA program development). The day ended with highlights from ongoing AYA-specific research activities.

Day two of the symposium focused on the surveillance and screening of AYA survivorship issues, featuring a plenary talk by Dr. Lois Travis, Director of the Cancer Survivorship Research Program, Indiana University. The goals were to increase awareness of common treatment-related late effects and evidence-based interventions for managing these. Topics included: risk of heart-related diseases, hormonal dysfunction, secondary cancers and neurocognitive effects. The day concluded with presentations on innovative programs for survivorship follow-up and presentations from our provincial partners: Cancer Care Ontario and the Pediatric Oncology Group.

Thank you to everyone who came out to this event. Ongoing work is currently being done to move initiatives related to AYA survivorship care forward in the country.



Laura Mitchell and Dr. Abha Gupta, Vice-Chair and Chair of the AYA Survivorship Symposium



COLOUR TO CONQUER CANCER

**COLOUR
TO CONQUER**

#ColourToConquer

Facebook: Colour to Conquer

Instagram: @colour2cc

Twitter: @colour2cc

Email:

info@colourtoconquer.ca

Colour To Conquer is back! After a successful pilot program in 2018 that engaged fundraising participants from over 200 cities across Canada, the program is going **BIG and BOLD in spring 2019!** Visit www.colourtoconquer.ca today to learn how you can do something fun for a serious cause.

Registration is now open! Register as a Team Leader and build a fundraising team with friends or colleagues. There is **NO Registration Fee! No Minimum Fundraising** level to achieve. Every dollar raised will make a difference. Start by making a self-donation to show prospective donors how serious you are about raising funds for world leading cancer research and care.

We have exciting plans for you to get inspired and encourage friends and colleagues to take part:

Save The Dates: April 17-27 we will open "Pop Up For a Cause" in downtown Toronto, designed by a Celebrity TV designer! Shhhhhh... It's a secret!

Save the Date: April 30th join us as our partners at Bell Media host our Parking Lot Pop Up Hair Salon at 299 Queen Street West from 7 am to 6 pm. Come get your colour on! Register to participate in the fundraiser and bring your team to add some colour to your hair on live TV!

Save the Date: May 21st join us at Steam Whistle Brewing for our Colour Party! Bring your fundraising team members, bring new friends and get them to register while they still have time to participate!



Adolescent and
Young Adult Program

ayaprogram_uhn

AYA Program at Princess Margaret

@ayaprogram

aya@uhn.ca // ayaprincessmargaret.ca // 416 946 4501 x 5579

MONTHLY COMMUNITY UPDATES

GILDA'S CLUB

24 Cecil St. Toronto, ON
www.gildasclubtoronto.org
416 214 9898



20s & 30s Support Group

April 4, 11, 18, 25, 2019
May 2, 9, 16, 23, 30, 2019
6:30 — 8 PM

This is a group for people ages 18 to 39 who are living with cancer or after a cancer diagnosis, welcoming those newly diagnosed or up to 5 years post-treatment. Some topics include: fear of recurrence, relationships, sex & sexuality and more.

WELLSPRING



4 Charles St E
Toronto, ON
www.wellspring.ca
416 961 1928

Visit online for upcoming program event dates this month: <http://bit.ly/2sGqCdy>

AYA PROGRAM UPDATES

APRIL 25 & MAY 23: AYA MEET-UP

Our AYA meet-up for the upcoming months will be: **Thurs, April 25 & May 23 from 6 to 7:30 PM on the 16th floor, Room 726 at the Princess Margaret Cancer Centre.**

We encourage participants to RSVP to aya@uhn.ca if they are planning to attend. Pizza will be provided.



COMMUNITY EVENTS & UPDATES

LOCAL SOCIALS WITH PINK PEARL

Pink Pearl Foundation is hosting several upcoming Local Socials in May! **RSVP by April 20 to RSVP@pinkpearlcanada.org** to attend:

May 1 (Barrie): Panera Bread (149 Park PI Blvd) from 2 to 4 PM

May 4 (Hamilton): Williams Café (47 Discovery Drive) from 11 AM to 1 PM

May 22 (Toronto): Toronto Studio (89 Harbord St) from 7 to 9 PM



STRETCH HEAL GROW: YOGA & WELLNESS RETREAT

Rethink Breast Cancer is hosting a yoga and wellness retreat for young women with breast cancer in TWO locations this year, including daily yoga & meditation class, outdoor activities, healthy meals and education workshops.

For more information, visit: <http://bit.ly/rethink-yogaretreat>

July 17–19: Eganridge Resort and Spa in BobCaygeon, ON

Oct 21–23: Emerald Lake Lodge in Emerald Lake, BC

ON
THE
TIP
OF
THE
TOES

ON THE TIP OF THE TOES: VOYAGEUR CANOE GRAND EXPEDITION

On the Tip of the Toes is hosting another free expedition for teenagers ages 14 to 18 in remission of cancer from **July 26 to Aug 6, 2019** in **Manicouagan Reservoir, Quebec**. Have the opportunity to canoe in Quebec, paddling with new friends in amazing landscapes! Learn more about the opportunity here (registration closes June 26): <http://bit.ly/canoe-expedition>

PARTICIPATE IN RESEARCH

Researchers at St. Michael's Hospital are looking to explore the experience of young men faced with making fertility preservation decisions as a result of cancer treatment.

You are eligible for this study if:

You were diagnosed with cancer between the ages of 18 and 45

You have completed treatment (surgery, chemotherapy and radiation) for your cancer in the last 5 years

You were informed by your health-care provider that cancer treatment might affect your natural fertility

Study Overview

You will be asked to participate in a one-on-one telephone interview with a research team member. We would like to learn more about your experience with decisions and communication with your health-care provider. Participation in this study is completely voluntary. All information is kept strictly confidential. This study has been reviewed by the St. Michael's Hospital and University Health Network Research Ethics Boards (REB #13-136, ID # 18-5567.0).

If you are **interested in learning more** about this research study **please contact Brittany Speller** at (416) 864-6060 ext. 77029 or spellerb@smh.ca*

* If you choose to communicate by email, please note, email is not a secure form of communication