

AYA NEWSLETTER



AYA Survivorship Clinic: Coming Soon!

Starting **September 6th, 2019** the AYA Program will be launching a new multidisciplinary clinic to support younger adults diagnosed at less than 40 years of age who have completed their cancer treatment.

The goal of the clinic is to support younger adults transitioning back to regular life post-treatment.

Some of the resources that will be provided include:

- 1) Fertility assessment post-cancer treatment
- 2) Sexual function concerns
- 3) Connection to AYA-related peer support and formal counseling support
- 4) School/work transitions and resources
- 5) Neurocognitive support and resources (brain fog, memory/concentration concerns)
- 6) Wellness resources (nutrition/exercise)

To book an appointment with the AYA Survivorship Clinic:

email aya@uhn.ca with your MRN or contact us by phone 416-946-4501 ex 5579

Location: Princess Margaret Hospital, 2nd floor Lung/Sarcoma Clinic

Hours: Friday from 1pm-4pm



*The clinic will be led by Dr. Abha Gupta and Laura Mitchell, CNS but will involve the larger multidisciplinary AYA team based on the needs of each patient. You may be contacted in advance of your appointment to ensure the appropriate supports will be in place at the time of your meeting.

AYA PROGRAM UPDATES



AYA MEET-UPS RESUME IN SEPTEMBER

AYA meet-ups will resume on Thurs, September 26 from 6 to 7:30 PM on the 16th floor, Room 726 at the Princess Margaret Cancer Centre. Patients **MUST** register in advance of the meet-up with their MRN by emailing aya@uhn.ca. Pizza will be provided.

SUBSCRIBE TO OUR ELECTRONIC MONTHLY NEWSLETTERS

Wanting to feel part of a larger community? To receive monthly electronic newsletters, please send an email to aya-program-subscribe@uhn.ca. You will receive an email response where you can confirm your monthly subscription so you can be up to date on all the latest events and opportunities for young adults with cancer.



AYA NEWSLETTER

Participate in a Research Study

Research Physical Activity & Nutrition Care Needs of AYA Cancer Patients

It is an important time to better understand the preferences, attitudes, beliefs and

behaviors of young adults with cancer in order to better understand their needs and

provide them with the best possible care. This study is looking for patients aged 19 to 29 years old who have been

diagnosed with cancer between the ages of 19 to 29.

For more information, visit the AYA Program at www.aya-program.ca or call 416-946-4661 or 1-877-946-4661.

Research Physical Activity & Nutrition Care Needs of AYA Cancer Patients

Another study that we will be conducting is one that aims to understand what young adults with cancer

need in order to better understand their needs and provide them with the best possible care.

COMMUNITY EVENTS & UPDATES

LYMPHOMA CANADA: NATIONAL LYMPHOMA PATIENT CONFERENCE

Lymphoma Canada will host its 3rd Annual Lymphoma Patient Conference on Saturday, September 21, 2019; 8:00 AM - 5:00 PM (EDT) at the Hilton Toronto, 145 Richmond Street West, Toronto ON, M5H 2L2. This patient-focused educational conference will provide presentations by expert speaking faculty from across Canada about disease and treatment specific information, clinical trials, the latest advances in lymphoma research, as well as networking opportunities for members of the lymphoma community.

If interested, please register at <https://bit.ly/2z0UzZu>



LYMPHOMA
CANADA

YOUNG ADULT CANCER CANADA: RETREAT YOURSELF BC



YACC is currently accepting applications for Retreat Yourself BC (you can be from any province to attend). This event is happening in Abbotsford, BC from November 28-December 2nd, 2019. The retreat is **FREE**, you just need to get yourself to Vancouver (YACC also has travel assistance options available should you need it). You are also welcome to bring a supporter with you, as long as they also fit within the age criteria (they must register as well).

For more information on the event please email lesley@youngadultcancer.ca

LOOK FOOD FEEL BETTER CANADA: BUBBLES N' BRUNCH

Join us this September 22nd for Bubbles & Brunch:Speakeasy! Be prepared to be transported back in time with an immersive experience where guests can mingle, drink, play, and experience the best of this glamorous bygone era - all while supporting the women we love.

Check out lgfb4her.ca/toronto for early bird tickets and event details!



ON THE TIP OF THE TOES: GETAWAY EXPEDITION 2019



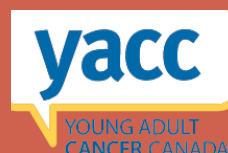
If you are between the ages of 19 to 29 and have been diagnosed of neoplasia and being currently under treatment or recently under treatment (or been in remission for less than 5 years) you may be eligible to attend On the Tip of the Toes' Getaway Expedition at Poisson Blanc Lake, Outaouais, QC from September 26 to 29, 2019.

If you are interested in applying, please visit <https://bit.ly/2N1wfiA> for more information.

MONTHLY COMMUNITY UPDATES

Gildas' Club offers a variety of monthly events such as; Mindful Gardening Cinema Wellness Stretch, Tone, Energize Nutrition Showcase, etc.

For more information about membership, and drop-in events, visit <https://gildasclubtoronto.org>



Localife is a fun, local, social activity-based group led by YACCers in eight cities across Canada. Come connect over hot wings or at a great event where the conversation isn't always about cancer, but it's always welcome to come up.

Email localifetoronto@youngadultcancer.ca or join their Facebook group to keep up to date!



So That No One Faces Cancer Alone™