

AYA NEWSLETTER

Happy OT Month!

Upcoming Webinars:

Fertility Preservation & Sexual Health for Young Cancer Patients

Date/Time: November 5th, 2020 at 12-1pm EST

Register here! <https://register.gotowebinar.com/register/4166771246496912144>

Returning to Work/School - You can do IT!

Date/Time: November 12th, 2020 at 12-1pm EST

Register here! <https://register.gotowebinar.com/register/6157860360562143504>

Next AYA Meet-Up:

Date/Time: November 26th, 2020 at 6-7:30pm EST

October is Occupational Therapy month! Occupational Therapists (OTs) are health care providers who support engagement in meaningful occupations. To an OT, occupation refers to any activity you do throughout the day, like getting dressed, seeing a friend, sending an email or exercising. OTs at Princess Margaret work with AYAs to help stay engaged and able to participate in meaningful occupations during and after cancer treatment.

Here are a few examples of how OTs can increase participation in meaningful occupations during and after cancer treatment:

- Identify or create adaptive equipment to allow you to participate in your day to day life, like learning how to hold and play with your baby again
- Create a realistic and effective return to work plan to share with your insurance provider or employer
- Identify supports you may need when returning to school to succeed, like having a quiet space to write exams to manage cognitive side effects of treatment
- Help you incorporate strategies to use your energy efficiently and manage fatigue so you have enough energy for your hobbies
- Provide you with exercises to build strength and endurance to be able to walk down the aisle at your wedding
- Learn coping strategies and relaxation techniques to manage

emotions and maintain healthy relationships

Make sure you wish your OT a “happy OT month!” next time you meet with them, or ask your healthcare team about being referred to an OT for support with your meaningful occupations.

Lydia Beck, OT Reg. (Ont.) is an OT in the Cancer Rehabilitation and Survivorship Program. To get a referral to the CRS program, visit https://www.uhn.ca/PrincessMargaret/Clinics/Cancer_Rehab_Survivorship.



Uncovered: A Breast Recognition Project

Upon realizing that there was a significant underrepresentation of, and support for Black women and women of colour in the breast cancer community, Michelle Audoin, diagnosed with metastatic breast cancer, approached Rethink to help develop a new resource that would help women of colour diagnosed with breast cancer have a more inclusive experience.

Thus, on October 21st, Rethink Breast Cancer launched *Uncovered: A Breast Recognition Project*, a first-of-its kind photo-driven resource showcasing Black women affected by breast cancer. This resource is intended to shine a much needed spotlight on the physical and emotional scars of breast cancer, specifically as it relates to black bodies; as well as to better educate all people, including healthcare providers, on the unique needs of Black women with breast cancer.

Please visit <https://rethinkbreastcancer.com/breastrecognitionproject/> for more information.

Save the Date!

On April 8th, 2021, the Adolescent and Young Adult Virtual Oncology Symposium will be held with an aim to highlight new advances in AYA oncology from both researchers and community partners.

Additional information can be found here: <https://www.eventbrite.ca/e/caring-for-the-future-adolescent-and-young-adult-symposium-registration-127076730923>

