**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 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](https://external.redcap.uhn.ca/surveys/?s=A9TJR3T4EP)

For French: [https://external.redcap.uhn.ca/surveys/?s=X9Y44PLEXE](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.

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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.
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

REB #: 39245

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  (613) 562-5800 ext. 7300

This research has been filed with the Ottawa Health Science Network Research Ethics Board: OHSN-REB#20200329-01H; and the Social Sciences and Humanities Research Ethics Board at the University of Ottawa: Version 1; 2020-06-22.