AYA Newsletter

SUN Safety

What's in this month's issue:

- Research Opportunity
- Upcoming Events
- Helpful Resources

SPECIAL LISTEN

UPMC HealthBeat Podcast: Sun Safety and the Early Signs of Skin Cancer
Laura Ferris, MD, PhD discusses ways to stay safe in the summer sun and some of the early signs of skin cancer.
A breast cancer survivorship expert will be speaking in an Ask an Expert virtual zoom event. These sessions will be hosted by Dr. Muna Al-Khaifi. Prior to each session you can prepare questions about the topic being discussed, actively participate, and learn about updates in the field.

Dr. Jill Shainhouse, owner and director of Insight Naturopathic Clinic, will answer questions on what lifestyle changes you can safely focus on after a breast cancer diagnosis.

July 20th, 2022 @ 7:00 - 8:00pm EST via zoom

Join the upcoming Tush Talks on Self-Care for Cancer Patients. Chana Cohen, a Patient Support Specialist, will be joined by special guest Ilene Shiller. For this Tush Talk, Chana and Ilene will explore types of self-care, barriers to self-care, and how to best overcome these barriers.

Click here to register.

July 19th, 7-9pm EST via Zoom

FOR MORE VISIT: https://www.colorectalcancercanada.com/resources/tush-talks/
Have you gone through Cancer Rehabilitation as an Adolescent or Young Adult?

Fill out this survey to help improve cancer rehabilitation programming.

For adolescents and young adults who have gone through cancer rehabilitation programming, give your input on how to better tailor cancer rehabilitation programming using this survey here

https://external.redcap.uhn.ca/surveys/?s=LXRCWMKN487PNHMR
Next AYA Meet-Up

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

Thursday July 28 2022

Want To Register?

Please email aya@uhn.ca for registration and to receive the Meeting Link for MSTeams!

IMPORTANT NOTE: MS Teams link will be sent out a few days prior to the meet-up

Check Out Our Social Media Pages

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