AYA Newsletter

JUNE 2022

NEXT AYA MEET-UP

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

THURSDAY JUNE 23 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

@ayaprogram
@ayaprogram
ayaprogram

THIS MONTH’S THEME IS:
SCHOOL RESOURCES

HAPPY PRIDE MONTH

SPECIAL LISTEN

Always Take Naps!
Cancer Out Loud: The CancerCare Podcast

Alice talks with her CancerCare social worker Marlee about her road to diagnosis and treatment for lymphoma. As a young adult in the throes of medical school, Alice shares how she has navigated her diagnosis and her unique perspective of being both a medical student and a patient.
Research Opportunity

Himalayas Pilot Study

Looking for participants needed for a research study on exercise & cardiovascular health in young adult cancer survivors

Who Should Participate?
- Are a cancer survivor;
- Were diagnosed with cancer before age 40;
- received treatment in the last 5 years; and
- are currently cancer free

What the Study Involve?

Eligible individuals can participate in (1) a cardiac rehabilitation program designed for young cancer survivors or (2) observation group for 3 months. Depending on your group, you will also attend 2-7 visits to the UHN sites over 3 months to complete:

- Exercise Tests
- Blood Work
- Heart Scans
- Questionnaires and Interviews

https://himalayastrial.ca/
Thinking Ahead: Your guide to school, study and work has been developed with young people and is informed by research and practice wisdom. It aims to provide young people with the information they require to make informed choices regarding education and vocation planning, both during treatment and in the years beyond.

Survivors of brain tumours and other childhood cancers can develop learning difficulties resulting from their disease or treatment. This can impact their ability to achieve their educational and career goals. The POGO Transitions Program facilitates a smoother transition from high school to appropriate school and work opportunities.
Dr. Muna Al-Khaifi is a family physician with specialized fellowship training in Women’s Health and Breast Diseases. She provides clinical care in the CIBC Breast Centre at St. Michael’s Hospital in Toronto. She created a new website that launched in May to provide breast cancer patients with trusted health information and connect them with others going through a similar experience.

To RSVP to any upcoming events email, support@breastcancersurvivorship.net