



# aya Newsletter

THIS MONTH'S THEME IS:



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.



# Helpful Resources



ASK AN EXPERT with  
Dr. Jill Shainhouse

## BREAST CANCER SURVIVORSHIP CARE

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

RSVP:

[support@breastcancersurvivorship.net](mailto:support@breastcancersurvivorship.net)

## TUSH TALKS - SELF-CARE FOR CANCER PATIENTS

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

**TUSH TALKS**

**Self-Care for Cancer Patients**

**Ilene Shiller, MSW**  
Program Manager, Wellspring Cancer Support Foundation

**Chana Cohen, BSW**  
Patient Support Specialist

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?



[aya@uhn.ca](mailto:aya@uhn.ca)

Check Out Our  
Social Media Pages



[@ayaprogram](https://www.instagram.com/ayaprogram)



[@ayaprogram](https://twitter.com/ayaprogram)



[ayaprogram](https://www.facebook.com/ayaprogram)

Please email [aya@uhn.ca](mailto: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