

AYA

ADOLESCENTS &
YOUNG
ADULTS



AYA Program at Princess Margaret | www.ayaprincessmargaret.ca | @ayaprogram



Why join AYA?

- Identify individual needs beyond medical care
- Support and guidance
- Connect with community resources & hospital services

Anna's Story

Click here to learn about Anna's journey with breast cancer:
<http://bit.ly/1lds4rL>

Concerns?

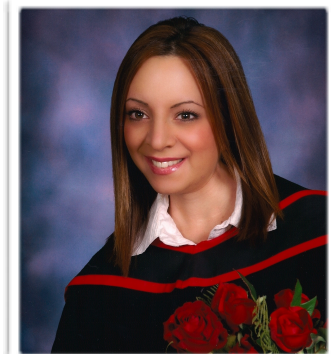
The AYA Program will connect you with other important team members.

Fertility
Appearance and body image
Work and school transitions
Diet and nutrition
Exercise and physical abilities
Sexual health
Social relationships

Patient Spotlight: Sabrina Fuoco

5-time cancer survivor, currently battling metastatic osteosarcoma

"By age 31, I was already a five-time cancer survivor. I had been battling this gruelling illness for 30 years: as a child, teenager, and young adult. Looking back, cancer has taken so much from me. It took my health, my hair, my energy levels, chunks of my body, one of my perfectly functioning kidneys, my reproductive organ, my thyroid, sometimes even my sanity, and it left me scarred both physically and emotionally. Not to mention how many countless times I have had to put my life on hold to deal with this dreadful illness from the destruction it leaves behind. In 2013, I had surgery on my neck to remove an aggressive osteosarcoma tumor. Despite the fact that I was now recovering from the surgery wonderfully and was feeling rather well, in the back of my mind, a cancer recurrence always loomed. This overwhelming and sometimes debilitating anxiety never really goes away."



The screening protocol for my osteosarcoma was an MRI of my neck and an X-ray of my chest every three months for the first two years. Up until that fateful day in February, all of my test results were coming back clear, just the way we liked. However, in February 2014, all of my worst fears materialized. My oncologist, Dr. Abha Gupta, informed me that although the chest X-ray came back okay, the MRI of my neck had managed to see the upper part of my lungs, which showed some "spots" that required further investigation. All I kept muttering in my head was *please don't let this be cancer, please don't let me die*. Unfortunately, the "spots" confirmed my worst fears; the cancer had metastasized to my lungs. Just when I thought everything was going

so peachy keen in my life; I was dating the man of my dreams, I had just finished law school and landed a great articling gig, I received this horrifying news. Cancer was back in my life and this time with a vengeance - stage four cancer. Although I was not new to the "cancer game," as I had been a previous five-time cancer survivors, all of my previous cancers were first stage, localized tumors that were always relatively easy to treat. Now, in the prime of my life, I was faced with an incurable cancer. With all these little tumors infiltrating my lungs and waiting to kill me, how could I not think about dying every day? Time is not on your side with cancer metastases, so you have to act fast and make tough decisions that you hoped you would never have to make.

Living with metastatic cancer has brought about many new challenges. One of the biggest challenges that I have encountered is navigating a medical system that is not really well equipped to deal with

Support AYA

Program Feedback:

Click on the link below to provide us with feedback on our AYA program if you have met with our CNS Laura Mitchell; help us help you!

<http://svy.mk/1EADyTC>

AYA Resource Website:

We are in the process of revamping our AYA site and want your opinion on what you would like on it. If you have an interest in providing input, email us at: aya@uhn.ca

Upcoming Event Ideas:

We would like your input on upcoming future events that will allow you to meet other young adults at the hospital. Please take a minute of your time to fill out this short survey: <http://svy.mk/1Dfvsxu>

Patient Committee

NEW

If you are interested in joining the committee, email aya@uhn.ca for more information.

Emmy Duff Scholarship

Applications due
Monday June 15th:
<http://bit.ly/1er9ng>

metastatic cancer. Essentially, a metastatic cancer patient represents the "black sheep" of the cancer world. They are the patients that will ultimately die from their disease, the patients whereby there is no cure, no certainty, and in many cases, no treatments at their disposal. Ultimately, these patients allow doctors to face the shortcomings and failures of the medical system. Everything doctors have spent countless years studying in medical school is generally not enough to save the majority of patients with metastatic disease. There was such a distinct difference that I noticed between being a first-stage cancer patient versus a fourth-stage one. It is sad to think that the patients that need the most care and treatment are ultimately the ones that are receiving the least. We desperately need more research and funding put towards metastatic cancer.

As such, my illness has created urgency in my life to try to live in the moment and enjoy the present. Not knowing whether I have months, a few years, or several years to live has forced me to live my life to the fullest in a more shortened period of time. In addition, I have been making various lifestyle changes in order to "buy myself some more time." I adore life and feel I have so much more to accomplish. I am aiming to inspire others and become an advocate for young adults living with metastatic cancer.



Click here to read Sabrina's blog:
<http://bit.ly/4JHB6Ov>

Community Updates

Gilda's Club Greater Toronto

Join Gilda's Club Greater Toronto on Wednesday June 24th from 6:30-8:30pm to celebrate the success of the Digital Storytelling Program made possible through the generous support of the Ontario Trillium Foundation. The Gilda's Club will be transformed into a gallery to showcase the amazing stories and art created by participating members. RSVP by emailing rsvp@gildasclubtoronto.org or calling (416) 214-9898.

Journey to Conquer Cancer

"Team AYA" has been created to help fundraise for the program. We encourage you to join our team or even create your own for this event. You are able to choose which program and disease site you would like to allocate the money fundraised. Also note, it is not necessary to fundraise, you can have a wonderful time completing a 1K, 3K, or 5K walk or run! <http://bit.ly/1KMyU5F>

One Walk to Conquer Cancer

Click here for more information:
<http://bit.ly/1Q3uU6y>

"Not My Time" Release Party

The Rainbow Association of Canadian Artists will be releasing "Not My Time" - an inspiring song in support of the battle against cancer. Listen & watch here: www.notmytime.ca

Ooch/POGO Survivor Conference

Life After Childhood Cancer Survivor Conference
Date: October 16-18th
Location: Camp Oochigeas, Muskoka
Who can attend: Survivors of childhood cancer aged 19 and over
Contact: Ooch: mwiley@ooch.org
POGO: mleong@pogo.ca
Link: <http://bit.ly/1lgGy99>

Metastatic Group Meeting

ADVANCED METASTATIC CHRONIC CANCERS
a meet-up for young adults

Drop-in and connect with other young adults living with advanced cancers. Supporters and children are welcome.

WHEN: Every 4th Thursday of the month
Thursday, June 25, 2015
6:00 to 8:00 PM

WHERE: ELLICSR: Health, Wellness & Cancer Survivorship Centre
Toronto General Hospital, Basement Level, PMB-130

QUESTIONS? Contact aya@uhn.ca

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