

Supportive Care Resources

for Adolescents and Young Adults (AYA), ages 15 - 39

Your Cancer Care Team and Contact Information



Medical Care

Oncologist	Dr. Tara Henderson	773-702-6808 24 hour call number
Oncologist	Dr. Jennifer McNeer	"
Oncologist	Dr. Ami Desai	"
Nurse Practitioner	Kelly Kramer kkramer@peds.bsd.uchicago.edu	773-702-5892
Nurse Navigator	Mary Faith Gerhardt maryfaith.gerhardt@uchospitals.edu	



Supportive Care

Symptom Management	Sarah Hoehn, MD	773-702-6169
Psychologist	Tina Drossos, PhD	773-702-3858
Social Workers	Sondra Taylor, LCSW Sondra.Taylor@uchospitals.edu	773-834-1595
	Kathryn Lorenger, LSW kathryn.lorenger@uchospitals.edu	773-834-1596
AYA Programmer	Denisse Martinez, LSW denissem@peds.bsd.uchicago.edu	773-702-2383

Fertility Preservation

[UChicago Medicine - Fertility Services](#)

for Cancer Patients and Survivors. Also known as Oncofertility

Primary Care Physician - PCP

All AYA patients should have a PCP

[HERE](#) is information why.

[Find Pediatric Primary Care PCP Here](#)

[Find PCP Here](#)

UChicago Medicine, Comprehensive Cancer Center

Adolescent & Young Adult (AYA) Cancer Program

Information and Support Resources provided below at:

Diagnosis

Treatment

Beyond Treatment

Anytime

Help understanding...

- [A New Cancer Diagnosis](#) – ©Children's Oncology Group (COG)
Guide and Slides in: [English](#) [Español](#) [French](#)
- [Where to Find Credible / Trustworthy Cancer Information](#)
- [What is an AYA](#)
- [The Vocabulary of Cancer](#)
- [Family Handbook](#) – ©Children's Oncology Group -
Reliable information on treatment, support, & follow-up care: [English](#) [Español](#) [French](#)

Types of Treatment

Chemotherapy	COG	Cancer.Net	NIH, NCI	ACS
Radiation Therapy	COG	Cancer.Net	NIH, NCI	ACS
Surgery	COG	Cancer.Net	NIH, NCI	ACS
Immunotherapy	COG	Cancer.Net	NIH, NCI	ACS
Targeted Therapy	COG	Cancer.Net	NIH, NCI	ACS
Bone Marrow/Stem Transplant	COG	Cancer.Net	NIH, NCI	ACS
Clinical Trial Participation	COG	Cancer.Net	NIH, NCI	ACS

Treatment Side Effects

Nausea and Vomiting	Together	Cancer.Net	NIH, NCI	ACS
Constipation	Together	Cancer.Net	NIH, NCI	ACS
Sleep	Together	Cancer.Net	NIH, NCI	ACS
Mouth Sores	Together	Cancer.Net	NIH, NCI	ACS
Neutropenia and Fevers	Together	Cancer.Net	NIH, NCI	ACS
Fatigue	Together	Cancer.Net	NIH, NCI	ACS
Loss of Appetite	Together	Cancer.Net	NIH, NCI	ACS
Weight Gain	Together	Cancer.Net	NIH, NCI	ACS
Cognitive Function	Together	Cancer.Net	NIH, NCI	ACS
Appearance	Together	Cancer.Net	NIH, NCI	ACS

Substances That May Affect Treatment

Herbs & Supplements	General Info & Resources			
Cannabis	NIH, NCI	NIH, CAM	ACS	

Beyond Treatment Care:

When you have completed your primary cancer treatment, your oncology team will help transition you to post treatment or survivorship care and provide you with a Survivorship Care Plan.

[Family Handbook](#) – ©Children's Oncology Group

Reliable information on

After Treatment Ends, page 91-106: [English](#) [Español](#) [French](#)

Living Life After Treatment	Cancer.Net	NIH, NCI	ACS
Follow Up Care	Cancer.Net	COG	

Fertility Preservation Information

- [Preserving Fertility in Children With Cancer](#)
- [Fertility Preservation Options](#) for Children diagnosed with Cancer
- [Decision Aid](#) - Helps You Take Charge of your fertility
- [Cancer.Net Fertility and Cancer Videos](#)

Information

for teens	ACS	COG	The Oncofertility® Consortium	Cancer.Net
for females	ACS	COG	The Oncofertility® Consortium	Cancer.Net
for males	ACS	COG	The Oncofertility® Consortium	Cancer.Net

Family Building Options

for females	Plan Now, Parent Later Guide
for males	Plan Now, Parent Later Guide

Financial Help

- [Livestrong Fertility Financial Assistance](#)
- [Team Maggie](#) (ages 15-37, fertility preservation costs)
- [Verna's Purse](#) (shipping and storage fees)
- [Banking on the Future Program](#) (ages 15-21, storage fees)

Fertility Legal Rights

- [Alliance for Fertility Preservation](#)

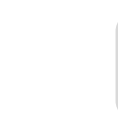
Fertility Medications

- [Information on Ovarian Stimulation](#)
- [Information on Ovarian Suppression](#)

Tools to Help You Navigate Cancer

- [Abridge App](#) - Stay on top of your health. One conversation at a time. Abridge records the details of your care and helps you understand your health. A medically educated second set of ears.
- [Alula](#), helps patients and their loved ones navigate the most daunting aspects of cancer with organizational tools, products, and content, never feel lost or alone.
- [Caregater](#) – online community builder, family and friends come together to support a loved one, bringing joy, keeping life in motion.
- [Caring Bridge](#) – online community builder, replaces countless texts and emails with a free, easy-to-use communications platform and help organizer.
- [Mend Together](#) – online community builder and crowd funding registry, real time updating, get support, coordinate offers of help.

Connecting to Other AYAs



Connecting to other AYAs can be very helpful, to feel less alone, to be better able to cope and especially for emotional support.

Connecting to other AYAs at UChicago / Comer:

AYA Group Tuesdays, 12pm via Zoom Info Contact: Ilayna Mehtrens, PhD imehrtens@yoda.bsd.uchicago.edu	Inpatient Support Group Thursdays ages 13 – 17, 12pm ages 18+, 1pm (ask your cancer care team how to join)
Chronic Pain Teen & Young Adult Support Group Thursdays ages 14+, 12pm https://zoom.us/join Mtg ID: 926 1474 3178 Password: Comer123	

Connecting to AYAs beyond UChicago / Comer:

- [Connecting to Other AYAs](#)
- [Stupid Cancer Instagram](#)
- [Cactus Cancer Society Instagram](#)
- [Imerman Angels](#) – One-on-One Cancer Support Community
- [I Had Cancer](#) – Peer-to-Peer Cancer Support Community

Social/Emotional Wellbeing



- UCM AYA Support Groups**
 - Tuesdays 12:00pm, Info Contact: [Ilayna Mehtrens, PhD](mailto:Ilayna.Mehrtens, PhD)
 - Inpatient on Thursdays ages 13 – 17, 12pm & 18+, 1pm (ask your cancer care team how to join)
- [UChicago Psychiatry Department, Children](#)
- [Cancer and Your Mental Health, Emotions Need Treatment Too](#)
- [Daily Prescription for Mental Health: Be Proactive](#)
- [Can Something Good Come From This?](#)
- [Help to relax mind and body](#)
- [How To Speak Up for Yourself, and Self-Advocate](#)

- [Support for Young People during Cancer Treatment](#)
- [Connecting to Other AYAs](#)



- [Headspace](#) [Calm](#) [InsightTimer](#)

- [Livestrong, Emotions After Cancer Treatment](#)

- [Teen Cancer America's Cancer Rebellion](#) – 54 short story films from a cross country trek showing AYAs they are not alone

Financial Resources



If you have any concerns with any finances, please see your Social Worker to discuss possible options

- [Comer Children's Billing & Financial Assistance](#)
- [Social Security Disability Benefits – How You Qualify](#)
- [Social Security SSI Child Disability Starter Kit](#) (under 18)
- [Illinois Medicaid](#) healthcare coverage, food, & cash assistance
- [SNAP](#) Supplemental Nutrition Assistance Program

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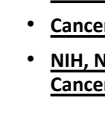
- [Financial Information for Cancer Related Expenses](#)
- [CancerCare® - Co-Payment Assistance Foundations Help](#)

Help with Health Insurance



- Comer Insurance Help**
Email: uch-ccis@uchospitals.edu
Phone: 773-795-0220 [More information HERE](#)
- [Triage Cancer, Health Insurance](#)
- [Cancer + Careers, A guide to Insurance](#)
- [State Of Illinois, Medicaid](#) - healthcare coverage for people with low-incomes
- [State of Illinois Healthcare & Family Services](#) Medical Client Portal

Help with School

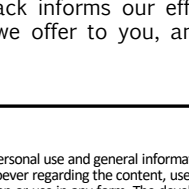


- [©Children's Oncology Group, School Support](#)
- [Cancer.Net, Managing School during and After Cancer](#)
- [Cancer.Net, School](#)
- [Cancer.Net, Podcast, Just for Teens – Cancer and School](#)
- [Leukemia & Lymphoma Society®, School](#)
- [St. Jude's Together, School Support](#)
- [American Cancer Society, Helping Your Child Manage School During Cancer Treatment](#)

COVID Resources

- [American Cancer Society, COVID-19 Vaccines in People with Cancer](#)
- [Cancer.Net COVID-19 Information](#)
- [NIH, National Cancer Institute, Coronavirus: What People with Cancer Should Know](#)

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HERE 

Your feedback informs our effort to improve the support and care we offer to you, and people like you!

Thank You!



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