

Supportive Care Resources

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

Your Cancer Care Team and Contact Information

Medical Care

Oncologist	Wendy Stock MD wstock@medicine.bsd.uchicago.edu	773-702-6149 24 hour call number
Oncologist	Adam DuVall MD, MPH duvalla@medicine.bsd.uchicago.edu	"
Nurse Practitioner	Rebecca Pape, APN rpape2@medicine.bsd.uchicago.edu	"
Nurse Navigator	Kasey Bozzer kasey.bozzer@uchospitals.edu	"

Supportive Care

Symptom Management	Sarah Hoehn, MD	773-702-6169
Psychologist	Tina Drossos, PhD	773-702-3858
Social Worker	Marc Paloma, LCSW marc.paloma@uchospitals.edu	773-702-2653
AYA Programmer	Denisse Martinez, LSW denissem@peds.bsd.uchicago.edu	773-702-2383

Fertility Preservation [UChicago Medicine - Fertility Services for Cancer Patients and Survivors \(Oncofertility\)](#)

Primary Care Physician - PCP

All AYA patients should have a PCP, [HERE](#) is information why.

[Find a PCP Here](#)

Adolescent & Young Adult (AYA) Cancer Program

Information and Support Resources provided below at:

- Diagnosis
- Treatment
- Beyond Treatment
- Anytime

Help understanding...

- [Your Cancer Diagnosis or Stage](#)
- [Where to Find Credible / Trustworthy Cancer Information](#)
- [What is an AYA](#)
- [Language / Terms Related to Cancer](#)
- [How To Speak Up for Yourself, and Self-Advocate](#)
- [What is a Clinical Trial](#) [Clinical Trials and AYAs](#)

- [How Cancer is Treated](#)
- [How Treatment is Planned and Scheduled](#)
- [Types of Cancer Treatment](#)

- How Treatment Can be Affected by:
 - Herbs & Supplements: [NIH](#), [NCI](#), [AYA](#)
 - Cannabis: [NIH](#), [NCI](#), [ACS](#)

- [Life After Cancer Treatment for Young Adults](#)

Fertility Preservation Information

- [UChicago, Fertility Services for Cancer Patients](#)
- [Decision Aid](#) - Helps You Take Charge of your fertility
- [Cancer.Net Fertility and Cancer Videos](#)

Information

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

- [Caregather](#) - 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 Mehrtens, 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](#)
- [Elephants and Tea Instagram](#)
- [Imerman Angels](#) - One-on-One Cancer Support Community
- [I Had Cancer](#) - Peer-to-Peer Cancer Support Community

Social/Emotional Wellbeing

- [UChicago Supportive Oncology Services](#)
To find out more or schedule an appt: 773-702-8845
- [Help with feeling nervous, anxious, on edge or restless](#)
- [Help with feeling sad, losing interest or pleasure in life](#)
- [Help to Relax - help relax mind and body](#)
- [Cancer & Your Mental Health, Emotions Need Treatment Too](#)
- [Daily RX for Mental Health](#)
- [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

Treatment Information

Types of Cancer Treatments:

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

Cancer Treatment Side Effects / Resources to Help Manage:

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

Beyond Primary Treatment

When you have completed your primary cancer treatment, your cancer care team will help transition you to post treatment surveillance, then to survivorship care.

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

Overall Wellbeing

Nutrition

- [Nutrition Recommendations During and After Treatment](#)
- [Nutrition in Cancer Care \(PDQ®\)](#)
- [American Institute for Cancer Research Better Nutrition, Healthy Weight](#)

Physical Activity

- [Physical Activity and Person with Cancer](#)
- [Exercise During Cancer Treatment](#)
- [Healthy Living After Cancer](#)
- [Physical Activity Tips for Survivors](#)

Relationships and Sexual Health

- [Relationships and Communication with Others](#)
- [Dating and Intimacy](#)
- [Cancer and Intimate Relationships](#)
- [Self-Image and Sexuality](#)
- [Sexual Health and Cancer Treatment: Men](#)
- [Sexual Health and Cancer Treatment: Women](#)

Help with School: College/Graduate School

Ask your care team how your cancer treatment may affect your ability to attend and/or engage with your education plans.

- [Support for College Students with Cancer](#)
- [Support for College Students with Cancer - EDUMED](#)
- [Cactus Cancer Society Speaker Series Talk: Creating A Realistic Academic Plan](#)

Help with Employment

Ask your care team how your cancer treatment may affect your ability to work during your cancer treatment.

- [Cancer.Net - Going to Work During and After Cancer](#)
- [Cancer+Careers](#) empowers and educates people with cancer to thrive in their workplace, provides expert advice, tools and educational events.
- [American Cancer Society, Working During Cancer Treatment](#)
- [Livestrong Employment Issues](#)

Financial Resources

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

- [UChicago Billing & Financial Assistance](#)
- [Financial Considerations](#) for people diagnosed with cancer
- [Social Security Disability Benefits - How You Qualify](#)
- [Social Security SSI Adult Disability Starter Kit](#)
- [Illinois Medicaid](#) healthcare coverage, food, & cash assistance
- [SNAP](#) Supplemental Nutrition Assistance Program

- [Financial Information for Cancer Related Expenses](#)
- [CancerCare® - Financial and Co-Pay Assistance](#)

- Triage Cancer's [Toolkit for Navigating Finances After Cancer and Legal & Financial Navigation Program](#)
- [Cancer + Careers Legal & Financial Information](#)

Help with Health Insurance

- UChicago Cancer Center Insurance Specialist
ph: 773-795-0220, email: uch-ccis@uchospitals.edu
- [UChicago Insurance Information and Support](#)
- [Triage Cancer, Health Insurance](#) [Health Ins. Basics](#)
- [Cancer + Careers, A guide to Insurance](#)
- [State Of Illinois, Medicaid](#) - health care coverage for people w/low-income

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](#)

Please share your thoughts on this resource

HERE

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

Thank You!