

Please share your thoughts on this	
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Supportive Care Resources

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

		er Care Team and t 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	<i>u</i>	
	Nurse Navigator	rpape2@medicine.bsd.uchicago.edu Kasey Bozzer kasey.bozzer@uchospitals.edu	u	
	Supportive Care			
	Symptom			
\sim	Management	<u>Sarah Hoehn, MD</u>	773-702-6169	
	Psychologist	<u>Tina Drossos, PhD</u>	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	
	Fortility	UChicago Medicine - Fertility Se	ervices	
~•••	Fertility Preservation	for Cancer Patients and Survivo		
	Primary Care Ph	ysician - PCP		
	All AYA patients should have a PCP, Find a PCP Here			
	<u>HERE</u> is inform	nation why.		
Uchicago Medicine, Comprehensive Cancer Center' Adolescent & Young Adult (AYA) Cancer Program				
	nformation a	nd Support Resou	irces	
		led below at:		
		Revend		
Di	agnosis Treatmo	ent Beyond Treatment Ar	lytime	
$\left(\begin{array}{c} \cdot \\ \cdot $	→ Help u	nderstanding	•]	
4	Your Cancer Dia	gnosis or Stage		
-		Credible / Trustworthy Canc	er Information	
	What is an AYA			
	• Language / Tern	ns Related to Cancer		
		Jp for Yourself, and Self-Ad		
	What is a Clinica	al Trial (►) Clinical Trials	and AYAs	
	• How Cancer is T	reated		
How Treatment is Planned and Scheduled				
	• <u>Types of Cancer</u>			
		Can be Affected by:		
	 Herbs & Su Cannabis: 	ipplements: <u>NIH, NCI</u> <u>NIH, NCI</u>	<u>AYA</u> <u>ACS</u>	
		r Treatment for Young Adul		
F	ertility Pres	ervation Inforr	nation	
		utility Sondoor for Concer D	ationts	
		 ertility Services for Cancer P Helps You Take Charge of you 		
		ertility and Cancer Videos		
Informati	ion			
for fema		Oncofertility® Consortium	Cancer.Net	

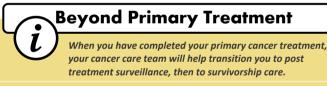
for females	ACS	The Onco	ofertility® Consort	ium	Cancer.Net
for males	ACS	The Onco	ofertility® Consort	ium	Cancer.Net
Family Build	ing Options				
for females	•	Plan Now	, Parent Later Guid	<u>le</u>	
for males	•	Plan Now	Parent Later Guid	<u>le</u>	
Financial Hel	p •	<u>Team Ma</u> Verna's P	z Fertility Financia ggie (ages 15-37, fert urse (shipping and sto m the Future Prog	ility preser prage fees)	rvation costs)
Fertility Lega	al Rights •	Alliance f	or Fertility Preserv	<u>vation</u>	
Fertility Med	lications		on on Ovarian Stir on on Ovarian Sup		•
<u> </u>					
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	at a time.	Abridge re	on top of your heal cords the details o health. A medica	of your ca	are and helps
aspects o			red ones navigate mal tools, product		
			uilder, family and pringing joy, keepi		
	ils with a fre		ty builder, replac use communicati		
			nity builder and cro pordinate offers of		ding registry,
	`onnoc	ting t	o Othor		
	Jonnec	ing i	o Other /		s
			can be very help and especially f		
Tuesdays, 2	AYA Group L2pm via Zoom		Thursdays a	nt Suppo ges 13 – 1	ort Group 17, 12pm
	ct: Ilayna Mehr @yoda.bsd.uch			ges 18+, 1 er care tea	Lpm am how to join)
		Thursdays <u>https://</u> :	oung Adult Suppe ages 14+, 12pm 200m.us/join 78 Password: Com		p
Cor					mar:
Connecting to AYAs beyond UChicago / Comer: <u>Connecting to Other AYAs</u> <u>Stupid Cancer Instagram</u> <u>Cactus Cancer Society Instagram</u> <u>Imerman Angels</u> – One-on-One Cancer Support Community <u>Image Cancer</u> – Peer-to-Peer Cancer Support Community 					
• <u>Elephan</u>	ts and Tea Ins	stagram			
S	ocial/F	motio	nal Well	bein	a
			e Oncology Service		9
$\sum_{i=1}^{n}$	To find o	ut more or	schedule an appt:	773-702-	
2			rvous, anxious, on		
 Help with feeling sad, losing interest or pleasure in life Help to Relax – help relax mind and body 					
 <u>Cancer & Your Mental Health, Emotions Need Treatment Too</u> Daily RX for Mental Health 					
			r Yourself, and Se	lf-Advoc	ate
	Support 1	for Young P	eople during Canc	er Treatr	ment
	• <u>Connecti</u>	ng to Other	AYAs		
	Headspa	ice g	<u>Calm In</u>	sightTime	er

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



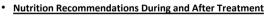
Treatment Information



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

Overall	Wellbeing
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Nutrition



- 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.



- <u>Support for College Students with Cancer</u>
- Support for College Students with Cancer EDUMED
 - <u>Cactus Cancer Society Speaker Series Talk: Creating A</u>
 <u>Realistic Academic Plan</u>

Help with Employment

 ${f A}$ sk your care team how your cancer treatment may affect your ability to work during your cancer treatment.



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- 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
- <u>Financial Considerations</u> 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
- <u>CancerCare[®] Financial and Co- Pay Assistance</u>
- Triage Cancer's <u>Toolkit for Navigating Finances After Cancer</u> and <u>Legal & Financial Navigation Program</u>
- Cancer + Careers <u>Legal & Financial</u> Information

Help with Health Insurance

- Ï
- 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
- <u>Cancer.Net COVID-19 Information</u>
- <u>NIH, National Cancer Institute, Coronavirus: What People with</u> Cancer Should Know



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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