

# Moving Forward after Cancer & Blood Disorder Treatment as an Adolescent or Young Adult

## Follow-Up Care Plan



Information and resources for adolescents and young adults after cancer and blood disorder treatment



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# Moving Forward after Cancer Treatment as an Adolescent or Young Adult

We understand that it is often difficult to transition back into your everyday life after being treated for cancer or a blood disorder. You may feel relieved treatment is over but you may also find your life has changed. This is very common. We've created this resource just for you as a teen or young adult who has completed treatment. In this booklet we will cover some common questions and issues young people face after completing treatment for cancer or blood disorders as well as direct you to resources you can use. Some of the resources may be more directed at teens while others are aimed at young adults.

## Follow-Up Appointments



Although you have completed treatment, it is very important that you attend all of your follow-up appointments with your oncologist/hematologist and/or your primary care provider. At these appointments your doctor will ask about any problems you may have, examine you, and do any required blood work or imaging tests to look for signs of recurrence or treatment side effects, if needed. Even if you are feeling great and have no side effects from treatment, it is still important to attend these appointments as your doctor will want to continue to see you to watch for any changes. If your follow-up care has been transitioned to your primary care provider it is important that you continue to see them according to the suggested schedule. If your care has not been transitioned to your primary care provider you should still see them for other health needs as eventually your care will transition back to them. If you do not have a primary care provider, please connect with:



### Family Doctor Finder

**Phone: 204-786-7111 / Toll-free: 1-866-690-8260 \*code 702\***

**Code 702 is a special code for cancer patients to find a doctor faster. You will also be connected with a doctor who has undergone professional development at CancerCare Manitoba.**

**Or Register Online: [www.manitoba.ca/familydoctorfinder](http://www.manitoba.ca/familydoctorfinder)**

## Emotional and Psychological Impact of Cancer, Blood Disorders and Treatment

When treatment is over, you may expect that the difficult times are behind you and that life can now return to "normal". For most, moving forward after cancer treatment brings new and sometimes unexpected challenges. Having less frequent contact with the healthcare system can be scary and you may have thoughts about a recurrence. You might find it hard to relate to some of your friends who don't really understand what you went through. You may be feeling fear, confusion, isolation, fatigue, anxiety, stress, brain fog, depression, or any combination of these. The way you look and the way you see yourself may have also changed which may affect your confidence, self-esteem and body image.

For teens and young adults, completing cancer treatment can be very traumatic and continue to affect your life as you move forward. All of these feelings are very common and you are not alone. It's important that if you are experiencing any of these feelings that you talk to someone about them.



**CancerCare Manitoba Patient and Family Support Services** has a dedicated Psychosocial Clinician who specializes in helping individuals between the ages of 15-35 who have been diagnosed with cancer or a blood disorder. They can offer support to you and/or your family at any time either in person, over the phone, or through MBTelehealth. To arrange a time to speak with them call **204-787-2191** or toll-free at **1-866-561-1026**.

### Support groups:

#### **CancerCare Manitoba has a Young Adult and Cancer Support Group (YACS)**

The YACS group at CCMB is a space for young adults (18-35) with cancer or blood disorders to meet and share their stories with other young adults who have similar experiences. The group meets once a month. Call **204-787-2191** for more information.

*Go to the Resources section of this booklet for more local, national, and international resources for Adolescents and Young Adults with cancer and blood disorders.*

## Re-entering a Clinic Setting

There may be times in your life that remind you of stressful or fearful times when you were diagnosed and treated for cancer or a blood disorder. These experiences may cause a lot of anxiety and fear that can be set off by a certain smell or sight. Many adolescents and young adults that receive treatment have some sort of fear and anxiety when certain things remind them of this difficult time in their lives. If you recognize that this is a problem you should talk to someone you trust about these issues, such as a counsellor, health care provider, close friend or family member.

You may also find this website helpful: [www.trauma-recovery.ca](http://www.trauma-recovery.ca)

## Fear of Recurrence

Many people worry about their cancer coming back. This is completely normal and while there is no doubt that living with uncertainty can be tough, it usually does get easier over time. Some things that may help:

- Practice self-care by doing activities you enjoy and surrounding yourself with people you trust
- Maintain a good relationship with your health care provider
- Try to maintain a sense of hope and optimism
- Practice mind-body therapies such as meditation or yoga
- Seek support from family, friends, support programs, and professionals
- Stay up-to-date on resources and programs available to help you

## Brain Fog

You may find that after completing treatment you are quite fatigued and are unable to think like you used to. You may also find that you have problems remembering things and trouble concentrating. This can be very frustrating but the good news is that this usually lessens over time. There are things you can do to help manage this:

- Use a daily planner or your smart phone to organize yourself with to-do lists and reminders
- Exercise your brain by doing word puzzles, taking a class, or learning a new language
- Make sure you are getting enough rest and sleep
- Physical exercise can help! Move your body - you will feel less fatigued
- Set up and follow daily routines
- Do not try to multi-task. Focus on one thing at a time - the brain works better this way!
- Track any memory problems you are having and see if there are common things that happen
- Ask for help and let others know that are you experiencing brain fog
- Talk to your doctor if this is affecting your work and daily life

Brain fog can last for a long time for some individuals so it is important that you communicate with the people around you that you are still experiencing some problems related to treatment. CancerCare Manitoba has a brain fog education program. Call **204-787-2109** or toll free at **1-866-561-1026** for more information.

# Moving Forward after Cancer Treatment as an Adolescent or Young Adult

## Isolation and Social Well-Being



You go through many changes while on treatment and going back to how life was before treatment may not seem realistic or right. You may have noticed that your relationships changed over time because of this diagnosis. You may have difficulty talking to your friends if you feel you've missed out on things or cannot relate like you used to. It may also be hard to talk to certain people about your experience. People in your life may struggle to understand how your life has changed and why things cannot just go back to the way things were. They may suggest you 'move on' or 'just get over it', but it is not that easy. If you experience comments like this, it can lead you to distance yourself from those individuals. Even when friends and family are supportive, it is normal to feel isolated and anxious about being social again. Side effects from treatment such as fatigue may have also made it difficult to stay in touch with your friends and you may feel very disconnected.

It's important to stay aware of your feelings and be mindful if you are starting to feel lonely. There is a social group called Localife in Winnipeg for young adults who have been diagnosed with cancer. The group goes on fun monthly outings, such as group meals, bonfires, game nights, local festivals, etc. You can bring another young adult (spouse/friend/family member) as your support person if you wish, but you don't have to.

Please email [localifewinnipeg@youngadultcancer.ca](mailto:localifewinnipeg@youngadultcancer.ca) or call **204-787-2191** for more information.

If you are struggling with suicidal thoughts or feelings, you are not alone. Please call the mobile crisis team at **204-950-1781** or the Manitoba Suicide Line at **1-877-435-7170**. You can also visit the website [www.reasonstolive.ca](http://www.reasonstolive.ca)

## Caregiving



Taking care of your children during and after treatment can be a huge stressor on your life. Balancing taking care of yourself and your loved ones can get overwhelming. If you feel this way, remember you can talk to the psychosocial clinician at CCMB about these stressors by calling **204-787-2191**. There is a child-care subsidy available for people with medical needs even if you are not working at this time. This subsidy is based on your current household net income. Go to [http://www.gov.mb.ca/fs/childcare/families/childcare\\_subsidies.html](http://www.gov.mb.ca/fs/childcare/families/childcare_subsidies.html) for more information.

## Fertility

Being able to have children after cancer depends on a number of factors. These include the type of cancer, the treatments given, how old you were, what you were treated for and how long it has been since you finished treatment. This is a concern for many adolescents and young adults if you are thinking about having a child now or in the future. Your doctors and nurses at CancerCare Manitoba will tell you whether you are at low, intermediate or high risk for decreased fertility. Your oncologist likely spoke to you about preserving your sex cells before starting treatment, if this was an option.

For young women, some types of cancer treatment make it more likely that you will experience menopause (the end of your periods) sooner than you normally would. This is called premature or early menopause. This means that your body stops releasing an egg every month and you will not be able to get pregnant naturally. If you're at risk for this, you may not want to wait too long before trying to have a baby or you may want to find out about ways to protect your fertility, such as having some of your eggs saved (frozen) for future use.

For young men, you may have done sperm banking before starting treatment. After completing treatment, a semen analysis can be done to check on fertility for no extra cost.

If you wish to seek a consultation regarding your fertility after treatment please have your doctor refer you to Heartland Fertility & Gynecology Clinic. The initial consult at Heartland is free but there is a charge for all other services. You can also learn about fertility risks for major forms of cancer treatment here: [www.livestrong.org/we-can-help/livestrong-fertility](http://www.livestrong.org/we-can-help/livestrong-fertility).

## Sexuality

Treatment can also affect your sexual functioning in a variety of ways. You may have questions about sex, intimacy, contraception, and other issues related to sexuality. It is important to use effective birth control if you are sexually active and don't want to get pregnant. You should always protect yourself from sexually transmitted infections by using condoms when you are sexually active, especially if you are not in a monogamous (one partner only for both people) relationship. You can ask your healthcare provider for a referral to the CCMB Sexuality Counsellor or contact them yourself at **204-787-4495**.

### Human Papilloma Virus (HPV)

If your cancer was related to an HPV infection you may be worried that you can pass along this virus to your current or future partner. It is important to know that transmitting the virus to your partner rarely results in any disease. HPV infections usually clear on their own over a period of time which can last from a few months to several years. To best understand your specific risk, you should discuss these issues with a healthcare provider that deals with HPV so they can give you more personal guidance.

## LGBT2SQ+



If you identify as a lesbian, gay, bisexual, trans, two-spirit, or queer individual you may feel that cancer treatment was even more complicated. As you enter the follow-up stage of your care it is important that you have a good relationship with your physicians in charge of your care. Attending appointments regularly and being open with your health care professional is very important for your current and future health. CancerCare Manitoba strives to be a safe space for all individuals no matter their sexual orientation or gender identity. If you are in any way feeling uncomfortable with your health care providers because of your orientation or identity, please be in contact with the Education and Liaison Nurse at **204-784-2786** or toll-free at **1-855-881-4395**.

Online resources for LGBT2SQ+ cancer patients: **[www.lgbtcancer.org](http://www.lgbtcancer.org)**

**Trans Health Clinic:** The transgender health clinic provides specialized health care to transgender and gender diverse individuals living in Manitoba who are over 18 years old: **204-784-4051**

**Our Own Health Centre:** A Winnipeg health clinic that specializes in the care of Gay, Bisexual, and other men who have sex with men (MSM). They also offer family medicine to everybody. They offer scheduled appointments, same-day appointments, and walk-in services. Call **204-691-1600** to arrange an appointment or go to: **[www.ourownhealth.ca](http://www.ourownhealth.ca)**

**Rainbow Resource Centre:** An organization that provides support, education, and resources to foster a proud, resilient, and diverse LGBT2SQ+ community: **[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)**

**National LGBT Cancer Network:** Works to improve the lives of LGBT cancer survivors and those at risk. In addition to providing resources about cancer in the LGBT community, they also offer free online support groups: **[www.cancer-network.org](http://www.cancer-network.org)**

## Spirituality

You might feel some spiritual distress after completing cancer treatment, which can lead you to question your beliefs and search for the meaning of your experience. Perhaps you are part of an organized faith group or your spirituality comes from a connection to family, nature, your own inner strength or belief in something greater than yourself. Each one of us has to find our own path when we consider these spiritual issues. If you would like to speak to someone about spirituality and meaning-making, call **204-787-2191**.

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## Finances



Whether you were in school, unemployed, or had to take time off work during treatment, you may be feeling the impact financially. You may have financial assistance from the government, insurance, or your workplace, but the financial burden can be very challenging. A lot of people feel uncomfortable accepting help or unclear about their purpose if they are not working or going to school. If you would like to talk more about financial supports, contact the AYA psychosocial clinician at **204-787-2191**.

Go to : [www.getyourbenefits.ca](http://www.getyourbenefits.ca) for a listing of federal and provincial benefit programs in Manitoban.

## Travel Insurance



Travel insurance covers unexpected healthcare costs when you are travelling outside of the province. It is important to read the fine print in any policy to see if it covers pre-existing conditions, or your coverage may be cancelled. You should not be travelling without the consent of a medical professional. You will be happy to know that many insurance companies in Manitoba do not discriminate against people with pre-existing conditions under the age of 50. Even when there are concerns most insurance companies only consider pre-existing conditions within 2 years of the travel date and even then insurance can often be purchased at a higher cost.



**Manitoba Blue Cross\*** does not require anyone under the age of 50 years old to disclose previous medical history. Medical emergency travel insurance can be purchased through them.

**CAA Manitoba\*** does not require medical declaration and can be purchased online.

**Tugo\*** does not ask about pre-existing medical conditions and can be purchased online.

\*CancerCare Manitoba offers this list as information only and does not endorse or guarantee any particular product or service. Make sure to contact the insurance company and receive up-to-date policy information before purchasing and travelling.

## Education & Work



Going back to school or work can be overwhelming. Whether you were in school, unemployed, or working when you were diagnosed, transitioning back to school or work is often challenging. When you are ready to go back it's important that you talk to your health care team. They will help you to make this transition as easy as possible. They will also prepare you with what to expect as you go back to work or school. You can speak to the AYA psychosocial clinician about this by calling **204-787-2191**.

If you were diagnosed as a child and either attending or thinking of returning to school, here are some scholarships you may be eligible for depending on your cancer experience:

[www.ayacancercanada.wixsite.com/resources/manitoba-finance](http://www.ayacancercanada.wixsite.com/resources/manitoba-finance)

**Emmy Duff Scholarship** - This scholarship competition is open to any young adult diagnosed with cancer, including those over the age of 18. [www.emmyduffscholarship.org](http://www.emmyduffscholarship.org)

**Pink Pearl Foundation** - A \$1,000 scholarship for a young woman, between 18-40 years of age, who has been diagnosed with cancer, is actively involved in her community, and is currently attending or will attend a post-secondary institution this year. Applications due in early March.

Visit [www.pinkpearlfoundation.org/scholarship-application](http://www.pinkpearlfoundation.org/scholarship-application) for more information.

## School



Going back to school after getting treatment can be difficult. You may still feel tired and have trouble concentrating, making the thought of sitting in class sound like a nightmare.

It is important that you communicate with professors/teachers and the accessibility or guidance office at your school about your past medical history and how this will affect you going forward. It's also important that you're proactive with your education and that you set yourself up for success. It may be easier for you to gradually ease your way into school by starting part-time and then working your way up to full-time. Talk to your teachers if you are going to miss class and arrange beforehand to get the notes from them or a classmate. Also, speak to the accessibility or guidance office about special arrangements that you may be eligible for. For example, if you have difficulty with concentration or memory you may be able to write your exam in a private room or have extended time to complete assignments. Many students ask for special considerations for different reasons. You still have to do the work, but having these arrangements can help you succeed.

If you are struggling in school, it is important that you talk to people instead of keeping it to yourself. This includes your teacher (who is there help facilitate your learning), your school or university counsellor, your family and your health care team including doctors, nurses, and social workers. They're all here to help you!

### Work

Whether you are going back to a job you had before treatment or you are starting a new job, your work life is going to be different. You may find that you get tired more easily or have problems concentrating on a task. This is very common and it's important that you try to not get discouraged. The reality is that some workplaces are more supportive than others and finances can impact your decision about returning to work. Helpful tips as you go back to work include:



- *Making a plan:* It's important that you lay out your plan for returning to work that you, your doctor, your boss, and/or your insurance provider mutually agree upon. This can include what you should focus on when you are at work and what your expectations are. This plan can change over time but allows for both you and your boss to be on the same page.
- *Go back to work part-time:* This may not be an option depending on your financial situation, but you can discuss this with your employer or your doctor to create a plan that is best for you. Many people who have completed cancer treatment find this is a useful way to transition back into work without overdoing themselves. This can be anything from working shorter hours or fewer days. Gradually you may be able to increase the time you are at work as you start to feel better.
- *Take your breaks:* Your brain and body need time to relax. Go for a walk or get up and stretch. It is important that you take these breaks in order to reset and refocus on your work.
- *Communicate:* If you are struggling to keep up at work, let your boss know so they can make reasonable adjustments to make things easier. If you don't tell anyone you're struggling then they will not be able to help. If you are going back to the same workplace and you want to disclose the fact you were diagnosed, plan for how you will deal with coworkers' reactions.
- *Be kind to yourself:* You may be frustrated that you are not able to do what you used to. It takes time to adjust, so do not stress or get down on yourself if you are unable to do everything right away.



### Looking for Work

Maybe you do not have a job right now and are looking for employment. You may be worried about what you need to say to your future employer and if your health status will affect your likelihood of getting the job. The good news is that an employer is legally not allowed to discriminate against you for medical conditions. It is up to you if you want to disclose your previous medical history and any other personal information to the employer. It may be wise to avoid discussing your medical history until you have a job offer. However, being honest with your future employer at some point about your medical history may be beneficial to you so they are aware of your circumstances and can provide reasonable accommodation. If you choose not to disclose to a future employer, consider how you could explain any employment gaps in an interview.

Useful websites: [www.cancerandwork.ca](http://www.cancerandwork.ca), [www.careersandcancer.org](http://www.careersandcancer.org)

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## Substance Use



Now that you are done treatment you may be wondering about drugs and alcohol. It's no secret that the safest we can be when it comes to drugs and alcohol is to not use them. Not everyone is going to make that choice, so it's important that if you are using drugs or alcohol that you have accurate information to reduce the chance of something bad happening. It is also important to know that drugs and alcohol can impact your short- and long-term health.

You may be feeling anxious or depressed and use alcohol and drugs as a way to deal with these feelings. After treatment some people increase their substance use and turn to alcohol and drugs to help them cope. This might provide some short-term relief but it can cause more problems over time. If you need help quitting or would like to speak with someone about how you are feeling, please contact the AYA psychosocial clinician at 204-787-2191.

Addictions Foundation Manitoba: [www.afm.mb.ca](http://www.afm.mb.ca) MB Addictions Hotline: **1-855-662-6605**

## Is Vaping Fine?

Preliminary research has shown that vaping causes harmful effects on the body. Many of the health effects associated with vaping are still being researched. If you want help quitting, please call **204-787-1202** or toll Free **1-888-775-9899** and leave a message. All stop smoking aids are provided for free.

It is important to note that e-cigarettes have not been approved as cessation aids, and are unregulated in Canada. The sale of e-cigarette cartridges or 'juice' containing nicotine is prohibited in Canada.

The risks and benefits of e-cigarettes are unknown due to a lack of long-term studies conducted by non-industry researchers. There is evidence of potentially hazardous chemicals and particles of metals in the liquid.

## Medical Marijuana

It can be a challenge to find reliable information about using marijuana for medical reasons. Now that you have finished treatment you may be wondering if medical marijuana has any potential benefits. Or you might already be using marijuana and you are looking for more information. If you do use marijuana, you can reduce the risk of lung damage by not smoking it. It is also helpful to know that harmful particles are often found in marijuana from the street, so it is safer to get it from a Health Canada licensed producer. If you have more questions about medical marijuana and its use, you can ask your care provider about it. We have experts at CancerCare Manitoba who can help answer your questions.

## Nutrition



Food is your body's source of fuel for healing, energy, and strength. Not only that, your diet affects your health in the future. Nutrition is an important part of preventing cancer and other chronic diseases later in life. Here are the latest nutrition recommendations for optimal health:

- Eat a mostly plant-based diet (in short: vegetables, fruit, whole grains, beans, and legumes)
- Achieve and maintain a healthy weight through daily physical activity and a balanced diet
- Limit or try to avoid processed meats (bacon, ham, sausage, deli meats), and limit red meat (beef, pork, lamb, goat)
- Limit alcohol to no more than two drinks per day for men and one drink for women
- Limit consumption of sugary drinks, including juice.
- Avoid the use of supplements to 'make up' for an unhealthy diet, unless recommended by your physician or dietitian

If you are interested in making changes but need some support, contact a CancerCare Manitoba registered dietitian, who can see you personally or refer you to a qualified registered dietitian in your community. To reach a CCMB Registered Dietitian, phone Patient and Family Support Services at **204-787-2109** or **1-866-561-1026** (toll-free), or email: [pfssinquiry@cancercare.mb.ca](mailto:pfssinquiry@cancercare.mb.ca).



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## Physical Activity

Physical activity is important at any stage in life. Research has shown that regular physical activity manages fatigue, provides stress relief, improves cardiovascular fitness, reduces the risk of heart disease, depression, stroke, type 2 diabetes, osteoporosis, improves immunity, reduces the risk of obesity, and reduces the risk of some cancers. The Canadian Physical Activity Guidelines for all Canadians ([www.csep.ca/CMFiles/Guidelines/CSEP\\_PAGuidelines\\_adults\\_en.pdf](http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf)) recommends at least 150 minutes of moderate to vigorous intensity physical activity per week, in bouts of 10 minutes or more.

This is the same recommendation for those recovering from cancer treatment. Regular exercise will help get your body back in shape, help you mentally as you recover, reduce the risk of other diseases, and reduce your risk of recurrence, helping you live longer. In addition to aerobic exercise, it is also important that you incorporate daily stretching exercises and a strength training program 2-3 times a week. This physical activity can be done in a safe and effective way, however, you might not be able to physically do what you could do before cancer and this can be discouraging. It is essential to listen to your body and gradually, but consistently, increase your fitness level and strength. Many cancer survivors are able to achieve a high level of physical fitness and can safely resume the activities they enjoyed before their cancer treatment.

If you have questions or need further guidance, speak to a healthcare professional. An excellent resource that you might find helpful is the Stride to Survive: An Exercise Guide for Young Adult Cancer Survivors: [www.behaviouralmedlab.ualberta.ca/en/~media/behaviouralmedlab/Documents/Stride\\_to\\_Survive.pdf](http://www.behaviouralmedlab.ualberta.ca/en/~media/behaviouralmedlab/Documents/Stride_to_Survive.pdf)

# Resources



## Manitoba Supports and Resources

### Young Adult Cancer Support (YACS) Group at CCMB



The YACS group at CCMB is a space for young adults (18-35) with cancer or blood disorders to meet and share their stories with other young adults who have similar experiences. Call **204-787-2191** for more information.

**Localife** - is a special group in Winnipeg for young adults who have been diagnosed with cancer. The group goes on fun monthly outings, such as group meals, bonfires, game nights, local festivals, etc. You can bring a support person (spouse/friend/family member) or your children if you wish, but you don't have to. Please email **localifewinnipeg@youngadultcancer.ca** for more information.



**CCMB Sexuality Counsellor** - The sexuality counsellor can talk to you about fertility, sex, intimacy, relationships, dating, contraception and common sexuality side effects of treatment. Call **204-787-4495**.

**Camp Indigo and Camp Quality** are two FREE camps open to 15-17 year olds and their siblings. Call **204-787-2191** for more information.

**Reaching E-Quality Employment Services (REES)** has a **Youth Employment Project (YEP)** that offers vocational counselling and transition services for youth up to age 29 who have disabilities or chronic health conditions. Call **204-832-7337** for more information.



**Get Your Benefits** - The Manitoba College of Family Physicians and the University of Manitoba have created a booklet listing federal, provincial, and regional benefits and programs for Manitobans who may be eligible. Go to **www.getyourbenefits.ca** to download or view this booklet.

**Addictions Foundation of Manitoba (AFM)** - Reliable information and resources about substance use. **www.afm.mb.ca/**

**Manotoba Addictions Helpline** - Support for addictions is available by calling **1-855-662-6605**

## National Supports and Resources



**Young Adult Cancer Canada (YACC)** – YACC’s mission is to support young adults as they move through and beyond cancer. To be the connection to peers, bridge out of isolation, and source of inspiration. Any cancer, any stage, YACC’s got your back. **www.youngadultcancer.ca**



**Stride to Survive** - is an excellent exercise guide for young adult cancer survivors: **www.lisabelanger.ca/uploads/2/5/1/1/25110637/stride\_to\_survive.pdf**



**Cancer and Work** – This website provides comprehensive information about returning to work after a cancer diagnosis: **www.cancerandwork.ca/**

**Survive and Thrive** – This organization helps young adults live well with, through, and beyond cancer. They have awesome expeditions and great videos on their website: **www.survivethrive.org/**



**On The Tip of The Toes Foundation** – This organization offers fantastic and FREE adventure trips for 14-18 year olds and 19-29 year olds: **www.tipoftoes.com/**

**CancerChatCanada** – This website organizes online cancer support groups for Canadians. There is no specific group for teens or young adults, but there are other groups that might interest you: **www.cancerchat.desouzainstitute.com/**

**CancerConnection** - A peer support service by the Canadian Cancer Society: **www.cancerconnection.ca/home**

**Programme à Felix** – This is a French-only website for young adults with cancer: **www.cancer15-39.com/**

**Young Carer’s Project** – This website provides useful information for young caregivers. Originally from Ontario, it has information that is helpful to everyone: **www.youngcarersproject.ca/home**




**Cancer Fight Club** - is a great website for young adults living with cancer. It's based in Montreal. There is information for patients who are newly diagnosed, metastatic or advanced, living it solo or raising children. **https://cancerfightclub.com/**


**The “C” Word** - A series of videos by young adults with cancer in Toronto: **www.uhn.ca/PrincessMargaret/PatientsFamilies/Patient\_Family\_Library/Pages/Videos/the\_c\_word.aspx**

# Resources

## International Supports and Resources

Some information in these resources are specific to the USA, but there is also a lot of great general content:

 **Stupid Cancer** – A large young adult cancer organization in the USA. Their goal is to “make cancer suck less”: [www.stupidcancer.org/](http://www.stupidcancer.org/)

 **cancercare.org** – This is an American organization that has young adult online support groups available to Canadians - Young Adult Post-Treatment Survivorship Support Group and a Young Adults With Cancer Support Group: [www.cancercare.org/](http://www.cancercare.org/)


**US Cancer and Careers** - Patient friendly resource about looking for or returning to work, managing your online presence, and CV review: [www.cancerandcareers.org](http://www.cancerandcareers.org)

**Livestrong Fertility** - This site will give you information about fertility risks for different types of cancer treatment: [www.livestrong.org/we-can-help/livestrong-fertility](http://www.livestrong.org/we-can-help/livestrong-fertility)

**Save My Fertility** - This site will give you information about preserving fertility before and after cancer treatment. [www.savemyfertility.org](http://www.savemyfertility.org)

**Lacuna Loft** - Support for young adult patients, survivors and caregivers. Join monthly online video hangout. Ask anonymous questions about sex and relationships to Dr. Anne Katz, a certified sexuality counsellor. Support group for children of young adults between the ages of 8-17. Lots of online workshops and more: [www.lacunaloft.org](http://www.lacunaloft.org)

**SurvivorshipGuidelines.org** - Health education materials for childhood cancer survivors.

 **Critical Mass** – A young adult cancer advocacy organization in the USA: [www.criticalmass.org/](http://www.criticalmass.org/)

### Apps and Games:

**Stupid Cancer**– Stupid Cancer is a young adult advocacy organization. The app provides instant anonymous peer support for young cancer patients, survivors and caregivers. Only available on the App Store.

**Curatio** - Canadian app that provides private peer support, trusted information and personalized programs for people with health concerns (not solely for cancer).

**Shadow's Edge** – An interactive game for teens with health challenges. Free download on the App Store and Google Play. [www.shadowsedge.com](http://www.shadowsedge.com)



### Books:

All available from CancerCare Manitoba's Patient and Family Resource Centre at 675 McDermot in Winnipeg:

**This Should Not Be Happening** – By Dr. Anne Katz

**Everything Changes** – By Kairol Rosenthal

**Crazy Sexy Cancer Tips** – By Kris Carr

**100 Q & A About Cancer and Fertility** - By Lindsay Beck and Joyce Reineck



### For Breast Cancer Patients:



**Kelly Shires Breast Cancer Foundation** – This foundation offers financial assistance to young women recently diagnosed with breast cancer: [www.kellyshiresfoundation.org/](http://www.kellyshiresfoundation.org/)



**Rethink Breast Cancer** – This organization offers online resources and support to young women with breast cancer: [www.rethinkbreastcancer.com/care-guidelines](http://www.rethinkbreastcancer.com/care-guidelines)



**Young Survival Coalition** - An American website with lots of resources for young women with breast cancer: [www.youngsurvival.org](http://www.youngsurvival.org)

### For Leukemia and Lymphoma Patients:



**Leukemia and Lymphoma Society** – Online support for young adults including online chats, webcasts, long term effects and survivorship: [www.lls.org/](http://www.lls.org/)



[www.movingforwardaftercancer.ca](http://www.movingforwardaftercancer.ca)