



“From Surviving to Thriving”: A Practical Guide for Resuming Life for AYA Cancer Survivors

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What We'll Cover Today

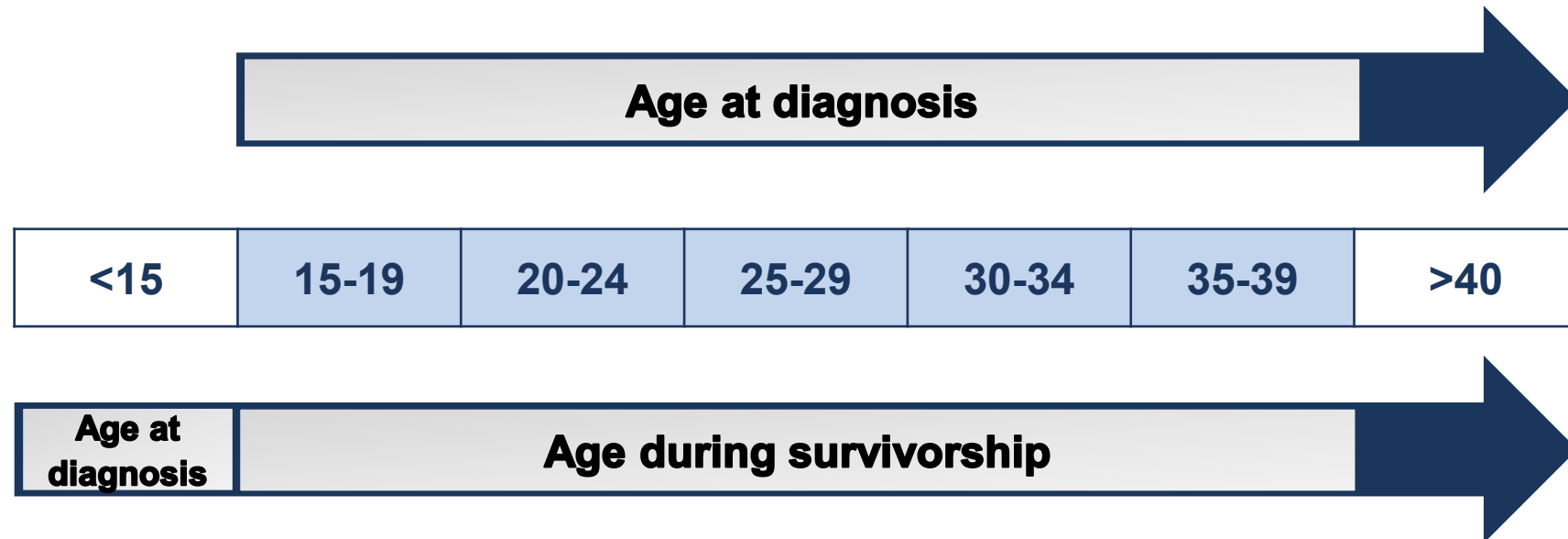
1. What it means to be an AYA cancer survivor – and why your experience is unique
2. Common challenges you may face – emotional, social, financial
3. Tools, programs, and support available to help you thrive





Understanding the Term: AYA Cancer Survivor

- “AYA” stands for Adolescent and Young Adult: Ages 15-39 years
 - Anyone diagnosed with cancer between ages 15 and 39
 - Anyone diagnosed with cancer before the age of 15, and is now between ages of 15 and 39





Why Life After Cancer Can Feel Unexpectedly Hard for AYA Cancer Survivors?

Cancer strikes during a critical time, disrupting:

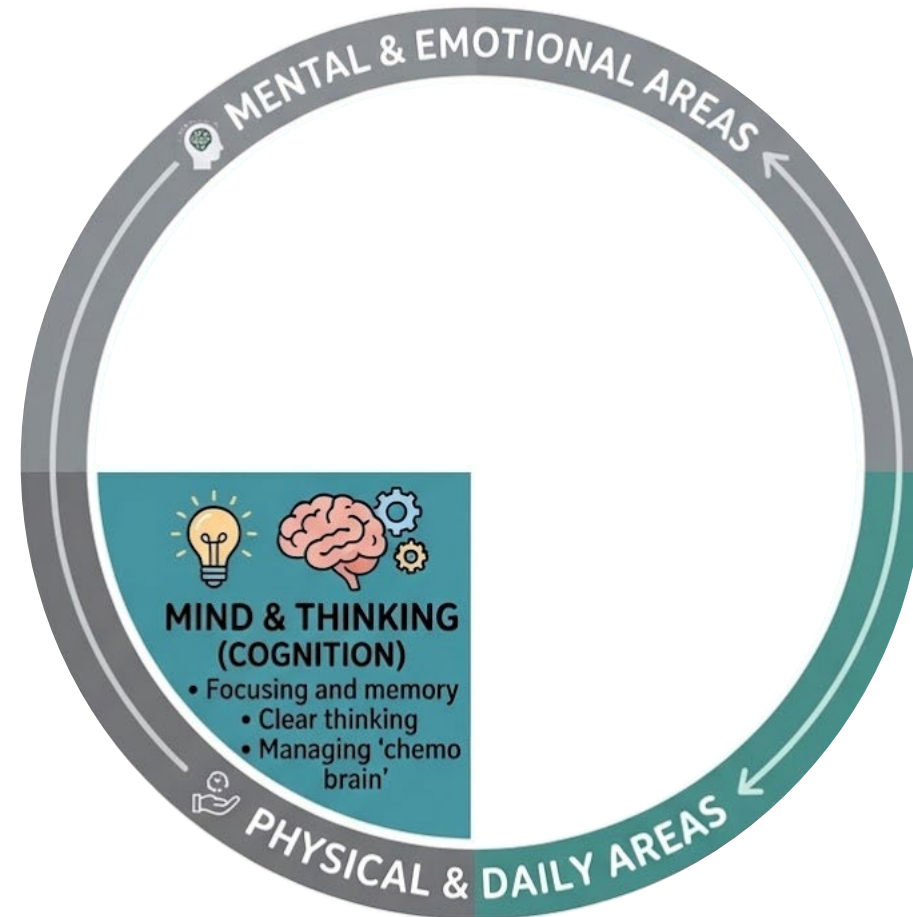
- Education and career building
- The phase of building identity and independence
- Developing relationships and planning family

Your survivorship needs are different from those of older adults or children – and you deserve care designed for you

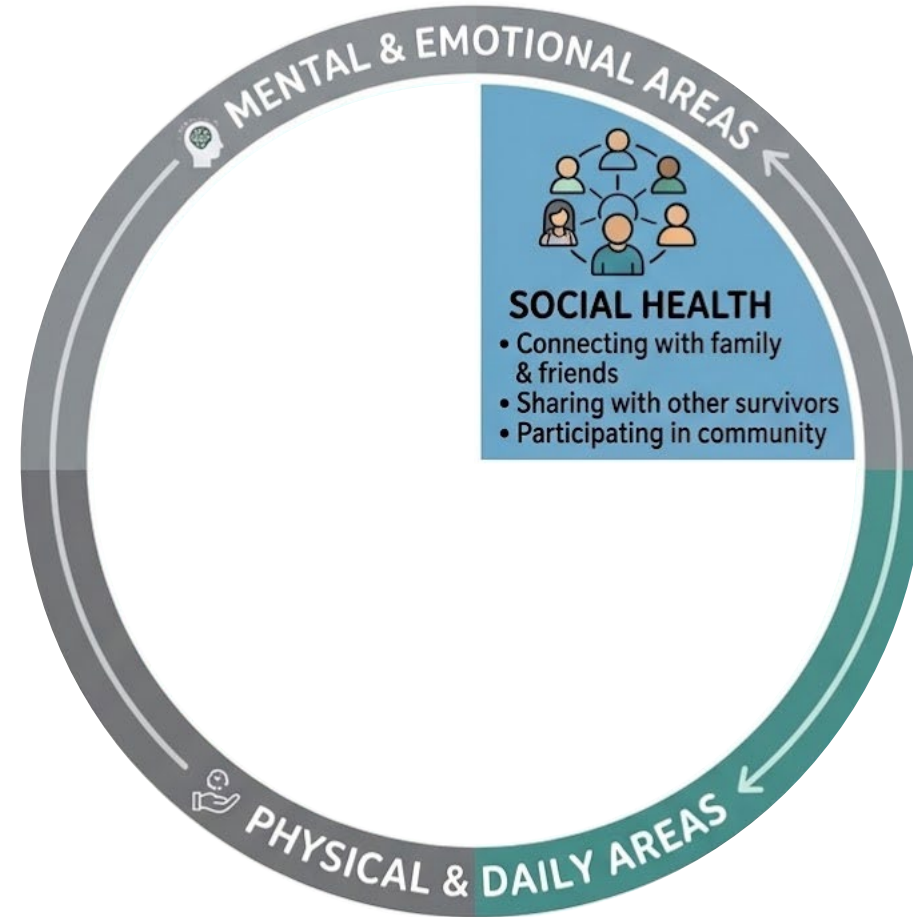
You Are Not Alone– there are more than 2 million AYA cancer survivors living in the United States

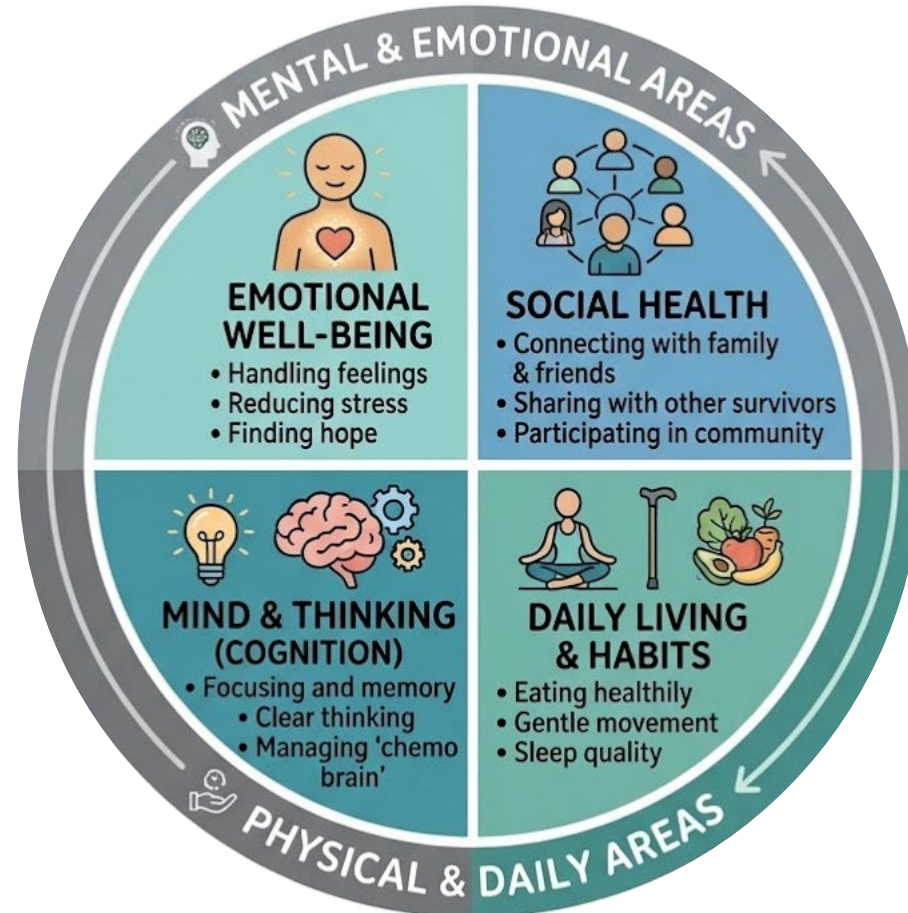


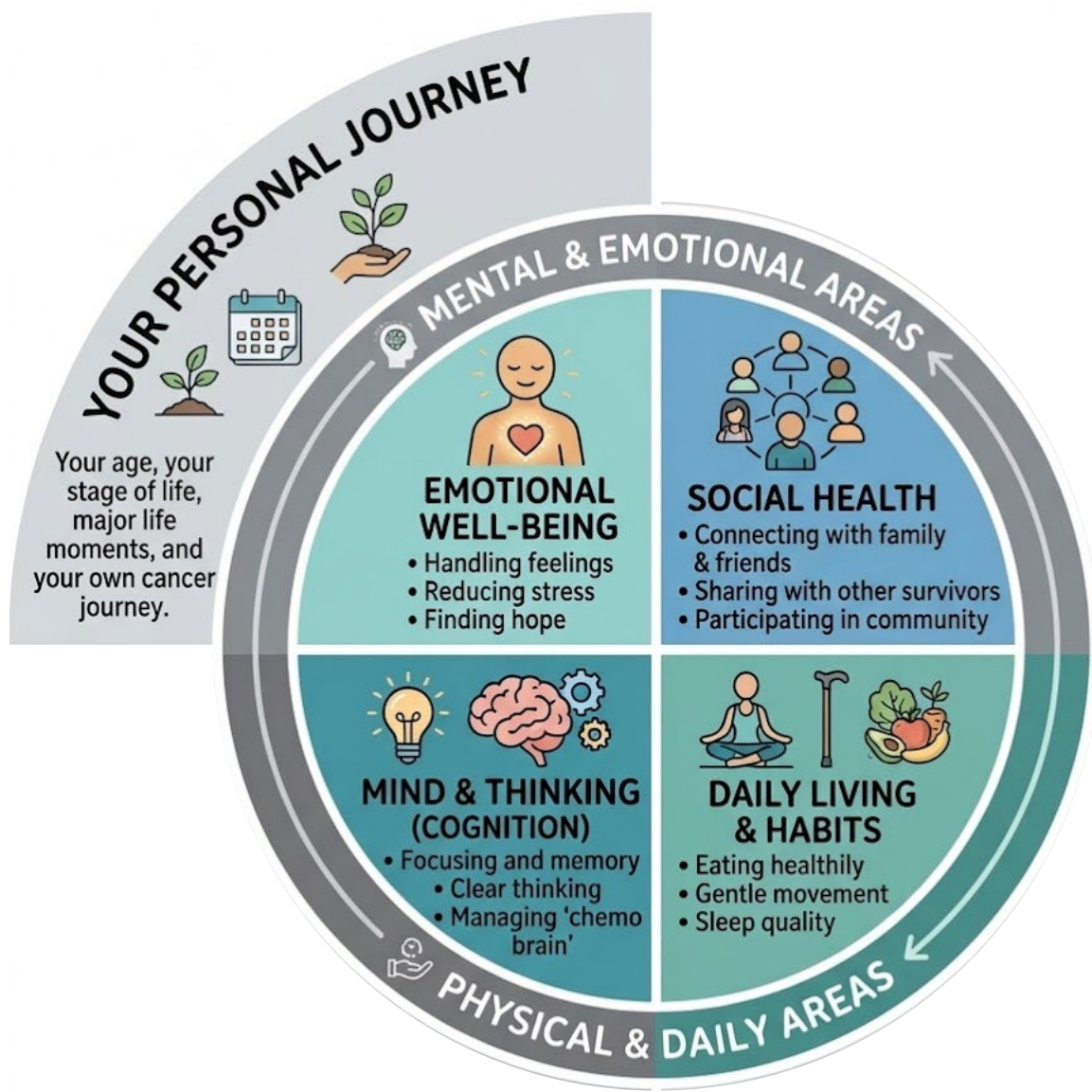






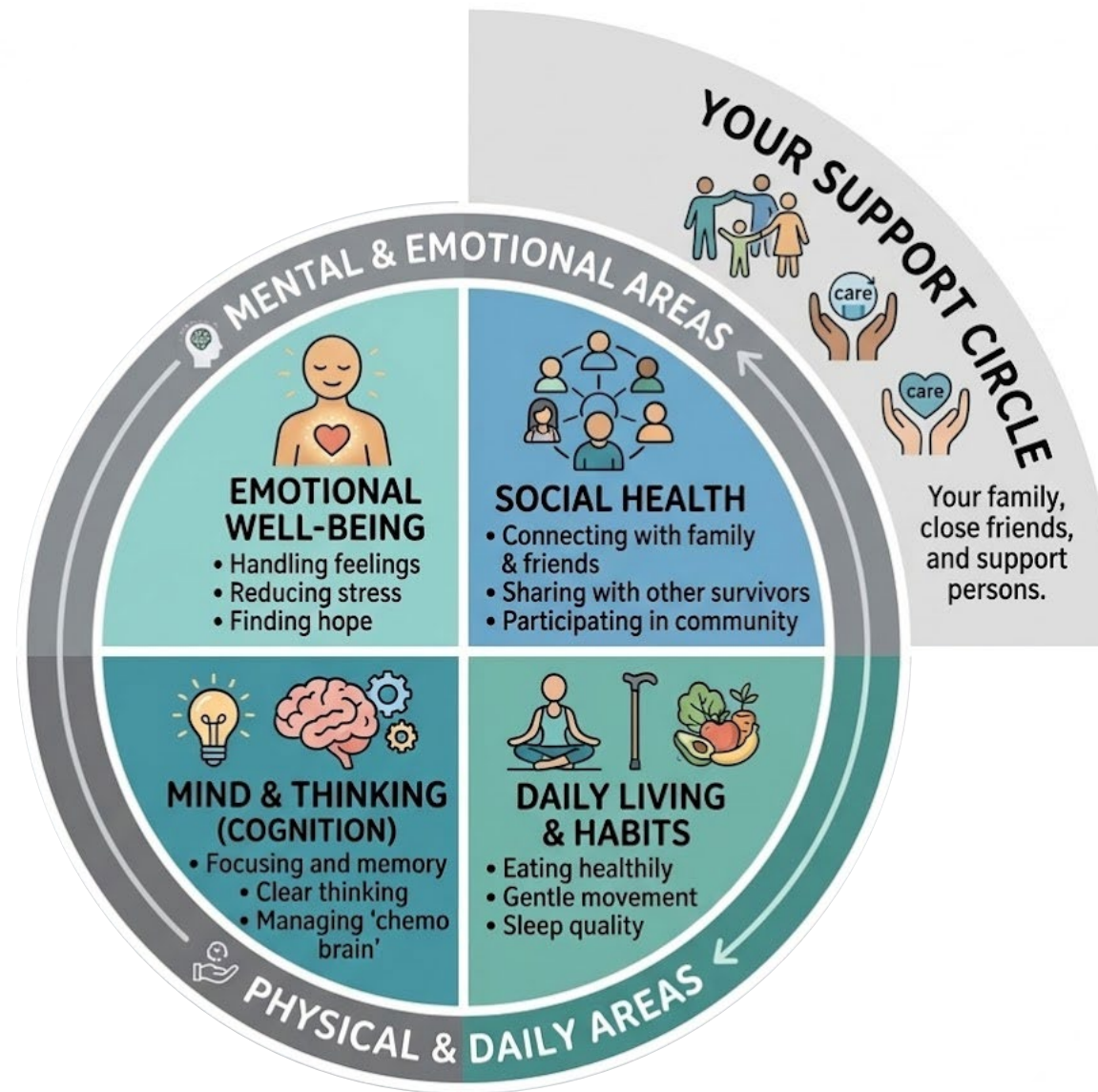


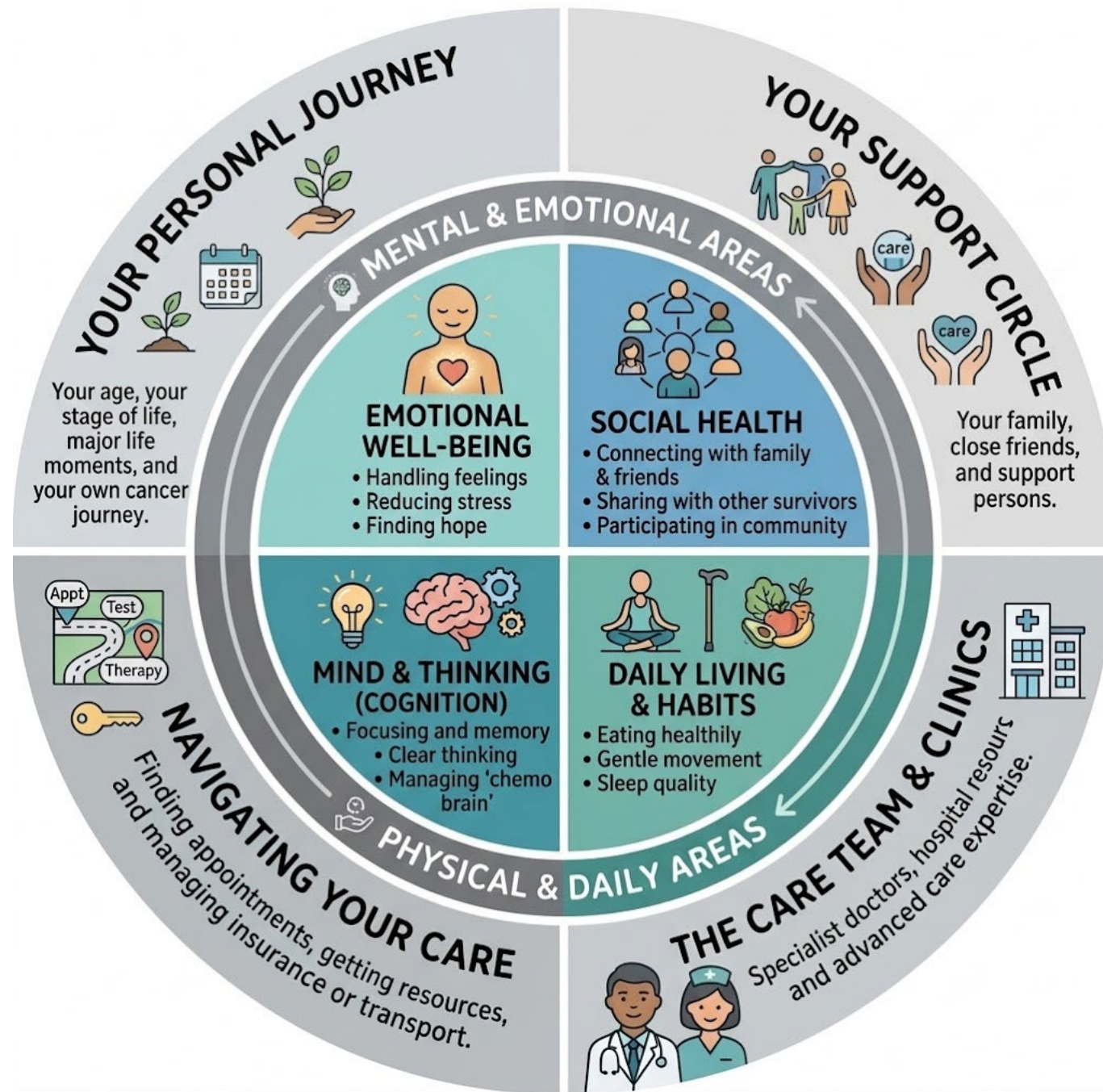














Why This All Matters for Your Long-Term Health

- Regular exercise is associated with lower risk of long-term health issues
- Healthy habits – nutrition, sleep, managing stress – can reduce long-term health risks by 20–30%
- Your work productivity, stable finances are directly related to your quality of life

Bottom line: Your emotional, social, and financial wellbeing directly improves your health outcomes

You deserve support

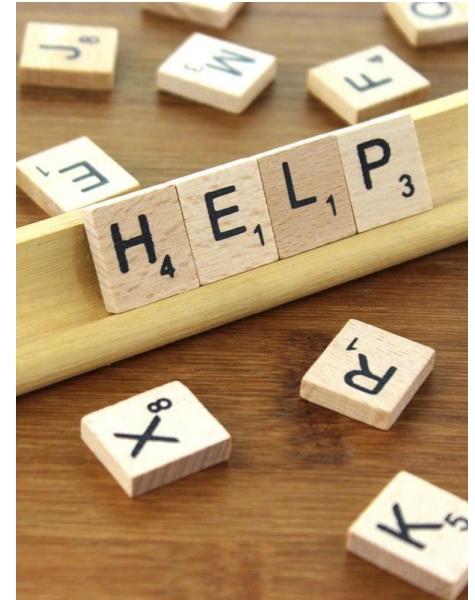


Programs and Tools That Can Help You Thrive



Emotional Health Support

- Try 'worry time': set aside 15 minutes a day to process worries – then close the door on them
- Move your body: even a 20-minute walk lowers anxiety as effectively as medication in some studies
- Limit 'doom scrolling' health information online – set a daily time limit
- Remember: feelings are not facts: 'I feel like something is wrong' ≠ 'something IS wrong'



Asking for Help is Not a Sign of Weakness

- Talk to your care team
- Stay connected to your survivorship team for regular check-ins
- Cognitive behavior therapy

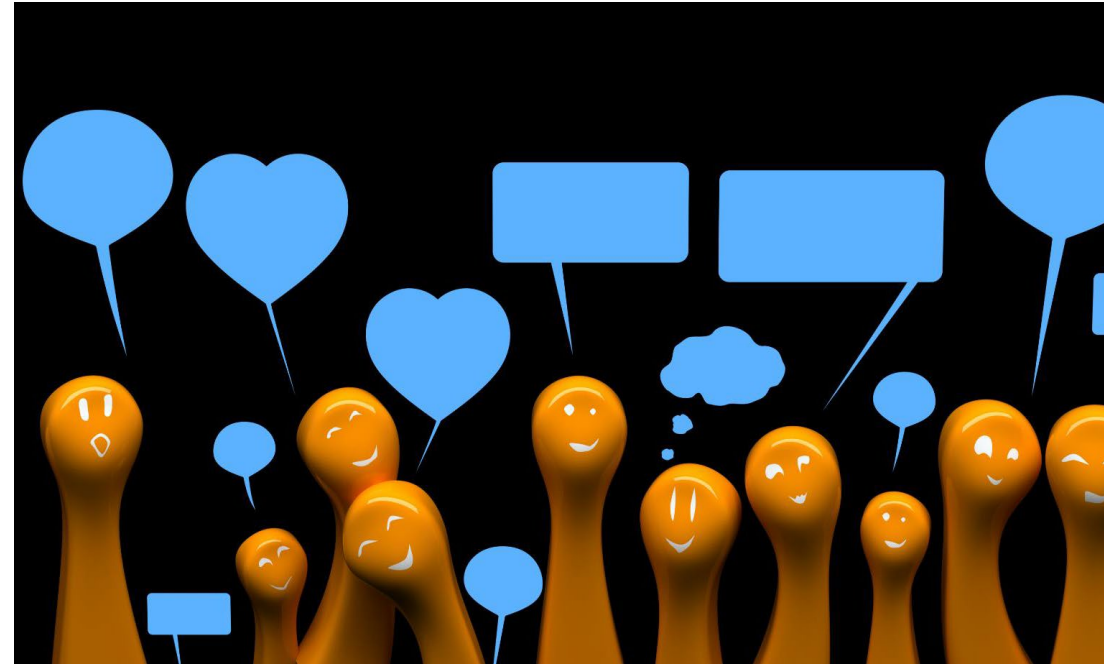


Relationships and Social Support

- Open communication with the partner
- Sex therapy or sexual health programs
- It's normal to feel 'behind' compared to your friends. But remember that but you're on a different, not lesser, path.
- Finding your tribe: online support groups



CACTUS
CANCER SOCIETY



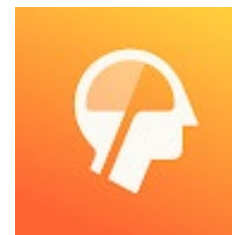
How to Deal with “Chemo-Brain”

- Use diary/ planner to write down tasks
- Set up phone/ app reminders
- Focusing on small, realistic goals
- Healthy lifestyle



- Formal neuropsychological evaluation and cognitive rehabilitation
 - Could help provide accommodations for school/ college and workplace

Applications for brain functioning*



***Discuss with your care team/ neuropsychology**



Educational/ Vocational/ Financial Support

- Regular check-in with your team regarding your educational/ vocational status.. Not just “whether you are in school/ college or working or not?”
 - Discuss how you are doing in your school/ workplace, whether you feel productive
 - Any missed time at school/ work
 - Are you having challenges with any specific task
- It is ok to discuss your financial issues
- Learning about insurance
- Neuropsychological evaluation can be helpful



Other Resources

- www.stupidcancer.org/
- www.cancercare.org/
- <https://livestrong.org/how-we-help/livestrong-fertility/>
- www.savemyfertility.org/
- <https://elephantsandtea.org/>
- <https://teencanceramerica.org/>
- <https://youngsurvival.org/>



