



## ACCESS AYA PEARLS

### PSYCHOLOGICAL, SOCIAL, AND BEHAVIORAL ISSUES OF ADOLESCENT AND YOUNG ADULT (AYA) CANCER SURVIVORS

Compared to people who have never had cancer, AYA cancer survivors are more likely to smoke, less likely to get enough physical activity, and less likely to be able to afford to visit a doctor.<sup>1</sup>

AYAs experience a wide range of physical, psychological, social and spiritual concerns, similar to all cancer survivors. However, they often have unique needs due to their cancer occurring during a crucial stage of their personal and social development.<sup>2</sup>

#### EVIDENCE ASSESSMENT

- Some long-term AYA cancer survivors report poorer health outcomes including higher rates of obesity, anxiety and depression.<sup>3</sup>
- Some AYA survivors experience cognitive impairment, which can impact on employment and educational attainment.<sup>4</sup>
- Concerns related to body image, reduced fertility and sexual dysfunction are also prevalent among AYA cancer survivors.<sup>5</sup>
- Many childhood cancer survivors are not receiving appropriate risk-based follow-up care.

#### WHAT SHOULD I DO WITH THIS INFORMATION?

1. Take steps to Identify AYA and childhood cancer survivors among your patient panel.
2. Recognize potential barriers to care including survivors' lack of knowledge about late effects, low health literacy, lack of insurance and financial resources.
3. Refer survivors and family members to resources including Seton Survivor Center, LIVESTRONG, Cancer Care and other regional and national resources.
4. Encourage your survivor patients to develop a personalized survivorship care plan that includes recommended screening and medical care (both cancer specific and generalized health maintenance) as well as psychosocial resource.

#### WANT MORE INFORMATION?

*Children's Oncology Group, ed. Long Term Follow-Up Guidelines for Survivors of Childhood, Adolescent and Young Adult Cancers.*

Arcadia CA: Children's Oncology Group 2006.

[www.survivorshipguidelines.org](http://www.survivorshipguidelines.org)

Seton Cancer Survivor Center Nurse Navigator

Tel: 512.324.3343

[www.seton.net/survivorship](http://www.seton.net/survivorship)

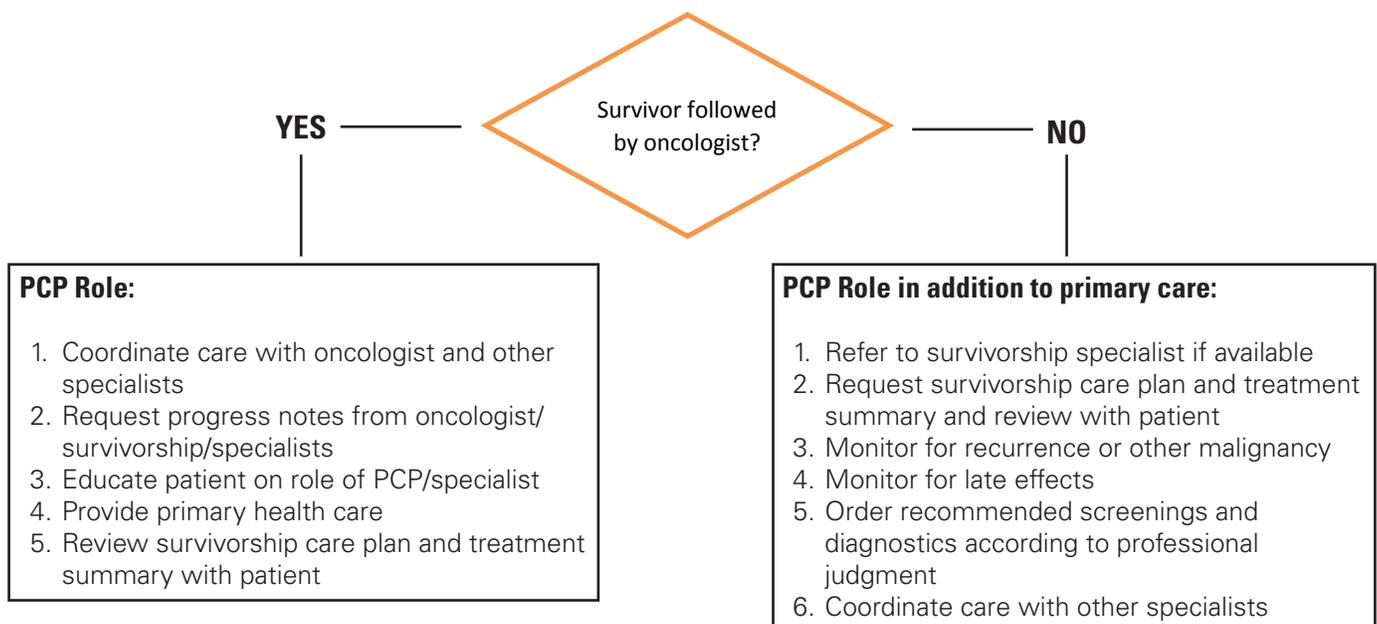
AYA Healthy Survivorship iPhone app and Cancer Survivorship Plans

[www.healthysurvivorship.org](http://www.healthysurvivorship.org)

## REFERENCES

1. Tai E, Buchanan N, Townsend J, Fairley T, Moore A, Richardson LC. (2012) Health status of adolescent and young adult cancer survivors. Cancer, American Cancer Society.
2. Clinton-McHarg et al. (2010) Measuring the psychosocial health of adolescent and young adult survivors (AYA) cancer survivors: a critical review. Health and Quality of Life Outcomes. 8:25
3. Hedstrom M, Kreuger A, Ljungman G, Nygren P, von Essen L: Accuracy of assessment of distress, anxiety, and depression by physicians and nurses in adolescents recently diagnosed with cancer. Pediatric Blood & Cancer 2006, 46(7): 773-779.
4. Langeveld NE, Stam H, Grootenhuis MA, Last BF. (2002) Quality of life in young adult survivors of childhood cancer. Supportive Care in Cancer 10(8): 579-600.
5. Pacey AA (2007) Fertility issues in survivors from adolescent cancers. Cancer Treat Rev. 2007 Nov;33(7):646-55.

### PCP Responsibility



## REFERRALS

The Seton Cancer Survivor Center sees patients ages 18-39 that have completed cancer treatment. Patients may call 512-324-9652 and choose to speak with the nurse navigator, or you may call the nurse navigator directly (512) 324-3343.

Referrals may be emailed to [aya-survivorship@seton.org](mailto:aya-survivorship@seton.org) or faxed to (512) 406-6515.

More information is available at <http://seton.net/survivorship>.

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