One in 640 young adults between the ages of 20 and 39 is a survivor of childhood cancer.  
Nearly 70,000 young adults between the ages of 15-39 are diagnosed each year in the US.

THE EVIDENCE

- Compared with those who have never had cancer, more AYA survivors had heart disease (14% vs. 7%) and high blood pressure (35% vs. 29%); these conditions may be long term effects of being treated for cancer as a child or young adult.
- Anthracycline-based therapy has correlated with an increased risk of cardiac disease, and expert panels recommend that AYA and childhood cancer survivors who received anthracyclines be monitored for cardiac disease.
- Many other chemotherapy agents, as well as new oral “targeted” agents may have cardiotoxic side effects, but these are more likely to be acute, rather than long term effects.
- Female gender has also been associated with increased risk for cardiac disease in several studies. The reason female gender has been correlated with this risk is unknown.
- Mediastinal radiation, radiation to the lungs, left abdomen and treatment for Wilms Tumor and Ewing’s Sarcoma may raise concerns for cardiac issues.

WHAT SHOULD I DO WITH THIS INFORMATION?

1. Take steps to identify AYA and childhood cancer survivors among your patient panel.
2. A detailed cardiac assessment should be performed for survivors of childhood cancer and AYAs who are pregnant or planning a pregnancy or who wish to take part in competitive sports.
3. Recognize potential barriers to care including survivors’ lack of knowledge about late effects and unawareness of risks, low health literacy, lack of insurance and financial resources.
4. Refer survivors and family members to resources including Seton Survivor Center, Seton Heart Institute's Cardio-Oncology Program, LIVESTRONG, Cancer Care and other regional/national resources.
5. Encourage your survivor patients to develop a personalized survivorship care plan that includes recommended screenings (both cancer specific and recommended health screenings as well as psychosocial resources and needs.)

WANT MORE INFORMATION?

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

www.survivorshipguidelines.org

Seton Cancer Survivor Center Nurse Navigator
Tel: 512.324.3343
www.seton.net/survivorship

AYA Healthy Survivorship iPhone app and Cancer Survivorship Plans
www.healthysurvivorship.org

PEARLS = Prompt Evidence Assessment and Review of the Literature Service
REFERENCES


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 or faxed to (512) 406-6515.

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

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