

ASK, LISTEN, CONNECT

A primary care tool with key resources to help connect young adult cancer survivors



TOP AYA ISSUES & KEY CLINICAL QUESTIONS

An analysis of a Young Adult Cancer Canada survey shows that adolescent and young adult (AYA) cancer survivors would like their primary care providers to be more proactive in helping them understand and manage their health after completing their cancer treatment. This infographic is based on real experiences of cancer survivors and explores some of the top issues AYAs say they want to discuss with their primary care providers, and the questions that you, as the primary care provider, could ask to help encourage these conversations.

FATIGUE

After treatment, many AYAs may experience fatigue. They would like to know how long fatigue might last and information about strategies, treatments, and resources to help them manage fatigue, especially in relation to their return to life.



QUESTIONS TO ASK

- Are you experiencing any fatigue or tiredness?
- If so, what are the biggest challenges in your daily life related to fatigue?
- Can I connect you with resources to help with your side effects and symptoms?



MENTAL HEALTH

AYAs have identified mental health as an area that is often overlooked but could benefit from proactive intervention. Mental health concerns may include support for conditions such as anxiety or depression, as well as questions about where and how to find supports.



QUESTIONS TO ASK

- How is your mood today? Have you been feeling sad or worried?
- What, if anything, have you been doing that helps you feel better?
- Can I connect you with resources to help with your mental health?



BRAIN FOG/COGNITION

Another common symptom AYAs experience is brain fog and/or reduced cognitive function after their treatment. They would like to know how long these symptoms might last and strategies to address or improve brain fog.



QUESTIONS TO ASK

- Do you sometimes get confused or have trouble remembering things? Do you struggle with concentration?
- If so, what are the biggest challenges in your daily life related to concentration or memory?
- Can I connect you with resources to help with your side effects and symptoms?



MANAGING RETURN TO WORK/SCHOOL

AYAs have concerns and questions about their ability to return to work or school following treatment. They have questions about assessing their readiness and determining the right timeline to return, as well as understanding and planning for any accommodations or supports they may need on returning.



QUESTIONS TO ASK

- Recovery and adjusting to life after cancer can be challenging. Patients often reintegrate back to work and school at their own pace. Have you thought about or started the process of going back to work or school?
- What are your biggest concerns about returning to work or school?
- Now that you are back to work or school, how is that going for you?



BODY IMAGE, SEXUAL FUNCTION AND SEXUAL ACTIVITY

AYAs may experience concerns about their body image, sexual function and ability to engage in sexual activity. They may have questions or concerns about specific physical changes or changes to libido. They may also have concerns around dating or relationships or their post-treatment body image.



QUESTIONS TO ASK

- People that have gone through cancer treatment may experience changes to their body image, sexual function and sexual intimacy. Have there been any changes to your physical or mental health that affect your sexual activity?
- Are you able to have the intimate and sexual relationships you want? If not, what are your concerns?



ONCOFERTILITY

AYAs have concerns about their future fertility. They want to understand how treatment may have affected their fertility/reproductive health and ability to have biological children.



QUESTIONS TO ASK

- Some cancer treatments could negatively impact your fertility/reproductive health and ability to have biological children. Has your cancer experience led to concerns for you about your ability to have biological children?



MANAGING RISK & RECURRENCE

AYAs may have questions about their risk of cancer recurrence, as well as what to expect for ongoing monitoring and screening. For example, they may want to know how long screening will occur and who is responsible for managing the process.



QUESTIONS TO ASK

- Given your particular cancer and risks of getting cancer in the future, do you have any questions or suggestions about our screening and monitoring plan?
- What information would be most helpful for you about cancer risk and future monitoring and screening?



RESOURCES & SUPPORTS

FATIGUE	Cancer Chat Canada –de Souza Institute Cancer Related Fatigue –Wellspring Cancer Information Helpline	
MENTAL HEALTH	Young Adult Cancer Canada Cancer Information Helpline CancerConnection.ca Canadian Virtual Hospice	Queering Cancer Pink Pearl (women's specific resource) BounceBack–CMHA
BRAIN FOG/COGNITION	Brain Fog –Wellspring Cancer Information Helpline Cancer.ca	
MANAGING RETURN TO WORK/SCHOOL	Cancer and Work Return to Work –Wellspring Money Matters –Wellspring	Canadian Cancer Survivor Network
BODY IMAGE, SEXUAL FUNCTION and SEXUAL ACTIVITY	Cancer.ca	
ONCOFERTILITY	Cancer.ca Fertile Future	
MANAGING RISK and RECURRENCE	Cancer Information Helpline The Healing Journey –Wellspring Cancer.ca	