

American Cancer Society Navigator Notes

Young Adults and Cancer

Nearly 72,000 young adults in their late teens to early thirties are diagnosed with cancer each year. Unfortunately, the news often comes at a point in their lives when they are sorting through their educational opportunities, work experiences and lifestyle options. Suddenly their focus is redirected to learning more about their cancer, exploring treatment options and managing the challenges that accompany a cancer diagnosis.

Many young adults face an additional challenge if they don't have health insurance. They may no longer be covered under their parent's insurance policy, may not have been working long enough to qualify for insurance, or work for an employer that does not offer insurance.

Other challenges that young adults with cancer may face include:

- Maintaining their independent living situation
- Expressing how they want to be comforted and supported
- Living far from their family
- Finding a peer support system
- Dating, intimacy, or fertility
- Maintaining a sense of "normal"
- Working with medical systems and medical professionals
- Managing their own medical treatment

Numerous resources are available to assist in managing these challenges, including:

- American Cancer Society – www.cancer.org
- Fertile Hope – www.fertilehope.org
- Group Loop for Teens – www.grouploop.org
- I'm Too Young For This! Cancer Foundation – i2y.com
- Imerman Angels – www.imermanangels.org
- LiveSTRONG Young Adult Alliance – www.livestrong.org
- National Cancer Institute Adolescent and Young Adults – www.cancer.gov/cancertopics/aya
- National Coalition for Cancer Survivorship – www.canceradvocacy.org
- OncoLink – www.oncolink.com
- Patient Advocate Foundation – www.patientadvocate.org
- Planet Cancer – www.planetcancer.org
- Stupid Cancer – www.stupidcancer.com
- The Sam Fund – www.thesamfund.org
- Ulman Cancer Fund for Young Adults – www.ulmanfund.org
- Voicing My Choices – www.agingwithdignity.org/vmc
- Young Cancer Spouses – www.youngcancerspouses.org

The American Cancer Society has a Patient Navigator Program that offers personalized support. This assistance is provided to you, your family or caregivers in your cancer treatment facility or hospital at no charge.



Please contact your local patient navigator for additional information.

Mayo Clinic in Arizona: Cathy Leavitt, American Cancer Society patient navigator, 480.301.5990.

Mayo Clinic in Rochester: Jeri Lensing and Angela Young, American Cancer Society patient navigators, 507.266.9288.

Mayo Clinic Health System in La Crosse, WI: Stefanie Haar, American Cancer Society patient navigator, 608.775.1359 or 800.362.9567.

Mayo Clinic Health System in Eau Claire, WI: Katie Sarver, American Cancer Society patient navigator, 715.858.6868.

For more information on all ACS programs and services or to connect with a patient navigator in your area, call 800.227.2345 or visit www.cancer.org



Cathy Leavitt



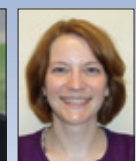
Jeri Lensing



Angela Young



Stefani Haar



Katie Sarver

Calendar of Events

December 2012

American Cancer Society Midwest Golf Pass

The American Cancer Society Midwest Golf Pass is a unique and easy way to save lives and create a world with more birthdays. The pass provides access to more than 500 golf courses throughout Iowa, Minnesota, South Dakota and Wisconsin. The pass pays for itself in just two uses with offers for reduced greens fees and other great golf bargains. To learn more visit www.cancer.org/golfpass or call 1-800-227-2345.

January 2013

Eagles 5th District Cancer Telethon Saturday and Sunday, January 19 & 20, 2013

Mayo Civic Center, Rochester, MN
The Cancer Telethon brings hope to every person who has lost a loved one to cancer, is battling cancer, or wants to help bring an end to this devastating disease. Monies raised help fund cancer research at the Mayo Clinic, Hormel Institute for Cancer Research

and the University of Minnesota. For more information contact Teresa Chapman at 507-358-4744 or visit www.eaglescancertelethon.org.

American Cancer Society Daffodil Days

Pre-order beautiful bunches of daffodils in January and February for delivery in March 2013. You can also choose to donate toward the Gifts of Hope bouquets or the Boyd's Bear Hug, which are given to cancer survivors. For more information call 507-424-4616 or e-mail Ross.Messick@cancer.org.

February

11th Annual Frozen Goose Run

Saturday, February 2, 2013
Registration at noon
University Center Rochester Atrium
851 30th Avenue SE, Rochester, MN
The Frozen Goose Run is sponsored by the Optimist Club of Rochester. All proceeds of the event will go to Mayo Clinic Childhood Cancer Research and Brighter Tomorrows. For more information please visit www.optimistclubrochester.org or e-mail frozengoose@charter.net.

Lace Up Against Breast Cancer

Sunday, February 10, 2013
9:30 am - half marathon
10:00 am - 5K
Mayo High School, Rochester, MN
The Lace Up Against Breast Cancer fun run and walk will be held to raise awareness and money for breast cancer research. All monies raised will be donated to Mayo Clinic for breast cancer research. For more information visit www.luabc.org or e-mail runluabc@gmail.com.

Upcoming Events

National Cancer Survivors Day

Sunday, June 2, 2013
Rochester International Event Center
Cancer survivors, their families and friends are invited to a celebration of life at the 26th annual National Cancer Survivors Day.

American Cancer Society Relay for Life

It's not too early to get your team together and start raising funds for the Olmsted County Relay for Life event on July 12 & 13, 2013. To learn more please visit www.relayforlife.org.

The Stephen and Barbara Slaggie Family Cancer Education Center

Mayo Clinic is dedicated to providing information and resources to support patients and their caregivers during a cancer journey. Knowledge empowers patients to become active partners in their health care.

Services

Mayo Clinic staff, nurse educators and ACS patient navigators are available to help patients, caregivers, and the public:

- Learn about cancer prevention and detection
- Find out more about a cancer diagnosis
- Explore treatment options
- Understand clinical research
- Connect to educational sessions and support groups
- Address survivorship issues
- Locate additional support, such as financial assistance, lodging, transportation, wigs, and prosthetics

The Center is open to anyone interested in learning more about cancer.

Location: Gonda Building, Street Level, Rochester, MN

Hours: 8 a.m. to 5 p.m., Monday through Friday • Phone: 507-266-9288

Living with Cancer blog: www.mayoclinic.com/livingwithcancer

Cancer Education Program Facebook: www.facebook.com/cancereducationprogram

