



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?



LOCAL RESOURCES & SUPPORTS

FATIGUE

[Cancer Chat Canada – de Souza Institute](#)
[Cancer Related Fatigue – Wellspring](#)
[Cancer Information Helpline](#)

MENTAL HEALTH

[Young Adult Cancer Canada](#) [Queering Cancer](#)
[Cancer Information Helpline](#) [Pink Pearl \(women's specific resource\)](#)
[CancerConnection.ca](#) [BounceBack – CMHA](#)
[Canadian Virtual Hospice](#)

BRAIN FOG/COGNITION

[Brain Fog – Wellspring](#)
[Cancer Information Helpline](#)
[Cancer.ca](#)

MANAGING RETURN TO WORK/SCHOOL

[Cancer and Work](#) [Canadian Cancer Survivor Network](#)
[Return to Work – Wellspring](#)
[Money Matters – Wellspring](#)

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](#)

ADD
YOUR
LOGO
HERE

The information presented in this handout reflects data from a survey of AYA cancer survivors (aged 15-39 years) about their experiences with primary care after their cancer treatment was completed. The survey was conducted by the Partnership with the support of Young Adult Cancer Canada. The findings of this survey identified many of the same themes and issues that were identified by AYAs in another larger study, [Experiences of Cancer Patients in Transition Study](#).

These are not clinical questions and are not intended to replace the clinical diagnosis and assessment process for specific symptoms and concerns. Instead, they are intended to be conversation starters to help you begin the discussion with your patient and identify any issues they may be experiencing.



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