

Adolescent and Young Adult (AYA) Cancer

From Diagnosis to Wellbeing

written and edited by
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“As an international AYA and Pediatric Oncologist, I am very impressed with how this guide covers important topics for patients and their families in a comprehensive and age appropriate manner. Using text, web links and videos, it gives timely, accurate access to information in different formats. I look forward to my patients having access to this Learn Guide!”

– Dr. Antoinette Anazodo, Adolescent Oncologist, Director of the Sydney Youth Cancer Service, Australia

“Cancer is rare and unexpected in the young, creating unique emotional and medical challenges. This Learn Guide offers an accessible first step in this journey. You will find reliable information and experienced peer patient veterans to help light the way. You are not alone.”

– Nicolette Chun, Genetic Oncology Counsellor, Stanford Hospital Cancer Center

If you, or someone you love, has been diagnosed with cancer and you are between the ages of 15 and 39, this book will guide you from diagnosis to wellbeing. It will also provide you with a (private and safe) support community, where you can learn from the survivors and caregivers who have gone before you.



Leonard Sender, MD Dr. Leonard “Lennie” Sender is a pioneer in cancer care treatment, especially in adolescents and young adults. Lennie is Director of the Adolescent and Young Adult (AYA) Cancer Program at CHOC Children’s Hospital in Orange County, where he leads one of the nation’s largest programs considering the unique challenges faced by AYA cancer patients.



Lilibeth Torno, MD Dr. Lilibeth Torno is the Clinical Director, Outpatient Services and the CHOC ACTS (After the Cancer Treatment Survivorship Program). She also leads the Ambulatory Care Services of The CHOC Cancer Institute and directs the CHOC Long Term Follow-up Clinic for survivors of childhood cancer.



Jocelyn Harrison, MPH, RD Jocelyn Harrison received her Master of Public Health from UCLA and completed a dietetic internship at the Los Angeles Veterans Hospital. She has developed nutrition programs and marketing for the USDA Dietary Guidelines for Americans, Choose Health LA, and the American Diabetes Association.



Jenee Areeckal, MSW, LCSW Jenee Areeckal is a clinical social worker at UCSF Benioff Children’s Hospital. She is a three-time cancer survivor and an amputee due to osteogenic sarcoma who knows what it is like to live through and be treated for cancer as a teen and young adult.

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