

If you are facing a cancer diagnosis in your 20s or 30s, you *need* specialized cancer care that can only be provided by a comprehensive cancer center.

the
young adult
cancer program

AT ROSWELL PARK COMPREHENSIVE CANCER CENTER



RoswellPark.org/YoungAdult

Are You

A YOUNG ADULT WITH CANCER?

We understand how overwhelming a diagnosis of cancer can be, particularly at this time in your life. Perhaps you're a student with a future career in mind, or you're embarking on a new job, buying a house, getting married or starting a family — and now this.

As a young adult with cancer, you face very different challenges from patients diagnosed in childhood or later in adulthood. Our Young Adult program, for patients ages 18 to 39, integrates treatment and supportive care services uniquely for you. We aim to help you maintain a normal life while undergoing treatment.

Our compassionate and caring team of experts have dedicated their lives to helping young adults fight this disease. We are here for you and for your family.



What Makes Us Different

For over 120 years, Roswell Park has remained steadfast to the revolutionary vision of its founder – Dr. Roswell Park – who set out to understand cancer, discover novel ways to treat it, and put an end to the suffering it causes. Cancer is our singular focus.



A TRUE COMPREHENSIVE CANCER CENTER MODEL

As one of a select group of comprehensive cancer centers designated by the National Cancer Institute, and an elite member of the National Comprehensive Cancer Network, Roswell Park has the important responsibility to lead the way forward, advancing innovative therapies, training the next generation of cancer experts and educating and reaching out to serve our extended community.

Our multidisciplinary approach to cancer care is unique. In determining the best course of therapy for a patient, we bring together the expertise of pathologists, medical oncologists, surgical oncologists, radiation oncologists, diagnostic radiologists and other specialists. These tumor board meetings allow the collective group to discuss and evaluate which options will provide the very best outcome.

Why Roswell Park for Young Adults?

You need a comprehensive cancer center. Young adult cancers are rare cancers. They are often different in their tumor biology, genetic profile and how they respond to treatment. You need a team that understands the nuances of treating cancer in young adults and a complexity and level of care and experience that can only be found at a comprehensive cancer center, such as Roswell Park.

Roswell Park is named a Best Hospital by U.S. News & World Report and ranked in the top 15, out of nearly 900 cancer centers in the nation.

Rated in two key surgical areas as a High Performing Hospital for lung cancer surgery and colon cancer surgery.



OUR CUTTING-EDGE THERAPIES

We offer treatments at the forefront of cancer care, plus clinicians with the knowledge and experience to use them.

Your treatment may require:

- ✓ **Surgeons with high volume experience** in minimally invasive techniques, robotic surgery, breast-conserving procedures and other critical surgical options.
- ✓ **Gamma Knife radiosurgery** to treat brain tumors and metastases without an incision or the side effects of traditional neurosurgery or whole brain radiation. Roswell Park is the only provider in the region to offer treatment with Gamma knife.
- ✓ **Cellular therapies and blood and marrow transplant** in our accredited Transplant and Cellular Therapy Center.
- ✓ **The newest cancer drugs and agents**, available only through clinical trials.

WE'RE MUCH MORE THAN A HOSPITAL



We take a holistic approach to care — treating the whole person, and not just your cancer. Our innovative and comprehensive cancer center offers:



Nutrition services

to maximize your strength and energy, prevent loss of muscle mass, improve tolerance of your treatment and promote healing and recovery.



Art, music and pet therapy programs to ease distress and anxiety.



Peaceful, healing spaces

for body and soul, indoors and out, including an art gallery, the 2-acre Kaminski Park, and a chemotherapy infusion center and meditative, open-air patient terrace overlooking the Buffalo city skyline and Lake Erie.

From Start to Finish

GETTING AN ACCURATE DIAGNOSIS

Getting the diagnosis exactly right from the start will determine your treatment's success. Not all suspicions of cancer end up as cancer. Every case starts with a thorough analysis of blood or tissue samples by our pathologists who are subspecialists in a specific type of cancer.

These are the experts who start the journey to treatment. Cancer is serious, and we always re-review any pathology performed outside of our organization, because sometimes it just isn't cancer or it's a different kind or variation of cancer than was originally determined. We find a change in initial diagnosis about 11 to 18% of the time, impacting treatment options and decisions, and the way forward.

WELCOME TO THE CENTER OF HOPE

Roswell Park is the cancer care resource for Western New York and regions throughout Central and Northeastern New York and beyond. We provide cutting-edge treatments and offer innovative therapies that are unavailable elsewhere in the region. Patients from all over the world travel to Buffalo to access our clinical trials and novel approaches being developed by our physician-scientists.

Our community offers Roswell Park a groundswell of support. Look around you, whether you are inside one of our cancer care centers, watching television, attending a hockey game or buying a car – you see how Western New York helps us do what we do. From major corporations who help us raise the critical funding for cancer research to our athletic teams who help raise awareness for early diagnosis and sponsor free public cancer screening events, it's no wonder we are considered the gem of Western New York.





OFFERING COMPLETE CANCER CARE from Prevention to Survivorship

Roswell Park offers services for your every cancer need all under one roof. First, we hope to help you prevent cancer through education programs and tobacco cessation services. We aim to detect cancer at its earliest and most treatable stages by offering mammography, colonoscopy, skin cancer screening, PSA testing and digital rectal exams. We help you determine your personal risk through genetic screening, and monitor you carefully through our High Risk programs. We offer the most accurate diagnosis through cancer-specializing diagnostic testing, radiology and pathology. Your cancer care team of medical, surgical and radiation oncologists work alongside our palliative care services to manage any side effects of your cancer therapy. Because more people are surviving cancer than ever before, our Survivorship Center will guide you through life after cancer, and help you achieve a higher level of lifelong wellness.

RESEARCH LEADS TO NOVEL THERAPIES

Throughout its existence, Roswell Park has embraced its leadership role in discovery. The findings and new knowledge and understanding of cancer that we uncover in our laboratories is what leads to new approaches to fight cancer, such as using the body's immune system to attack cancer cells, or targeting tumors with treatments based on your cancer's genetic profile. The ability to take these new discoveries and turn them into real drugs, therapies and treatments to help patients sets us apart.

Our position on the cutting edge of research allows us to provide therapies not yet available elsewhere, and may not be available to other providers for another ten years or more. We know you need the very best treatments for you, today.



WHAT IS THE YOUNG ADULT PROGRAM?

We know that cancer was never part of your plan — and especially not now. We know what it's like to face cancer while in college, building a career or raising a family. We know what it really means to have cancer interrupt your life — and we can help.



Our program brings together support services designed to help you overcome the unique physical, emotional, social and practical challenges associated with a cancer diagnosis at this life stage. You probably have many questions, such as:

Will I be able to have children?

How can I cope with this anxiety?

How do I talk to my kids about my disease?

Will I ever have sex again?

We are here to help you cope, find answers and solutions, and let you focus your energy on fighting your cancer. Some of the services you may find helpful include:

- ✓ **Fertility preservation.** A consultation provides information about the impact your cancer and treatment may have on your fertility, preservation options available to you and arrangement for fertility services.
- ✓ **Mental health counseling** from an array of providers (depending on your needs) including psychologists, psychiatrists, social workers and child life specialists.
- ✓ **Financial counseling** to help you to apply for health insurance or Medicaid, financial aid to help with copays and other options for drug cost assistance.
- ✓ **Social support & networking.** We offer many opportunities to connect with peers such as events, speakers, retreats, and more.
- ✓ **Women's sexual health clinic** to provide treatment and solutions for issues affecting ability to interact intimately.
- ✓ **Men's sexual health clinic** to address treatment side effects such as erectile dysfunction, incontinence and other issues that affect sexual life.
- ✓ **Survivorship program** to manage long-term medical and preventive care, ongoing or late side effects of treatment, emotional health and more to help you aim for a higher level of lifelong wellness.
- ✓ **Project Best Life** is an online space offering stories, blogs, podcasts and more from millennials across our community to inspire improved health, fitness, nutrition and advocacy. Visit ProjectBestLife.org.

Mental health support for young adults

Getting a diagnosis of cancer rocks the world for everyone — but we don't have to tell you that it's especially difficult for you. So much life and milestones and transitions happen during these years: graduating from school or training, getting your own place, building your career, dating, marrying, having a family, seeing the world and a thousand other adventures. Cancer was never part of the plan.



Coping with cancer and the interruption of your plans and dreams and managing relationships *and, and, and...* is a heavy burden. Let us help you carry this burden and meet the challenges you face.



HOW WE CAN HELP

Erin Brewer-Spritzer is our dedicated specialist in clinical psychology who focuses on patients in their 20s and 30s. This professional offers a variety of mental health services, such as one-on-one counseling sessions, counseling with your partner or caregiver, support groups, or can arrange for your children to meet with our child life specialist.

As we learn more about you and the challenges you face, we can also put you in touch with any of the other services here at Roswell Park, such as social work, spiritual care, and supportive and palliative care, that may help you and your family.

MAKE A Mental Health Care Plan

Taking steps to proactively care for your mental health during this time is important.



- Acknowledge your emotions. Journal your thoughts as you proceed through your cancer journey.
- Meet with a mental health practitioner.
- Seek support groups and programs for young adults with cancer.
- Consider mind-body & relaxation practices
- Strengthen your body with physical and wellness activities. Connect with our Project Best Life for wellness blogs, podcasts and more.
- Rely on your faith or belief system, or explore your spirituality.

Managing Relationships

- Keep relationships strong
- Keep finding things that bring you joy

Life After Cancer

Our Survivorship Program welcomes all pediatric, adolescent or young adult cancer survivors no matter where you received your cancer treatment.

If you had cancer as a child, teen or young adult — even if it was years ago, your unique medical history may pose new or ongoing challenges to your continued health. At Roswell Park, we care about your well-being beyond treatment and want to see you enjoy a full and healthy life for years to come.



WHY IT'S IMPORTANT

Surgery, chemotherapy, radiation and other treatments are harsh on the body, and young cancer survivors face a higher risk for late medical and psychosocial effects, such as:

- ✓ **Secondary cancers**
- ✓ **Fertility issues** (from radiation, surgery and alkylating chemotherapy agents)
- ✓ **Heart problems** (from anthracycline chemotherapy agents, such as Daunorubicin, Doxorubicin and Adriamycin)
- ✓ **Bone marrow disorders that can affect your blood counts** (from certain types of chemotherapy)
- ✓ **Anxiety and distress**

HOW WE CAN HELP

Our survivorship team will develop a long-term personalized care plan according to your specific diagnosis and treatment history.

Medical and Preventive Care

We will help you schedule annual clinic visits, cancer screenings, surveillance and vaccinations, according to national evidence-based guidelines. In addition, we can manage any health conditions or treatment-related side effects.





Young Adult Social Support & Networking

Getting a diagnosis of cancer at this point of your life means you're now part of a club that nobody wants to join. No matter how supportive your friends and family may be, they are not walking in your shoes.

Wouldn't it be nice to hang with a group where you're not the only one with cancer?

But we are and you are not alone.

We are a network of **patients** and **survivors** with one thing in common: we were diagnosed with cancer as young adults. We know what it's like to be the only person younger than 50 in the waiting room. We've had chemo and final exams the same week and we've styled wigs to hold graduation caps and wedding veils.

CONNECT WITH US

Roswell Park's Young Adult program sponsors many events, social gatherings, speakers, wellness workshops, support groups and networking opportunities for patients just like you. **Sign up for our newsletter to learn about upcoming programs and events.**

QUESTIONS?

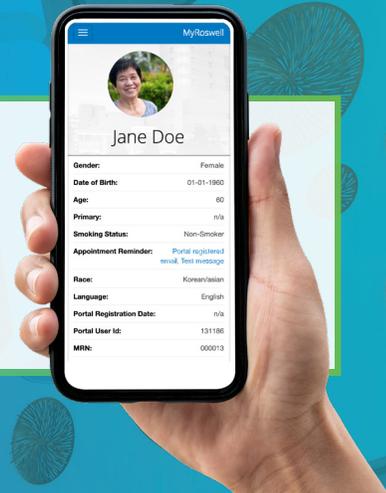
For more information about our Young Adult Social and Support program, call **1-800-ROSWELL** (1-800-767-9355).



Stay Connected



The Easiest Way to Manage Your Roswell Park Patient Journey



PATIENT PORTAL



FACEBOOK



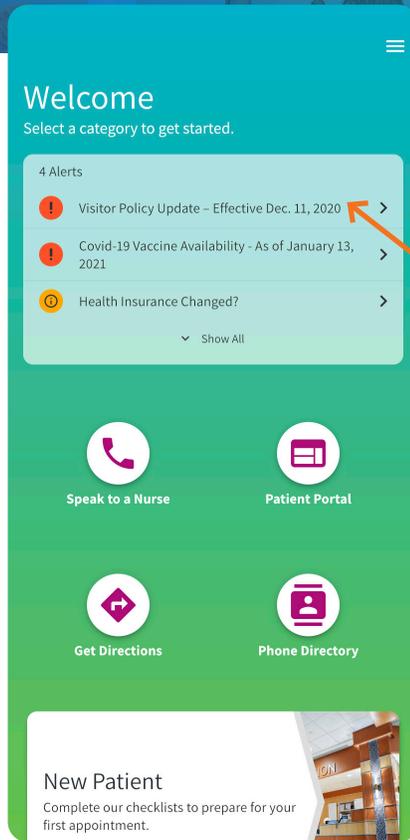
EVENTS



CANCERCONNECT



ROSWELLPARK.ORG



Download the MyRoswell App to:

- ✓ Access your patient portal
- ✓ Receive notifications about important patient information, including alerts related to the COVID-19 pandemic
- ✓ View your upcoming appointments, instructions and more!



or visit RoswellPark.org/app



Download the FREE app now!

Search "MyRoswell"



If you have any questions
or need more information,
please call us at

716-845-2300.

Assistance is available
24 hours a day.



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National Cancer Institute-Designated Comprehensive Cancer Center | National Comprehensive Cancer Network Member
Blue Distinction® Center for Cellular Immunotherapy - CAR-T | Blue Distinction® Center for Cancer Care | Blue Distinction® Center for Transplants