

Adolescent & Young Adult (AYA)

Cancer in Canada

9000 young people (15-39) are diagnosed with cancer per year in Canada; 10% of total cancers 15-69.

Incidence of cancer in young people is increasing; while genetic predispositions do play a role, many AYA cancers appear to be sporadic and influenced by a variety of environmental and lifestyle factors (Comprehensive Cancer Information, 2024)

782.3 per 100,000 person-years disability-adjusted life years (DALY's) due to AYA Cancer worldwide (Wen et al, 2021)

TYPES OF AYA CANCER



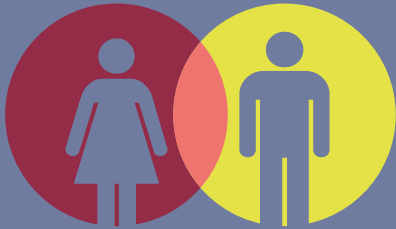
AYA FEMALES (15-39)

Breast cancer is the most common type of cancer, followed by thyroid cancer, skin cancer (melanoma), cervical cancer and colorectal cancer (SEER, 2024)



AYA MALES (15-39)

Testicular cancer is the most common type of cancer, followed by colorectal cancer, Non-Hodgkin Lymphoma, thyroid cancer, and Leukemia (SEER, 2024)



YOUNG ADULTS (15-39)

Other common cancers include Hodgkin lymphoma, brain and other nervous system (ONS) cancers (SEER, 2024)

COMMON SIGNS OF CANCER IN AYA

Unexplained and persistent: pain; lump, bump or swelling; significant weight loss; tiredness; changes in a mole. (Teenage Cancer Trust)

AYA CANCER ISSUES

- limited opportunity for prevention for many cancers
- delays in diagnosis due to patient or health care provider inaction
- psychosocial challenges
- age appropriate treatment protocols
- lower participation in clinical trials
- possibility of future health problems (Canadian Cancer Society)

ACTION ITEMS

- improve cancer awareness activities among young adults and health care providers
- find innovative ways to increase and improve communication between doctors and AYA patients
- find innovative ways to increase and improve early diagnosis, treatment and medical followup
- encourage regular and prompt medical care, especially if AYAs are aware of unusual changes to their skin, breasts or testes
- provide access to psychological support, counseling and mental health services (Canadian Cancer Society)