



NATIONAL YOUNG ADULT CANCER AWARENESS WEEK®

Power • Strength • Knowledge

FACTS:

- Approximately 72,000 young adults in their teens through their late 30's are diagnosed with cancer each year in the United States. ¹
- Cancer is the leading killer of people 20 to 39 years of age behind homicide and suicide – 10,000 die annually. ¹
- Cancer incidence in young adults has increased more than any other age group and delayed diagnosis is disproportionately higher in young adults. ²
- Over the last 20 years, overall survival rates in young adults with cancer have reached a plateau.
- Young adults have the lowest participation rate in clinical trials of any age group.
- Young adults with cancer face feelings of profound isolation and are confronted with unique psychosocial concerns such as dating and relationships, fertility preservation, body image, sexuality, education, insurance, employment reintegration, and long term effects of cancer treatment.
- Young adults and adolescents have cancers that are clinically and biologically different than pediatric and older adult patients.

¹ NCI SEER Data, 2005

² NCI *Closing The Gap*, 2006

Adolescents and young adults aged 15 to 39 are much more likely to be diagnosed with cancer than children under the age of 15. The most common types of cancer seen in adolescents and young adults are lymphoma, leukemia, germ cell tumors (including testicular cancer), melanoma, central nervous system tumors, sarcomas, and breast, cervical, liver, thyroid, and colorectal cancers.

Top 5 Cancers by Age Group				
15-19 years	20-24 years	25-29 years	30-34 years	35-39 years
<ul style="list-style-type: none"> ▪ Testicular ▪ Leukemia ▪ Hodgkin's lymphoma ▪ Brain and other nervous system ▪ Thyroid 	<ul style="list-style-type: none"> ▪ Testicular ▪ Thyroid ▪ Hodgkin's lymphoma ▪ Melanoma ▪ Leukemia 	<ul style="list-style-type: none"> ▪ Testicular ▪ Thyroid ▪ Melanoma ▪ Cervical ▪ Hodgkin's lymphoma 	<ul style="list-style-type: none"> ▪ Testicular ▪ Breast ▪ Thyroid ▪ Cervical ▪ Melanoma 	<ul style="list-style-type: none"> ▪ Breast ▪ Thyroid ▪ Cervical ▪ Melanoma ▪ Testicular

Source: SEER, <http://seer.cancer.gov/>

WHAT DO YOUNG ADULTS WITH CANCER KNOW THAT CAN SAVE YOUR LIFE?

We'll tell you that it begins with **YOU!**

- **YOU** can discover testicular, melanoma, and breast cancer at its earliest stages, but you have to know your body and observe changes.
- **YOU** can prevent melanoma by practicing sun safety, which includes avoiding tanning booths!
- **YOU** can diagnosis thyroid and find cervical cancer at its earliest stages by getting regular annual exams by a doctor.
- **YOU** can prevent cervical cancer by getting your HPV vaccine.
- Don't smoke and **YOU** can lower your risk not just for lung cancer, but also bladder, pancreatic, head & neck, esophageal, kidney, stomach, colon, acute myelogenous leukemia (AML), ovarian, cervical, liver, skin, and new research is revealing the possible links to breast, and prostate cancers.

YOU don't need to wait for cancer science to catch up to change cancer in young adults, because **YOU** are the most integral person who can play a part right now in improving young adult cancer – its diagnosis, treatment, and survival!

Vital Options International is a not-for-profit 510(c)(3) cancer communications organization headquartered in Southern California. Originally founded in 1983 as the first organization for young adults with cancer, Vital Options launched **National Young Adult Cancer Awareness Week**[®] (NYACAW) in 2003, in recognition of its 20th anniversary. NYACAW annually takes place the first week in April and is a collaborative event recognized and celebrated by the young adult cancer community, nationwide. This includes advocacy and support organizations, hospitals and cancer centers, and the National Cancer Institute (NCI). Learn more at www.youngadultswithcancer.org and www.vitaloptions.org.



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