

Patient Care Services
300 Pasteur Drive
Stanford, CA 94305

Cancer Resources for Young Adults Patient/Family Information

The following list includes resources for young adults coping with cancer. Many of the websites include educational information, as well as online blogs, forums, and chat rooms. The websites listed below also provide links to other media, books, films, and magazines.

Websites

- Prepare to Live: Resources for Young Adults Coping with Cancer
<http://www.preparetolive.org/>
Prepare to Live is a non-profit, charitable organization founded and managed by cancer survivors. Prepare to Live seeks to use web based resources and documentary filmmaking to provide help, hope, and information to young adults coping with cancer.
- Surviving and Moving Forward: The SAM Fund for young Adult Survivors of Cancer
<http://www.thesamfund.org/>
www.thesamfund.org/what-we-do/grants
The SAMFund supports young adult cancer survivors in the United States as they recover from the financial impact of cancer treatment. Through direct financial assistance as well as online support, the SAMFund provides grants and scholarships to young adult cancer survivors to assist with a successful transition into life after treatment.
- LIVESTRONG Young Adult Alliance
<http://www.livestrong.org/What-We-Do/Our-Actions/Programs-Partnerships/LIVESTRONG-Young-Adult-Alliance>
The LIVESTRONG Young Adult Alliance involves various organizations that share the goal of improving the survival rates and quality of life for young adults with cancer between the ages of 15 and 40. LIVESTRONG is dedicated to promoting awareness and encouraging research efforts.
- Re-Mission
<http://www.re-mission.net/>
Re-mission is a product of HopeLab (www.HopeLab.org), a non profit organization that seeks innovative strategies to improve the health and quality of life for young people with chronic illness. Re-Mission is a video game where players control a nanobot that battles cancer and bacterial infections, and manages realistic, life threatening side effects associated with the disease.

- Real Time Cancer
<http://www.youngadultcancer.ca/>
Real Time Cancer includes profiles, articles, and links to resources for young adults coping with cancer. Real Time Cancer also promotes an annual survival conference and retreat opportunities.
- 2Young-4Gyn-Cancer
<http://listserv.acor.org/SCRIPTS/WA-ACOR.EXE?A0=2YOUNG-4GYN-CANCER>
2Young-4GYN-Cancer includes a discussion list for adolescents and young adult women who have been affected by gynecological cancers.
- The Ulman Cancer Fund for Young Adults
<http://www.ulmanfund.org/>
The Ulman Cancer Fund works at a grassroots level to support, educate, connect and empower young adult cancer survivors by improving access to resources.
- I'm Too Young for This! Cancer Foundation
<http://i2y.com/>
I2Y is dedicated to improving the quality of life for young adults coping with cancer. The organization promotes empowerment through the use of advocacy, service, education, and creativity.
- Young Adults Surviving Glioblastoma (YASG)
<http://www.yasg.com/>
YASG is a website for people in their teens, twenties, and thirties that have a diagnosis of glioblastoma (brain cancer). This website offers a live chat, online forums, and resource information.
- Young Survival Coalition
<http://www.youngsurvival.org/>
The Young Survival Coalition (YSC) provides support to women under the age of 40 with a breast cancer diagnosis. YSC is dedicated to improving clinical care for young women by working with medical professionals and participating in research efforts. YSC also includes a bulletin board for young women to post questions, share stories, and facilitate discussion regarding topics of interest.
- Young Cancer Spouses
<http://www.youngcancerspouses.org/>
Young Cancer Spouses is an online community where spouses of adults with cancer can share information, support, and experiences. The website includes tips on self-care, sharing information with friends and family members, and practical care giving support.
- Planet Cancer
<http://myplanet.planetcancer.org/>
Planet Cancer was founded by young adults in their twenties undergoing treatment for cancer. This online forum provides peer support to those dealing with the unique needs and issues of young adults with cancer. Planet Cancer also promotes young adult retreats, events, and other awareness efforts.
- The Colon Club
<http://www.colonclub.com>
The Colon Club is a non profit organization that is dedicated to raising awareness about colorectal cancer in "crazy" ways. The colon club also includes an online message board.
- The Leukemia and Lymphoma Society Young Adult Forum
<http://community.lls.org/index.jspa>
This is an online forum for young adults affected by leukemia and lymphoma.

- Sharsheret
<http://www.sharsheret.org>
Sharsheret is a survivor-led national organization dedicated to addressing the unique issues of young Jewish women facing breast cancer. Programs and services include educational and outreach efforts, a peer support network, an online forum, and resource information.
- Imerman Angels
www.imermanangels.org/
Angels carefully matches and individually pairs a person touched by cancer with someone who has fought and survived the same type of cancer. Cancer caregivers also receive 1 on 1 connection with other caregivers and survivors. This service is free.
- BMT Infonet
<http://www.bmtinfonet.org/after/teensyoungadults>
BMT InfoNet offers a series of webcasts that address many of the unique issues facing young adult transplant survivors, including, relationships and intimacy, financial resources, and health information.

Events

- Young Women Affected by Breast Cancer Annual Conference
<http://youngsurvivorsconference.org/>
Check the website for annual dates. Living Beyond Breast Cancer and the Young Survival Coalition have created this conference for young women affected by breast cancer and those who support them. The conference covers educational topics of interest, includes various activities, and provides the opportunity to build greater peer support.
- OMG! Cancer Summit for Young Adults
<http://i2y.com/programs/omg.shtml>
OMG is an annual international oncology conference, hosted in New York, for young adults. OMG offers an opportunity for patients and survivors in their late teens, 20s, and 30s to connect with their peers and discuss relevant issues. OMG is free of charge.
- The Stupid Cancer Blog
<http://stupidcancerblog.com/>
The Stupid Cancer Blog is an online forum for young adults affected by cancer to share stories, ask questions, and provide and receive support. The blog is a part of the "I'm Too Young for This!" organization.

Books:

- Everything Changes, the Insider's Guide to Cancer in your Teens, 20s and 30s (2009)
By Kairol Rosenthal
- Perseverance: True Stories of Cancer Survivors (2009)
By Carolyn Rubenstein
- If I should Die before I Wake (2004)
By Lurlene McDaniel

Cancer in Young Adults: Through Parents' Eyes (2002)

By Dr. Anne Grinyer

- Life After Cancer in Adolescence & Young Adulthood: The Experience of Survivorship (2009)
By Dr. Anne Grinyer

Adolescent Specific

- Cancer Really Sucks
<http://www.cancerreallysucks.org>
Cancer Really Sucks is a website designed for teenagers by teenagers who have loved ones facing cancer. The organization seeks to assist young people with their questions and emotions, by providing healthy and effective coping strategies found. Teens are also able to post stories about their situations, ask other teens questions, speak with professionals through live chat, and much more.
- Teens Living With Cancer
<http://www.teenslivingwithcancer.org/>
Teens Living With Cancer is an online community for teens where they can share stories, find support, and access resource information on health and nutrition, and coping strategies.
- Starlight Starbright Children's Foundation
<http://chemo.starlight.org/>
"Coping with Chemo" is a series of online animated "webisodes" that help young people learn how to cope with the challenges of having cancer and the treatment process.
- 2BMe
<http://2bme.org>
2BMe is a website for teens with cancer which provides information on health and nutrition, how to deal with changes in appearance, and how to handle relationships.
- Group Loop
<http://www.grouploop.org/>
Group Loop includes online support groups, chat, and discussion boards for teens, which are facilitated by a professional. The site also includes resource information for families and addresses concerns such as returning to school after treatment.