



Adolescent & Young Adult Survivorship Action Plan

Adolescent and Young Adult Survivorship Action Plan (ASAP):

“What is this?”



The **Adolescent and Young Adult Survivorship Action Plan (ASAP)** can help you stay healthy as a survivor.

Here you will find useful information towards making your own **ASAP**, like:

1. Getting a summary of your cancer treatments and a plan for your survivorship care.
2. Understanding possible physical and emotional health problems due to chemotherapy, radiation, and/or surgery.
3. Knowing your health insurance plan to get medical care.

Survivorship Care

*“So, my cancer treatment is over...
why do I need survivorship care?”*



Survivorship care is important because it can:

- Help you prevent **future health problems**.
- Tell you what **tests** are needed to make sure you're healthy.
- Provide **treatment** for any health problems related to your previous cancer and its treatment.
- Help you understand which **doctors you need to see**.
- Help you connect with **resources in your community** to stay both physically and emotionally healthy.

1 Treatment Summary

"I don't like repeating my cancer history to every doctor I see."

Having a document that lists all the treatments you received (called a **Treatment Summary**) and sharing it with your doctors can be extremely helpful.

A Treatment Summary should include:

- o Name of your cancer, date treatment started and ended
- o Name(s) and amount(s) of **chemotherapy** given
- o Location(s) on your body and amount(s) of **radiation** given
- o Location and name of **surgery**

If you don't know this information, medical records of your cancer treatment can help you create your own Treatment Summary. By law you have the right to access your medical records.

"How do I get my medical records?"

1. Ask the oncologist who treated your cancer for a copy of records or
2. Contact Medical Records Office at the hospital where you were treated.

"What do I do with these records?"

1. Give your doctor (oncologist, family doctor, etc) a copy and ask he/she to create a Treatment Summary *or*
2. Ask for a referral from your doctor to a local survivorship clinic.

Survivorship Care Plan

Once you have your Treatment Summary, it will help you create your Survivorship Care Plan.

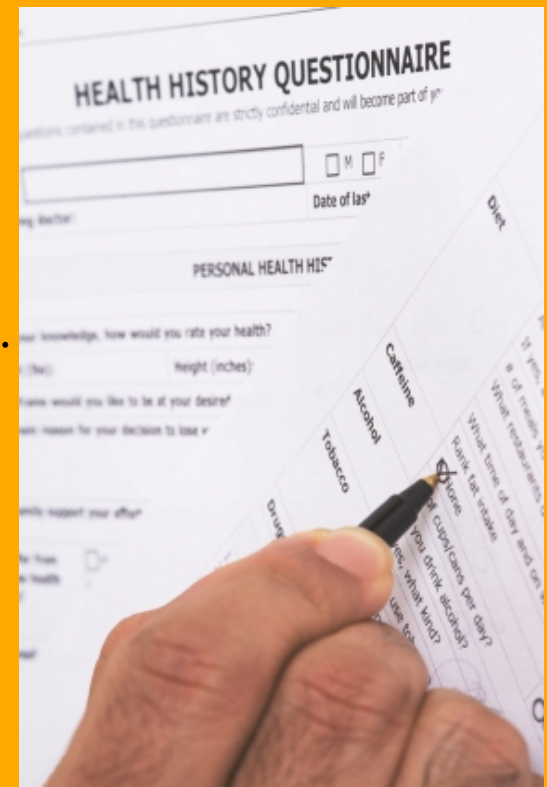
A **Survivorship Care Plan** tells you what tests you need and what doctors to see.

“What should my Survivorship Care Plan include?”

1. How often you will need certain doctor visits and tests.
2. A list of health conditions, called late effects, that you and your doctor(s) may need to look out for.

“How do I get my Survivorship Care Plan?”

1. Ask your doctor (oncologist, family doctor, etc.)
or
2. Ask for a referral from your doctor to a local survivorship clinic.



2 Late Effects

Sometimes the medicines used to treat cancer can cause health problems many years later, called **Late Effects**. It is important to know what to look out for so they don't become a big health problem.

Your Treatment Summary and Survivorship Care Plan can let you know what health problems you are at risk for.

“What are examples of late effects?”

Heart

Some medicines, called “anthracyclines,” or radiation to your chest can cause heart problems. Your doctor will let you know if you need to have your heart regularly checked as part of your Survivorship Care Plan.

Hormones

Some survivors are at risk for hormone problems or the inability to have children. Your doctor can help you determine if you are at risk.

Thyroid

The thyroid gland produces hormones that affect your **weight, mood, temperature tolerance, skin and hair**. If not enough hormone is produced you can gain weight, feel sad, or feel too hot or cold. Your doctor will let you know if you need to have your thyroid regularly checked.

Not smoking, limiting (or not drinking) alcohol, & using sunscreen can decrease these risks of late effects.

“My cancer treatment is over, why do I need to keep thinking about it?”



Many survivors want to move on after treatment, but **emotional effects**, like feeling sad, scared, or different from others their age, can come up right away or many years later.

Many survivors also deal with **social issues** like feeling isolated or different from others their age, or feeling stressed about school or work.

Your Survivorship Care Plan can help you connect with other survivors, support groups, and other resources in your community to make sure you stay both physically and emotionally healthy.

3 Health Insurance

All survivors need health insurance to get their survivorship care!

Health insurance helps you pay for doctors' appointments, lab tests, and prescription medications.

“How do I get health insurance?”

The most common way to get health insurance coverage is through your job or a family member's job (like your parents or spouse).

Other ways are through:

- School-based insurance at your college
- Public insurance programs like Medi-Cal (Medicaid), Healthy Families, or California Children Services.

It's important to know what type(s) of health insurance policy you have and to make sure you are always covered.

Many policies may end at a certain age; for example when you are **18** under a public plan, or **26** if you are under your parent's plan.

Here are some steps to help you learn about your insurance plan.

Find out what kind of health insurance plan(s) you have.

- Where do you get your insurance? Through your job, college, or Medicaid?
- When will it expire? Is there an age or income limit?
- Keep your contact information current with your insurance company and doctor's office.

Keep a copy of your insurance plan which explains the rules of your health plan.

- What medical services are covered by your plan?
- How much will you have to pay out-of-pocket?
- Do you need preauthorization from your insurance company for a doctor's visit?
- Keep your insurance card with you at all times.
- Make sure your doctor's office has your current insurance information.



When you don't have health insurance

There are health centers and hospitals that are required by the U.S. Health Resources and Services Administration (HRSA) to provide a specific amount of free or below-cost health care to people unable to pay.

Check out www.hrsa.gov for details.

Adolescent & Young Adult **S**urvivorship **A**ction **P**lan

**Now it's your turn to choose
your top 3 ASAP Goals**

Please select 1 goal per section