



Stupid Cancer's mission is to empower everyone affected by adolescent and young adult (AYA) cancer by ending isolation and building community. Together with our nonprofit partners, we seek to create an inclusive community of patients, survivors, caregivers, and professionals to end isolation for AYAs and make cancer suck less.

As an AYA patient, survivor, thriver, or however you see yourself in your cancer journey, you have the right to:

- Be listened to and heard when seeking a diagnosis and discussing treatment options.
- Understand your diagnosis, treatment, and the side effects you might expect and ways to manage those side effects.
- Ask for a second opinion at any time during your diagnosis and treatment.
- Feel comfortable and trusted in your care. There is nothing wrong with switching doctors.
- Have open conversations early in your treatment planning about the impact of your treatment on future fertility and a discussion about your fertility preservation options.
- Understand the financial impact of cancer treatment and receive information and support to help plan accordingly.
- Receive information about clinical trials that may be beneficial to your treatment and survivorship.
- Receive age appropriate discussions and support from a multi-disciplinary team including psychosocial support and palliative care, and be given resources to find more information when you need it.
- Be a part of your treatment decision-making. As a patient you have autonomy over your health and should be confident in your treatment options since they affect YOU.
- Have access to all treatment options regardless of your race, culture, religion, gender, sexual identity, ability, or socio-economic status.
- Seek support from other AYAs who *get it*.
- Look forward to a productive future.

We recommend:

- Connect with other AYAs.
- Bring a parent/friend/spouse with you to your doctor's appointments – it is a lot of information!
- Finding an outlet that helps you relax.
- Ask questions and speak up if the answers you receive are not clear to you.

Sincerely,

Stupid Cancer's Scientific Medical Advisory Board:

Karen Albritton, MD  
Cook Children's

Rebecca Johnson, MD  
Mary Bridge Children's

Catherine Benedict, PhD  
Stanford University

Julie Larson, LCSW

Brandon Hayes-Lattin, MD  
Oregon Health & Science University

Brad Love, PhD  
Moody College of Communication,  
University of Texas at Austin

Holly Hoefgen, MD  
Washington University School of Medicine

Pamela Simon, MSN, CPNP, CPON  
Stanford Adolescent and Young Adult  
Cancer Program

Endorsing Organizations

13thirty Cancer Connect  
b-present Foundation  
CancerCare  
Cancer and Careers  
Cancer Dudes  
Cancer Support Community  
Cassie Hines Shoes Cancer Foundation  
Cervivor  
Connecting Champions  
Escape  
Family Reach  
Fibrolamellar Cancer Foundation  
First Descents  
Gryt Health

Imerman Angels  
I'm Not Done Yet Foundation  
LLS  
New Day Foundation  
Smith Center for Healing and the Arts  
Teen Cancer America  
Tiger Lily  
THANC Foundation  
Triage Cancer  
True North Treks  
Ulman Foundation  
Wellness House of Annapolis  
Young Adult Survivors United  
Young Survival Coalition