

# Young and cancer?

Are you between 16 and 35 and have you been diagnosed with cancer?

This can impact your life on various levels.

Discover our website  
[www.uzleuven.be/aya](http://www.uzleuven.be/aya)



Practical matters

People close to you

Future

Meaning

Feelings

Sports and movement

Appearance

School and work

Relationships and sex

Lifestyle

Treatment and side-effects

Contact with other AYAs

Leisure

Fertility and desire to have children

Follow us on social media

 @jong\_en\_kanker\_aya\_uzleuven

 @JongenkankerUZLeuven

Do you have a question or is something bothering you?  
We're here to help you.



## AYA-team

- Did you know AYA stands for **Adolescents and Young Adults**? These are young adults and adolescents between 16 and 35 who have been diagnosed with cancer.
- The **AYA team** works with the care teams to develop AYA care at UZ Leuven.
- You and your loved ones can always reach us via [aya@uzleuven.be](mailto:aya@uzleuven.be).

## Look after the people close to you

The AYA team is also on hand for the people close to you. They can come to us as well.

Our calendar includes them too. You can also visit our website for more information, tips and guidance.



## MyNeedz App

The digital MyNeedz tool (NL) contains tips and advice on all kinds of topics.

- How do you talk to your friends about your illness?
- How do you deal with stress?
- What about your desire to have children?
- ...

MyNeedz is available under 'diaries' in the mynexuzhealth app.



## Calendar



Our calendar brings together a wide range of informative, connecting or relaxing **initiatives** for AYAs, organised by UZ Leuven, Inloophuis Leuven, Kom op tegen Kanker, FLAYA, and other organisations.

Take a look and find out more about our offer.



🗨️ Your contact: .....

✉️ Mail us: [aya@uzleuven.be](mailto:aya@uzleuven.be)