



Young and cancer?

Are you between 16 and 35 and have you been diagnosed with cancer? This can have an impact on your life on various levels:

feelings friends and family

contacts with other AYA's

appearance school and work

sports and leisure sexual activity

fertility and desire to have children

...

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

Did you know **AYA** stands for **A**dolescents and **Y**oung **A**dults?

Follow us on social media

 @jong_en_kanker_aya_uzleuven

 @JongenkankerUZLeuven

Discover our website
www.uzleuven.be/aya



AYA room service

During your admission you can use the AYA room service. We also refer to it as the AYA box: packed with things to make your room look nice, an aroma diffuser, board games, etc. Please ask someone on the ward for the AYA box!

MyNeedz App

The digital MyNeedz tool contains tips and advice on all kinds of themes.

- How do you talk to your friends about your illness?
- How do you deal with stress?
- What can you do in case of fatigue or loss of taste?
- Can you keep working or studying?
- What about your desire to have children?
- etc.

AYA support group

Do you have tips for other AYAs or do you want to share something? Join our support group. Give feedback on our projects, share experiences with other young patients and help improve care.



If you can't find an answer to your question, ask it directly in the app. MyNeedz is part of the [mynexuzhealthapp](#). Ask someone on the ward to activate the tool or email us at aya@uzleuven.be

At this moment this application is only available in Dutch.

Do you have any questions? Is something troubling you?

💬 Your contact:

.....

✉ Mail us: aya@uzleuven.be