



BROUGHT TO YOU BY



i'm too young for this!
cancer foundation
the voice of young adults

Young Adults and Cancer

Cancer is a scary word. We've all been affected by it one way or another, but many of us forget that it can and does happen to young adults too; no one is invincible to cancer. It knows no discrimination. It sees no color, race or creed. We are not promoting mass fear, but cancer incidence is growing fastest in teenagers and young adults, when compared to children, boomers and seniors. The reasons are still up for debate, but it is a growing reality.

Get Covered

- » **Cancer is one of those catastrophic scenarios** that remind us why getting health insurance is so important. Check out our other flyers like **“How to Join Your Parent’s Insurance Plan,”** **“Health Insurance Options When You’re Out of School,”** or **“What To Do If You Have a Chronic or Pre-Existing Condition”** to see how to purchase insurance, and what your options are if you’re already battling cancer, or have in the past.

Reduce Your Risk

- » **Diet and exercise are only a part** of reducing your risk for certain cancers. Since we are not eligible for mammograms or colonoscopies, here are your top 5 dos and don'ts:
 1. Don't smoke or tan.
 2. Limit alcohol and caffeine consumption.
 3. Avoid sodas and artificial sweeteners.
 4. Know your skin. If something looks suspicious, visit SpotASpot.org or see a dermatologist.
 5. Conduct routine breast and testicular self-exams and get an annual Pap smear.

The Types of Cancer That Young Adults Get

- » **Unlike older Americans who** typically get Lung, Colorectal, Prostate and Breast cancers, the top cancers in teens and young adults are Melanoma, Testicular Cancer, Thyroid Cancer, Lymphoma and Sarcoma. Unfortunately, the latter three have no early detection, screenings or prevention.

Challenge Your Doctor and Get Second Opinions

- » **Many doctors are not trained to identify cancer** in young adults, and sometimes fail to seriously consider early symptoms. Be prepared to stand up for yourself, demand to be taken seriously and, if they tell you “it’s probably nothing, come back in 6 months,” ask another doctor for a second opinion!

Support Young Adult Cancer Awareness

- » **70,000 young adults are diagnosed** with cancer each year: one every 8 minutes. That’s 6 times more than all childhood cancer combined. Get involved. Take action and stand up for your own generation’s cancer rights within the health care system. Visit <http://StupidCancerArmy.com> today and help young adults fight cancer and win.