



NCCN QUICK GUIDE™

Adolescents and Young Adults With Cancer

This NCCN QUICK GUIDE™ sheet summarizes key points from the complete [NCCN Guidelines for Patients®: Adolescents and Young Adults with Cancer](#). These guidelines explain which tests and treatments are recommended by experts in cancer. To view and download the guidelines, visit NCCN.org/patients or, to order printed copies, visit Amazon.com

NCCN Guidelines
for Patients®
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Who is an AYA?



An adolescent or young adult between the ages of 15 and 39 that is diagnosed with cancer.	7
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How are AYAs with cancer different?

AYAs with cancer have unique needs.	7
AYA cancer treatment depends on the type of cancer and your age at diagnosis.	10

What matters most to the AYA age group?

Support	Find support from your medical team, family and friends, and other AYAs.	7
	Get to know your care team and let them get to know you.	30
Fertility	Learn about the fertility risks of cancer and its treatment.	23
	Think about fertility preservation early on and know your options.	26
Treatment	Find an oncologist and cancer center that specialize in treating cancer in adolescents and young adults.	30
	Choose a treatment plan that fits your needs.	36



What are my treatment options?

Local treatment	Surgery to remove individual tumors or cancerous tissues. Radiation to kill cancer cells.	38
Systemic treatment	Chemotherapy, targeted therapy, and immunotherapy that travel through your body to treat cancer.	40
Clinical trial	If available for your type of cancer and it is what you want.	37
Supportive care	Relief of any ongoing symptoms or side effects. Supportive care should be included in every stage of cancer treatment.	33

What is survivorship care?

A survivorship plan includes follow-up care once your cancer treatment is finished.	43
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What is advance care planning?

Advance care planning (ACP) is making decisions now about the care you would want to receive if you become unable to speak for yourself.	48
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How do I decide between options?

Ask your doctors questions.	52
Get a second opinion from another AYA oncologist that specializes in treating your type of cancer.	21
Attend support groups. Connect with survivors.	61
Compare the pros and cons of different treatment options.	36

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