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Tumour Review

The management of adolescents and young adults with cancer

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**Title:** A review article: The management of adolescents and young adults with cancer

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#### Highlights

- Adolescents and Young Adults (AYA) with cancer are young people developing serious illness when at the interface between the responsibilities of paediatric and adult cancer services.
- Over the last 20 years the need for specific services to address their needs has been identified and this has become a growing field of research. Despite this survival rates still lag behind those of children and older adults with cancer.
- Models of care are required and are being set up internationally to try and meet the needs of AYA patients, both during treatment and into survivorship.
- AYA cancers display unique biological characteristics which influence prognosis and treatment. Psychosocial factors can influence adherence to and completion of treatment.
- Awareness of second malignancies and late effects need to be promoted within patients and healthcare professional so that they can be identified promptly and treatment commenced.

**Keywords:** Adolescent, Young Adult, Cancer, Epidemiology, Survival, Psychosocial, Clinical Trials, Biology, Training, Palliative Care, Late Effects, Survivorship.

#### Abstract

Adolescents and Young Adults (AYA) with cancer are young people developing serious illness when at the interface between the responsibilities of paediatric and adult cancer services. Personally, they are in a period of transition both biologically and in major social roles[1]. For these and other reasons they present a unique set of clinical challenges in their management. Over the last 20 years the requirement for specific services to address their needs has been identified and this has become a growing field of research. Despite this survival rates still lag behind those of children and older adults with cancer[2].

Why do AYA patients have worse outcomes? The observation is that the reason is multifactorial with path to diagnosis, unique cancer biology, uncertainty of treatment protocol, compliance issues and poor recruitment to clinical trials all playing a part. In this review we will discuss the unique challenges faced by healthcare professionals when managing AYA patients who are commonly and accurately described as being in an 'interface' position.

#### The Adolescent and Young Adult (AYA) population

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