

adults or younger children, so young adults aren't likely to see many people their own age who are dealing with the same issues they are. It's very important for people to be able to connect with others who understand what they're going through and can relate to them on their level. Many [support programs](#)⁴ -- both in person and online -- now exist for young adults with cancer who are looking to connect with others in similar situations.

Financial concerns

Young adults are more likely to be uninsured or to have very limited health insurance when compared to children or older adults. This might make them less likely to seek

- Having concerns about [what to tell others](#)⁸ or being treated differently or discriminated against (by friends, classmates, co-workers, employers, etc.)
- Having concerns about dating, marrying, and having and raising children

No one would choose to have cancer, but for many cancer survivors, the experience can be positive in the long term, allowing for clearer setting of priorities and helping to establish strong personal values. Still, some survivors may have a harder time recovering, adjusting to life after cancer, and moving on.

It's normal to have some anxiety or other emotional reactions during and after treatment, but feeling overly worried, depressed, or angry can affect many aspects of a young adult's growth. It can get in the way of relationships, school, work, and other parts of life. With support from family, friends, mental health professionals, and others, young adult cancer survivors can thrive in spite of the challenges they've had to face.

Hyperlinks

1. www.cancer.org/cancer/types/cancer-in-young-adults/finding-cancer-in-young-adults.html
2. www.cancer.org/cancer/types/cancer-in-young-adults/treating-cancers-in-young-adults.html
3. www.cancer.org/cancer/managing-cancer/finding-care/the-doctor-patient-relationship.html
4. www.cancer.org/support-programs-and-services/online-communities.html
5. www.cancer.org/cancer/survivorship/coping/working-during-cancer-treatment.html
6. www.cancer.org/cancer/survivorship/be-healthy-after-treatment/returning-to-work-after-cancer-treatment.html
7. www.cancer.org/cancer/survivorship/long-term-health-concerns/recurrence.html
8. www.cancer.org/cancer/diagnosis-staging/telling-others-about-your-cancer.html

References

American Cancer Society. *Cancer Facts & Figures 2020*. Atlanta, GA. Special Section: Cancer in Adolescents and Young Adults. American Cancer Society. 2020.

