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Livestrong Young Adult Alliance and National Young Adult Cancer Awareness Week

April 7, 5:42 PM | Austin Cancer Examiner | Chris Brewer

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National Young Adult Cancer Awareness Week is April 4-10, and while cancer is still relatively rare in young adults – 70,000 young adults between the ages of 15 and 39 are diagnosed annually – the rate of successful treatment has not changed since 1975. Simply put, this is not acceptable.

So what to do? We need to have a voice and we need to take action. [LIVESTRONG](#) is helping facilitate the voice by helping lead the **Young Adult Alliance**, a coalition of more than **100 organizations** with the goal of **improving survival rates and quality of life for young adults**.

As for the action, the good news is that it's mainly something you can do for yourself. **Be aware of your cancer risks, such as family history, exposure to the sun and avoiding tobacco use.** Many can also take advantage of the recent healthcare reform change that allows you to stay on your parents' insurance through age 26 and thus receive needed care. **And most importantly, know your body's norms and then go see a doctor if something is unusual.**

No one cares more about you than you do, but if you ignore the signs and wait too long, your options can be limited. And when you're young, you should have every option in life available – make it happen!

You can find out more about what LIVESTRONG is doing through the [Young Adult Alliance](#), and be sure to check out the excellent video Missed.



[LIVESTRONG AYA](#) from [LIVESTRONG](#) on [Vimeo](#).

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