Harnessing your experiences: How to find community & strength

Allison Rosen
Cancer survivor, patient, research and policy advocate
WHO AM I?

Cancer researcher advocate

Cancer patient

Cancer survivor

Cancer

• Worked in Oncology since 2005
• 12-year Early-Onset colorectal cancer survivor
• Currently work in public health
• Cancer, research, community, and policy advocate

Goal: Bridge the gap between healthcare workers and researchers and the communities they serve.
12-year Colorectal cancer survivor

- History of: Crohn’s disease and asthma
- 4 open abdominal surgeries
- Treatment included: radiation and oral chemotherapy

Cancer does not define me but it has made me the person I am today, stronger, happier and healthier."
CANCER JOURNEY

12-year Colorectal cancer survivor

- History of: Crohn’s disease and asthma
- 4 open abdominal surgeries
- Treatment included: radiation and oral chemotherapy
- Permanent ostomy
- Sepsis survivor
- Kidney disease: infections and kidney stones
- Cognitive ability affected
- Menopause
- Osteoporosis

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AYA SPECIAL NEEDS

Support programs

Onco-fertility
Sexual Health

Genetic testing

Survivorship

AYA SUPPORT SERVICES

Psychosocial and Supportive care

Financial toxicity
WHAT HELPED ME

- Hand-written calendars
- Setting alerts/alarms on my phone
- Caregivers
- Mental Health services
- Support service
  - Transportation: proximity to hospital
  - Wigs
  - Connections with other cancer patients
  - Support groups
  - Acupuncture/alternative medicine
- Getting involved
LIFE AFTER CANCER
LIFE AFTER CANCER
“I made myself anxious for nothing.”

“I made myself anxious for nothing.”

“They only offered me the large gallon prep.”

“New pill is awesome, colonoscopy itself was no big deal.”

“Sutab, game changer.”

1.05 billion daily active users spread across 154 countries

- 500 million daily active users
- The monthly active user base of Instagram is equivalent to the population of the EU and North America combined.
THANK YOU

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