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SONG TITLE	ARTIST	AYA	DIAGNOSIS	COUNTRY	STORY
Treat People With Kindness	Harry Styles	Heather	Neuroblastoma	IRE	<p>I survived cancer and I still have ongoing medical problems that are not outwardly visible. I think this song reminds us to treat everyone with kindness because you can't always see the struggle that people are going through.</p> <p>I think this song is a happy and upbeat song and it make me smile 😊 I've seen Harry Styles a couple of times and he is so warm and kind to his audiences no matter what your background is or who you are as a person ❤️</p>
Dreaming	T-Pain	Alec	Ewing's Sarcoma	USA	<p>I like to pretend that instead of "the pressure" T-Pain says "depression" and it helps me contend with my own depression!</p> <p>Plus it is just a good song.</p>
Angels Among Us	Alabama	Kendal	Acute Myeloid Leukemia	USA	Reminds me to keep going and push on even in the toughest times.
Just Savannah	Baked Bean	Savanah	Acute Lymphoblastic Leukaemia	USA	<p>I am a loving extrovert, and I wish everyone would be kind and unwind. Every person has a unique quality beyond equality.</p> <p>We each have been in moments of need, so out with the greed. Live, laugh, and love.</p> <p>https://teencanceramerica.org/play-it-back-music-program/savanah-bean/</p>
Mighty in Me	Molly Oldham	Molly	Anaplastic Ependy-moma	USA	<p>When I was recovering, the world felt like it was passing me by. I tried to be positive but I learned that it is okay to not be okay.</p> <p>I realized I was stronger than I felt. This song helped me get up and stop feeling sorry for myself.</p> <p>https://youtu.be/CSKtsTnbbTk?si=muzRBSTcqPjY-3es</p>

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Mission	Lupe Fiasco	Ashleigh	Acute Lymphoblastic Leukaemia	IRE	<p>Music is a huge part of my life and helped me a lot during treatment. I made my own cancer themed playlist a few years later and that is when I found this song. A lot of cancer related songs or songs about overcoming challenges can be very emotional and sad whereas as this song felt like an anthem. It speaks explicitly about cancer and tells people's stories but instead of sympathy or sadness it possesses strength and support.</p> <p>The song empowers those who have been affected by cancer. It is a song just for us to embrace our challenges in life instead of being overcome by misery which I think is so important.</p> <p>I embrace that I am a cancer survivor and don't allow it to be this dark cloud over me but rather a mountain I have conquered and has made me the person I am today. This song embraces that for me.</p>
Cancer	21 Pilots	Ashleigh	Acute Lymphoblastic Leukaemia	IRE	<p>This is technically a cover of the original by My Chemical Romance. Both versions are phenomenal but I appreciate the atmosphere created by Twenty-one Pilots in this version. I love how honest it is about cancer. It speaks of the side effects and suffering and deals with a protagonist that does not survive their diagnosis. This is a sad reality but in the end is a reality that anyone touched by a diagnosis has to go through whether it be a friend, family member or you.</p> <p>This song has helped me in grieving those who have past from cancer that I have met over the years. There can be a lot of toxic positivity out there when you get a diagnosis and this notion that cancer is a battle and that you can 'lose that battle'. It creates a notion that some are weaker than others when the reality is that cancer is an ugly thing that has no logic in who survives and who doesn't. This song embraces cancer for the ugly thing that it is and that is important to me because I believe honesty is crucial when it comes to cancer, no sugar coating, no false hopes or toxic positivity, just honesty about where we are at and how we feel. Sometimes we feel sh*t and that is okay and we should be allowed feel that way.</p>
Love's In Need of Love Today	Stevie Wonder	Nathan	Acute Lymphoblastic Leukaemia	USA	<p>I played this song on repeat during hospital stays. I found that it helped me stay calm and less stressed if played the same familiar music over and over again.</p> <p>This song in particular has a very uplifting message and brought me through that difficult time.</p>

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Live Like You Were Dying	Tim McGraw	Abbie	Brain Tumor	USA	Listened to the song every morning with my mom driving into radiation. Gave me a perspective as a teen to live everyday to the fullest and be intentional about living for today not tomorrow.
Horsefly	Dirty Heads	Kim	Non-Hodgkin's Lymphoma DLBCL	USA	I love this song because it reminds me how much I love life & to never give up on myself.
Lean On Me	Bill Withers	Kimberly	Osteosarcoma	USA	It's a good reminder that you're not alone and it's okay to ask for help, to lean on someone else when you need to.
Reborn	KIDS SEE GHOST	Mario	Leukemia	USA	This song is important to me because it reminds to keep moving forward and to not give up on my journey with cancer.
Never Ending Song	Conan Gray	Alexa	Acute Myeloid Leukemia	USA	<p>My cancer diagnosis and my time in the hospital took away my passion and interest in a lot of things including music. This song came out and the first time I listened to it I fell in love with it. It sparked my passion for music again and once I fell back in love with music I started to regain passion in many activities I used to love.</p> <p>Art, reading, writing, scrapbooking, playing piano, basically gave me a reason to keep living. I have chronic GVHD and chronic pain ever since my bone marrow transplant and it almost feels like a never ending song, but if I'm going to live in pain I'll do it with the passion I once had before cancer ruined everything.</p>
Brutal	Olivia Rodrigo	Alexa	Acute Myeloid Leukemia	USA	<p>I loved this song way before i was diagnosed, and it still means a lot to me. Since i was diagnosed after I graduated high school I resonate a lot with the teen vibe and struggles in the song.</p> <p>I feel like I totally missed out on my "teenage dream", and yeah, it is definitely brutal out here especially with leukemia.</p>

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Garden Song	Peter, Paul, and Mary	Ellen	High Grade B Cell Lymphoma	USA	<p>My grandmother would sing this song to me while we gardened, as she fought her own cancer diagnosis. One of the singers of the song, Mary Travers, also had cancer, leukemia, and went through a bone marrow transplant. When I listen to it and sing it, I am reminded of the strength of the women who came before me, and how we are all connected.</p> <p>As the song lyrics say - "I tune my body and my brain to the music of the land." And that has power for me, that both connects me to the past, the present, and the future.</p> <p>It's a promise that even though my body is aching, I am still part of the great story that the world is telling, and so are all of the other people who are hurting and healing with me.</p>
Amber	311	Lupe	Hodgkin's Lymphoma	USA	<p>This song defines the love between my husband and I. He has been there with me through the toughest times.</p> <p>We are highschool sweethearts, and cannot see my future without him. This song will forever give me butterflies.</p>
I believe	Christina Perri	Bailey	Acute Myeloid Leukemia	USA	<p>It reminds me that this is not the end, it's just the beginning.</p>
Maybe IDK	Jon Bellion	Bailey	Acute Myeloid Leukemia	USA	<p>I don't know all the answers and that's okay.</p>
Potion Of Pain	A René	Audrey	Acute Lymphoblastic Leukaemia	USA	<p>This song is a song I actually wrote about my experience with cancer. I was hiding my emotions and putting on a mask as I underwent treatment. This song I think could be how a lot of cancer patients feel as they undergo treatment.</p>
I Say Free	Savannah Mason	Savannah	Anaplastic Ependy-moma	USA	<p>I wrote this song, alongside my producer Kenli, about my cancer journey. It inspires me to focus on the things in life that truly matter and let go of the ones that don't.</p>

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2009	Mac Miller	Rebecca	Hodgkin Lymphoma	IRE	<p>It got me through my illness.</p> <p>He mentions two of my chemotherapy regimes (ICE & BEAM) so it felt like it was written for me.</p> <p>Theres lots of very comforting lines in it!</p>
The Fighter	Gym Class Heroes feat: Ryan Tedder	Nathan	Ewing's Sarcoma	USA	<p>It is a song that always amped me up before each round of chemo, reminding me to keep fighting even if I was tired or hurting after the surgery (that removed half my pelvis in order to remove my tumor.).</p> <p>The lyrics "Give me scars, give me pain, then they'll say to me 'There goes a fighter' reminded me that I wasn't being given anything that I couldn't handle and battle head on because I am a fighter and "every time I fall, it's only making my chin strong."</p> <p>Kids fighting cancer are some of smallest, yet toughest warriors that there are and this song always reminded me of my strength when I needed it the most.</p>
Jigsaw Falling Into Place	Radiohead	Ciara	Acute Lymphoblastic Leukaemia	IRE	<p>My favourite song during treatment, never got tired of it.</p>
Champagne Supernova	Oasis	Jack	Testicular Cancer	IRE	<p>I was listening to it the day I got news the treatment was successful.</p>
If You Could See Me Now	The Script	Emily	Barretts	IRE	<p>All deaths of people close to me family and friends. I listen to this song dealing with the loss.</p>
People Help the People	Birdy	Anna Kate	Acute Promyelocytic Leukemia	IRE	<p>It made me think of my friends and family that was there to help me.</p>

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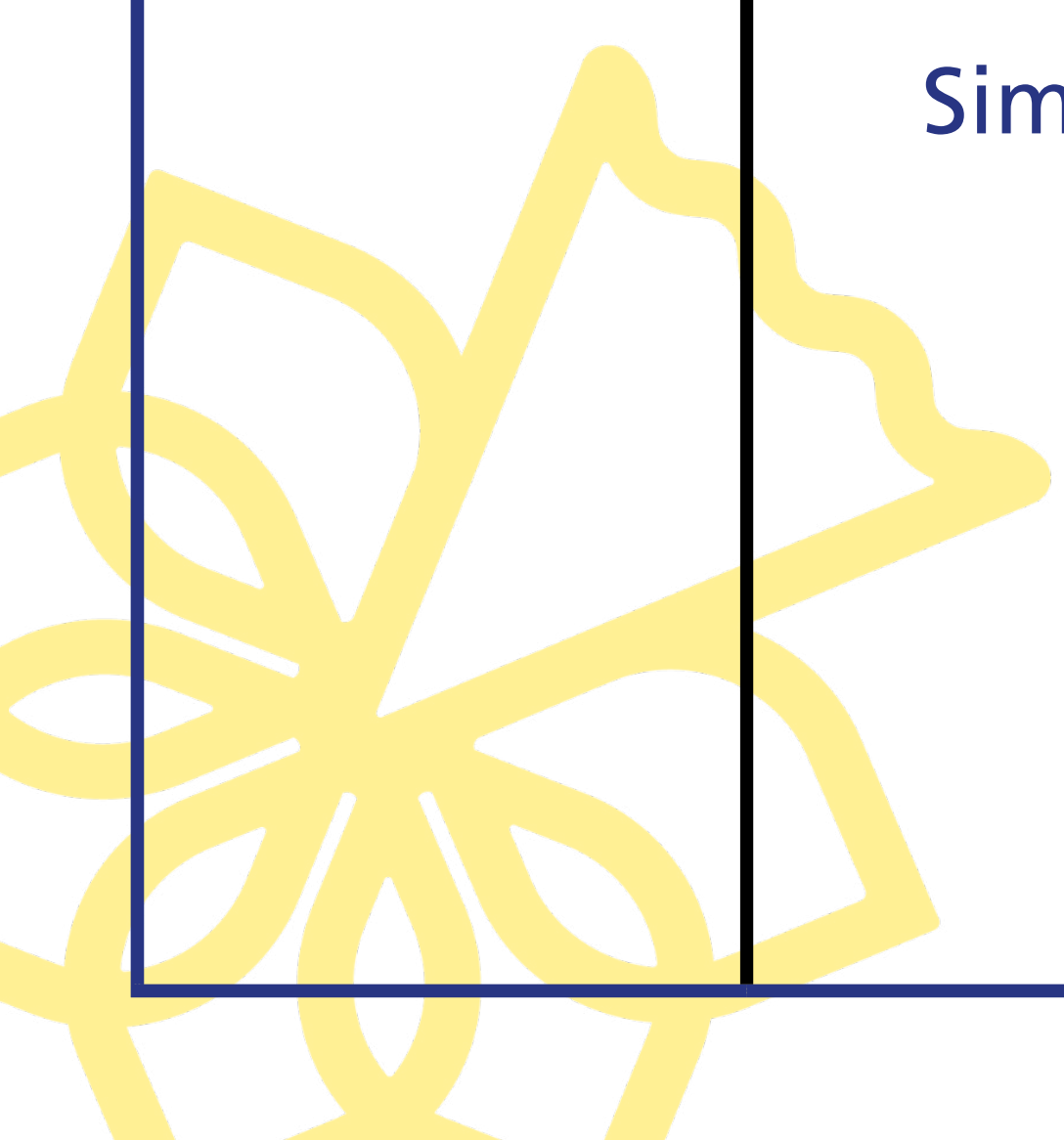
SONG TITLE	ARTIST	AYA	DIAGNOSIS	COUNTRY	STORY
Give Heaven Some Hell	HARDY	Kate	Diffuse Intrinsic Pontine Glioma	IRE	I lost my cousin Mikey to DIPG and it's how I imagine he's doing up in Heaven right now and still having a good time. He was 19 years old, lost him May 2020. Mikey Strong.
My Blood	Twenty One Pilots	Alan	Testicular Cancer	IRE	This song helped me through treatment and still to this day by giving me the feeling that support is always there when you need it. It's key to know there's help out there.
Everybody's Talkin'	Harry Nilsson	Alana	Multiple Myeloma & Acute Myeloid Leukemia	IRE	My dad lost his battle to multiple myeloma and AML just under two years ago. He loved this song so much with his favourite line being, "Going where the weather suits my clothes," as he always loved the sun. He asked for this to be played on repeat in his final weeks and days at home. It was only fitting for it to be his funeral song, being one of somber happiness. I will never not tear up when I hear it. I hope he has gone somewhere where the weather is suiting his clothes.
Firework	Katy Perry	Isabel	Brain cancer	USA	It's inspiring how she is showing in the music video all these people struggling with different things and overcoming it.
I'm Ok	Judah & the Lion	Shea Cloe	Cervical Cancer II	USA	You go thru all emotions while dealing with Cancer... I wasn't feeling like myself in the chaos of all the appointments, surgery, chemo & radation and this song helped me realize it was ok.
It's My Life	Bon Jovi	Nehemiah	Testicular cancer	USA	This song is important to me because I grew up with this song since I was little it talks about how you live your life how you want to and taking control of you life no matter what.
By Tomorrow	Hunxho	Tonisha	Sarcoma	USA	"I know I'm hurt right now I'll be good by tomorrow" gave me motivation.

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Shake It Off	Taylor Swift	Claire	Ewing's Sarcoma	IRE	Dance, and shake off the bad stuff too!
Warrior	Hannah Kerr	Mathilda	Lymphoma	SWE	<p>Because of the lyrics.</p> <p>"I will keep the hope alive I will find the strength inside I will keep the hope alive I am a warrior, I will survive"</p>
Love is Everything	The Eddie Ray Band	Brandon	Margolins Ulcer	USA	<p>I wrote this song with my job coach Phil Montfort after I passed by 3 year cancer free visit at MD Anderson.</p> <p>I am in a band with 14 members who have unique needs. I wanted to write this like my favorite band the Beatles because their songs are all about love and positivity.</p> <p>Their songs make me happy and this song is about feeling happy and explaining love as I see it.</p> <p>https://soundcloud.com/lrummel-1/love-is-everything</p>
love.	Kid Cudi	Mario	Leukemia	USA	This song is important to me because it always reminded me to love life and be happy that I'm alive.
Baltimore	Nina Simone	Neal	Hodgkin's Lymphoma	USA	<p>I've never actually been to Baltimore, but this song really speaks to me.</p> <p>It's a lament about tough luck and strange circumstances-- a melancholic song that is pushed forward by Nina Simone's gravelly and resilient vocals.</p> <p>It doesn't really offer solutions or inspiration, but to me, that's okay.</p> <p>Importantly, "Baltimore" captures a lot of feelings that resonate with me as a young adult cancer survivor.</p>



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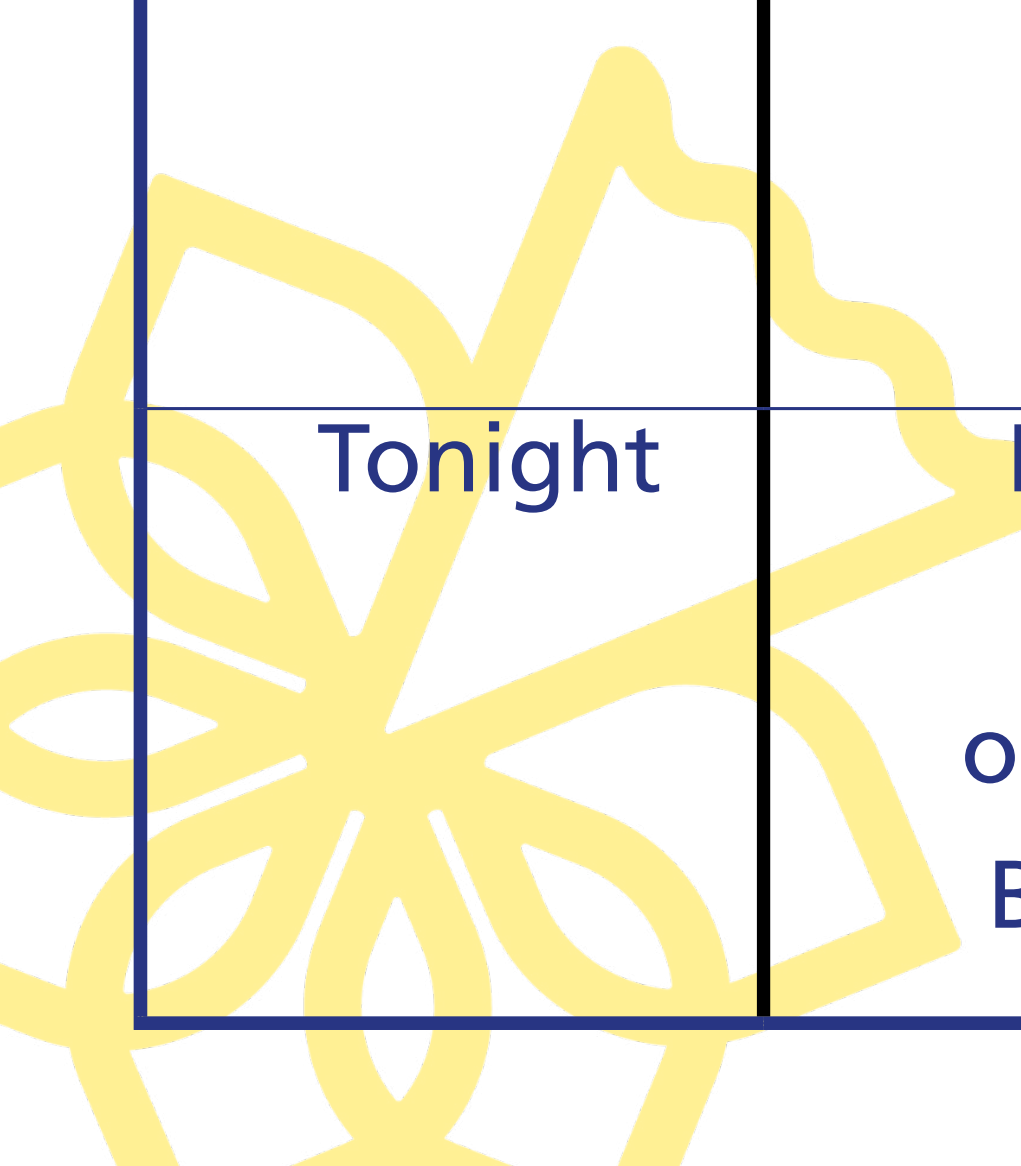
SONG TITLE	ARTIST	AYA	DIAGNOSIS	COUNTRY	STORY
No Reason At All	McKenzy Hupke	McKenzy	Squamous Cell Carcinoma	USA	<p>This is the first song I wrote and released during my work with Play It Back, the program for AYA Music Artists!</p> <p>Having a song that is actually my voice and my work despite the total hearing loss I have from my tumors, felt so good to get out a message that says "They say it all happens for a reason, or no reason at all, I know I just got to go on, here comes another fall, and I know I'll get up!"</p> <p>It truly says, here's what life has given me and I can prove that I can still get through.</p>
Never Gonna Not Dance Again	P!nk	McKenzy	Squamous Cell Carcinoma	USA	<p>This song lifts me up in so many ways. I just can have so much fun and vibe to a song that shares, "I'm never gonna not dance again".</p> <p>No matter what life gives you, you just can still find the ways to celebrate what you have.</p> <p>Even as a cancer patient that wants all of our low moments to be validated and supported as much as our "strength", having a song I can just dance and feel really joyful knowing that even in these darkest moments, I can still have some light.</p>
Chill Place	Christina Best	Christina	Breast Cancer	USA	<p>I wrote this song after dealing with a lot of loss.</p> <p>It's a challenge to feeling the need to put on a mask in front of the world, and instead be yourself and find that chill place where you feel your best.</p>
Don't You Worry Bout' A Thing	Stevie Wonder	Jade	Ovarian Cancer	USA	<p>I was diagnosed with Stage III Ovarian Cancer at age 16. I grew up in a household where artists of the 70s & 80s were always in playing.</p> <p>Since my diagnosis this song has stayed in rotation because it has always been able to reset my mood and take me from a place of feeling hopeless to hopeful.</p> <p>And that...is the power the music!</p>

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What's Up?	4 Non Blondes	Christina	Breast Cancer	USA	This has been one of my favorite songs since I was a child. When I was going through cancer treatment and starting to see the finish line, this allowed me to feel all the emotions and end with good feels.
Eucalyptus Tree	Isadora Swann	Isadora	Non Hodgkin's Lymphoma	USA	This song tells the story of regrowth after challenging times.
Heal the World	Michael Jackson	Micaela	Metastatic Non-HPV Cervical Cancer	USA	I first heard this song as part of a middle school project, for which dance, instrumental, and choir groups collaborated to assemble a beautiful performance inspired by the "Child Prodigy" cover of this song on YouTube. Throughout the initial stages of my diagnosis and surgery, we spent much time rehearsing the piece; I would practice it continuously following my diagnosis, and I was fortunate to introduce the song during an all-school morning meeting shortly after. We performed, and later that same day, I had my port placed and began chemotherapy. Listening to this piece always reminds me to take one day at a time and live every day to its absolute fullest.
Good Life	On Republic	Dawn	Ovarian Germ Cell Cancer	USA	I remember right before I had my first invasive surgery, my oncology team played this song to help me feel better. The surgeons and my parents all started dancing to lift my spirits! The message of the song and the people there helped me feel like I was going to get through this!
Tonight	New Kids on the Block	Kaitlyn	Embryonal Rhabdomyosarcoma	USA	When I would get my radiation treatments, I would have the technicians play new kid on the block songs and this was one of my favorites.



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Being No One, Going Nowhere	STRFKR	Stephen	Brain	USA	<p>We all have a tough time finding our way forward throughout everything, and so this song is really a step back in repeating the same lyrics throughout: you're alright where you are, being no one, going nowhere.</p> <p>We don't need to be a big hotshot with our lives planned out down to the minute with every step decided, and we are not disappointments or failures for not being there.</p> <p>We are alright where we are. Take a moment to realize that with this song, and then we can decide where and what we want to do.</p>
Duality	Slipknot	Max	Acute Myeloid Leukemia	USA	<p>I had masses in my brain and on my spine. Teaching myself to walk again was pretty metal.</p>
I Won't Back Down	Tom Petty	Kyle	Medulloblastoma	USA	<p>This song is important to me because when it comes to fighting cancer, we must never back down.</p>
Little Wing	Jimi Hendrix	Jay	Hodgkins Lymphoma	USA	<p>It helped me fight through those tough days thinking about those who aren't here with me anymore that would want to see me win this fight.</p>

TO MARK ADOLESCENT AND YOUNG ADULT (AYA) CANCER AWARENESS WEEK 2024, THE IRISH CANCER SOCIETY, TEEN CANCER AMERICA AND CANCER CHARITIES AROUND THE WORLD ARE CREATING A SPOTIFY PLAYLIST WITH A DIFFERENCE!

THE "MUSIC CONNECTS CANCER" PLAYLIST WAS CREATED BY YOUNG ADULT CANCER PATIENTS WORLDWIDE. MUSIC CAN UPLIFT, SOOTHE, INSPIRE, AND BRING A SMILE TO YOUR FACE – EVEN IF ONLY FOR THE LENGTH OF A SONG. EACH SONG ON THE PLAYLIST HAS A PERSONAL STORY BEHIND IT AND WILL HELP CONNECT PEOPLE ON A SIMILAR JOURNEY.



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