



JULY 2020

Cancer Care



A 2019 Survivorship Day participant learns more about services offered through the Duke Cancer Patient Support Program, such as [Medical Family Therapy](#).

Know What is Available to You

Even though our annual Survivorship Day event at Duke Cancer Center and Duke Cancer Center Raleigh was not in person this year, we were still able to stand strong together in spirit to CELEBRATE survivors, those continuing their journey with cancer, and the families and loved ones of these individuals.

To commemorate Survivorship Day, our Duke Cancer Institute staff and community partners created a virtual event, with more than 60 videos and live activities all available on our [Survivorship Day website](#). This helpful and important information focused on navigating life during and after cancer treatment, remains available to you.

You can tour this useful information in an easy to navigate format at DukeCancerInstitute.org/SurvivorshipDay. Topics such as [Navigating Your Care](#),

[Physical Health and Well-Being](#), [Emotional Health and Well-Being](#), [Services for Families and Loved Ones](#), [Services for Teens and Young Adults with Cancer](#), and [Wellness Activities](#) are available for you to explore.

Another highlight to view includes [DCI's blog](#) stories about patients and survivors such as [Healing and Hope Among Us](#), an inspiring article about three men treated for brain cancer who have partnered together to encourage others to “just keep going”.

Whether you are a cancer thriver, survivor or a loved one, the [Survivorship Day site](#) is packed with information on services and resources that can complement and even improve your cancer experience, no matter where you are in your journey. Better yet, most of these offerings are available at no cost!



Duke Cancer Institute

dukehealth.org

LIVE Cooking Demonstration



On June 10, Chef Sueson Vess with Special Eats shared tips to build our immunity. She demonstrated how we can 'eat the colors of the rainbow' showing us a variety of colorful vegetables and fruits that have their own unique and beneficial properties. Watch the recording by visiting the DCI [Facebook Live Event](#).

Due to COVID-19 precautions, support services are being offered remotely. Please call 919.684.4497 for more information.

dukecancerinstitute.org

As the COVID-19 pandemic continues to evolve, it has become clear that we need to continue our efforts to minimize health and safety risks to Duke patients, staff, families, and the larger community.

Your psychosocial needs remain a top priority. We are continuing to offer the services listed on the following two pages remotely. For questions or to access these supportive care and survivorship services, please call 919.684.4497, email cancersupport@duke.edu, or ask your doctor or nurse. We are grateful for your continued cooperation and flexibility during this public health crisis.

Cancer Support Services

Duke Cancer Institute offers a variety of support services and resources for patients and their loved ones to assist with navigating life during and after cancer treatment. Last month the Supportive Care and Survivorship Center hosted Virtual Survivorship Day on DukeCancerInstitute.org/SurvivorshipDay. This site remains available for you to tour and features videos that highlight each of the services listed in this calendar. We encourage you to view or click the hyperlinks to hear directly from our providers who strive to make the cancer experience better for everyone we serve.

Tour the site directly by visiting DukeCancerInstitute.org/SurvivorshipDay.

Patient and Nurse Navigation

Navigators help identify and evaluate barriers to timely diagnosis and treatment of cancer. We focus on patients who are faced with multiple barriers such as transportation, housing and financial concerns. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care.

Clinical Social Work

Oncology and palliative care social workers help patients and their loved ones cope with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. Individuals and family members are assessed to identify and address specific needs. We work together to establish interventions to help you alleviate stressors and financial burden associated with a cancer diagnosis, as well as connect you and your loved ones to

resources such as disability, home health/ hospice, advance directives and end of life care. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Social-Work.

Chaplain Services & Education

Duke chaplains are on-site seven days a week to offer spiritual support to you and your loved ones. When requested, they connect you with faith-specific representatives from the community. To learn more, contact Chaplain Services & Education at Duke Cancer Institute locations in Raleigh, call 919-812-7972; for Duke Cancer Center in Durham, 919-684-3586; or Duke Cancer Center North Durham, 919-470-5363. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services.

Self-Image Services

Self-image consultants are available to help you and your loved ones adapt to changes in body-image experienced throughout the cancer journey. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services](https://www.dukecancerinstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services).

Child-Life Services

The diagnosis of cancer impacts every member of the family, including children and teens. Our certified child-life specialists strive to help children and teens better understand and cope with serious illness in the family. Education and supportive activities can reduce the stress experienced by children and teens and make it easier for you and your family to talk about the illness experience. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Family-and-Loved-Ones/Child-Life-Services](https://www.dukecancerinstitute.org/SurvivorshipDay/Family-and-Loved-Ones/Child-Life-Services).

Therapy and Counseling

Our medical family therapists provide individual, couples and family therapy. They help you and your loved ones cope with the impact of cancer. Psychiatry and psychology services are also available and offered as part of our treatment for emotional, psychological and relational issues associated with a cancer diagnosis. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services](https://www.dukecancerinstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services).

Sexual Health Services

Sexual health services provide education on the impact cancer treatments have on sexual health and intimacy; and therapy services that address concerns surrounding sexual function, sexual feelings, intimacy, and changes in sexual health. To learn

more, visit [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Sexual-Health-and-Intimacy](https://www.dukecancerinstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Sexual-Health-and-Intimacy).

Quit at Duke

Quit at Duke is a program designed to help people quit using tobacco products. Services are provided by tobacco treatment specialists and behavioral medicine clinicians. For more information or to schedule an appointment, please call 919-613-QUIT (7848). To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Tobacco-Cessation](https://www.dukecancerinstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Tobacco-Cessation).

Survivorship Services

Our cancer survivorship initiative focuses on the design and delivery of high-quality survivorship care. We partner with you and your loved ones to achieve healthy, fulfilling lives beyond cancer. Areas of care that are addressed include assessment and management of both physical and emotional needs that may result from the cancer experience; cancer screenings and monitoring; and counseling related to prevention and health promotion. We offer a number of clinical and supportive services. For more information, call 919-668-2122. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Survivorship](https://www.dukecancerinstitute.org/SurvivorshipDay/Navigating-Your-Care/Survivorship).

Teen and Young Adult Oncology Program

Duke Cancer Institute's Teen and Young Adult Oncology Program provides teen and young adult patients (ages 15 to 29) and their loved ones with support and community during a cancer diagnosis, treatment and survivorship. The program offers specialized medical

care; individual, couples and family therapy; peer connection; and activity-based groups, both in the medical center and in the community. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/TYAO](https://www.dukecancerinstitute.org/SurvivorshipDay/TYAO).

Palliative Care

Duke's palliative care experts help you find relief from the pain, symptoms and stress of serious illness. No matter your age or the stage of your illness, we work closely with you and your doctors to help you understand your treatment options and make decisions about your care. We're here to help you gain emotional and psychological strength, and to ensure you and your loved ones experience the best possible quality of life. Although palliative care providers sometimes see people at the end of life, and we may talk with you about what hospice offers, we are not hospice care. We can help with pain control, symptom management, complex medical decisions, navigation of complex health care issues, and advance care planning, including a living will or healthcare power of attorney. To schedule an appointment, call **919.668.6688**, option #7. Please visit [DukePalliativeCare.org](https://www.dukepalliativecare.org) for more information. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Palliative-Care](https://www.dukecancerinstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Palliative-Care).

Support Groups

Due to COVID-19 precautions, **support groups scheduled for July have been cancelled.** Please call ahead in future months to confirm offerings at [919.684.4497](tel:919.684.4497).

Our support groups are designed for patients and their loved ones. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Support-Groups.

General Cancer Support

One Renaissance Centre
3301 Benson Drive, Raleigh
Cameron Room
Second Monday of the month, noon to 1:30 p.m. Lunch is provided.

Teer House
4019 N Roxboro Road, Durham
Third Thursday of the month, 5:30 to 7 p.m.
Patient and caregiver group is held separately. Dinner is provided.

Duke Cancer Center Cary Radiation Oncology
Clinic Conference Room
Third Tuesday of the month, noon to 1:30 p.m.

Duke Cancer Center Raleigh
Lower Level, Classroom 1
Fourth Thursday of the month, 5:30 to 7 p.m.

Art Therapy at Nasher

Nasher Museum of Art
2001 Campus Drive, Durham
First and third Wednesday of the month, 2 to 4 p.m.
No art experience is needed. To register, call 919.668.4029.

Blood and Marrow Transplant Survivorship Support Group

Duke North Pavilion

dukehealth.org

Education Room 1001
Third Wednesday of the month, 4 to 6 p.m.

Breast & GYN Cancers

Duke Women's Cancer Care Raleigh
Clinic Conference Room
Second Tuesday of the month, 5 to 7 p.m.
Second Thursday of the month, 2:30 to 4 p.m.
This group is for patients only.

LGBTQ+ Cancer Support

Duke Cancer Center Durham
Patient Resource Center, Level 0
Fourth Wednesday of the month, 5:30 to 7 p.m.
This support group is for oncology patients and families. Dinner is provided.

Prostate Cancer

Duke Cancer Center Durham
Conference Room, Level 0
Fourth Monday of the month, 4 to 6 p.m. Dinner is provided.

Duke Cancer Center Raleigh
Lower Level, Classroom 1
Second Thursday of the month, 6 to 8 p.m.

The Duke Cancer Patient Support Program provides services and resources to help support patients and their loved ones. For a list of complimentary services, visit dukecancerinstitute.org/supportivecare or call 919.684.4497.

To help ensure the continuation of these vital programs and services, please get involved by visiting DukeCancerInstitute.org/SurvivorshipDay/Get-Involved-With-DCI.

Kids Can!

KidsCan! is a program designed to support children and teens, ages 4 to 18, who have a parent or significant caregiver living with a diagnosis of cancer. Kids and teen groups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family. A simultaneous group is also available for parents. Dinner is provided. KidsCan! is held on the second Monday of the month at Duke Cancer Center Durham and on the third Thursday of the month at Duke Cancer Center Raleigh.

To learn more, call 919.684.4497, email cancersupport@duke.edu, or visit DukeCancerInstitute.org/SurvivorshipDay/Family-and-Loved-Ones/Child-Life-Services.



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