



JUNE 2020

Cancer Care



Life after cancer is something worth celebrating. A better quality of life for ALL cancer survivors is worth fighting for.

Survivorship Day Goes Virtual This Year

Traditional gatherings may have changed for all of us but the need to stay connected remains the same. Even though we won't be joining together to celebrate survivorship in person for this year's Survivorship Day, you will still have an opportunity to hear directly from Duke Cancer Institute support staff.

"As we have done each year, our focus will remain on rejuvenation and education," said Cheyenne Corbett, PhD, with the Supportive Care and Survivorship Center. "Our doctors, therapists, child life specialists, social workers, self-image consultants and many more individuals have created videos to highlight the services, resources and helpful tips they would have featured at Survivorship Day to assist with navigating life during and after cancer treatment."

Video presentations will feature rejuvenation services such as scarf tying techniques, yoga, mindfulness activities and home massage tips. Other videos will include cooking demonstrations, dance instructions and arts activities to try. Educational offerings will highlight supportive care services such as medical family therapy, sexual health, psychology, chaplain services, nutrition, clinical social work and many more.

Visit DukeCancerInstitute.org/SurvivorshipDay— which will be available, starting June 3, to take part in our virtual Survivorship Day event. For even more fun checkout our live events listed on Duke Cancer Institute's Facebook page.

For a full listing of support services available to you and your loved ones, visit DukeCancerInstitute.org/SupportiveCare or call **919.684.4497**.

Join us on Facebook on Thursday, June 10 for a LIVE cooking demonstration with Special Eats Chef Sueson Vess.



Chef Vess will share tips to build our immunity. She will demonstrate how we can 'eat the colors of the rainbow' showing us a variety of colors of vegetables and fruits that have their own unique and beneficial properties.

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 below 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 Patient Support Services

The Duke Cancer Patient Support Program offers services for patients and their loved ones. We help patients understand their options, make decisions and manage the effects of cancer and its treatment. Services include: individual, couple, and family therapy; support groups; self-image resources; pet therapy; child-life services; recreation therapy; and more. There is no charge to patients and their families.

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.

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.

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.

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.

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.

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.

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.

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).

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.

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.

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 for more information.

Medical Questions?



Need health advice or medical support? Our oncology triage phone services are available Monday through Friday, from 8 a.m. to 5 p.m. To speak to a Duke oncology nurse, call 919.668.6608.

Support Groups

Due to COVID-19 precautions, **support groups scheduled for June have been cancelled.** Please call ahead in future months to confirm offerings at 919.684.4497.

Our support groups are designed for patients and their loved ones.

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

dukehealth.org

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.
For more information, email cancersupport@duke.edu.

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 give at gifts.duke.edu/cancersupport.

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 or email cancersupport@duke.edu.



SCAN ME



Due to COVID-19 precautions, support services are being offered remotely. Classes and support groups scheduled for June have been cancelled. Please call 919.684.4497 for more information.