

SEPTEMBER 2020

Cancer Care



Meeting your self-image needs during the pandemic

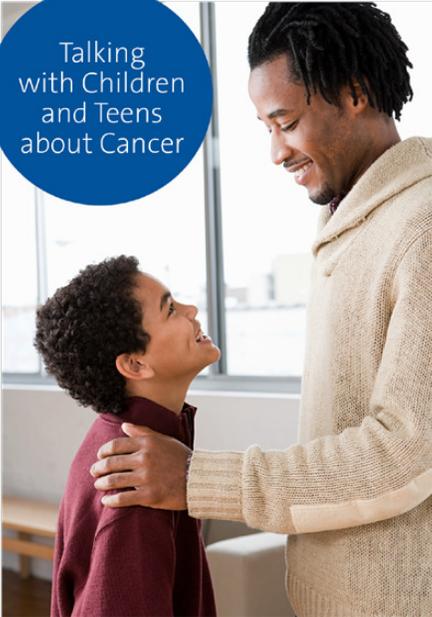
The physical side effects of cancer treatment can be overwhelming. Duke Cancer Patient Support Program's self-image services help assist patients and their partners with the physical and emotional impact cancer treatment can have on a patient's self-image during treatment through survivorship. Among our three Boutique locations (Duke Cancer Center in Durham, Duke Cancer Center Raleigh, and Duke Women's Cancer Care Raleigh), our six self-image consultants have been trained to offer support and self-image education during private consultations for patients who are experiencing hair loss, body changes, and acute emotional distress.

Since the start of the pandemic, the doors of our Boutique locations have been closed to the public, but our services have remained available. With virtual consultations, video

resources, product shipping options and curbside pick-up availability, our self-image consultant team stands at the ready to assist patients and their loved ones. Call 919.613.1906 or email cancersupport@Duke.edu to learn more or to schedule a consultation.

Salon services are another vital component of the self-image program. Through the generosity of our community partners, we are able to offer haircuts, wig trims, head shaves and wig styling at no cost at locations throughout Durham and Wake Counties. To learn more, call Duke Cancer Patient Support Program's Self-Image Services line at 919.613.1906. Make sure to share that you are a Duke cancer patient to receive this no cost offer.

Talking
with Children
and Teens
about Cancer



Duke Cancer Patient Support Program's certified child life specialists (CCLS) strive to help children and teens better understand and cope with serious illness in the family. Jean Hartford-Todd, CCLS, has created a [video](#) that shares how to talk with children and teens about cancer, treatments, and side effects.

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.

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.

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.

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.

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.

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.

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.

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. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Palliative-Care.

Self-Image Services

Our self-image consultants offer a variety of services and products to assist individuals with changes in body-image experienced during cancer treatment and survivorship. To best serve our patients and their families we are offering virtual consultations, video resources, product shipping and curbside pick-up options. If you are interested in a self-image consultation, call 919.613.1906 or email cancersupport@duke.edu. To learn more about our self-image services, visit DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services.

Support Groups

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.

Due to COVID-19 precautions, support groups scheduled for September will be held virtually. Duke Cancer Patient Support Program's support groups are professionally facilitated groups, where patients and their caregivers have an opportunity to meet people in a similar situation, share what's happening, and get support, tips and ideas from those who understand what you're going through. Registration is required. Please see each group for the correct contact information to register. For questions, please call 919.684.4497.



parada
color salon

No cost salon services offered monthly by appointment in Raleigh. Call 919.297.2184 to learn more or make an appointment.

dukehealth.org

General Cancer Support

Thursday :: September 17
5:30 to 7 p.m.

Third Thursday of the month

Patient and caregiver group is held separately. During this group, you will have an opportunity to meet other individuals facing cancer, share your own experience, and learn about topics helpful to being your own best advocate. Topics typically include: communicating, finding information, making decisions, solving problems, negotiating and standing up for your rights. To register, email Tracy.Berger@duke.edu or call 919.681.6835.

Blood and Marrow Transplant Survivorship Support Group

Wednesday :: September 16
4 to 6 p.m.

Third Wednesday of the month

To register, email John.Schweichler@duke.edu or call 919.668.2480.

Breast & GYN Cancers

Tuesday :: September 8
5:30 to 7 p.m.

Second Tuesday of the month

This group is for patients only. To register, email Ginger.Gialanella@duke.edu or call 919.307.0332.

LGBTQ+ Cancer Support

Wednesday :: September 23
5:30 to 7 p.m.

Fourth Wednesday of the month

This support group is for oncology patients and families. To register, email Parker.Anderson@duke.edu or call 919.613.1365.

Prostate Cancer

Monday :: September 28
4 to 6 p.m.

Fourth Monday of the month

To register, email John.Schweichler@duke.edu or call 919.668.2480.

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. KidsCan! will be returning virtually for enrolled families in September and for new families and previously enrolled families in October. To learn more or to enroll: families treated at Wake County locations- contact Hannah Sasser at 919.954.4117, or email hes15@duke.edu; families treated at Durham County locations- contact Jean Hartford Todd at 919.684.2913 or email jean.hartford.todd@duke.edu.



Are you a teen or young adult with cancer?

Visit our newly renovated Teen & Young Adult Oncology site to navigate resources and services available to you at ease.