



Cancer Care MAY 2024

Survivorship Week Blends Self Care and Learning

By D'Ann George

Expert panels on advances in survivorship care, cancer genetics, financial navigation, and emotional wellness. Music and art therapy. Massages and beauty consultations. Furry friends who eagerly await a head scratch from you. These are a few ways we want to celebrate National Cancer Survivor Month with you during a week-long menu of fun and informative events, both in-person and virtual

If you are newly diagnosed, in treatment, or finished treatment, we welcome you to join us for a [variety of offerings](https://duke.is/6/srbd) (duke.is/6/srbd), which will take place across Durham and Wake Counties this June. If a special person is helping you survive and thrive, feel free to celebrate that relationship by bringing them along.

“We understand how cancer can impact a person’s emotional, relational, physical, and financial health,” said Cheyenne Corbett, PhD, co-Director of the Supportive Care and Survivorship Center. “So we’re gathering experts in all of these areas to help you learn about the best services, resources, and strategies available for living your best life.”

Another reason Corbett and her team are excited about their 16th annual Survivorship Days: spectacular advances in cancer research and treatment mean that more than 18.1 million people in the U.S. are cancer survivors living with, though, and beyond their disease.

To learn more and to register for Survivorship Week events at a cancer care location closest to you, visit DukeCancerInstitute.org/SurvivorshipDay.



Duke Cancer Institute

dukehealth.org

Cancer Support Services

Duke Cancer Institute offers a variety of cancer support and survivorship services for patients and their loved ones to assist with navigating life during and after cancer treatment. Our goal is to shape the future of cancer survivorship and improve the quality of life throughout treatment.



SURVIVORSHIP SPECIALIST

- ✓ Cancer care
- ✓ Primary care
- ✓ Develop a plan for the whole you

Your survivorship specialist at the Duke Cancer Survivorship Clinic is here to bridge the gap between cancer treatment and life after cancer treatment. To learn more, visit duke.is/wtqpe.

Support services are offered both in-person and remotely. Please call 919.684.4497 for more information.

Patient and Nurse Navigation

Navigators support patients, families, and caregivers through their cancer care. They make sure you have information to make decisions and advocate for your needs. They identify barriers to care and connect you with available resources, as needed. Our navigators support you all the way from diagnosis to end of treatment. If you are interested in learning more, contact your healthcare team and ask what Navigation services are available to you.

Clinical Social Work

Oncology and palliative care social workers help patients and their loved ones cope with emotional and practical concerns. They identify and address specific needs, working to alleviate stressors and financial burdens associated with a cancer diagnosis. Then they connect you and your loved ones with resources such as disability, home health/ hospice, advance directives and end-of-life care. To learn more, contact your healthcare team and ask about Clinical Social Work services.

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.

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, all at no cost. 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/Therapy-and-Support-Groups.

Sexual Health Services

Sexual health services explain the impact cancer treatments can have on sexual health and intimacy. They help you address concerns surrounding sexual function, sexual feelings, intimacy, and changes in sexual health. To learn more, visit DukeCancerInstitute.org/SupportiveCare.

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 DukeHealth.org/Quit.

Survivorship Services

They 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 DukeHealth.org/Treatments/Cancer/CancerSurvivorship-Services.

Teen and Young Adult Oncology Program

They provide 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/TYAO.

Palliative Care

This team helps with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping, and other experiences keeping you from feeling your best. The team works closely with you, your loved ones, and your doctors to ensure that your medical care reflects what is most important to you. To schedule an appointment, call 919.668.6688, option #7. To learn more, visit DukeHealth.org/Treatments/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. If you are interested in a self-image consultation, call 919.613.1906 or email cancersupport@duke.edu. To learn more, visit DukeCancerInstitute.org/Self-Image-Services.

Child and Adolescent Life Services

They focus on supporting the emotional and developmental needs of children and teens in families who are facing cancer. They hold individual education sessions to support parents while they take the lead in helping their children understand a cancer diagnosis, treatment, side effects, and changes in their family life. To learn more, visit DukeCancerInstitute.org/SupportiveCare/Child-Life.

Do you want to receive this newsletter monthly by email? Scan the QR code to [subscribe](#) today.



Scan to learn more or visit duke.is/n8h92

SURVIVORSHIP WEEK

Scan to learn more and to register.



duke.is/6/srbd

Support Groups

Duke Cancer Patient Support Program's virtual support groups are professionally facilitated. Attendees have an opportunity to meet people in a similar situation, share their experience and get support, tips, and ideas from those who understand what they are going through. Registration is required. To learn more, please call 919.684.4497 or visit DukeCancerInstitute.org/Therapy-and-Support-Groups. Scan the code to register for support groups.



Art Therapy at Nasher

Wednesday :: May 8
2 to 3:30 p.m.

Second Wednesday of the month

This **group** is open to patients and caregivers and is located at the Nasher Museum of Art in Durham. No art experience is needed. For more information and to register, visit duke.is/nn4gr.

General Cancer Support

Thursday :: May 16
5 to 6 p.m.

Third Thursday of the month

Patient and **caregiver** groups are held separately. Topics typically include communicating, finding information, making decisions, solving problems negotiating, and standing up for your rights. To register, visit duke.is/mhc7m.

LGBTQIA+ Cancer Support

Wednesday :: May 22
5:30 to 6:30 p.m.

Fourth Wednesday of the month

The **group** is for patients and caregivers. To register, visit duke.is/mhc7m.

Metastatic Cancer Support Group for Women

Wednesday :: May 15
3 to 4:30 p.m.

Third Wednesday of the month

The **group** is for patients only. To register, visit duke.is/mhc7m.

Breast & GYN Cancers

Tuesday :: May 14
5:30 to 7 p.m.

Second Tuesday of the month

The **group** is for patients only. To register, visit duke.is/mhc7m.

Blood and Marrow Transplant Survivorship Support Group

Wednesday :: May 15
4 to 5:30 p.m.

Third Wednesday of the month

The **group** is for patients and caregivers. To register, visit duke.is/mhc7m.

Caregiver Support Group

Thursday :: May 16
6 to 7 p.m.

Third Thursday of the month

To register, visit duke.is/mhc7m.

Prostate Cancer

Monday :: May 20 (due to Memorial Day)
4 to 6 p.m.

Fourth Monday of the month

The **group** is for patients and caregivers. To register, visit duke.is/mhc7m.

Fertility Support Group for Women

Thursday :: May 2
5:30 to 6:30 p.m.

First Thursday of the month

The **group** is for patients only. To register, visit duke.is/mhc7m.

Parenting with Cancer Meetup

Tuesday :: May 21
7:30 to 8:30 p.m.

Third Tuesday of the month

The **group** is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit duke.is/mhc7m.

KidsCan!

KidsCan! 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. Monthly meetups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family. KidsCan! (ages 4–10 years) meets virtually on the second



Monday of the month, May 13 at 6:30 p.m. KidsCan! Tweens and Teens (ages 11–18 years) meets virtually on the third Monday of the month, May 20 at 6:30 p.m. Registration is required. For more information, contact us by visiting <https://duke.is/m/wv4y>.

TYAO

Teen and Young Adult Oncology Program

Join us for TYAO virtual meetup this month on Tuesday, May 28th for young adults (18–39 years old). Email TYAO@Duke.edu for more information and to register.



Rest, Relax, Renew



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.

Virtual Tai Chi for Cancer

Fridays :: May 10 & 24
2:30 to 3:15 p.m.

Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual [Tai Chi class](#) for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Virtual Yoga for Cancer

Tuesdays :: May 14 & 28
& 23, 12 to 1 p.m.

Second and fourth Tuesday of the month

Join certified Yoga for Cancer instructor Laura Woodall in a [class](#) designed specifically for cancer patients and survivors. Visit duke.is/7jgt3 to learn more and to register.

Mind-Body Approaches to Coping with Cancer

Tuesdays :: May 7 & 21
Noon to 12:45 p.m.

First and Third Tuesday of the month

Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. These [virtual sessions](#) teach mind and body approaches to coping with cancer. Through the focus on the breath and the present moment, patients and their caregivers will learn to discover how to respond rather than react to life's stressors. For more

information and to register, visit duke.is/gzsvt.

Explore the Power of Your Voice for Healing

Mondays :: May 6 & 20
noon to 1 p.m.

First and Third Monday of the month

In this [workshop](#) you will explore breathing techniques, vocal toning, and chanting. These tools and techniques, when used daily, encourage mindful attention to one's heart and voice. Experience the health benefits of sound, vibration, and self-expression. Visit duke.is/mn7m9 to learn more and to register.

Exercise Consultations

Mondays :: 2 to 4 p.m.
Wednesdays :: 8:30 to 11:30 a.m.

Supportive Care & Survivorship Center offers

exercise consultations

by exercise physiologists. These personalized sessions are available to oncology patients and survivors at no cost. Video chat or phone sessions are available on Mondays between 2:00 and 4:00 p.m. and Wednesdays between 8:30 and 11:30 a.m. To learn more or to register email DHFCCancerExercise@dm.duke.edu or visit duke.is/g/eak9.

Salon Services

Monday :: May 6

First Monday of the month Our volunteer team of expert hair stylists provide private consultations at the Belk Boutique in Durham at no cost. They offer dry cuts for your hair or a head shave. Our stylists can also assist with wig styling, cutting, and general wig care. Call 919.613.1906 to reserve your time slot.



Survivorship Week

June 3 to June 7



Location	Date/Day	Offering
All Locations (VIRTUAL)	Wednesday, June 5	Yoga, The Power of Your Voice for Healing, Survivorship Panel Discussion, Tai Chi
Duke Cancer Center	Monday to Thursday June 3 to 6	Meet the Expert, Massage, Salon Services, Makeup Consultations, Scarf Tying Techniques, Cooking Demonstration, Education and Resources, Pets at Duke, Art Therapy, Music Therapy
Duke Cancer Center Raleigh	Monday & Tuesday June 3 to 4	Education and Resources, Massage, Salon Services, Makeup Consultations, Scarf Tying Techniques, Pets at Duke
Duke Women's Cancer Care Raleigh	Thursday, June 6	Education and Resources, Massage, Salon Services, Makeup Consultations, Scarf Tying Techniques, Pets at Duke
Duke Cancer Center North Durham	Thursday, June 6	Education and Resources, Massage, Scarf Tying Techniques, Pets at Duke
Duke Cancer Center Cary	Friday, June 7	Education and Resources, Massage, Scarf Tying Techniques, Pets at Duke

Learn more and register for these events: <https://duke.is/6/srbd>
or call 919.684.4497



Duke Cancer Institute

MAY 2024

Duke Cancer Institute Virtual Support and Activity Groups

Monday		Tuesday	Wednesday	Thursday	Friday
<p>For more information and to register, visit DukeCancerInstitute.org/SupportiveCare or call 919.684.4497</p> <p>To make a gift to support our no charge services, visit gifts.duke.edu/cancersupport</p>			1	2 Fertility Support Group for Women	3
6 Salon Services Explore the Power of Voice	7 Mind/Body Coping with Cancer	8 Art Therapy at Nasher		9	10 Tai Chi for Cancer
13 KidsCan! (4–10)	14 Yoga for Cancer Breast & GYN Cancer Support	15 Women’s Metastatic Cancer Support BMT Survivorship Support	16 General Cancer Support Caregiver Support		17
20 Explore the Power of Voice Prostate Cancer Support KidsCan! Tweens and Teens (11–18)	21 Mind/Body Coping with Cancer Parenting with Cancer Meetup	22 LGBTQIA+ Cancer Support Group	23 TYAO Teen Meetup (15–17)		24 Tai Chi for Cancer
27	28 Yoga for Cancer TYAO Young Adult Meetup	29	30		31