



Cancer Care JULY 2024

Mindful Smoking Helps Man Quit

By D'Ann George

Brian Flynn thought he could never quit tobacco. For most of his life, he had enjoyed smoking with his mother, father, and siblings, so he couldn't bear to give up the ritual that made him feel like they were still close by — though they all died long ago from cancer and other smoking-related diseases.

Not until Flynn started Mindfulness Training for Smokers at Duke Cancer Institute did nicotine finally relax its grip on his life. As of July 1, 2024, Flynn has been smoke-free for 395 days.

Most people who join the eight-week, group-based program have already tried to quit many times, said Megan Keith, the LCSW who runs the program, part of Quit at Duke. Participants meet weekly for two hours and some meet with Keith individually. Anyone can self-refer to the program.

MINDFUL SMOKING

“Our therapy begins with mindful smoking,” said Keith. “You go outside by yourself in a less populated area, if possible. No phone. No coffee. Just you and your cigarette. And you really pay attention to what you're doing.

“When people slow down, they're able to recognize things that are unpleasant about smoking. On the flipside, they recognize what they like about smoking. That's important too because if we take something pleasant away, we need to find an alternative that provides the same positive in a different way.”

QUIT DAY AND A LUMPY DOG

During the sixth week, everyone in the group encourages each other to quit on the same day.

For Flynn, the positive alternative that helped him quit turned out to be a dog adopted from a shelter. “He's a

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Cancer Support Services

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mixed breed, part Rottweiler, with a very lumpy and bumpy appearance. We named him Yogurt.” The dog, who perks up whenever someone mentions yogurt, reminds Flynn of the many dogs his family once owned and loved.

FROM TOBACCO FARM TO QUIT THERAPIST

Keith’s family history with smoking, tobacco, and cancer runs deep. Her family farmed tobacco in eastern North Carolina until the USDA’s Tobacco Transition program helped them switch to vegetables. Keith encouraged her father, a lifelong smoker, to quit and then get tested for lung cancer. “When the test came back positive, a surgery at Duke Raleigh Hospital removed two nodules on his lungs and may have saved his life,” she said.

Keith said that people can like smoking and still quit: “It’s hard but you can do it. That’s the message I like to give people, especially our cancer patients.”

To learn more about Mindfulness Training for Smokers, call **919.613.QUIT (7848)**.

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

dukecancerinstitute.org

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.

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.

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IN CASE YOU MISSED IT:
Cancer Survivorship Panel:
Embracing the Future

SURVIVORSHIP
WEEK



duke.is/5/vwhf

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, call 919.684.4497. Scan the QR code to register for support groups.



Art Therapy at Nasher

Wednesday, July 17
2 to 3:30 p.m.

Typically the 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 :: July 18
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 :: July 24
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 :: July 17
3 to 4:30 p.m.

Typically the third Wednesday of the month

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

Breast & GYN Cancers

Tuesday :: July 9
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 :: July 17
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 :: July 18
6 to 7 p.m.

Third Thursday of the month

To register, visit duke.is/mhc7m.

Prostate Cancer

Monday :: July 22
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 :: July 11
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 :: July 16
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; KidsCan! Tweens and Teens (ages 11–18 years) meets virtually on the third

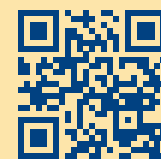
Monday of the month; however, July meeting will be for all kids on July 27. Registration is required. For more information, contact us by visiting <https://duke.is/m/wv4y>.

TYAO

Teen and Young Adult Oncology Program

Join us for TYAO virtual meetup this month on Tuesday, July 23,

6:30 to 7:30 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 :: July 12 & 26
2:30 to 3:15 p.m.

First and Third Friday of the month

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 :: July 9 & 23 & 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 :: July 16 & 30
Noon to 12:45 p.m.

July dates only: typically
First and Third Friday 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 :: July 1 & 15
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 DHFCancerExercise@dm.duke.edu or visit duke.is/82cne.

Salon Services

Mondays :: July 1 & 22

First and Fourth 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.



Helping cancer survivors live a healthy, full life while navigating their unique needs.

Cancer Survivorship Services

Learn more or schedule a visit:

919.668.2122 or [Cancer Survivorship Services](#)



JULY 2024

Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Salon Services</p> <p>Explore the Power of Voice</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>Happy 4th of July</p> 	<p>5</p>
<p>8</p>	<p>9</p> <p>Yoga for Cancer</p> <p>Breast & GYN Cancer Support</p>	<p>10</p>	<p>11</p> <p>Fertility Support Group for Women</p>	<p>12</p> <p>Tai Chi for Cancer</p>
<p>15</p> <p>Explore the Power of Voice</p>	<p>16</p> <p>Mind/Body Coping with Cancer</p> <p>Parenting with Cancer Meetup</p>	<p>17</p> <p>Art Therapy at Nasher</p> <p>Women's Metastatic Cancer Support</p> <p>BMT Survivorship Support</p>	<p>18</p> <p>General Cancer Support</p> <p>Caregiver Support</p>	<p>19</p> <p>Yoga for Cancer</p>
<p>22</p> <p>Salon Services</p> <p>Prostate Cancer Support</p>	<p>23</p> <p>Yoga for Cancer</p> <p>TYAO Young Adult Meetup</p>	<p>24</p> <p>LGBTQIA+ Cancer Support Group</p>	<p>25</p>	<p>26</p> <p>Tai Chi for Cancer</p>
<p>29</p>	<p>30</p> <p>Mind/Body Coping with Cancer</p>	<p>31</p>	<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>	