



Cancer Care OCTOBER 2024

Mind-Body Sessions Helps Survivor Thrive

By D’Ann George

To ease the stress of living with lymphoma, Debby Howard nestles herself into the sunny sands of Wrightsville Beach — during the middle of the winter, without ever leaving her kitchen. She manages this neat trick with help from [Mind-Body Approaches to Coping with Cancer](#), a free program offered bi-monthly through the Duke Cancer Patient Support Program.

The virtual sessions teach mindfulness techniques to address symptoms that can pop up during and after cancer treatment — pain, fatigue, sleep problems, stress. Hannah Fisher, PhD in clinical health psychology, leads them.

“Dr. Fisher has a calming voice and an incredible ability to guide us,” said Howard.

At each session, Fisher chooses one principle of mindfulness and reads through its definition twice. “Then I give people time to sit with it before opening it up for discussion. We talk about how that principle might show up in their daily lives. Things like acceptance, trust, non-striving, non-judgment,” Fisher said

NON-JUDGMENT CAN EASE PAIN

For a symptom like pain, for example, the group refrains from any judgment, good or bad, about pain. Instead, they remain objective. “We describe the sensation. Notice it,” said Fisher.

“So rather than say this pain is terrible, we say I’m noticing pain in my back right now. It feels tingly, or it feels sharp.”

“And when we do that, we give ourselves a bit more emotional separation from that symptom. Often, it’s the fight against something that amplifies it,” said Fisher.

Howard describes the meditation that begins after group discussion. “Dr. Fisher has a script, but often, by the time she has stopped talking, I’m off. I go off to my places that I have developed, which are places of comfort, safety and relaxation that I go to in my mind.”

“We’re all there for the same reason, to go inside ourselves and calm ourselves, calm our nervous system, relax and have the support of the group. It’s very important to me to have other people with me,” Howard said.

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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.

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Howard, a former nurse, has served in many health-related capacities throughout her long career: the pediatric ICU at UNC Hospital, the adult ICU at Rex Hospital, the health center at a YMC Camp, among others. “You name it, I’ve done it,” she said. But when a swollen lymph node in her neck turned out to be lymphoma, she sold her house in Florida and moved to Wilmington so that she could get her care at Duke Cancer Institute.

“I find it vitally important to have a support program. I do yoga, tai chi, meditation, one-on-one counseling. That’s all for my wellbeing and healing. I can’t imagine not taking advantage of that,” she said.

To learn more about these services and to register, visit the Rest, Relax, Renew section of this newsletter.



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

dukecancerinstitute.org

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.

Cancer Nutrition

Our registered dietitians specialize in oncology and help to prevent and treat malnutrition, restore digestive health, and minimize the side effects of your cancer treatment. To learn more, contact your healthcare team and ask about cancer nutrition 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 by visiting dukehealth.org/support-services/pastoral-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, 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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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 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 :: October 9
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 :: October 17
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 :: October 23
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 :: October 16
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 :: October 8
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 :: October 16
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 :: October 17
6 to 7 p.m.

Third Thursday of the month

To register, visit duke.is/mhc7m.

Prostate Cancer

Monday :: October 28
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 Facing Cancer

Thursday :: October 10
5:30 to 6:30 p.m.

Typically the First Thursday of the month

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

Parenting with Cancer Meetup

Tuesday :: October 15
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! 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. This month all KidsCAN! participants will be meeting in person on October 14. 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 a TYAO in person meetup on October 16 at Boxyard in RTP, starting at 5:30 pm. Registration is required. Attendees



must be ages 18 – 39. 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

Fridays :: October 4 & 18
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

Tuesdays :: October 8 & 22
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 :: October 1 & 15
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 :: October 7 & 21
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/82cne.

Salon Services

Mondays :: October 7 & 28
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. To learn more, visit duke.is/n/8mu6.

Join us Thursday, December 5 for the 34th annual Tree of Hope Lighting Ceremony.

Visit duke.is/TreeOfHope to register for this free event and to learn more about how you can honor a loved one or a member of your care team who has made an impact on your life.



THE
TREE OF HOPE
AND ALL OF ITS LIGHTS
HONOR THOSE COPING
WITH THE IMPACT OF
CANCER

OCTOBER 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>1 Mind/Body Coping with Cancer</p>	<p>2</p>	<p>3</p>	<p>4 Tai Chi</p>
<p>7 Salon Services Explore the Power of Voice</p>	<p>8 Yoga Breast & GYN Cancer Support</p>	<p>9 Art Therapy at Nasher</p>	<p>10 Fertility Support Group for Women Facing Cancer</p>	<p>11</p>
<p>14 KidsCAN! in person event</p>	<p>15 Mind/Body Coping with Cancer Parenting with Cancer Meetup</p>	<p>16 Women's Metastatic Cancer Support BMT Survivorship Support TYAO Young Adult Meetup</p>	<p>17 General Cancer Support Caregiver Support</p>	<p>18 Tai Chi</p>
<p>21 Explore the Power of Voice</p>	<p>22 Yoga</p>	<p>23 LGBTQIA+ Cancer Support Group</p>	<p>24</p>	<p>25</p>
<p>28 Salon Services Prostate Cancer Support</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>To make a gift to support our no charge services, visit gifts.duke.edu/cancersupport</p>