



Cancer Care DECEMBER 2024

Medical family therapist Ellie Bautista plays Jenga with Emerson and Denver McFadden.

Hope and Healing: the McFaddens Share Their Story

The faces of the McFadden family will light up the stage at this year's Tree of Hope celebration on December 5 at Duke Cancer Center. They come to share their hope for Joe McFadden's continued remission from a rare type of malignancy that had lodged itself in his nasal cavity. And they come to give thanks for specialists at Duke Cancer Institute's Cancer Patient Support Program who stood by them through McFadden's two years of treatment.

THERAPEUTIC PLAY HELPS MCFADDEN CHILDREN

When eight-year-old Emerson McFadden worried that her dad would be lonely while in the hospital, a medical family therapist, Ellie Bautista, MT-BC, LMFT, helped her make a music playlist to comfort her father.

Bautista found other creative ways to help both kids understand and cope with their dad's cancer treatments. While playing Jenga, for example, they would express different feelings about what was happening to their dad as they placed each block.

A two-sided stuffed octopus with a happy and sad face played the game with them. "Octy' was my sidekick in working with the kiddos," said Bautista. "Sometimes it is easier for children to take advice from, or give advice to, a fun stuffed animal when talking about things they themselves have a hard time with."

SURGEON SAYS SUPPORT AIDS SURVIVAL

Joe McFadden sought his own support from another DCI medical family therapist, John Schweichler, MS, LMFT. "John was my sounding board, the person I could talk to and express my frustrations, express my anger. When you get a cancer diagnosis, you don't know what to expect. You don't know why this happened to you. John was there for me to get through all of that, to understand, and to accept."

Dr Ralph Abi Hachem, MD, the head and neck surgeon at DCI who treated Joe McFadden, said that services like those provided by Bautista and Schweichler can positively impact a patient's clinical outcomes.

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Cancer Support Services

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“Support services such as medical family therapy are crucial to the wellbeing of our patients while they’re undergoing treatment for cancer. They are often as important as medical treatment, as they provide patients with a sense of security, hope and emotional wellbeing. Joe had this attitude of hope, and I feel like that played into his treatment and recovery,” said Hachem.

Joe McFadden is particularly grateful that the services he and his family received were cost free. “I worked with John throughout the whole diagnosis, through my whole treatment, and even after. Incredibly, I didn’t have to figure out how to pay for it. Everything was provided by donations to the Duke Cancer Patient Support Program.”

To fund services for a family like the McFaddens, consider lighting a luminary in front of the Duke Cancer Center in Durham or Raleigh this December.

Visit duke.is/TreeOfHope to learn more.

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.

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 duke.is/c/b47z.

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, contact your healthcare team and ask about sexual health services.

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 :: December 11
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 :: December 19, 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

Returning January 22

5:30 to 6:30 p.m.

Typically the 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 :: December 18

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 :: December 10

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 :: December 18

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 :: December 19

6 to 7 p.m.

Third Thursday of the month

To register, visit duke.is/mhc7m.

Prostate Cancer

Monday :: December 16

4 to 6 p.m.

Typically the 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

Returning January 2

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 :: December 17

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. Our December KidsCAN! will be a carnival at the Duke Cancer Center in Durham



for all ages on

Saturday, December 14 from 1–3 p.m.

Please join us! Visit duke.is/Carnival24

to register for the Carnival.

For more information about KidsCAN!, visit <https://duke.is/m/wv4y>.

TYAO

Teen and Young Adult Oncology Program

Join us for a young adult (18–39 years old) meetup crafting workshop in Durham on December 5th, from 7–10 p.m. Email TYAO@Duke.edu for more information and to register. Check out our Instagram for updates and upcoming events.



@duketyao

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 :: December 13
2:30 to 3:15 p.m.
Typically the 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 :: December 10 & 17, Noon 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 :: December 3 & 17, 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 :: December 2 & 16, 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 :: December 2 & 23, 10 to 3 p.m.
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. Watch the recorded ceremony on our site after December 11.



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

DECEMBER 2024

Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Explore the Power of Voice</p>	<p>3</p> <p>Mind/Body Coping with Cancer</p>	<p>4</p>	<p>5</p> <p>Tree of Hope Lighting Ceremony</p> <p>TYAO Young Adult Meetup</p>	<p>6</p>
<p>9</p> <p>KidsCAN!</p>	<p>10</p> <p>Yoga</p> <p>Breast & GYN Cancer Support</p>	<p>11</p> <p>Art Therapy at Nasher</p>	<p>12</p>	<p>13</p> <p>Tai Chi</p>
<p>16</p> <p>Explore the Power of Voice</p> <p>Prostate Cancer Support</p>	<p>17</p> <p>Mind/Body Coping with Cancer</p> <p>Parenting with Cancer Meetup</p> <p>Yoga</p>	<p>18</p> <p>Women's Metastatic Cancer Support</p> <p>BMT Survivorship Support</p>	<p>19</p> <p>General Cancer Support</p> <p>Caregiver Support</p>	<p>20</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>30</p> <p>WISHING YOU A SEASON OF PEACE AND JOY</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>		