



Cancer Care JANUARY 2025

Patrick Plumeri, MS, LMFT, who facilitates the prostate-cancer support group, shares conversation in the Duke Cancer Center Raleigh garden with Art Krueger, a member of the group.

Stronger Together: Finding Strength Through a Support Group

By D'Ann George

Navigating a cancer diagnosis can be an isolating experience, but it doesn't have to be. Art Krueger understands this deeply. Diagnosed with prostate cancer eight years ago, just five days before his wife passed away from brain cancer, Krueger found himself navigating the complexities of his disease alone. "I didn't know that support groups existed for someone like me," he said.

For a few years, hormonal therapy kept his cancer in check — until a scan three years ago revealed a metastasis. "That was kind of a gut punch to see the disease return like that." That's when he found the Prostate Cancer Support Group, part of Duke Cancer Institute's Patient Support Program.

This long-standing group, facilitated by Patrick Plumeri, MS, LMFT, and John Schweichler, MS, LMFT, has been a cornerstone of support for men like Krueger for nearly two decades, providing a safe space for them to share their experiences, seek advice, and find solace in the company

of others who understand their struggles and the kind of treatment decisions they must make.

Plumeri said that each session is a blend of structured discussion and open conversation, allowing participants to address their most pressing concerns. Topics range from managing side effects of treatments to navigating the emotional complexities of a cancer diagnosis. The group also provides practical advice that might not be covered in a typical medical consultation. "For other men to go around the group and say this is what I do about it ... that's the kind of advice that you may not get from a doctor," Plumeri said.

Krueger includes the support group in his list of things he does to live well and survive while he has cancer.

"I don't know where my disease might go, when it might flare up again. When I might have to take some other type of treatment. I have no control over that. I do what I can

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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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in terms of exercise, diet and proper rest. This support group is an added benefit which gives me somebody to lean on. Patients and families of people who've been impacted by these diseases form a connection that is pretty strong, whether it's prostate, kidney, or brain cancer. People can say they understand it, but they don't understand unless they have experienced it first-hand," said Krueger.

The virtual group welcomes patients and their loved ones, recognizing that cancer affects the entire family. They meet every fourth Monday from 4 – 6 pm. To register, visit duke.is/5x8rr. For a full list of support groups offered through the Duke Cancer Patient Support Program, visit dukehealth.org/cancersupport.

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 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 :: January 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 :: January 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 :: January 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 :: January 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 :: January 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 :: January 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 :: January 16, 6 to 7 p.m.

Third Thursday of the month

To register, visit duke.is/mhc7m.

Prostate Cancer Support

Monday :: January 27
4 to 6 p.m.

Fourth Monday of the month

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

Family Building for Cancer Patients and Survivors: An Education Series

Thursday :: January 23
5:30 to 6:30 p.m.

This quarterly education series is available to both patients and caregivers. This session's topic, ***Family Building after Cancer: Financial Resources and Support***, will be presented by Jackie Balliot, BSN, RN. To register, visit duke.is/mhc7m.

Parenting with Cancer Meetup

Tuesday :: January 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! 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, January 13 at 6:30 p.m. KidsCAN!



Tweens and Teens (ages 11–18 years) meets virtually on the third Monday of the month (moved to Jan 22 due to

MLK Day) January 22 at 6:30 p.m. Registration is required. For more information about KidsCAN!, visit <https://duke.is/m/wv4y>.

TYAO

Teen and Young Adult Oncology Program

Join us for TYAO virtual meetup for young adults (18–39 years old) on the fourth Tuesday of the month, January 28, from 6:30 to 7:30. 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 :: January 10 & 24
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 :: January 14 & 28
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 :: January 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 :: January 6 & 13
Noon to 1 p.m.

Typically the 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 :: January 6 & 27

First and Fourth Monday of the month

10 a.m. to 3 p.m.

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.

Who Should Consider Genetic Counseling?

- If you have cancer, knowing whether your cancer is hereditary, can sometimes direct treatment decisions.
- If you have a personal history of cancer (no longer being treated), genetic testing can determine your risk of developing other types of cancer.
- If you do not have cancer, but cancer runs in your family, we can help to determine if genetic testing is needed to assess your risk to develop cancer.
- If you already had genetic testing, we offer counseling to help you fully understand your results.
- If you had genetic testing in the past, we offer updated panel testing.
- If someone in your family tested positive for a genetic mutation, we offer counseling to help you fully understand your results.



If you answered yes to any of these bullets, we encourage you to speak with a genetics counselor.

To learn more or schedule an appointment, call 919.684.3181 or visit duke.is/m/jdmw

JANUARY 2025

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	3
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