



# Cancer Care MARCH 2025

## Support Empowers Young Adult After Cancer

By D'Ann George

**W**hen Hope Reynolds found herself grappling with stage 3 breast cancer at the tender age of 21, she said it felt like her body betrayed her. She had no family history of cancer. No lifestyle risks. She had kept in excellent shape swimming for a varsity team at a small college in Michigan. How could this be happening?

Even after successful treatment for her cancer, first at Paoli Hospital in Pennsylvania and then at Duke Cancer Institute, she felt dogged by thoughts that something else might go terribly wrong with her health.

“Anytime I felt a little ache or pain, it was hard not to think that it could be really serious. This led to some pretty significant health anxiety,” she said.

Reynolds focused on her doctoral program in physical therapy, which had brought her to Durham and Duke University after college. But she continued to worry. That’s when her medical oncologist, Kelly Westbrook, MD, urged

her to try the support services offered through Duke Cancer Institute’s Teen and Young Adult Oncology program (TYAO).

### A Safe Space to Process Her Fears

TYAO became a cornerstone of Reynolds’ mental health recovery. Working with Geoffrey Vaughn, LMFT, ATR, a medical family therapist, Reynolds developed coping strategies to manage her constant worry about her health.

Mostly, though, Vaughn offered a safe space for Reynolds to process her fears. Over time, he helped her realize that health anxiety is a normal experience for cancer survivors. “That was super validating,” said Reynolds. “And what I needed to hear to move forward with my life.”

“I needed that support in order to figure out what life looks for me after my cancer diagnosis,” said Reynolds. “I think for a lot of teens and young adults — and really anyone diagnosed with cancer — there is such an emphasis on getting through treatment that when you get to

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**Duke Cancer Institute**

[dukehealth.org](http://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.

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survivorship, it can be really difficult to figure out what life looks like after a cancer diagnosis. I was struggling to find my new normal.”

Today, Reynolds is thriving both personally and professionally. Having completed a doctoral program in physical therapy, she is now halfway through a residency program in acute care. And the success of her work with Vaughn inspired her to become a passionate advocate for therapy for oncology patients. She even published an article on the topic in the journal *The American Physical Therapy Association*.

“It’s been life changing, honestly,” she said. “And being able to access support cost free made such a difference. Especially when the therapist is specifically trained in cancer survivorship.”

To learn more about DCI’s Teen and Young Adult Oncology Program, visit [dukehealth.org/TYAO](https://dukehealth.org/TYAO).

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

[dukecancerinstitute.org](https://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](https://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](https://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](https://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 [duke.is/survivorshippervices](https://duke.is/survivorshippervices).

## 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 [dukehealth.org/TYAO](https://dukehealth.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](https://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, at one of our three locations, call 919.613.1906 or email [cancersupport@duke.edu](mailto:cancersupport@duke.edu). To learn more, visit [duke.is/self-image](https://duke.is/self-image).

## 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 [duke.is/cals](https://duke.is/cals).

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Scan to learn more or visit [duke.is/n8h92](https://duke.is/n8h92)



**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](https://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 :: March 12  
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](http://duke.is/nn4gr).

## General Cancer Support

Thursday :: March 20  
5 to 6 p.m.

Third Thursday of the month

This **group** is for patients only. Topics include communicating, finding information, making decisions, solving problems negotiating, and standing up for your rights. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## LGBTQIA+ Cancer Support

Wednesday :: March 26  
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](http://duke.is/mhc7m).

## Metastatic Cancer Support Group for Women

Wednesday :: March 19  
3 to 4:30 p.m.

Third Wednesday of the month

The **group** is for patients only. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## Breast & GYN Cancers

Tuesday :: March 11  
5:30 to 7 p.m.

Second Tuesday of the month

The **group** is for patients only. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## Blood and Marrow Transplant Survivorship Support Group

Wednesday :: March 19  
4 to 5:30 p.m.

Third Wednesday of the month

The **group** is for patients and caregivers. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## Caregiver Support Group

Thursday :: March 20, 6 to 7 p.m.

Third Thursday of the month

To register for this **group**, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## Prostate Cancer Support

Monday :: March 24  
4 to 6 p.m.

Fourth Monday of the month

The **group** is for patients and caregivers. To register, visit [duke.is/mhc7m](http://duke.is/mhc7m).

## Parenting with Cancer Meetup

Tuesday :: March 18  
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](http://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, March 10 at 6:30 p.m. KidsCAN!



Tweens and Teens (ages 11–18 years) meets virtually on the third Monday of the month, March 17 at 6:30 p.m.

Registration is required. For more information about KidsCAN!, visit [duke.is/m/wv4y](http://duke.is/m/wv4y).

## TYAO

Teen and Young Adult Oncology Program

Tailgate with us for a **young adult cancer meetup** (18–39 yrs old) on March 29 at 3p.m. as Duke Baseball faces off against NC State at Jack Coombs Field.

Email [TYAO@Duke.edu](mailto: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 [dukehealth.org/cancersupport](http://dukehealth.org/cancersupport) or call 919.684.4497.



## Virtual Tai Chi

Fridays :: March 7 & 21  
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, is a virtual [Tai Chi class](#) for cancer patients and survivors. Visit [duke.is/8mues](http://duke.is/8mues) to learn more and to register.

## Virtual Yoga

Tuesdays :: March 11 & 25  
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](http://duke.is/7jgt3) to learn more and to register.

## Mind-Body Approaches to Coping with Cancer

Tuesdays :: March 4 & 18  
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](http://duke.is/gzsvt).

## Explore the Power of Your Voice for Healing

Mondays :: March 3 & 24  
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](http://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](mailto:DHFCCancerExercise@dm.duke.edu) or visit [duke.is/82cne](http://duke.is/82cne).

## Salon Services

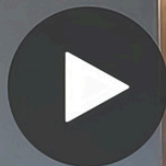
Mondays :: March 3 & 24

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](http://duke.is/n/8mu6).

Duke University Hospital  
Cancer Center



Beyond Cancer:  
Confronting the Challenges of Survivorship



## MEDSCAPE SERIES

This series discusses how our innovative approach of providing onco primary care, along with collaborative research efforts, has informed improvements in screening, treatment, and post treatment oncology care.

**New Episode: Caring for Young Survivors**



[duke.is/4/qm9r](http://duke.is/4/qm9r)



Duke Cancer Institute

# MARCH 2025

## Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <a href="#">Explore the Power of Voice</a>	<b>4</b> <a href="#">Mind/Body Approaches   Coping with Cancer</a>	<b>5</b>	<b>6</b>	<b>7</b> <a href="#">Tai Chi</a>
<b>10</b> <a href="#">KidsCAN! (4–10)</a>	<b>11</b> <a href="#">Yoga</a> <a href="#">Breast &amp; GYN Cancer Support</a>	<b>12</b> <a href="#">Art Therapy at Nasher</a>	<b>13</b>	<b>14</b>
<b>17</b> <a href="#">KidsCAN! Tweens and Teens</a>	<b>18</b> <a href="#">Mind/Body Approaches   Coping with Cancer</a> <a href="#">Parenting with Cancer Meetup</a>	<b>19</b> <a href="#">Women’s Metastatic Cancer Support</a> <a href="#">BMT Survivorship Support</a>	<b>20</b> <a href="#">Caregiver Support Group</a>  <a href="#">General Cancer Support Group</a>	<b>21</b> <a href="#">Tai Chi</a>
<b>24</b> <a href="#">Prostate Cancer Support</a>  <a href="#">Explore the Power of Voice</a>	<b>25</b> <a href="#">Yoga</a>	<b>26</b> <a href="#">LGBTQIA+ Cancer Support Group</a>	<b>27</b>	<b>28</b>

For more information and to register, visit [dukehealth.org/cancersupport](https://dukehealth.org/cancersupport) or call 919.684.4497

To make a gift to support our no charge services, visit [gifts.duke.edu/cancersupport](https://gifts.duke.edu/cancersupport)