



Cancer Care APRIL 2023

You are Not Alone

In the summer of 2021, Alexa Baltazar scheduled an appointment at urgent care after noticing some mild bruising and experiencing a dizzy spell. The result from her blood work was nothing that she could have expected. Alexa was diagnosed with leukemia at age 28.

After completing chemotherapy, it was determined that she would need a bone marrow transplant. Knowing that her transplant physician, Mitchell Horwitz, MD, had a plan was very encouraging, but she was still faced with a whirlwind of emotions.

Alexa felt prepared for the concrete variables, like the cost of chemotherapy, but the emotional side effects, that are often long-lasting, were overwhelming and challenging to traverse. Fortunately, Teen and Young Adult Oncology Program nurse navigator, Jackie Balliot, BSN, RN, OCN, was there to address the concerns that were taking a toll on Alexa's well-being. Balliot made several referrals,

including connecting Alexa to medical family therapist, Geoffrey Vaughn, LMFT, ATR.

"What you go through is traumatic and to be able to talk with someone who is not a family member or friend, about very serious topics was helpful for me" shared Alexa. "A lot of people stigmatize therapy, as if it's for mental illness or if something is wrong. No, it is to keep you going."

In May, Alexa will celebrate her one-year transplant birthday. She is appreciative for the comprehensive care both she and her family received throughout treatment and into survivorship.

If you are facing cancer, it is important to know that you and your loved ones are not alone. The [Duke Cancer Patient Support Program](#) offers a variety of services to help cope with the impact of cancer. To learn more or to make an appointment, ask a member of your care team to make a referral, call 919.684.4497, or email cancersupport@duke.edu.



Duke Cancer Institute

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.



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 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. We make sure you have information to make decisions. We advocate for your needs. We identify barriers to care and connect you with available resources, as needed. We support you all the way from diagnosis to end of treatment. We have a team of navigators across our Duke Cancer Institute locations with expertise, including nursing backgrounds, to help you and your loved ones. If you are interested in learning more, contact your healthcare team and ask about Navigation services.

Clinical Social Work

Oncology and palliative care social workers help patients and their loved ones cope with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. Individuals and family members are assessed to identify and address specific needs. We work together to establish interventions to help you alleviate stressors and financial burdens associated with with a cancer diagnosis. We can connect you and your loved ones to resources such as disability, home health/ hospice, advance directives and end-of-life care. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Social-Work.

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. DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-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. 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 provide education on the impact cancer treatments have on sexual health and intimacy, and therapy services that address concerns surrounding sexual function, sexual feelings, intimacy,

and changes in sexual health. To learn more, visit [DukeCancerInstitute.org/SupportiveCare/Sexual-Health-Intimacy](https://www.dukecancerinstitute.org/SupportiveCare/Sexual-Health-Intimacy).

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://www.dukehealth.org/Quit).

Survivorship Services

Our cancer survivorship initiative focuses on the design and delivery of high-quality survivorship care. We 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/Cancer-Survivorship-Services](https://www.dukehealth.org/Treatments/Cancer/Cancer-Survivorship-Services).

Teen and Young Adult Oncology Program

Duke Cancer Institute's Teen and Young Adult Oncology Program provides 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](https://www.dukecancerinstitute.org/TYAO).

Palliative Care

Duke's palliative care experts help with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping, and other experiences keeping you from feeling your best. Palliative care works closely with you and your doctors to ensure that every choice about your medical care has you at the center and is consistent with your values, while planning for the future. To schedule an appointment, call 919.668.6688, option #7. To learn more, visit [DukeHealth.org/Treatments/Palliative-Care](https://www.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](https://www.dukecancerinstitute.org/Self-Image-Services).

Child and Adolescent Life Services

The Child Life Specialist focuses on supporting the emotional and developmental needs of children and teens in families who are facing cancer. We hold individual education sessions with families to support parents taking the lead in helping their children understand and talk about the cancer diagnosis, treatment, side effects, and

changes in their family life. To learn more, visit [DukeCancerInstitute.org/SupportiveCare/Child-Life](https://www.dukecancerinstitute.org/SupportiveCare/Child-Life).

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Available Legal Resources

Duke Law School's Health Care Planning Project offers legal

assistance to prepare important documents (eg, Health Care Power of Attorney, Living Will, Durable Power of Attorney) at no cost for DCI patients. Law student volunteers and supervising attorneys meet with clients over video or phone. To learn more or schedule an appointment, email HealthCarePlanning@law.duke.edu. Please note that all applicants are screened for eligibility, which includes questions about annual income.

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 you're going through. Registration is required. To learn more, please call 919.684.4497 or visit DukeCancerInstitute.org/Therapy-and-Support-Groups. Scan the code to register for support groups.



Art Therapy at Nasher

Wednesday :: April 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.

General Cancer Support

Thursday :: April 20
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 :: April 26
5:30 to 7 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 :: April 19
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 :: April 11
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 :: April 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.

Caregiver Support Group

Thursday :: April 20
6 to 7 p.m.

[Third Thursday of the month](#)

To register, visit duke.is/mhc7m.

Prostate Cancer

Monday :: April 24
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 :: April 6
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 :: April 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.

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, April 10 at 6:30pm.

KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, April 17 at 6:30. To learn more or to register, call 919.684.4497, or email CancerSupport@duke.edu.

TYAO

Teen and Young Adult
Oncology Program

Join us for TYAO virtual meetups this month on Tuesday, April 25, from 6:30 to 7:30 p.m. for young adults



(18–39 years old) and Thursday, April 27, from 6:30 to 7:30 p.m. for teens (15–17 years old).

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.

To help ensure the continuation of these vital programs and services, please get involved by visiting DukeCancerInstitute.org/SurvivorshipDay/Get-Involved-With-DCI.



Virtual Tai Chi for Cancer

Fridays :: April 7 & 28
2:30 to 3:15 p.m.

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 :: April 11 & 25
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

Wednesdays :: April 12 & 26, 12:45 to 1:30 p.m.
Second and fourth Wednesday 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 the ability 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 :: April 3 & 17
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, will help you pay mindful attention to your heart and voice while experiencing 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.

NEW: Salon Services

Mondays :: April 3 & 10
Thursday :: April 20
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.



Sexual Health Services

We are now selling sexual health products at the following locations:

- Duke Cancer Center, Durham
- Duke Women's Cancer Care Raleigh
- Duke Cancer Center Raleigh

For more information call **919.613.1906**



Duke Cancer Institute

APRIL 2023

Duke Cancer Institute Virtual Support and Activity Groups

Monday

Tuesday

Wednesday

Thursday

Friday

For more information and to register, visit DukeCancerInstitute.org/SupportiveCare or call 919.684.4497

To make a gift to support our no charge services, visit gifts.duke.edu/cancersupport

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