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Cancer Care



Madelyn Wilson helps others find cancer treatment support for teens.

Teen Volleyball Player Has A Plan of Attack For Isolation During Cancer

BY ANGELA SPIVEY, DCI DEVELOPMENT

In many ways, Madelyn Wilson is like any high school senior. She is focused on college plans, including her dream of playing volleyball on a college team.

But at least one thing about her is different. In October 2017, at age 14, she had to put her life on hold and focus on beating stage 4 Hodgkin lymphoma.

In January 2018, she finished her last round of chemotherapy after being declared cancer free. She went to her prom and had a great time. She also went on to earn a spot on the volleyball team at Apex Friendship High School.

But by spring 2019, the cancer had returned, which led to a bone marrow transplant.

Being a young teen, Wilson straddled the world of children's cancer treatment and adult treatment. She

was admitted to Duke Children's Hospital for the bone marrow transplant. That is when she really felt the need to connect with other patients her age who had cancer.

"When I was inpatient for my transplant, I was the oldest patient on the unit," she says. "The next closest person to my age was two years old. So that was pretty tough." She video-blogged her treatment as a way to help share her experiences and perhaps help other teens going through cancer. See [youtube.com/c/MadelynWilson](https://www.youtube.com/c/MadelynWilson).

Wilson's bone marrow transplant was successful, and by December 2020, she was doing well.

Now that she's had some time away from active treatment, she wants to help other teens who are going through the same things she did.

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“I really struggled with my mental health during treatment and afterward. Survivorship is something that I didn’t realize would be so tough,” she says. “I got really good at having cancer. I knew when I was going to get chemo and when I was getting radiation, and I had everything down to a T. Then I got to the point where my oncologist was like, ‘Alright, I’ll see you in 3 months.’ I thought, ‘What? What am I supposed to do for 3 months?’ Adjusting back to real life was extremely challenging.”

That’s why she began using some of the services offered by [Duke’s Teen and Young Adult Oncology Program](#). She has also been advising the program as an advocate—sharing her experiences as a patient with program organizers to help them improve it.

Wilson is still focused on her dream of playing college volleyball. She reclassified as a high school senior for a second year so she could have a chance at being recruited as a college player.

“Through everything, that was part of what kept me going,” Wilson says. “My parents have done an amazing job trying to support me and still making sure that I’m able to reach my goals.”

View Madelyn Wilson’s full article on the [DCI Blog](#).

dukecancerinstitute.org

As the COVID-19 pandemic continues to evolve, it has become clear that we need to continue our efforts to minimize health and safety risks to Duke patients, staff, families, and the larger community.

Your psychosocial needs remain a top priority. We are continuing to offer the services listed on the following two pages remotely. For questions or to access these supportive care and survivorship services, please call 919.684.4497, email cancersupport@duke.edu or ask your doctor or nurse. We are grateful for your continued cooperation and flexibility during this public health crisis.

Cancer Support Services

Duke Cancer Institute offers a variety of support services and resources for patients and their loved ones to assist with navigating life during and after cancer treatment. In honor of this year’s Survivorship Day, the Supportive Care and Survivorship Center created [DukeCancerInstitute.org/SurvivorshipDay](#)—a site that features videos that highlight each of the services listed in this calendar.

We encourage you to view by clicking the hyperlinks to hear directly from our providers who strive to make the cancer experience better for everyone we serve.

Patient and Nurse Navigation

Navigators help identify and evaluate barriers to timely diagnosis and treatment of cancer. We focus on patients who are faced with multiple barriers such as transportation, housing and financial concerns. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care](#).

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 burden associated with cancer diagnoses, as well as 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. To learn more, visit [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 <http://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 <http://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 <http://dukecancerinstitute.org/quitatduke>.

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 DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Survivorship.

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.

Palliative Care

Duke's palliative care experts help you find relief from the pain, symptoms and stress of serious illness. No matter your age or the stage of your illness, we work closely with you and your doctors to help you understand your treatment options and make decisions about your care. We're here to help you gain emotional and psychological strength, and to ensure you and your loved ones experience the best possible quality of life. Although palliative care providers sometimes see people at the end of life, and we may talk with you about what hospice offers, we are not hospice care. We can help with pain control, symptom management, complex medical decisions, navigation of complex health care issues, and advance care planning, including a living will or healthcare power of attorney. To schedule an appointment, call 919.668.6688, option #7. Please

visit DukePalliativeCare.org for more information. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/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. To best serve our patients and their families we are offering virtual consultations, video resources, product shipping and curbside pick-up options. If you are interested in a self-image consultation, call 919.613.1906 or email cancersupport@duke.edu. To learn more about our self-image services, visit DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services.

Free Legal Resource

Duke Law School's Health Care Planning Project offers free legal assistance to prepare important documents, such as Health Care Power of Attorney, Advance Directive (Living Will), and Durable Power of Attorney. Law student volunteers and supervising attorneys meet with clients over video or phone. These free services are available on Mondays from 5 pm to 7 pm and Fridays from 10 am to 2 pm. To learn more or schedule an appointment, please email HealthCarePlanning@law.duke.edu or call 919.613.7169.

Support Groups

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.

Due to COVID-19 precautions, support groups scheduled for April will be held virtually. Duke Cancer Patient Support Program's support groups are professionally facilitated groups, where patients and their caregivers have an opportunity to meet people in a similar situation, share what's happening and get support, tips and ideas from those who understand what you're going through. Registration is required. Please see each group for the correct contact information to register. For questions, please call 919.684.4497.

Breast & GYN Cancers

Tuesday :: April 13
5:30 to 7 p.m.
Second Tuesday of the month
This group is for patients only.
To register, email Ginger.Gialanella@duke.edu or call 919.307.0332.

Blood and Marrow Transplant Survivorship Support Group

Wednesday :: April 21
4 to 5:30 p.m.
Third Wednesday of the month
To register, email John.Schweichler@duke.edu or call 919.668.2480.

Caregiver Support Group

Thursday :: April 15
6 to 7 p.m.
Third Thursday of the month
To register, email Tracy.Berger@duke.edu or call 919.681.6835

General Cancer Support

Thursday :: April 15
5 to 6 p.m.
Third Thursday of the month
Patient and caregiver groups are held separately. During this group, you will have an opportunity to meet other individuals facing cancer, share your own experience, and learn about topics helpful to being your own best advocate. Topics typically include communicating, finding information, making decisions, solving problems, negotiating and standing up for your rights. To register, email Tracy.Berger@duke.edu or call 919.681.6835.

LGBTQ+ Cancer Support

Wednesday :: April 28
5:30 to 7 p.m.
Fourth Wednesday of the month
This support group is for oncology patients and families. To register, email Geoffrey.Vaughn@duke.edu or call 919.668.4029.

Prostate Cancer

Monday :: April 26
4 to 6 p.m.
Fourth Monday of the month
To register, email John.Schweichler@duke.edu or call 919.668.2480.

Kids Can!

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.

The next virtual gathering will be held on Monday, April 12 at 6:30 pm. To learn more or to register, contact Hannah Sasser at 919.954.4117, or email hes15@duke.edu.



Metastatic Cancer Support Group for Women

This virtual group is designed to offer professionally facilitated support for patients identifying as women who have a metastatic cancer diagnosis. The group is held on the 3rd Wednesday of the month from 3:00 to 4:30 p.m. For more information and to register, call 919.307.0332 or email Ginger.Gialanella@duke.edu.

TYAO Young Adult Meetup (18–39) and TYAO Teen Meetup (15–17)

Are you a teen or young adult with cancer? Visit our newly renovated Teen and Young Adult Oncology site to navigate resources and services available to you at ease.

Join us for TYAO virtual meetup this month on Tuesday, April 27 from 6:30 p.m. to 7:30 p.m. for TYAO Young Adult Meetup and Thursday, April 22 from 6:30 p.m. to 7:30 p.m. for TYAO Teen Meetup. To register email TYAO@Duke.edu.

Rest, Relax, Renew

NEW: Virtual Mindfulness Sessions

Join us weekly for Free Mindfulness sessions, available through Zoom every Thursday. During these sessions, patients and caregivers will benefit by practicing present moment awareness, deep relaxation, and gentle movement to help promote stress reduction, health and healing. No previous meditation experience is necessary. New participants will learn meditation practices with instructor guidance. Experienced meditators can join us in deepening their daily practice in a supportive community environment. Registration is required: [Sign up](#) today for this Zoom session.



NEW: Virtual Tai Chi for Cancer

Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual Tai Chi class for

cancer patients and survivors. Classes take place on Zoom on the 1st and 3rd Friday of the month at 2:30 p.m. [Click to register](#). Visit our [site](#) to learn more.



FREE Exercise Consultations

Translate your New Year's resolutions into year-long habits with the Supportive Care & Survivorship Center. FREE personalized exercise consultations by exercise physiologists are available to oncology patients and survivors. Video chat or phone sessions are available on Mondays between 2:00 and 4:00 pm and Wednesdays between 8:45 and 11:30 am. Call 919.660.6648 or email Christopher.Ehren@duke.edu

duke.edu to make your appointment today.

NEW: Virtual Yoga for Cancer

Join certified Yoga for Cancer instructor Laura Woodall in a class designed specifically for cancer patients and survivors. Classes take place on Zoom on the 2nd and 4th Tuesday of the month at noon. [Click to register](#). Visit our [site](#) to learn more.

“*The Duke Cancer Patient Support Program was our silver lining to a very dark cloud. We will forever hold this program in our hearts as the positive thing that happened while I had cancer.*”

*-Monica Crooks, treated for breast cancer
pictured (at right) with her husband Rodolfo and children Kadya (4), Kylah (11) and Kaleb (13), all of whom benefited from the services of the Duke Cancer Patient Support Program

