

FEBRUARY 2021

Cancer Care



Yoga for Cancer Instructor, Laura Woodall, to begin classes in March

NEW: Free Yoga for Cancer Class

Join certified Yoga for Cancer (**y4C**) instructor Laura Woodall in a class designed specifically for cancer patients and survivors. This class combines components of flexibility, movement, strength, balance and breathing to avoid lymphatic fluid accumulation, aid in managing side effects and improve overall mental and physical wellbeing.

Laura Woodall, a cancer survivor, began instructing yoga in 2003. "I approach teaching with awareness and compassion, drawing upon knowledge of anatomy and physical limitations. My intention is that we practice yoga with a sense of compassion and humor toward ourselves, and that our yoga practice deepens our sense of gratitude for all that we have in our lives," shared Woodall.

Yoga classes for Duke cancer patients and survivors will be easily accessible (see below) and offered at no cost.

The Duke Cancer Patient Support Program (DCPSP) has wanted such a program for years. "Thanks to the generosity of Donna Bernstein, this dream has developed into a reality," said Mallori Thompson, Administrative Director of the DCPSP. "Through these classes, we want to encourage and inspire participants as they explore yoga while building a skill set that helps them in their journey toward optimal health and awareness."

The classes, hosted by the Duke Cancer Patient Support Program, will be held on Zoom at noon every second and fourth Tuesday beginning in March. Register by emailing cancersupport@duke.edu or calling 919.684.4497.



Duke Cancer Institute

dukehealth.org

Talking
with Children
and Teens
about Cancer



Duke Cancer Patient Support Program's certified child life specialists (CCLS) strive to help children and teens better understand and cope with serious illness in the family. Jean Hartford-Todd, CCLS, has created a [video](#) that shares how to talk with children and teens about cancer, treatments, and side effects.

Due to COVID-19 precautions, support services are being offered remotely. Please call 919.684.4497 for more information.

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.

Tour the site by visiting DukeCancerInstitute.org/SurvivorshipDay.

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 a cancer diagnosis, 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.



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 to make your appointment today.

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.

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 February 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 :: February 9
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.

dukehealth.org

Blood and Marrow Transplant Survivorship Support Group

Wednesday :: February 17
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 :: February 18
6 to 7 p.m.

Third Thursday of the month

To register, email [Tracy.Berger@](mailto:Tracy.Berger@duke.edu)

duke.edu or call 919.681.6835

General Cancer Support

Thursday :: February 18
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 :: February 24
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 :: February 22
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, February 8 at 6:30 pm. To learn more or to register, contact Hannah Sasser at 919.954.4117, or email hes15@duke.edu.



Teen and Young Adult Oncology Meetups

Are you a teen or young adult with cancer? Do you want to connect with others who understand what you are going through? Join Duke's TYAO program for monthly virtual meetups.

Teen Meetup (15 to 17 yrs old): 4th Thursday of every month at 6:30 p.m. EST

Young Adult Meetup (18 to 39 yrs old): 4th Tuesday of every month at 6:30 p.m. EST

Email TYAO@Duke.edu to register and to learn more.