



**JANUARY 2021**

# Cancer Care

*Wife, a mother of two, associate pastor and chaplain Sarah Smith-Pitts, who was diagnosed with breast cancer just before Christmas last year, shares her survivor story at the Tree of Hope Ceremony.*



## Tree of Hope Honors Patients, Loved Ones and Healthcare Heroes

BY JULIE POUCHER HARBIN, SENIOR WRITER, DCI

More than 3,000 Duke Cancer Institute community members came together virtually on December 3 for the annual Nancy Weaver Emerson Tree of Hope Lighting Ceremony—an event to honor loved ones and recognize those whose lives have been touched by cancer.

The ceremony was [recorded](#) at the Garden of Tranquility at Duke Cancer Center, the Duke Raleigh Gardens at Duke Cancer Center Raleigh and in the homes of two patients and their families who shared how their cancer support team made their cancer journeys easier.

Sarah Smith-Pitts, one of the patient speakers remarked, “She (Dr. Fayanju) wasn’t looking at me as just a person with a breast that had cancer in it, but she was looking

at me as a whole person ... Throughout all of this, she and all the folks at Duke were partnering with me in this journey with cancer. This is a journey that you never want to go on and one that just doesn’t make any sense at all. But to have people with you along the way helps to bear some of that burden. And it makes all the difference. It helped not only me, but it helped my entire family... There is so much it (cancer) takes from you. It could weaken you, but the resources that Duke has offered us has made us stronger.”

Duke Cancer Institute team members, expressed gratitude to be a part of the cancer journey with these families. These healthcare heroes recognized the many other heroes involved in the cancer process

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**Duke Cancer Institute**

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including those cleaning the rooms, making the meals, drawing blood and those who give life every day through medications and treatments. All of us work together as a team to care for the whole patient.

We at DCI would like to extend our appreciation to all who joined us for this [moving event](#). We are grateful to those who purchased tribute cards in honor or in memory of their loved ones or luminaries in honor of their Healthcare Heroes. Thank you for supporting our Duke Cancer Patient Support Program. We welcome those of you who missed the event live to share in the experience by watching the recorded [video](#).

Tribute cards remain [available for purchase](#).



*Sarah Smith-Pitts with her husband Myron Smith and two children, Samuel and Helen Ann*

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

[dukecancerinstitute.org](http://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](mailto: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](http://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](http://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](http://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](http://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](http://DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services).

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.

## 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](http://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](http://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](http://DukePalliativeCare.org) for more information. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Palliative-Care](http://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](mailto:cancersupport@duke.edu). To learn more about our self-image services, visit [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services](http://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](https://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](https://DukeCancerInstitute.org/SurvivorshipDay/Get-Involved-With-DCI).

Due to COVID-19 precautions, support groups scheduled for January 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 :: January 12  
5:30 to 7 p.m.  
Second Tuesday of the month  
This group is for patients only.  
To register, email [Ginger.Gialanella@duke.edu](mailto:Ginger.Gialanella@duke.edu) or call 919.307.0332.

[dukehealth.org](https://dukehealth.org)

## Blood and Marrow Transplant Survivorship Support Group

Wednesday :: January 20  
4 to 6 p.m.  
Third Wednesday of the month  
To register, email [John.Schweichler@duke.edu](mailto:John.Schweichler@duke.edu) or call 919.668.2480.

## Caregiver Support Group

Thursday :: January 21  
6 to 7 p.m.  
Third Thursday of the month  
To register, email [Tracy.Berger@duke.edu](mailto:Tracy.Berger@duke.edu) or call 919.681.6835

## General Cancer Support

Thursday :: January 21  
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](mailto:Tracy.Berger@duke.edu) or call 919.681.6835.

## LGBTQ+ Cancer Support

Wednesday :: January 27  
5:30 to 7 p.m.  
Fourth Wednesday of the month  
This support group is for oncology patients and families. To register, email [Parker.Anderson@duke.edu](mailto:Parker.Anderson@duke.edu) or call 919.613.1365.

## Prostate Cancer

Monday :: January 25  
4 to 6 p.m.  
Fourth Monday of the month  
To register, email [John.Schweichler@duke.edu](mailto: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, January 11 at 6:30 pm. To learn more or to register, contact Hannah Sasser at 919.954.4117, or email [hes15@duke.edu](mailto:hes15@duke.edu).



## Teen and Young Adult Oncology

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

Join us for TYAO virtual meetup this month on Wednesday, Tuesday, January 26 from 6:30 p.m. to 7:30 p.m. To register email [TAYO@Duke.edu](mailto:TAYO@Duke.edu).