



JULY 2021

Cancer Care



"Knowing my family was getting the additional support they needed allowed me to focus on my fight against cancer." – Ryan Switzer, cancer survivor

Giving Back

BY JULIE HARBIN, SENIOR WRITER, DCI

From cancer diagnosis and through treatment, recovery and survivorship, Ryan Switzer hasn't stopped raising awareness and funds to ensure that others receive the same Duke quality cancer care that he and his family received.

Switzer was 37 in July 2012 when he was diagnosed with stage 2 rectal cancer. He underwent radiation and chemotherapy treatments, multiple surgeries and participated in a clinical trial to test a potential anti-cancer drug (veliparib).

Now a survivor, Switzer is committed to giving back to cancer support programs such as [KidsCan!](#) that are centered on whole-family wellness. He believes when caregivers, spouses and children are supported, "stress and worry are also taken off the patient who needs to focus on getting stronger and fighting cancer."

While Switzer's cancer fight made his own family stronger and better equipped to deal with life's "bumps in the road," he also understands how cancer can take families to the brink. He considers himself fortunate.

"A diagnosis of cancer is pretty difficult for families and caregivers to go through," he said. "Fortunately for us, Duke offered great programs and services that helped our family better make our way through what was one of the most challenging times of our lives."

For the past few years, Switzer has raised thousands of dollars for [KidsCan!](#) and Camp Kesem, Duke programs that helped his daughters cope with his diagnosis.

Switzer's cancer journey has changed the trajectory of his life. Driven in his efforts to support Duke, he continues to move forward to raise funds. Visit DukeCancerSupport.com/Switzer to hear Ryan's full story.

For a full listing of support services for patients and their families, tour DukeCancerInstitute.org/SupportiveCare.



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.

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. 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.

Available Legal Resources

Duke Law School's Health Care Planning Project offers legal assistance to prepare important documents, such as Health Care Power of Attorney, Advance Directive (Living Will), and 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, 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 July 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 :: July 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 :: July 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 :: July 15
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 :: July 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 :: July 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 :: July 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, July 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 – 4:30 PM. For more information and to register for the July 21 group, 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, July 27 from 6:30 p.m. to 7:30 p.m. for TYAO Young Adult Meetup and Thursday, July 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 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.

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.

Mind, Body Approaches to Coping with Cancer

Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. To assist in developing mindfulness tools, the [Duke Cancer Patient Support Program](#) offers no-cost virtual sessions that 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.

These sessions begin July 14 with a virtual offering from



12:45-1:30 p.m. Additional sessions continue at the same time every second and fourth Wednesday beginning August 11.

Registration is required. E-mail Tracy.Berger@duke.edu or call 919.681.6835 to sign up.

This program is funded by the [Duke Raleigh Hospital Guild](#).

Exercise Consultations

Translate your New Year's resolutions into year-long habits with the Supportive Care & Survivorship Center.

Personalized exercise consultations by exercise physiologists 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 pm and Wednesdays between 8:30 and 11:30 am. Call 919.660.6648 or email Christopher.Ehren@duke.edu to make your appointment today.

“*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 Kady (4), Kylah (11) and Kaleb (13),
all of whom benefited from the services of the
Duke Cancer Patient Support Program*

