



Cancer Care JULY 2022

Duke Onco-Fertility Program: Advances Are on the Horizon

By Frances Rogers

A cancer diagnosis brings with it a flood of emotions—sometimes one at a time, often all at once. A patient's initial questions relate to their type of cancer, course of treatment, and most importantly, the likelihood of survival.

What may not immediately come to mind is the possible effect the cancer and its treatment could have on the patient's future ability to have children. Just 20 years ago, this was rarely considered. Compared to now, cancer survival rates were lower, and the technology to preserve future fertility was not readily available.

The emerging field of onco-fertility brings together oncology and reproductive endocrinology specialties to maximize the reproductive potential of cancer patients and survivors. Therapies involve procedures performed prior to the beginning of cancer treatment in an effort to preserve

options for both men and women related to future conception and completion of a successful pregnancy.

A novel collaboration between the Duke Cancer Institute's (DCI) Supportive Care & Survivorship Center and the Duke Fertility Center connects cancer patients to a multidisciplinary team of oncologists, fertility specialists, patient navigators, and psychosocial providers.

The Duke Onco-Fertility Program facilitates rapid referral to fertility counseling—within 48 hours of a patient's first oncology appointment—to ensure there is no delay in beginning cancer treatment for patients who are interested in proceeding with fertility preservation.

Duke is one of the first centers to have a dedicated onco-fertility patient navigator position. The navigator coordinates the patient's referral process between DCI

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Duke Cancer Institute

dukehealth.org

Cancer Support Services

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and the fertility specialist at the Duke Fertility Center. The navigator also works closely with patients and their families to provide education and support and to address potential barriers to fertility preservation, such as helping patients apply for any relevant grants or philanthropic funds to mitigate costs. The navigator's ultimate goal is to ensure that patients have the information they need to make an informed decision about whether to move forward with fertility preservation therapies.

Since the creation of this role, the number of onco-fertility referrals more than triple. [An October 2021 article in the Journal of Oncology Navigation and Survivorship](#),

“Addressing Barriers to Fertility Preservation for Cancer Patients: The Role of Oncofertility Patient Navigation,” details the vital role of the patient navigator in an onco-fertility program.

To read the full article, visit duke.is/w25pz.



Support services are offered both in-person and remotely. Please call 919.684.4497 for more information.

dukecancerinstitute.org

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 featuring videos that highlight each of the services listed in this calendar.

We encourage you to visit these sites 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 burdens associated 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 <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 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.

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.

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.

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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, please email HealthCarePlanning@law.duke.edu or call 919.613.7169.

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.

General Cancer Support

Thursday :: July 21
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, email Tracy.Berger@duke.edu.

LGBTQ+ Cancer Support

Wednesday :: July 27
5:30 to 7 p.m.

Fourth Wednesday of the month

The group is for patients and caregivers. To register, email Geoffrey.Vaughn@duke.edu.

Metastatic Cancer Support Group for Women

Wednesday :: July 20
3 to 4:30 p.m.

Third Wednesday of the month

The group is for patients only. To register, email j.carrie.brown@duke.edu.

Breast & GYN Cancers

Tuesday :: July 12
5:30 to 7 p.m.

Second Tuesday of the month

The group is for patients only. To register, email j.carrie.brown@duke.edu.

Blood and Marrow Transplant Survivorship Support Group

Wednesday :: July 20
4 to 5:30 p.m.

Third Wednesday of the month

The group is for patients and caregivers. To register, email John.Schweichler@duke.edu.

Caregiver Support Group

Thursday :: July 21
6 to 7 p.m.

Third Thursday of the month

To register, email Tracy.Berger@duke.edu.

Prostate Cancer

Monday :: July 25
4 to 6 p.m.

Fourth Monday of the month

The group is for patients and caregivers. To register, email Patrick.Plumeri@duke.edu.

Fertility Support Group for Women

Thursday :: July 7
5:30 to 6:30 p.m.

First Thursday of the month

The group is for patients only. To register, email Oncofertility@Duke.edu.

Parenting with Cancer

Returning Monday :: September 5
12 to 1 p.m.

First Monday of the month

The group is for parents with cancer and their caregivers, who have young children and/or teens. To register or learn more, email Patrick.Plumeri@duke.edu.

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 4–12 years) meets virtually on the second Monday

of the month, July 11 at 6:30pm. KidsCan! Teens (ages 13–18 years) meets virtually on the third Monday of the month, July 18, at 6:30pm. 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, July 26 from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, July 28 from 6:30 to 7:30 p.m. for teens (15–17 years old). To register email TYAO@Duke.edu.

JULY 2022

Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For more information and to register, contact: 919.684.4497 DukeCancerInstitute.org/SupportiveCare</p> <p>To make a gift, visit gifts.duke.edu/cancersupport</p>				1
4	5	6	7 Fertility Support Group for Women	8
11 KidsCan! (4–12) Explore the Power of Voice	12 Breast & GYN Cancer Support Yoga for Cancer	13 Mind/Body Coping with Cancer	14	15 Tai Chi for Cancer
18 KidsCan! (13–18)	19	20 BMT Survivorship Support Women’s Metastatic Cancer Support	21 General Cancer Support Caregiver Support	22
25 Prostate Cancer Support Explore the Power of Voice	26 TYAO Young Adult Meetup (18–39) Yoga for Cancer	27 Mind/Body Coping with Cancer LGBTQ+ Cancer Support Group	28 TYAO Teen Meetup (15–17)	29 Tai Chi for Cancer