How a cancer diagnosis and treatment affects your sexual health, intimacy, and body image is often a rarely discussed topic. This rings true throughout treatment, and especially for people in survivorship. Cancer treatments (surgery, radiation therapy, or medications) can lead to changes in your body that affect your body image, physical functioning (including sexual functioning), and sexual desire (sex drive or libido). While some of these changes may be short-term, others can be longer lasting. Talking with your team about these side-effects can help you develop a plan to reduce the impact of these changes, when possible, and develop strategies for adjusting to them.

While the physical changes you experience may influence your sexual health and intimacy, so could the emotional distress you have during treatment and or survivorship. Because of this connection between emotional wellness, physical well-being, and relational health, our team is trained to help you address how these are all intertwined, and will work with you on a personalized plan to address sexual health and intimacy concerns with you or with you and your partner.

Our Supportive Care and Survivorship Center began to offer specialized, multi-disciplinary care within our Sexual Health and Intimacy Program in 2014. Our team includes a Sex Therapist, Medical Family Therapists, Self-image Consultants, as well as physical therapy, pharmacy, and oncology provider collaborators. Together, we can help assess your individual situation, provide supportive services or therapy, and provide product recommendations.

continued on page 2
Duke Cancer Institute offers a variety of cancer support and survivorship services for patients and their loved ones to assist with navigating life during and after cancer treatment. Our goal is to shape the future of cancer survivorship and improve the quality of life throughout treatment.

Patient and Nurse Navigation
Navigators support patients, families, and caregivers through their cancer care. We make sure you have information to make decisions. We advocate for your needs. We identify barriers to care and connect you with available resources, as needed. We support you all the way from diagnosis to end of treatment. We have a team of navigators across our Duke Cancer Institute locations with expertise, including nursing backgrounds, to help you and your loved ones. If you are interested in learning more, contact your healthcare team and ask about Navigation services.

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.

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.

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 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 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 DukeHealth.org/Quit.

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.

Child and Adolescent Life Services
The Child Life Specialist focuses on supporting the emotional and developmental needs of children and teens in families who are facing cancer. We hold individual education sessions with families to support parents taking the lead in helping their children understand and talk about the cancer diagnosis, treatment, side effects, and changes in their family life. To learn more, visit DukeCancerInstitute.org/SupportiveCare/Child-Life.

Available Legal Resources
Duke Law School’s Health Care Planning Project offers legal assistance to prepare important documents (e.g., 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, email HealthCarePlanning@law.duke.edu. Please note that all applicants are screened for eligibility, which includes questions about annual income.

dukecancerinstitute.org
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. Scan the code to register for support groups.

Art Therapy at Nasher
Wednesday :: March 8
2 to 3:30 p.m.
Second Wednesday of the month
This group is open to patients and caregivers and is located at the Nasher Museum of Art in Durham. No art experience is needed. For more information and to register, visit duke.is/mn4gr.

General Cancer Support
Thursday :: March 16
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, visit duke.is/mhc7m.

LGBTQIA+ Cancer Support
Wednesday :: March 22
5:30 to 7 p.m.
Fourth Wednesday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Metastatic Cancer Support Group for Women
Wednesday :: March 15
3 to 4:30 p.m.
Third Wednesday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Breast & GYN Cancers
Tuesday :: March 14
5:30 to 7 p.m.
Second Tuesday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Blood and Marrow Transplant Survivorship Support Group
Wednesday :: March 15
4 to 5:30 p.m.
Third Wednesday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Caregiver Support Group
Thursday :: March 16
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: March 27
4 to 6 p.m.
Fourth Monday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Fertility Support Group for Women
Thursday :: March 2
5:30 to 6:30 p.m.
First Thursday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Parenting with Cancer Meetup
Tuesday :: March 21
7:30 to 8:30 p.m.
Third Tuesday of the month
The group is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit duke.is/mhc7m.

TYAO Teen and Young Adult Oncology Program
Join us for TYAO virtual meetups this month on Tuesday, March 28, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, March 23, from 6:30 to 7:30 p.m. for teens (15–17 years old).

dukecancerinstitute.org
Virtual Tai Chi for Cancer
Friday :: March 3 & 17
2:30 to 3:15 p.m.
First and third Friday of the month
Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual Tai Chi class designed specifically for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Mind-Body Approaches to Coping with Cancer
Wednesday :: March 8 & 22, 12:45 to 1:30 p.m.
Second and fourth Wednesday of the month
Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. These virtual sessions 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. For more information and to register, visit duke.is/gzsvt.

Explore the Power of Your Voice for Healing
Monday :: March 6 & 20
noon to 1 p.m.
First and third Monday of the month
In this workshop you will explore breathing techniques, vocal toning, and chanting. These tools and techniques, when used daily, will help you pay mindful attention to your heart and voice while experiencing the health benefits of sound, vibration, and self-expression. Visit duke.is/mn7m9 to learn more and to register.

Exercise Consultations
Mondays :: 2 to 4 p.m.
Wednesdays :: 8:30 to 11:30 a.m.
Supportive Care & Survivorship Center offers exercise consultations by exercise physiologists. These personalized sessions 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 p.m. and Wednesdays between 8:30 and 11:30 a.m. To learn more or to register email DHFCCancerExercise@dm.duke.edu or visit duke.is/82cne.

NEW: Salon Services
Mondays :: March 6 & 13
Thursday :: March 16
Our volunteer team of expert hair stylists provide private consultations at the Belk Boutique in Durham at no cost. They offer dry cuts for your hair or a head shave. Our stylists can also assist with wig styling, cutting, and general wig care. Call 919-613-1906 to reserve your time slot.

Meet the Expert:
Clinical Dieticians  Wednesday, March 15, Noon to 2 p.m.
Patient Navigation  Tuesday, March 21, Noon to 2 p.m.

Drop in to the Duke Cancer Center’s Patient Resource Center to Meet the Expert.

• On March 15th meet our Duke Cancer Center Clinical Dieticians to learn nutrition tips that are helpful during treatment and throughout survivorship.

• On March 21st, our Patient Navigation Team will be sharing the benefits of working with a navigator.

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.
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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td></td>
<td>6</td>
<td>7</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>Salon Services</td>
<td>14 Breast &amp; GYN Cancer Support Yoga for Cancer</td>
<td>Fertility Support Group for Women</td>
<td>Tai Chi for Cancer</td>
</tr>
<tr>
<td>13</td>
<td>Salon Services</td>
<td>15 Meet the Expert BMT Survivorship Support Women’s Metastatic Cancer Support</td>
<td>Salon Services General Cancer Support Caregiver Support</td>
<td>Tai Chi for Cancer</td>
</tr>
<tr>
<td>20</td>
<td>Explore the Power of Voice KidsCan! (4–10)</td>
<td>21 Parenting with Cancer Meetup Meet the Expert</td>
<td>22 LGBTQIA+ Cancer Support Group</td>
<td>TYAO Teen Meetup (15–17)</td>
</tr>
<tr>
<td>27</td>
<td>Prostate Cancer Support</td>
<td>28 Yoga for Cancer TYAO Young Adult Meetup (18–39)</td>
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For more information and to register, visit DukeCancerInstitute.org/SupportiveCare or call 919.684.4497.

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