



# Cancer Care MARCH 2023

## Sexual Health: Let's talk about sex and intimacy ... and cancer

**H**ow 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.

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**Duke Cancer Institute**

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

# Cancer Support Services

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To learn more about the Sexual Health and Intimacy Program and the services we offer, including sex therapy, sexual health clinics, and sexual health products, call 919-684-4497 or ask your provider for a referral to Cancer Support.

You can also stop by one of our [Boutique locations](#) to speak with a self-image consultant to learn about, or purchase, sexual health products recommended by our team.



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

[dukecancerinstitute.org](http://dukecancerinstitute.org)

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.

## 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 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](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. [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).

## 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](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 [DukeCancerInstitute.org/SupportiveCare/Sexual-Health-Intimacy](https://www.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](https://www.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](https://www.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](https://www.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](https://www.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](mailto:cancersupport@duke.edu). To learn more, visit [DukeCancerInstitute.org/Self-Image-Services](https://www.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](https://www.dukecancerinstitute.org/SupportiveCare/Child-Life).

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Scan to learn more or visit [duke.is/n8h92](https://duke.is/n8h92)



### 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, email [HealthCarePlanning@law.duke.edu](mailto:HealthCarePlanning@law.duke.edu). Please note that all applicants are screened for eligibility, which includes questions about annual income.

# 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](https://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/nn4gr](https://duke.is/nn4gr).

## 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](https://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](https://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](https://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](https://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](https://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](https://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](https://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](https://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](https://duke.is/mhc7m).

## 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



4–10 years) meets virtually on the second Monday of the month, March 13 at 6:30pm.

KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, March 20 at 6:30. To learn more or to register, call 919.684.4497, or email [CancerSupport@duke.edu](mailto:CancerSupport@duke.edu).

## 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).

# Rest, Relax, Renew

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).

## 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](#) for cancer patients and survivors. Visit [duke.is/8mues](https://duke.is/8mues) to learn more and to register.

## Virtual Yoga for Cancer

Tuesday :: March 14 & 28  
12 to 1 p.m.

Second and fourth Tuesday of the month

Join certified Yoga for Cancer instructor Laura Woodall in a [class](#) designed specifically for cancer patients and survivors. Visit [duke.is/7jgt3](https://duke.is/7jgt3) 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](https://duke.is/gzsvt).

This program is funded by the Duke Raleigh Hospital Guild.

## 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](https://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](mailto:DHFCCancerExercise@dm.duke.edu) or visit [duke.is/82cne](https://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.



Duke Cancer Institute

# MARCH 2023

## Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 <a href="#">Fertility Support Group for Women</a>	3 <a href="#">Tai Chi for Cancer</a>
6 <a href="#">Salon Services</a> <a href="#">Explore the Power of Voice</a>	7	8 <a href="#">Art Therapy</a> <a href="#">Mind/Body Coping with Cancer</a>	9	10
13 <a href="#">Salon Services</a> <a href="#">KidsCan! (4–10)</a>	14 <a href="#">Breast &amp; GYN Cancer Support</a> <a href="#">Yoga for Cancer</a>	15 <a href="#">Meet the Expert</a> <a href="#">BMT Survivorship Support</a> <a href="#">Women’s Metastatic Cancer Support</a>	16 <a href="#">Salon Services</a> <a href="#">General Cancer Support</a> <a href="#">Caregiver Support</a>	17 <a href="#">Tai Chi for Cancer</a>
20 <a href="#">Explore the Power of Voice</a> <a href="#">KidsCan! (11–18)</a>	21 <a href="#">Parenting with Cancer Meetup</a> <a href="#">Meet the Expert</a>	22 <a href="#">LGBTQIA+ Cancer Support Group</a>	23 <a href="#">TYAO Teen Meetup (15–17)</a>	24
27 <a href="#">Prostate Cancer Support</a>	28 <a href="#">Yoga for Cancer</a> <a href="#">TYAO Young Adult Meetup (18–39)</a>	<p>For more information and to register, visit <a href="https://DukeCancerInstitute.org/SupportiveCare">DukeCancerInstitute.org/SupportiveCare</a> or call 919.684.4497</p> <p>To make a gift to support our no charge services, visit <a href="https://gifts.duke.edu/cancersupport">gifts.duke.edu/cancersupport</a></p>		