June is National Cancer Survivor Month, an awareness and education campaign celebrating survivors, the newly diagnosed, those in treatment, and those who have completed cancer treatment. Thanks to spectacular advances in cancer research and treatment, more than 18.1 million people in the U.S. are cancer survivors living with, though, and beyond their disease.

The Duke Supportive Care & Survivorship Center at Duke Cancer Institute is thrilled to announce that the 15th annual Survivorship Day will be in-person this year, after three years of virtual-only options due to the pandemic. To reach those unable to join us in-person, we will still host a full day (9 to 5 pm) of virtual interactive events on June 7.

“Our Survivorship Day is a day set aside for rejuvenation and education,” said Cheyenne Corbett, PhD, Co-director of the Supportive Care and Survivorship Center. “This is an opportunity to enjoy pampering while receiving some helpful tips for navigating life during and after cancer treatment.”

We hope that you can join us for this celebratory event at a Duke cancer care location closest to you. For your convenience, we will be at four sites, including Duke Cancer Center Durham on June 7, Duke Women’s Cancer Care Raleigh and Duke Cancer Center Raleigh on June 8, and Duke Cancer Center North Durham on June 9.

Each location will feature spa services such as makeup and skin care consultations and wig styling and hair trimming. Other activities include massages, expressive arts, and pet therapy. Educational activities will feature Duke Cancer Institute providers and cancer survivors who will share information on the services, resources, and strategies available to help reduce cancer’s impact on your emotional and physical health. You’ll also learn about research and recent advances in survivorship care.

Continued on page 2
Cancer Support Services

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 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 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.
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 :: May 10
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.

General Cancer Support
Thursday :: May 18
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 :: May 24
5:30 to 6:30 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 :: May 17
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 :: May 9
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 :: May 17
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 :: May 18
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: May 22
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 :: May 4
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 :: May 16
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, May 23, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, May 25, from 6:30 to 7:30 p.m. for teens (15–17 years old).

dukecancerinstitute.org
Virtual Survivorship Day
Wednesday, June 7

Join us for virtual interactive events throughout the day. Live panel discussions and interactive workshops will highlight cancer support and survivorship services. Visit our Survivorship Day site to learn more about our virtual offerings and our in-person events located at a Duke Cancer Center location near you.

Schedule of virtual events

- 9 to 9:50 am Yoga
- 10:30 to 11:15 am Tai Chi
- Noon to 1 pm Cancer Survivorship: Looking Toward the Future
- 2 to 2:50 pm Explore the Power of Your Voice for Healing
- 3 to 3:50 pm Emotional Health, During and After Cancer
- 4 to 4:50 pm Taking Care of Your Body During and After Treatment

Learn more and register for these events: www.dukehealth.org/survivorship-day-2023 or call 919-684-4497
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For more information and to register, visit [DukeCancerInstitute.org/SupportiveCare](http://DukeCancerInstitute.org/SupportiveCare) or call 919.684.4497
To make a gift to support our no charge services, visit [gifts.duke.edu/cancersupport](http://gifts.duke.edu/cancersupport)