

OCTOBER 2020

# Cancer Care



## Fertility Preservation: Helping you understand your options

Hearing the words, 'you have cancer' is overwhelming for most. While navigating a treatment plan is usually top of mind, patients of reproductive age may also have questions about what will happen with their fertility and if there are options to preserve their sperm or eggs before beginning treatment. It can all feel like too much, but fortunately, you are not alone.

The [Duke Oncofertility Program](#) is available to help individuals or couples explore and understand their options for building a family in the future.

A partnership between the [Duke Cancer Institute's Supportive Care and Survivorship Center](#) and the Duke Fertility Center, the Duke Oncofertility program gives patients and their loved ones access to a group of fertility experts, patient support providers, cancer doctors, nurses, financial counselors, lab specialists, and more, both before and throughout treatment.

A patient navigator will provide education around sexual health and fertility preservation. They will also connect you with a wide variety of psychosocial services based on your needs and assist you with maneuvering through any financial barriers to ensure fertility preservation is an available choice for you.

Melissa Norris, a sarcoma survivor, was especially touched by the comprehensive care and attention given by the team. She shared, "Our experience with the Duke Fertility Clinic was nothing short of exceptional. From our first experience with the front desk staff, to meeting with Dr. Acharya, you can feel the compassion and care they have for their patients. We cannot thank the staff, [Kelly Acharya, MD](#) and our Patient Navigator, Shannon Voelkel enough for their time, thoughtfulness, and the care they showed us."

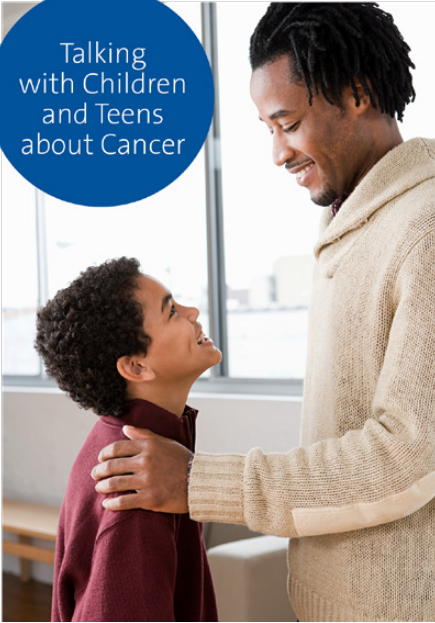
To learn more about Oncofertility or to make an appointment, call 919.316.9935, email [Oncofertility@Duke.edu](mailto:Oncofertility@Duke.edu), or visit [DukeCancerInstitute.org/SupportiveCare/Oncofertility](https://DukeCancerInstitute.org/SupportiveCare/Oncofertility).



**Duke Cancer Institute**

[dukehealth.org](https://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](http://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](mailto: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 June, the Supportive Care and Survivorship Center hosted Virtual Survivorship Day on [DukeCancerInstitute.org/SurvivorshipDay](http://DukeCancerInstitute.org/SurvivorshipDay). This site remains available for you to tour and features videos that highlight each of the services listed in this calendar. We encourage you to view or click the hyperlinks to hear directly from our providers who strive to make the cancer experience better for everyone we serve.

Tour the site directly by visiting [DukeCancerInstitute.org/SurvivorshipDay](http://DukeCancerInstitute.org/SurvivorshipDay).

### 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](http://DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care).

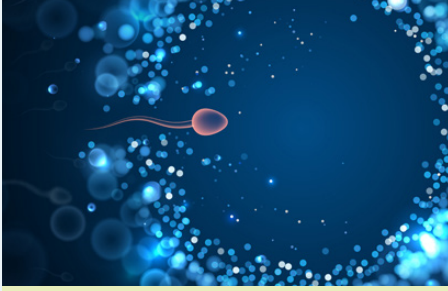
### Clinical Social Work

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 a cancer diagnosis, 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](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. To learn more, visit [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).



The Duke Oncofertility Program strives to help you understand your options. View the [video](#) created by urologist, [Karen Baker, MD](#) and reproductive endocrinology and reproductive specialist, [Kelly Acharya, MD](#) for a better understanding of the fertility preservation process.

## 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/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services](#).

## 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/SurvivorshipDay/Physical-Health-and-Well-Being/Sexual-Health-and-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 [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Tobacco-Cessation](#).

## 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/SurvivorshipDay/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. To best serve our patients and their families we are offering virtual consultations, video resources, product shipping and curbside pick-up options. 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 about our self-image services, visit [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services](#).

# 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](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).

Due to COVID-19 precautions, support groups scheduled for October 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 :: October 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](mailto:Ginger.Gialanella@duke.edu) or call 919.307.0332.

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

## Blood and Marrow Transplant Survivorship Support Group

Wednesday :: October 21  
4 to 6 p.m.  
Third Wednesday of the month  
To register, email [John.Schweichler@duke.edu](mailto:John.Schweichler@duke.edu) or call 919.668.2480.

## Caregiver Support Group

Thursday :: October 15  
5:30 to 7 p.m.  
Third Thursday of the month  
To register, email [Tracy.Berger@duke.edu](mailto:Tracy.Berger@duke.edu) or call 919.681.6835

## General Cancer Support

Thursday :: October 15  
5:30 to 7 p.m.  
Third Thursday of the month  
Patient and caregiver group is 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](mailto:Tracy.Berger@duke.edu) or call 919.681.6835.

## LGBTQ+ Cancer Support

Wednesday :: October 28  
5:30 to 7 p.m.  
Fourth Wednesday of the month  
This support group is for oncology patients and families. To register, email [Parker.Anderson@duke.edu](mailto:Parker.Anderson@duke.edu) or call 919.613.1365.

## Prostate Cancer

Monday :: October 26  
4 to 6 p.m.  
Fourth Monday of the month  
To register, email [John.Schweichler@duke.edu](mailto: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. Kids and teen groups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family. A simultaneous group is also available for parents. To learn more or to enroll: families treated at Wake County locations- contact Hannah Sasser at 919.954.4117, or email [hes15@duke.edu](mailto:hes15@duke.edu); families treated at Durham County locations- contact Jean Hartford Todd at 919.684.2913 or email [jean.hartford.todd@duke.edu](mailto:jean.hartford.todd@duke.edu).



## Are you a teen or young adult with cancer?

Visit our newly renovated [Teen & Young Adult Oncology site](#) to navigate resources and services available to you at ease.

Join us for TYAO virtual meetups on the fourth Wednesday of every month from 6:30–7:30 p.m. To register email [TAYO@Duke.edu](mailto:TAYO@Duke.edu).