Survivor Friendly

Survivor Friendly began in 2016 after the founder, Jacqueline Cromity, had more than her fair share of cancer experiences. When she was 8 years old, her mother died of breast cancer, and cancer took her father’s life in June 2020. Cromity’s personal cancer journey began in 2013 and continued through 2020.

Daily radiation, a concoction of numerous medications, Neulasta injections and chemotherapy wreaked havoc on her body. Cromity’s skin, hair and nails began to show signs of the internal war against cancer. Now declared cancer-free for the third time, Cromity has undergone a lumpectomy and bilateral mastectomies and has endured many other surgeries throughout her treatment.

After going through the many challenges she faced during her cancer experience, Cromity was motivated to create Survivor Friendly to help other women struggling to return to their normal routines after cancer changed their physical appearance. Her founding goal was to empower women to regain their confidence more quickly through a community of supporters.

For four years, Survivor Friendly distributed free bags stocked with beauty essentials and other supplies to help with the healing process of life after cancer.

During those four years, Cromity thought, “I cherish each day I breathe life, but my heart is burdened by the lack of resources available to people like me and I plan to do something about it.” That personal burden inspired her to expand the mission of Survivor Friendly to be more inclusive, taking into account the lack of mastectomy options that considered age, ethnicity, race and lifestyle of patients with cancer.

“I remember wearing a tank top that required my prostheses to be placed in pockets. When I looked in the mirror, the pink prostheses were showing through the fabric. I thought, with current technology, if you lost a leg, you could build a prosthesis from nothing. With that in mind, having a breast prosthetic that looks like I should be able to have a piece of me back that looks like

Continued on page 2
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 cancer diagnoses, 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/Emotional-Health-and-Well-Being/Therapy-and-Counseling-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. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Education.

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.

Support services are offered both in-person and remotely. Please call 919.684.4497 for more information.
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](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](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](http://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](http://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 or 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](http://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](http://DukeCancerInstitute.org/Self-Image-Services).

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](mailto:HealthCarePlanning@law.duke.edu) or call 919.613.7169.
Kids Can! 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, April 11 at 6:30pm. KidsCan! Teens (ages 13–18 years) meets virtually on the third Monday of the month, April 18 at 6:30pm. To learn more or to register, contact Hannah Sasser at 919.954.4117, or email hes15@duke.edu.
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 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.

Virtual Tai Chi for Cancer
Friday :: April 1 & 15
2:30 to 3:15 p.m.
Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual Tai Chi class for cancer patients and survivors. These sessions occur on the 1st and 3rd Friday of the month. Visit DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

Virtual Yoga for Cancer
Tuesday :: April 12 & 26
12 to 1 p.m.
Join certified Yoga for Cancer instructor Laura Woodall in a class designed specifically for cancer patients and survivors. Sessions occur on the 2nd and 4th Tuesday of the month. Visit DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

Mind, Body Approaches to Coping with Cancer
Wednesday :: April 13 & 27
12:45 to 1:30 p.m.
Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. These no-cost 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, email Tracy.Berger@duke.edu or call 919.681.6835, or visit DukeCancerInstitute.org/SupportiveCare, physical well-being.

Explore the Power of Your Voice for Healing
Mondays :: April 4 & 18
noon to 1 p.m.
In this workshop you will explore breathing techniques, vocal toning and chanting. These tools and techniques, when used daily, will help you to pay mindful attention to your heart and voice while experiencing the health benefits of sound, vibration and self-expression. Visit DukeCancerInstitute.org/SupportiveCare, physical well-being 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. Email MeKayla.Parks@duke.edu, call 919.660.6741, or visit DukeCancerInstitute.org/SupportiveCare, physical well-being to make your appointment today.

Helping cancer survivors live a healthy, full life while navigating their unique needs.

Cancer Survivorship Services

Learn more or schedule a visit: 919.668.2122 or Cancer Survivorship Services
**Duke Cancer Institute Virtual Support and Activity Groups**

For more information and to register, contact:
919.684.4497
DukeCancerInstitute.org/SupportiveCare

To make a gift, visit gifts.duke.edu/cancersupport

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Parenting with Cancer</td>
<td>5</td>
<td>6 Fertility Support Group for Women</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Explore the Power of Voice</td>
<td>12 Breast &amp; GYN Cancer Support Yoga for Cancer</td>
<td>13 Mind/Body Coping with Cancer</td>
<td>14</td>
<td>15 Tai Chi for Cancer</td>
</tr>
<tr>
<td>KidsCan (4–12)</td>
<td></td>
<td></td>
<td>20 BMT Survivorship Support</td>
<td>21 General Cancer Support</td>
</tr>
<tr>
<td></td>
<td>19</td>
<td></td>
<td>Women's Metastatic Cancer Support</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Caregiver Support</td>
<td></td>
</tr>
<tr>
<td>18 Explore the Power of Voice</td>
<td>25 Prostate Cancer Support</td>
<td>26 TYAO Young Adult Meetup (18–39) Yoga for Cancer</td>
<td>27 Mind/Body Coping with Cancer LGBTQ+ Cancer Support</td>
<td>28 TYAO Teen Meetup (15–17)</td>
</tr>
<tr>
<td>KidsCan (13–18)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>