Cancer Survivorship in 2021

BY KEVIN OEFFINGER, MD, Director, DCI Center for Onco-Primary Care & Supportive Care and Survivorship Center

The term ‘survivor’ often has a different meaning from one person to another. The National Cancer Institute defines a person as a survivor from the day of diagnosis through the continuum of life, whether that be measured in months, years or decades. The cure rate for some cancer types such as breast, prostate and testicular, exceed 90%. Thus, most patients with a new diagnosis can look forward to a long life. Even for some advanced cancers such as metastatic breast cancer, our newer therapies can lead to many years of life expectancy.

Because of these advances in cancer therapy, we have come to realize the importance of focusing on the prevention of non-cancer health problems. We don’t want to cure the cancer only to have a life shortened by a heart attack. Or to have a cancer held at bay, such as a chronic cancer, only to become frail and lose one’s independence. For these reasons, we are learning to look beyond the cancer—taking care of the whole person.

The most common causes of death in many cancer survivors is heart attack or stroke, not caused by our cancer therapies, but rather because we focused solely on the cancer and did not pay close enough attention to the blood pressure and cholesterol levels. In addition, the most common cause of loss of independence in survivors with a chronic cancer, such as chronic lymphocytic leukemia, is progressive frailty. Outcomes such as these are preventable!

We believe the missing ingredient to mitigate these possible outcomes is the primary care provider (PCP), who can help prevent a heart attack, stroke or the loss of independence. Thus, those of us at Duke Cancer Institute are working to ensure that a patient’s PCP is a member of the patient’s cancer team, with the common goal of helping our cancer survivors from day one have a longer, healthier and more productive life.

To learn more about survivorship services and resources offered at all Duke Cancer Institute locations, visit DukeCancerInstitute.org/SupportiveCare or call 919.684.4497.
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 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 burden 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/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.

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 [DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Survivorship](http://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/TYAO](http://DukeCancerInstitute.org/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](http://DukePalliativeCare.org) for more information. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Palliative-Care](http://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. If you are interested in a self-image consultation, call 919.613.1906 or email cancersupport@duke.edu. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services](http://DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services).

Available Legal Resources
Duke Law School’s Health Care Planning Project offers legal assistance to prepare important documents, such as Health Care Power of Attorney, Advance Directive (Living Will), and 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 or call 919.613.7169.
Support Groups

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. Monthly meetups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family.

The next virtual gathering will be held on Monday, August 9 at 6:30 pm. To learn more or to register, contact Hannah Sasser at 919.954.4117, or email hes15@duke.edu.

Due to COVID-19 precautions, support groups scheduled for August 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 :: August 10
5:30 to 7 p.m.
Second Tuesday of the month
This group is for patients only.
To register, email Ginger.Gialanella@duke.edu or call 919.307.0332.

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Blood and Marrow Transplant Survivorship Support Group
Wednesday :: August 18
4 to 5:30 p.m.
Third Wednesday of the month
To register, email John.Schweichler@duke.edu or call 919.668.2480.

Caregiver Support Group
Thursday :: August 19
6 to 7 p.m.
Third Thursday of the month
To register, email Tracy.Berger@duke.edu or call 919.681.6835

General Cancer Support
Thursday :: August 19
5 to 6 p.m.
Third Thursday of the month
Patient and caregiver groups are 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 or call 919.681.6835.

LGBTQ+ Cancer Support
Wednesday :: August 25
5:30 to 7 p.m.
Fourth Wednesday of the month
This support group is for oncology patients and families. To register, email Geoffrey.Vaughn@duke.edu or call 919.668.4029.

Prostate Cancer
Monday :: August 23
4 to 6 p.m.
Fourth Monday of the month
To register, email John.Schweichler@duke.edu or call 919.668.2480.

Metastatic Cancer Support Group for Women
This virtual group is designed to offer professionally facilitated support for patients identifying as women who have a metastatic cancer diagnosis. The group is held on the third Wednesday of the month from 3:00 – 4:30 p.m. For more information and to register for the August 18 group, call 919.307.0332 or email Ginger.Gialanella@duke.edu.

TYAO Young Adult Meetup (18–39) and TYAO Teen Meetup (15–17)
Are you a teen or young adult with cancer? Visit our newly renovated Teen and Young Adult Oncology site to navigate resources and services available to you at ease.

Join us for TYAO virtual meetup this month on Tuesday, August 24 from 6:30 p.m. to 7:30 p.m. for young adults (18–39) and Thursday, August 26 from 6:30 p.m. to 7:30 p.m. for teens (15–17). To register email TYAO@Duke.edu.
Rest, Relax, Renew

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

Virtual Yoga for Cancer
Join certified Yoga for Cancer instructor Laura Woodall in a class designed specifically for cancer patients and survivors. Classes take place on Zoom on the 2nd and 4th Tuesday of the month at noon. Visit DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

NEW: Mind, Body Approaches to Coping with Cancer
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.

Sessions take place on the 2nd and 4th Wednesday of the month from 12:45–1:30 p.m. For more information, email Tracy.Berger@duke.edu or call 919.681.6835.

This program is funded by the Duke Raleigh Hospital Guild.

Exercise Consultations
Translate your New Year’s resolutions into year-long habits with the Supportive Care & Survivorship Center.

Personalized exercise consultations by exercise physiologists 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. Call 919.660.6648 or email Christopher.Ehren@duke.edu to make your appointment today.

Pink Ribbon Yoga Retreat
Saturday, August 21, 2021
Presented by: Duke Cancer Patient Support Program

The Pink Ribbon Yoga Retreat is designed for women who have survived breast cancer who are striving for optimal health through combining yoga, information on health-related topics, healing modalities, new friendships and fun to help return to life refreshed and equipped with new tools to heal the body and spirit.

This year’s event will be held virtually on Zoom for the low cost of *$30. Join us to find support, camaraderie, healing, joy and peace with a group of women facing a shared journey. *Financial support available.

Register by visiting: PinkRibbonYoga.org or call: 919.684.4497
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For more information and to register, contact: 919.684.4497  
DukeCancerInstitute.org/SupportiveCare