Renee Garber felt a nagging pain in her stomach night after night as she read bedtime stories to her daughters, then 6 and 8—she blamed it on stress. “I have two young girls. And you know, just juggling everything; I felt stressed a lot,” recalls Garber, a breast cancer survivor. With COVID-19 spiking around the country, her husband urged her to call her doctor, Julie Lindsey, MD. “I told her, ‘I don’t think this is COVID. I don’t have a fever. I don’t feel fluish, and I haven’t gone anywhere,’” Garber recalls. Lindsey scheduled Garber for an exam and blood work, just to make sure.

Once the results arrived, Lindsey asked Garber to go the hospital right away. “I went to the ER and they did a CT of my chest and abdomen. That night the results came back with suspected cancer metastases on my liver.”

In just a few days, Garber was meeting with oncologist, Sarah Sammons, MD. It had been nearly four and a half years since her primary care doctor (Lindsey) found a lump in Garber’s breast and lymph nodes, which was later determined to be cancer. “I don’t fit the profile. I don’t smoke. I’m not overweight, you know nothing like that,” says Garber. But there she was in June of 2020, “back on the chemo floor” of Duke Cancer Center. This time she was facing stage 4 disease.

It fell to her husband and parents that summer to explain to the kids, “This time mommy is really sick.” The family received counseling support through Duke Cancer Patient Support Program. Garber’s daughters did art therapy with medical family therapist Geoffrey Vaughn, LMFT, ATR in 2016. When her cancer recurred and spread in 2020, she and the kids made a return visit with Vaughn which helped them tremendously.

“The cancer didn’t seem to be growing, but the chemo was really hard on my body,” she recalls. “I was just so weak. I looked like I was dying.” Garber’s doctors were not sure she would last a year.

Continued on page 2
Sammons had sent Garber’s tumor tissue for comprehensive genomic profiling. The test, which can screen for hundreds of possible mutations in a patient’s cancer cells, is especially critical for patients who are running short on treatment options.

Fortunately, there was a new drug called Piqray (alpelisib)—a pill developed specifically to target Garber’s genomic mutations. The new treatment has prolonged Garber’s survival.

She goes to the Breast Clinic every four weeks for bloodwork and gets scans every three months. Most of her bloodwork now is very close to normal. Not everything with her liver or bones is in the normal range, but she says, “It’s far closer than we ever thought possible.”

“Honestly, I can’t believe I’m still here. I feel like I got a bonus year.” Visit the DCI Blog to read the full article. For more information on Duke Cancer Patient Support Program services are resources, visit DukeCancerInstitute.org/SupportiveCare.

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 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/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.
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/Survivorship-Services](http://DukeHealth.org/Treatments/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).

Talking with Children and Teens about Cancer
Jean Hartford-Todd, CCLS, has created a [video](http://DukeHealth.org/Treatments/Palliative-Care) that shares how to talk with children and teens about cancer, treatments and side effects.

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 or call 919.613.7169.
Support Groups

Duke Cancer Patient Support Program’s support virtual support groups are professionally facilitated groups, where 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.

**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. KidsCan! (ages 4-12 years) meets virtually on the second Monday of the month, February 14 at 6:30pm and KidsCan! Teens (ages 13-18 years) meets virtually on the third Thursday of the month, February 17 at 6:30pm. To learn more or to register, contact Hannah Sasser at 919.954.4117, or email hes15@duke.edu.

---

**General Cancer Support**
Thursday :: February 17
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, email Tracy.Berger@duke.edu or call 919.681.6835.

**LGBTQ+ Cancer Support**
Wednesday: February 23
5:30 to 7 p.m.
Fourth Wednesday of the month
The group is for patients and caregivers. To register, email Geoffrey.Vaughn@duke.edu or call 919.668.4029.

**Metastatic Cancer Support Group for Women**
Wednesday :: February 16
3 to 4:30 p.m.
Third Wednesday of the month
The group is for patients only. To register, email Ginger.Gialanella@duke.edu or call 919.307.0332.

**Breast & GYN Cancers**
Tuesday :: February 8
5:30 to 7 p.m.
Second Tuesday of the month
The group is for patients only. To register, email Ginger.Gialanella@duke.edu or call 919.307.0332.

**Blood and Marrow Transplant Survivorship Support Group**
Wednesday :: February 16
4 to 5:30 p.m.
Third Wednesday of the month
The group is for patients and caregivers. To register, email John.Schweichler@duke.edu or call 919.668.2480.

**Caregiver Support Group**
Thursday :: February 17
6 to 7 p.m.
Third Thursday of the month
To register, email Tracy.Berger@duke.edu or call 919.681.6835.

**Prostate Cancer**
Monday :: February 28
4 to 6 p.m.
Fourth Monday of the month
The group is for patients and caregivers. To register, email Patrick.Plumeri@duke.edu or call 919.862.5220.

**Fertility Support Group for Women**
Thursday :: February 3
5:30 to 6:30 p.m.
First Thursday of the month
The group is for patients only. To register, email Oncofertility@Duke.edu or call 919.668.9752.

**Parenting with Cancer**
Monday :: February 7
12 to 1 p.m.
The group is for parents with cancer and their caregivers, who have young children and/or teens. To register or learn more, email Patrick.Plumeri@duke.edu or call 919.862.5220.

---

dukecancerinstitute.org

---

TYAO Teen and Young Adult Oncology Program
Join us for TYAO virtual meetups this month on Tuesday, February 22 from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, February 24 from 6:30 to 7:30 p.m. for teens (15–17 years old). To register email TYAO@Duke.edu.
DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

Virtual Yoga for Cancer
Tuesday :: February 8 & 22
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 :: February 9 & 23
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.
This program is funded by the Duke Raleigh Hospital Guild.

Explore the Power of Your Voice for Healing
Mondays :: February 7 & 21
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
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>Parenting with Cancer</td>
<td>Breast &amp; GYN Cancer Support</td>
<td>Fertility Support Group for Women</td>
<td>Tai Chi for Cancer</td>
</tr>
<tr>
<td></td>
<td>Explore the Power of Voice</td>
<td>Yoga for Cancer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>14</td>
<td>KidsCan! (4–12)</td>
<td>BMT Survivorship Support</td>
<td>General Cancer Support</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women’s Metastatic Cancer Support</td>
<td>Caregiver Support</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>Explore the Power of Voice</td>
<td>BMT Survivorship Support</td>
<td>KidsCan! (13–18)</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>32</td>
</tr>
<tr>
<td>28</td>
<td>Prostate Cancer Support</td>
<td>TYAO Young Adult Meetup</td>
<td>TYAO Teen Meetup (15–17)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(18–39) Yoga for Cancer</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information and to register, contact: 919.684.4497 DukeCancerInstitute.org/SupportiveCare
To make a gift, visit gifts.duke.edu/cancersupport