Over the past 50 years, credit for the progression of cancer treatments can be traced to research funded by the “war on cancer,” which launched in 1971 when congress passed the National Cancer Act. The act gave the National Cancer Institute the authority and funds to create a national cancer program. The backbone is a network of comprehensive cancer centers that provide patient care and conduct rigorous research to find new and better ways to prevent, diagnose, and treat cancer.

Duke was one of the original eight such centers, designated in 1973 because of the strong research and clinical care programs it had already put into place, including one of the first brain tumor programs in the United States, according to Steven Patierno, PhD, deputy director of today’s Duke Cancer Institute (DCI), and professor of medicine.

Duke was also one of the first cancer centers focused on the needs of the patient as a person. In 1987, Rachel Schanberg founded the Duke Cancer Patient Support Program in memory of her daughter, Linda Schanberg Clark, who died from Hodgkin’s disease at age 26.

“Every day, if Rachel saw a patient in need or someone who looked lost or confused or sad, she would stop and sit and just connect with them,” Cheyenne Corbett, PhD, co-director of the DCI Supportive Care & Survivorship Center, said. “That’s the heart of what we do: Stop and really listen to what the patient is going through.”

The DCI Supportive Care and Survivorship Center, created in 2017, offers patients and families an array of services, such as therapy, patient navigation, tobacco cessation,

Continued on page 2

By Angela Spivey

Cancer Care JUNE 2022

Duke Celebrates 50 Years of Cancer Care — and Looks Toward the Next 50
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 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 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/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 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](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).
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.

**KidsCan!**

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, June 13 at 6:30pm. KidsCan! Teens (ages 13–18 years) meets virtually on the third Monday of the month. No June meeting. Returning July 18, at 6:30pm. To learn more or to register, email CancerSupport@duke.edu.

**General Cancer Support**

**Thursday :: June 16**
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.

**LGBTQ+ Cancer Support**

**Wednesday :: Returning July 27**
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.

**Metastatic Cancer Support Group for Women**

**Wednesday :: June 15**
3 to 4:30 p.m.
**Third Wednesday of the month**
The group is for patients only. To register, email Ginger.Gialanella@duke.edu.

**Breast & GYN Cancers**

**Tuesday :: June 14**
5:30 to 7 p.m.
**Second Tuesday of the month**
The group is for patients only. To register, email Ginger.Gialanella@duke.edu.

**Blood and Marrow Transplant Survivorship Support Group**

**Wednesday :: June 15**
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.

**Caregiver Support Group**

**Thursday :: June 16**
6 to 7 p.m.
**Third Thursday of the month**
To register, email Tracy.Berger@duke.edu.

**Prostate Cancer**

**Monday :: June 27**
4 to 6 p.m.
**Fourth Monday of the month**
The group is for patients only. To register, email Patrick.Plumeri@duke.edu.

**Fertility Support Group for Women**

**Thursday :: June 2**
5:30 to 6:30 p.m.
**First Thursday of the month**
The group is for patients only. To register, email Oncofertility@Duke.edu.

**Parenting with Cancer**

**Monday :: June 6**
12 to 1 p.m.
**First Monday of the month**
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.

**tyao.duke.edu**

Teen and Young Adult Oncology Program

Join us for **TYAO virtual meetups** this month on Tuesday, June 28 from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, June 23 from 6:30 to 7:30 p.m. for teens (15–17 years old). To register email TYAO@Duke.edu.

dukecancerinstitute.org
Virtual Tai Chi for Cancer
Friday :: June 10 & 24
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 :: June 14 & 28
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 :: June 8 & 22
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 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 :: June 6 & 20
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, 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

**JUNE 2022**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>1 Survivorship Day</td>
<td>2 Fertility Support Group for Women</td>
<td></td>
</tr>
<tr>
<td>For more information and to register, contact: 919.684.4497 DukeCancerInstitute.org/SupportiveCare</td>
<td>6 Parenting with Cancer</td>
<td>8 Mind/Body Coping with Cancer</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>To make a gift, visit gifts.duke.edu/cancersupport</td>
<td>7</td>
<td></td>
<td>10 Tai Chi for Cancer</td>
<td></td>
</tr>
<tr>
<td></td>
<td>13 KidsCan! (4–12)</td>
<td>14 Breast &amp; GYN Cancer Support</td>
<td>15 BMT Survivorship Support</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Yoga for Cancer</td>
<td>Women’s Metastatic Cancer Support</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>20 Explore the Power of Voice</td>
<td>16 General Cancer Support</td>
<td></td>
</tr>
<tr>
<td></td>
<td>21</td>
<td>22 Mind/Body Coping with Cancer</td>
<td>17 General Cancer Support</td>
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<td></td>
<td></td>
<td></td>
<td>Caregiver Support</td>
<td></td>
</tr>
<tr>
<td></td>
<td>27 Prostate Cancer Support</td>
<td>28 TYAO Young Adult Meetup (18–39)</td>
<td>23 TYAO Teen Meetup (15–17)</td>
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<td></td>
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<td>Yoga for Cancer</td>
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