Matt Cross is a 37-year-old hockey coach from Toronto who moved to North Carolina about a decade ago. On Christmas Day 2019, he was unexpectedly diagnosed with stage 2b testicular cancer. One year later—following surgery to remove one testicle, nine weeks of intensive chemotherapy, and a second invasive surgery to remove tumorous lymph nodes in his stomach—he showed no further signs of cancer. That’s when he announced the launch of the Raleigh Testicular Cancer Foundation (RTCF), a non-profit organization Cross created to raise awareness about testicular cancer, provide preventative education about the disease, and support patients, caregivers, and survivors across Raleigh and beyond.

Testicular cancer is the most commonly diagnosed cancer in men aged 15 to 35, striking approximately 10,000 men each year. One in 250 men will be diagnosed with testicular cancer at some point in their lifetime.

“With early detection, testicular cancer has an extremely high survival rate, so it’s our vision that young men become educated on the importance of regular self-checks,” said Cross, who was treated at Duke Cancer Center Raleigh by medical oncologist Sundhar Ramalingam, MD, and surgical oncologist Thomas Longo, MD. “We also aim to break the stigma around men’s health by creating a community for men to feel empowered through their physical and mental health challenges. We are determined to give back and serve the community that was there for me and my family during the most challenging season of our lives.”

In December, RTCF made a $10,000 pledge to Duke Cancer Patient Support Program. The funds will be used to support therapy and support groups for men as well as the Pets at Duke program, another aspect of care that Cross found rewarding. This gift will also make possible the naming of an oak tree in the Seese-Thorton Garden of Tranquility (adjacent to Duke Cancer Center) in honor of the Raleigh Testicular Cancer Foundation.

For more information about the foundation, visit www.CheckYourAcorns.org. Visit the DCI Blog to read the full article.
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/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.

dukecancerinstitute.org
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.

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.

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.

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.

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.

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.
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, March 14 at 6:30pm. KidsCan! Teens (ages 13–18 years) meets virtually on the third Monday of the month, March 21 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 :: March 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 :: March 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 :: March 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 :: March 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 :: March 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 :: March 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 :: March 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 :: March 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 :: March 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.
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/SurviviorshipDay/Get-Involved-With-DCI.

Virtual Tai Chi for Cancer
Friday :: March 4 & 18  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 :: March 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 :: March 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 :: March 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 Virtual Support and Activity Groups

## March 2022

### Monday

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### Special Events

- **KidsCan! (4–12)**
- **Explore the Power of Voice**
- **TYAO Young Adult Meetup (18–39)**
- **TYAO Teen Meetup (15–17)**
- **Parenting with Cancer**
- **Explore the Power of Voice**
- **Prostate Cancer Support**
- **LGBTQ+ Cancer Support**
- **Mind/Body Coping with Cancer**
- **BMT Survivorship Support**
- **Women’s Metastatic Cancer Support**
- **General Cancer Support**
- **Caregiver Support**
- **Fertility Support Group for Women**
- **Tai Chi for Cancer**
- **Yoga for Cancer**
- **Yoga for Cancer**
- **General Cancer Support**
- **Caregiver Support**

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