

A photograph of a woman with a shaved head, smiling broadly, sitting on a bed of pine needles. She is wearing a purple t-shirt and has her arms raised in a celebratory gesture. Two young children with blonde hair are sitting on either side of her, also smiling. The child on the left is wearing a blue t-shirt with the text 'strong like mom' and a pink heart. The child on the right is wearing a blue t-shirt with the text 'strong like mom' and a pink heart. The background is a dense layer of pine needles and pine cones.

Cancer Care

OCTOBER 2021

Hope: It is in our Genes

Living a good life at age 35, Rebecca Cook thought she had more time before she needed to start thinking about screening for cancer. After all, she was a young mom of four kids who successfully managed to breastfeed for the past seven years, including a set of twins! She thought time was on her side, until... it wasn't.

In February of 2020 with reports of the COVID-19 virus in the background, Rebecca received a diagnosis of Stage III Inflammatory Breast Cancer. The genetic testing that followed revealed she had Li Fraumeni Syndrome. This rare disorder greatly increases the risk of developing several types of cancer, particularly in children and young adults.

The next few months of her life seemed like a whirlwind as Rebecca started chemotherapy. She felt the deep and dark void of depression looming over her. It was during this time she decided to come to Duke for another

opinion. "When I first arrived at Duke, I had that feeling that something was different", shared Rebecca. "It was a feeling that started to illuminate my dark path."

With her diagnosis of Li Fraumeni, Rebecca knew there was a 50% chance that her children would also share this diagnosis. She was referred to the Supportive Care & Survivorship Center's genetic counseling program. Her counselor, Elizabeth Wignall MS, CGC, began working with her children, all the while helping Rebecca to look toward the future—life as a survivor. These messages of hope continued to resonate throughout her care at Duke.

The results showed that two of her four children were positive for Li Fraumeni. She commented about this difficult news, sharing: "While my heart may break that I passed on this gene to my kids, Duke provides a great genetic team to give us hope, as we walk this journey."

Rebecca's healthcare team continued to grow as preventative scans began for her children, a process that will continue indefinitely. *continued on page 2*



Cancer Support Services

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Rebecca's treatment continued, this time leading to a double mastectomy. The pathology results from her surgery showed that the cancer was still present. Her medical oncologist, Michael Spiritos, MD, worked with radiation oncologist Diandra Ayala-Peacock, MD, to develop a treatment plan Rebecca shared, "The news is not what I wanted to hear but I knew that I could put all my faith into their care."

Rebecca completed her treatment in July 2021, totaling 30 cycles of chemotherapy and intensive radiation, and is now in remission. And over the Labor Day weekend she was able to participate and cross the finish line of her first half marathon.

"As much as I strive to keep the cancer away, keeping my mental health strong in this journey has been just as important. Running, counseling, medication, a healthy diet and medical providers that value mental health all help me do that."



Support services are offered both in-person and remotely. Please call 919.684.4497 for more information.

dukecancerinstitute.org

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>.

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/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 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 for more information. 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.

Self-image Boutiques are OPEN at Duke Cancer Center and Duke Women's Cancer Care Raleigh.



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

Due to COVID-19 precautions, support groups scheduled for October 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. To learn more, please call 919.684.4497 or visit DukeCancerInstitute.org/Therapy-and-Support-Groups.

General Cancer Support

Thursday :: October 21
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 :: October 27
5:30 to 7 p.m.

[Fourth Wednesday of the month](#)

To register, email Geoffrey.Vaughn@duke.edu or call 919.668.4029.

Metastatic Cancer Support Group for Women

Wednesday :: October 20
3 to 4:30 p.m.

[Third Wednesday of the month](#)

This group is for patients only. To register, email Ginger.Gialanella@duke.edu or call 919.307.0332.

Breast & GYN Cancers

Tuesday :: October 12
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.

dukecancerinstitute.org

Blood and Marrow Transplant Survivorship Support Group

Wednesday :: October 20
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 :: October 21
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 :: October 25
4 to 6 p.m.

[Fourth Monday of the month](#)

To register, email John.Schweichler@duke.edu or call 919.668.2480.

Fertility Support Group for Women After Cancer

Thursday :: October 7
5:30 to 6:30 p.m.

[First Thursday of the month](#)

To register, email Oncofertility@Duke.edu or call 919.668.9752.



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, October 11 at 6:30 pm. To learn more or to register, contact Hannah Sasser at 919.954.4117, or email hes15@duke.edu.

TYAO

Teen and Young Adult Oncology Program

Young Adult Meetup (18–39) and TYAO Teen Meetup (15–17)

Are you a teen or young adult with cancer? Visit our newly renovated site at DukeCancerInstitute.org/TYAO to navigate resources and services available to you at ease.

Join us for TYAO virtual meetups this month on Tuesday, October 26 from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, October 28 from 6:30 to 7:30 p.m. for teens (15–17 years old). To register email TYAO@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 :: October 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 typically occur on the 1st and 3rd Friday of the month, with the exception of September. Visit DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

Virtual Yoga for Cancer

Tuesday :: October 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.

NEW: Mind, Body Approaches to Coping with Cancer

Wednesday :: October 13 & 27
1:30 to 2:30 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.

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 Christopher.Ehren@duke.edu, call 919.660.6648, 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

OCTOBER 2021

Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For more information and to register, contact: 919.684.4497 DukeCancerInstitute.org/SupportiveCare</p>				<p>1 Tai Chi for Cancer</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7 Fertility Support for Women After Cancer</p>	<p>8</p>
<p>11 KidsCan!</p>	<p>12 Breast & GYN Cancer Support Yoga for Cancer</p>	<p>13 Mind/Body Coping with Cancer</p>	<p>14</p>	<p>15 Tai Chi for Cancer</p>
<p>18</p>	<p>19</p>	<p>20 BMT Survivorship Support Women's Metastatic Cancer Support</p>	<p>21 General Cancer Support Caregiver Support</p>	<p>22</p>
<p>25 Prostate Cancer Support</p>	<p>26 TYAO Young Adult Meetup (18-39) Yoga for Cancer</p>	<p>27 LGBTQ+ Cancer Support Mind/Body Coping with Cancer</p>	<p>28 TYAO Teen Meetup (15-17)</p>	<p>29</p>