What Do Cardio-Oncologist Do and When Do You Need One?

Cancer treatments shrink and kill cancer cells; however, they can also damage your heart. That is concerning if you are at risk for or have a heart condition when you are diagnosed with cancer. It also means you may develop heart disease after your cancer treatment ends. Cardio-oncologists are highly specialized doctors who help you manage both conditions. They ensure you experience the best quality of life as a cancer survivor.

Susan Dent, MD, a cardio-oncologist at the Duke Cancer Institute, specializes in treating people with cancer and heart disease. Here she explains the link between the two.

In general, the same factors that increase your risk for heart disease — high cholesterol, hypertension, diabetes, being overweight, smoking and inactivity — also increase your risk for cancer, explained Dr. Dent. For this reason, many people diagnosed with cancer are also at risk for or have some form of heart disease. “We’re finding more evidence that these two are intertwined,” she said.

Cancer treatment can exacerbate existing disease or contribute to the development of heart disease, hypertension, and diabetes. “We can’t treat them separately because one affects the other,” she said. The goal is to successfully treat your cancer without causing damage to your heart. “We don’t want to cure cancer and then have someone die of heart failure because we neglected what we’ve done to their heart,” Dr. Dent said.

Cardio-Oncologists complement your cancer care. They do not replace your doctors. Dr. Dent says most people come to see her when their heart disease is impacting decisions about their cancer treatment. In some cases, they want

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to prevent heart concerns from developing after treatment.

If you’re concerned about your heart health, ask your oncologist or primary care provider for a referral to a Duke cardio-oncologist.

To read the full story, visit duke.is/z/ar5w.

Duke Cancer Institute offers a variety of cancer support and survivorship services for patients and their loved ones to assist with navigating life during and after cancer treatment. Our goal is to shape the future of cancer survivorship and improve the quality of life throughout treatment.

Patient and Nurse Navigation
Navigators support patients, families, and caregivers through their cancer care. They make sure you have information to make decisions and advocate for your needs. They identify barriers to care and connect you with available resources, as needed. Our navigators support you all the way from diagnosis to end of treatment. If you are interested in learning more, contact your healthcare team and ask what Navigation services are available to you.

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. They work 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, contact your healthcare team and ask about Clinical Social Work 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.

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, all at no cost. 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 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 DukeCancerInstitute.org/SupportiveCare/Sexual-Health-Intimacy.

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

dukecancerinstitute.org
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 DukeHealth.org/Quit.

Survivorship Services
They 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/CancerSurvivorship-Services.

Teen and Young Adult Oncology Program
They provide 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
They 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.

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.

Child and Adolescent Life Services
They focus on supporting the emotional and developmental needs of children and teens in families who are facing cancer. They hold individual education sessions with families to support parents taking the lead in helping their children understand and talk about the cancer diagnosis, treatment, side effects, and changes in their family life. To learn more, visit DukeCancerInstitute.org/SupportiveCare/Child-Life.

Available Legal Resources
Duke Law School’s Health Care Planning Project offers free legal assistance to prepare important health care documents (Healthcare Power of Attorney; Durable Power of Attorney; Advanced Directive) for DCI patients. Law student volunteers working under attorney supervision meet with clients in person. Appointments typically take 2 hours. Please note that all applicants are screened for eligibility, which includes questions about annual income. To learn more or schedule an appointment, xinyan.cheng@duke.edu or call 919.908.3508.

dukecancerinstitute.org
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. Scan the code to register for support groups.

Art Therapy at Nasher
Wednesday :: October 11
2 to 3:30 p.m.
Second Wednesday of the month
This group is open to patients and caregivers and is located at the Nasher Museum of Art in Durham. No art experience is needed. For more information and to register, visit duke.is/nm4gr.

General Cancer Support
Thursday :: October 19
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, visit duke.is/mhc7m.

LGBTQIA+ Cancer Support
Wednesday :: October 25
5:30 to 6:30 p.m.
Fourth Wednesday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Metastatic Cancer Support Group for Women
Wednesday :: October 18
3 to 4:30 p.m.
Third Wednesday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Breast & GYN Cancers
Tuesday :: October 10
5:30 to 7 p.m.
Second Tuesday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Blood and Marrow Transplant Survivorship Support Group
Wednesday :: October 18
4 to 5:30 p.m.
Third Wednesday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Caregiver Support Group
Thursday :: October 19
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: October 23
4 to 6 p.m.
Fourth Monday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Fertility Support Group for Women
Thursday :: October 12
5:30 to 6:30 p.m.
The group is for patients only. To register, visit duke.is/mhc7m.

Parenting with Cancer Meetup
Tuesday :: October 17
7:30 to 8:30 p.m.
Third Tuesday of the month
The group is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit duke.is/mhc7m.

TYAO Teen and Young Adult Oncology Program
Join us for TYAO virtual meetups this month on Tuesday, October 24, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, October 26, from 6:30 to 7:30 p.m. for teens (15–17 years old).
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.

Virtual Tai Chi for Cancer
Fridays :: October 6 & 20
2:30 to 3:15 p.m.
First and third Friday of the month
Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual Tai Chi class for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Virtual Yoga for Cancer
Tuesdays :: October 10 & 24
12 to 1 p.m.
Second and fourth Tuesday of the month
Join certified Yoga for Cancer instructor Laura Woodall in a class designed specifically for cancer patients and survivors. Visit duke.is/7jgt3 to learn more and to register.

Mind-Body Approaches to Coping with Cancer
Wednesdays :: October 11 & 25, 12:45 to 1:30 p.m.
Second and fourth Wednesday of the month
Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. These 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 and to register, visit duke.is/gzsvt.

Explore the Power of Your Voice for Healing
Mondays :: October 2 & 16, noon to 1 p.m.
First and Third Monday of the month
In this workshop you will explore breathing techniques, vocal toning, and chanting. These tools and techniques, when used daily, will help you pay mindful attention to your heart and voice while experiencing the health benefits of sound, vibration, and self-expression. Visit duke.is/mn7m9 to learn more and to register.

Mind-Body Approaches to Coping with Cancer
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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. To learn more or to register email DHFCCancerExercise@dm.duke.edu or visit duke.is/82cne.

Salon Services
Mondays :: October 2 & 9
First and second Monday of the month
Our volunteer team of expert hair stylists provide private consolations at the Belk Boutique in Durham at no cost. They offer dry cuts for your hair or a head shave. Our stylists can also assist with wig styling, cutting, and general wig care. Call 919.613.1906 to reserve your time slot.

Who Should Consider Genetic Counseling?

- If you have cancer, knowing whether your cancer is hereditary, can sometimes direct treatment decisions.
- If you have a personal history of cancer (no longer being treated), genetic testing can determine your risk of developing other types of cancer.
- If you do not have cancer, but cancer runs in your family, we can help to determine if genetic testing is needed to assess your risk to develop cancer.
- You have already had genetic testing and need counseling to fully understand your results.
- You have had genetic testing in the past and need updated panel testing.
- If someone in your family has tested positive for a genetic mutation.

If you answered yes to any of these bullets, we encourage you to speak with a genetics counselor.

To learn more or schedule an appointment, call 919.684.3181 or visit duke.is/m/jdmw.
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For more information and to register, visit DukeCancerInstitute.org/SupportiveCare or call 919.684.4497

To make a gift to support our no charge services, visit gifts.duke.edu/cancersupport