Many Faces of Cancer

The Many Faces of Cancer portrait series captures powerful stories of individuals while they navigate the cancer experience — each in their own way. Their resilience in the face of adversity humbled us, and we at Duke Cancer Institute felt honored that they trusted us with their care.

Duke University photographer Jared Lazarus suggested the series. By documenting 14 determined men and women in various chapters of their cancer experience, he hoped that their courage would inspire others living with cancer.

Over the course of 2023, he interviewed and photographed 7 individuals and their families. Clifford, Patricia, and Nina Chieffo, of Cary, are one of these inspiring families.

Clifford was diagnosed in 2017 with a rare form of pancreatic cancer and now lives disease free. His wife, Patricia, was diagnosed in 1999 with breast cancer and then hit with metastatic breast cancer in 2010 — on the same day that her daughter, Nina, learned that she had breast cancer. Nina, too, is now cancer free.

“Confronting cancer was an odd, threatening, and scary thing for each of us,” said Clifford. “But we maintained a level playing field by not anticipating the future but rather forming a team with the great doctors, cancer support staff, and then with family and friends. From there we just take what comes and deal with hit.”

The lifelong art lovers are pictured on a winter afternoon together at the North Carolina Museum of Art in Raleigh.

To see the full exhibit, dukecancerinstitute.org/many-faces-cancer. The latest portraits are hung at the 1st floor entrance to Duke Cancer Center to serve as a source

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Cancer Support Services

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of comfort, empowerment, and a celebration of the individual’s strength.

The Many Faces of Cancer portrait series is brought to you by Duke Cancer Institute’s Supportive Care & Survivorship Center in partnership with Duke University Communications & Marketing.

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.

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 to support parents while they take the lead in helping their children understand a 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, email xinyan.cheng@duke.edu or call 919.908.3508.
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 they are 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 :: January 10  
2 to 3:30 p.m.  
Second Wednesday of the month  
This [group](duke.is/nn4gr) 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/nn4gr.

General Cancer Support  
Thursday :: January 18  
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 :: January 24  
5:30 to 6:30 p.m.  
Fourth Wednesday of the month  
The [group](duke.is/mhc7m) is for patients and caregivers. To register, visit duke.is/mhc7m.

Metastatic Cancer Support Group for Women  
Wednesday :: January 17  
3 to 4:30 p.m.  
Third Wednesday of the month  
The [group](duke.is/mhc7m) is for patients only. To register, visit duke.is/mhc7m.

Breast & GYN Cancers  
Tuesday :: January 9  
5:30 to 7 p.m.  
Second Tuesday of the month  
The [group](duke.is/mhc7m) is for patients only. To register, visit duke.is/mhc7m.

Blood and Marrow Transplant Survivorship Support Group  
Wednesday :: January 17  
4 to 5:30 p.m.  
Third Wednesday of the month  
The [group](duke.is/mhc7m) is for patients and caregivers. To register, visit duke.is/mhc7m.

Caregiver Support Group  
Thursday :: January 18  
6 to 7 p.m.  
Third Thursday of the month  
To register, visit duke.is/mhc7m.

Prostate Cancer  
Monday :: January 22  
4 to 6 p.m.  
Fourth Monday of the month  
The [group](duke.is/mhc7m) is for patients and caregivers. To register, visit duke.is/mhc7m.

Fertility Support Group for Women  
Thursday :: January 4  
5:30 to 6:30 p.m.  
First Thursday of the month  
The [group](duke.is/mhc7m) is for patients only. To register, visit duke.is/mhc7m.

Parenting with Cancer Meetup  
Tuesday :: January 16  
7:30 to 8:30 p.m.  
Third Tuesday of the month  
The [group](duke.is/mhc7m) is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit duke.is/mhc7m.

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 4–10 years) meets virtually on the second Monday of the month, January 8, at 6:30 p.m. KidsCan! Tweens and teens (ages 11–18 years) meets virtually and will be held this month on Tuesday, January 16, at 6:30 p.m., due to the Martin Luther King holiday. To learn more or to register, call 919.684.4497, or email CancerSupport@duke.edu.

Join us for [TYAO](TYAO@Duke.edu) virtual meetups this month on Tuesday, January 23, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, January 25, from 6:30 to 7:30 p.m. for teens (15–17 years old). Scan the QR code to learn more or 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.

Virtual Tai Chi for Cancer
Fridays :: January 12 & 26
2:30 to 3:15 p.m.
Second and Fourth Friday of the month
Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual Tai Chi class designed specifically for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Virtual Yoga for Cancer
Tuesdays :: January 9 & 23, 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
Tuesdays :: January 2 & 16
Noon to 12:45 p.m.
First and Third Tuesday 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 how 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 :: January 8 & 22, 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, encourage mindful attention to one’s heart and voice. Experience the health benefits of sound, vibration, and self-expression. Visit duke.is/mn7m9 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. To learn more or to register email DHFCCancerExercise@dm.duke.edu or visit duke.is/82cne.

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Salon Services
Monday :: January 8
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.
- If you already had genetic testing, we offer counseling to help you fully understand your results.
- If you had genetic testing in the past, we offer updated panel testing.
- If someone in your family tested positive for a genetic mutation, we offer counseling to help you fully understand your results.

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](http://DukeCancerInstitute.org/SupportiveCare) or call 919.684.4497

To make a gift to support our no charge services, visit [gifts.duke.edu/cancersupport](http://gifts.duke.edu/cancersupport)