Navigating Prostate Cancer with Care

Sherry Williams knew something was wrong with her brother, Edward Fogg. His bones ached and he was thinner. She didn’t know that Fogg had already received an elevated prostate-specific antigen score (ePSA), information he kept to himself for months. “I didn’t want to be a burden on anyone,” he said. “And I didn’t really care about myself either.”

Enter an ePSA Patient Navigator

Two things prepared Melody McNair to serve as an ePSA navigator for African American men. One was that her own father had kept his diagnosis of prostate cancer from his family and delayed getting treatment.

The other was her work for 20 years in a Durham community health clinic, screening men. It bothered her that she never found out if they followed up with treatment. She suspects that many waited too long, or never went at all. All reasons why she became a nurse navigator in this new program being piloted by the Duke Cancer Patient Support Program.

McNair thinks men don’t take the next step for many reasons. “I’m speaking mainly for African Americans. Not all, but many have a fear or a mistrust in healthcare systems. Or they may lack support to pursue treatment,” she said. Other men, like her father, fear loss of their role as providers for their families. A phone call from a navigator who listens to their concerns and answers their questions can make a difference.

When McNair saw Fogg’s ePSA, she began trying to reach him, which proved difficult since he was homeless at the time. But she finally reached Fogg’s sister, and the two of them scheduled an appointment for him at the Duke

continued on page 2
Cancer GU Clinic. McNair met the siblings at the clinic entrance. Now that he is getting treatment for his cancer, Fogg is no longer in pain and his appetite is back. Reflecting on her role as an ePSA navigator, McNair described her job as eliminating barriers to health care for at risk and vulnerable populations.

To read the full blog story, visit duke.is/m/dfkh.

---

**Cancer Support Services**

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.
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 will be available for in person consults on Friday, March 29th (register duke.is/2/4uzx) and other inquiries may be made via email or phone. For more info, please 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 :: February 14
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/nn4gr.

General Cancer Support
Thursday :: February 15
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 :: February 28
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 :: February 21
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 :: February 13
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 :: February 21
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 :: February 15
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: February 26
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 :: February 1
5:30 to 6:30 p.m.
First Thursday of the month
The group is for patients only. To register, visit duke.is/mhc7m.

Parenting with Cancer Meetup
Tuesday :: February 20
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, February 27, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, February 22 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.

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, February 12, at 6:30 p.m.
KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, February 19, at 6:30 p.m. Registration is required. For more information, contact us by visiting https://duke.is/m/wv4y.

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, February 12, at 6:30 p.m.
KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, February 19, at 6:30 p.m. Registration is required. For more information, contact us by visiting https://duke.is/m/wv4y.

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, February 12, at 6:30 p.m.
KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, February 19, at 6:30 p.m. Registration is required. For more information, contact us by visiting https://duke.is/m/wv4y.

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, February 12, at 6:30 p.m.
KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, February 19, at 6:30 p.m. Registration is required. For more information, contact us by visiting https://duke.is/m/wv4y.

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, February 12, at 6:30 p.m.
KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, February 19, at 6:30 p.m. Registration is required. For more information, contact us by visiting https://duke.is/m/wv4y.

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, February 12, at 6:30 p.m.
KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, February 19, at 6:30 p.m. Registration is required. For more information, contact us by visiting https://duke.is/m/wv4y.

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, February 12, at 6:30 p.m.
KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, February 19, at 6:30 p.m. Registration is required. For more information, contact us by visiting https://duke.is/m/wv4y.

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, February 12, at 6:30 p.m.
KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, February 19, at 6:30 p.m. Registration is required. For more information, contact us by visiting https://duke.is/m/wv4y.

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, February 12, at 6:30 p.m.
KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, February 19, at 6:30 p.m. Registration is required. For more information, contact us by visiting https://duke.is/m/wv4y.
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 :: February 9 & 23 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 for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Mind-Body Approaches to Coping with Cancer
Tuesdays :: February 6 & 20 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 :: February 5 & 19, 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.

Salon Services
Mondays :: February 5 & 26
First and Fourth Monday of the month
Our volunteer team of expert hair stylists provide private consultations 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
**FEBRUARY 2024**

Duke Cancer Institute Virtual Support and Activity Groups

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>For more information and to register, visit DukeCancerInstitute.org/SupportiveCare or call 919.684.4497</td>
<td>To make a gift to support our no charge services, visit gifts.duke.edu/cancersupport</td>
<td>1 Fertility Support Group for Women</td>
<td>2</td>
<td>9 Tai Chi for Cancer</td>
</tr>
<tr>
<td>5 Salon Services</td>
<td>6 Mind/Body Coping with Cancer</td>
<td>7</td>
<td>8</td>
<td>16</td>
</tr>
<tr>
<td>Explore the Power of Voice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 KidsCan! (4–10)</td>
<td>13 Yoga for Cancer</td>
<td>14 Art Therapy at Nasher</td>
<td>15 General Cancer Support</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Breast &amp; GYN Cancer Support</td>
<td></td>
<td>Caregiver Support</td>
<td></td>
</tr>
<tr>
<td>19 Explore the Power of Voice</td>
<td>20 Mind/Body Coping with Cancer Parenting with Cancer Meetup</td>
<td>21 Women’s Metastatic Cancer Support BMT Survivorship Support</td>
<td>22 TYAO Teen Meetup (15–17)</td>
<td>23 Tai Chi for Cancer</td>
</tr>
<tr>
<td>KidsCan! Tweens and Teens (11–18)</td>
<td></td>
<td>26 Salon Services Prostate Cancer Support</td>
<td>27 Yoga for Cancer TYAO Young Adult Meetup</td>
<td>28 LGBTQIA+ Cancer Support Group</td>
</tr>
<tr>
<td>26 Salon Services Prostate Cancer Support</td>
<td>27 Yoga for Cancer TYAO Young Adult Meetup</td>
<td>28 LGBTQIA+ Cancer Support Group</td>
<td>22 TYAO Teen Meetup (15–17)</td>
<td>23 Tai Chi for Cancer</td>
</tr>
</tbody>
</table>