Getting Stronger, Feeling Better

Fatigue, weight gain, and muscle loss are lousy side effects people endure while taking hormonal therapy for advanced prostate or breast cancer. Not to mention the depression and anxiety that can strike anyone dealing with cancer. But these physical and mental downturns can be addressed.

Personalized exercise routines specific to cancer type and treatment can soften many treatment side effects, according to evidence-based guidelines published by the American College of Sports Medicine (duke.is/6/g3ve).

But what kind of exercises? For which types of cancer? And what if you don’t have access to a gym or classes? That’s where Alexis Monks, MS ACSM-CEP, a certified clinical exercise physiologist, steps in to help.

Free Individualized Exercise Consultations

Monks works with cancer patients to build structured and personalized exercise routines through a program funded by the Supportive Care and Survivorship Center at Duke Cancer Institute. While the Duke Health and Fitness Center serves as her home base, many of Monks’ clients prefer a virtual consultation. The 30-minute sessions are free of charge for any patient treated for cancer at Duke.

Monks begins each consultation by asking people to explain their medical history in their own words. Then she moves on to their exercise history.

“Sometimes people say ‘I want to feel better as I go through treatment.’ Other people want to get back to where they were, as soon as possible,” said Monks.

continued on page 2
Monks begins where people are—their fitness, financial situation, and cancer journey. For beginners, she proposes workouts without any equipment, using the client’s own bodyweight. For those ready for resistance training but lacking equipment, she gets creative. “There is a stereotype that you need dumbbells for a workout. It can be a canned good or a bottle of water, or a milk jug,” she said.

After the consultation, Monks uploads video clips of each person’s exercise routine to a free website, then emails the link to her client. The clips review how to do the exercises and the number of recommended repetitions.

Starting an exercise routine before cancer treatment begins is ideal, she said. “The sooner we can find ways to start implementing movement, the better your quality of life will be during treatment and after.”

To schedule a consultation, email DHFCCancerExercise@dm.duke.edu or call 919-660-6648.
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
This team helps with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping, and other experiences keeping you from feeling your best. The team works closely with you, your loved ones, and your doctors to ensure that your medical care reflects what is most important to you. 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 :: March 13
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 :: March 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, visit duke.is/mhc7m.

LGBTQIA+ Cancer Support
Wednesday :: March 27
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 :: March 20
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 :: March 12
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 :: March 20
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 :: March 21
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: March 25
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 :: March 7
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 :: March 19
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 an in-person meetup on Wednesday, March 27 for young adults (18–39 years old). On Tuesday, March 28, from 6:30 to 7:30 p.m. we are hosting a virtual meetup for teens (15–17 years old). Email TYAO@Duke.edu for more information and to register for either event.

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

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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 :: March 8 & 22
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.

Virtual Yoga for Cancer
Tuesdays :: March 12 & 26 & 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 :: March 5 & 19
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 :: March 4 & 18
12 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/g/eak9.

Salon Services
Mondays :: March 4 & 25
First and Fourth 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.

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
# Duke Cancer Institute Virtual Support and Activity Groups

## March 2024

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| **For more information and to register, visit [DukeCancerInstitute.org/SupportiveCare](https://DukeCancerInstitute.org/SupportiveCare) or call 919.684.4497** | **To make a gift to support our no charge services, visit [gifts.duke.edu/cancersupport](https://gifts.duke.edu/cancersupport)** | **4**  
**Salon Services**  
*Explore the Power of Voice* | **5**  
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*Explore the Power of Voice* | **Mind/Body Coping with Cancer** | **Fertility Support Group for Women** | **Tai Chi for Cancer** | **1**  |
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| **11** | **12** | **13** | **14** | **15** |
| **KidsCan! (4–10)** | **Yoga for Cancer**  
*Breast & GYN Cancer Support* | **Art Therapy at Nasher** | **Tai Chi for Cancer** | **1**  |
| **11** | **12** | **13** | **14** | **15** |
| **18** | **19** | **20** | **21** | **22** |
| **Explore the Power of Voice**  
*KidsCan! Tweens and Teens (11–18)* | **Mind/Body Coping with Cancer**  
*Parenting with Cancer Meetup* | **Women’s Metastatic Cancer Support**  
*BMT Survivorship Support* | **General Cancer Support**  
*Caregiver Support* | **Tai Chi for Cancer** |
| **18** | **19** | **20** | **21** | **22** |
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| **Salon Services**  
*Prostate Cancer Support* | **Yoga for Cancer**  
*TYAO Young Adult Meetup* | **LGBTQIA+ Cancer Support Group** | **TYAO Teen Meetup (15–17)** | **Duke Law School Health Care Planning Project** |
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