



Cancer Care

MARCH 2024

Exercise physiologist Alexis Monks demonstrates bi-cep curls using common pantry items, with co-worker Chris Laflam

Getting Stronger, Feeling Better

By D'Ann George

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.

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Duke Cancer Institute

dukehealth.org

Cancer Support Services

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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 DHFCancerExercise@dm.duke.edu or call 919-660-6648.

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

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 emotional and practical concerns. They identify and address specific needs, working to alleviate stressors and financial burdens associated with a cancer diagnosis. Then they connect you and your loved ones with 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 explain the impact cancer treatments can have on sexual health and intimacy. They help you 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

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.

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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/nn4gr.

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.

KidsCan!

[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/m/wv4y>.



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@](mailto:TYAO@duke.edu)

[Duke.edu](https://duke.edu) for more information and to register for either event.

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 :: 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](https://duke.is/8mues) 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](https://duke.is/7jgt3) 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](https://duke.is/7jgt3) 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
noon to 1 p.m.

First and Third Monday of the month

In this [workshop](https://duke.is/mn7m9) 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](https://duke.is/gzsvt)

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 DHFCancerExercise@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 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.



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](https://duke.is/8mues)



Duke Cancer Institute



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Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For more information and to register, visit DukeCancerInstitute.org/SupportiveCare or call 919.684.4497</p> <p>To make a gift to support our no charge services, visit gifts.duke.edu/cancersupport</p>				1
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