Nicole Spine’s second brush with Hodgkin’s Lymphoma left the 23-year-old so physically and mentally withered, she doubted that she would ever feel like her former self — a vibrant, goal-oriented young woman who worked as a nurse’s aide and dreamed of becoming a nurse.

“I felt so dependent on my parents. They wouldn’t leave me home alone because I was so weak. Getting up the stairs exhausted me. And I wasn’t feeling great about myself either,” said Spine.

Then she heard about IMPACT, a 12-week pilot program that pairs adolescent and young adult cancer survivors with physical therapists who help them regain their former level of fitness, often diminished by cancer treatments. The pilot, under development by the Teen and Young Adult Oncology Program at Duke Cancer Institute, is funded by a grant from the I’m Not Done Yet Foundation.

Spine’s physical therapist, Stefanie Stoller, started her out with a set of colored resistance bands, a Fitbit watch, and a paper ledger so she could track her progress as she moved from light exercises to more demanding ones.

To Spine’s surprise and delight, the exercises quickly rebuilt her stamina. “I started really looking forward to working out. As soon as I went up a band, I was like wow, I’m stronger than I was two weeks ago. And that boosted my confidence.”

Her relationship with Stoller helped too. “She treated me like a normal person, not a cancer patient. She was so full of grace,” Spine said.

Stoller said that adolescent and young-adult cancer survivors are at increased risk for cardiovascular disease and diabetes later in life. “So it’s important that we kickstart a healthy lifestyle of physical activity from the moment

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they’re done with treatment. They can even start while actively receiving immunotherapy or chemotherapy.”

Cheyenne Corbett, PhD, director of the Teen and Young Adult Oncology Program, wants to expand IMPACT. “Ideally, any adolescent or young adult who has gone through cancer treatment at any Duke Cancer Institute clinic would receive an automatic referral to the program,” she said.

Now that Spine feels stronger, she is reflecting on her career goals. “Now my dream is to become a counselor in a Teen and Young Adult Oncology program,” she said.

Her advice to teens and young adults: “take advantage of opportunities like IMPACT. When I was sick the first time, I didn’t use many resources. The second time, I tried to use every resource I could because I was really struggling. Duke is a great place to get those resources.”

IMPACT is free and open to people ages 18-39. Visit duke.is/z/bqmk.

Questions about Teen and Young Adult services? Visit dukehealth.org/TYAO.

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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 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 by visiting dukehealth.org/support-services/pastoral-services.

**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.
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, call 919.684.4497. Scan the QR code to register for support groups.

Art Therapy at Nasher
Wednesday :: August 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 :: August 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 :: August 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 :: August 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 :: August 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 :: August 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 :: August 15
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: August 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 :: August 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 :: August 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.

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; KidsCAN! Tweens and Teens (ages 11 – 18 years) meets virtually on the third Monday of the month. Sessions will resume in September. Registration is required. For more information, contact us by visiting https://duke.is/m/wv4y.

Join us for TYAO virtual meetup this month on Tuesday, August 27 at 6:30 – 7:30 p.m. for young adults (18 – 39 years old). Email TYAO@Duke.edu for more information and to register.
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](http://dukecancerinstitute.org/supportivecare) or call 919.684.4497.

Virtual Tai Chi for Cancer
Fridays :: Resuming in September
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](http://duke.is/8mues) to learn more and to register.

Virtual Yoga for Cancer
Tuesdays :: August 13 & 27
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](http://duke.is/7jgt3) to learn more and to register.

Mind-Body Approaches to Coping with Cancer
Tuesdays :: August 6 & 20
Noon to 12:45 p.m.
First and Third Friday 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](http://duke.is/gzsvt).

Explore the Power of Your Voice for Healing
Mondays :: August 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](http://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 DHFCancerExercise@dm.duke.edu or visit [duke.is/82cne](http://duke.is/82cne).

Salon Services
Mondays :: August 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. To learn more and to reserve your spot, visit [duke.is/n/8mu6](http://duke.is/n/8mu6).

NEW MEDSCAPE SERIES
This series discusses how our innovative approach of providing onco-primary care, along with collaborative research efforts, has informed improvements in screening, treatment, and post-treatment oncology care.

[duke.is/4/qm9r](http://duke.is/4/qm9r)
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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)