



Cancer Care FEBRUARY 2025

Self-Image Services Restore Confidence

By D'Ann George

One of the toughest moments during Debra Calhoun's treatment for non-Hodgkin's lymphoma came when her hair began to fall out. "Even though they tell you to expect it, it's still an emotional time," she said. "Just waking up and seeing it on the pillow." One of her best moments: working with self-image consultant Shelby Meadows to create a new look that made her feel so good, she still drops by the Boutique, located at Duke Cancer Center Raleigh, on her way to clinical appointments to scout the latest looks.

Part of Duke Cancer Institute's Patient Support Program, Self-Image Services provides support, education and personal care items that help people maintain their self-esteem and confidence during a challenging time. Items include wigs, turbans, scarves, hats, garments for easy port access, compression socks, and cushions designed to protect ports from seat belts. Personalized consultations and wig fittings take place in a private room at any of the 3 locations in Durham and Raleigh.

Meadows, a cancer survivor herself, feels passionate about offering her clients both practical assistance and emotional support. "I know exactly what it feels like. Losing my hair was the hardest part of my cancer journey. The only time I cried during the whole thing."

While chemotherapy is a standard of care for some cancers and can cause temporary hair loss, newer therapies are more targeted and don't.

Many people feel self-conscious about wearing wigs, said Meadows. "But I let them know that for me, it's a fashion thing. I change mine up a lot." Meadows' hair, on the day I interviewed her, was a gorgeous copper blond that sets off her skin tone, lipstick, and oversized cat-eye glasses.

Meadows begins consultations by asking people what they want for color, length and style. A photo taken before their hair loss helps. Or people can look at mannequins in the Boutiques for inspiration, which include three male mannequins.

Continued on page 2



Duke Cancer Institute

dukehealth.org

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.

Continued from page 1

Sometimes, people come in with one idea of how they want to look and leave with another. “I had a lady come in who always had dark hair in a certain style. I had the style but in a blonde color. She put it on and her eyes just popped. Her husband went crazy for it,” said Meadows.

People are welcome to come in with a spouse or good friend to help them choose. But ultimately, what matters most is how clients feel about themselves in the new look.

Calhoun tried several styles. “The first two or three didn’t quite look right. But Shelby kept coming up with new options.” Ultimately, Calhoun chose a short, shag-style wig with blonde highlights.

“Now I feel comfortable going to church. I like how I look again,” said Calhoun.

To learn more about Self-Image Services, visit duke.is/self-image, or call 919-613-1906.

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

dukecancerinstitute.org

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.

Cancer Nutrition

Our registered dietitians specialize in oncology and help to prevent and treat malnutrition, restore digestive health, and minimize the side effects of your cancer treatment. To learn more, contact your healthcare team and ask about cancer nutrition 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 duke.is/c/b47z.

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, contact your healthcare team and ask about sexual health services.

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 duke.is/survivorshippervices.

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 dukehealth.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, at one of our three locations, call 919.613.1906 or email cancersupport@duke.edu. To learn more, visit duke.is/self-image.

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 duke.is/cals.

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SURVIVORSHIP SPECIALIST

- ✓ Cancer care
- ✓ Primary care
- ✓ Develop a plan for the whole you

Your survivorship specialist at the Duke Cancer Survivorship Clinic is here to bridge the gap between cancer treatment and life after cancer treatment. To learn more, visit duke.is/wtqpe.

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



Art Therapy at Nasher

Wednesday :: February 12
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 20, 5 to 6 p.m.

Third Thursday of the month

This **group** is for patients only. Topics 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 26
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 19
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 11
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 19
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 20, 6 to 7 p.m.

Third Thursday of the month

To register for this **group**, visit duke.is/mhc7m.

Prostate Cancer Support

Monday :: February 24
4 to 6 p.m.

Fourth Monday of the month

The **group** is for patients and caregivers. To register, visit duke.is/mhc7m.

Parenting with Cancer Meetup

Tuesday :: February 18
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, February 10 at 6:30 p.m. KidsCAN! Tweens and



Teens (ages 11–18 years) typically meets virtually on the third Monday of the month. We will meet this month

on February 19 at 6:30 p.m. due to President's Day. Registration is required. For more information about KidsCAN!, visit duke.is/m/wv4y.

TYAO

Teen and Young Adult Oncology Program

Join us for an in-person TYAO meetup for young adults (18-39 yrs old) at Bowlero Durham on February 25, from 6 to 8 p.m. Come hangout, bowl, and eat pizza. Email TYAO@Duke.edu for more information and to register. Check out our Instagram for updates and upcoming events.



@duketyao

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 dukehealth.org/cancersupport or call 919.684.4497.



Virtual Tai Chi

Fridays :: February 7 & 21
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, is a virtual [Tai Chi class](#) for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Virtual Yoga

Tuesdays :: February 11 & 25
Noon 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 :: February 4 & 18
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 3 & 17
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

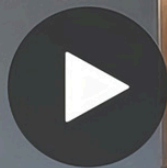
Mondays :: February 3 & 24

First and Fourth Monday of the month

10 a.m. to 3 p.m.

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, visit duke.is/n/8mu6.

Duke University Hospital
Cancer Center



Beyond Cancer:
Confronting the Challenges of Survivorship



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



Duke Cancer Institute

FEBRUARY 2025

Duke Cancer Institute Virtual Support and Activity Groups

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--------------------------------------|
| 3 Explore the Power of Voice | 4 Mind/Body Approaches Coping with Cancer | 5 | 6 | 7 Tai Chi |
| 10 KidsCAN! (4–10) | 11 Yoga Breast & GYN Cancer Support | 12 Art Therapy at Nasher | 13 | 14 |
| 17 Explore the Power of Voice KidsCAN! Tweens and Teens | 18 Mind/Body Approaches Coping with Cancer Parenting with Cancer Meetup | 19 Women’s Metastatic Cancer Support BMT Survivorship Support | 20 Caregiver Support Group General Cancer Support Group | 21 Tai Chi |
| 24 Prostate Cancer Support | 25 Yoga TYAO Young Adult Meetup | 26 LGBTQIA+ Cancer Support Group | 27 | 28 |

For more information and to register, visit dukehealth.org/cancersupport or call 919.684.4497

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