



Cancer Care

AUGUST 2025

Jeff Shevach, MD, a genetics epidemiologist, will discuss how DNA testing can guide treatment decisions at the September 6 GU Community Education Event.

Bootcamp for Genitourinary (GU) Cancer Survivors

By D'Ann George

People living with three of the most common kinds of cancer — prostate, bladder and kidney — can spend the day with more than 20 specialists across Duke Cancer Institute (DCI) at the GURus Community Education Event on Saturday, September 6. The purpose: building a toolkit for living longer, better lives while staying up to date on what's new — and what lies ahead — for treatments.

"Your Cancer Fingerprint," a session focused on DNA testing, will be one of more than 12 topics covered. Jeff Shevach, MD, a genetic epidemiologist and medical oncologist specializing in GU, will team up with Jennifer Halleck, MS, CGC, a genetics counselor. They will explain who benefits from testing, how to get tested, and how testing can guide treatment decisions. Halleck and Shevach work together in the Hereditary Cancers Program at DCI.

Another session, titled "Food Fight," features a debate between nutrition experts over the merits of three different evidence-based diets for cancer survivors.

Offerings will also include a presentation on sexual health and intimacy and a primer on how to make sense of the CTs, MRIs, and PETs that show up in My Duke Health (My Chart).

"It's kind of a boot camp for cancer survival," said Budd Berro, who attended last year and is volunteering to help staff the 2025 event.

The highlight of the day for Bob Slater, who also attended previously, was the Lunch and Learn sessions. "We eat lunch together in small groups, by cancer type, while we listen to updates on cancer treatments," said Slater. "Best of all, there is always time to ask any question you might have."

In the keynote address for this year's event, Mike Kastan, MD, PhD, executive director for the DCI, will explain how researchers and clinicians across specialties work together to move the field forward with promising new treatments for tomorrow while delivering excellent care today.

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Duke Cancer Institute

dukehealth.org

Cancer Support Services

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Patti Burke, who attended last year shared that while she benefited from all the information, what she valued most was the opportunity to spend time with other people who are living with her cancer type. “The gathering felt like sacred ground to me,” she said.

Renee Franklin, who will attend for the third time, will travel from Las Vegas. “Absolutely worth the trip,” she said.

The event will take place on Saturday, September 6, from 9-3 pm, at the state-of-the-art event hall on the Durham campus of North Carolina Central University.

To register for the live, in-person event, and to learn more details, visit this website: <https://duke.is/YourGUrurLive>.



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 throughout cancer care — from diagnosis to the end of treatment. They provide information to guide decisions, advocate for your needs, identify barriers, and connect you with helpful resources. To learn more, ask your healthcare team about available Navigation services.

Clinical Social Work

Oncology and palliative care social workers help patients and families manage emotional and practical challenges. They ease stress, address financial concerns, and connect you with resources like disability support, home health, hospice, and end-of-life planning. Ask your healthcare team 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

We partner with you and your loved ones to support healthy, fulfilling lives beyond cancer. Care includes physical and emotional assessments, screenings, and counseling for prevention and wellness. Learn more at duke.is/survivorshipservices or call 919.668.2122.

Teen and Young Adult Oncology Program

This program supports teens and young adults (ages 15–29) and their loved ones through cancer diagnosis, treatment, and survivorship. Services include specialized medical care, individual and family therapy, peer support, and activity-based groups in both clinical and community settings. Learn more at dukehealth.org/TYAO.

Palliative Care

This team helps manage symptoms like pain, fatigue, nausea, anxiety, and more — improving your comfort and quality of life. They work with you, your loved ones, and your doctors to ensure care aligns with your goals. To schedule, call 919.668.6688 (option #7) or 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.

Onco-Fertility Services

Cancer treatments can impact fertility. If you are interested in a fertility preservation consult, talk to your care team, and a nurse navigator will connect you with specialists — including fertility-trained providers, financial counselors, and therapists, and more. Services are available from diagnosis through survivorship, even if preservation wasn't completed. Call 919-613-4389 to speak with a nurse navigator. To learn more, visit duke.is/fertpreservation.

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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.

All times listed are in Eastern Daylight Time.



Art Therapy at Nasher

Wednesday :: August 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.

Blood and Marrow Transplant Survivorship Support Group

Wednesday :: August 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.

Breast & GYN Cancers

Tuesday :: August 12
5:30 to 7 p.m.

[Second Tuesday of the month](#)

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

Caregiver Support Group

Thursday :: August 21
6 to 7 p.m.

[Third Thursday of the month](#)

This **group** is for caregivers only. To register, visit duke.is/mhc7m.

General Cancer Support

Thursday :: August 21, 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 :: August 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 :: August 20, 3 to 4:30 p.m.

[Third Wednesday of the month](#)

The **group** is for patients only.

To register, visit duke.is/mhc7m.

Parenting with Cancer Meetup

Tuesday :: August 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.

Prostate Cancer Support

Monday :: August 25, 4 to 6 p.m.

[Fourth Monday of the month](#)

The **group** is for patients and caregivers. 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, returning September 8. KidsCAN! Tweens and Teens (ages 11–18 years) meets virtually on the third Monday of the month, returning September 15.



Registration is required. For more information about KidsCAN!, visit duke.is/m/wv4y.



TYAO

Teen and Young Adult
Oncology Program

Join us for our TYAO virtual meetup for young adults (18-39 years old) on the fourth Tuesday of the month, August 26 from 6:30 – 7:30 p.m.

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
Returning Fridays ::
September 5 & 19
2:30 to 3:15 p.m.
Typically the 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 :: August 12 & 26
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 :: August 12 & 26
Noon to 12:45 p.m.
Typically the 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.

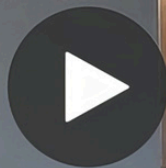
Explore the Power of Your Voice for Healing
Mondays :: August 4 & 18
Noon to 1 p.m.
First and Third Monday of the month
In this [workshop](#) you will explore breathing techniques, vocal toning, and chanting. These tools and techniques, when used daily, encourage mindful attention to one's heart and 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 DHFCancerExercise@dm.duke.edu or visit duke.is/82cne.

Salon Services
Mondays :: August 4 & 25
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



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



AUGUST 2025

Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
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