

**MARCH 2021**

# Cancer Care



*Gennie Wilder, two-time cancer survivor, uses her experiences to help others.*

## Walk the Walk: Self-image consultant provides guidance on the path forward

Genenive ‘Gennie’ Wilder didn’t grow up knowing she wanted to be a self-image consultant, but after facing cancer two different times, she knows she is exactly where she needs to be. She knows firsthand the toll this journey can take on how you feel and see yourself.

The staff involved in the Duke Cancer Patient Support Program (DCPSP) understands the self-image needs related to cancer. Thus, the role of self-image consultant was created to help patients and their family members adapt to changes in body-image experienced throughout their cancer journey. “The goal is to make each person feels comfortable in their own body—allow them to see the beauty within,” Gennie shared.

Mallori Thompson, who directs the patient support program, commented: “The cancer experience is different for everyone, so we feel it is important for our Boutiques to have a variety of products and resources

available to meet our patients’ needs. We offer wigs, a wide selection of head coverings, apparel geared for comfortable access during treatment and skin care items—to name a few, but for some, a conversation with one of our self-image consultants may be just what the doctor ordered.”

DCPSP Boutiques also feature a full line of prosthetic services offered by certified prosthetic and orthotic fitters as well as sexual health services to complete the comprehensive approach to attending to self-image needs. Patients can meet with a self-image consultant and have access to these services in the boutiques at the Duke Cancer Center in Durham and Duke Women’s Cancer Care Raleigh in Wake County.

View the [Self-Image Services site](#) for a full listing of available services and resources. To reach the Belk Boutique at the Duke Cancer Center in Durham, call 919.613.1906. For the Boutique at Duke Women’s Cancer Care Raleigh, call 919.307.0161.



**Duke Cancer Institute**

[dukehealth.org](http://dukehealth.org)



### **NEW: Virtual Tai Chi for Cancer**

Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual Tai Chi class for cancer patients and survivors. Classes take place on Zoom on the 1st and 3rd Friday of the month at 2:30 p.m. [Click to register](#). Visit our [site](#) to learn more.

### **NEW: Virtual Yoga for Cancer**

Join certified Yoga for Cancer instructor Laura Woodall in a class designed specifically for cancer patients and survivors. Classes take place on Zoom on the 2nd and 4th Tuesday of the month at noon. [Click to register](#). Visit our [site](#) to learn more.

[dukecancerinstitute.org](http://dukecancerinstitute.org)

As the COVID-19 pandemic continues to evolve, it has become clear that we need to continue our efforts to minimize health and safety risks to Duke patients, staff, families, and the larger community.

Your psychosocial needs remain a top priority. We are continuing to offer the services listed on the following two pages remotely. For questions or to access these supportive care and survivorship services, please call 919.684.4497, email [cancersupport@duke.edu](mailto:cancersupport@duke.edu) or ask your doctor or nurse. We are grateful for your continued cooperation and flexibility during this public health crisis.

## Cancer Support Services

Duke Cancer Institute offers a variety of support services and resources for patients and their loved ones to assist with navigating life during and after cancer treatment. In honor of this year's Survivorship Day, the Supportive Care and Survivorship Center created [DukeCancerInstitute.org/SurvivorshipDay](http://DukeCancerInstitute.org/SurvivorshipDay)—a site that features videos that highlight each of the services listed in this calendar.

We encourage you to view by clicking the hyperlinks to hear directly from our providers who strive to make the cancer experience better for everyone we serve.

Tour the site by visiting [DukeCancerInstitute.org/SurvivorshipDay](http://DukeCancerInstitute.org/SurvivorshipDay).

### Patient and Nurse Navigation

Navigators help identify and evaluate barriers to timely diagnosis and treatment of cancer. We focus on patients who are faced with multiple barriers such as transportation, housing and financial concerns. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care](http://DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care).

### Clinical Social Work

Oncology and palliative care social workers help patients and their loved ones cope with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. Individuals and family members are assessed to identify and address specific needs. We work together to establish interventions to help you alleviate stressors and financial burden associated with cancer diagnoses, as well as connect you and your loved ones to

resources such as disability, home health/ hospice, advance directives and end of life care. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Social-Work](http://DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Social-Work).

### 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. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services](http://DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services).



### FREE Exercise Consultations

Translate your New Year's resolutions into year-long habits with the Supportive Care & Survivorship Center. FREE personalized exercise consultations by exercise physiologists are available to oncology patients and survivors. Video chat or phone sessions are available on Mondays between 2:00 and 4:00 pm and Wednesdays between 8:45 and 11:30 am. Call 919.660.6648 or email [Christopher.Ehren@duke.edu](mailto:Christopher.Ehren@duke.edu) to make your appointment today.

## 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. 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 <http://dukecancerinstitute.org/therapy-and-support-groups>.

## Sexual Health Services

Sexual health services provide education on the impact cancer treatments have on sexual health and intimacy, and therapy services that address concerns surrounding sexual function, sexual feelings, intimacy and changes in sexual health. To learn more, visit <http://dukecancerinstitute.org/supportivecare/sexual-health-intimacy>.

## 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 <http://dukecancerinstitute.org/quitatduke>.

## Survivorship Services

Our cancer survivorship initiative focuses on the design and delivery of high-quality survivorship care. We 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 [DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Survivorship](http://DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Survivorship).

## Teen and Young Adult Oncology Program

Duke Cancer Institute's Teen and Young Adult Oncology Program provides 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](http://DukeCancerInstitute.org/TYAO).

## Palliative Care

Duke's palliative care experts help you

find relief from the pain, symptoms and stress of serious illness. No matter your age or the stage of your illness, we work closely with you and your doctors to help you understand your treatment options and make decisions about your care. We're here to help you gain emotional and psychological strength, and to ensure you and your loved ones experience the best possible quality of life. Although palliative care providers sometimes see people at the end of life, and we may talk with you about what hospice offers, we are not hospice care. We can help with pain control, symptom management, complex medical decisions, navigation of complex health care issues, and advance care planning, including a living will or healthcare power of attorney. To schedule an appointment, call 919.668.6688, option #7. Please visit [DukePalliativeCare.org](http://DukePalliativeCare.org) for more information. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Palliative-Care](http://DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/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. To best serve our patients and their families we are offering virtual consultations, video resources, product shipping and curbside pick-up options. If you are interested in a self-image consultation, call 919.613.1906 or email [cancersupport@duke.edu](mailto:cancersupport@duke.edu). To learn more about our self-image services, visit [DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services](http://DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services).



# Support Groups

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](https://dukecancerinstitute.org/supportivecare) or call 919.684.4497.

To help ensure the continuation of these vital programs and services, please get involved by visiting [DukeCancerInstitute.org/SurvivorshipDay/Get-Involved-With-DCI](https://DukeCancerInstitute.org/SurvivorshipDay/Get-Involved-With-DCI).

Due to COVID-19 precautions, support groups scheduled for March will be held virtually. Duke Cancer Patient Support Program's support groups are professionally facilitated groups, where patients and their caregivers have an opportunity to meet people in a similar situation, share what's happening and get support, tips and ideas from those who understand what you're going through. Registration is required. Please see each group for the correct contact information to register. For questions, please call 919.684.4497.

## Breast & GYN Cancers

Tuesday :: March 9  
5:30 to 7 p.m.  
Second Tuesday of the month  
This group is for patients only.  
To register, email [Ginger.Gialanella@duke.edu](mailto:Ginger.Gialanella@duke.edu) or call 919.307.0332.

[dukehealth.org](https://dukehealth.org)

## Blood and Marrow Transplant Survivorship Support Group

Wednesday :: March 17  
4 to 5:30 p.m.  
Third Wednesday of the month  
To register, email [John.Schweichler@duke.edu](mailto:John.Schweichler@duke.edu) or call 919.668.2480.

## Caregiver Support Group

Thursday :: March 18  
6 to 7 p.m.  
Third Thursday of the month  
To register, email [Tracy.Berger@duke.edu](mailto:Tracy.Berger@duke.edu) or call 919.681.6835

## General Cancer Support

Thursday :: March 18  
5 to 6 p.m.  
Third Thursday of the month  
Patient and caregiver groups are held separately. During this group, you will have an opportunity to meet other individuals facing cancer, share your own experience, and learn about topics helpful to being your own best advocate. Topics typically include communicating, finding information, making decisions, solving problems, negotiating and standing up for your rights. To register, email [Tracy.Berger@duke.edu](mailto:Tracy.Berger@duke.edu) or call 919.681.6835.

## LGBTQ+ Cancer Support

Wednesday :: March 24  
5:30 to 7 p.m.  
Fourth Wednesday of the month  
This support group is for oncology patients and families. To register, email [Geoffrey.Vaughn@duke.edu](mailto:Geoffrey.Vaughn@duke.edu) or call 919.668.4029.

## Prostate Cancer

Monday :: March 22  
4 to 6 p.m.  
Fourth Monday of the month  
To register, email [John.Schweichler@duke.edu](mailto:John.Schweichler@duke.edu) or call 919.668.2480.

# Kids Can!

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.

The next virtual gathering will be held on Monday, March 8 at 6:30 pm. To learn more or to register, contact Hannah Sasser at 919.954.4117, or email [hes15@duke.edu](mailto:hes15@duke.edu).



## NEW: Metastatic Cancer Support Group for Women

This virtual group is designed to offer professionally facilitated support for women who have a metastatic cancer diagnosis. The group is held on the 3rd Wednesday of the month from 3:00 – 4:30 p.m. For more information and to register, call 919.307.0332 or email [Ginger.Gialanella@duke.edu](mailto:Ginger.Gialanella@duke.edu).

## TYAO Young Adult Meetup (18–39) and TYAO Teen Meetup (15–17)

Are you a teen or young adult with cancer? Visit our newly renovated Teen and Young Adult Oncology site to navigate resources and services available to you at ease.

Join us for TYAO virtual meetup this month on Tuesday, March 23 from 6:30 p.m. – 7:30 p.m. for TYAO Young Adult Meetup and Thursday, March 25 from 6:30 p.m. – 7:30 p.m. for TYAO Teen Meetup. To register email [TYAO@Duke.edu](mailto:TYAO@Duke.edu).