

CULTIVATING A  
**SPIRIT OF SURVIVAL**



SHAW CANCER CENTER

VAIL HEALTH

*A service of Vail Health Hospital*



**ANNUAL SUMMARY 2018**





# TABLE OF CONTENTS

<b>Welcome To Shaw</b>	
Shaw Cancer Committee.....	5
<b>2018: Year In Review</b>	
"Living at Your Peak" Series.....	8
Patient Assistance Fund.....	8
Free Radon Test Kits Prevent Exposure.....	8
Spa Services for Survivors.....	9
Hike, Wine & Dine for Jack's Place.....	9
Online Wellness Planning.....	9
Pink Vail Dollars Grow Survivorship Program.....	9
Shaw in the Community.....	10
Quality Improvements Enhance Patient Care.....	11
New Resources at Hand.....	11
New InBody Technology Assesses Overall Health.....	11
Philanthropy Update.....	11
Statistical Summary.....	12
<b>Shaw In Depth</b>	
Exercise For Survival.....	16
Circle of Support.....	18
Jack's Place - A Home Away From Home.....	20
<b>What Makes Shaw Unique</b>	
Directory.....	24
Awards & Accreditations.....	30
Cancer Care Team.....	31

Shaw Cancer Center - Edwards, CO



# WELCOME TO SHAW

**OUR TEAM OF EXPERTS IS DEDICATED TO DELIVERING THE MOST ADVANCED AND PERSONALIZED CANCER CARE TO OUR PATIENTS.**

This past year, Shaw Cancer Center served over 1,700 patients from the local region, Colorado and beyond. We expanded our patient navigation services to ensure each patient and his/her caregiver understands their unique treatment plan and has the support needed along their journey. We grew our radiation therapist staffing, continued to expand our financial support services, held several community education programs and added even more survivorship programming, all with the goal of meeting the evolving needs of our patients and their loved ones.

This booklet provides a window into the unique style of care we offer at Shaw Cancer Center, a service of Vail Health Hospital. A 2017 study by the Institute for Health Metrics and Evaluation reported Eagle County, along with Summit and Pitkin counties, were among the top five with the lowest rate of death from breast and lung cancers in the United States. We believe Shaw's multidisciplinary team approach, state-of-the-art treatment facility and attention to wellness via our unique survivorship program contribute to the high survival rates of our patients. We hope you enjoy learning more about our team and the communities we serve.



**Patricia Hardenbergh, MD**

*Patricia Hardenbergh*

Co-Chairman, Cancer Committee  
Medical Director, Radiation Oncology



**Alexander Urquhart, MD**

*Alexander Urquhart*

Co-Chairman, Cancer Committee  
Medical Director, Medical Oncology



**Stacy M. Toyama**

*Stacy M. Toyama*

Vice President

## Shaw Cancer Committee

The Shaw Cancer Committee meets quarterly to review our goals and progress on prevention, treatment, quality and survivorship. The committee integrates physician specialists with other cancer care professionals who contribute to ensuring that Shaw provides the absolute best care possible.

**Reginald Franciose, MD**  
General Surgery  
Cancer Liaison Physician

**Patricia Hardenbergh, MD**  
Radiation Oncology  
Cancer Committee Co-Chairman  
QI Coordinator

**Frank Holmes, MD**  
Pathology

**Robert Macaulay, MD**  
Pathology

**Jan Ugale, MD**  
Diagnostic Radiology - Breast

**Alexander Urquhart, MD**  
Medical Oncology  
Cancer Committee Vice Chair  
Cancer Conference Coordinator

**Christine Barth**  
Genetic Counselor

**Melissa Griggs, RHIA, CTR**  
Cancer Registrar  
Cancer Registry Quality Coordinator

**Holly del Junco, CCRP**  
Clinical Research Coordinator

**Erin Perejda, MSW, LCSW, OSW-W**  
Psychosocial Services Coordinator  
Palliative Care  
Oncology Social Worker and Survivorship Coordinator

**Kim Sharkey, MA**  
Community Outreach Coordinator  
Manager, Cancer Services

**Katie Sobeski, BS, RHIA, CTR**  
Cancer Registrar

**Stacy Toyama**  
Vice President

**Lynn Tremblay-Ritchey, RN, OCN**  
Charge Oncology Nurse

**Alida Wagner, CTR**  
Cancer Registry

## Ad Hoc Members

**Jack Eck, MD**  
Internal Medicine

**Susan Vickerman, MD**  
Colorado Mountain Medical

**Colleen Berga, RT(R)(M)**  
Sonnenalp Breast Center

**Karen Clous, RN, OCN**  
Clinical Nurse Manager

**Sara Fleszar, Pharm D, BCOP**  
Pharmacist

**Melaine Hendershott, MS, RD, CSO**  
Registered Dietician

**Katie Jones, NP**  
Medical Oncology  
Palliative Care

**Lindy Owens, RN**  
Nurse Navigator

**Melissa Wright**  
American Cancer Society Health Systems  
Manager, Hospitals, North Region

**Candace Smith**  
Oncology Business Analyst and Front Office  
Coordinator

**Monique Fox, MD**  
Diagnostic Radiology - Breast



Sonnenalp Breast Center  
at Shaw Cancer Center





Jack's Place,  
a cancer caring house

SHAW CANCER CENTER  
**2018: YEAR  
IN REVIEW**



### Shaw Partners with Vail Symposium for "Living at Your Peak" Series

Shaw Cancer Center partnered with the Vail Symposium to present "Life After Cancer: How to Not Only Manage, But Thrive." Part of the Symposium's Living at Your Peak series, the presentation featured a panel of experts who discussed a variety of issues affecting survivors, including sexuality, diet, exercise and overall well-being. Shaw's Medical Director of Radiation Oncology Dr. Patricia Hardenbergh moderated the panel, and Shaw's Spirit of Survival program served as an example of how lifestyle improvements play an important role in increasing survivorship rates.



### Patient Assistance Fund

The Patient Assistance Fund is need-based financial support to help patients meet daily living expenses if they are unable to work while in treatment at Shaw. Funded entirely by philanthropic donations, 41 patients in need received assistance in 2018.



### Free Radon Test Kits Prevent Exposure

According to the Colorado Department of Public Health & Environment, 50 percent of Colorado homes have radon gas levels in excess of the EPA's recommended action levels. Radon exposure is the leading cause of lung cancer in nonsmokers and causes hundreds of cancer deaths in Colorado annually. In an effort to help prevent lung cancer from exposure to radon gas, Energy Smart Colorado, Shaw Cancer Center and Eagle County Environmental Health collaborated to provide free radon test kits during "Radon Action Month." Shaw distributed more than 500 radon test kits to the community in 2018, and Energy Smart Colorado worked with homeowners whose tests came back positive to mitigate the issue and ensure safe levels of radon.

### Spa Services for Survivors

Spa Anjali at the Westin Riverfront Resort in Avon, CO partnered with Shaw to donate massage, facial, manicure and pedicure services to patients in treatment. In addition, Cloud9 Salon in Beaver Creek provided free manicures, pedicures and hair-styling services to Shaw patients in treatment.



### Hike, Wine & Dine For Jack's Place

At the height of leaf-peeping season at Beaver Creek, the only thing more beautiful than the scenery was seeing a record number of over 400 hikers on the trail for a good cause. 2018 marked the 10th anniversary of Hike, Wine & Dine, and once again, everyone enjoyed great company, delicious food and a healthy hike to benefit patients at Shaw Cancer Center and Jack's Place. The event raised over \$125,000, making the 10-year fundraising total nearly \$800,000.

### Online Wellness Planning

In 2018, Shaw partnered with ithrive.com, an online wellness planning tool focused on cancer patients and their wellness. Our patients are now able to track their progress on a variety of aspects of their wellness including nutrition, fitness, environment, spirituality and more.



### Pink Vail Dollars Grow Survivorship Program

Pink Vail™ takes place on one special day in the spring, but the funds benefit patients all year long. One hundred percent of Pink Vail donations and registration fees benefit all patients at Shaw Cancer Center through enhancements to patient care and programming. All Shaw patients, whether male or female, no matter their cancer diagnosis, have the opportunity to benefit from Pink Vail funds throughout their cancer treatment experience and beyond. Thanks to the unprecedented \$920,000 raised in 2018, Shaw was able to enhance the Spirit of Survival program with the following resources:

- More yoga, Pilates and tai chi classes at Jack's Place
- Complimentary punch cards for local gyms
- Male-specific programming like "Boys of Shaw" speakers and Broga (men's yoga)
- A second full-time psychosocial support team member
- More hours for our registered dietitians so that we can provide five-day-a-week dietician services to our patients
- More hours for our exercise physiologists so we can expand gym hours and programming
- A patient resource navigator to support the nurse navigator, social worker and Spirit of Survival program



### Shaw in the Community

Shaw Cancer Center staff and volunteers participate in dozens of programs and events each year, educating over 10,000 community members on the importance of cancer prevention and early detection. From events and local festivals to on-campus programming, Shaw extends its unique services and offerings to the entire community.

- We partnered with the 9Health Fair and hosted our own health fair in 2018 to provide free or low cost screening services to more than 750 community members in Eagle County.
- Nearly 2,500 participants and over 4,000 donors came together for Pink Vail to raise funds for patient care and programming. Thanks to online fundraising and social media, Pink Vail and Shaw Cancer Center were visible across the world.
- Breast cancer awareness events like Pinktoberfest, high school sports "pink nights" and Tough Enough to Wear Pink at the Eagle County Fair & Rodeo reminded women of the importance of scheduling their annual mammogram.
- We educated community members of all ages through Intern for a Day tours of the cancer center's facilities, including special tours for groups like the Vail Valley Business Women.
- In 2018, we continued our popular Sun Safety program for Eagle County Schools grades K-1, educating 1,200 children on the importance of staying protected from the sun's damaging rays. We also provided a variety of free skin cancer screenings at several community health fairs and events.



Battle Mountain Volleyball



Eagle County Fair & Rodeo



Sun Safety

### Quality Improvements Enhance Patient Care

The team at Shaw Cancer Center prides itself on providing ongoing quality improvements. In 2018, we undertook several initiatives including:

- Upgraded our 3D Stereotactic biopsy system at Sonnenalp Breast Center to include a BREVARA automatic specimen x-ray needle unit that retrieves the tissue as it is taken. We are the first in Colorado to use this device.
- Enhanced our palliative care program through improved communications and more comprehensive meetings with patients.
- Developed and implemented a referral process for primary care physicians to offer genetic counseling to high risk patients.
- Established a multidisciplinary cancer clinic for prostate patients. Each patient's case and treatment plan are reviewed by a group of prostate cancer experts to ensure the best possible outcomes.

### New Resources at Hand

In 2018, the Medical Library at Shaw Cancer Center added iPad loaners to its list of helpful resources. Patients and their family members can check the iPads out for the day to search the Internet, read educational articles on cancer survivorship, get cooking tips for healthy eating and read survivorship stories. Over 40 new release and classic movies are available on the iPads, and the movies change every 30 days so there is always something new to watch.

### New InBody Technology Assesses Overall Health

Shaw's exercise physiologists are now using a new technology called InBody to get a detailed look at our patients' body composition. InBody analyzes the percentage of muscle, fat and water in the body. This data is a baseline for helping patients' set their fitness goals. InBody is also a valuable tool for tracking patients' progress.



Jack's Place, a cancer caring house

### Philanthropy Update

Thanks to the over \$2.7 million raised by events like Pink Vail and Hike, Wine & Dine, plus donations made by generous benefactors who made Shaw Cancer Center a priority in 2018, philanthropy funded the following services and programs.

- Free and low-cost health screenings for more than 750 residents across the region.
- Continued expansion of Spirit of Survival programs - patients participated in more than 6,400 services and activities this year, at no charge.
- In 2018, Jack's Place provided 1,200 nights of accommodation for more than 400 patients and their caregivers. Since opening in 2007, Jack's Place has provided over 12,200 nights of respite for over 2,800 patients and their caregivers. With a donate-what-you-can philosophy, patients and their caregivers can stay for the day or overnight, while in active treatment.



# STATISTICAL SUMMARY

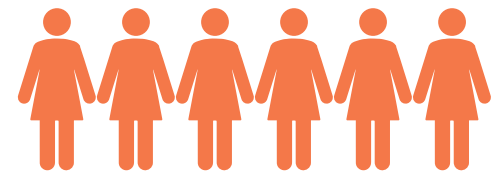
## OF SHAW CANCER CENTER DATA

### TOTAL CASES | 2018

New patients only



42% MALES



58% FEMALES

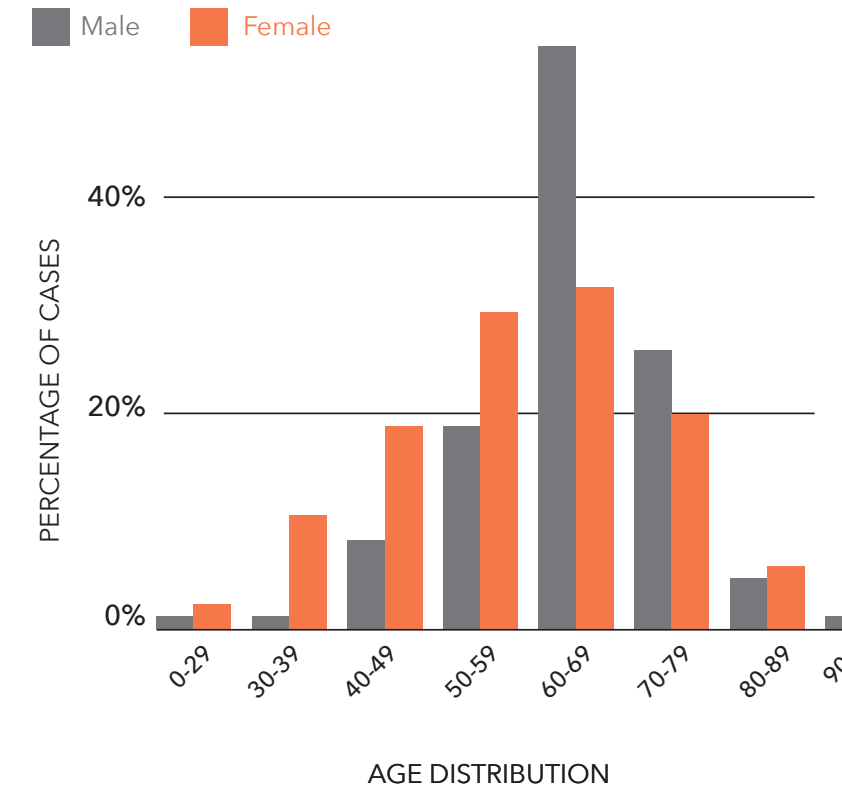
### CANCERS TREATED | 2018

Types of cancer treated at Shaw

- Brain & Nervous System
- Breast
- Colon & Digestive System
- Endocrine
- Female Reproductive
- Leukemia
- Lung & Respiratory
- Lymphoma
- Mesothelioma
- Myeloma
- Oral & Pharynx
- Prostate & Testicular
- Skin
- Soft Tissue
- Urinary
- Other Types of Cancer

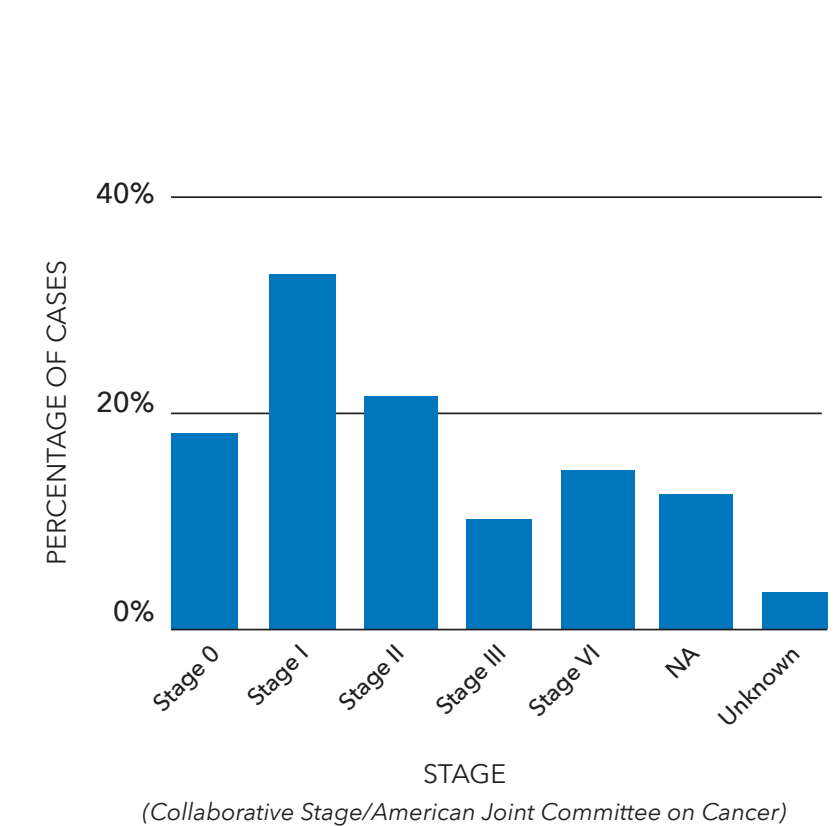
### AGE AT DIAGNOSIS | 2018

Male vs. female, new patients only



### CANCER DIAGNOSIS BY STAGE | 2018

New patients only







Jack's Place offers views of the Sawatch Mountain Range & Lake Creek Valley

# SHAW IN DEPTH



# EXERCISE FOR SURVIVAL

*Written by Kim Fuller, this article was originally published in Vail Health Magazine.*

Susie Johnson is surviving pancreatic cancer. At age 73, the longtime local says Shaw Cancer Center has been her "savior," but it's the commitment she has made to fitness through Shaw's Fit for Survival program that may also be her saving grace.

It was Christmas Eve 2014 when Susie was diagnosed with an advanced non-resectable form of pancreatic cancer, meaning an operation to remove it was not an option. Instead, Susie has relied on chemotherapy treatment, and has focused on exercise to keep her body and mind strong.

"Almost every single day during treatment, I would try to do something that was aerobic, and I also integrated weight training," she says. "Even if it was only 20 minutes, I think it really helped my attitude and my physical being, and I think it helped others because they could see that it can be done."

The Fit for Survival gym at Shaw is small, but there's no denying the courageous and limitless energy inside. Cancer survivors share the space with patients in Vail Health's Cardiac Rehabilitation program, and everyone supports one another.

The gym is designed to help patients who are in cancer treatment and cardiac rehabilitation stay active safely and effectively. Cancer patients work to regain their strength during and after treatments, and patients post-surgery work with on-site exercise physiologists to improve range of motion, work with strength limitations and improve muscle mass.

Research and evidence steadily support fitness for cancer recovery. Sarah Giovagnoli and Erin Lepper, both oncology-trained exercise physiologists with the Fit for Survival program, say fitness regimens during and after cancer treatments can reduce the odds of recurrence in certain types of cancer by 30-60 percent.



"That's why we do what we do – because the research supports the importance of exercise and cancer survivorship, along with decreasing many of the side effects of cancer treatments," says Sarah.

**"I think that [talking to people] helps with my recovery too, because whenever you help someone, you feel good."**

**-Susie Johnson**

Sarah and Erin work directly with Shaw's oncologists, Dr. Hardenbergh and Dr. Urquhart, to stay in alignment with treatment and recovery. Dr. Hardenbergh created the Fit for Survival program when Shaw Cancer Center opened 16 years ago, realizing the importance of lifestyle changes and the impact on quality of life and cancer survivorship.

The gym and its programs empower patients to make powerful and long-term lifestyle changes, and those survivors become ambassadors for new patients who may need an extra boost of inspiration.

"I've been able to talk to people and help them through some of their grief," says Susie. "And I've done that right in the gym, just by being there and talking and joking and laughing. I think that helps with my recovery too, because whenever you help someone, you feel good."

Three-and-a-half years into treatment, Susie says she hasn't totally beaten cancer, and her will to fight persists.

"The tumor is still there, but it's not progressing," she explains. "So the chemo is holding it at bay, and I believe the exercise is also doing that – it's not advancing, which is pretty amazing for this stage of pancreatic cancer because the statistics are something like three percent of the people live five years. I am almost at four years, so I am feeling really happy."

However crucial for physical recovery, there is no doubt the mental and emotional strength gained in this gym is life-changing and certainly life-affirming.

"You can't stop," Susie says. "My motto since all this started has been 'Carpe Diem!' – 'Seize the Day!' – because I think every day you have to wake up and say 'Well, what am I going to do today?' Because it's another day, and you just have to make a good day of it no matter what."







# CIRCLE OF SUPPORT

## SPIRIT OF SURVIVAL UNITES

A cancer diagnosis can be devastating, but sharing the journey with people going through a similar experience creates an unbreakable circle of support.

At Shaw Cancer Center, patients are not alone on their journey. The Spirit of Survival program provides daily, weekly and monthly offerings to support cancer survivors and their caregivers. Ongoing classes, activities and emotional support groups provide consistent opportunities for exercise, emotional well-being and general wellness. In addition, Shaw's survivorship team continually thinks of fun and creative ways to get survivors together, take their minds off cancer and heal their whole being. Thanks to dollars raised at Pink Vail, these activities are offered at no cost to our patients.

Lorenzo Martinez is a longtime local. He describes Spirit of Survival: "More than a program, I felt each experience was a family gathering."

Clyde Hanks is also a local, and a self-professed "long-termer." Diagnosed with prostate cancer in



**Survivorship programs focus on wellness, self-care and mutual support.**

2005, Clyde has been a Shaw patient since 2006. He and some of the friends he made along the way formed the "No Prostate Club." They work out together in the Fit for Survival gym each week, participate in Spirit of Survival activities and sometimes just get together for a beer.

**"It's just an incredibly all-around supportive program for your emotional, physical and mental well-being."**

**-Clyde Hanks**

"We pick each other up, we're very supportive of each other and sometimes we just laugh," says Clyde. "I see them elsewhere in town and we give

each other a hug and find out how each other is doing. It encourages me to keep going, in part, to see those guys. I think the same is true for them. You end up with a circle of friends you wouldn't have had otherwise."

## WHAT'S SPECIAL, WHAT'S NEW



### Yoga, Broga & Goat Yoga

Yoga is proven to help cancer survivors manage anxiety, gain strength, increase flexibility and create a feeling of well-being. However, walking into a yoga class full of women can sometimes be intimidating for men. So, why not offer a men's-only yoga class? We do, and it's called Broga! And, for those who can laugh while they lunge, there is goat yoga. Goats and yoga provide the perfect combination for survivors to practice their downward dog, rest in child's pose and snuggle or laugh with baby goats.

### Arts in Healing

With a constantly-changing calendar of expressive arts classes, survivors can try something new or channel their passions in photography, pottery, painting, creative writing, drumming and more.



### Country Western Line Dancing

Survivors are encouraged to channel their inner cowboy/cowgirl at 4 Eagle Ranch, where they receive a dance lesson, followed by a complimentary dinner. No experience is necessary, and even those with two left feet are encouraged to join!

### Shaw Gives Back

Survivors learn it's important to take care of themselves when fighting cancer, but sometimes the best thing we can do for ourselves is take care of others. "Shaw Gives Back" creates an opportunity for survivors to put together Thanksgiving baskets to donate to fellow patients and families in need. In 2018, the evening included food, drinks and music by survivor and local singer/songwriter Pat Hamilton.

### Education

When the survivorship team heard of some male survivors getting together on their own, they created the "Boys of Shaw" to recognize the unique journey men go through. Quarterly lunch-and-learns are offered on a variety of topics. In addition, in 2018, the Vail Symposium partnered with Shaw to offer a presentation on survivorship, covering nutrition, exercise and sexual health.

### Music & Theater

Sometimes music is the best medicine. With that in mind, Bravo! and the Alpine Brass Ensemble perform private concerts for survivors and staff at Jack's Place, and Bravo! and Vail Jazz Festival often donate passes to Jack's Place guests. Groups also attend the free summer concert series and shows at the Vilar Performing Arts Center.



### Outdoor Adventure

Those with a passion for the outdoors don't want a cancer diagnosis to get in the way of being able to do the things they love. For first timers, trying something new in the fresh Colorado air can be exhilarating and inspiring. And, playing outside with people going through a similar experience can be affirming, cathartic and fun. The Spirit of Survival program offers hut trips, mountain biking, hiking, fly fishing, ski days called "skimotherapy" and much more.

### Other Supportive Programs

Shaw also informs survivors of supportive resources within the community. Examples include Reel Recovery and Casting for Recovering, which offer fly-fishing retreats; Epic Experience, which offers free camps for survivors; and First Descents' outdoor experiences and camps for survivors aged 18-39.



# JACK'S PLACE

## A HOME AWAY FROM HOME

For many patients and their caregivers, Jack's Place is a home away from home. Located just next door to Shaw Cancer Center, the 12-room cancer caring house offers respite to patients traveling to Shaw for treatment. Patients are invited to stay with their caregiver on a donate-what-you-can basis for as long as they need, while in active treatment.

Overlooking the Sawatch Mountain Range and Lake Creek Valley, Jack's is a warm and inviting place to rest and recover. With a common living room, gourmet kitchen and a variety of sunlit sitting areas, patients and caregivers can gather for meals, support groups and the comfort of knowing others who are going through a similar experience. Yoga, tai chi, Pilates and meditation classes are offered in Jack's Place's exercise studio, and patients can schedule massages, acupuncture and reiki in a quiet massage room.

"Jack's Place is a godsend," says Gail Kahler, who stayed at Jack's Place for seven weeks during radiation therapy. She lives in Buena Vista, CO—a two-hour drive from Shaw—so driving to Shaw every day wasn't just impractical; it was impossible.

"I didn't have the energy to drive back and forth all week long. But I couldn't afford to stay in a hotel for seven weeks either," she says. "Having Jack's Place is such a blessing."

Since opening in 2007, Jack's Place has provided respite for more than 2,800 cancer patients and their caregivers, for a total of more than 12,200 nights of comfortable accommodations. Named after Dr. Jack Eck, a longtime and beloved Vail-area doctor, Jack's Place was built by the Shaw Outreach Team (SOT) when they heard a patient was staying in his car during treatment. The SOT began a campaign in 2003 and raised \$3.4 million to build and equip the caring house, plus another \$1.3 million to establish an endowment. Today, thanks to the Jack's Place Endowment, no one worries about a place to stay while in treatment at Shaw.

**"We're here to provide resources, lend an ear and do whatever we can to help our patients during this difficult time."**

**-Colleen Widlak**

"Jack's Place is a place of support, caring and healing," says Colleen Widlak, the concierge and self-proclaimed 'social director and house mother' at Jack's Place. "We're here to provide resources, lend an ear and do whatever we can to help our patients during this difficult time."

In fact, Jack's Place was built with an apartment for the concierge, so a staff member is always accessible.

"Everyone at Shaw and Jack's Place is great," Gail says. "They're angels on earth."



Classes are offered throughout the week in the sunny yoga studio at Jack's Place.







Jack's Place,  
a cancer caring house

# WHAT MAKES SHAW UNIQUE





## THE PERFECT PLACE TO CONQUER CANCER

What brings patients to Shaw Cancer Center is our impeccable reputation, knowledgeable doctors and top-of-the line equipment—including an Image Guided Radiation Therapy (IGRT) Linear Accelerator and 3D mammography. But it's the rest of the care—courtesy of a dietitian, exercise physiologists, genetic counselor, nurse navigator, licensed clinical social worker certified in oncology and a complimentary 12-room cancer caring house in a stunning setting—that helps our patients survive and thrive. Shaw Cancer Center is a service of Vail Health Hospital.

Shaw was made possible by the generous donation of Hal and Mary Louise Shaw. The Cancer Center was completed in 2001 and has continued to grow through support from the Shaw family, Shaw Outreach Team, Sonnenalp of Vail Foundation, Pad the Bra, Vail Breast Cancer Awareness Group and countless additional dedicated community members and groups.



### BREAST IMAGING & DIAGNOSTICS

#### Sonnenalp Breast Center - Edwards

[www.shawcancercenter.com/breastcenter](http://www.shawcancercenter.com/breastcenter) | (970) 569-7690

Sonnenalp Breast Center at Shaw Cancer Center offers the most complete and technologically advanced breast imaging services available with the highest level of professional care in comfort and privacy.

Services include:

- 2D and 3D Digital Mammography: Screening and Diagnostic
- Pre-operative Localizations
- Breast Ultrasound: Ductograms and Cyst Aspirations
- Breast Biopsy: Ultrasound, Stereotactic and MRI
- Breast Imaging Consultations
- Breast MRI
- Whole Breast Automated Ultrasound

#### Shaw Breast Center & Cancer Clinic - Frisco

[www.shawcancercenter.com/breastcenter](http://www.shawcancercenter.com/breastcenter) | (970) 668-6400

Shaw Cancer Center offers our top clinicians and technology in a convenient Main Street Frisco location. Along with the newest 3D mammography in a private setting, a certified breast expert is available for consultations.

### CLINICAL TRIALS

(970) 569-7608

Patients at Shaw may have the opportunity to participate in clinical trials, which are studies that allow patients access to new methods of treating cancer. Trials follow guidelines to provide scientifically sound options and ensure the safety of all participants. Trials are available at Shaw through a partnership with the University of Colorado Cancer Center, as well as through national research groups such as the National Cancer Institute and National Institutes of Health.

### GENETIC COUNSELING

(970) 569-7626

Shaw's expert hereditary cancer specialist evaluates patients' risks by looking at their genes and provides guidance for reducing risks.

### IMAGING

(970) 569-7429

Shaw Cancer Center boasts some of the most state-of-the-art imaging technologies available. Imaging studies are performed in Edwards, Vail and Frisco and include:

- 2D and 3D Mammography
- MRI
- CAT or CT Scan
- PET/CT Scan
- Breast MRI
- Breast MRI Biopsy





**INSURANCE AND FINANCIAL ASSISTANCE**

It is our goal to ease the financial strains of cancer treatment for each of our patients. Our Oncology Financial Navigator Laura Kruczek can help patients understand the financial aspects of cancer care and provide assistance in obtaining applicable financial resources. Laura can be reached at (970) 569-7611. Our uninsured patients may be eligible for assistance and can get more information by calling (970) 569-7525.

**MAMMO TECH HOTLINE**

Shaw's Mammo Tech Hotline at (970) 569-7417 provides access to a certified breast expert, Monday-Friday between 9 AM - 4 PM.

**JACK'S PLACE**

(970) 569-7644

Patients traveling to Shaw for cancer treatment are invited to stay with a caregiver at Jack's Place, a cancer caring house. Overlooking the spectacular Lake Creek Valley and peaks of the Sawatch Mountain Range, Jack's Place features 12 luxurious, private rooms; an inviting common living room; gourmet kitchen; library; yoga and massage rooms. With a donate-what-you-can philosophy, patients and their family or caregiver are invited to take respite at Jack's for the day or overnight, while in active treatment.



**MEDICAL LIBRARY AT SHAW CANCER CENTER**

(970) 569-7607

Free to the public, the Medical Library loans books, journals, magazines, audio books, videos and children's materials, and also offers access to online materials. Shaw is home to the region's only certified medical librarian and offers inter-library loan and document delivery, material loans, databases and over 320 electronic journals.

**MEDICAL ONCOLOGY**

**Shaw Cancer Center - Edwards**

(970) 569-7429

**Shaw Breast Center & Cancer Clinic - Frisco**

(970) 668-6400

Shaw's medical oncologists specialize in treating cancer using systemic therapy such as chemotherapy or biologic therapy. Chemotherapy uses medication to destroy cancer cells. Often, it is the only treatment necessary; other times, cancer treatment plans may include chemotherapy plus surgery and/or radiation.

**NURSE NAVIGATOR**

Shaw's nurse navigator creates a seamless experience by lining up appointments and guiding patients to the appropriate resources. Our navigator also facilitates communication among the patient's multiple providers.

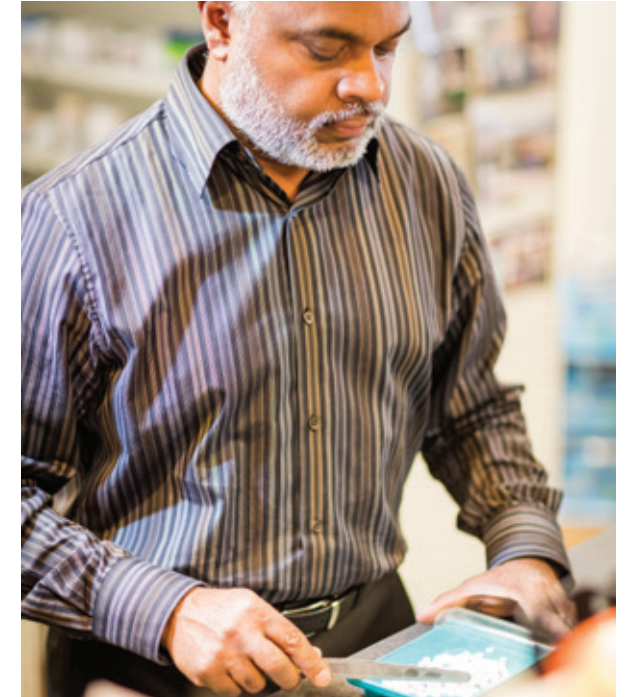
**PALLIATIVE CARE**

The Palliative Care team at Shaw is available to provide an extra layer of support and coordination to patients and their loved ones as they face the serious and often complex challenges of a cancer diagnosis. Our multidisciplinary team is led by a nurse practitioner and is comprised of doctors, nurses, a pharmacist, social worker, dietician, physical therapist, exercise physiologist and chaplain. They focus on physical, emotional and spiritual health through the duration of cancer treatment. Oncology palliative care

is appropriate at any time during a patient's journey with cancer, beginning at the moment of diagnosis. The team pays special attention to addressing physical pain and discomfort, as well as other distress such as depression and anxiety that can stand in the way of patients living their best lives.

Palliative care services can be provided at the same time as curative and life-prolonging treatment, and can include:

- Expert treatment of pain and other symptoms such as nausea, shortness of breath, fatigue, constipation or changes in appetite
- Treatment for anxiety, depression or sleeplessness related to cancer diagnosis
- Spiritual and emotional support
- Open discussion about treatment choices
- Family support such as counseling and bereavement education
- Assistance with advanced planning and medical decision-making
- Comprehensive information and referral to community resources



**PHARMACIES**

**Oncology Pharmacy**

(970) 569-7624

Shaw Cancer Center's oncology pharmacy reviews chemotherapy regimens and non-chemotherapy medications. The pharmacist is available for all patients who have questions and/or would like to discuss their treatment regimen.

**Edwards Pharmacy**

(970) 569-7676

Shaw is also home to the Edwards Pharmacy, located on the main floor of the cancer center. Call for information and to fill prescriptions.





**PHYSICAL THERAPY**  
**Howard Head Sports Medicine**  
[www.howardhead.org](http://www.howardhead.org) | (970) 569-7777

Research has demonstrated that patients who remain physically active while undergoing cancer treatment have fewer negative side effects during radiation therapy and chemotherapy. The physical therapy team at Shaw assists patients in regaining range of motion, reducing lymphedema and developing an exercise plan. Howard Head Sports Medicine provides an integrative physical therapy approach to assisting patients during treatment and recovery.

**PLASTIC SURGERY**  
 (970) 569-7656

When you have been through the fight of your life—a battle with cancer—you want to regain your body image as quickly and safely as possible. Dr. Jason Martin and his team are recognized for their expertise in reconstructive and cosmetic surgery and use the latest techniques for breast reconstruction.

**RADIATION ONCOLOGY**

(970) 569-7429  
 Shaw treats cancer with a variety of radiation methods based on the cancer type, location and stage. Shaw's state-of-the-art Image Guided Radiation Therapy (IGRT) Linear Accelerator is the most accurate way to deliver Volumetric Modulated Arc Therapy (VMAT) and Intensity Modulated Radiation Therapy (IMRT). Specialized radiation therapies such as Stereotactic Body Radiotherapy (SBRT) give the team at Shaw the ability to provide radiation therapy as well as anyone else in the country.

**SURGERY**

(970) 479-5036  
 With some of the most respected cancer surgeons in Colorado on our team, Shaw is home to Surgical Associates. Our surgeons are a part of the Denver Health System and are experts in cancer surgery including breast, colon and rectal, endocrine, lung and melanoma.

**UROLOGY**  
**Colorado Mountain Medical**  
[www.cmmhealth.com](http://www.cmmhealth.com) | (970) 926-6340

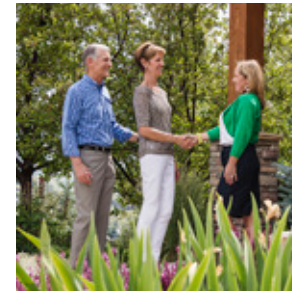
Colorado Mountain Medical's urologists specialize in the diagnosis and treatment of many conditions of the urinary tract, including enlarged prostate (benign prostatic hyperplasia), kidney stones, prostate cancer, low testosterone, incontinence (including non-surgical options), bladder cancer and more. *Not owned or operated by Vail Health.*

**SURVIVORSHIP PROGRAM**

(970) 569-7606  
 The staff at Shaw believes in treating each patient's body, mind and spirit. Funded by proceeds from Pink Vail™—the world's biggest ski day to conquer cancer—"Spirit of Survival" is a progressive program designed to improve life and survivorship through exercise training, nutrition counseling, emotional support, outdoor camps... and a little bit of pampering.

**Counseling & Emotional Support**

(970) 569-7606  
 Our cancer support programs help patients, their family and/or caregivers understand and better cope with the challenges of the disease. In addition to a multitude of support group options, Shaw also offers one-on-one counseling and pastoral services for patients and their families.



**Education & Guidance**

Education is provided by our oncology-certified, licensed clinical social worker, licensed professional counselor, staff oncology nutritionist, nurse navigator, medical librarian and others.



**Fitness & Recreation**

(970) 569-7493  
 Shaw offers customized workouts and boot camps developed by our specialized

exercise physiologists in our on-site gym; yoga, tai chi, stretch & relax and Pilates in our Jack's Place studio; and outdoor adventures in beautiful Colorado.

**Nutrition**

(970) 569-7614  
 Patients have access to one-on-one counseling, cooking demonstrations and educational opportunities with our registered dieticians, who specializes in oncology nutrition.

**Outdoor Adventures**

Cancer survivors and fighters are empowered through conquering outdoor challenges including hiking, snowshoeing, hut trips and more.

**Slim for Survival**

This cancer prevention program provides targeted nutrition, exercise and emotional support designed to help survivors achieve weight loss, improve their health and enhance their overall well-being.



**Survivorship Care Plans**

A summary of treatment for patients to guide their care after initial treatment, Survivorship Care Plans are meant to provide clear designation of who is responsible for the various aspects of care, optimize care coordination, avoid unnecessary use of resources and ensure that care does not "fall through the cracks."

**Wellness Services**

Shaw offers massage, acupuncture and reiki sessions to patients and caregivers to alleviate the symptoms of cancer treatment. Our Expressive Arts program is offered monthly and provides opportunities for art as therapy. In addition, spa and hair services are available locally.





# AWARDS & ACCREDITATIONS



## AMERICAN SOCIETY OF CLINICAL ONCOLOGY QUALITY ONCOLOGY PRACTICE INITIATIVE (QOPI)

Shaw has been recognized with a certification for its commitment to excellence and ongoing quality improvement. Comprised of academic oncologists and quality experts, QOPI incorporates measures and standards based on clinical guidelines and published standards for quality oncology care.



## AMERICAN COLLEGE OF SURGEONS COMMISSION ON CANCER

Shaw Cancer Center was awarded the esteemed three-year Commission on Cancer (CoC) accreditation with commendation, one of the highest levels that can be achieved by the survey. Established by the American College of Surgeons, the CoC is a consortium of professional organizations dedicated to improving survival and quality of life for cancer patients through standards-setting, prevention, research, education and the monitoring of comprehensive quality care.



## THE AMERICAN COLLEGE OF RADIOLOGY

Sonnenalp Breast Center is an American College of Radiology (ACR) Breast Imaging Center of Excellence. ACR is the country's FDA-approved accrediting body for mammography, and the Center of Excellence seal is the highest accreditation achievable by breast imaging centers.

We are fully accredited in:

- Mammography
- Breast Ultrasound
- Stereotactic Breast Biopsy
- Breast Ultrasound Biopsy

## THE MAMMOGRAPHY QUALITY STANDARDS ACT

Sonnenalp Breast Center fulfills The Mammography Quality Standards Act, which requires mammography facilities across the nation to meet uniform quality standards.

# CANCER CARE TEAM

Our cancer treatment team uses a multidisciplinary approach, meeting weekly to discuss each patient's unique case and determine the best course of treatment. The team reviews pathology, radiology and other findings, and our specialists discuss cases from the perspective of their expertise until a treatment plan is agreed upon. The entire cancer care team is dedicated to an individualized cancer care plan, supporting the patient and family through treatment on to survivorship.

## MEDICAL ONCOLOGY/HEMATOLOGY



Alexander Urquhart, MD



Michael Glode, MD



Katie Jones, NP



Reginald Franciose, MD, FACS



Barry Hammaker, MD, FACS



John Schultz, MD, FACS

## SURGERY Surgical Associates

## BREAST IMAGING



Janice Ugale, MD



Monique Fox, MD



Jinnah Phillips, MD

## RADIATION ONCOLOGY



Patricia Hardenbergh, MD

## PLASTIC SURGERY



Jason Martin, MD





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