

Multidisciplinary Cancer Care Team

RADIATION ONCOLOGY

Shaw Regional Cancer Center
Patricia Hardenbergh, MD
970-569-7429
Brachytherapy, Intensity Modulated
Radiation Therapy (IMRT), External Beam
Therapy (EBT)

MEDICAL ONCOLOGY/HEMATOLOGY

Shaw Regional Cancer Center
Alexander Urquhart, MD
970-569-7429
Chemotherapy, Monoclonal Antibodies,
Benign Hematology, Cancer High Risk,
Breast Clinic, Hereditary Cancer Clinic

University of Colorado
Michael Glode, MD
970-569-7429
Genitourinary Oncologist Specializing in
Prostate, Bladder, Kidney Cancers

University of Colorado
Anthony Elias, MD
970-569-7429
Specializing in Breast, Sarcoma, Lung
Cancers

NURSE NAVIGATOR

Shaw Regional Cancer Center
Katie Jones, NP
970-569-7618
Patient Education and Care Coordination

UROLOGY

Northstar Urology
Connie Wolf, MD
Stephen Mohr, MD
970-569-7725
Surgical treatment of all Urological
Diseases including Prostate, Kidney
and Bladder Cancer

SURGERY

Mountain Surgical Associates
Reginald Franciose, MD
James Downey, MD
Andrew Lawrence, MD
Barry Hammaker, MD
970-479-5036
Breast Surgery, Surgical Oncology,
General Surgery, Laparoscopic Surgery

PLASTIC SURGERY

Vail Institute for Aesthetics &
Reconstructive Surgery
Jeffrey Resnick, MD
970-569-7656
Reconstructive, Aesthetic/Cosmetic,
Pediatric

CLINICAL ONCOLOGY PHARMACIST

Shaw Regional Cancer Center
Krista Voytilla, Pharm.D, BCOP
Ensuring Safe Delivery of Chemotherapy,
Immunotherapy; providing Supportive
Care and Patient Education

BREAST IMAGING

Sonnenalp Breast Diagnostic
Imaging Center
Janice Ugale, MD
Monique Fox, MD
970-569-7690
Digital Mammography, Ultrasound
Guided Breast and Stereotactic Biopsy
Needle Localizations

NUTRITION/DIET

Shaw Regional Cancer Center
Melaine Hendershott, RD
970-569-7429
Re-energizing the Body,
Build Immune Defenses

GENETIC COUNSELOR

Shaw Regional Cancer Center
Melanie Taylor, MS, CGC
970-569-7429
Hereditary Risk Assessment

PHYSICAL THERAPY

Shaw Regional Cancer Center
Christine Hasselbach, DPT, CLT
970-569-7429
Improving Range of Motion, Generalized
and Core Strengthening, Lymphedema
Education, Improving Cardiovascular
Function, Decreasing Pain

CANCER COUNSELOR

Shaw Regional Cancer Center
Vanessa Lewis, LCSW, OSWC
970-569-7429
Patient, Family and Group Support,
Emotional and Financial Issues

EXERCISE PHYSIOLOGY

Shaw Regional Cancer Center
Dustin Buttars, CES, EP
970-569-7429
Decreased Fatigue, Increased Range
of Motion, Weight loss, Improved
Cardiovascular Endurance and Functional
Capacity, Increased Self-esteem and
Energy

UNIVERSITY OF COLORADO
CANCER CENTER
www.uccc.info



Numerous clinical trials are available because of the Shaw's relationship with the University of Colorado Cancer Center (UCCC). This is one of only 72 National Cancer Institute designated Comprehensive Cancer Centers in the United States. As such, researchers at UCCC have an extraordinary commitment to bringing the latest treatments to patients in our state. Oncology specialists from the University are available to treat patients of the Shaw Regional Cancer Center on a weekly basis, and nationally prominent researchers are available for second opinion consultations. In addition, UCCC has experimental drugs and other treatments available for patients who wish to explore novel treatments if the standard approaches do not work. Some of these treatments are unavailable anywhere else in the United States.

The Shaw Regional Cancer Center's Relationship with the University of Colorado

SHAW REGIONAL
CANCER CENTER
www.shawcancercenter.com

322 Beard Creek Road
Edwards, CO 81632



The Newsletter of the Shaw Regional Cancer Center

Spring 2011



SHAW REGIONAL
CANCER CENTER

A service of Vail Valley Medical Center

www.shawcancercenter.com

Prevention. Treatment.
Survivorship.

Genetic Information: Your Privacy and Protection

Melanie Taylor, Certified Genetic Counselor, is another unique resource at the Shaw Regional Cancer Center. Taylor is available to help you understand your genetic risk of cancer as well as the ramifications of having genetic testing. She is often asked "If I have genetic testing won't it affect my ability to get health insurance?"

Fortunately, Colorado has laws to prevent this from happening and to protect the privacy of genetic information. In addition, there are new protections in place at the federal level.

The federal Genetic Information Nondiscrimination Act prohibits health insurance companies and employers from discriminating against an asymptomatic person based on their genetics. This means that a person who carries a gene that predisposes them to developing a disease cannot be denied health insurance, have their rates raised or be dropped from their policy based on their genetics; nor can employers make hiring or firing decisions based on this information. Colorado's laws are even stronger in certain situations.

Don't let fear of discrimination keep you from having genetic testing that can help prevent cancer. Please contact Mel Taylor at 970-569-7626. If you have any questions about this issue or visit www.geneticfairness.org/ginaresource.html.

Jack's Place Celebrates Four Years of Hospitality

Located in Edwards, Colorado, Jack's Place has provided over 3500 nights of lodging to cancer patients and their caregivers since opening in 2007. Jack's Place provides overnight lodging to those undergoing treatment at the Shaw Regional Cancer Center. It offers safe, healthy, and relaxing accommodations to ease cancer treatment.

Jack's Place is made possible through the efforts of the Shaw Outreach Team, an organization of local citizens who embarked on a \$4.2 million campaign to construct, equip and create a self-sustaining endowment for this remarkable caring house. The Shaw Outreach Team, after years of dedication and hard work, created a legacy for our community and surrounding areas.

The guests who stay at the house come from many of the surrounding counties including Chaffee, Garfield, Lake, Pitkin, Routt, Moffat and Summit.

"What an amazing place! If you have to go through treatment and be away from home, Jack's is great place to be. The staff could have not been more helpful."

Meet Marisa Sheehan:

Medical Dosimetrist at the Shaw Regional Cancer Center



What is your role at the Shaw Regional Cancer Center?

I have a technical job that helps doctors with decision making. For each patient, I design radiation treatment plans that the Radiation Oncologist will deliberate over and gain knowledge of the internal and external distribution of radiation dose to enhance their assessment of the effect of that radiation upon the patient.

But what does that mean?

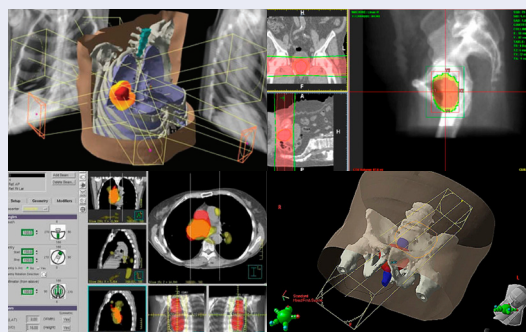
After the Radiation Oncologist has consulted with the patient on their plan of treatment, he/she will write a prescription of radiation dose to a defined tumor volume. The medical dosimetrist will then design a treatment plan by means of 3D computations to determine a treatment technique to deliver the prescribed radiation dose. When designing that plan, also taken into consideration are the dose-limiting structures. These structures could include the eye when treating the brain, the heart when treating the lung or the spinal cord and kidneys.

Following the planning process, the patient will have a verification simulation for tumor localization to ensure reproducibility of treatment set up and plan delivery. The medical dosimetrist will then work with the radiation therapists in the implementation of the patient treatment plans.

Dosimetrists also provide support to the Medical Physicist in their work with radiation protection, qualitative machine calibrations and quality assurance of the radiation oncology equipment.

How do you utilize technology to facilitate treatment?

Computer technology is key in the medical field and we are in the forefront of many new processes. We plan with 3D computers that enable us to give higher doses of radiation to a tumor while lowering the doses to the sensitive structures around it. Our treatment plans use CT scans in combination with MRI or PET scans. The following graphics (used with permission) illustrate the work of medical dosimetrists.



What do you enjoy most about being a dosimetrist?

Besides the patient interaction, which is above all other rewards in this work, I receive a great sense of accomplishment from contributing to research efforts. Every bit of statistical information from patients is pooled in national and international data bases. This

data is analyzed and turned into fact reports that inform doctors regularly. Every effort a patient makes in seeking recovery is noted and measured and compared to thousands of other efforts. This is the fruit of professional cancer care. We return the trust, faith and spirit shared with us by today's cancer patients to give hope and the benefit of our experience to tomorrows patients.

"SunGuard Your Skin" Arrives in Schools again this May

May is National UV Safety month and the Shaw is Prevention Team is looking forward to getting out in the community to share sun safety tips with students. For the past six years, we have visited preschools and elementary schools throughout the valley to help children understand the importance of using sunscreen, finding shade and wearing protective clothing. The Prevention Team starts educating children early to develop healthy habits.



Our goal this year is to reach 1000 children from Vail to Eagle. Last year we presented to over 800 students. Each year we offer "goody bags"

to each student with a collection of pamphlets designed for parents to read. The bag also has sunscreen, SPF lip balm, Capri "Sun" juice and "Sun" Maid raisins. We are very excited to offer all of our goodies this year in a re-usable lunch tote. In order to be able to keep the attention of young children the Shaw is Prevention Team has created an interactive program filled with fun centered on our Sun Safety Mascot, Blizzard the SunGuard Dog. We have a skit that is fun for kids, informative and ends with a rhyme to teach children the importance of being safe in the sun. Last year, a grant from Wal-Mart helped us make this program a reality and this year we have applied again. We thank our local Wal-Mart store for continued support of our project. If you would like to donate, please contact the Office of Development at 479-5176 and mention the Shaw is Prevention Team.

New Drug Reduces Pain and Decreases Fracture Risk for Cancer Spread to Bones

The Shaw Cancer Center is fortunate to have Board Certified Oncology Pharmacist, Krista Voytilla on staff. Her work includes educating the public on new drugs in the fight against cancer. Krista has gathered the following information to explain new treatment options for metastatic cancer affecting the bones.

Approximately 65-75% of patients with metastatic breast and prostate cancer and 30% of patients with lung cancer have disease spread to their bones. This weakens the bones increasing a patients' risk of fracture, need for surgery, radiation and pain medications. The spread of cancer into the bones can increase signaling or "talking" between cancer cells. This "talking" facilitates local cancer growth and continued bone destruction. Luckily there are medications to help reduce the pain and decrease fracture risk. One medication on the market, Xgeva® targets a specific protein which is necessary for breakdown of bones.

By targeting this protein, known as RANKL, Xgeva also quiets the "talking" between cancer cells. Xgeva is given as a subcutaneous (under the skin) injection every 28 days. The most common side effects are rash, fatigue, decrease in calcium levels, nausea and tooth pain. A calcium and vitamin D supplement are recommended while receiving Xgeva. Very rarely osteonecrosis (breakdown of the jaw bone) occurs. It is important to have a routine dental exam prior to starting this medication and to inform your dentist you are receiving this medication. Xgeva is approved for patients with cancer that has spread to the bones but, unfortunately, not approved for patients with multiple myeloma.

Eating Too Much Red Meat May Increase Cancer Risk

Natalie Hewitt, registered dietician and member of the Shaw is Prevention Team encourages you to limit intake of red and processed meats.

Red meat is an excellent source of protein and also contains several vitamins and minerals. When planning your meals, Hewitt suggests eating fish, poultry and beans more often. When you do eat red meat, choose lean cuts and limit your intake to no more than 18 ounces (cooked weight) of meat like beef, pork or lamb per week. Studies show if you stick to having less 18 ounces it does not raise cancer risk, but for every ounce and a half over it increases your risk of cancer by 15%. Why red meat increases your cancer risk is still being studied but there is evidence to show that heme iron, the compound that gives red meat its color, may damage the lining of the colon. Red meat also stimulates production of

N-nitroso compounds in the gut, which are carcinogenic. It is best to avoid processed meats including sausage, bacon, ham, lunch meats or any red meat that is preserved by smoking, curing, salting or adding other chemical preservatives. Strong evidence shows limited processed meats can help protect against colorectal and gastric cancers.

Biopsy Tissue Analyzer Provides Enhanced Patient Care

The Shaw Outreach Team has begun fundraising for the biopsy tissue analyzer, a \$100,000 piece of state of the art technology that allows surgeons to analyze biopsy tissue right in the OR. It will be more accurate, provide clearer images and reduce patient anesthesia time, all resulting in top quality patient care. Mark your calendars for Fathers and Families Fighting Cancer, a fun way to celebrate Father's Day and make a difference. On Sunday, June 19th, between 11 and 3 treat the Dad in your family to lunch at The Beaver Creek Chophouse, play mini golf, have a family photo taken in an antique auto. All Chophouse sales will go towards the purchase the Biopsy Tissue Analyzer.

Our New Sterotactic Breast Biopsy Table-First in Colorado

The Sonnenalp Breast Center has recently installed a new stereotactic breast biopsy machine. While this is not a new procedure for the Breast Center, it is the first table of its type installed in Colorado.

The new stereotactic table has memory foam cushioning to help patients relax and remain still during the exam therefore, assisting the breast radiologist to obtain difficult lesions. The unit captures an improved digital image to make hard-to-see lesions easier to visualize and shortens the procedure time. The Vail Breast Cancer Awareness Group has partially funded the table making the project possible.

Medical Library Now Online:

www.shawcancercenter.com/library

The Library is excited to announce the NEW library website. The NEW website not only has all of our clinically necessary databases on it, but also has a library catalog containing all of our materials. The catalog is searchable and items in the catalog are available for checkout, unless otherwise indicated. You may checkout materials for three weeks at a time. The library collects medical books, journals and audiovisual material including a Spanish and children's collection. The health-related collection (not just cancer), is located in the Shaw Cancer Center. The public collection contains over 2500 items in the library's catalog. Please email Mitchell@vmmc.com or call 970-569-7607 with questions.

Activities & Events

Tai Chi – M & W from 6:30-7:30pm

Gentle Yoga – T, W & Th from 10-11 am

Look Good Feel Better – The last Wednesday of every month from 2-4pm

Healthy Cooking Class – The last Thursday of every month from 2-4pm

Pet Partners – Every Monday and Wednesday from 4-6pm

Shaw Summit Cancer Support Group – One Thursday each month

Survivors Day – Saturday, June 12th from 12-2pm

Fathers and Families Fighting Cancer, Shaw Outreach Team Fundraiser – Sunday, June 19th from 11am-3pm at the Beaver Creek Chophouse

Hike, Wine and Dine, Shaw Outreach Team Fundraiser – Sunday, September 25th at Beaver Creek

For further details please contact Lynn Hoehn, Jack's Place House Coordinator, at 970-569-7644