

# Education. Prevention. Early Detection.



SHAW REGIONAL  
CANCER CENTER

[www.shawcancercenter.com](http://www.shawcancercenter.com)

THE NEWSLETTER OF THE SHAW REGIONAL CANCER CENTER

*First Quarter 2009*

## 1 Day. 1 Location *Comprehensive Expertise!*

### *What This Means to You.*

Vail Valley Medical Center and the Shaw Regional Cancer Center offer a Multidisciplinary Cancer Treatment clinic. The Shaw Care Team includes Medical Oncology, Radiation Oncology, Surgery, Plastic Surgery, Urology, Radiology, Pathology, Physical Therapy, Exercise Physiology, Nutrition, Cancer Genetics, High Dose Rate (HDR) and Social Work. This Team of cancer treatment experts review each related case to evaluate pathology results, surgical procedures and options, radiological images, and post-treatment fulfillment. This allows for each provider to have an open dialogue and determine the best treatment option(s) for each individual patient. The patient then meets with each member of the Team as needed to discuss these options and plan in detail. All of this, in a convenient, one-time visit without the stress of multiple appointments and locations.

Our Multidisciplinary Team provides comprehensive consultations and treatment recommendations to prostate, bladder, kidney and breast cancer patients in a seamless, personalized approach. Newly diagnosed patients, patients with recurrence and patients seeking a second opinion will all benefit, and be empowered to make educated treatment option decisions.

**For more information call 970-569-7429**



## Snowshoe Shuffle™ *A History*

Entering its 16th year, the Snowshoe Shuffle™ is a tradition for Eagle County locals and visitors alike. Attracting hundreds of participants each year, this fun-filled event features 10K, 5K, and 1-mile snowshoe races and fun-runs.

The first Snowshoe Shuffle™ took place in the McCoy Park portion of the Beaver Creek Ski Area in 1994 with only 175 participants. By 1998, the Shuffle™ crested the 1,000 participant mark, growing nearly six-fold in just five short years. At that point, the event moved to the top of Vail Mountain, where it hosted record-breaking crowds for several years. In 2005, the Shuffle returned home to McCoy Park in Beaver Creek. The Snowshoe Shuffle™ is now the fourth, and final, event in the popular Beaver Creek Snowshoe Adventure Series.

The Snowshoe Shuffle™ is unique in several ways. When it began fifteen years ago, there were virtually no other snowshoe events in the state of Colorado. At one point in its history, the Snowshoe Shuffle™ was one of the largest snowshoe races in North America. The event was truly on the forefront of the sport of snowshoeing,

and has enjoyed great success as the sport has grown in popularity.

Secondly, this special event was created by volunteers, and is still organized by a large team of community members. The Shuffle has always been a grassroots effort, which has created a very warm and energetic event.

Finally, the Snowshoe Shuffle™ is a fundraiser for cancer prevention, education and early detection programs in Eagle County. In its history, the event has raised hundreds of thousands of dollars for these causes. Race proceeds have been used to provide free mammograms, breast self-exam shower cards, free health fairs, breast cancer screenings, and community outreach events. Most recently, proceeds have benefited the Educational Resource Library at the Shaw Regional Cancer Center.

There is truly nothing else like the Snowshoe Shuffle™. The event's rich history and support of great causes make it an experience not to be missed. Join us on Sunday, April 5th at McCoy Park in Beaver Creek. You can pre-register at [www.shawcancercenter.com](http://www.shawcancercenter.com) and for more information call 970-479-7244.

## Healthy Reading

Books from the  
Educational Resource Library  
Vail Valley Medical Center

By Kim Mitchell, MLIS Medical Librarian

With the focus on healthy eating and exercise as preventative measures for cancer, the library has many books to offer. All materials in the library are available for checkout to the general public at no charge. A majority of the funding for library materials is provided by The Community Cancer Coalition. A sampling of healthy reading options include:

***The New American Plate Cookbook: Recipes for a healthy weight and a healthy life*** by the American Institute for Cancer Research. This great cookbook is about shifting the proportion of food on your plate so that vegetables, fruit, whole grains and beans take up most of the room and the portion of red meat is reduced. All of the recipes are colorful and have a variety of foods flavored with natural and low fat sources. The cookbook also helps with determining portion sizes and ensures that although the portion sizes may look smaller the food is just as filling. The book is filled with colorful photos and recipes that you will make again and again.

***Thriving After Breast Cancer: Essential healing exercises for body and mind*** by Sherry Lebed Davis. This book is organized by chapters regarding quality of life issues and tackles such things as flexibility, pain, fatigue, emotions, lymphedema, breast reconstruction and much more with exercise and movement. This book is about restoring movement and femininity. Many breast cancer survivors and patients may enjoy this book and find its information useful.

## Cancer Prevention: *How can exercise help?*



It does not take much effort to find research and data showing the relationship between exercise and cancer prevention. Within the past five years, prevention has been a primary focus of many major groups associated with cancer, from the American Cancer Society (ACS) to the Lance Armstrong Foundation (LAF).

Recently, a study by the ACS has shown that women who accomplished six hours per week of vigorous activity (jogging, swimming, running) decreased their risk of breast cancer by 30%. Less vigorous activity has also shown benefit. This doesn't mean you have to go out and run for six hours per week, it just means you need to stay active. The ACS recommends at least 30 minutes per day of exercise to reap benefits for cancer prevention. Continuous activity can be anything from walking to swimming to cross country skiing. Another study showed that men and women who jogged the equivalent of five hours per week lowered their risk of colorectal cancer by 40-50%.

Not all people can jog due to knee, back or other issues and this is not necessary to experience these same benefits. Snowshoeing, swimming and biking will elicit the same cardiovascular effect and are much gentler on the joints. Not too mention, you might learn a new activity.

There are many different avenues to obtain the benefits of fitness for cancer prevention. A few of those ways include outdoor activities listed above, joining a gym, getting together with a group of friends to take a hike or heading down to the courts for a game of basketball. You do not need a personal trainer or a high priced piece of fitness equipment to exercise. All it takes is a little motivation and some creativity.

Speaking of prevention, here at the Shaw Cancer Center, the Fit for Survival program has classes open to the public for a small fee of \$5. Classes are conducted at Jacks Place and include Pilates, Yoga and Tai Chi. You can call Dustin Buttars, Exercise Physiologist at 569-7493 for more information. Other aspects of the Fit for Survival program include one on one and group training sessions with the Exercise Physiologist, but are currently only available to cancer survivors. In the near future, we will be adding cancer prevention programs, so be on the look out.

## Hats Off to You...

**JOIN US WEDNESDAY, MARCH 25th, AS WE HONOR** three women in our community as part of our 2009 Spring Fashion Show and Luncheon. This year The Carlisle Collection & Etcetera will provide the fashion. In addition to the fashion show, guests will enjoy "Jewels for Health" and the drawing for the winner of the 2009 Volvo S40 T5 sedan. All of the proceeds of the Fashion Show and Luncheon benefit Vail Valley Medical Center's PET/CT capital campaign.

**RESERVE YOUR TABLE ON LINE TODAY!** Call Amanda Visosky at 970-479-5068 for information.

# Cancer Prevention Guidelines

In 2008, about one third of all cancer deaths were related to obesity, inactivity and poor nutrition. This accounts for about 65% of preventable cancer deaths due to diet and lifestyle when alcohol and tobacco abuse is included. The American Institute for Cancer Research has provided guidelines for prevention of cancer. There are 10 guidelines that were developed based on an expert review of over 7,000 studies (See Fig 1).

**The most important guideline is to be as lean as possible without becoming underweight.** There is convincing evidence that excess body fat increases risk for not only cancer, but also for other chronic conditions such as heart disease and diabetes. Managing your weight may be the single most important way to protect against cancer and other chronic illnesses. One of the best ways to manage your weight is to follow the next two guidelines.

**Next, choose mostly plant foods, limit red meat and avoid processed meat.** Evidence shows that choosing fruits, vegetables, whole grains, legumes (beans), nuts and seeds protects against cancer. Fiber is also important part of our diet and is only found in plant foods. Red meat and processed meat (smoked, cured, added salt or added preservatives such as nitrates) has convincing evidence for increased risk of colorectal cancer. Red meat should be limited to 18 oz. per week. A safe level of processed meat consumption was not identified. The best practice is to fill your

plate with at least 75% of foods from plants and only have small portions of animal products.

**Finally, physical activity is important for weight management and for cancer prevention.** Guidelines suggests being physically active every day for 30 minutes or more. It is important to make exercise part of your everyday life. In addition, limiting TV or computer time helps move us lead a more active lifestyle. In our community there are many opportunities for activity including skiing, snow shoeing and Nordic skiing in the winter, hiking, biking & walking/jogging in the summer.

In conclusion, your risk for cancer is not primarily due to the radon under your home or your genetics, but due to your diet and lifestyle. Make changes now to improve your health for the future. You can get more information on the AICR guidelines by going to [www.AICR.org](http://www.AICR.org).

## AICR Guidelines

[www.AICR.org](http://www.AICR.org)

(Fig 1)

1. Aim to be a Healthy Weight throughout Life
2. Be Physically Active Everyday
3. Avoid Sugary Drinks and Energy-Dense Foods
4. Eat Mostly Foods of Plant Origin
5. Limit Red Meat and Avoid Processed Meat
6. Limit Alcohol Consumption
7. Limit Salt
8. Meet Nutritional Needs Through Diet (Avoid high-dose Supplements)
9. Breastfeed Children
10. Cancer Survivors are to Follow Recommendations

## Did you know...

### The Shaw Regional Cancer Center has a HEREDITARY CANCER SERVICE?

If an individual has a family history of cancer, their chances of getting cancer may be higher than the average person. The Hereditary Cancer Service evaluates cancer risks, determines if they are being passed down in a family, and provides guidance for reducing those risks.

The Hereditary Cancer Service offers individualized risk assessment including options for genetic testing, recommendations for cancer screening, and education on hereditary cancer, early warning signs of cancer, and lifestyle changes that can help to reduce cancer risk.

A person who answers yes to one or more of the following questions may be appropriate for a risk assessment:

- Have several family members had cancer?
- Have you or a relative had cancer before age 50?
- Has more than one family member had the same type of cancer?
- Have you or a relative had more than one type of cancer?
- Have you or a relative had a rare or unusual cancer?

If you have questions or for more information, please contact:

Melanie Taylor, MS, CGC  
Certified Genetic Counselor

Phone: 970-569-7626

Fax: 970-926-8460

Email: [taylor@vvmc.com](mailto:taylor@vvmc.com)

## Meet our Cancer Care Experts

*The staff at the Shaw Cancer Center encompasses all of your treatment needs.*

### 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*

### 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*

### PLASTIC SURGERY

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

### SURGERY

Mountain Surgical Associates  
 Reginald Franciose, MD & James Downey, MD  
 970-479-5036  
*Breast Surgery, Surgical Oncology, General Surgery, Laparoscopic Surgery*

### 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, MSW, OSWC | 970-569-7429  
*Patient, Family and Group Support, Emotional & Financial Issues*

### UROLOGY

Northstar Urology  
 William Brant, MD & Granville Lloyd, MD  
 970-569-7725  
*Increased PSA, Abnormal Exam, Radical Prostatectomy, Cryosurgery*

### BREAST IMAGING

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

### 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*

## Meet the Community Cancer Coalition

The Community Cancer Coalition has been in existence for approximately fifteen years. Originally our primary responsibility was overseeing the most effective use of funds generated from the annual Snowshoe Shuffle. This was before the days of the Shaw Regional Cancer Center and the programs that are now available through the Shaw.

Our mission is to provide education regarding the prevention of cancer, early detection, treatment and recovery. To that end our first projects were the funding for semi-annual breast cancer screenings and follow-up mammograms and ultra-sounds for uninsured or under-insured women conducted by the Vail Valley Medical Center and the Eagle Care Clinic.

Once the Shaw was on-line, those services received funding from other sources and we redirected our funds to other projects. Since that time, our highest priority has been the annual funding for Vail

Valley Medical Center's Educational Resource Library at the Shaw Regional Cancer Center. Few people know that the Community Cancer Coalition actually funded the original purchase of books, media and equipment for the library and even provided funds for the librarian's salary.

Other projects and events that the Community Cancer Coalition has helped to fund include Jack's Place, the Fit for Survival program through the Shaw, and the annual Betty Ford Breast Cancer Treatment and Survivorship Symposium. Additionally, the Coalition has hosted several educational events in conjunction with the Bookworm of Edwards.

The board members of the Coalition are planning for another successful Snowshoe Shuffle so that funding for these important programs will continue well into the future.



*Coalition Members: Lisa Dillon; President, Elena Jones, Michelle Cochran, Andrea Glass, Harrel Lawrence, Joyce Nielsen*

## How to Help

The Community Cancer Coalition is organized for and committed to raising and administering charitable funds used to enhance community and individual awareness of all aspects of cancer in the mountain community, including prevention, early detection, treatment and recovery.

**For more information on volunteer opportunities in conjunction with the Community Cancer Coalition, please contact Lisa Dillon at 907-926-3729.**



Vail Valley Medical Center

Extraordinary people. Extraordinary care.

www.vvmc.com

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 970-476-2451



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