



The Virginia G. Piper Cancer Center at Scottsdale Healthcare was dedicated on Dec. 6, 2001. Since then it has become known throughout the southwest for its innovative combination of community oncology services, academic medicine and genomic research.

Pancreatic Patient Education Event

May 2, 6 – 8 p.m.



Daniel Von Hoff, MD

Unravel the mysteries of pancreatic cancer! Join us for our Pancreatic Patient Education event and learn about cutting edge research, treatment and prevention with internationally recognized physician Daniel Von Hoff, MD. In addition certified oncology dietitian, Terri Taylor will show you how to incorporate the research on foods and pancreatic cancer into your daily eating habits. Some of the answers may even be in your refrigerator!



Terri Taylor, RD, CSO

Seating is limited and registration is required by calling 480-882-4636 or visiting shc.org/events. This event will be held at the Virginia G. Piper Cancer Center's 1st Floor Education Conference Room, located at 10460 N. 92nd Street in Scottsdale.

This event is free; however registration is required by calling 480-882-4636 or visiting shc.org/events. It will be held at the Virginia G. Piper Cancer Center's 1st Floor Education Conference Room, located at 10460 N. 92nd Street in Scottsdale.

Serenity in the Desert: Obtaining a Sense of Wellbeing
A retreat for cancer survivors and support partners

May 20 – 21

If you have had a diagnosis of cancer and want to maintain your sense of wellbeing, these two days will show you ways to do just that. It is designed to be a rejuvenating getaway that offers physical, emotional and mental support. Here is what past attendees had to say:



- “Excellent retreat – very useful and enjoyable”
- “The whole program was excellent! It was well organized and completely inspiring.”
- “This was a wonderful weekend of learning, relaxation and renewal”

Enjoy yoga, healing art, labyrinth walking, and learning about nutrition, self nurturance techniques and much more!

This annual event is held at Spirit of the Desert, 7415 E. Elbow Road in Carefree, AZ. The cost of the program is \$129 per person and includes room and meals. Call 480-882-4636 by May 13 to register for this wonderful program.

Free Skin Cancer Screening Event

May 7, 8:30 a.m. – 12 p.m.



Appointments are required for skin cancer screening. Space is limited. Schedule your screening by calling 480-882-4636. For complete event information, visit page two of this publication.

Genetic Testing 101: What you need to know

May 18, 6 - 7:30 p.m.

Your family tree can provide clues about your risk to develop diseases, including cancer. It is important to know what information to look for in your family history and how this may or may not affect your risk for developing cancer. Cary M. Armstrong, MS, certified genetic counselor and Joyce D'Souza, genetic risk nurse with the Virginia G. Piper Cancer Center's Genetic Risk Assessment & Cancer Prevention Program will address key concepts in genetic risk assessment, the importance of genetic counseling prior to testing and discuss what genetic testing can really tell you.



Genetic testing results can tell you about the risk to develop disease and can have a huge impact on your entire family.

Join Us and Unite for a “Celebration of Life”

June 4, 1 – 3 p.m.



Unite with cancer survivors and family members to inspire, encourage and connect!

- National Cancer Survivors Day Mayoral Proclamation for Scottsdale
- Inspiration Talks
- Daisy Seed Planting
- Face Painting
- Mini Chair Massages
- Fabulous Door Prizes
- Light Refreshments

Virginia G. Piper Cancer Center – 1st Floor
Must RSVP by calling 480-882-4636 or visiting shc.org/events

About National Cancer Survivors Day®

National Cancer Survivors Day® is an annual, worldwide Celebration of Life that is held in hundreds of communities throughout the United States, Canada and other participating countries. Participants unite in a symbolic event to show the world that life after a cancer diagnosis can be meaningful and productive.



May is National Melanoma Month

Free Skin Cancer Screening Event



May 7, 8:30 a.m. – 12 p.m.

Skin cancer is the most common type of cancer and is diagnosed in approximately 1 million Americans each year. Skin cancer screening, which can lead to early diagnosis and better outcomes, is especially important for residents living in the Valley of the Sun.

Join the Virginia G. Piper Cancer for a morning of screenings, education and fun. This event will feature:

- Complimentary skin cancer screenings between 8:30 -11:45 a.m. (appointments are required)
- Oral cancer screenings
- Educational information on smoking cessation, skin cancer risks and prevention, and sun screen use, plus a special UV camera that shows facial sun damage
- Ask the pharmacist about medications requiring sun precautions and travel precautions for medications
- Tina's Treasures - enjoy a special sale with 25% off all merchandise, including specialty sun safety products and bathing suits.

Appointments are required for the skin cancer screening and space is limited. Schedule your appointment by May 4th by calling 480-882-4636.

About Skin Cancer

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer are basal cell carcinoma and squamous cell carcinoma. Since they are a result of excessive ultraviolet radiation they are often found on the head, face, neck, hands and arms. These tumors are highly curable with early diagnosis and treatment. Malignant melanoma is a third type of skin cancer that is less frequent but can occasionally metastasize. Early recognition and removal is the key to curing this disease. Skin cancer occurs in all skin types but is more frequent in those who:

- Spend large amounts of time outdoors
- Have light-colored skin, hair, and eyes
- Sunburn easily or a history of several sunburns
- Have a family member with skin cancer
- Are over age 50

You should have your doctor check any sores that have not healed within 4 weeks, growing or changing spots on the skin, and moles that meet the "ABCDE" (Asymmetry, Border irregularity, Color variation, Diameter greater than 6mm, Evolving or changing) criteria. The majority of skin cancers are a result of excessive and cumulative ultraviolet (UV) radiation from the sun. UV radiation enters the skin causing DNA mutations and cell death resulting

in sunburn. Sunscreen and natural melanin help decrease DNA damage and lower our risk for skin cancer and premature photo-aging of the skin. To protect yourself:

- Stay out of the direct sun between 10 a.m. and 4 p.m.
- Use sunscreen with an SPF of 30 for daily use, SPF 50+ when outdoors
- Consider a lip balm with sunscreen
- Wear protective clothing
- Wear sunglasses that UVA and UVB protection
- Avoid sunlamps and tanning beds
- Check your skin regularly for changes in the size, shape, color or feel of birthmarks, moles, and spots. Such changes can be a sign of skin cancer.

Frequently Asked Questions

How much sunscreen should I apply? Most people only apply 25-50 percent of the recommended amount of sunscreen. The average person should apply one ounce or one shot glass of sunscreen per application. Be sure to apply 15 to 30 minutes before going outdoors. A 12-ounce bottle should last for only 12 applications. Do not forget your ears, lips, neck, nose, hands and feet.

How often should I reapply sunscreen? Sunscreen should be applied every two hours even if water resistant. Always reapply after swimming, significant perspiration, and toweling off.

Do I need to apply sunscreen every day? Sunscreen should be applied every day. Although windows filter UVB, we are incurring UVA damage while driving or next to a window at work. Since many skin cancers are a result of cumulative ultraviolet exposure, the small amounts of sunlight you get on a daily basis can result in tumors later in life.

Do I need sunscreen for my lips and hair? The lower lip and scalp are in direct view of the sun. Consider a hat or spray sunscreen to protect your scalp. If you use a spray, use your hand to massage into your scalp. Always use a lip balm with SPF 30 on your lips and reapply regularly. Also, be sure to protect your eyes with UV filtered eyewear.

Is UPF clothing effective? Clothing is rated with UPF (Ultraviolet Protection Factor), which includes both UVA and UVB. UPF clothing is one of the most effective ways to protect your skin because it does not wash off and require reapplication. The rating is highly dependent on the fabric, weave, and color. A standard weave white t-shirt has an SPF of 2-4. A great wash-in product is Rit SunGuard. When added to a load of laundry, it confers a UPF 30 to clothing for up to 20 washings.

- Neel Patel, MD, Southwest Skin Specialists

Tina's Treasures Boutique




Shop Tina's Treasures during the May 7th Skin Screening and save 25% on Sun Safety clothing, hats, bathing suits and more.

Tina's Treasures offers a full line of prosthetic wear, post-surgical garments and wigs.

For additional information please call 480-323-1990 or for fitting appointments call 480-323-1027.

MAY 2011 CALENDAR OF EVENTS

Free Classes for Cancer Survivors

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Healing Art - 2:30 p.m. Yoga - 5:30 p.m., SROC**</p> <p>Pancreatic Patient Education Event 6-8 p.m. Virginia G. Piper Cancer Center <i>Register by calling 480-882-4636 or shc.org/events</i></p>	<p>3</p> <p>Yoga - 9 a.m. Tai Chi - 10:40 a.m. Yoga for Beginners 4:30 - 5:45 p.m. Yoga for Beginners 6 - 7:15 p.m.</p>	<p>4</p> <p>Beginning Medical Qi Gong - 11 a.m. Tai Chi - 5 p.m. (SROC**)</p>	<p>5</p> <p>Yoga - 9 a.m. Tremoring - 10:30 a.m. Meditation - 4 p.m.* Yoga - 5:30 p.m. Caregivers Cooking Class - Cooking From The Heart - 6 - 7:30 p.m.</p>	<p>6</p>	<p>7</p>  <p>Yoga - 9 a.m. Skin Cancer Screening Event - 8 a.m. - 12 p.m. <i>Must pre-register by calling 480-882-4636</i></p>
<p>9</p> <p>Healing Art - 2:30 p.m. Yoga - 5:30 p.m., SROC** Drumming - 6 - 7:30 p.m.</p>	<p>10</p> <p>Yoga - 9 a.m. Tai Chi - 10:40 a.m. Open Meditation Group 12 - 1 p.m. Beginning Grief Support Group 3 - 4:30 p.m. Yoga for Beginners 4:30 - 5:45 p.m. Next Step Grief Support Group 4:30 - 6 p.m. Yoga for Beginners 6 - 7:15 p.m.</p>	<p>11</p> <p>Beginning Medical Qi Gong - 11 a.m. Facing Forward 1-3 p.m. Tai Chi - 5 p.m., SROC** Eating for Life - 6-7:30 p.m.</p>	<p>12</p> <p>Yoga - 9 a.m. Tremoring - 10:30 a.m. Meditation - 4 p.m.* Yoga - 5:30 p.m.</p>	<p>13</p>	<p>14</p> <p>Yoga - 9 a.m. Summit on Survivability 9 a.m. - 3 p.m. <i>Register by calling 480-882-4636</i></p>
<p>16</p> <p>Healing Art - 2:30 p.m. Yoga - 5:30 p.m., SROC** Lymphedema New Patient Orientation 6 - 7:30 p.m.</p>	<p>17</p> <p>Yoga - 9 a.m. Tai Chi - 10:40 a.m. Yoga for Beginners 4:30 - 5:45 p.m. Yoga for Beginners 6 - 7:15 p.m.</p>	<p>18</p> <p>Beginning Medical Qi Gong - 11 a.m. Tai Chi - 5 p.m., SROC** Genetic Testing 101: What You Need to Know 6-7:30 p.m.</p>	<p>19</p> <p>Yoga - 9 a.m. Tremoring - 10:30 a.m. Meditation - 4 p.m.* Yoga - 5:30 p.m. SPOHNC Support Group 6:30 - 8:30 p.m.</p>	<p>20</p> <p>Restorative Yoga 10 a.m.</p>	<p>21</p> <p>Yoga - 9 a.m. Bosom Buddies Breast Cancer Support Group Thompson Peak Campus Conference Room 10 a.m. - 12 p.m.</p>
<p>23</p> <p>Healing Art - 2:30 p.m. Yoga - 5:30 p.m., SROC** Living With Lymphedema 6:30 - 8:30 p.m.</p>	<p>24</p> <p>Yoga - 9 a.m. Tai Chi - 10:40 a.m. Beginning Grief Support Group - 3 - 4:30 p.m. Yoga for Beginners 4:30 - 5:45 p.m. Next Step Grief Support Group - 4:30 - 6 p.m. Yoga for Beginners 6 - 7:15 p.m.</p>	<p>25</p> <p>Beginning Medical Qi Gong - 11 a.m. Tai Chi - 5 p.m., SROC**</p>	<p>26</p> <p>Yoga - 9 a.m. Tremoring - 10:30 a.m. Meditation - 4 p.m.* Yoga - 5:30 p.m.</p>	<p>27</p>	<p>28</p> <p>Yoga - 9 a.m.</p>
<p>30</p> <p>Memorial Holiday Day Observed</p>	<p>31</p> <p>Yoga - 9 a.m. Tai Chi - 10:40 a.m. Yoga for Beginners 4:30 - 5:45 p.m. Yoga for Beginners 6 - 7:15 p.m.</p>	<div style="border: 1px solid black; padding: 10px; background-color: #e0f0ff;"> <p style="text-align: center;">NATIONAL CANCER SURVIVORS DAY</p>  <p style="text-align: center;"><i>A Celebration of Life</i> 2011</p> <div style="display: flex; justify-content: space-between;"> <div style="text-align: left;"> <p>Don't Forget to Register June 4 1-3 p.m.</p> <p>Celebrating Life - National Cancer Survivorship Day. Pre-register by calling 480-882-4636</p> </div> <div style="text-align: right;">  </div> </div> </div>			

All Body, Mind and Spirit classes are held in Suite 203, 2nd floor unless otherwise noted.

NOTE: Registration is required for all classes except support groups. Please call 480-882-4636 to register for Nutritional and Facing Forward classes. Please call 480-323-1981 for all Body, Mind and Spirit Classes. *Pre-requisite required for Specialized Qi Gong.

*Need appointment **SROC = Scottsdale Radiation Oncology Center - Osborn, 7337 E. 2nd St., Scottsdale

JUNE 2011 CALENDAR OF EVENTS

Free Classes for Cancer Survivors

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>Beginning Medical Qi Gong – 11 a.m. Tai Chi – 5 p.m., SROC**</p>	<p>2</p> <p>Yoga – 9 a.m. Yoga – 5:30 p.m.</p>	<p>3</p> <p>Karaoke - 1:15 – 3 p.m.</p>	<p>4</p> <p>Yoga – 9 a.m. National Cancer Survivorship "Celebration of Life" Must RSVP by calling 480-882-4636 or visiting shc.org/events</p> 
<p>6</p> <p>Healing Art – 2:30 p.m. Yoga – 5:30 p.m., SROC**</p>	<p>7</p> <p>Yoga – 9 a.m. Tai Chi – 10:40 a.m. Yoga for Beginners 4:30 – 5:45 p.m. Yoga for Beginners 6 – 7:15 p.m.</p>	<p>8</p> <p>Beginning Medical Qi Gong – 11 a.m. Tai Chi – 5 p.m., SROC** Facing Forward 1 – 3 p.m. Eating for Life 6-7:30 p.m.</p>	<p>9</p> <p>Yoga – 9 a.m. Tremoring – 10:30 a.m. Meditation – 4 p.m.* Yoga – 5:30 p.m.</p>	<p>10</p> <p>Karaoke - 1:15 – 3 p.m.</p>	<p>11</p> <p>Yoga – 9 a.m. Breast Cancer Support Group 10 a.m. – 12 p.m.</p>
<p>13</p> <p>Healing Art – 2:30 p.m. Yoga – 5:30 p.m., SROC** Drumming – 6-7:30 p.m.</p>	<p>14</p> <p>Yoga – 9 a.m. Tai Chi – 10:40 a.m. Open Meditation Group 12 – 1 p.m. Beginning Grief Support Group – 3 – 4:30 p.m. Yoga for Beginners 4:30 – 5:45 p.m. Next Step Grief Support Group – 4:30 – 6 p.m. Yoga for Beginners 6:00 – 7:15 p.m.</p>	<p>15</p> <p>Beginning Medical Qi Gong – 11 a.m. Tai Chi – 5 p.m., SROC**</p>	<p>16</p> <p>Yoga – 9 a.m. Tremoring – 10:30 a.m. Meditation – 4 p.m.* Yoga – 5:30 p.m. SPOHNC Support Group 6:30 – 8:30 p.m.</p>	<p>17</p> <p>Restorative Yoga 10 a.m. Karaoke - 1:15 – 3 p.m.</p>	<p>18</p> <p>Yoga – 9 a.m. Bosom Buddies Breast Cancer Support Group Thompson Peak Campus Conference Room - 10 a.m. – 12 p.m.</p>
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<p>27</p> <p>Healing Art – 2:30 p.m. Yoga – 5:30 p.m., SROC** Living With Lymphedema 6:30 – 8:30 p.m.</p>	<p>28</p> <p>Yoga – 9 a.m. Tai Chi – 10:40 a.m. Beginning Grief Support Group – 3 – 4:30 p.m. Yoga for Beginners 4:30 – 5:45 p.m. Next Step Grief Support Group – 4:30 – 6 p.m. Yoga for Beginners 6 – 7:15 p.m.</p>	<p>29</p> <p>Beginning Medical Qi Gong – 11 a.m. Tai Chi – 5 p.m., SROC**</p>	<p>30</p> <p>Yoga – 9 a.m. Tremoring – 10:30 a.m. Meditation – 4 p.m.* Yoga – 5:30 p.m.</p>		

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*Need appointment **SROC = Scottsdale Radiation Oncology Center - Osborn, 7337 E. 2nd St., Scottsdale

Programs Just For You

The Virginia G. Piper Cancer Center at Scottsdale Healthcare is here for you, whether you're a cancer patient, caregiver or survivor. We understand your unique need to connect with others, gain knowledge, rejuvenate and express yourself. That's why we offer an array of specially designed programs. From individualized consultations, support groups and classes, to experts who can answer your questions on nutrition, your diagnosis, treatment options, financial resources and more, we are here for you! Explore yoga, tai chi and acupuncture, or healing art, journaling and movement therapy. Whatever you decide to try, know that you are not alone. We're here to help your mind, body and spirit.

ABOUT THE CANCER CARE COORDINATOR



Every cancer diagnosis comes with plenty to think about. You may have questions that need answers, tests to schedule, treatments to consider, concerns about family members or uncertainty about how the medical system works. With all of this, you may need someone to help support you and guide you throughout your care. That someone is the Cancer Care Coordinator at the Virginia G. Piper Cancer Center at Scottsdale Healthcare.

Focused on your comfort and convenience, this healthcare expert provides the understanding

care you want and deserve when you need it most. To schedule an appointment, please call 480-323-1255. You may also visit www.shc.org for a special video about the Cancer Care Coordinator

THIS MONTH'S FEATURED PROGRAM: *EXERCISE THERAPY*



Keith Watson & Keri Lee
Exercise Therapy Staff

Physical activity is a common denominator in cancer research today. Studies and articles continually report that regular activity, whether light or vigorous, is key to managing cancer treatment side-effects and regaining strength, endurance and confidence after treatment. It is just as important for caregivers and loved ones to engage in regular physical activity as well, as it reduces stress, promotes a healthy lifestyle, helps you cope with keeping up a busy schedule and can boost morale. Join fellow survivors and caregivers in the Exercise Rehab Program to begin your personalized exercise program today!

May is designated as Exercise Is Medicine Month according to American College of Sports Medicine. This is a time for everyone to recognize, emphasize and celebrate the valuable health benefits of exercise on a national scale. Exercise and physical activity are important to health and the prevention and treatment of many chronic diseases. We encourage you to develop an activity plan with your health care professional today.

Personal Consultations Available

Our experts can help you determine where you are and develop a personalized plan that will help you on your cancer journey.

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|--------------------------------|--|
| HOLISTIC | You and a specialist access your health and wellbeing – body, mind, and spirit. For more information, please call 480-323-1981. |
| EXERCISE REHABILITATION | Our experts can help you reach your physical potential before, during and after treatment. For more information, please call 480-323-1233. |
| INDIVIDUAL NUTRITIONAL | Not only during treatment, but throughout your lifetime, find out how to build and maintain a strong nutritional foundation. For more information, please call 480-323-1254. |
| CANCER CARE COORDINATOR | Meet with a patient navigator who can guide you through the many questions surrounding a cancer diagnosis and cancer treatment. For more information, please call, 480-323-1255. |
| CANCER GENETIC RISK ASSESSMENT | Certain types of cancer can develop due to an inherited predisposition. Your personal and/or family history of cancer will be evaluated and discussed. Complete our Family History Questionnaire online at: www.shc.org/geneticrisk |
| CLINICAL TRIALS | Evaluation for clinical trials. For more information, please call 480-323-1339. |
| SOCIAL WORKER | Assists with the practical and emotional aspects of the cancer journey. For more information, please call 480-323-1321. |

Clinical Trials at the Virginia G. Piper Cancer Center

Clinical trials at the Virginia G. Piper Cancer Center are offered for individuals who are seeking further treatment options after having already received standard of care therapy, the cancer has become resistant to therapy or no standard treatment options exist. In addition to many solid tumor clinical trials, we currently have clinical trials specific for patients with advanced (Stage IV) melanoma who have already received at least one type of chemotherapy and metastatic basal cell carcinoma (previously treated or untreated).

Please contact Joyce Schaffer, RN at 480-323-1339 or joschaffer@shc.org for more information

Let's find out what your breast cancer's really made of...so we can treat it differently!

If you have advanced breast cancer that has progressed through multiple treatments, you may be eligible to participate in a new research study. This study begins with a molecular profile of your tumor which is now available through the Virginia G. Piper Cancer Center and funded by Side-Out Foundation.



Contact our Patient Care Coordinator,
Joyce Schaffer, RN at 480-323-1339

A New Focus - Center for Endocrine and Pancreas Surgery

Now cancer patients with complex cases involving endocrine, pancreas or rare tumor surgery have a new destination for comprehensive, expert care.

The new Center for Endocrine and Pancreas Surgery is home to leading surgeons Michael J. Demeure, MD, MBA, FACS and Jeffrey A. Van Lier Ribbink, MD, FACS.

As part of the Virginia G. Piper Cancer Center at Scottsdale Healthcare, patients can assess full support services and benefit from the latest cancer research from the Clinical Trials in collaboration with TGen. For more information, call 480-323-1280 or visit shc.org/cancer.

Ovarian Cancer Alliance of Arizona Offers Summit On Survivability

May 14, 9 a.m. – 3 p.m.



Join us for this conference designed for women learning to live with a history of cancer. Learn the current clinical approaches to breast and ovarian cancer treatments, hear about the future of biomedical research, gain important tools to survivorship, speak with experts and start mapping your path to survivability in this engaging and interactive summit. Registration is required by calling 480-882-4636 or visiting shc.org/events.

Registration begins at 8:00 a.m.
Virginia G. Piper Cancer Center

Mark Your Calendars for the Scottsdale Healthcare Motorcycle Run



Roar in the desert... the Scottsdale Healthcare Annual Rob Moy Memorial Motorcycle Run is back and better than ever! Bring your motorcycle, your family and friends and join us for this fun and exciting event on Saturday, October 22, 2011. This year's event features a 215-mile scenic run. All proceeds will benefit the Gift of Life Lodging program for cancer patients.

Presented by Scottsdale Healthcare Foundation, the motorcycle run honors the late Rob Moy, an avid biker and 14-year Scottsdale Healthcare employee. Visit www.shc.org/motorcyclerrun for more information.



Nutrition Corner

Caregivers Cooking Class - Cooking From the Heart

May 5, 6 – 7:30 p.m.

Celebrate Cinco de Mayo with us! Learn how to prepare healthy Mexican dishes with Chef Dora Lira and dietitian Terri Taylor.

This class will be held in the 1st floor Education Conference Room of the Virginia G. Piper Cancer Center. Please register by calling 480-882-4636 or by visiting shc.org/events.

Nutrition and Cooking Class - Eating For Life

May 11, 6 -7:30 p.m.

Join us for this plant-based cooking class and learn techniques for gluten-free cooking with Chefs Debbie Reiche and Wendy Ely, and dietitian Terri Taylor.

This event will be held at our Scottsdale Healthcare Thompson Peak Hospital Campus. Pre-registration is required by calling 480-882-4636 or visiting shc.org/events.

Nutrition and Cooking Class - Eating for Life

June 8, 6 -7:30 p.m.

Eating plant foods is an important choice for cancer prevention and survivorship and overall health. Join Chef Dora Lira and dietitian Terri Taylor to discover more delicious ways to prepare plant foods.

This class will be held in the 1st floor Education Conference Room of the Virginia G. Piper Cancer Center. Pre-registration is required by calling 480-882-4636 or visiting shc.org/events.

Phone Directory

Virginia G. Piper Cancer Center 480-323-1020
Toll free number 866-553-6789

Cancer Care Coordinator 480-323-1255
Melanie O'Hara, RN
Marlene Miller, RN

Body Mind and Spirit Program 480-323-1981
Sherry Zumburmen, RN

Nutritionist 480-323-1254
Terri Taylor

Exercise Rehab 480-323-1233
Keri Lee, Keith Watson

Lymphedema Treatment Center
Andrea Brennan, Katie Hughes 480-323-1100

Cancer Genetic Risk Assessment 480-323-1231
Joyce D'Souza, RN Cary Armstrong

Social Worker 480-323-1321
Suzanne Hyde

Community Outreach & Education 480-323-1275
Nancy McCutcheon

Scottsdale Radiation Oncology Center
Shea 480-323-1234
Osborn 480-882-6234

Infusion Services 480-323-1340

Resource Center Library 480-323-1050

TGen Clinical Research Services
Patient Care Coordinator 480-323-1339
Joyce Schaffer, RN

Tina's Treasures Boutique 480-323-1990

Tina's Treasures Appointment Line 480-323-1027

Financial/Insurance Counselor 480-323-1245

Other Services

Visit the Werner Resource Center

New Book Arrivals...and many more!

- *Clinical Trials: What Patients and Volunteers Need to Know* by Lorna Speid
- *The Immortal Life of Henrietta Lacks* by Rebecca Skloot
- *The Pink Ribbon Diet* by Mary Flynn
- *Someone I Love Is Sick: Helping Very Young Children Cope with Cancer in the Family* by Kathleen McCue
- *You Are Not Alone: Families Touched by Cancer* by Eva Grayzel

For more information call 480-323-1050, Mon – Fri, 9 a.m. – 5 p.m.
 Available at Virginia G. Piper Cancer Center Shea Campus, Suite 102

Outside Support Groups and Educational Programs

The Virginia G. Piper Cancer Center provides meeting space for many outside support groups and educational programs including:

Support for People with Oral, Head and Neck Cancer, Hospice of the Valley Grief Support Group & Advanced Grief Support Group, Bosom Buddies Breast Cancer Support Group and Breast Cancer Support.

For information on support groups, please contact Suzanne Hyde at 480-323-1321.

*Scottsdale Healthcare is not responsible for the expertise or services provided by the supporting groups.

Recovery and Rejuvenation Study

To improve feelings of well-being after colorectal cancer treatment, join this Study:

Research has shown that support can be beneficial for improving overall quality of life for colorectal cancer survivors. This study provides two different forms of support: the Recovery education/support group and Rejuvenation gentle movement group. Participants will join an 8-week program and be randomly assigned to one of these groups. Changes in fatigue, cognitive performance, sleep quality, emotional state and physical symptoms will be assessed. Men and women who have been experiencing fatigue since their diagnosis and treatment for Stage I -- III colorectal cancer, between ages 30-85, and have completed primary treatment between 6 months and 5 years ago, and not experienced a recurrence are eligible. Additional criteria may apply, and research staff will interview those who respond as part of a more detailed screening. For further information or to join the Recovery and Rejuvenation Study, please call Kathryn Whittaker at 480-323-1261, or email Kathryn.Whittaker@asu.edu.



The MidFirst Bank "Pink Card" Benefits Virginia G. Piper Cancer Center

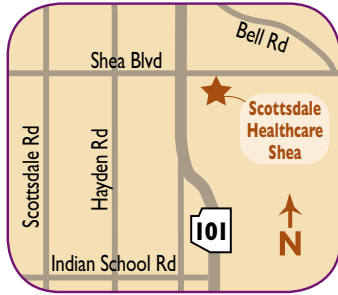
Open a checking account with direct deposit and a Pink Card, and MidFirst Bank will donate \$50* to the Virginia G. Piper Cancer Center



Community Outreach at the Virginia G. Piper Cancer Center at Scottsdale Healthcare will benefit from a new debit card program. MidFirst Bank will donate \$50* to the cancer center each time a new customer opens an account with direct deposit and makes a

purchase with their new Pink Card. Proceeds will help fund breast cancer education, screenings and research. Visit your local MidFirst Bank for additional information or visit midfirst.com/pink.

*New consumer checking customers only. Valid for accounts opened 5/1/2011 – 6/30/2011, subject to change without notice and is not valid with any other offers. One (1) new promotional account per household and one Pink Card per customer. Breast Cancer affiliate subject to change. Must be 18 or older. All accounts subject to approval. Pink Card is not available on eChecking accounts. *Requires \$100 minimum opening deposit and balance and may not be transferred from an existing MidFirst account. Customer must receive a recurring direct deposit of at least \$250 per month, select the Pink Card at account opening, and use the Pink Card to make a purchase for MidFirst Bank to donate \$50. All requirements must be completed within 45 days of account opening. Annual Percentage Yield (APY) is based on account type and deposit amount. Example: A Performance Plus checking account with a \$2,500 opening deposit has an APY of 0.10%. APY is accurate as of 3/18/11 and is subject to change without notice. Other fees may apply. Accounts closed within ninety (90) days of account opening may be subject to an early account closure fee.*



**Virginia G. Piper Cancer Center
at Scottsdale Healthcare**

Shea Campus
10460 N. 92nd St.
Scottsdale, AZ 85258
480-323-1020

shc.org/cancer

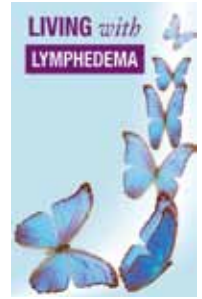
Living with Lymphedema Educational Support Group Calendar

May 23, 6:30-8:30 p.m. and June 27, 6:30-8:30 p.m.

- Featured guest speaker for Monday, May 23 is Dietician Terri Taylor, who will discuss nutrition issues related to lymphedema
- Featured guest speaker for Monday, June 27 will be our very own Andrea Brennan, lymphedema therapist, speaking on the “The Science of Compression and the Art of Bandaging” with a refresher course on self-bandaging to follow.

Anyone can participate in this class, regardless of health, age, or ability level. It is guaranteed to be a great time, and great for your lymphedema!

Must RSVP by calling 480-882-4636 or visiting shc.org/events
Virginia G. Piper Cancer Center, Education Conference Room



Volunteer Gardeners Needed!

Virginia G. Piper Cancer Center is looking for volunteer gardeners to help begin and maintain a vegetable garden at Scottsdale Community College. Qualifications to volunteer:



- You want to eat more vegetables and encourage local eating
- You want to have fun and be a member of a team
- You want to see things get planted and grow
- You want to support our cancer cooking classes at the Virginia G. Piper Cancer Center
- You are looking for something to get involved in but you cannot commit a lot of time

If you are interested in this wonderful opportunity to get your hands dirty and meet others, please contact Suzette Robles, Administrative Assistant for the Virginia G. Piper Cancer Center at 480-323-1250. We are looking to begin in the fall and will be contacting you in the month of July to determine further your level of interest and level of commitment.

