

CULTIVATING A

SPRIT OF SURVIVAL



SHAW CANCER CENTER

VAIL HEALTH

A service of Vail Health Hospital



The Spirit of Survival program empowers all survivors to thrive during and after treatment.

ANNUAL SUMMARY 2019

CARE CLOSE TO HOME

DEDICATED TO DELIVERING THE MOST ADVANCED AND PERSONALIZED CANCER CARE WHILE KEEPING PATIENTS CLOSE TO HOME.

Shaw Cancer Center treats a wide variety of cancers, close to home. This book provides a window into the unique style of care we offer at Shaw Cancer Center, a service of Vail Health Hospital. We believe Shaw's multidisciplinary team approach, state-of-the-art treatment facility and attention to wellness via our robust 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.

Shaw Cancer Center Highlights for 2019

- Received a gold accreditation from the Commission on Cancer, the highest level achievable by the survey.
- Re-accredited by the Quality Oncology Practice Initiative through the American Society of Clinical Oncology.
- Expanded clinical staff to meet the needs of our growing infusion center and cancer clinic.
- Grew support services including nutrition, psychosocial, exercise physiology and patient navigation to ensure the journey of our patients includes care beyond traditional medicine.
- Installed one of the most advanced PET/CT scanners in the world right here in Eagle County.



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.

Christine Barth, MA, CGC
Genetic Counselor

Reginald Franciose, MD
General Surgery
Cancer Liaison Physician

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

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

Frank Holmes, MD
Pathology

Paige Bordelon, MPH
Clinical Research Coordinator

Robert Macaulay, MD
Pathology

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

Ad Hoc Members

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

Karen Clous, RN, OCN
Clinical Nurse Manager

Jack Eck, MD
Internal Medicine

Sara Fleszar, Pharm D, BCOP
Pharmacist

Monique Fox, MD
Diagnostic Radiology - Breast

Melaine Hendershott, MS, RD, CSO
Registered Dietitian

Kim Sharkey, MA
Community Outreach Coordinator
Manager, Cancer Services

Katie Sobeski, BS, RHIA, CTR
Cancer Registrar

Lynn Tremblay-Ritchey, RN, OCN
Charge Oncology Nurse

Stacy Toyama
Vice President

Jan Ugale, MD
Diagnostic Radiology - Breast

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

Alida Wagner, CTR
Cancer Registry

Katie Jones, NP
Medical Oncology
Palliative Care

Lindy Owens, RN
Nurse Navigator

Candace Smith
Oncology Business Analyst and
Front Office Coordinator

Susan Vickerman, MD
Colorado Mountain Medical

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



Shaw's Sonnenalp Breast Center offers certified breast radiologists and the most technologically advanced breast imaging services available.

JACK'S PLACE, A CANCER CARING HOUSE



Jack's Place offers lodging for patients and their caregiver on a donate-what-you-can basis.

A HOME AWAY FROM HOME

Located just next door to Shaw Cancer Center, Jack's Place is a 12-room cancer caring house, offering complimentary lodging 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. Complimentary 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."

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

-Colleen Widlak

Since opening in 2007, Jack's Place has provided respite for more than 3,300 cancer patients and their caregivers, for a total of more than 13,500 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.



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

"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."



With a full-time manager and on-site concierge, there's always someone "home" at Jack's Place.



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.

- Shaw Cancer Center sponsored the 2019 9Health Fair in Gypsum, Colorado by providing prostate-specific antigen (PSA) screenings for attendees. Our surrounding community has statistically shown a higher incidence of prostate cancer compared to the State of Colorado average. A total of 133 PSA tests were conducted and abnormal findings were referred to primary care physicians for follow up.
- Shaw Cancer Center sponsored tobacco education classes conducted by the Red Ribbon Project for 680 Eagle County high school students. Classes focused on the harmful effects of using tobacco. Pre/post-survey data reflects a reported 57% reduction in tobacco use by students.
- 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.
- In 2019, 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.



Partnered with 9Health Fair to provide free or low-cost screening services.



Eagle County Fair & Rodeo hosted its annual "Tough Enough to Wear Pink" night.



Shaw's Sun Safety program educated over 1,200 local students.

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



Michael Glode, MD



Katie Jones, NP



Alexander Urquhart, MD



Reginald Franciose, MD, FACS



Barry Hammaker, MD, FACS



John Schultz, MD, FACS

BREAST IMAGING



Monique Fox, MD



Jinnah Phillips, MD



Janice Ugale, MD

RADIATION ONCOLOGY PLASTIC SURGERY



Patricia Hardenbergh, MD



Jason Martin, MD

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 has received a gold accreditation from the Commission on Cancer, the highest level achievable 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.



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
- Stereotactic Breast Biopsy
- Breast Ultrasound
- 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.

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 dietitians, exercise physiologists, genetic counselor, nurse navigator, licensed professional counselor, 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

(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

(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

(970) 569-7525

It is our goal to ease the financial strains of cancer treatment for each of our patients. Our Oncology Financial Navigator can help patients understand the financial aspects of cancer care and provide assistance in obtaining applicable financial resources. Uninsured patients may be eligible for assistance.

MAMMO TECH HOTLINE

(970) 569-7417

Shaw's Mammo Tech Hotline provides access to a certified breast expert, Monday-Friday between 9 AM - 4 PM.

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.

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 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, biologic therapy and immunotherapy. 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 workers, dietitian, physical therapist, exercise physiologists and a 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 | (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. Our plastic surgery team specializes in reconstructive and cosmetic surgery, and uses 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 | (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.

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 nutritionists, 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 dietitians who specialize in oncology nutrition.

Outdoor Adventures

Cancer survivors 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.



PO BOX 2559 | 322 BEARD CREEK ROAD
EDWARDS, COLORADO 81632
(970) 569-7429
SHAWCANCERCENTER.COM