

CULTIVATING A
SPIRIT OF SURVIVAL



Shaw Cancer Center's Spirit of Survival program includes "Skimotherapy," a day on the slopes to empower survivors.



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People from Colorado and beyond choose Shaw Cancer Center for its knowledgeable physicians, state-of-the-art technology and Jack's Place, a 12-room cancer caring house.



THE BEST CARE OUT THERE IS CLOSE TO HOME

Shaw Cancer Center received the Commission on Cancer's Outstanding Achievement Award, an honor bestowed on only 49 other cancer centers in the country. Shaw was the only cancer center in Colorado to receive this award, making it the best choice for cancer care in the state.

This annual summary 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 multi-disciplinary 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. Donations to Vail Health Foundation play an important role in our ability to deliver our mission and provide a highly individualized approach to care. We hope you enjoy learning more about our program and the communities we serve.



Patricia Hardenbergh, MD

Chair, Cancer Committee
Medical Director, Shaw Cancer Center



Alexander Urquhart, MD

Medical Director, Medical Oncology
& Infusion Therapy



Stacy M. Toyama

Vice President
Shaw Cancer Center

AWARDS & ACCREDITATIONS

American College of Surgeons Commission on Cancer



The Commission on Cancer (CoC) recognized Shaw Cancer Center's excellence in care with its prestigious Outstanding Achievement Award, which was given to just 49 American cancer programs. The CoC also awarded Shaw with a gold accreditation, 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 through standards-setting, prevention, research, education and the monitoring of comprehensive quality care.

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.

The American College of Radiology



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



Shaw Cancer Center features a state-of-the-art Image Guided Radiation Therapy Linear Accelerator.

WHAT'S NEW AT SHAW

DEVELOPMENTS IN CANCER CARE



We're Curve Conscious

Shaw's breast imaging centers in Edwards and Frisco have both improved the patient experience by adding Hologic Smart Curve paddles to make 2D and 3D mammograms more comfortable. The paddle is curved to better conform to the shape of a woman's breast. 93% of women affirm increased comfort with the Smart Curve system, and radiologists report receiving the same image quality.



"With the extent of care coordination between Colorado Mountain Medical, Shaw Cancer Center and Vail Health, you just really felt like you were cared for as a whole person."

– Cheryl Wells, Shaw Patient

Enhanced Cancer Conference & Multi-Disciplinary Clinic

Modeled after the breast cancer conference and clinic, Shaw has created a comprehensive genitourinary (GU) cancer conference and multi-disciplinary clinic, specifically focused on bringing our care teams together from the medical oncology, radiation oncology and urology departments. The cancer conference gives physicians an opportunity to collaborate monthly on treatment plans while patients benefit from access to their entire team in one visit.

Welcome Dr. Julie Barone

Julie L. Barone, DO, FACS joined the Shaw Cancer Center and Vail Health surgical oncology teams in March 2020. With her extensive experience as a breast surgeon and specialist, Dr. Barone further solidifies Shaw Cancer Center's reputation and vision for providing the highest quality breast cancer treatment. She is a fellow of the American College of Surgeons and a member of the Society of Surgical Oncology and American Society of Breast Surgeons. Dr. Barone is active with the American Cancer Society and Polite Tumor, and is a principal investigator for several clinical trials, including molecular tumor subtyping as well as product development to improve outcomes in breast surgery. Her clinical interests include oncoplastic procedures, minimally invasive breast procedures, nipple-sparing mastectomy, high-risk management, and genetic testing and counseling.



Cutting Edge Cancer Detection

Shaw Cancer Center is proud to have brought one of the first Siemens Biograph mCT scanners in the world to Eagle County, Colorado. This technology provides the highest resolution of any PET/CT scanners on the market, allowing our cancer detection specialists to identify the smallest of lesions in less time, thereby improving patient comfort and reducing radiation exposure.



Shaw's new PET/CT scanner improves patient comfort and reduces radiation exposure.

EXPANDED SERVICES

Patient Resource Navigator

Shaw welcomed Dan Elsbury, our patient resource navigator, a role completely dedicated to the patient experience. Dan connects patients to support services and resources.

Advanced Cancer Support Group

The Advanced Cancer Support Group was created for patients with advanced, recurrent and/or metastatic disease to help them find ways to cope and live well in the midst of advanced cancer diagnosis.



Radiant Wraps

Shaw brightens up the cancer treatment experience with Radiant Wraps, a colorful and chic hospital gown alternative for patients undergoing breast cancer treatment.



Alpha-Stim

Shaw has purchased Alpha-Stim electrotherapy devices to loan to patients. They are an FDA cleared, non-drug option to help alleviate anxiety, depression and insomnia.

Psychosocial Oncology

The psychosocial oncology team has expanded with the addition of licensed professional counselor, Kristi Grems. Together with our licensed clinical social worker, Erin Perejda, this addition has allowed for more dedicated time to meet with patients and families at both the Edwards and Frisco locations, ensuring care can be provided close to home.



Nutrition Support

Individualized nutrition care plans are essential to each patient's optimal recovery, but nutrition support services are not reimbursable by every insurance company. Shaw Cancer Center has elected to offer complimentary nutrition services through funds raised at Pink Vail™ to allow every patient access to nutritional counseling.



Sound Healing Meditation

Using singing bowls to create sound and vibration, our most popular and well-attended class, Sound Healing Meditation, offers guided meditation and is accessible to patients at any stage of treatment or survivorship.



Appearance Center

Open the door to the Appearance Center and you'll find a private setting for all things beauty and self-care, an essential aspect of helping patients feel more like themselves again. With access to complimentary scarves, hats, wigs, styling products and more, patients are offered guidance on adapting to changes in their appearance during and after treatment. Many of the items are generously donated to Shaw, allowing the Appearance Center to operate on a "take-what-you-need" philosophy.

Charitable contributions help support these expanded services at Shaw Cancer Center. Learn more at VailHealthFoundation.org/ShawCancerCenter.

PHILANTHROPY MAKES A DIFFERENCE

CONTRIBUTIONS ENHANCE PATIENT CARE AND PROGRAMMING

Philanthropy Highlights

Pink Vail™

In its first eight years, Pink Vail™ raised over \$5 million. 100% of Pink Vail™ donations and registration fees benefit patient care and programming at Shaw Cancer Center. 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 and beyond. Pink Vail™ dollars have funded nutrition counseling, fitness classes and 1-on-1 programming with our oncology exercise physiologists, emotional support and outdoor programs that bring survivors together. These unique services can dramatically impact a patient's quality of life but are not typically covered by insurance.



Hike, Wine & Dine for Jack's Place, a Cancer Caring House

The annual Hike, Wine & Dine event has drawn a sold-out gathering of hikers to Beaver Creek each fall to enjoy the golden beauty of autumn in the mountains while raising funds to support Jack's Place. Over 400 participants enjoy hiking up the trail with regular stops to refuel and enjoy gourmet fare and gorgeous views, all while raising funds to operate Jack's Place, named in honor of Dr. Jack Eck. To date, the event has raised over \$900,000.



Donations at Work

Shaw Cancer Center opened in 2001, thanks to a generous \$18.5 million gift from Harold & Mary Louise Shaw. Philanthropy continues to be essential to realizing Shaw's uniquely holistic approach to cancer care.

Contributions are used with the utmost care to support many programs, as well as purchase specialized medical equipment, including:

- Over 14,000 nights provided to patients and their caregivers at Jack's Place, located adjacent to Shaw Cancer Center. When Jack's Place is at capacity, complimentary lodging at local hotels is offered to patients and their caregivers.
- A SPY-PHI camera assists our surgeons to clearly and quickly identify infected lymph nodes in breast cancer patients for quick, precise removal.
- An additional electrometer for radiation oncology, an essential piece of equipment for performing radiotherapy.
- A Gantry Mounting Fixture, a frame that supports and stabilizes instruments during radiation therapy.
- An InBody Body Composition Analyzer that scans the entire body and breaks down its composition into total fat, lean muscle mass and water, allowing our physicians to more accurately evaluate a patient's precursors of health.
- ARIA software, adding more functionality to our TrueBeam Linear Accelerator, which delivers precise beams of high-energy x-rays into tumors. This precision helps reduce damage to surrounding healthy tissue.
- Expansion of Vail Health's Educational Resource Library, which serves all Vail Health employees and the community. Located on the Edwards campus, the library is free to members of the community and includes an extensive collection of medical books, articles, audiobooks and online resources. The full-service medical library has provided over 1,000 continuing education hours to dozens of physicians and allied health professionals.

Help cancer patients cultivate a spirit of survival by making a donation today. Visit [Donate.VailHealthFoundation.org](https://www.Donate.VailHealthFoundation.org) or call Vail Health Foundation at (970) 569-7766.

LARRY KUNKLE

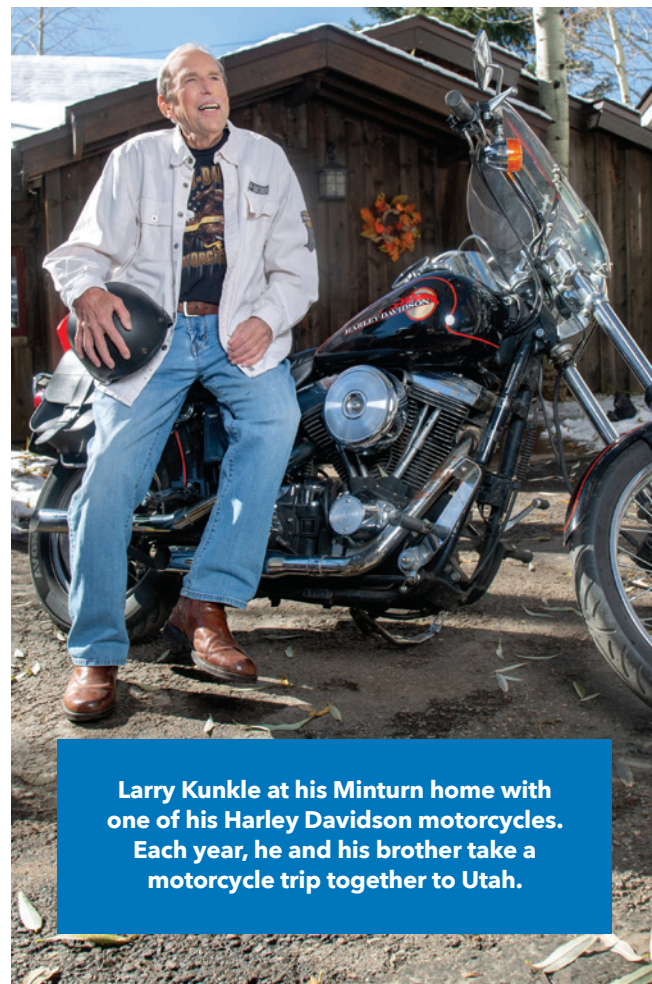
GIVING BACK TO THE COMMUNITY

Long-time Coloradan Larry Kunkle moved to Denver nearly 40 years ago following his service in Vietnam as an Army dentist. In 2001, he moved to Minturn full-time after retiring from dentistry and has since considered Eagle County his home.

Larry appreciates the beauty of Vail's great outdoors, including skiing in the winter, riding his motorcycles and spending quality time with his children and grandkids when they come out to the high country. He also enjoys giving back by volunteering for different organizations across the community.

Four years ago, Larry joined the Vail Health Volunteer Corps after learning about the opportunity from a friend and fellow cancer patient. Volunteers are integral to supporting the well-being of our patients and guests by making their time with us a little easier. Larry volunteers at Shaw Cancer Center twice per month and also helps at fundraising events, such as Hike, Wine & Dine.

Volunteering at Shaw is meaningful to Larry because of his own personal experience as a patient when he was diagnosed with prostate cancer in 2009. After undergoing surgery in Denver, he completed his radiation treatments at Shaw.



Larry Kunkle at his Minturn home with one of his Harley Davidson motorcycles. Each year, he and his brother take a motorcycle trip together to Utah.



"If volunteering is a way of somewhat paying back a little bit, I'll continue to do it."

– Larry Kunkle

He describes Shaw as "the place to be" to receive cancer care and treatment. "The quality of the care that you can get in this little valley at Shaw is amazing."

Larry has also undergone surgeries and treatment for sinus cancer at Vail Health. He uses Shaw's on-site

gym during times of recovery and remission and participates in Spirit of Survival programs like meditation, goat yoga, group hikes and more.

Larry also donates to Pink Vail™, an annual fundraiser to benefit patient care and programming at Shaw. "I want to make a contribution to support all of the programs available to anyone going through cancer treatment and care," he says.

While Larry wishes he could give more, his hope is that his time and contributions demonstrate his gratitude to Vail Health and Shaw Cancer Center.

Everyone at Shaw feels like family to Larry. "It's just a great bunch of people. Everybody is so nice, and I think that's what keeps me there," he shares, "If volunteering is a way of somewhat paying back a little bit, I'll continue to do it."

Although his energy levels haven't returned to what they were prior to chemotherapy, Larry enjoys staying busy – whether that be through working on his home in Minturn, skiing, riding his Harley Davidson motorcycle through the back roads of Colorado or volunteering at Shaw.



THANK YOU

The generosity of our benefactors, volunteers, ambassadors and other community members is essential to Shaw Cancer Center and Jack's Place's mission to care for Eagle County residents and visitors with compassion.

Through Vail Health Foundation, we are able to foster and cultivate these lasting relationships between Vail Health and our supporters.

There are many ways you can get involved:

- Make a gift
- Volunteer
- Fundraise
- Sign up for our newsletter
- Attend an event
- Share your story
- Include Vail Health in your will or estate plan

Contact us to get involved at (970) 569-7766
Foundation@VailHealth.org | VailHealthFoundation.org



Cheryl Wells is a long-time Leadville, Colorado resident and is fighting endometrial cancer.

LIVING WITH CANCER MY WAY

PATIENT TESTIMONIALS

A cancer diagnosis is life-changing, but the survivors in this story refused to let cancer change the lives they're living. Coloradans are active, adventurous and engaged in their communities. Having the best cancer care out there right here in the Rocky Mountains allows patients to fight cancer close to home, the Colorado way.

CHERYL WELLS

WHOLE BODY CARE

In January of 2020, get-well cards lined a full wall of windowsills in Cheryl and John Wells' Leadville home. The early afternoon sun shed light on a sunroom filled with vibrant green plants and family photos of world travels and local adventures. As they shared their story, Cheryl and John sat alongside one another, holding hands through long pauses of tears and supportive smiles.

Cheryl had just recently completed nearly half a year of chemotherapy and radiation treatments at Shaw Cancer Center. The protocol came after a tough diagnosis of advanced stage endometrial cancer in early 2019, two years after Cheryl had a hysterectomy to remove her cancer-lined uterus.

"It was a really hard diagnosis," Cheryl said. "I never expected to have cancer; I guess nobody really does. We just have to get through it."

A Life Outside

John and Cheryl have been married for 35 years. They met in Leadville in the winter of 1983.

"I think I made it three months before I asked her to marry me," John said. "And I've spent my whole life trying to keep up with her."

Over the years, the couple has spent most of their time outside skiing, hiking and climbing. John and Cheryl often cross-country ski just down the road from their home at the Mt. Massive Golf Course. They come home and enjoy Cheryl's homemade bread, warmed up and topped with butter and cinnamon. John rubs Cheryl's feet to help her get the feeling back from the neuropathy resulting from her cancer.

"Whole Body" Approach

Cheryl's original biopsy and hysterectomy were done in Denver. She said the care was fine but not consistent, as she worked with three different OB/GYN oncologists in a short span of time.

When Cheryl got the results of her 2019 lymph node biopsy, her oncologist in Denver asked her where she wanted to start her treatments for the advanced stage endometrial cancer. "We said, 'We want to go to Shaw.'"

Cheryl appreciated the "whole body" approach at Shaw, where she was getting emotional and mental support along with cancer treatments.

Cheryl and John both participated in Spirit of Survival activities, and Shaw exercise physiologists Sarah Giovagnoli and Erin Lepper developed a special workout program that was personalized for Cheryl and her recovery.

It was Kristi Grems, a licensed professional counselor at Shaw, who helped Cheryl and John in ways they didn't know they needed. John didn't think they would qualify for financial aid, but with Kristi's help, the couple was able to retrieve all copays and deductibles from an adult buy-in Medicaid.

"We're very grateful for everything Shaw Cancer Center has done for us."

— Cheryl Wells

"Kristi pushed in a gentle way," John said. "She guided us through that process. It's just invaluable."

Cheryl's blue eyes pooled with tears when she recalled what she said was perhaps her most memorable moment at Shaw, during a seven-hour chemotherapy session.

"Kristi always came in and checked on us to see how we were doing," says Cheryl. "I remember one of the days I was in chemo, I had just lost my hair, and she brought me hats. I couldn't go out and get them, so she brought me all these hats to try. And it was really nice. And I still wear them every day."

Grateful For Shaw

Two weeks after radiation therapy, Cheryl could already feel her strength coming back. Dressed and ready for a short cross-country ski session, Cheryl grabbed one of the hats Kristi got her during that day of chemotherapy. She slipped it onto her head, now graced with the first stages of fresh, growing hair.

"We're very grateful for everything Shaw Cancer Center has done for us," said Cheryl. "My hope moving forward is that I can recover my strength and be back to doing all the things we love to do. I'm really looking forward to being a fully contributing member to our community."

John and Cheryl still have a lot of the world left to see, and they are hoping for grandkids soon.

"We need to be strong and healthy so we can introduce them to the outdoors like we introduced our kids," said John. "So, travel and grandkids. Now, let's go ski."

To see Cheryl's story, visit ShawCancerCenter.org/Cheryl



Cheryl and John Wells cross-country ski near their home in Leadville. It's a passion they've been able to pursue even as Carol fights endometrial cancer.

CAROL SCHIMMER

A SPIRIT OF RESILIENCE



There's a path near Carol Schimmer's home in Avon that runs along the Eagle River. When snow piles up in the winter, Carol puts on her snowshoes and packs down the trail, step by step. It's a tiring task, especially on days when she's feeling fatigued from fighting cancer. But Carol welcomes a good challenge – she likes to work hard, play even harder, and when it comes to battling her metastatic melanoma, Carol's resilience shines as brightly as the beautiful spirit she radiates in her community.

Carol moved to the Eagle River Valley nearly 30 years ago to make the mountains her home. She came out from the east to pursue a love of skiing; yet, like a lot of people who move west for the winters, Carol says it's the summers that really stole her heart. She loves outdoor adventure, from snowshoeing and skiing, to hiking, cycling and kayaking. She has worked in management and hospitality for many local organizations, including the Vail Valley Foundation, Vail Resorts and Vail Health.

A New Chapter

In 1997, Carol received her first cancer diagnosis, melanoma. "It was on my right thigh, and they pretty much scared the crap out of me," Carol shares. "They said, 'You're not taking this seriously enough. You could die from this.' I'm like, 'Really? I feel just fine.' So that was my introduction."

One year later, Carol was diagnosed with breast cancer. Shaw Cancer Center didn't yet exist, so Carol had her melanoma and breast cancer treated in Denver. After surgery, her scans showed the breast cancer was gone, but the melanoma began reappearing.

"The book is my cancer story; this was definitely a new chapter, and at the time it was probably the most serious one..."

– Carol Schimmer

"Over the years, another mole would pop up," she shares. "We'd biopsy it, and they'd come back and say, 'Oh, that one was melanoma too.'"

Carol started seeing a dermatologist every six months, and once Shaw opened, she began to meet with an oncologist here once a year. Over the years, she has had 13 primary melanomas. Seven years ago, Carol noticed a tender spot on her lower back. It turned out to be a soft tissue tumor – a large metastatic melanoma.

"Once it went metastatic, life changed and thank God Shaw was there," Carol shares. "This was new – I call it the chapter in the book. The book is my cancer story; this was definitely a new chapter, and at the time it was probably the most serious one because it was not on my skin. This is now something that's in my body."

"Life-changing" Support

Carol started a clinical trial for immune therapy that gave her three years of remission. Beyond checkups and treatment, she was living her life fully, working in the community and continuing to enjoy the outdoors.

"You are a miracle," Dr. Hardenbergh, Shaw's medical director and radiation oncologist, told Carol during a visit to Shaw.

It was the medical expenses that Carol says were taking the largest toll, and Erin Perejda, a social worker at Shaw, told Carol about local funds for which she could apply. Sure enough, Carol qualified for a grant from the Vail Valley Charitable Fund.

"It's life-changing," she says. "I can focus on getting treatment and living my life."

In the past year, Carol's melanoma has increased in its progression, and she now has small tumors on her lungs, pancreas and liver.

For the first time, she reached out to Erin at Shaw about joining a support group.

"It's the club no one ever wants to be a member of, but there's a support group for those of us

with either advanced or recurring cancers," Carol explains. "And talk about inspirational. These people are amazing. We meet once a month. Unfortunately, the nature of the disease is since I've started going, I think we've already lost four members. You have hope when you see how they are responding, but you have the reality check that, 'Hey, none of us are going to escape this. We're all probably going to die of cancer.'"

Dr. Urquhart, Shaw's medical oncologist, recommended Carol pursue chemotherapy and her tumors did shrink.

She says the support of Shaw has helped her every step of the way. Beyond her support group, Carol has enjoyed participating in Shaw's Spirit of Survival programs like "skimotherapy" – a day on the slopes with other cancer survivors.

"I've accepted the reality that I really do have a pretty serious disease, even though it doesn't really affect me," she shares. "But because it doesn't affect me, I'm optimistic that I can keep doing what I'm doing until I can't do it anymore, and we'll just cross that next bridge when it comes."

To see Carol's story, visit ShawCancerCenter.org/Carol

JACK SWEDLUND

FINDING STRENGTH EVERY DAY

Sitting in his home in Gypsum, Jack Swedlund holds a small polished rock in his palm and runs his thumb over the word that's inscribed.

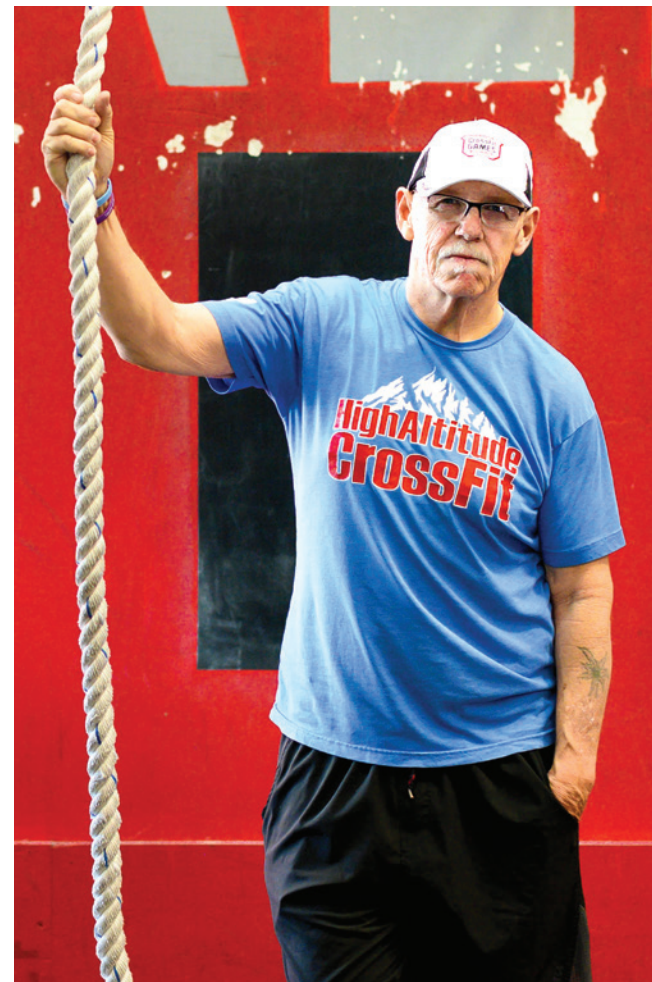
"I picked out the rock that said 'family' because my family has been my rock," Jack shares. "I've carried that rock with me everywhere since the day I got it."

Jack is a Colorado native and has lived in Eagle County for 20 years. He and his wife, Tanya, raised three daughters and now have six grandkids with number seven on the way. To his family, Jack is "Papa," and to Jack, his family is everything.

On April 13, 2016, Jack was diagnosed with metastatic prostate cancer.

"I remember hearing that it's very 'treatable,' because that wasn't what I wanted to hear," he shares. "I wanted to hear 'curable.'"

Jack's Gleason score (used to evaluate the prognosis of men with prostate cancer) was 10 out of 12 – what he describes is "as bad as it gets." His physician sent him for scans, which revealed the cancer had metastasized to his right rib, right femur, right hip and right seminal vesicle. It has since metastasized further to his T6, T7, top left rib and left scapular.



Jack was diagnosed outside of Eagle County and says he felt the cancer center there pressured him and didn't respect his wishes. He says a friend of his "raved" about Dr. Urquhart at Shaw Cancer Center, and Jack decided to pursue his treatment here. He was originally on board to move forward with the recommended treatment plan of chemotherapy, radiation and hormone therapy. However, after doing a little research on his prognosis, Jack decided to forego chemotherapy. Shaw has respected and supported Jack's treatment plan throughout his journey.

Even with all its challenges, Jack says cancer has been a "blessing" because it has brought his family closer together.

"The first thing I do every day is I thank God for another day," shares Jack. "It's by the grace of God I get another day. Then I just try to spend time with my grandkids and my kids and my wife."

Strength in Body and Mind

Second behind family on Jack's list of passions is CrossFit. Jack says he's always been an active outdoorsman, but only in the past decade did he become an avid member of High Altitude CrossFit in Gypsum.

"I weighed 315 pounds and I had a size 48 waist," he shares. "When I was crunching the numbers, to join CrossFit was \$1,700 a year and I was spending \$2,600 a year on cigarettes. I thought 'well, I'll save \$900 a year and I'll maybe get fit.'"

In the first year, Jack lost 100 pounds. Two years in, Jack completed his level one certificate course

for CrossFit and started coaching. Jack says he has always liked to push himself physically, but now he's realized fitness means more than just a strong body; it also means a strong mind.

"CrossFit changed how I think, how I look at things," he shares. "I never thought that I could do it. To have the successes I've had along the way has really made me passionate about it, so that's why I started coaching."

Jack was at the top of his physical game when he got his diagnosis, and he says he has since lost about 65 percent of his physical strength.

"But I'm mentally strong," he says. "You're staring death in the face – you've got to be strong. You've got no choice."

Jack's support network extends beyond his family and the gym. It also includes his community in Gypsum and the support group at Shaw Cancer Center. He's been going to group meetings for three years.

"The hardest part is because I'm a terminal cancer patient, some of the friendships are short-lived, unfortunately. In the past two weeks, I've lost two friends. But it's a good place to go because it's there every month... sometimes only another cancer patient understands what you're going through."

Direct Support

Jack says he appreciates the teamwork and direct support from the doctors and social workers at Shaw, from help with daily questions to getting Tanya on Medicaid.

"Erin is my social worker at Shaw," says Jack. "I've become close with her. I can text her and she can text me back. It doesn't get much more personal than that."

Since his diagnosis, Jack is committed to helping others in any way he can. He started the Eagle Valley Cancer Support Group on Facebook and hands out business cards to anyone he may be able to help.

"And like I tell them at the gym, and I mean it – until I can no longer walk through that door, I'll be going."

– Jack Swedlund

"This community has done so much for me. It's brought me to tears time and again," he says. "We know what's coming and we're getting ready for it. God's given me extra time. I've been blessed for a cancer patient. I've had friends that have suffered so much more than I have."

Through it all, it's the strength of family and a passion for fitness that keeps Jack going.

"And like I tell them at the gym, and I mean it – until I can no longer walk through that door, I'll be going."

To see Jack's story, visit ShawCancerCenter.org/Jack



Shaw Cancer Center is nestled in the healing setting of the Rocky Mountains.

WHAT MAKES SHAW UNIQUE

OUR PHYSICIANS

Our cancer treatment team uses a multi-disciplinary 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



Katie Jones, NP



Michael Glode, MD

Breast Imaging



Monique Fox, MD



Janice Ugale, MD



Jinnah Phillips, MD

Surgery



Reginald Franciose, MD, FACS



Barry Hammaker, MD, FACS



Julie Barone, DO, FACS

Breast Surgery

Radiation Oncology



Patricia Hardenbergh, MD



Jason Martin, MD

Plastic Surgery and Breast Reconstruction

SERVICES DIRECTORY

Breast Imaging & Diagnostics

Sonnenalp Breast Imaging - Edwards

(970) 569-7690

Sonnenalp Breast Imaging 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 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 national research groups such as the National Cancer Institute and National Institutes of Health.



WHAT MAKES SHAW UNIQUE



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 to Friday between 9:00am - 4:00pm.

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 Cancer Center for treatment are invited to stay with a caregiver at Jack's Place, a cancer caring house named in honor of Dr. Jack Eck, one of Vail Health's pioneers. 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.

Jack's Place was created through the vision and fundraising efforts of the Shaw Outreach Team. Since its opening in 2007, Jack's Place has served over 3,500 patients and their families. With a donate-what-you-can philosophy, they are invited to take respite at Jack's Place for the day or overnight while in active treatment.

Jack's Place is able to continue serving the community through the generosity of donations to the Vail Health Foundation. Learn more at VailHealthFoundation.org/JacksPlace



The cancer caring house is named in honor of Dr. Jack Eck, a longtime physician in Eagle County.

Medical Oncology

Shaw Cancer Center - Edwards

(970) 569-7429

Shaw 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 multi-disciplinary 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 to 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

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 assists patients in pelvic floor strength, 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

Surgical Associates

(970) 479-5036

Breast Care Center: Julie Barone, DO, FACS

(970) 569-7656

Shaw Cancer Center has some of the most respected cancer surgeons in Colorado on our team. The physicians at Surgical Associates are experts in cancer surgery, including breast, colon and rectal, endocrine, lung and melanoma. Dr. Julie Barone is a breast oncoplastic surgeon and the Medical Director of the Breast Care Program at Shaw Cancer Center.

Urology

Colorado Mountain Medical

CMMHealth.org | (970) 926-6340

Urology Clinic P.C.

UrologyClinicPC.com | (970) 368-6247

The urologists of Colorado Mountain Medical and Urology Clinic P.C. 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—and donations to Vail Health Foundation, "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, 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 dietitian, who specializes 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 diagnosis, 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 help 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.

HOW YOU CAN HELP

The Survivorship Program at Shaw Cancer Center is supported by generous donations to Vail Health Foundation. Give online at [Donate.VailHealthFoundation.org](https://www.Donate.VailHealthFoundation.org)



Spirit of Survival participants fly fish the Eagle River during a group outing.

Letters from our patients



I just wanted to let you know what an angel you have been to us. From guiding us through my diagnosis, to answering a hundred questions; from calming us in times of terror and panic, to squeezing us in for an appointment into an already packed schedule. You have always been the right person, in the right place, at the right time, with the right words. My own words simply fail me in expressing how grateful we are to have you in our lives. You have undoubtedly impacted countless others the same way. Please accept this feeble note as an expression of our unending thanks for all that you do. We are forever grateful!



Thank you all for your hard work and caring sense. I am so lucky to be so close to this amazing cancer center with outstanding nurses

Since our very first phone call, you have been so positive and wonderful to me and I cannot thank you enough for that. You have made a process that can be super scary to become very calm for me and I've loved our laughs and fun. Wish you and your family all the best.

Thank you for your cheerful "Good Mornings" and wonderful smile each day. You are a ray of sunshine and a very special person. Thank you for your support over the last six weeks.

Words cannot truly express how grateful I am to you. From the moment I was diagnosed with breast cancer, I felt like the right people were taking care of me. You took so much time with me the day of my diagnosis to explain what was happening. I appreciated you so much from the beginning. You gave me confidence and hope during a time that was dark. I was never just another patient and I felt like I mattered. Thank you for the constant phone calls and support at just the right moments. We are all so fortunate to have nurses like you who we can count on and trust. You are rare and wonderful. Thank you for all you have done to make this experience so much easier on me.



Thank you for helping me navigate through this cancer journey with big decisions. I really appreciated how you listened to me and adjusted appointments when I first came here to decide about radiation. You made things go so smoothly for me and I felt supported and understood. I'm glad I came here after all. Jack's place has been lovely and comfortable.

Your upbeat attitude always gave comfort to me on this journey. Thanks for all that you do and looking out for my care.

'Thank You' is too weak a phrase to tell you how much we appreciate your loving attention and caring. I know you are a great nurse to everyone, but you have that special way that makes us smile and relax. We needed that!

Thank you for greeting me each day with a smile, giving your compassionate care on Dr. Day, and being a caring nurse. You are awesome!



You are a godsent to us. We landed in a health crisis with a lot of options and questions. You took the time to know us, plan we are comfortable with and feel like we have a chance. I know it's the entire Shaw Cancer team, so please share our gratitude to everyone who enables you to do what you do (your families included). Thank you and God Bless You!



Thank you so much for all your efforts and always being there for us. We greatly appreciate everything you have done. Best wishes.

You were the first person we met on this cancer journey while we asked a million questions. Your humor and laughter put us at ease immediately. The nurses are truly angels. I hope every time you look at this note you realize how much your concern and caring were appreciated, not just by me, but by everyone you have treated at Shaw. When you return home tired at night, please know that you have made a difference in someone's life.

Thank you for everything you've done to contribute to my healing! You're a truly special person and your smile and kindness are what I've come to rely on. I appreciate you making this road I'm traveling much nicer.



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