



CELEBRATING
10 YEARS OF INNOVATIVE
CANCER TREATMENT,
RESEARCH & SUPPORT

Taming Inflammation for Better Health in 2012

Thursday, January 26, 6:30 - 8 p.m.

Virginia G. Piper Cancer Center



Research suggests that chronic inflammation is associated with many medical conditions, including cancer and heart disease. Did you know that your lifestyle choices for activity, eating and stress management can have a major impact on the amount of harmful, chronic inflammation in your body? Join

us for this interactive program to learn how you can use exercise, food and stress management tools to reduce your inflammation and optimize your health. You will have the opportunity to experience the HeartMath method for controlling stress.

Registration is required by visiting shc.org/events or calling 480-882-4636.

HPV and Cervical Cancer: Prevention, Vaccination and Cancer Treatment

Thursday, January 19, 6 - 7:30 p.m.

Virginia G. Piper Cancer Center



January is dedicated to Cervical Cancer Awareness, which can lead to many questions. Is cervical cancer preventable? Is vaccination the right choice? What treatments are available for cervical cancer? Learn the answers to these questions and recommendations that will help you make the right choices. Join Dr. John Pope, Physician Director of Pediatric Services and Dr. Mike Janicek, Medical Director of the Cancer Genetic Risk Assessment Program, for an interactive and informative program.

Registration is required by visiting shc.org/events or calling 480-882-4636.



Love Art? Love Local Talent? Visit the 4th Annual Art Show & Silent Auction!

Benefitting the Virginia G. Piper Cancer Center

Saturday, January 28, 11 a.m. - 5 p.m.

Scottsdale Ranch Community Center, 10585 N. 100th St.

Did you know that Scottsdale Ranch boasts numerous resident artists who have been recognized locally and nationally for their work? The Artists of Scottsdale Ranch will show watercolor, pastel, oil and acrylic painting, jewelry, pottery, sculpture, stained glass, hand made books, fine art photography and more. This is a free event! Light refreshments will be served.

www.wix.com/artscottsdaleranch/asr



Parada Del Sol Parade

Saturday, February 11, 10 a.m.



Join the Virginia G. Piper Cancer Center for the annual Parada Del Sol Parade on Saturday, February 11, 2012 at 10 a.m. Come on out and show your support for Scottsdale with this fun event.

Save These Dates!

National Nutrition Month Special Event

Thursday, March 22



Annual Sweet Spring Event

Saturday, March 24



More details to follow in the March/April issue!

Jumpstart Your 2012!



Get a healthy start to your New Year with better nutrition and stress management by participating in our research-based nutrition education sessions and our Body, Mind and Spirit programs!

Nutrition

Five Foods To Jumpstart 2012:

1. Fill half your plate with colorful fruits and vegetables at every meal, including a dark green vegetable daily
2. Drink a cup of green tea every day
3. Eat a bean entrée two times per week
4. Include a serving of wild salmon 2 times per week, or if you are not a fish lover, include a vitamin D fortified food daily
5. Have a handful of almonds or walnuts daily

For additional information please contact Terri Taylor, RD at 480-323-1254 to schedule your individual one on one appointment.

Body, Mind and Spirit



The Body, Mind and Spirit program offers a number of complementary therapies which can relieve symptoms, help alleviate pain or side effects of standard treatments, and improve overall physical, emotional and spiritual well-being. The program may begin with a one-on-one consultation with a holistic nurse, who will assess your

strengths and stresses. Then working with the nurse you both will create a plan of care and identify which therapies will best suite you and your needs.

Integrative Therapies Include:

Relaxation Techniques/Stress Management

- Breathing techniques taught for relaxation.
- Experience total body relaxation, enhanced sense of well-being.
- Practicing tumor visualization.

Healing Art Aiding in Recovery

- Express emotions: hope, fear, anger, despair, determination.
- Learn new skills that aid in healing your spirit with clay, paints, drawing, and watercolors.

Hatha Yoga

- Reduces stress and anxiety.
- Improves physical fitness and heart health.
- Produces relaxation, immediately following and for lasting periods of time.
- Combats nausea and vomiting prior to chemotherapy.

Restorative Yoga

- Simple, effortless poses are supported with blankets.
- Produces extreme relaxation and promotes internal healing.

Meditation

- Decreases chronic pain, soothes the mind.
- Helps manage stressful situations.
- Assists with difficult decision making more frequent “peak experiences”-intense moment of happiness and joy.

Qi Gong

- Enhances quality of life.
- Increases the natural flow of vital energy.
- Reduces chronic pain.
- Relieves anxiety.

Tai Chi

- Series of slow movements.
- Improves physical balances.
- Helps reduce nausea and vomiting.

For additional information please contact Sherry Zumbrunnen, RN at 480-323-1980 to schedule your individual one on one appointment or register for a class.

January is National Cervical Cancer Awareness Month






Cervical cancer is cancer that starts in the cervix, the lower part of the uterus (womb). Almost all cervical cancers are caused by the human papilloma virus (HPV) which is a common virus that is spread through sexual contact. There are many different types of HPV and some of these strains lead to cervical cancer. Cervical cancer usually develops very slowly as a precancerous condition called dysplasia and can be detected by a Pap smear. As part of your regular female exam, you should have a Pap test. During a Pap test the doctor scrapes a small sample of cells from the surface of the cervix to look for cell changes. If a Pap test shows abnormal cell changes, your doctor may do other tests to look for precancerous or cancer cells on your cervix. This precancerous condition is 100% treatable. Early cervical cancer may not cause any noticeable signs or symptoms which is why it is so important for women to get regular Pap smears. Annual pelvic examinations, including a pap smear, should start when a woman becomes sexually active, or by the age of 20 in a woman who is not sexually active.

Different types of treatment are available for patients with cervical cancer. Cervical cancer that is caught early can usually be cured. A common treatment for most stages of cervical cancer removes the cancer through surgery. There are different surgical procedures depending on the extent of the cancer. Other treatments may include chemotherapy and radiation. Your healthcare team will develop a treatment plan specifically for you.

A vaccine to prevent cervical cancer is now available. In June 2006, the U.S. Food and Drug Administration approved the vaccine called Gardasil, which prevents infection against the two types of HPV responsible for most, but not all cervical cancer cases. The vaccine is recommended for girls and women ages 9 to 26 years, before a woman becomes sexually active. The vaccine is a series of three injections. You should talk with your physician to see if this vaccine is right for you.

January 2012 Calendar of Events

Free Classes for Cancer Survivors

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Healing Art - 2:30 p.m.* Yoga - 5:30 p.m., SROC**	3 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.	4 Beginning Medical Qi Gong - 11 a.m.* Tai Chi - 5 p.m., SROC**	5 Yoga - 9 a.m. Tremoring - 10:30 a.m. Meditation - 4 p.m.* Yoga - 5:30 p.m.	6 Cancer Education and Support: Cave Creek Area - 10 a.m. R.S.V.P. at 480-488-3283	7 Yoga - 9 a.m.
9 Healing Art - 2:30 p.m.* Yoga - 5:30 p.m., SROC** Drumming 6 - 7:30 p.m.*	10 Yoga - 9 a.m. Tai Chi - 10:40 a.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.	11 Beginning Medical Qi Gong - 11 a.m.* Facing Forward 1-3 p.m. Karaoke - 3 - 4:30 p.m. Tai Chi - 5 p.m., SROC** Cooking Class 6 - 7:30 p.m.	12 Yoga - 9 a.m. Tremoring - 10:30 a.m. Meditation - 4 p.m.* Yoga - 5:30 p.m.	13	14 Yoga - 9 a.m.  Breast Cancer Support Group 10 a.m. - 12 p.m.
16 Healing Art - 2:30 p.m.* Yoga - 5:30 p.m., SROC** Lymphedema New Patient Orientation 6 - 7:30 p.m.	17 Yoga - 9 a.m. Tai Chi - 10:40 a.m. Yoga for Beginners 4:30 - 5:45 p.m. Yoga - 5:30 p.m., SROC** Yoga for Beginners 6 - 7:15 p.m.	18 Beginning Medical Qi Gong - 11 a.m.* Tai Chi - 5 p.m., SROC**	19 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.	20 Restorative Yoga - 10 a.m. - 12 p.m.	21 Yoga - 9 a.m.  Bosom Buddies Breast Cancer Support Group Thompson Peak Campus Conference Room, 10 a.m. - 12 p.m.
23 Healing Art - 2:30 p.m.* Yoga - 5:30 p.m., SROC** Living With Lymphedema 6:30 - 8:30 p.m.	24 Yoga - 9 a.m. Tai Chi - 10:40 a.m. Education Class on Reiki 1 - 2 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.	25 Beginning Medical Qi Gong - 11 a.m.* Karaoke - 3 - 4:30 p.m. Tai Chi - 5 p.m., SROC**	26 Yoga - 9 a.m. Tremoring - 10:30 a.m. Meditation - 4 p.m.* Yoga - 5:30 p.m.	27	28 Yoga - 9 a.m. 4th Annual Art Show & Silent Auction
30 Healing Art - 2:30 p.m.* Yoga - 5:30 p.m., SROC**	31 Yoga - 9 a.m. Tai Chi - 10:40 a.m. Reiki 1st Level Initiation 1 - 3:30 p.m.* Yoga for Beginners 4:30 - 5:45 p.m. Yoga for Beginners 6 - 7:15 p.m.	Beginning Medical Qi Gong - 11 a.m.* Tai Chi - 5 p.m., SROC**	<div data-bbox="829 1577 1495 1843" style="border: 1px solid black; padding: 10px;">  <p>4th Annual Art Show & Silent Auction Saturday, January 28, 11 a.m. - 5 p.m.</p> <p>The Artists of Scottsdale Ranch will show watercolor, pastel, oil and acrylic painting, jewelry, pottery, sculpture, stained glass, hand made books, fine art photography and more. This is a free event!</p> </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

February 2012 Calendar of Events

Free Classes for Cancer Survivors

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		Beginning Medical Qi Gong - 11 a.m.* Tai Chi - 5 p.m., SROC**	Yoga - 9 a.m. Tremoring - 10:30 a.m. Meditation - 4 p.m.* Yoga - 5:30 p.m.	Cancer Education and Support: Cave Creek Area - 10 a.m. R.S.V.P. at 480-488-3283	Yoga - 9 a.m.
6	7	8	9	10	11
Healing Art - 2:30 p.m.* Yoga - 5:30 p.m., SROC**	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.	Beginning Medical Qi Gong - 11 a.m.* Facing Forward - 1-3 p.m. Karaoke - 3 - 4:30 p.m. Tai Chi - 5 p.m., SROC** Cooking Class 6-7:30 p.m.	Yoga - 9 a.m. Tremoring - 10:30 a.m. Meditation - 4 p.m.* Yoga - 5:30 p.m.		Yoga - 9 a.m.  Breast Cancer Support Group 10 a.m. - 12 p.m.  Parada del Sol Parade 10 a.m.
13	14	15	16	17	18
Healing Art - 2:30 p.m.* Yoga - 5:30 p.m., SROC** Drumming 6 - 7:30 p.m.*	Yoga - 9 a.m. Tai Chi - 10:40 a.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.	Beginning Medical Qi Gong - 11 a.m.* Tai Chi - 5 p.m., SROC**	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.	Restorative Yoga 10 a.m. - 12 p.m.	Yoga - 9 a.m.  Bosom Buddies Breast Cancer Support Group Thompson Peak Campus Conference Room. 10 a.m. - 12 p.m.
20	21	22	23	24	25
Healing Art - 2:30 p.m.* Yoga - 5:30 p.m., SROC** Lymphedema New Patient Orientation 6 - 7:30 p.m.	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.	Beginning Medical Qi Gong - 11 a.m.* Karaoke - 3 - 4:30 p.m. Tai Chi - 5 p.m., SROC**	Yoga - 9 a.m. Tremoring - 10:30 a.m. Meditation - 4 p.m.* Yoga - 5:30 p.m.		Yoga - 9 a.m.
27	28	29	<div data-bbox="828 1575 1494 1837" data-label="Complex-Block" style="border: 1px solid purple; padding: 10px;">  <p>Parada del Sol Parade Saturday, February 11, 10 a.m.</p> <p>Join the Virginia G. Piper Cancer Center for the annual Parada Del Sol Parade. Come on out and show your support for Scottsdale with this fun event.</p> </div>		
Healing Art - 2:30 p.m.* Yoga - 5:30 p.m., SROC** Living With Lymphedema 6:30 - 8:30 p.m.	Yoga - 9 a.m. Tai Chi - 10:40 a.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.	Beginning Medical Qi Gong - 11 a.m.* Tai Chi - 5 p.m., SROC**			

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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.

We provide everything from individualized consultations, support groups and classes, to experts who can answer your questions on nutrition, your diagnosis, treatment options, financial resources and more. Explore yoga, tai chi, acupuncture, healing art, journaling and movement therapy. Whatever you decide to try, you're 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, concerns about family members or uncertainty on how to navigate the healthcare system.

Focused on your comfort and convenience, these advanced practice registered nurses have specialized expertise in oncology and are here to assist you. From the time you are diagnosed, they provide information and referrals to physicians, treatment services and support programs. Our Cancer Care Coordinators help you better understand your treatment plan and find answers to medical questions.

When cancer touches your life, 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.

To schedule an appointment, please call 480-323-1255. You may also visit www.shc.org for a special video about our Cancer Care Coordinators.



About Facing Forward

Whether you are facing surgery, chemotherapy or radiation therapy, there are many physical and mental changes that will affect you. Facing Forward, designed for women undergoing cancer treatment, can help. Come spend an afternoon with us to learn how to cope with these changes in a positive and proactive way. We will show you how to manage the physical aspects of treatment to your body, skin, hair and nails, and introduce you to the resources we have available to help you through the challenges ahead. Refreshments will be served.

Space is limited and registration is required online at shc.org/events or by calling 480-882-4636. Meetings are the 2nd Wednesday of each month in the Virginia G. Piper Cancer Center 1st Floor Education Conference Room.

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.

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 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.

Breast Cancer Support Group

Meets the 2nd Saturday of each month, 10 a.m. - 12 p.m.

1st Floor Education Conference Room, Virginia G. Piper Cancer Center



The Virginia Piper Cancer Center hosts a monthly breast cancer survivor's support and education forum on the second Saturday of every month from 10 a.m. to 12 noon. Attendees will benefit from care, concern, and compassion from others who are walking in your shoes. The support group also offers facilitator-guided discussions on a relevant subject that attendees can participate in. For additional information, please contact Bonnie Skochinski at the Virginia G. Piper Cancer Center, 480-323-1990 or bskochinski@shc.org.

Clinical Trials at the Virginia G. Piper Cancer Center



The Virginia G. Piper Cancer Center's clinical trials program, established six years ago, is now one of the country's leading centers for new drug development. It was formed as a strategic alliance between the Scottsdale Healthcare Research Institute and the Translational Genomics Research Institute (TGen), a world leader in developing smarter treatments for complex diseases. Scottsdale Healthcare is the primary clinical research site for TGen, providing patients with access to cutting edge technologies and the opportunity to participate in Phase 1 clinical trials of revolutionary cancer treatments.

We have evaluated over 70 new agents in clinical trials and have seen more than 2,000 patients from Arizona, 48 states and five countries, and our program has active collaborations with leading cancer centers in the United States and Europe. Treatments developed here for skin and pancreatic cancer are now in worldwide late stage trials for FDA approval.

Our clinical trials program is led by world-renowned cancer physician and researcher Daniel D. Von Hoff, MD, Chief Scientific Officer for Scottsdale Healthcare Research Institute and Physician-in-Chief for TGen. Our fully staffed outpatient treatment center is conveniently located in the Research Pavilion of the Virginia G. Piper Cancer Center. Our team also includes five physicians, two nurse practitioners and 30 support personnel, all dedicated to providing patients with world-class patient care.

Consultation Should be Considered for the Following Patients:

- Patients with advanced solid tumors who have progression following standard chemotherapy
- Patients with advanced inoperable pancreatic cancer
- Patients with rare cancers. We are one of the few programs in the country that focus on rare tumors such as thymic cancer, adrenal cancer, basal cell cancer, medullary thyroid cancers and sarcomas
- Second opinions for complex, advanced GI (colon, pancreas, gastric, etc.) and endocrine cancers



Joyce Schaffer,
MSN, OCN
Clinical Trials
Cancer Care
Coordinator

For additional information contact

Joyce Schaffer

at 480-323-1339 or
clinicaltrials@shc.org.

Virginia G. Piper Cancer Center



Proudly partners with



Nutrition Corner

Plant-based Nutrition and
Cooking Classes

2012 is the Year to "Eat Real": Real Food and Real Ingredients for Real Health.

Second Wednesday of each month

"Eat Real" is the Virginia G. Piper Cancer Center monthly nutrition and cooking class series taught by the Scottsdale Healthcare Chef staff and oncology dietitian Terri Taylor. Join us the second Wednesday of each month in 2012 to learn about a new nutrition topic, see food demonstrations using minimally processed foods, sample the recipes and take home information to transform your eating habits to real health.

"Good Bugs: Getting Your Probiotics Through Foods"

Wednesday, January 11, 6 - 7:30 p.m.

Colds and flu are lurking this time of year. Did you know that there are good bacteria, called probiotics, in our foods that can help boost our immune systems to keep us healthy? One of those foods is yogurt. Yogurt goes beyond the fruit parfait! At this class yogurt will be featured in entrees and sides, along with other immune boosting foods.

"Chocolate is a Food Group, at Least for Tonight"

Wednesday, February 8, 6 - 7:30 p.m.

If it's February, it must be chocolate! Cocoa and chocolate have potent phytochemicals called flavanols with known health benefits! Just in time for Valentine's Day, we will explore the many health benefits of dark chocolate and using it as an ingredient in savory and sweet dishes.

Visit shc.org/events or call 480-882-4636 to register.

* All nutrition and cooking classes are held in the 1st floor Education Conference Room of the Virginia G. Piper Cancer Center. Seating is limited. Pre-registration is required by visiting shc.org/events or calling 480-882-4636.

Phone Directory

Virginia G. Piper Cancer Center 480-323-1000
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
Lymphedema Scheduling Line. 480-882-4703

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

Werner Library & Resource Center 480-323-1050

Infusion Services 480-323-1340

Social Worker 480-323-1321
Suzanne Hyde

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

Clinical Trials
Clinical Trials Cancer 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

Community Outreach Program. 480-323-1275
Nancy McCutcheon

Other Services

New Book Arrivals and More

- *100 Questions & Answers About Cervical Cancer* by Don S. Dizon
- *Dx/Rx Cervical Cancer* by Katina Robison
- *The Gynecological Cancer Guide: Sex, Sanity and Survival* by Margaret Heffernan
- *Johns Hopkins Medicine: Patient's Guide to Cervical Cancer* by Colleen McCormick

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, Carefree/Cavecreek Area Cancer 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.

Menopausal Symptoms Study Opportunity

The Virginia G. Piper Cancer Center at Scottsdale Healthcare is seeking participants for a new study open for women experiencing bothersome hot flashes and other menopausal symptoms following treatment for breast cancer. The Transforming Menopausal Symptoms Study will test the effects of two alternative treatment options for menopausal symptoms and will consist of two four-week sessions. One session will be a yoga therapy study taught by a certified yoga instructor, and the other will be a nutritional supplement therapy study performed by a naturopathic physician. Participants will meet at the Virginia G. Piper Cancer Center located on the Scottsdale Healthcare Shea Medical Center campus twice a week for four weeks during the yoga sessions. They will then take the nutritional supplement for four weeks during the alternate sessions. All study related materials will be provided at no cost to the participants. This study may possibly help participants in reducing hot flashes and improving joint pain, sleeping habits and feelings of well-being. It will also provide a resource for networking and support among breast cancer survivors. Eligible participants must be over the age of 40, must be three months post treatment for stage 0, I, II or III breast cancer and be experiencing at least one hot flash per day for four or more days of the week. Participants must also be able to speak and read English, and additional criteria may apply. For more information or to join this study, please contact Sherry Zumburmen at 480-323-1981 or szumburmen@shc.org. Please mention the Transforming Menopausal Symptoms Study if leaving a message.



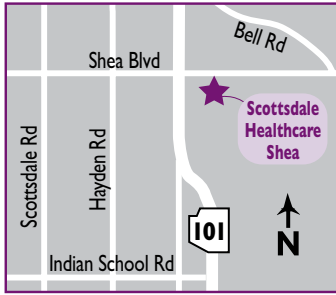
The MidFirst Bank "Pink Card" Benefits Virginia G. Piper Cancer Center

Open a checking account with direct deposit and a Pink Card, and MidFirst Bank will donate \$50* to Scottsdale Healthcare, 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. In addition, MidFirst will donate \$0.05 per transaction to Scottsdale Healthcare, Virginia G. Piper Cancer Center when the customer uses their Pink Card at least six times per month. 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. One (1) new promotional account per household and one Pink Card per customer. 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 in order 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 0.08%. APY is accurate as of 11/4/11 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**

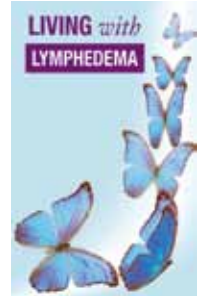
Shea Campus
10460 N. 92nd St.
Scottsdale, AZ 85258
480-323-1020
shc.org/cancer

Living with Lymphedema Education Support Group

January 23
"Stress Reduction" with Sherry Zumbrunnen, Holistic RN, Body, Mind, Spirit
Program Manager
February 27
"Radiation and Lymphedema" with Radiation Oncologist Sandra Zaky, MD
March 26
"Spirituality & Chronic Conditions" with Randy Olson, DMin, MDiv,
Chaplain at Scottsdale Healthcare

Join us for a monthly interactive and informative class focused on lymphedema maintenance and education. Guest lecturers and specialists regarding this chronic condition will be featured each month along with interactive sessions on your specific questions and concerns.

Register online at shc.org/events or by calling 480-882-4636.



Would you like to receive this calendar by email in the future? If so, please send an email with the word CALENDAR in the subject line to kkrebs@shc.org and we will add your name to our database.

