

Visit www.shc.org or call 480-882-4636 for more information about Scottsdale Healthcare's services.

Wellness Directory



**SCOTTSDALE
HEALTHCARE®**

Personalizing Health




**SCOTTSDALE
HEALTHCARE®**

shc.org

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Wellness is the state of feeling well.

Wellness means to feel well in body, mind and spirit.

This directory is a complete guide to resources that you may call upon to improve your self-care.

In the following pages, we have put together a guide of the services provided at Scottsdale Healthcare. These services include preventive screenings, stress management, weight management, physical activity, therapy services, health information services and support groups.

Keep this handy for a quick reference when you're looking for ways to improve your overall health and wellbeing.

Congratulations on making wellness a priority!

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Early Detection & Screenings

Breast Health 480-882-4703

BreastHealth offers mammography, breast ultrasound, breast biopsy and ductogram procedures.

Bone Health..... 480-323-3627

Services include bone density screenings using a heel ultrasound machine, extensive counseling on bone health, nutrition and exercise, a monthly support group in affiliation with the National Osteoporosis Foundation and exercise classes specifically developed for people with bone loss. Private counseling is also available.

Heart Health 480-323-3663

The Women's Diagnostic Center offers a low cost heart health screening tool, which includes a fasting lipid and glucose panel, blood pressure check, measurement of your body mass index and waist circumference and your personalized risk of having a heart attack.

Occupational Health..... 480-882-4626

General Health

Occupational Health offers on-site health screenings which include personal health assessments, lipid and glucose panels, body mass index, waist/hip ratios, hearing and vision screenings, blood pressure checks, and other requested tests to local businesses and organizations for their employees.

Executive Physicals

Customized Executive Physicals are available. The physical assessment and testing are designed to meet your individual needs for optimal, overall and pro-active healthcare management.

Health Education & Information

Health Information Centers

McDowell Village 480-421-0598

8322 E. McDowell Rd., Suite 105 (at Granite Reef Rd.)

Monday-Friday, 9 a.m. - 5 p.m.

Scottsdale Healthcare Shea 480-323-3888

Shea Hospital, 1st floor, across from Baguette's Café

Monday-Friday, 10 a.m. - 3 p.m.

Scottsdale Healthcare Osborn 480-882-4870

Osborn Hospital, 1st floor, near the cafeteria

Monday-Friday, 7:30 a.m. - 5:30 p.m.

Werner Support & Resource Center 480-323-1050

Virginia G. Piper Cancer Center at Shea, 1st floor near Healing Garden

Monday-Friday, 9 a.m. - 5 p.m.

The Health Information Centers present scientifically-based medical information to the Scottsdale Healthcare Community. Health, wellness and prevention information is available through books, videos, newsletters, Internet resources, pamphlets and free customized research. This information can provide patients, family, friends and caregivers with a greater understanding of wellness and medical concerns.

The Resource Center at the Virginia G. Piper Cancer Center at Shea provides patients, families and caregivers the most comprehensive and current cancer-related information. The latest cancer information is provided through individualized research for cancer patients and their families.

Ask the Expert 480-421-0598

Ask the Expert is a weekly health education series that is presented on alternating Thursdays at the Scottsdale Civic Center and Mustang Libraries. Free and open to the public, it provides a way for participants to speak with healthcare professionals on topics ranging from health promotion and prevention to the diagnosis and treatment of specific medical conditions.

Focus on Your Health 480-421-0598

Focus on Your Health is a free monthly health education series featuring interactive programs, lectures and screenings. It is held at the Health Information Center at McDowell Village.

Speakers Bureau 480-323-3847

Scottsdale Healthcare provides health education designed to improve community residents' good health. Physicians, pharmacists, nurses and allied health professionals are available to speak to community groups. If you seek a speaker on wellness and health care please contact the Scottsdale Healthcare Speakers Bureau coordinator, speakersbureau@shc.org.

Prenatal Education 480-882-4636

Growing Your Baby

Discover how you can begin to plan and prepare for parenthood in this second trimester class. Learn how pregnancy affects a woman's body as her baby develops. Understand the warning signs of pre-term labor and discuss nutrition and healthy life choices.

Sneak Peek

Newborn care class designed to give expectant parents a peek at the reality of life with a newborn.

Birth Basics and Breathing (three-day series)

This third trimester class helps parents learn about the miracle of birth. Topics include signs and stages of labor, hospital procedures and medical interventions, partner's supportive role in labor, breathing and relaxation techniques, physical recovery and self care.

One More Time

This third-trimester birthing class offers a review of labor and birth, hospital procedures and medical interventions for parents who have attended a prior birthing class and only need a refresher.

Breastfeeding

This class will give expectant mothers important information to get them off to a good start with breastfeeding. Topics include the physiology of breastfeeding, positions, latching on, pumping and returning to work.

Daddy Boot Camp

Designed for expectant fathers, this class will help men explore their unique roles as dads. Learn about the basics of fathering and discover ways to promote bonding with your new infant.

Sibling Preparation

This class is designed to help children ages three to 10 prepare for the new baby.

Infant CPR

This class covers basic life support and foreign-body airway obstruction for infants.

Intensive Birth Basics *(One-day, 6 hour class)*

This third-trimester class offers expectant parents with time constraints an abbreviated adventure into the miracle of labor and childbirth. This class does not cover breathing, relaxation and comfort techniques.

Intensive Breathing and Relaxation

Designed to complement the Intensive Birth Basics course, expectant women and partners will learn and practice comfort, relaxation and breathing techniques.

Preparing for Cesarean Section

Designed for expectant parents that are anticipating a scheduled cesarean section, this class provides step-by-step information on the process of Cesarean delivery.

Pediatric Community Education 480-882-4636

Empowering Kids and Empowering Parents

These educational seminars are offered year-round to address the needs of parents and children. Qualified healthcare professionals lead discussions on topics that will assist parents in their roles.

Redirecting Children’s Behavior

These interactive workshops offer a variety of parenting topics and give parents helpful hints and useful strategies to enhance their parenting skills.

Women’s Health Education Series 480-882-4636

Monthly health education series focused on the special needs of women. These fun and interactive events take place one evening a month in the Shea Conference Center. Please visit shc.org to find out about upcoming free seminars. Registration is required.

Occupational Health 480-882-4626

Occupational Health provides companies educational lectures on a variety of topics for keeping employees safe, healthy, and fit for work.

Health and Wellness Department 480-882-6477

A Comprehensive Health and Wellness Program is offered on-site to companies that not only provide educational lectures, health screenings, and physical activities, but our health coaches provide one-on-one lifestyle/wellness coaching to help employees accomplish their lifestyle goals that are determined at the initial consultation. Program length varies depending on the needs of the company.

Health Expos 480-323-6073

Our professional staff helps companies select a mix of services and products that best meet the educational needs of the organization. The staff will transform the health expo into a fun and interactive event for all your employees.

Physical Activity

Body, Mind & Spirit Program 480-323-1981

Cancer Center Creative Arts Department

(These programs are free for everyone diagnosed with cancer.)

Yoga - Reduces stress and anxiety, improves physical fitness and heart health. It produces relaxation for long periods of time and helps combat nausea and vomiting prior to chemotherapy.

Qi Gong - Increases the natural flow of vital energy, reduces chronic pain, relieves anxiety and enhances quality of life. The movement nourishes vital organs.

Tai Chi - A series of slow movements that improves physical balance, moves energy in the meridians and increases the ability to slow down and relax.

Cancer Center Exercise Rehab 480-323-1233

Exercising throughout your cancer treatment and recovery can increase endurance, decrease fatigue and improve your overall well-being. We offer personalized exercise programs (including lymphedema) designed by an exercise physiologist and monitored by an exercise technician.

Cardiac Rehab Center 480-323-4600

Phase II - This component consists of a supervised, medically prescribed, exercise program. Weekly classes help familiarize participants and their families with pertinent coronary care subjects. Topics include, weight control, cardiac nutrition, benefits of exercise and stress management. Individual diet counseling and meetings with a social worker are available.

Graduate Exercise Program

Cardiac Rehab Center offers an exercise program designed for individuals with cardiac or pulmonary disease as well as other health related concerns. Each program is designed to achieve and maintain optimal cardiopulmonary fitness level.

Community Exercise Program

This personalized exercise program is available to all community members. The facility includes machines such as treadmills, upright and recumbent stationary bicycles, rowing machines, stair steppers, arm ergometers and weight training. Special features include supervised exercise, orientation to equipment, personalized exercise programs, stretching, balance training and Pilates.

Essential Touch Fitness Center 480-323-3662

The Essential Touch Wellness Center offers personal training, complete wellness evaluations and body composition testing with an exercise physiologist. In addition, individuals may sign up as a member of the well-equipped fitness center.

**Occupational Health
(Health and Wellness Department)** 480-882-6477

The Health and Wellness Department offers a comprehensive program to companies designed to create awareness and inspire participants to actively incorporate healthy choices into their lives. Program length varies depending on the needs of the company. Classes on Strength Training, Workplace Workouts, and Back Safety are also offered.

Community Health and Wellness - Scottsdale Healthcare offers three diverse exercise experiences with skilled exercise professionals at the City of Scottsdale's Aquatic and Fitness Center at McDowell Mountain Ranch. This collaborative effort between the City of Scottsdale and Scottsdale Healthcare allows community residents an opportunity to receive customized instruction, education and fitness training in a state-of-the-art facility at an affordable price.

Prevention

Community Health Services 480-882-4317

The Community Health Services Department supports children and families through a variety of services and programs that improve the health and well-being of youth in our schools and community. These programs include: the Teen Pregnancy Program, which provides bi-monthly classes on various topics to pregnant and newly delivered teens; the Grand Canyon Trekkers Program, a school-based obesity prevention program; Think First, a program for brain and spinal cord injury prevention; Tobacco Prevention, Sun Safety and Immunization Clinics, which provide free immunizations to children from birth up to age 19.

Preventive Screenings

Scottsdale Healthcare preventive screenings are planned throughout the year at different locations. Costs vary. All screenings include a questionnaire and educational materials. If interested in current or future screenings, please call Scottsdale Healthcare's Info Line at (480) 882-4636 or visit www.shc.org.

The following preventive screenings are available through Community Health (CHS), Health Information Center (HIC), Virginia G. Piper Cancer Center (VGPPC) and Women's Services (WS):

- Body Composition Screening (CHS)
- Active Living BMI Screening (CHS)
- Cardiovascular Screening (CHS)
- Women's Heart Health (WS)
- Skin Cancer Screening (VGPPC)
- Blood Pressures (CHS & HIC)
- Diabetes Screening (CHS)
- Stroke Check and AAA Screenings (CHS)
- Bone Density Heel Screening (WS)

Children's Immunization Clinic

Scottsdale Healthcare provides free children's immunizations the first Saturday of every month from 8:00 a.m. - noon. No appointment is necessary. A parent or guardian must accompany each child or sign a permission slip. Parents should bring each child's lifetime immunization record with them on the day of the child's vaccination.

Car Seat Safety Inspections

The City of Scottsdale Police and Fire Departments offer free car seat safety inspections by appointment only. Appointments should be made at least one month prior to the mother's delivery date. To schedule an appointment, call 480-312-BABY (2229).

NOAH

In 1996, SHC established a primary care program, Neighborhood Outreach Action for Health (NOAH), for uninsured and underinsured children residing in the Scottsdale and Paradise Valley Unified School Districts. NOAH health centers are located in south Scottsdale and northeast Phoenix. Eligibility for services is determined by family income. The target population for the program includes families earning 0-200% of the federally defined poverty level. In addition, program participants must be state residents without private or public funded insurance.

Trauma Nurses Talk Tough

Emergency room nurses tell real stories to make students aware of the risks they experience when they engage in unsafe behavior. The objectives are to teach youth about 1) the brain's function, 2) defensive pedestrian and bicycling techniques, 3) the importance of safety gear and 4) the dangers and risks of involvement with alcohol and illegal drugs. Another important program (similar to Trauma Nurses Talk Tough) is one entitled: Choices for Living, which focuses on alcohol and drugs. For more information, contact the Trauma Outreach Prevention Coordinator at 480-882-5286.

Active Living

This 12 week walking and nutrition program is designed to provide individual support, motivation and instruction on setting obtainable goals.

Sun Safety

Scottsdale Healthcare's sun safety awareness program emphasizes the importance of adopting sun safe behaviors to reduce the risks of skin cancer. The program is based on the SunWise curriculum, developed by the Environmental Protection Agency and promoted by the Arizona Department of Health Services.

2 Fit 2 Fall – A Fall Prevention Community Collaborative

Community Partners come together to coordinate effective fall prevention programs and services aimed at reducing the prevalence of falls and fall related injuries among older adults in our community.

Occupational Health 480-882-4626

A variety of preventive screenings are offered on-site at times and locations convenient for local businesses. A two room examination mobile unit is also available when requested. Influenza and pneumonia clinics are offered on-site at local businesses and senior centers.

Travel Medicine Program 480-323-3818

A travel medicine program including immunizations, pharmaceuticals and educational material is available by appointment only .

Cancer Center Acupuncture 480-323-1981

Our licensed acupuncturist will help patients who are receiving cancer treatment with symptom management.

Endocrinology Institute/Diabetes Center 480-323-4800

Healthy Cooking Classes - Individuals will learn to adjust shopping, eating and cooking to make healthier food choices. Participants can feel more confident and enthusiastic about creating enjoyable, nourishing meals that fit a busy lifestyle.

Pre-diabetes - Learn what to do to prevent or delay the onset of diabetes including informed choices about nutrition, daily activity levels and other lifestyle modifications. The three-week session is presented by Certified Diabetes Educators.

Stress Management

Body, Mind & Spirit Program 480-323-1981

Cancer Center Creative Arts Department

(These programs are free for everyone diagnosed with cancer.)

Yoga - Reduces stress and anxiety, improves physical fitness and heart health. It produces relaxation, immediately following and for lasting periods of time. It helps combat nausea and vomiting prior to chemotherapy.

Qi Gong - Increases the natural flow of vital energy, reduces chronic pain, relieves anxiety and enhances quality of life. The movement nourishes vital organs.

Tai Chi - A series of slow movements that improves physical balance, moves energy in the meridians and increases the ability to slow down and relax.

Meditation - Decreases chronic pain, soothes and quiets the mind to help manage stressful situations and difficult decision making. It improves the mind's ability to focus.

Journaling - Helps sort through emotions and release energy. It also frees the mind from repetitive negative thoughts and helps prioritize your life.

Art Therapy - Uses all media to express emotions, fears, hopes, anger, despair and determination.

Music Therapy - Encourages healing and reduces anxiety and is offered to inpatients on a regular basis.

Restorative Yoga and Yoga Nidra - Simple, effortless poses are supported with blankets which produces relaxation and promotes internal healing. Yoga Nidra takes you to a deep relaxation state where it is said the body can heal itself beyond what we can see.

Mindfulness-Based Stress Reduction - An eight-week outpatient program developed to help patients learn an effective way to reduce stress and manage the emotional challenge of living with medical conditions and diseases.

**Occupational Health
(Health and Wellness Department)** 480-882-6477

A three session, stress reduction class is offered that includes breathing, relaxation, and stress reduction techniques based on HeartMath principles.

Essential Touch Wellness Center

Osborn 480-882-4345

Shea 480-323-3655

Massage Therapy - Essential Touch Wellness Center offers massage therapy, aesthetics and nail services at both the Shea and Osborn campuses and at Cardiac Rehab.

Support Groups 480-882-4636

Autoimmune Support Group - An informal, informational quarterly support group for patients who have interest in lectures related to autoimmune diseases.

Cardiac Support Group

This informal group setting can help those who've experienced cardiovascular disease deal with the issues and changes in life after a cardiac event. The group includes discussions, guest speakers and presentations. Topics include heart medication, nutrition, exercise and stress reduction.

Diabetes Support Group - An informal, informational monthly support group for patients who have interest in lectures related to diabetes and diabetes complication prevention.

Lively Limbs Support Group - Meet in a casual, relaxed atmosphere with others facing the challenges of limb amputation. Discuss the progression of rehabilitation following your amputation with a physical therapist, prosthetist and other amputees. Family members and caregivers are encouraged to attend.

M.O.M.-Moms on the Move - Weekly groups for new moms and their babies that provide social interaction, support and practical information.

Osteoporosis/Bone Health Support Group - A monthly support group for patients who have an interest in bone health.

Pregnancy and Infant Loss Support Group - Support group for those who have experienced the loss of a pregnancy through miscarriage, stillbirth, ectopic pregnancy and neonatal death.

Stroke Support Group - Free monthly meetings for those searching for support after a stroke. This group is ongoing support for stroke survivors, caregivers, family members and friends.

Thyroid Support Group - An informal, informational quarterly support group for patients who have interest in lectures related to thyroid disease.

Cancer Support Groups

Couples Cancer Support Group - This group provides support and ideas on managing cancer as a couple.

Cancer Support Group - Group meets to educate, support and share ways to cope with a cancer diagnosis.

Caregiver Support Group - This group provides support, resources and a confidential place to talk about feelings that can emerge when caring for cancer patients.

Survivor's Support Group - Group meets to provide support, ideas and a safe place for cancer survivors to talk.

Family Day Support Group - This group meets monthly to provide support to the cancer patient and their family.

Outpatient Therapy Services 480-882-4822

Kidz Klinik Pediatric

Therapy Program 480-323-3516

Scottsdale Healthcare Outpatient Therapy Services provides a comprehensive, personalized approach to rehabilitation. Our team uses state-of-the-art technology and the latest treatment techniques available to help patients achieve optimal results.

Licensed Physical Therapists, Occupational Therapists, Speech Pathologists, and Audiologists provide individualized, one-on-one care to each patient. Our staff has extensive experience with advanced specialization training and/or certification.

Because all of our therapy is considered a medical treatment, a referral from a qualified healthcare provider is necessary. Therapy patients can be referred by a variety of healthcare providers: Primary Care Physician or Specialist, Podiatrist, Dentist, Nurse Practitioner, or a Physicians' Assistant.

We are clinical experts in the following fields of rehabilitation:

- Orthopedics and Sports Medicine
- Traumatic Brain Injury
- Balance and Vestibular Problems
- Swallowing and Voice Disorders
- Hand Therapy
- Developmental Delays
- Neurological Disorders
- Stroke
- Aquatic Physical Therapy
- Work-Related Injuries
- Hearing Evaluations
- Congenital Syndromes

Cancer Center Lymphedema Therapy

Osborn 480-882-6050

Shea 480-323-1233

One-on-one consultations and treatment sessions with lymphedema specialists including therapeutic exercise, skin care and compression bandaging.

Cancer Center Acupuncture 480-323-1981

Our licensed acupuncturist will help patients who are receiving cancer treatment with symptom management.

Weight Management

Endocrinology Institute/Diabetes Center 480-323-4800

Nutrition and Weight Management Counseling - For individuals with diabetes, pre-diabetes, autoimmune diseases and other endocrine disorders.

Healthy Cooking Classes - Individuals will learn to adjust shopping, eating and cooking to make healthier food choices. Participants can feel more confident and enthusiastic about creating enjoyable, nourishing meals that fit a busy lifestyle.

Diabetes Self Management Training - Learn to successfully manage this chronic disease to prevent complications. Make informed choices about nutrition, daily activity levels and other behaviors. A five-week session presented by Certified Diabetes Educators for participants learning diabetes self-management.

Pre-diabetes - Learn what to do to prevent or delay the onset of diabetes including informed choices about nutrition, daily activity levels and other lifestyle modifications. The three-week session is presented by Certified Diabetes Educators.

Gestational Diabetes - Learn what to do to prevent complications to you and your baby. Treatment for gestational diabetes usually includes special meal plans and scheduled physical activity. It may also include daily blood glucose testing and insulin injections. Participants are invited to return for a post partum class on prevention of Type 2 diabetes.

Diabetes Self Management Training for Children with Type 1 -

These sessions are designed for the child who will be transitioning from parental management to self-management.

Diabetes Self Management Training for Young Adults with Type 1 -

These sessions are designed for the young adult who will be living away from parents for the first time and will need to learn how to engage a new physician, manage sick days and socialize safely while dealing with peer pressure.

Intensive Insulin Management for the Adolescent Type 1 Athlete -

These individual sessions are designed to explore intensive insulin management under strenuous exercise including when to snack, when to test and when to disconnect the pump for safe and effective glucose control.

Pump Training - Learn to successfully operate and manage your blood glucose using an insulin pump.

Weight Management Programs 480-323-4300

BALANCE - Participants learn to escape the monotony of diet plans and the rut of inactivity and enjoy life. With the help of the team's medical professionals, registered dietitians, exercise physiologists and psychologists, they discover personal weight loss solutions using flexible strategies that balance eating for health with eating for pleasure.

The Psychology of Lasting Weight Loss and Wellbeing - These dynamic classes focus on changing the mindset of dieting. This course helps participants discover their personal paths to weight loss; it is taught by a licensed psychologist specializing in weight management and emotional eating.

Weighs to Success - A 10-week adult weight management program coordinated and presented by a registered dietitian, certified in adult weight management. The program provides participants instruction on incorporating exercise into daily life and assistance recognizing emotional eating verses eating for hunger.

Personal Fitness Instruction - As a medical fitness facility, exercise physiologists are available for personal training, wellness evaluations and body composition testing. Memberships are also available at our well-equipped fitness centers.

Lifestyle/Wellness Coaching - Participants are interviewed by our wellness experts and receive coaching for goal setting and behavior modification strategies to achieve their healthy weight.

LAP-BAND® Outpatient Surgery (*Adjustable gastric banding*) - Attend a free seminar to learn more about this minimally invasive surgery that is changing peoples lives. Loose weight and improve your quality of life. Visit us online at scottsdalebariatric.com.

Nutrition Counseling 480-882-4703

Individual Nutrition Counseling - Meet with a registered dietitian to learn to make healthy food choices. Counseling provides practical, evidence-based education for concerns such as pre-diabetes, high cholesterol, weight management, food allergies, unintentional weight loss, liver disorders, sports nutrition and gastrointestinal issues.

Outpatient Nutrition Counseling - Sessions include a nutrition assessment based on current eating patterns, medical history, body composition and lifestyle.

Pediatric Weight Management Counseling - Counseling sessions help children develop a healthy nutrition plan and are provided by a registered dietitian certified in pediatric weight management by the American Dietetic Association.

Cancer Nutrition Counseling - Nutrition is an important part of cancer therapy and recovery. Eating well during treatment can help maintain your strength, preserve your body's nutrient stores, manage therapy side effects, improve immune function, speed recovery and promote overall health. Nutritional counseling is available from a registered dietitian specializing in cancer care.

Services include:

- Individual and group nutrition counseling services
- Personalized nutrition plans to address weight management and treatment side effects
- Guidance on appropriate dietary supplements
- Classes on healthy meal preparation

A physician referral is recommended for individual counseling, but patients may sign up for counseling sessions on their own. Fees are based on the length and type of counseling required.