



American Cancer Society – Look Good Feel Better workshop

Cancer Community Outreach And Support Groups

LIFESTYLE MANAGEMENT PROGRAM: REDESIGNED TO MEET PATIENTS' NEEDS

The Lifestyle Management Program at The University of Arizona Cancer Center at Dignity Health St. Joseph's Hospital and Medical Center (Cancer Center) was revamped and relaunched in 2017 to better serve the needs of our patients. The program's year-long Lifestyle Management Workshops feature monthly sessions that cover a wide variety of topics designed to improve the quality of life of those impacted by cancer—from newly diagnosed patients to long-time survivors.

Workshop topics include nutrition, exercise, coping skills, emotional awareness, yoga and mindfulness, and goal setting. With guidance from experts in the areas of social work, nutrition, and physical and occupational therapy, participants gain important health and lifestyle tips to use during and after cancer diagnosis and treatment. They learn how to make life choices every day that will enable them to "Live Well!"

This free program is offered not only to patients at the Cancer Center but also to anyone in our community who has been diagnosed with cancer, regardless of where care is received. Most sessions are held from 4:30 to 5:30 p.m. on the first Wednesday of each month at the Cancer Center. For more information or to register, visit dignityhealth.org/azce or call 602.406.4111.

"A VERY GOOD EXPERIENCE. EVERYONE MADE ME FEEL LIKE THEY CARED."

Anonymous Patient



LET YOUR HUMANKINDNESS GROW - NO SHAVE FOR MEN'S CANCER AWARENESS

The *Let Your Humankindness Grow Campaign* takes place annually each November, when participants stop shaving their beards to promote awareness and raise money for men's cancer care. This event has become a well-loved tradition for both the Cancer Center and our event partner, the Arizona Diamondbacks. 2017 participants included Diamondbacks CEO and President, Derrick Hall, and legendary outfielder, Louis "Gonzo" Gonzalez. The campaign concluded with the Third Annual Shave-Off on Dec. 1, 2017, when participants gathered in the Healing Garden to have their beards shaved by The Gentlemen's Cuts Barbershop.



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2017 PROFESSIONAL ONCOLOGY CONFERENCES

FIFTH ANNUAL RADIATION THERAPIST SYMPOSIUM

The Fifth Annual Radiation Therapist Symposium took place in January 2017. The day-long symposium featured lectures by The University of Arizona Cancer Center at Dignity Health St. Joseph's Hospital and Medical Center doctors, who are experts in the topics presented. This year's topics included:

- Nursing in Radiation Oncology by Amy Malensek, RN, BSN.
- Brachytherapy by Subhakar Mutyala, MD.
- Surgical Oncology Updates by Ronald Gagliano, MD.
- SBRT and Gamma Knife by Nitika Thawani, MD, and Steve Sorenson, MD.
- Medical Oncology Updates by Panayiotis Savvides, MD.
- Protons by Tamara Vern-Gross, DO.

The symposium gave radiation therapists throughout the Valley the opportunity to learn about new advances and treatments in their field, while also earning continuing medical education (CME) credits.

2017 COMMUNITY INVOLVEMENT AND EVENTS

D-BACKS RACE AGAINST CANCER AND WELLNESS ZONE

The fifth annual D-backs Race Against Cancer, held in April 2017 in downtown Phoenix, raised thousands of dollars for organizations that provide cancer screening, treatment, and support. Many of the 3,000 participants ran or walked in honor of loved ones dealing with cancer or in memory of loved ones lost too soon to cancer. The University of Arizona Cancer Center at Dignity Health St. Joseph's Hospital and Medical Center (Cancer Center) and seven community partners hosted the event's Wellness Zone, providing information about cancer prevention and community services.

AMERICAN CANCER SOCIETY'S MAKING STRIDES AGAINST BREAST CANCER

More than 2,000 people walked in the Making Strides Against Breast Cancer walk in October 2017 at Tempe Beach Park. The American Cancer Society event raised a little over a million for cancer research and support services for those dealing with cancer. As the event's Start and Finish Line Sponsor, the Cancer Center helped raise awareness and funds.

COLON CANCER ALLIANCE PHOENIX UNDY 5000 RUNWALK

In November 2017, the Cancer Center participated in the Phoenix Undy 5000 RunWalk, an event organized by the Colorectal Cancer Alliance to raise money and awareness for the fight against colon cancer. The Cancer Center sponsored the event, and a team of staff members participated in the run.

