



Saint Mary's

A member of CHW

NEWS RELEASE

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Saint Mary's Center for Cancer Offers 12-Week Support Program for Breast Cancer Patients
-A Time to Heal empowers new breast cancer patients to regain their overall health-

RENO, Nev. March 1, 2010 – Saint Mary's Center for Cancer is now offering breast cancer patients the chance to participate in a free 12-week holistic rehabilitation program. The research-based program, *A Time to Heal*, is designed to help women regain their physical, emotional and spiritual health after breast cancer treatment. *A Time to Heal* will begin on Thursday, March 11 from 5:30 p.m. to 8:00 p.m. To enroll or receive more information, contact Saint Mary's Center for Cancer at 770-7410.

Saint Mary's Center for Cancer received accreditation with commendation in November 2008 from the Commission on Cancer (CoC) of the American College of Surgeons (ACoS). In addition, the Center for Cancer features Nevada's only CyberKnife, a new radiation delivery system that treats tumors that were previously thought to be untreatable.

"The purpose of this program is to provide women with valuable resources to aid in their recovery of breast cancer," said Dolores Cooler, social worker for Saint Mary's Center for Cancer. "The program is a great mechanism for breast cancer patients to interact with other survivors as well as talk to experts about rehabilitation methods."

The 12-week rehabilitation program is designed for women who have completed surgery, chemotherapy and/or radiation for breast cancer. The program involves weekly group meetings with guest speakers, education on a variety of topics, and the opportunity to share experiences with other patients.

If you are a breast cancer patient and would like to participate in *A Time to Heal*, please contact Saint Mary's Center for Cancer at 770-7410.

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About Saint Mary's Center for Cancer

Saint Mary's Center for Cancer is northern Nevada newest CoC-approved cancer center and is the only facility in Nevada using CyberKnife, the very latest in radiation delivery system, to treat previously untreatable tumors. The precision of CyberKnife helps minimize damage to healthy tissue more so than any other system currently available in Nevada, including TomoTherapy. Patients experience no pain with CyberKnife and are able to receive their full treatment in as little as five sessions compared to several

weeks of sessions with other systems less technologically advanced. For more information about Saint Mary's Center for Cancer please call (775)770-7410.

About Saint Mary's

In 2010 Saint Mary's celebrates 102 years of delivering compassionate, high-quality, affordable health services to northern Nevada. Founded in 1908 by the Dominican Sisters of San Rafael, Saint Mary's is a member of the Catholic Healthcare West family of hospitals and medical centers in Arizona, California, and Nevada. As a fully integrated, faith-based healthcare system with 380 licensed beds, approximately 2,300 employees, 850 affiliated physicians, and 300 volunteers, Saint Mary's provides a wide variety of inpatient, outpatient, and community services to go Well Beyond for the community we serve. For more information, please visit www.saintmarysreno.org.

About Catholic Healthcare West

Catholic Healthcare West (CHW) is the eighth largest hospital system in the nation and the largest not-for-profit hospital provider in California. Founded in 1986, the CHW network of more than 10,000 physicians and approximately 53,000 employees serves a population spanning 22 million people at 41 hospitals across California, Arizona, and Nevada. CHW is committed to delivering compassionate, high-quality, affordable health care services with special attention to the poor and underserved. In 2008, CHW provided \$967 million in charity care, community benefits, and unreimbursed patient care. For more information, please visit our website at www.chwHEALTH.org.