

BREAST CANCER AWARENESS MONTH

Dr. Liu gives detection, treatment advice

The Verde Independent

October is Breast Cancer Awareness Month. Linda Liu, MD, board-certified breast surgeon with Northern Arizona Healthcare in Sedona, shares some tips for women going through the process of detection and treatment:

Basic tips for early detection

“The Cancer Centers of Northern Arizona Healthcare is reminding women aged 40 and older to have an annual mammogram. If there is a family history of breast cancer in relatives younger than 50, mammograms can be done before age 40 or five years before the age of onset in the youngest relative with breast cancer. Early detection with mammography identifies tumors when they are very small, which increases survival rates and allows for less invasive treatment options. Women who have dense breast tissue may also need ultrasound or MRI to better screen for breast cancers.

“NAH offers advanced technology for imaging, but it is also important for women to perform self-breast exams monthly, with the best time during your period when hormones levels are lower, which makes the breast less lumpy and swollen.”

What are some breast cancer treatment expectations?

“Because of a much greater understanding about the behavior and biology of breast cancer, physicians and oncologists can more effectively treat cancers with less invasive methods.

“At NAH, we are using personalized treatment plans based on a patient’s tumor biology to neutralize cancers. This greater understanding of tumors allows us to perform less invasive surgeries, need less toxic chemotherapy agents and minimize radiation with focused beams. Sometimes, we can even forego surgery or radiation in order to help avoid overtreatment.

“Our nurse navigators also provide expert, compassionate support to guide patients through the complex treatment plans.

“Patients should be confident that at NAH, we take a team approach to provide sophisticated, advanced treatments to best manage their care. NAH is honored



Linda Liu, MD

to be selected as a center of breast care excellence through the National Accreditation Program for Breast Centers (NAPBC). We are one of only four centers in Arizona to pass the rigorous quality standards. Each patient’s case will be presented at our multidisciplinary tumor board where the experts in radiology, oncology, surgery, reconstructive surgery and pathology can plan the best treatment plan.”

What are the physical/psychological expectations post-treatment?

“There have been advancements in physical expectations, including minimal surgeries more often and better reconstruction options that can lead to better cosmetic results. There is now better pain management so that patients can go home on the same day of a mastectomy or reconstruction cases. Radiation skin burns are minimized by high-tech equipment that spares healthy tissues; it can even be administered as a very focused beam. Chemotherapy is always challenging, but side effects can be minimized with good prevention.

“There may be many psychological effects since it can be a very stressful time in a person’s life. It is important to seek out support from family and friends, as well as our social workers. NAH has a strong network of cancer support groups, and we also encourage patients to pursue spiritual wellness through alternative healing.

“Exercising regularly is also key in stress reduction.”

Verde Valley School wants to fill in gaps left by Camp Soaring Eagle

By PAIGE DANIELS  
The Verde Independent

YAVAPAI COUNTY – Verde Valley School & Verde Valley School Inc. has taken to Yavapai County asking for a conditional use permit for repurposing and construction for new dorms, school and farm buildings, staff housing and more benefits to the general public.

This request comes from empty space left from Camp Soaring Eagle. Back in 2007, Verde Valley School was granted two conditional use permits for different areas on a 150-acre plot of land owned by the school. One CUP was used for the existing school, and the other for Camp Soaring Eagle, a nonprofit private summer camp for children with a terminal illness.

CSE eventually went bankrupt after just the first step of the construction plan. Since 2011, those unfinished pieces of infrastructure have sat untouched, according to VVS Director Paul Amadio, who submitted the letter of intent in January.

VVS is a private boarding school with an enrollment around 120. Ninety of those students board on campus, according to the school. Additionally, 40 of the 55 staff

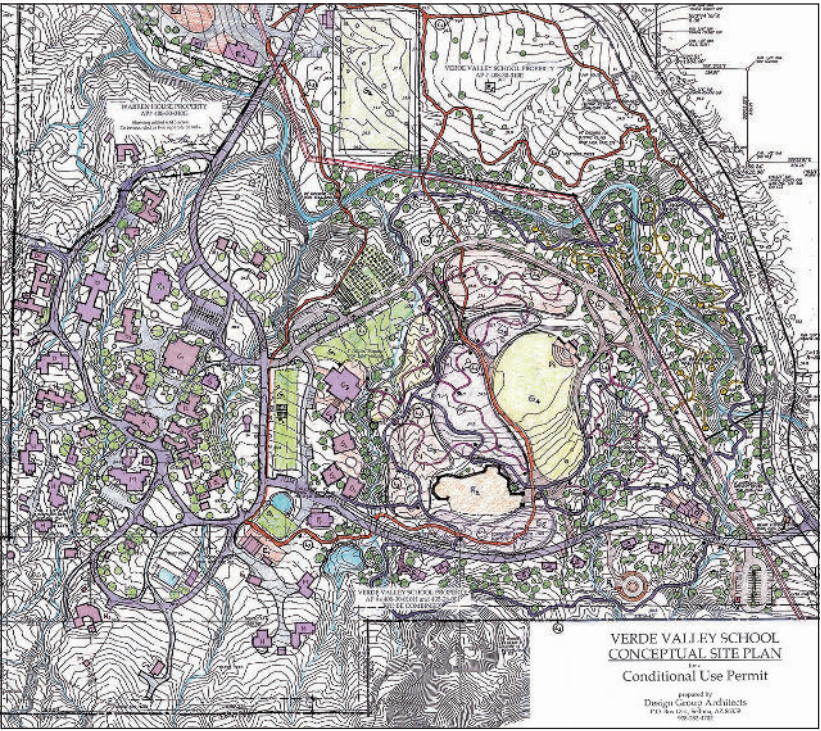
members live on campus. Currently, only one-third of the property is developed, with the rest being open space. Verde Valley School is now ready to make a change with that unused space, Amadio said.

Jeremy Dye, director of Yavapai County Development Services, says it’s up to the Yavapai County Planning and Zoning Commission, which meets Oct. 20.

“The applicant has not indicated what the cost of the project would be...It is up to the Planning and Zoning Commission to thoroughly vet each case on its merits and recommend approval or disapproval to the Board of Supervisors,” Dye explained. “The Board of Supervisors ultimately decides whether to approve or disapprove the project.”

If approved, this will all be located on Verde Valley School Road three miles northwest of State Route 179 in the Sedona area. Within a 141.09-acre plot would be 247,528 square-footage of structures, a trail system, botanical gardens, bungalows and tent sites for rent, an equestrian facility, and spacing for special events.

Contact Paige Daniels at [pdaniels@verdenews.com](mailto:pdaniels@verdenews.com) or 928-634-2241, ext. 6033.



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| P.V. CHAMBER FORUM 9/27            | ✓                       | ✓                       | ✓                       | ✗                       | ✓                        | ✓                        |
| LEAGUE OF WOMEN VOTERS DEBATE 9/29 | State House Not Invited | State House Not Invited | State House Not Invited | State House Not Invited | ✓                        | ✓                        |
| GREATER AZ MAYORS FORUM 10/5       | ✓                       | ✓                       | ✓                       | ✗                       | ✓                        | ✓                        |
| CITIZEN WATER ADVOCACY FORUM 10/8  | ✓                       | ✓                       | ✓                       | ✗                       | ✓                        | ✓                        |
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\*Debate could not be scheduled because Rep. Nguyen refused to accept a date.

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