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Monday, November 08, 2010

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Pharmaca Integrative Pharmacy Announces Creation of Integrative Health Advisory Board Focused on Building Awareness of the Integrative Approach to...
11/08/2010
Business Wire

Pharmaceutical Writers/Business Editors/Healthcare Editors/Health/Fitness Writers
BOULDER, Colo.--(BUSINESS WIRE)--November 8, 2010--Pharmaca Integrative Pharmacy, the nation's largest chain of integrative pharmacies, announced today that it has established an Integrative Health Advisory Board (IHAB). Members of the board, all medical doctors, will use their expertise to help Pharmaca educate the public, health care professionals and the media about the safe and effective use of integrative medicine.

Integrative medicine encourages its users to fully engage in their own health and wellness. Drawing on the best practices of conventional and natural medicine, integrative medicine seeks the most complete healing with the minimum amount of invasive intervention. This holistic approach is increasingly being supported by the traditional health care establishment and embraced by the mainstream consumer.

Indeed, centers for integrative medicine are sprouting up across the country, at elite institutions such as the Mayo Clinic, and John Hopkins, Columbia and Harvard universities. Furthermore, the world health organization has estimated that 70-80 percent of the population in industrialized countries has used some form of alternative medicine.

"Today more than ever we have an opportunity to be a valuable resource to the public and the medical community by drawing attention to the benefits of integrative medicine," said Barry Perzow, founder and chairman of Pharmaca. "Our advisory board exemplifies that integrative approach—where health practitioners can bring a diversity of therapies together to enhance the natural healing process."

The IHAB is comprised of the following doctors: Dr. Bradley Jacobs, M.D., M.P.H., former founding medical director and Endowed Chair of the Osher Center for Integrative Medicine Clinical Programs at University of California – San Francisco; Bruce H. Price, M.D., associate professor of Neurology at Harvard Medical School; and Tieraona Low Dog, M.D., fellowship director at the Arizona Center for Integrative Medicine.

As practicing doctors deeply rooted in both conventional and complementary therapies, members of the board are leaders in the field of integrative medicine and strong examples of the movement in mainstream medicine toward a holistic approach to health. Their diverse areas of expertise mimic...
the diversity found within Pharmaca's stores, where pharmacists serve with naturopathic doctors, herbalists, homeopaths and other practitioners to help provide customers with the tools to manage their health holistically.

Board members' educational efforts will help build awareness of how to utilize a holistic approach to health with a much broader audience. On Nov. 18, Dr. Jacobs will host the board's first webinar from 2-3 p.m. (PST). The webinar, which will be free and open to the public, will discuss integrative medicine's emerging role in the medical community and will specifically cover tips on how to use an integrative approach to stay healthy this holiday season.

Dr. Jacobs will cover everything from "How can herbal remedies boost my immunity?" to "What lifestyle changes can I make to keep stress levels down?" to "How can an integrative approach help prevent major illnesses?" Registration for the webinar is currently open at https://cc.readytalk.com/r/2n3r5q2gay7o, and the first 50 participants to register and submit a question for Dr. Jacobs will receive 15 percent off a future online purchase at pharmaca.com.

Dr. Low Dog will host an additional free educational webinar in the first quarter of 2011, focused on the role of integrative medicine in women's health, from hormone replacement therapy to pregnancy and more.

The IHAB members will also regularly contribute articles to Pharmaca's online education center, advise Pharmaca's licensed pharmacists and practitioners about cutting-edge research in integrative medicine, and help shape Pharmaca's product selection based on the latest clinical findings.

More about members of Pharmaca's Integrative Health Advisory Board:

Bradly Jacobs, M.D., M.P.H.

Dr. Jacobs is an experienced clinician in integrative medicine and senior executive in the health and wellness industry. He has an integrative primary care medical practice at Cavallo Point Lodge (www.cavallopoint.com/drbrad) in Sausalito, Calif. He is also co-founder and Senior Medical Director of Mytrus Inc., a clinical research organization dedicated to providing technology and clinical services for remotely conducted direct-to-participant clinical trials. He is a graduate of Stanford University School of Medicine, and holds a Master's degree of Public Health (MPH) in Epidemiology and Biostatistics from UC - Berkeley. In addition, Dr. Jacobs is trained in internal medicine and has studied acupuncture, nutrition, herbal medicine, stress management, yoga and martial arts.

Tieraona Low Dog, M.D.

Dr. Low Dog is an internationally recognized expert in the field of herbal medicine, dietary supplements, and integrative approaches to women's health. She is currently the Fellowship Director at the Arizona Center for Integrative Medicine and Clinical Associate Professor of Medicine at the University of Arizona Health Sciences Center. She was appointed by President Bill Clinton to the White House Commission on Complementary and Alternative Medicine Policy, serves on the Board of Scientific Councilors for the National Institutes of Health National Center for Complementary and Alternative Medicine and was the elected Chair for the United States Pharmacopeia Dietary Supplements and Botanicals Expert Information Committee from 2000-2010. She studied midwifery, massage therapy, and herbal medicine before going on to receive her Doctor of Medicine degree from the University of New Mexico School of Medicine. For more information, visit www.drlowdog.com.

Bruce H. Price, M.D.

Dr. Bruce Price is an internationally recognized leader in the integration of neurology, psychiatry, neurosurgery, and neuropsychology. He is currently an Associate in Neurology at Massachusetts General Hospital, Associate Professor of Neurology at Harvard Medical School, and Chief of the Department of Neurology at McLean Hospital. He graduated from Harvard University cum laude, attended the University of Cincinnati College of Medicine where he completed training in internal medicine. He completed a residency in general neurology at the University of Colorado Health Sciences Center in Denver and a fellowship in cognitive and behavioral neurology at Beth Israel Hospital, Harvard Medical School. For more information, visit www.mclean.harvard.edu/about/bios/detail.php?username=bprice.

About Pharmaca
Pharmaca Integrative Pharmacy Inc. (www.pharmaca.com), founded in June 2000 and based in
Boulder, Colo., is the nation's first integrative pharmacy chain offering traditional prescription-filling services alongside natural and complementary health solutions. The company owns 23 pharmacies in California, Colorado, New Mexico, Oregon and Washington.

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THE TWO-YEAR-OLD IS IN VERY CRITICAL CONDITION, ACCORDING TO THE TUCSON FIRE DEPARTMENT.
11/08/2010
KVOA-TV

OLD AND BANGED UP AND PUT A FRESH COAT OF PAINT ON THE FRONT DOOR AS WELL. FIRST IMPRESSIONS AGAIN. LET'S GO TO THE KITCHEN, THAT'S ONE OF THE MOST IMPORTANT SELLING POINTS FOR ANY HOME. LOOK AT THE CABINETS, YOU'RE NOT SUGGESTING THAT YOU REPLACE THEM, BUT AT LEAST FIX THEM. YOU COULD TAKE THE FRONT DOORS OFF AT A THIRD OF THE COST OF REPLACING THEM AND YOU'LL GET YOUR MONEY BACK. AND A BACK SPLASH MADE OUT OF STONE, BACK SPLASH IS VERY IMPORTANT. THERE'S ONE THAT NEEDS A BACK SPLASH, IT'S A LITTLE BIT OF SPACE WHERE YOU CAN MAKE A BIG IMPROVEMENT. SHOULD YOU CHANGE OUT MAJOR APPLIANCES. ONLY IF YOU HAVE ENOUGH MONEY TO DO ONE, YOU COULD CHANGE OUT OUR REFRIGERATOR. WHY IS THE REFRIGERATOR SO IMPORTANT? BECAUSE IT TAKES UP THE MOST VISUAL SPACE WHEN YOU WALK INTO THE KITCHEN. PEOPLE THINK IF THERE'S A NICE SHINY REFRIGERATOR, PEOPLE THINK THE REST OF THE KITCHEN IS NICER TOO. A GALLON OF PAINT IS THE BEST HOME IMPROVEMENT THAT YOU CAN GET. WHY IS IT SO IMPORTANT TO UPGRADE YOUR LIGHTING FIXTURES, WHY DO PEOPLE THAT COME INTO YOUR HOME SPEND SO MUCH TIME LOOKING AT LIGHTING FIXTURES? IT DATES THE HOME. THE LIGHTING FIXTURE YOU BOUGHT TEN YEARS AGO IS ALREADY OUT OF STYLE. YOU WANT PEOPLE TO CONSIDER, THIS COSTS A LITTLE EXTRA MONEY, BUT YOU WANT TO CONSIDER HAVING YOUR HOME PROFESSIONALLY STAGED. YOU WANT A DESIGNER TO WALK IN AND GET RID OF ALL THE EXCESS STUFF, AND MAKE IT LOOK LIKE A HOME OUT OF A MAGAZINE. HERE'S A PERFECTLY STAGED ROOM THAT USED TO LOOK LIKE A DUMP. BUT ALL THEY DID WAS MOVE THINGS AROUND. CROWN MOLDINGS ALWAYS HELP A ROOM. T TO MAKE SURE YOU CLEAN THE GROUT. NEW TOILET SEAT IS IMPORTANT, NEW GROUTING IS IMPORTANT. ANYTHING TO FRESHEN UP THAT ROOM OF THE HOUSE. BREAKING NEWS THIS MORNING. TUCSON POLICE ARE AT A HOME ON WEST NEBRASKA, ON THE SOUTH SIDE NEAR I-19 AND IRVINGTON ROAD. THIS IS A LIVE LOOK AT THE SCENE WHERE, A CHILD HAS BEEN HIT BY A CAR DRIVEN BY A FAMILY MEMBER. THE TWO-YEAR-OLD IS IN VERY CRITICAL CONDITION, ACCORDING TO THE TUCSON FIRE DEPARTMENT. PARAMEDICS TOOK THE CHILD TO "UNIVERSITY MEDICAL CENTER. " THAT'S ALL THE INFORMATION WE HAVE RIGHT NOW, WE'LL BRING YOU MORE AS SOON AS WE GET IT. AND POLICE ALSO INVESTIGATING A MURDER THIS MORNING, IT HAPPENED LAST NIGHT ABOUT 9-15, ON THE 72-HUNDRED BLOCK OF
"SOUTH JILL PLACE" THAT'S NEAR SOUTH SIXTH AVENUE AND LOS REALES ROAD, SHOTS WERE FIRED. INVESTIGATORS SAY THE VICTIM, A 74-YEAR-OLD WHITE OR HISPANIC MALE, WAS FOUND INSIDE THE HOME. HE HAD BEEN SHOT. NO MOTIVES OR SUSPECTS AT THIS HOUR. BUT IF YOU HAVE INFORMATION CALL 9-1-1 OR 88-CRIME. STAY WITH US, WE'LL HAVE A CHECK OF YOUR MONDAY WEATHER AND TRAFFIC NEXT. TRAFFIC NOT AVAILABLE FOR CLOSED CAPTIONING AS WEATHER NOT AVAILABLE FOR CLOSED

Research from University of Arizona provides new data on hearing research
11/08/2010
NewsRx.com

Research findings, 'A treatment sequence for phonological alexia/agraphia,' are discussed in a new report. "Damage to left perisylvian cortex often results in impaired phonological processing abilities with written language profiles consistent with phonological alexia and phonological agraphia. The purpose of this article was to examine a behavioral treatment sequence for such individuals intended to strengthen phonological processing and links between phonology and orthography, as well as train a means to maximize use of residual orthographic and phonological knowledge for spelling," researchers in the United States report (see also ).

"Two women with persistent impairments of written language and phonological processing following damage to left perisylvian cortical regions participated in this study. Both exhibited characteristic features of phonological alexia and agraphia in that reading and spelling performance for real words was better preserved than nonwords (lexicality effect). A 2-stage treatment protocol was administered to strengthen sublexical skills (phonological treatment) and to train interactive use of lexical and sublexical information to maximize spelling performance (interactive treatment). Both participants improved phonological processing abilities and reading/spelling via the sublexical route. They also improved spelling of real words and were able to detect and correct most residual errors using an electronic spelling aid," wrote P.M. Beeson and colleagues, University of Arizona. The researchers concluded: "Behavioral treatment served to strengthen phonological skills supporting reading and spelling, and provided a functional compensatory strategy to overcome residual weaknesses."


For additional information, contact P.M. Beeson, University of Arizona, Tucson, AZ 85721-0071 USA.
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AACR congratulates William S. Dalton on 2010 Leadership in Personalized Medicine Award
11/08/2010
NewsRx.com

PHILADELPHIA - The American Association for Cancer Research expresses its congratulations to and appreciation of William S. Dalton, M.D., Ph.D., who will receive the 2010 Leadership in Personalized Medicine Award from the Personalized Medicine Coalition (PMC) (see also ). Dalton, who has been a distinguished member of the AACR for more than 20 years, will receive the award from the PMC at the Harvard Personalized Medicine Conference on Nov. 17. According to the PMC, he is recognized for "his pioneering work putting the concepts of personalized medicine into practice for the benefit of patients."

Dalton is the chief executive officer of the H. Lee Moffitt Cancer Center in Tampa, Fla. He also
serves as chair of the AACR's Science Policy and Legislative Affairs Committee. "This is a wonderful and fitting honor for Dr. Dalton, who is at the forefront of personalized medicine and whose work has benefitted countless cancer patients," said Margaret Foti, Ph.D., M.D. (h.c.), chief executive officer of the AACR. "Moreover, Dr. Dalton's contributions extend beyond the lab and clinic to the halls of Congress. As chair of the AACR's Science Policy and Legislative Affairs Committee, he convenes the committee that guides the AACR's policy efforts. Dr. Dalton is a leader who is impacting the field on many levels, and we celebrate his achievement."

Dalton received his doctoral degree in toxicology and medical life sciences and his medical degree from Indiana University. He completed his internship in internal medicine at Indiana University, his residency in medicine at the University of Arizona in Tucson and his fellowships in oncology and clinical pharmacology at the University of Arizona. He is board certified in internal medicine and medical oncology and is an expert in multiple myeloma.

The PMC Award recognizes an individual whose contributions in science, business and/or policy have helped advance the frontiers of personalized medicine.

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Research from University of Arizona provides new data on arsenicals
11/08/2010
NewsRx.com

Scientists discuss in 'Arsenite exposure in human lymphoblastoid cell lines induces autophagy and coordinated induction of lysosomal genes' new findings in arsenicals. "Chronic exposure to inorganic arsenic is associated with diverse, complex diseases, making the identification of the mechanism underlying arsenic-induced toxicity a challenge. An increasing body of literature from epidemiological and in vitro studies has demonstrated that arsenic is an immunotoxicant, but the mechanism driving arsenic-induced immunotoxicity is not well established," scientists in the United States report (see also ).

"We have previously demonstrated that in human lymphoblastoid cell lines (LCLs), arsenic-induced cell death is strongly associated with the induction of autophagy. In this study we utilized genome-wide gene expression analysis and functional assays to characterize arsenic-induced effects in seven LCLs that were exposed to an environmentally relevant, minimally cytotoxic, concentration of arsenite (0.75 M) over an eight-day time course. Arsenic exposure resulted in inhibition of cellular growth and induction of autophagy (measured by expansion of acidic vesicles) over the eight-day exposure duration. Gene expression analysis revealed that arsenic exposure increased global lysosomal gene expression, which was associated with increased functional activity of the lysosome protease, cathepsin D," wrote A.M. Bolt and colleagues, University of Arizona. The researchers concluded: "The arsenic-induced expansion of the lysosomal compartment in LCL represents a novel target that may offer insight into the immunotoxic effects of arsenic."

Bolt and colleagues published their study in Toxicology Letters (Arsenite exposure in human lymphoblastoid cell lines induces autophagy and coordinated induction of lysosomal genes. Toxicology Letters, 2010;199(2):153-9). For more information, contact A.M. Bolt, University of Arizona, Dept. of Pharmacology and Toxicology, College of Pharmacy, Tucson, AZ 85724 USA.

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BETTER THAN EVER HELPS EMPLOYEES GET FIT AND FIGHT CANCER
11/06/2010
Federal News Service
TUCSON, Ariz., Nov. 3 -- The University of Arizona issued the following press release:

When a close friend encouraged her to get involved in Better Than Ever in 2008, Jennifer Lawrence found herself attracted to the supportive, noncompetitive nature of the program, which provides training for bicyclists, runners and walkers while raising funds for cancer research and prevention. "I always know that at 7 a.m. on Saturday, someone is going to be there waiting for us," Lawrence, a department administrator for the UA's neuroscience department, said of the Arizona Cancer Center program, in which participants often train together.

"This seemed like a fun way to exercise, and part of the motivation would be in participating in the pledging," Lawrence said, adding that she has made steady progress toward her own fitness goals since joining the program, which is now in its 11th year. The program was founded by Heather Alberts after her husband encouraged her to get more exercise. Her husband is Dr. David S. Alberts, director of the Arizona Cancer Center. With his help and help from others at the center, the program was launched in 2000, encouraging participants to train for a half-marathon and raise funds along the way. Since then, participants have raised $1.6 million for competitive seed grants for Arizona Cancer Center researchers.

While promoting fitness helps Better Than Ever raise money, the program is also helping to prevent cancer. The National Cancer Institute reports that women who are physically active average a 40 percent decline in risk of developing breast cancer. For men, the drop is between 10 and 30 percent for developing prostate cancer. The institute also reports that maintaining a fit lifestyle can also help prevent colon cancer and certain chronic diseases. Currently, hundreds of Better Than Ever participants are preparing to participate in the UA's CATwalk on Saturday. At other times, Better Than Ever participates prep for the El Tour de Tucson bicycle race and the Tucson marathon and half-marathon.

"We want to make sure our participants are involved safely and also having fun," said Marisa Allen, program coordinator for Better Than Ever. The program is open to people of all fitness levels and offers training, lectures and other activities to help get and keep people motivated about walking, running or cycling in Tucson, Green Valley and Sedona. The program has a strong following among members of the UA community. Those who sign up to participate in the program pledge to raise between $125 and $275, depending on participation level. By joining Better Than Ever, participants receive training packets, fundraising tips, invitations to social events and weekly e-newsletters.

The money raised by the program goes toward supporting prevention and research endeavors that show promise for helping people before, during and after cancer detection. The grant recipients for the 2010-2011 academic year, announced this month, are:

* UA research professor of radiation oncology Graeme J. Dougherty and Shona T. Dougherty, an associate professor of clinical radiation oncology, are studying the effectiveness of an ovarian cancer treatment at the molecular level.

* UA radiology professor Arthur F. Gmitro and Andrew R. Rouse, a research assistant professor of radiology, are working to aid in the detection of early-stage ovarian cancer. Rouse will investigate and work to develop a device for imaging fallopian tubes.

* Samuel K. Campos, an assistant research professor for the BIO5 Institute, is focusing on human papillomavirus, or HPV, infections, which are associated with the vast majority of cervical cancers. Campos is working to advance understanding of the molecular mechanisms involved.

* Russell S. Witte, an assistant professor of radiology, is working toward developing more advanced photonoacoustic imaging instruments that can be used for noninvasive monitoring of breast cancer while also improving treatments.

"We try and fund new investigators because it is hard to get money," said Allen, who is also a program participant. "We find that any cancer research does help all cancer research, but we need a way to structure and figure out where to fund the best research."

In addition to Better Than Ever's health benefits, we well as its advocacy and fundraising, some -like Lawrence - find tremendous support in the weekly exercise ritual. Three months after Lawrence became involved, one of her cousins was diagnosed with advanced
ovarian cancer and passed away a few months later. Since then, other people she knows have been diagnosed with some form of cancer.

"Seeing the women and going through the program and meeting others who have struggled with cancer has stressed the importance of what we are doing," Lawrence said.

Lynn Frazier, a senior program coordinator at the cancer center, has had a similar experience. She became involved as a way to connect with others shortly after moving to Tucson in 2000, having relocated with a research team.

Her goal was to complete a half-marathon.

"I thought I would be dead last, but I finished faster than I thought I would," said Frazier, who added that she "had never run for any reason."

Improving her own fitness was her motivation for sticking with Better Than Ever.

"I have seen people's cholesterol lowered, whose health has improved and people who have lost weight," Frazier said of other Better Than Ever participants. "They are great - very supportive, and you didn't feel like you had to be the first one in."

Frazier said her motivation to keep with it deepened after her mother was diagnosed with a brain tumor in 2002. Two years later, her mother was gone.

"I would go to these running groups and talk my way through being 2,000 miles away and dealing with my mother," Frazier said. "Not only did I get support, but I was able to support other people who went through the same thing." For any query with respect to this article or any other content requirement, please contact Editor at htsyndication@hindustantimes.com

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LQP, CANCER CENTER WIN PR AWARDS
11/06/2010
Federal News Service

TUCSON, Ariz., Nov. 3 -- The University of Arizona issued the following press release:
Lo Que Pasa, the weekly e-newsletter for University of Arizona employees, was recognized for "excellence in public relations" during the annual awards ceremony held by the Southern Arizona chapter of the Public Relations Society of America.
Alexis Blue, campus communications assistant in the Office of University Communications and the chief writer for Lo Que Pasa, won in the Feature Stories category for "Paralyzed Professor Returns to Classroom."

In the Newsletters and Magazines category, Lo Que Pasa was selected to receive a certificate of merit.

The IMPACT awards, presented last week, recognize "the outstanding efforts of public relations and communications professionals in Southern Arizona."

The Arizona Cancer Center won in the Newsletters and Magazines category for its Act Against Cancer newsletter. The center also was given a certificate of merit for its Arizona Cancer Center Lecture Series postcards. For any query with respect to this article or any other content requirement, please contact Editor at htsyndication@hindustantimes.com

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