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BY ALISON BAILIN BATZ

*What do diving and treating breast cancer have in common?
For Scottsdale resident Dr. Coral Quiet, a lot*

Diving Into Life— and Life-Saving

Dr. Coral Quiet...the name fits her to a "T."

This Scottsdale resident, mother of two, and breast cancer pioneer is a major proponent of keeping moving—and active—to stay fit.

Her exercise of choice?

With a name like Coral, could it be anything else besides diving?

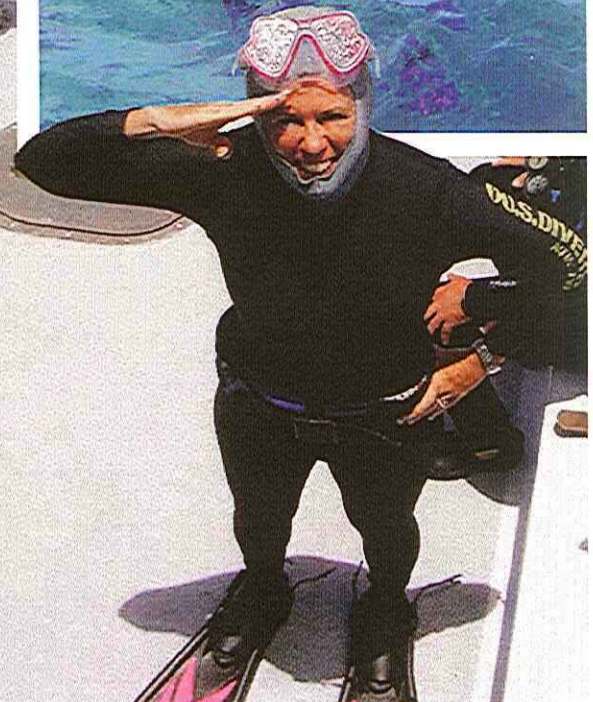
"Contrary to the fear many people have of the ocean and diving, it is the most peaceful place on earth," says Quiet. "When you are in the water, you are forced to put all of life's anxieties to rest and simply listen to your own breath. It's unbelievably relaxing."

Quiet first began diving when she was a medical resident. Given her long hours and unique schedule, no one ever had the same time off as she did. So, she set off by herself on a diving adventure in the Caribbean and never looked back.

But, like so many of us, Quiet doesn't have much quiet time these days. In addition to diving as often as she can, she also dives in another way...into saving lives.

"When I moved to Scottsdale in the early 1990s, I was horrified to learn that not only were there ZERO breast

Dr. Coral Quiet's philosophy is to dive in—whether that's into helping breast cancer patients or into the water.



cancer-only specialists, but that nearly 80% of breast cancer patients in Arizona were being treated with mastectomies, a number exponentially higher than the national average," she remembers.

According to Quiet, there are three categories of treatment for breast cancer: surgery, radiation therapy, and drug therapy. Each of these tools has a different role.

The choice of treatment is based on many factors. Aggressive cancers may be treated with surgery, radiation therapy and several types of drug therapy. Less aggressive cancers may be treated with surgery only.

Determined to make a difference, Quiet began focusing her care here in the Valley solely on breast cancer treatment, research and education. While touching the lives of women one-at-a-time was making a difference, by the

late 1990s she wanted to do more.

Because of her concern that women were not getting full information on all the treatment options before making their treatment decisions, in 1999 Quiet co-founded a non-profit organization with fellow specialist Dr. Belinda Barclay-White, the Arizona Institute for Breast Health (AIBH). AIBH, led by a volunteer team of physicians, offers a woman who has been diagnosed with breast cancer a second opinion, completely free of charge.

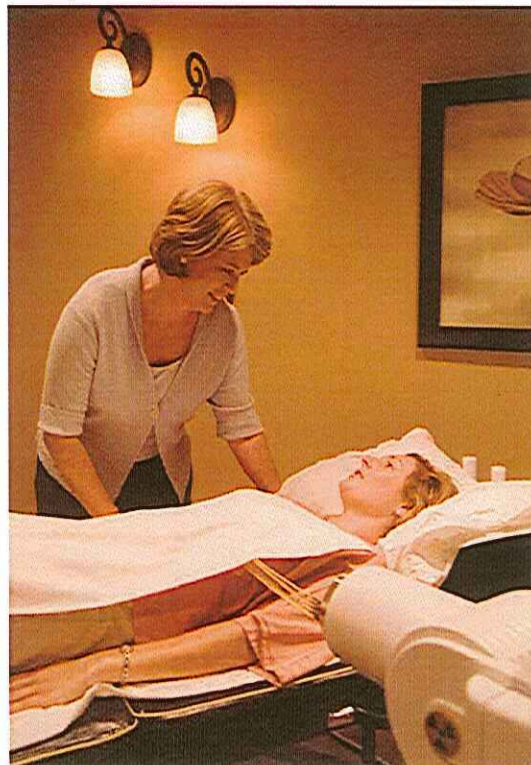
Specifically, Quiet worked tirelessly to recruit—and continues to recruit—a volunteer team of physicians and medical professionals who are breast health experts whose specialties include breast radiology, breast surgery, medical oncology, radiation oncology, reconstructive surgery, and breast pathology. To this day, the team, with Quiet at the helm as AIBH's volunteer co-medical director, continues to evaluate the best medical and surgical options for the preservation of a woman's life, body and emotional well-being, as well as the continued quality of life for each patient.

But she didn't stop there.

"Around the same time we launched AIBH, I had the opportunity to meet with Dr. Robert Kuske, a breast cancer specialist then living on the East Coast who developed a radical five-day treatment for breast cancer called brachytherapy," she says.

Inspired, and true to her "dive into life" philosophy, she not only introduced brachytherapy in Arizona in the early 2000s, but she eventually convinced Kuske to come and practice in Arizona.

"With Dr. Kuske helping bring brachytherapy to Arizona and physically being a part of my team, I was



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Like with anything important, you have to make the time for relaxation. We all need it.



able to continue research in other areas, as well," Quiet says.

Over the next several years, she helped to pioneer the Mammosite catheter for FDA studies and pioneered a new device, SAVI, which is able to treat many more women with early stage breast cancer while avoiding high doses of radiation to skin and ribs. She also took time out to act as a spokesperson for the American Cancer Society, lecturing and volunteering for the organization where she could.

As the number of women getting mastectomies declined, and those choosing body and breast-conserving

treatments like brachytherapy and SAVI skyrocketed. Quiet's mind drifted back to her diving. Specifically, the relaxing nature of the sport.

"Unlike diving, getting cancer treatment of any kind can be the most angst-ridden, scary time in one's life," says Quiet. "And it doesn't help matters having early-stage breast cancer patients waiting in the same room for treatment as late-stage prostate or lung cancer patients."

True to form, Quiet did something about it.

In 2008, amid the credit crunch and worst recession since the Great

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Depression, Quiet and Kuske put a plan into action to open Arizona Breast Cancer Specialists—or ABCs—the world's first center where its physicians, staff and equipment focus exclusively on women fighting breast cancer.

"We opened our first center in Scottsdale in 2009," says Quiet. "Today, we have three centers statewide with six practicing physicians.

With our success, we've been able to invest in equipment and techniques focused on allowing minimal collateral damage to normal tissues."

So, with three bustling breast cancer practices, two daughters, her non-profit work, regular three-times-a-week hikes and twice-a-week trainer appointments, does Quiet still find some time for herself—and diving?

"Of course," she says. "Like with anything important, you have to make the time for relaxation. We all need it."

Most recently, Quiet headed to Little Cayman Island in April—a land formerly inhabited by pirates and cur-

rently home to just 200 people, three small hotels and an iguana sanctuary.

"This is one of the best dive areas on earth. I've been going since 1995 and many of the folks working at my little hotel, who are friends by now, are still there."

Other diving tips from Quiet?

"The Big Island in Hawaii has a special night dive where you carry lights," she explains. "The lights attract plankton, which attract feeding manta rays. They swoop over you by the dozen like a beautiful, silent water ballet."

Talk about "quiet" time.

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