

**HIGH QUALITY COMPASSIONATE CARE,
CLOSE TO HOME.**

CANCER & BLOOD DISORDERS
TREATMENT CENTER

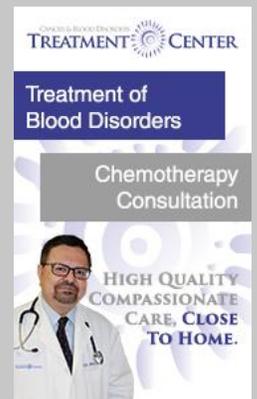
May 2015

A Note From Our Office

Spring has finally sprung here in Southern Maryland! They always say that April showers bring May flowers and I hope that is true!

May is Skin Cancer Detection and Prevention Month, focusing on the most common type of cancer and how to prevent it. According to the Skin Cancer Foundation, over 2 million people living in the United States are diagnosed with skin cancer annually. The great news is that skin cancer is one of the most treatable and preventable cancers and there are plenty of ways to reduce your risk of developing skin cancer in your lifetime. In this newsletter, you'll find some helpful tips and resources for preventing skin cancer.

-Dr. Meelu



National Women's Health Week (May 10-16)

According to the Office of Women's Health and the U.S Department of Health and Human Services, National Women's Health takes place May 10th - 16th, 2015. The goal of National Women's Health Week is to focus awareness for women to make health a priority in their lives.

In conjunction with National Women's Health Week, the National Women's Checkup Day in Monday, May 11th. This day is set aside to specifically encourage women to schedule their annual well visit with their primary care physician. To find out more information about National Women's Health Week, please visit

www.womenshealth.gov

DID YOU KNOW?

**RESEARCHERS BELIEVE THAT MORE THAN HALF OF ALL CANCERS
AND CANCER DEATHS ARE POTENTIALLY PREVENTABLE.**

T-Shirts and Coffee Mugs for Sale!

We currently have t-shirts and coffee mugs for sale in our office. These items feature the different ribbon colors and which type of cancer they are associated with. All proceeds from sales go to Fighting All Cancer Types (F.A.C.T.). T-Shirts are \$20.00 each and coffee mugs are \$10.00 each.

To purchase a t-shirt or coffee mug, please email FACTCANCERCharity@yahoo.com or call 301-396-9215.



DID YOU KNOW?

AVERAGE SURVIVAL WITH MELANOMA INCREASED FROM 49% (1950-1954) TO 91% TODAY.

HIGH QUALITY TREATMENT, CLOSER THAN YOU THINK

Serving Southern Maryland
for Over 20 Years



Tips To Reducing Your Risk of Skin Cancer

1. According to the Skin Cancer Foundation, spend as much time as possible out of the sun when you are outside. This is especially important between the hours of 10 AM and 4 PM, when the sun's rays are the strongest.
2. Avoid tanning beds and UV radiation. According to the Skin Cancer Foundation, indoor UV tanners are 74 percent more likely to develop melanoma, the deadliest form of skin cancer, than those who have never tanned indoors.

3. Don't get burned! A person's risk for melanoma can double if a person has had five or more severe sunburns in their lifetime.
4. Don't forget your hat! Melanoma can appear anywhere on the body, but it is more common in the areas where the sun hits the most which is usually the head and neck. You should also apply sunscreen each and every day, even if it is overcast. The sun's damaging rays can still affect you on cloudy days.
5. Examine your skin head to toe. If you notice a new mole or a change in an existing mole, it is important to inform your doctor immediately.

Cancer and Blood Disorders Treatment Center primarily deals with the medical oncology part of cancer treatment which includes chemotherapy, immunotherapy and related services to cancer patients along with treatment of blood disorders. We routinely provide and advise about screenings, diagnosis, diagnostic procedures, surgical and radiation therapy options, pain control and palliative care as well as second opinions.

Our infusion center is also doing intravenous therapies used in other diseases like Ulcerative Colitis, Crohn's Disease, Rheumatoid Arthritis, Port-a-Cath & Pic Line Catheters when patients are referred by other physicians treating these conditions.

Visit our Website:

[Cancer & Blood Disorders Treatment Center](#)

Cancer and Blood Disorders Treatment Center

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