

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

CANCER & BLOOD DISORDERS
TREATMENT CENTER

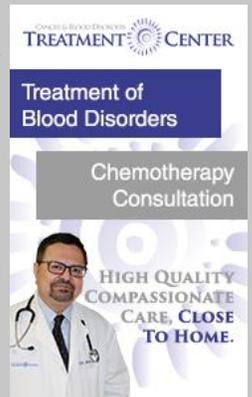
April 2015

A Note From Our Office

Hello April! Even though it is technically spring here in Southern Maryland, the weather still felt like winter over the weekend. Thankfully, it seems that the weather and temperatures are finally improving!

April is National Cancer Control Month, focusing on advances that have been made in fighting and preventing cancer. Over a lifetime, about 1 in 3 women and 1 in 2 men will develop some type of cancer. While some factors that lead to cancer are not able to be controlled, such as age, there are many ways you can prevent cancer. In this newsletter, you'll find some helpful tips and resources for preventing cancer.

-Dr. Meelu



World Health Day (April 7)

According to the World Health Organization, the theme of 2015 World Health Day is Food Safety. Food can contain harmful substance and bacteria, which can lead to over 200 different diseases including cancer. It is also estimated that approximately 2 million people die worldwide annually from unsafe food. Although food safety extends to manufacturers, farmers and grocery stores, there are a few ways to make sure your food is safe before you put it on the kitchen table.

Make sure your meat is separated from your vegetables. Raw food (meat, poultry, fish) can contain bacteria that can be transferred to other foods. You should also make sure that all meat and eggs are cooked thoroughly and cooked food isn't left at room temperature for more than two hours.

DID YOU KNOW?

AS OF JANUARY 2008, THERE WERE APPROXIMATELY 12 MILLION PEOPLE ALIVE IN THE U.S. WHO HAD A MEDICAL HISTORY OF CANCER.

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?

IT IS ESTIMATED THAT BY JANUARY 1, 2024, THE POPULATION OF CANCER SURVIVORS WILL INCREASE TO ALMOST 19 MILLION: 9.3 MILLION MALES AND 9.6 MILLION FEMALES.

HIGH QUALITY TREATMENT, CLOSER THAN YOU THINK

Serving Southern Maryland
for Over 20 Years



Tips To Controlling Your Risk of Cancer

1. Filter your tap water to reduce your exposure to known or suspected carcinogens and hormone-disrupting chemicals.
2. Try to drink at least 8 cups a water per day. Water can help dilute the concentration of cancer causing agents in your bladder.
3. According to the American Cancer Society, regular workouts may lower your risks by helping you burn fat. Fat convert other hormones to estrogen, which is linked to breast cancer.

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. Obesity is a risk factor for many cancers. Exercise regularly and follow a healthy diet to maintain a good weight to reduce your risk.

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 & Port 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

3200 Crain Highway

Suite 302

Waldorf, Maryland 20603

301-396-9215

Join our Online Community:

