

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

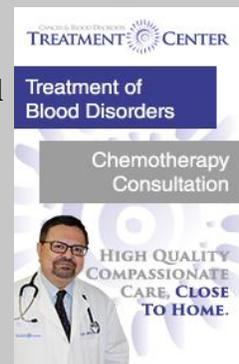
CANCER & BLOOD DISORDERS  
**TREATMENT CENTER**

August 2014

### **A Note From Our Office**

First of all, we want to thank everyone that has been sharing their kind words about Dr. Meelu and the treatment they have received at Cancer & Blood Disorders Treatment Center. It has been wonderful to read all of the wonderful responses from our patients.

If you would like to share your experience with our team, please email us at [info@cancerandblooddisorders.com](mailto:info@cancerandblooddisorders.com) or leave a comment on our [Facebook page](#). We look forward to reading your stories!



### **Summer Sun Safety Month**

Even though summertime is great for getting outside to play, going to the pool, and exercise, exposure to the sun can have lasting and damaging effect on your skin. Staying in the shade is one of the best ways to limit your UV exposure. You should also have on the appropriate SPF sunscreen and proper attire such as a shirt, a hat and sunglasses.

Are you sun-safe? Take this [quiz](#) from the American Cancer Society to find out!

**DID YOU KNOW?**

THERE ARE 28 MILLION CANCER SURVIVORS WORLDWIDE!

# MEET OUR WONDERFUL STAFF!



Our caring staff, led by Dr. Meelu, is here to support you through your cancer treatment journey. Our staff is highly trained and committed to providing our patients with the best care when they come to the Cancer and Blood Disorders Treatment Center.

## 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](mailto:FACTCANCERCharity@yahoo.com) or call 301-396-9215.



## Around Our Office



We wanted to share this great picture of Dr. Meelu and a couple of our patients.

## Skin Cancer Prevention Tips

While the summer is starting to wind down, skin cancer and prolonged sun exposure is still a risk. Below are five tips that can help you avoid developing skin cancer due to sun exposure.

1. Seek shade, especially between the hours of 10 AM and 4 PM. These are the hours of the day when the sun's rays are the strongest. If you are outside during this time of day, make sure you seek any shade possible.
2. Avoid tanning booths.
3. Apply sunscreen at least 30 minutes before you go outside and reapply every two hours.
4. Be aware of any medications that may make you more sensitive to exposure to the sun.
5. Wear sunscreen year round, especially when it is cloudy. Although it may not seem possible, you still will get exposure to the sun and could burn on a cloudy day.

Cancer and Blood Disorders Treatment Center primarily provides chemotherapy 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.

Visit our Website:  
[Cancer & Blood Disorders Treatment Center](#)

### Cancer and Blood Disorders Treatment Center

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Join our Online Community:

