

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

CANCER & BLOOD DISORDERS  
**TREATMENT CENTER**

December 2014

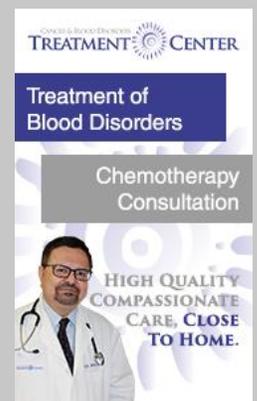
### **A Note From Our Office**

Happy holidays from the whole staff here at Cancer and Blood Disorders Treatment Center! The year has just flown by here and I cannot believe that 2015 is just around the corner.

If you haven't been paying close enough attention your health, it is time to make a resolution to get back on track! Please make it a priority to get an annual physical if you haven't had one in the last 12 months.

We hope everyone has a joyous and fun holiday season!

Happy Holidays!  
-Dr. Meelu



### **Coping with Cancer during the Holiday Season**

The holiday season can be hard for someone who is going through treatment, but there are many ways you can help them through the holiday season. The most important thing you can do is to be flexible.

Even though the holiday season can be jammed packed with events, not every day is a good day for those who are going through treatment. When you can, make allowances for the bad days and reschedule when you can.

## **DID YOU KNOW?**

ONE IN 20 ADULTS IN THE U.S. IS A CANCER SURVIVOR, AND THE  
NUMBER OF SURVIVORS IS GROWING!

### **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.



## 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.

### Around Our Office



# HAPPY HOLIDAYS!

We hope everyone gets to enjoy a fun and festive holiday season!

### Holiday Tips For Cancer Survivors

The holiday season can be a challenging time in many ways- including on your bank account and your waistline. But it can be especially tough cancer survivors, who need to be more mindful of having a healthy and stress free holiday season. Below are some tips to having the best holiday season!

1. Keep an active lifestyle. Physical activity is a great benefit to your health and can make you feel good
2. Tend to your physical needs. Make sure your doctor's appointments are in order for after the holiday season. Make sure you don't push yourself too hard- if you are feeling fatigued, take a break from the festivities.

3. Relax. It is okay to take time for yourself and tend to your mental needs. If you can't make a party or function, don't feel guilty.

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**

3200 Crain Highway  
Suite 302

Waldorf, Maryland 20603  
301-396-9215

**Join our Online Community:**

