

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

CANCER & BLOOD DISORDERS  
**TREATMENT CENTER**

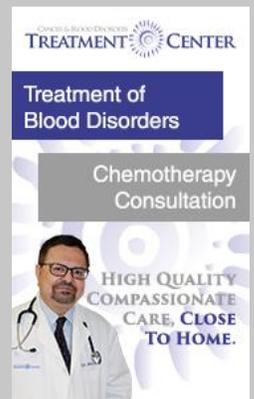
February 2015

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

Welcome to February! We hope you are staying warm throughout the season, even with all of this snow that Southern Maryland has gotten recently!

Did you know that almost 1/3 of all cancer cases in the United States could be prevented by making healthier lifestyle choices? This month is National Cancer Prevention Month. There are plenty of ways you can incorporate healthy habits into your everyday life to help prevent cancer and other diseases. This is also a great time to think about getting back on track if you have slipped away from some of your News Year's resolutions to be healthier.

-Dr. Meelu



### **National Cancer Prevention Month**

February is a great time to focus your attention back to your health and wellness. The best way to deal with cancer is to do everything you can to prevent it from impacting your life. While there are factors that are out of your control, there are lifestyle choices that you can make to lead to the healthiest lifestyle possible. In this issue of our newsletter, you'll find four easy ways to leading a healthier lifestyle and reduce your risk of developing cancer.

## **DID YOU KNOW?**

IN A PERSON WHO HAS QUIT SMOKING, THE CHANCE OF PREVENTING LUNG CANCER DEPENDS ON HOW MANY YEARS AND HOW MUCH THE PERSON SMOKED AND THE LENGTH OF TIME SINCE QUITTING. AFTER A PERSON HAS QUIT SMOKING FOR 10 YEARS, THE RISK OF LUNG CANCER DECREASES 30% TO 50%

### **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?

ONE LARGE STUDY FOUND WOMEN WHO LOST FOUR TO 11 POUNDS AFTER MENOPAUSE HAD MORE THAN A 20% LOWER RISK OF BREAST CANCER COMPARED TO WOMEN WHOSE WEIGHT DID NOT CHANGE.

## HIGH QUALITY TREATMENT, CLOSER THAN YOU THINK

Serving Southern Maryland  
for Over 20 Years



### Tips For Preventing Cancer

Like mentioned above, this month is all about total wellness and doing everything you can to prevent cancer. There are many simple lifestyle improvements you can make in order to becoming healthier and lowering your risk of cancer in your lifetime.

1. Maintain a balanced diet. Your diet should include an abundance of vegetables, mostly especially cruciferous vegetables like kale, broccoli and cabbage. These vegetables have been linked to reduced instances of mouth and stomach cancer. The American Institute for Cancer Research also believes that the lycopene in tomatoes can prevent tumor development.
2. Exercise! Several studies shows that exercise is not only good for your waistline, but can lower your risk of developing colon, breast, prostate and lung cancer. Aim for about 30 minutes of exercise, at least five times a week.
3. Avoid tobacco use. Smoking cigarettes is a major contributor to lung cancer, a leading cause of cancer death.
4. Protect yourself from UV rays. Avoid indoor tanning beds and sunlamps, as those rays are just as damaging as

natural sunlight to the skin. You should also wear sunscreen on a daily basis and avoid the midday sun between 10 AM and 4 PM, when the rays of the sun are the strongest.

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**

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