

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

CANCER & BLOOD DISORDERS
TREATMENT CENTER

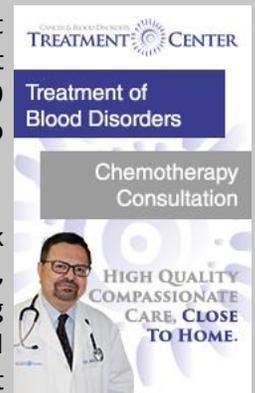
February 2016

A Note From Our Office

Welcome to February! I hope you were able to stay warm and safe especially with the recent blizzard in Southern Maryland. This year marks a leap year and, although February is the shortest month and the only month with a fewer than 30 days, this year February will be bringing in 29 days. That adds on one extra day to the year and one extra day in the month of February to recognize National Cancer Prevention Month.

National Cancer Prevention Month brings awareness to simple ways that you can lower your risk of a cancer diagnosis. Did you know American Institute for Cancer Research reports that, Americans can prevent 1/3 of the most common cancers by staying lean, eating smart, & moving more? Embracing a healthier lifestyle for yourself, is the first step to being a positive role model for yourself, family, and others. In this newsletter you will find tips on how you can stay lean, eat smart, and move more to lower your risk on getting cancer.

- Dr. Meelu



World Cancer Day - February 4th

In addition to February being National Cancer Prevention Month, we also recognize February 4th as World Cancer Day. World Cancer Day's primary objective is to get as many people as possible around the globe to talk about cancer on February 4th. According to www.worldcancerday.org, World Cancer Day is the ideal opportunity to spread the word and raise the profile of cancer in people's minds and in the world's media. There are many ways to support World Cancer Day.

Join Us by Participating in the 'Talking Hand Campaign'! We invite you to join Cancer and Blood Disorders Treatment Center and the global effort to spread the message that 'We can. I can.' take action to help prevent and fight cancer. Using social media to share the 'We can. I can.' key messages, the 'Talking Hands Campaign' is a fun and easy way to get involved in World Cancer Day and show your support.

For more information on the 'Talking Hand Campaign', please visit www.worldcancerday.org.

*Stay Tuned to [Cancer and Blood Disorders Treatment Center Facebook Page](#), we will be joining forces with [Balancelogic](#) (a Southern Maryland based Small Business Solution Company) to show the world that we can get involved in the fight against cancer!

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M. ASHRAF MEELU, MD FACP WELCOMES
DR. RESHMA KHETPAL

CHARLES COUNTY'S FIRST FEMALE
ONCOLOGIST AND HEMATOLOGIST
NOW ACCEPTING NEW PATIENTS

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?

AVOIDING PROCESSED MEAT SUCH AS HAM, BACON, SALAMI, HOT DOGS AND SAUSAGES, AND EATING NO MORE THAN 18 OUNCES PER WEEK OF RED MEATS LIKE BEEF, PORK AND LAMB CAN REDUCE YOUR RISK OF CANCER. SOURCE: AICR.ORG

HIGH QUALITY TREATMENT, CLOSER THAN YOU THINK

Serving Southern Maryland
for Over 20 Years



Eat Smart, Move More, and Stay Lean Tips

Are you wondering how to Eat Smart, Move More, and Stay Lean while at work to lower your risk of cancer? If so, below are a few tips to get you on track:

Eat Smart -

Pack your meals and snacks. Preparing your meals rather than eating out is a start. Pack a lunch each day full of fresh fruits, vegetables, lean proteins and whole grains. It's a good idea to pack a variety to leave you with options and to leave you with additional snacks for later.

Just Say No. We are all tempted to eat a donut from a box of donuts in the break-room, a homemade cupcake your coworker made the night before, or a coworker's famous potluck dish. It is okay to just say no and stick to your healthy snack you packed the night before. You will feel better afterwards for sticking to your plan.

Move More -

Get up out of your seat. If you are at a job where you are constantly stuck behind your desk. Find creative ways to get up out of your seat. For instance, Instead of emailing a co-worker in your office consider walking over to their office or desk to relay your message.

Ditch the Elevator. If you work in an office with more than one floor. Taking the stairs is an excellent office exercise to burn fat, tone muscle, and get your heart pumping.

Stay Lean -

The Double Benefits of Eating Smart + Moving More = Staying Lean. Packing your meals, Just Saying No, Getting up out of your seat, and Ditching the elevator are just the start to getting you on track to staying lean.

Incorporate these tips into your work day and you will be heading in the right direction to lowering your risk of cancer while at work.

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

Cancer and Blood Disorders Treatment Center

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Join our Online Community:

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](#)