

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

CANCER & BLOOD DISORDERS
TREATMENT CENTER

January 2015

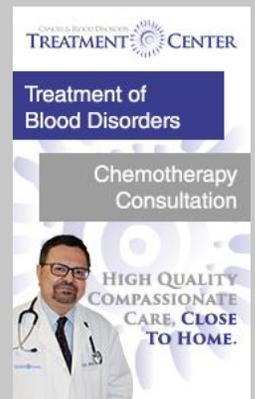
A Note From Our Office

Happy New Year from the whole staff here at Cancer and Blood Disorders Treatment Center! We hope everyone had a wonderful holiday season and are looking forward to the bright year ahead.

The New Year is a great time to get on track with your health. Many times, people will put off doctor's appointments until after the holiday, so now is the time to make those appointments and take care of any issues that may have come up in the last few month.

Happy New Year!

-Dr. Meelu



Healthy Weight Week (January 18–24)

Did you know that more than one-third of U.S. adults (34.9%) and approximately 17% (or 12.7 million) of children and adolescents ages 2-19 years are considered obese? This month features Healthy Weight Week from January 18th to 24th. As everyone is making New Years resolutions to get in shape, it make sense to kick off efforts with a week of planning and preparing!

Before starting any rigorous diet or exercise regimen, you should consult you primary care doctor!

DID YOU KNOW?

IF YOU ARE OVERWEIGHT, LOSING JUST 5-10 PERCENT OF YOUR CURRENT WEIGHT OVER 6 MONTHS WILL LOWER YOUR RISK FOR HEART DISEASE AND OTHER CONDITIONS

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?

EATING A NUTRITIOUS BREAKFAST DAILY WILL JUMP START YOUR METABOLISM! IT ALSO GIVES YOU FUEL FOR THE DAY AND MAKES IT LESS LIKELY THAT YOU WILL OVEREAT LATER.

HIGH QUALITY TREATMENT, CLOSER THAN YOU THINK

Serving Southern Maryland
for Over 20 Years



Tips For Maintaining A Healthy Weight

The holiday season can be tough on your waistline, but it is important to maintain a healthy weight for so many reasons! When you maintain a healthy and ideal weight, you lower your risk of many diseases and illnesses. Below are some tips to help keep the pounds away.

1. Keep an active lifestyle. Regular physical exercise will burn calories and can build muscle. The more muscle you have, the more calories you will burn, even when you aren't exercising.
2. Don't skip breakfast! Make sure you eat something in the morning. It will kickstart your metabolism and give you energy for the morning.
3. Watch your portion control. Portions are getting much bigger than they used to be and these directly leads to weight gain. Make sure your portions are properly sized and if you are going to a restaurant, ask for a box immediately to pack away half of your meal.

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:

