

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

CANCER & BLOOD DISORDERS
TREATMENT CENTER

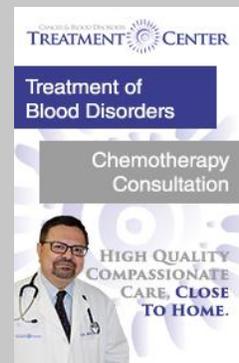


October 2014

A Note From Our Office

The leaves are changing, the weather is getting colder and we are quickly approaching the holiday season. While our lives can get pretty hectic during this time, it is very important to pay attention to your physical and mental health.

October is also Breast Cancer Awareness Month, which is the most common cancer among women worldwide and the second-most common cancer overall. This is a reminder to be vigilant about self-exams as well as scheduling a yearly mammogram if you are a woman over 40.



Breast Cancer Awareness Month

According to The American Cancer Society, about 1 in 8 women will develop breast cancer during their lifetime, which makes awareness so very important. Although doctors have not discovered exactly what causes breast cancer, there are factors that increase your risk.

95% of all new breast cancer cases are in women that are 40 years and older. Being a female is also a larger factor in getting breast cancer as men only account for about 1% of all cases. A family history of breast cancer can also factor into your risk- 5% to 10% of all cases are linked to a genetic mutation passed down through other family members.

DID YOU KNOW?

THE FIRST RECORDED MASTECTOMY FOR BREAST OCCURRED IN
A.D. 548 ON THEODORA, EMPRESS OF BYZANTINE!

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.



Around Our Office



We wanted to share this great picture of the wonderful staff here at Cancer and Blood Disorders Treatment Center!

DID YOU KNOW?

BREAST CANCER SURVIVORS ARE THE LARGEST GROUP OF CANCER SURVIVORS IN THE UNITED STATES!

Prostate and Ovarian Cancer Prevention Tips

While some factors are genetic and based on age, there are several ways to help lower your risk of prostate and ovarian cancer.

1. Get regular exercise. Women who are considered obese (a BMI over 30) have a higher risk of developing ovarian cancer. The same goes for men. Regularly exercising about 30 minutes a day can help you regulate your weight.
2. Maintain a well-balanced diet. Eating fish, like salmon, has been linked to a reduced risk of prostate cancer due to the Omega-3 found in the food.
3. Women who take oral contraceptives for three or more years are 30% to 50% less likely to develop ovarian cancer. Women who give birth are also less likely to get ovarian cancer. Women who have multiple children have a 45% decrease in risk of the cancer.
4. Avoid smoking. This practice in general will lead to a healthier lifestyle and a reduced risk of cancer in the future.
5. Seek medical treatment for stress, high blood pressure, high cholesterol, and depression.

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:

