

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

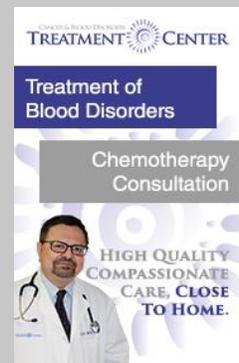
CANCER & BLOOD DISORDERS
TREATMENT CENTER

September 2014

A Note From Our Office

We hope everyone had a wonderful and fun summer! As the seasons begin to change and kids are going back to school, this is a great time to start getting back into our regular routines.

One of those routines should be visiting your primary care physician and making sure you are discussing any concerns you may have with them. For more information and tips throughout the month, please visit our [Facebook](#) page.



Ovarian Cancer & Prostate Cancer Awareness Month

September brings important awareness and reminders about Ovarian and Prostate Cancer. Prostate Cancer is a major health concern for men, especially those who are 50 and older, and is the leading cause of cancer death in men, second only to lung cancer. Around 80% of all cases of Prostate Cancer occur in men over 65 and those with a family history of it are generally more likely to get it.

Ovarian Cancer account for about 3% of cancer among women. Most of the time, ovarian cancer develops after menopause and about half of all cases are women over the age of 63. There are several factors that may lower the risk of ovarian cancer, including breast feeding, pregnancy, and taking birth control.

DID YOU KNOW?

WHEN OVARIAN CANCER IS DETECTED AT AN EARLY STAGE, WHEN THE CANCER REMAINS CONFINED TO THE OVARY, UP TO 90% OF WOMEN ARE LIKELY TO SURVIVE FOR MORE THAN FIVE YEARS!

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 Dr. Meelu and a couple of our patients.

DID YOU KNOW?

FOR ALL STAGES OF PROSTATE CANCER THE AVERAGE 5-YEAR SURVIVAL RATE IS 98% AND THE 10-YEAR SURVIVAL RATE IS 84%!

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:

