

***Experience...Compassion...Excellence...***

***April 2011***

[www.cjoncology.com](http://www.cjoncology.com)

***Rise in Cancer Survivors***

A recent article in [The New York Times](#) indicated that there has been about a 20 percent increase in survivors of cancer over the past six years. About 65% of cancer survivors have lived at least 5 years since diagnosis, 40% have lived 10 years or more, and nearly 10% have lived 25 years or longer. Director of the Center for Disease Control, Dr. Thomas Frieden, found these numbers encouraging, promoting the idea that cancer is a stage in your life you can move on from and that services for survivors need to continue improving.

[Preventing Cancer: A Life Course Approach](#), an article featured by the American Institute for Cancer Research, discusses how and why we should focus on factors which affect cancer risk from an early age. Research suggests that diet, activity level and weight have, at certain times in our lives, a heightened role in either decreasing or increasing our cancer risk.

***Support Resources***

Please take advantage of the information that we provide on the various types of support for patients, family members and loved ones on the [Support Resources](#) page of our website, as well as the literature in our office waiting rooms.

In addition, a list of organizations that offer financial support is available on our [website](#) and in the offices.



**Hematology Resources**

The [National Institute of Health](#) website offers extensive information on various types of blood and lymphatic system disorders, which our hematology patients will find useful. The Platelet Disorder Support Association (PDSA) features [videos](#), [radio recordings and podcasts](#) about ITP. Information about pregnancy and blood disorders is available from the [American Society of Hematology](#).

***National Minority Health Month***

April is National Minority Health Month and an apt time to bring attention to cancer issues facing minorities. The [Office of Minority Health](#) website offers pertinent information on a variety of health topics, including cancer. The [National Minority Quality Forum](#) also offers relevant information. The organization was founded to address the critical need to ensure that high-risk racial and ethnic populations receive optimal health care. The site features specific [resources](#) for different ethnic groups and discusses the [major issues](#) in minority health care reform. Of note, the U.S. Census Bureau has reported that by mid-century there will no longer be a majority population group in the U.S., providing an urgent need to address the unique healthcare concerns of all ethnic groups.

***CJOC Announcements...***

- ◇ Congratulations to Dr. George Karp and Dr. Michael Nissenblatt on being awarded as Top Doctors for Women's Health by *Inside Jersey* magazine for Hematology and Oncology, respectively.
- ◇ Our in-house support group will meet on April 27th at 11am. Please visit our [website](#) for registration information.
- ◇ The 4th annual [Bike Ride for Amy](#) will be held Sunday, June 5th. Fundraising efforts support free screening mammograms for women without insurance.
- ◇ An on-call physician will be available when our office is closed for Memorial Day on May 30th.