

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

**August 2010**

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

**NATIONAL CANCER INSTITUTE CANCER TRENDS PROGRESS REPORT**

The NCI has produced the *Cancer Trends Progress Report* since 2001 to summarize our nation's progress against cancer. [Available online](#) through an efficient and highly informative website, the *Cancer Trends Progress Report* offers facts on a variety of sub-topics such as prevention, early detection, treatment, and life after cancer, as well as visually informative graphs of cancer statistics. While we're in the midst of this year's hot summer months, you may find the *Cancer Trends Progress Report* on [sun protection](#) helpful. Of note, the report found that only 58% of adults say they protect themselves from the sun. This detailed report includes topics such as "Sun Protection and Care," "Groups at High Risk for Getting Too Much Sun," and "Key Issues." The number of new cases of melanoma skin cancer increased between 1975 and 2006, and there were an estimated 68,720 new cases in 2009. More than one million people are diagnosed with basal cell and squamous cell (non-melanoma) skin cancer in the United States every year. Stay informed, and help protect yourself and your loved ones from the negative effects of the sun.

*[Anastrozole](#) (Arimidex) has been added to our list of dispensable medications through our in-house pharmacy.*

**Financial, legal, and insurance concerns** can become especially worrisome for people with cancer and their families. Treatment regimens are costly and time-consuming, and it can be confusing to navigate necessities such as health insurance and disability benefits. The American Cancer Society has put together a wealth of information on these topics for people facing a cancer diagnosis. Please view their [financial and legal](#) page, as well as their [insurance](#) page for helpful information. CJOC also compiled a list of financial assistance programs for our patients. These packets are available in the waiting rooms of both our offices, and are accessible through [our website](#).

**Blogs Uplift Cancer Patients**



In accordance with results from a 2008 study that displayed the positive effects of expressive writing on patients, blogs have recently become a gateway for expression, communication, and support among people with cancer. The blogs vary from humorous to more emotional stories. This [article](#) notes several blogs which may interest you.

**Community Events:** Visit the Jane Voorhees Zimmerli Art Museum in New Brunswick for an intriguing exhibit called [Water](#), starting Sept. 1st.

**"[Love Song](#)," a story written by Dr. Michael Nissenblatt, was recently published in the summer issue of *The Pharos*, a quarterly medical journal.**

***CJOC Announcements...***

- ◇ An on-call physician will be available September 6th when we are closed for Labor Day.
- ◇ Our [in-house support group](#) will meet on Wednesday, August 25th at 11am.
- ◇ Look Good...Feel Better will take place in our EB office on September 13th at 12 noon. The Wellness Community will feature a lecture from Dr. Bruno Fang on October 13th in our EB office. Visit our [website](#) for registration information.
- ◇ We've recently made some changes to our office scheduling hours in order to better serve our patients, and we'd appreciate your opinions. Please fill out our surveys, located in the waiting rooms of our offices.