

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

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HAPPY NEW YEAR

Welcome 2010 with a Personal Commitment to Eat Better!

No single food or food component can protect you against cancer by itself. However, scientists believe that the combination of foods in a predominantly plant-based diet may help. There is evidence that the minerals, vitamins and phytochemicals in plant foods could interact in ways that boost their individual anti-cancer effects. In addition, vegetables, fruits, whole grains and beans are low in calorie-density and protect against weight gain. This could result in protection against those cancers whose risk is increased by higher body fat (cancers of the colorectum, esophagus, endometrium, pancreas, kidney and breast in postmenopausal women). Take your first step by visiting [The American Institute for Cancer Research](http://www.aicr.org) website for specifics on these foods and their cancer-fighting components.

January is Cervical Cancer Awareness Month

Cervical cancer is usually a slow-growing cancer that may not have symptoms, but can be found with a regular Pap test. It is almost always caused by human papillomavirus (HPV) infection. In 2006, the FDA approved [two vaccines to prevent HPV infection](#).

The FDA has approved [Arzerra](#) for patients with Chronic Lymphocytic Leukemia (CLL) whose cancer is no longer being controlled by other forms of chemotherapy.

[CML Earth](#) is an interactive social network dedicated to connecting Chronic Myelogenous Leukemia communities, including patients, patient advocacy groups and healthcare professionals.

Insomnia is Common for Those Undergoing Chemotherapy

Researchers have found that 43% of patients undergoing chemotherapy in a [clinical trial](#) met the criteria for insomnia syndrome (difficulty sleeping three or more times per week for at least a month); and an additional 37% had insomnia symptoms. This rate is approximately two to three times higher than seen in the general population. Patients who are having difficulty sleeping should discuss this with their physician. Medications may help, but should only be used in the short term. View Cancer Net's [Strategies for a Better Night's Sleep](#) for behavioral techniques.

Almost 7,000 women who were diagnosed with breast cancer took part in a [study headed by Blake Cady, MD at Harvard Medical School](#). The findings indicate mammography is one of the most powerful tools we have for improving breast cancer survival rates.

CJOC Announcements...

- ◇ Co-Chaired by Dr. Michael and Mrs. Marlene Nissenblatt, the ACS annual Wine & Roses gala will be held Fri., April 16 at The Palace at Somerset Park. Call Kristen Apen of the ACS at 732.951.6307 for information.
- ◇ Thanks to all who donated gifts for our holiday drive for local hospitals.
- ◇ Reminder, various [Patient Assistance Programs](#) are available.
- ◇ Wellness Community program will be held Jan. 14; our in-house support group Jan. 27; Look Good Feel Better Feb. 8. [Click here](#) for details.
- ◇ An on-call physician will be available when we're closed on Mon., Jan. 18 and Mon., Feb. 15.