

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

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HAPPY NEW YEAR!



*"Write it on your heart that every day
is the best day in the year." ~Ralph Waldo Emerson*

Doctor's Orders...George I. Karp, MD



Patients ask us why we request information regarding race, religion, or ethnic background. The reason is that there are medical conditions that have a genetic component. This means there is a tendency to develop a disease based on genes we may or may not have inherited from our ancestors. One common example is the increased frequency of [breast cancer](#) in women and men of Jewish extraction. Anemia is another disorder which can have a predilection for certain groups of people. One type known as "Mediterranean anemia" or [thalassemia](#), is seen more commonly in people who originate from countries such as Italy or Greece. Variants of this disorder are also commonly seen in people of Asian extraction. [Blood clotting disorders](#) leading to an increased risk of thrombosis are more commonly seen in Caucasian populations from Northern Europe, whereas they are less frequent in Asians and Africans. [Prostate cancer](#) is more common in African-Americans. In addition, prostate cancer in African-Americans may also present at a younger age and it may have a more aggressive course. Physicians who are aware of the racial and ethnic background of their patients can more efficiently arrive at the correct diagnosis, recommend appropriate therapy, and provide counseling to the family and patient.

January is Cervical Health Awareness Month and the [National Cervical Cancer Coalition](#) is leading a global initiative of awareness Cervical Cancer and HPV. Visit their site for information on free or low-cost cervical cancer screening sites.

Inclement Weather...

In case of inclement weather during the winter season, patients with scheduled appointments will receive a phone call from the office as early as possible to notify you of the closing or delayed opening. We will do our best to reschedule your appointments as quickly as possible when the office reopens. Also follow our [Facebook](#) and [Twitter](#) pages for office closing notifications.

Cancer Survivors and a Healthy Weight

The National Cancer Institute recently published a special bulletin on obesity and cancer. With the number of cancer survivors increasing, it is especially important to recognize the impact of maintaining a healthy weight. The NCI discusses this relationship in this [article and video](#).

CJOC Announcements...

- ◇ An on-call physician will be available when we are closed on Mon., Jan. 2nd and Mon., Jan 16th.
- ◇ Thank you to everyone who participated in our Holiday Food Drive.
- ◇ Our [support group](#) for CJOC patients and caregivers takes place on Mon., January 30th at 11am in our E. Brunswick office. No registration is required.
- ◇ [Look Good...Feel Better](#) takes place February 13th at 12pm in our E. Brunswick office. Registration is required. Call ACS at 1.800.2345, option #4.