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March 2011

www.cjoncology.com

Colorectal Cancer Awareness Month

March is National Colorectal Cancer Awareness Month and the National Cancer Institute Cancer Bulletin has featured a clinical trial on preventing polyps after colon cancer resection surgery. The trial, although controversial, proposes that the statins found in cholesterol medications could also protect against colorectal cancer. Prior studies on this topic have found varying results, which is why the NCI developed this trial. Although surgical resection alone is successful in curing most patients with early-stage colon cancer, many patients will develop non-cancerous tumors within three years of surgery. These can become cancerous if not removed. This trial aims to test the efficacy of statins in those with a high risk of developing colorectal tumors, specifically those already treated for early-stage colon cancer. Visit the Colon Cancer Foundation to find support and information for colon cancer patients.

“A Night of Wine & Roses”

Co-chaired by
Dr. Michael and Mrs.
Marlene Nissenblatt, the



annual
ACS
fund-
raising
gala will
be held
Friday,

April 1st at The Palace at Somerset Park. This year, the event is honoring *the Head & Neck Oncology Group of Central Jersey at Saint Peter's University Hospital; Linda Mazzella, the Director of Community and Physician Relations at Raritan Bay Medical Center; and Michael Schaff, Esq., specializing in health and hospital law.* We offer our gratitude and congratulations to these worthy honorees. For information about the gala, please contact Kristen Apen of the ACS at 732.951.6307 and you may also visit the [ACS event page](#).



Spring into motion...

After shoveling our way out of winter, it's time to kick off Spring!



- ◆ Keep in mind if you have not been as active during the winter and [ease into exercising](#).
- ◆ Consider your [health](#) and [age](#).
- ◆ Exercising can fight against [depression and anxiety](#).
- ◆ Keep it fun and simple—enjoy NJ scenery while exercising by exploring your local [New Jersey parks](#).



National Nutrition Month



The theme for [National Nutrition Month](#) 2011 is “Eat Right With Color,” designed to focus attention on the importance of making informed food choices such as including fruits and veggies to add color to your plate.

The American Institute for Cancer Research features [Health-e-Recipes](#), which you can subscribe to for tasty, healthy recipes such as this [Chocolate Chai](#).

CJOC Announcements...

- ◆ “Look Good...Feel Better” will take place on March 28th at 12pm and our in-house support group will meet on March 30th at 11am. Please visit our [website](#) for registration information.
- ◆ Dr. George Karp will present a workshop for The Wellness Community in our East Brunswick office on April 1st. Registration is required. Please call The Wellness Community at 908.658.5400 to register.