

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

**March 2010**

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

*National Colorectal Cancer Awareness Month*

When colorectal cancer is detected early, it can often be cured. Treatment options vary from patient to patient. However, after treatment, it is important for all patients to speak with their doctors about follow-up care in order to monitor recovery for the coming months and years. Visit [cancer.net](http://cancer.net) for more information.

*National Nutrition Awareness Month*

A healthy lifestyle should be a focus in everyone's life, and eating right is an important component of good health. Watching portion size can help cut back on sugar, fat, and caloric intake. Fruits and vegetables have nutritious value, and there is a lot of evidence which suggests a diet rich in plant foods reduces the risk of cancer.



For more information, read about the [ACS Great American Eat Right Challenge](#).

***Blood Disorders & Pregnancy*** Women with established blood disorders who become pregnant, and women who develop blood disorders during a pregnancy, often need to be followed by a hematologist. Anemia, clotting disorders, and ITP are among some common blood disorders associated with pregnancy. Blood tests usually need to be performed regularly so that your CJOC physician can monitor your results and prescribe treatment or medication if necessary. Your hematologist will generally follow with you throughout the pregnancy, and then indicate a post-pregnancy plan of care. Visit the [American Society of Hematology](#) or the [Platelet Disorder Support Assn.](#)

**IMPORTANT INFORMATION!**



We have recently implemented several changes at CJOC to provide more efficient care for our patients:

◆ **Telephones.** It is important to *listen to our entire message*, as we have changed our prompts. A triage nurse will be available immediately for patients who are experiencing fever greater than 100.5°, bleeding, pain or uncontrolled nausea. For other symptoms, questions or medical concerns, please leave your message and our triage nurse will return your call within one hour.

◆ **Scheduling.** It is necessary that you have a scheduled appointment for *all services, including laboratory appointments.*

◆ **Prescription Refills.** Please contact your pharmacy for all non-narcotic refills - they will contact CJOC. For all narcotic refills, an office visit with your CJOC physician or nurse practitioner is required.

[Click here](#) for more detailed information. We appreciate and thank you for your assistance in following these procedures.

***CJOC Announcements...***

- ◆ Co-chaired by Dr. Michael and Mrs. Marlene Nissenblatt, The ACS annual Wine & Roses gala will be held Fri., Apr. 16th. Contact Kristen Apen of the ACS at 732.951.6307.
- ◆ Dr. Nissenblatt will speak for the Wellness Community's program [Frankly Speaking About New Discoveries in Cancer](#) in our East Brunswick office on March 23rd at noon. To register, call 908.658.5400.
- ◆ Our in-house support group will meet March 31st. [Click here](#) for details.
- ◆ CJOC will host *Look Good Feel Better* on April 19th. [Click here](#) for details.
- ◆ An on-call physician will be available when our office is closed on Apr. 2nd.