

Cancer Treatment Entails More Than Meds

Cancer Health editor Trent Straube introduces the spring 2023 issue, including articles on treatments, exercise, clinical trials and more.

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Pills, infusions, chemo, CAR-T therapy, Mohs surgery, checkpoint inhibitors, radiation. The list of cancer treatments continues to grow. But achieving optimal outcomes entails more than taking meds—and that’s the topic our spring 2023 issue of Cancer Health explores. A few highlights:

Almost everyone with cancer wants to know what to eat while on treatment. As our editor-at-large, Bob Barnett, reports, there is little specific dietary guidance—but new research is emerging. Go [here](#) for more details, including the promise of precision nutrition—diets tailored to individual genomic profiles to starve tumors.

What about exercise? Our Care & Treatment section, rounds up [research on working out](#), along with news from major annual conferences on [breast](#) and [blood cancers](#); plus, it features a [summary of newly approved treatments](#).

Clinical trials offer access to experimental therapies. Chase Griffith enrolled in such a trial when his kidney cancer returned and metastasized. To learn what happened next, read his [Kidney Cancer Diary](#).

“When patients are enrolled in a clinical trial, they get more monitoring than is the standard of care,” says Kami Pullakhandam, a clinical research coordinator at UCSF who is profiled for Your Team. Go [here](#) to learn more about her role in cancer care, and see Resources [here](#) for information on clinical trials.

Not everyone with cancer has the option of being cured. Catherine Wreford Ledlow, a former Broadway dancer and our cover subject, was diagnosed with terminal brain cancer nearly 10 years ago. As she explains, “I don’t even get to say ‘Five years? Yep, I’m in remission.’ You can’t ever be in remission.” But you can be in the spotlight! She returned to the stage and, with her best friend, Craig Ramsay, even won last year’s Amazing Race Canada. Go [here](#) for an inspiring tale of intense rehearsals and resilience. Amazing, indeed!
