

Trends in Treatment: A Message From the Editor of Cancer Health Spring 2025

Cancer Health's spring 2025 issue unpacks treatment trends and spotlights a range of patient experiences.

March 10, 2025 By [Trent Straube](#)

A cancer diagnosis invariably sets off a stream of daunting questions and decisions. Foremost among them are those surrounding treatment options. Our spring 2025 issue unpacks treatment trends and spotlights a range of patient experiences.

Arizona middle school teacher Teri Wight, featured on our cover, was diagnosed with a rare type of kidney cancer in 2014. Because much about her illness is unknown, she and her doctors couldn't rely on well-established treatment protocols. [Go here](#) for Wight's story and the lessons she shares—they're relevant for every type of cancer.

Medical oncologists, like Ibrahim Azar, MD, are well-versed in treatment. As the specialists coordinating your care, they're what he calls the "quarterbacks" of the team. Get to know more in our [Your Team profile](#).

A welcome shift in treatment has been the trend toward less aggressive surgery, radiation and medication regimens. This can result in fewer side effects and improved quality of life. Our science editor, Liz Highleyman, analyzes this paradigm shift in our [feature](#).

What if it's best not to treat your cancer at all? When Howard Wolinsky was diagnosed with prostate cancer in 2010, doctors said they could cure him by removing the gland, albeit with potentially harsh side effects. Wolinsky did his research and decided on a then-emerging modality called active surveillance, in which the cancer is monitored. Read his [Voices essay](#) to see how that turned out.

A similar approach, called “watch and wait,” often applies to people with chronic lymphocytic leukemia, like Edward Ratner, MD. Eventually, Ratner did begin treatment, which he details in our [Diary](#), including his “Rules for Success.”

Turn to our Care & Treatment column, which highlights new [research on blood](#) and [breast cancers](#) (presented at the ASH and SABCS conferences) and also includes a [roundup of newly approved drugs](#).

Finally, fill out our [Survey](#) to share your treatment experiences.

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