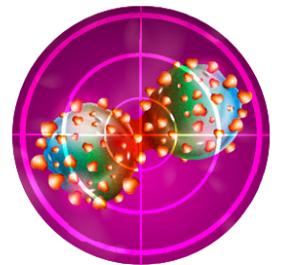


Modern Medicine Advances in the Fight Against Cancer

Living life with cancer is unique for each person because no two lives are lived exactly the same. Regardless, it is important for all people with cancer to take steps to stay healthy, both physically and emotionally. If you are ready to clear up your curiosity on how to THRIVE while alive after a cancer diagnosis, read on! Be sure to make note of treatments you have questions about for your PCP to review.

Targeted Therapies Are the Disruptors We Want

These treatments work by specifically targeting the unique characteristics of cancer cells, disrupting their growth and survival mechanisms while minimizing harm to healthy cells. By tailoring treatments to the individual's specific cancer type, targeted therapies offer improved efficacy and reduced side effects, leading to better outcomes and enhanced quality of life for patients. The FDA has approved targeted drug therapy drugs for the treatment of some people with certain types of cancer. Your physician is the best source to consult with regarding this treatment.



Immunotherapy Trains the Body for Greater Defense

By harnessing the power of the body's immune system, immunotherapy drugs help to unleash an immune response against cancer cells, effectively "training" the body to recognize and destroy them. This approach has shown remarkable success in treating various types of cancers and has even resulted in long-term remission and cure for some patients. There are several main types of immunotherapies used to treat certain cancers, and many are being studied.

Liquid Biopsies Can Mean Less Pain for More Answers

During a liquid biopsy, the doctors take a small sample of your blood, then study the cells and DNA in the blood to see if there are any signs of cancer. Liquid biopsies reveal any cancer cells floating around in your blood or if there are certain changes in the DNA that are related to cancer. This information helps the doctors understand more about the cancer, how it is changing and how they can treat it. While liquid biopsies are still new and are not yet available for most types of cancer, they are being used more often for people with non-small cell lung cancer (NSCLC).

Slow the Spread with Hormone Therapy

Hormone therapy tries to stop or slow down the growth of cancer cells by affecting those specific hormones that may be contributing to the spread of cancer. To accomplish this, doctors will administer medicines or treatments to help with the therapy. Some medicines might lower the amount of certain hormones in your body while others might block the hormones. Hormone therapy is used to treat prostate and breast cancers that use hormones to grow. Hormone therapy is most often used along with other cancer treatments. The types of treatment that you need depend on the type of cancer, if it has spread and how far, if it uses hormones to grow, and if you have other health problems.

Bone Marrow Transplants is New, Fertile Soil for Immunity

A bone marrow transplant is a special treatment that can give new and healthy bone marrow to someone who needs it. The new bone marrow comes from a person called a donor. The donor is usually a family member or someone who matches your bone marrow well. Before the transplant, you might need to receive some strong medicines or treatments to prepare your body. Afterwards, the new bone marrow makes healthy new cells that

can help fight the cancer or replaces old ones for a better anti-cancer defense. Bone marrow transplants have emerged as a valuable treatment for certain cancers, such as lymphoma, myeloma, specific types of leukemia and more. Your physician is always the best source for treatment guidance.

Solution to Drug Resistance is Found in Genome Sequencing

Precision medicine and genomic sequencing have allowed researchers to better understand the genetic mutations that drive cancer development. This knowledge has paved the way for personalized medicine, where treatments are tailored to the specific genetic makeup of each patient's tumor.

Collaborative Care Teams are Creating a New Culture of Care

Oncology continues to make incredible strides, providing a myriad of treatment options to cancer patients which has set an impressive tone across the field of medicine. Multidisciplinary teams of oncologists, surgeons, radiologists and researchers working collaboratively to develop novel approaches and improve treatments for patients is more than hopeful, it is a reality. These remarkable advances in cancer treatments and medications are a testament to the dedication, perseverance and commitment of scientists, clinicians and researchers worldwide. As we continue to unravel the complexities of cancer, we can approach the future with renewed optimism, knowing that each new discovery brings us one step closer to more effective treatments, better survival rates and ultimately, a more well life for those who have been diagnosed with this otherwise aggressive condition. There is hope!

Other treatments that have shown progress in their contribution to better outcomes and improved quality of life for cancer patients, include:

- Radiation therapy
- Surgical techniques
- Supportive care

Together, the modern advances in cancer treatment, widespread education, regular cancer screenings, and embracing healthy lifestyle choices form a powerful arsenal in the battle against cancer. By staying informed, proactive, and making positive changes in our lives, we can prevent cancer, detect it early and effectively fight against it. Let's continue to push boundaries, support research and prioritize our health to pave the way for a brighter, cancer-free future.



If you are enrolled in Cook County's health insurance plan through Blue Cross and Blue Shield of Illinois, there are a variety of resources available to learn more about where to go to receive screenings, diagnosis and or treatment options.

Whether you are enrolled in the PPO or HMO plan, it is best to either call the BCBSIL Health Advocate number on your BCBSIL member ID card, to learn if a referral is needed to see a specialist and or to find a provider considered in network. Or you can go digital and login or create an account on Blue Access for MembersSM (BAMSM) at bcbsil.com or text "BCBSIL" to 33633 to download the BCBSIL mobile app, and use the Provider Finder[®] tool to search for doctors and hospitals near you that are considered in network. It's best to choose a provider that's in your plan network so you get the most from your plan coverage. It's best to choose a provider that's in your plan network so you get the most from your plan coverage.