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A change in your voice...recurrent sore throats, bronchitis or pneumonia...shortness of breath, wheezing...swelling in the neck or face...difficulty swallowing.

Testing: When a patient has such symptoms, diagnostic testing is warranted. This typically includes microscopic analysis of cells in sputum, *bronchoscopy* (fiber-optic airway exam) and/or chest X-ray. If findings are suspicious, a patient usually is given a *low-dose spiral computed tomography* (CT) scan, which creates a detailed three-dimensional image from a series of X-rays. A tissue biopsy also may be done.

NEW HOPE FOR PATIENTS

Emerging therapies are improving the odds for lung cancer patients. Advances have occurred in the areas of...

Targeted drug therapies. Unlike chemotherapy, which affects the whole body, targeted therapies help stop cancer cell growth while sparing healthy tissues. *Example:* The medication *bevacizumab* (Avastin) blocks formation of the blood vessels that feed non-small cell cancer tumors. Though not a cure, such treatment helps prolong lives.

Chemotherapy. Improved drugs help patients live longer and more comfortably, with less nausea, hair loss or other side effects.

Radiation. Newest techniques deliver higher radiation doses to tumors while minimizing damage to surrounding tissues.

Surgery. Non-small cell cancer patients generally have better survival rates when tumors and surrounding lung tissue are removed. *New:* Video-assisted thoracic surgery techniques make this extensive operation less invasive, reducing pain and speeding recovery.

More information: National Lung Cancer Partnership, 608-233-7905, www.nationallungcancerpartnership.org. Click on "clinical trials information" to learn about ongoing research on the latest therapies.

Lighten Up Your Lunch

For a midday meal that's packed with taste and nutrition but naturally low in calories, try these lighter versions of traditional lunchtime favorites.

BETTER-FOR-YOU BAGEL

RECIPE: Cut a **whole-grain bagel** in half and scoop out the inside. Inside each half, spread 1 Tbsp. of **low-fat cream cheese**, add 1 oz. of **smoked salmon**, and top with chopped **tomato** and **onions**.

Benefits: Fiber for good digestion from the bagel, heart-healthy omega-3 fatty acids from the salmon, and cancer-fighting phytonutrients from the tomato and onion.
Calories saved: About 150, compared with a whole bagel and regular cream cheese.

ON-THE-GO TRAIL MIX

RECIPE: Mix 1/4 cup each of **walnuts**, small **multigrain pretzels**, broken **whole-grain crackers** and **dried banana chips**.



Benefits: Energizing protein plus omega-3s from the nuts, magnesium to regulate heartbeat from grains, and potassium for blood pressure control from the banana.
Calories saved: At least 100, compared with trail mix with raisins and chocolate chips.

PERFECT PASTA PRIMAVERA

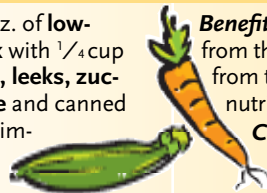
RECIPE: Cook and drain 3 oz. of **whole-wheat linguini**. Steam 1/4 cup each of chopped **broccoli**, **cauliflower**, **mushrooms** and **red bell pepper** until tender. Toss pasta and vegetables with 1/2 cup jarred **marinara sauce**, heated. Top with 2 tsp. grated fresh **parmesan cheese**.

Benefits: Protein plus complex carbohydrates to stabilize blood sugar from the pasta, antioxidants from the vegetables and sauce, and bone-strengthening calcium from the cheese.
Calories saved: At least 150, compared with pasta with a creamy Alfredo sauce.



SUPER VEGETABLE SOUP

RECIPE: Combine 12 oz. of **low-sodium vegetable stock** with 1/4 cup each of chopped **carrots**, **leeks**, **zucchini**, shredded **cabbage** and canned **cannelloni beans**, and simmer 10 minutes. Serve chunky or puréed.



Benefits: Immune-boosting beta-carotene from the carrots, folate for brain function from the beans, and anticancer phytonutrients from all the vegetables.
Calories saved: About 150, compared with a cream-based soup.

SAVVY CHEF'S SALAD

RECIPE: Toss together 2 cups of **mixed leafy greens** and 1/4 cup each of **chickpeas** and chopped **artichoke hearts**. Top with a sliced **hard-boiled egg**, 2 oz. of sliced cooked **chicken breast**, 1 Tbsp. of crumbled **feta cheese** and 2 Tbsp. of **olive oil-based dressing**.

Benefits: Vision-protecting lutein from the greens, immune-boosting zinc from the chickpeas and chicken, manganese for thyroid function from the artichokes and bone-building vitamin D from the egg.
Calories saved: At least 350, compared with a restaurant-style chef's salad.

TUNA MELT MAKEOVER

RECIPE: Combine 3 oz. of drained canned **water-packed tuna** with 1 Tbsp. of **fat-free mayonnaise**. Stir in 2 Tbsp. each of diced **onions** and **celery**. Spoon tuna onto 2 **whole-grain English muffin** halves and top each with a slice of **low-fat cheese**. Broil just until cheese melts.



Benefits: Protein and heart-healthy omega-3s from the tuna, vitamin K for wound healing from the celery, and calcium for blood pressure control from the cheese.
Calories saved: At least 150, compared with a tuna melt made with regular mayonnaise and full-fat cheese.

Bottom Line Women's Health interviewed Lisa R. Young, PhD, RD, adjunct professor of nutrition at New York University and a dietitian in private practice, both in New York City. She is the author of *The Portion Teller Plan* (Broadway), www.portionteller.com. Dr. Young is a member of the **Bottom Line Women's Health** advisory board.