

**LAMPIRAN 1**  
**THE STAR (BODY, MIND & SOUL) : MUKA SURAT 8**  
**TARIKH : 5 JUN 2018 (SELASA)**



Plantar FXT Compression Socks aid in pain management and relief from plantar fasciitis and Achilles tendinitis.

## Soothing socks for painful feet

THE innovative Plantar FXT Compression Socks by Thermoskin Walk-On is officially changing the way people prevent, manage and live with painful foot conditions.

These are growing at alarming rates and include heel pain, plantar fasciitis and circulation issues.

Thermoskin Walk-On is the latest in foot care support products from the leading support company in Australia.

Thermoskin was developed to revolutionise the treatment of soft tissue and pain management.

Close partnerships with the Australian Institute of Sport (AIS) and the Australian Physiotherapy Association (APA) establishes Thermoskin as the category leader in orthopedic support products globally.

Plantar FXT Compression Socks aid in pain management and relief from two major causes of foot pain, which are plantar fasciitis and Achilles tendinitis, the main causes for arch pain and heel spurs.

They also work well for those with flat feet, who feel pain and discomfort when standing, walking or running for long periods.

Plantar FXT Compression Socks are perfect for people constantly on their feet who require extra support and comfort, such as nurses, athletes and medical professionals.

By combining medical grade support with

comfort, the Plantar FXT Compression Socks provides a welcome relief for sufferers of plantar fasciitis, heel and arch pain, and can be worn everyday and while exercising.

The anatomically designed compression zone targets key ligaments, providing support to the plantar fascia attachment by unloading the stress, the foot arch, and the Achilles tendon.

Plantar FXT socks come in three designs — white ankle socks, black crew socks and black calf socks, to suit all occasions.

Plantar FXT Compression Socks has a special deal for everyone to experience the comfort and relief that the socks provide.

Also, these socks will provide active runners the necessary support to be at their best, either when training or in a race.

Genuine Thermoskin Walk-On FXT socks are made with high quality medical-grade materials that have been clinically tested — beware of cheap online imitations.

Besides purchasing one for yourself, get one for your parents, too.

These socks are available at AA Pharmacy, Alpro Pharmacy, Wellings Pharmacy-Png, Independent Pharmacy or online at <http://www.lushnblush.com/>

■ For details, visit <http://www.thermoskin.com/products/range/walk-on-support/> or e-mail [info@newage.my](mailto:info@newage.my)



# Gene test could avoid chemo for many breast, lung cancers

By Kerry Sheridan

TWO major studies released on Sunday show that many people with breast and lung cancers may forgo chemotherapy and still live longer, signalling a waning need for what was long seen as the standard of cancer care.

The findings were released at the American Society of Clinical Oncology (ASCO) meeting in Chicago, the world's largest annual cancer conference.

The first study, described as the largest breast cancer treatment trial to date, found the majority of women with a common form of breast cancer may be able to skip chemotherapy and its toxic, and often debilitating, side effects after surgery depending on their score on a genetic test.

As many as 65,000 women in the US alone could be affected by the findings.

Until now, women have faced considerable uncertainty about whether to add chemo to hormone therapy after a diagnosis with hormone-receptor positive, HER-2 negative breast cancer when found at an early stage, before it has spread to the lymph nodes.

"With results of this groundbreaking study, we now can safely avoid chemotherapy in about 70 per cent of patients who are

diagnosed with the most common form of breast cancer," said co-author Kathy Albain, an oncologist at Loyola Medicine in a Chicago suburb.

A 21-gene test called Oncotype DX, available since 2004, has helped guide some decisions on proper care after surgery.

A high recurrence score, above 25, means chemo is advised to ward off a recurrence, while a low score, below 10, means it is not.

The current study focused on those whose scores were in the middle range, from 11 to 25.

More than 10,000 women, aged 18 to 75, were randomly assigned to receive chemotherapy followed by hormone therapy, or hormone therapy alone.

Researchers studied their outcomes, including whether or not cancer recurred, and their overall survival.

"For the entire study population with gene test scores between 11 and 25 — and especially among women aged 50 to 75 — there was no significant difference between the chemotherapy and no chemotherapy groups," said the findings, published in the *New England Journal of Medicine*.

The results show all women over 50 with a recurrence score of zero to 25 can be spared chemotherapy and its toxic side effects.

For women under 50 with a score of zero

to 15, chemo can be skipped.

However, among younger women with scores of 16 to 25, outcomes were slightly better in the chemotherapy group, so in those cases doctors may urge patients to consider a chemo regimen.

The results "should have a huge impact on doctors and patients," Albain said.

"We are de-escalating toxic therapy."

According to first author Joseph Sparano of Montefiore Medical Centre in New York, "any woman with early-stage breast cancer 75 or younger should have the test and discuss the results" with her doctor.

Breast cancer is the leading cause of cancer death in women worldwide, causing some 1.7 million new cases annually and over half a million deaths.

The study's primary funding came from the US National Institutes of Health.

The second study tested a form of immunotherapy against chemo, in the most common lung cancer worldwide, known as non-small-cell lung cancer.

It found that Merck pharmaceutical's drug Keytruda (pembrolizumab) — which famously helped former US president Jimmy Carter stave off advanced melanoma that had spread to his brain — helped lung cancer patients live four to eight months longer than chemo.

More than 1,200 people enrolled in the

study, the largest clinical trial to date of pembrolizumab as a stand-alone therapy for lung cancer. The drug was approved in 2014 for melanoma and in 2015 for lung cancer.

"These are responses that are unlike anything we have seen in the past for non-small-cell lung cancer," said lead author Gilberto Lopes, a medical oncologist at the University of Miami Health Centre.

Still, he acknowledged that most patients with this form of advanced cancer will die within months, and "we need to do a lot more work."

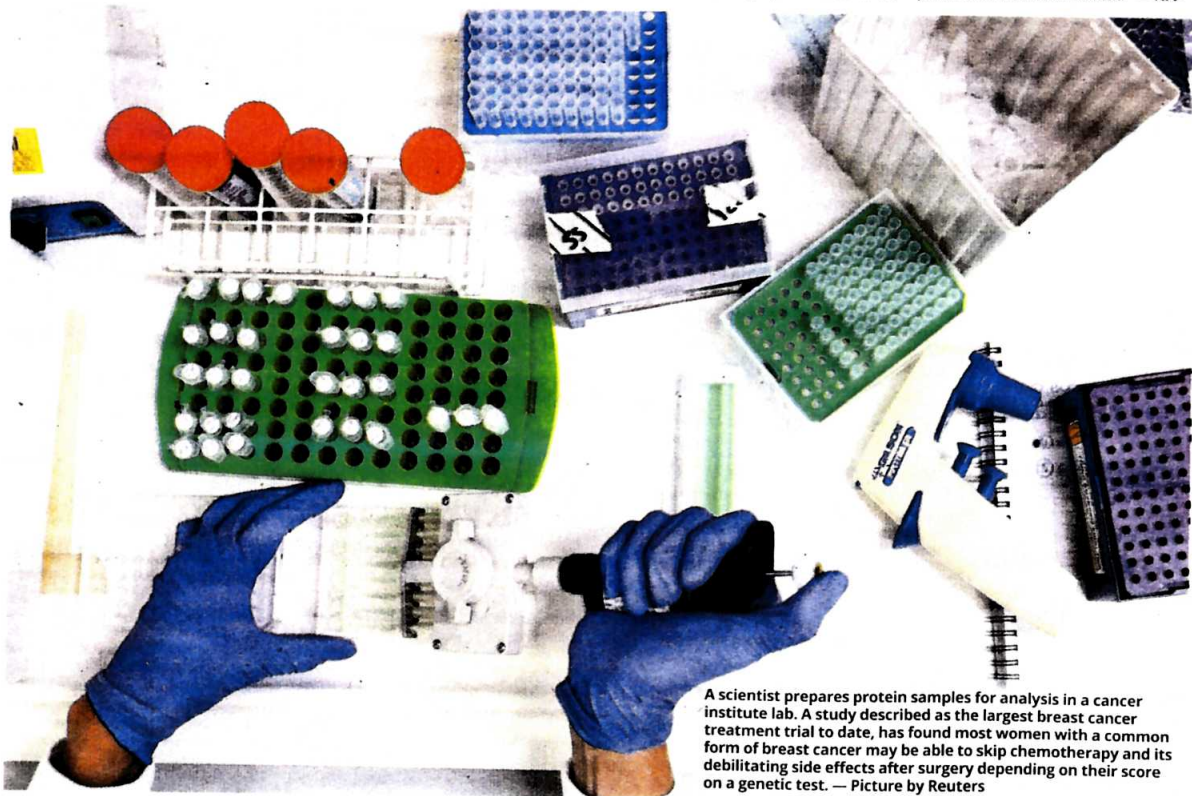
Lung cancer is the leading cause of cancer death worldwide, taking 1.7 million lives per year.

John Heymach, a professor at the University of Texas MD Anderson Cancer Centre who was not involved in the Merck-funded study, described it as a "true milestone" and "a real important advance for patients".

"We are now leaving an era where the only choice for non-small-cell lung cancer patients was to start with chemotherapy," he told reporters at the ASCO conference.

"Now, the vast majority of patients can potentially receive benefits from immunotherapy instead," he added.

"Immunotherapy is here to stay for the vast majority of non-small-cell lung cancer patients as a first-line treatment." — AFP



A scientist prepares protein samples for analysis in a cancer institute lab. A study described as the largest breast cancer treatment trial to date, has found most women with a common form of breast cancer may be able to skip chemotherapy and its debilitating side effects after surgery depending on their score on a genetic test. — Picture by Reuters

**LAMPIRAN 3**  
**UTUSAN MALAYSIA (LUAR NEGARA) : MUKA SURAT 12**  
**TARIKH : 5 JUN 2018 (SELASA)**

Kajian terbaharu melibatkan pesakit kanser payu dara tahap awal

## Rawatan kemoterapi tidak diperlukan?



■ CHICAGO 4 JUN

**K**AJIAN terbaharu mendedahkan sebanyak 70 peratus wanita yang disahkan menghidap kanser payu dara tahap awal tidak perlu menjalani rawatan kemoterapi.

Kajian selama 10 tahun itu mendapati golongan wanita yang menjalani ujian gen ulangan kanser dengan keputusan risiko kanser tahap awal dan pertengahan berulang yang dihadapi lebih 85,000 wanita setiap tahun boleh mengelak menjalani rawatan

kemoterapi.

Ketua Perubatan dan Saintifik Pertubuhan Kanser Amerika Syarikat (AS), Dr. Otis Brawley berkata, pihaknya gembira dengan keputusan itu kerana sering bimbang terhadap kesan sampingan rawatan kanser dan rawatan yang tidak diperlukan.

"Kini melalui ujian genom kami mendapati terdapat pelbagai jenis kanser payu dara dan kami berjaya menyesuaikan terapi dengan jenis kanser payu dara yang dihidap oleh golongan wanita," katanya.

Keputusan tersebut adalah ujian rawatan kanser payu dara yang terbesar pernah dilakukan,

lapor *Washington Post* yang dipetik oleh portal *Daily Mail*.

Kajian bermula pada 2006 dengan penglibatan lebih 10,000 wanita yang disahkan menghidap kanser payu dara tahap awal selain mengikuti perkembangan rawatan selepas pembedahan di negara ini dan lima negara lain.

Pakar Onkologi Universiti Stanford, Allison Kurian berkata, pihaknya telah bertahun-tahun menunggu keputusan ujian itu.

"Keputusan ini akan mengubah jenis rawatan yang diperlukan dan membolehkan golongan wanita membuat keputusan yang tepat," jelasnya.

Sementara itu, Pengarah Ber-

sekutu Program Penilaian Terapi Institut Kanser Kebangsaan, Dr. Jeffrey Abrams memberitahu, penemuan tersebut menunjukkan terapi hormon dan kemoterapi tidak memberi sebarang faedah kepada pesakit yang dalam kumpulan risiko pertengahan.

"Ini akan memberi bantuan dan sokongan kepada pakar onkologi dan pesakit untuk membuat keputusan tentang rawatan terbaik untuk mereka," katanya.

Kejayaan penyelidikan itu telah diserahkan kepada Majlis Onkologi Klinikal Amerika di sini semalam dan penemuan tersebut disiarkan dalam jurnal *Medicine New England*.

**KAJIAN**  
mendapati  
penghidap kanser  
payu dara tahap  
awal kini tidak perlu  
menjalani rawatan  
kemoterapi.  
- AGENSI