

Raising hope

Recently I enjoyed a memorable day climbing the Sydney Harbour Bridge with some amazing women – all breast cancer survivors raising funds to bridge the gap between breast cancer funding and research. Shortly afterwards, researchers in the US announced they may have made the kind of breakthrough everyone's been hoping for: a woman riddled with aggressive metastatic breast cancer now appears to be entirely cancer-free, thanks to immunotherapy. We reported on this exciting new treatment back in February/March 2017. It's fantastic to imagine we may finally be witnessing a cancer cure.

This issue we're looking at another kind of frontline medical innovation: DNA testing. It's now available in Australia for the curious and the concerned using the Garvan Institute's cutting-edge research.

The burning question is: what would you do if you knew you carried a gene that predisposed you to developing cancer, diabetes or heart disease? Would it change the way you live? The evidence shows that your best defence is embracing a healthy lifestyle. And at *Prevention*, we're here to help you live your healthiest, happiest life.

One surprising ingredient in this equation is friendship. As we report this month, friendship is a powerful tool in staying happy and may even help us live longer. Turn to page 87 to find out more.

This issue's filled with healthy, inspiring ideas. Enjoy!


ANDREA DUVALL
EDITOR



what we're loving...

MIXING YOGA WITH MEDITATION

A yoga class that finishes with 15 minutes of meditation is a great way to instil calm and balance – it's our lunchtime happy place.



LOOKING AFTER THE DOWNTRODDEN

Our hardworking feet are finally getting the love they crave with shoes designed by a podiatrist. And they don't look like nanna's! frankie4.com.au



KEEPING A HEAD

We're getting weekend time back by skipping those monthly hairdresser visits to touch up the greys. Our solution? The Shade – an at-home tinting kit that is delivered to your letterbox whenever you need it. theshade.com.au

