



OVARIAN CANCER VACCINE MAY SEE SUCCESS

A breakthrough ovarian cancer vaccine could soon save the lives of women with the late stages of the disease. Cancer Treatment Centers of America, located in suburban Chicago, is accepting 42 patients with chemotherapy

resistant ovarian cancer for medical testing, the CTCA tells TCW. The vaccine, called o-Vax, was initially developed by a research group at Thomas Jefferson University. It uses cells from a patient's tumors to stimulate immune cells so they'll attack the existing cancer.

Ovarian cancer is the eighth most common type of cancer among women, and the fifth leading cause of cancer-related deaths. It's a complex disease that's hard to detect in its early stages and often resistant to chemotherapy treatments. A number of studies have tried to find a vaccine for ovarian cancer, but this type of treatment has never been tested with the specific disease – so the hopes of health professionals and patients alike are high.

Testing of the procedure been fully approved by the U.S. Food and Drug Administration, but because it's still in its first and second phase of study, it's not likely to become mainstream any time soon. **Melissa Sirrine**



THE GAME IS AFOOT

Forbes recently published an article on the effectiveness of detox foot spas. Priced from \$250-\$3,000, these spas claim to cure a variety of ailments, mostly joint pain. One retailer, Gaiam, claims their \$250 model works by "extracting toxins from your body through the 2,000 pores in your feet." But Renee Scola, MD, an internist at Northwestern Memorial Hospital, dismisses this. "The liver, the excretory system, the digestive system, these are intricate organs that perform many functions and you can't replicate that with a foot spa," she says. Even the healthiest person can't altogether avoid foreign toxins, so your best bet is to simply eat right, drink enough water and get enough exercise. "Good hard exercise, steam rooms or saunas will pull out more toxins because your body is producing sweat," says Heather McCombs, DPM. The best thing to remember with any health fad is the old adage: if it seems too good to be true, it probably is. **Liz Miller**



GOING GRACIOUS TO GO GREEN

Mario Tricoci wants to help the earth and your wallet stay green. In June, the salon chain premiered the Refill & Save Green program, encouraging customers to save and reuse their shampoo and conditioner bottles. Exclusively offered for Mario's MATCH line of shampoo and conditioner, refills will be granted a 15 percent discount off original shelf prices. Refills are available to all salon customers and no additional fees apply. The salon predicts that within a year, this program could potentially save the earth from an average of 22 bottles per customer. The program is not a limited-time promotion, but intended as a new practice for the salon altogether. So the next time you're running low on shampoo and conditioner, remember that buying Mario's products will do more than make you beautiful; it will help keep Mother Nature beautiful, too. Mario Tricoci, 900 North Michigan Avenue. **Liz Miller**