Cancer drug costs, fat hearts, protein

A group of the nation's leading cancer experts has a prescription on how to reduce the high costs of cancer drugs, because it affects patient care.

sot: Ayalew Tefferi, M.D.
Mayo Clinic hematologist

“The most important thing is to let the patients know that they are not forgotten.”

The price of drugs could wipe out half of some people's income.

A University of Pittsburgh study shows many post-menopausal women have lots of fat around their heart, which raises their risk of cardiovascular disease. They say strategies to reduce that risk are key.

Plus researchers say guidelines for how much protein you eat needs updating. They say it's not how much protein you eat, it's the type that's important. And so is eating protein at each meal.

For more health news, visit the Mayo Clinic News Network. I'm Vivien Williams.