

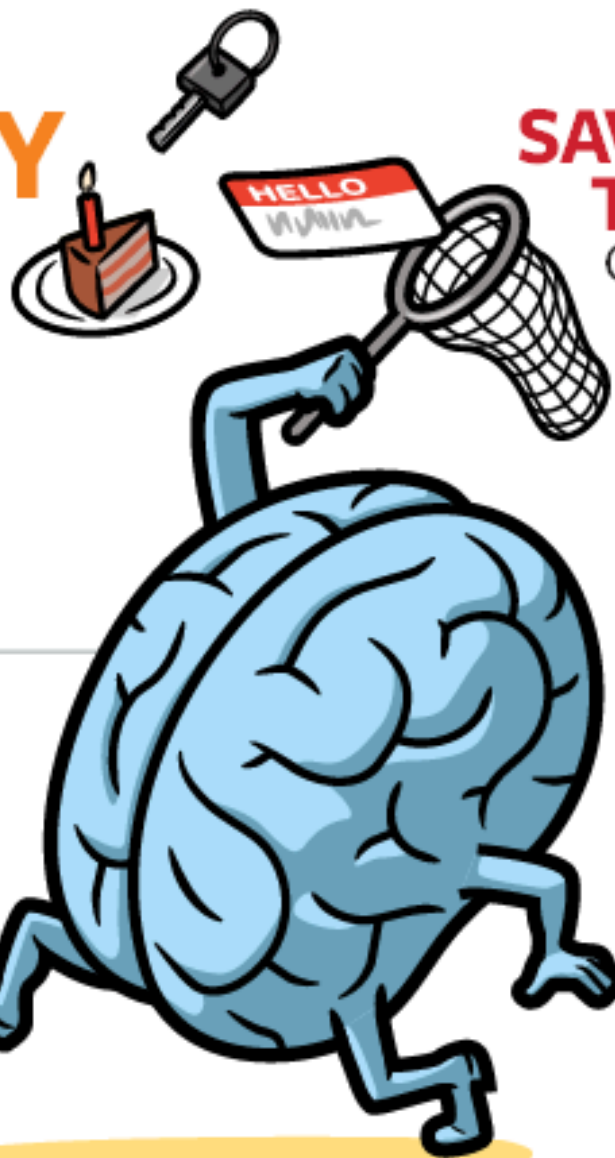
# Reader's Digest

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## MEMORY TRICKS YOU WON'T FORGET

New ways to retrain your brain

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## SAVE \$2,500 THIS YEAR

Online bankers show you how

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## CRIME AT COLLEGE

We rank the safest (and worst) campuses

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## SHERYL CROW

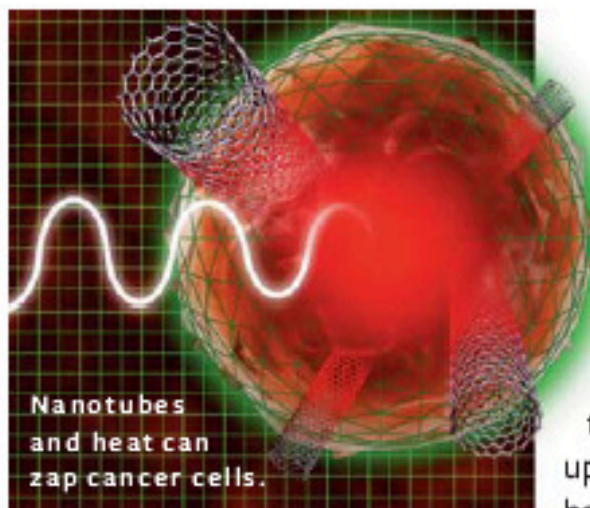
Her journey to joy

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March 2008  
\$2.99

+ AWE-INSPIRING TALES,  
EXTRAORDINARY CHARACTERS  
AND LAUGHS TO SHARE



Nanotubes and heat can zap cancer cells.

## NANO TUMOR KILLERS

Soon there may be a treatment for liver cancer that **works from inside the tumor** without damaging neighboring tissue, thanks to tiny nanotubes. In early experiments with rabbits, scientists at the University of Texas and Rice University implanted the carbon tubes into liver tumors. (They're so small that 75,000 of them lined up side by side would be about the width of a human hair.) Then the rabbits were exposed to radio waves.

The nanotubes produced heat, which ultimately destroyed the tumor. The researchers hope this method has potential to treat other types of cancer too. **5+ years** *Kathryn M. Tyranski*

## FINDING OVARIAN CANCER EARLIER

The symptoms of ovarian cancer can be vague, and there's no early screening test. Some 15,000 women die from it each year, and the survival rate hasn't changed in 30 years. But a **simple urine test**

now in development could change that. Researchers at the University of South Florida and GeoPharma found that the level of a protein in urine called Bcl-2 is ten times higher in women with ovarian can-

cer than it is in healthy women. Plus, levels increased with the growth of cancer and declined after tumors were removed.

**3-5 years** *Nancy Coveney*

## HEART-SAVING GADGETS

When it comes to the heart, two devices could mean the **difference between life and death**:

- The CPRGlove by Atreo Medical talks you through giving CPR, telling you how hard and fast to compress the chest and when to give breaths. It even reminds you to call 911. **3-4 years**

- The Chronicle IHM (Implantable Hemodynamic Monitor) stays on alert 24/7 for patients who suffer from congestive heart failure or other chronic cardiac conditions. If your heart gets into trouble—from, say, increased fluid accumulation—the IHM will send a message wirelessly via the Internet to your doctor, who can adjust your treatment accordingly. **5+ years**

*Kathryn M. Tyranski*



The CPRGlove