



Your Monthly **EDIT**

IN THE GLP-1 ERA, STRENGTH IS NOT OPTIONAL—IT'S PROTECTIVE.

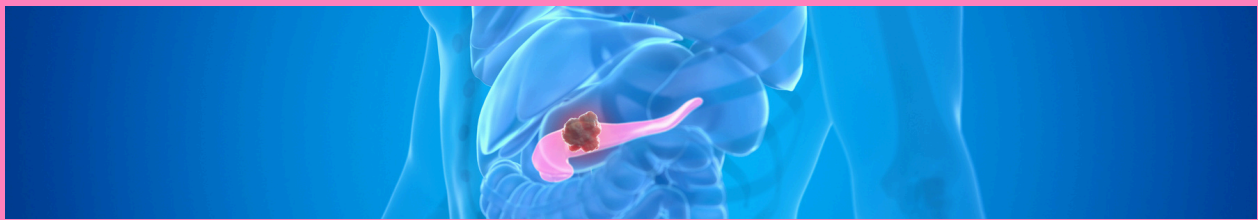


GLP-1 medications (like semaglutide and tirzepatide) have changed the wellness conversation fast. Appetite drops, weight drops, and for many people, metabolic markers improve. But here's the part that doesn't get enough attention. When the scale goes down quickly, muscle can go with it. And muscle isn't just "nice to have." It's protective. Muscle supports blood sugar regulation, metabolic rate, joint stability, and long-term function. It's also one of the biggest predictors of how strong, capable, and resilient you'll feel as you age. That's why in the GLP-1 era, strength training isn't optional—it's the strategy that keeps weight loss from becoming weakness.

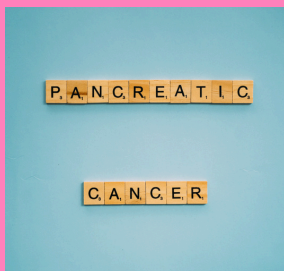
SCIENCE SNAPSHOT

Pancreatic Cancer: A Meaningful Advancement

- **What happened:** NEJM published results comparing daraxonrasib vs chemotherapy in previously treated metastatic pancreatic ductal adenocarcinoma (mPDAC).
- **Why it matters:** Pancreatic cancer has historically had very limited options after first-line therapy; this is positioned as a clinically meaningful advance for that setting.
- **Vital Edit angle:** “Progress isn’t always flashy—sometimes it’s a real step forward in survival and options. This is what evidence-based advancement looks like.”



PEER- REVIEWED



SCIENCE- BACKED

Daraxonrasib or Chemotherapy in Previously Treated Metastatic Pancreatic Ductal Adenocarcinoma. (NEJM Study)

- This NEJM study compares daraxonrasib with standard chemotherapy in people with previously treated metastatic pancreatic ductal adenocarcinoma. In a cancer known for limited second-line options, the results signal a meaningful step forward, supporting the promise of RAS-targeted approaches and helping clarify future treatment pathways and research priorities.

<https://www.nejm.org/doi/full/10.1056/NEJMoa2605555>

RAS Inhibitor Daraxonrasib in Metastatic Pancreatic Cancer

- This ASCO Post article translates the daraxonrasib pancreatic cancer data for oncology clinicians, highlighting why the results are notable in a hard-to-treat, previously treated metastatic setting. It contextualizes efficacy signals, safety considerations, and what the findings suggest about targeting RAS-driven disease moving forward.

<https://ascopost.com/issues/may-10-2026/ras-inhibitor-daraxonrasib-in-metastatic-pancreatic-cancer/>

Phase 3 study of daraxonrasib

- The NCI clinical trial listing describes an ongoing Phase 3 study evaluating daraxonrasib (RMC-6236) in pancreatic cancer, including eligibility criteria, study arms, endpoints, and participating sites. It signals that the therapy is advancing into larger confirmatory testing to validate benefit and clarify where it fits in care.

<https://www.cancer.gov/research/participate/clinical-trials-search/v?id=NCI-2024-08850>

HIP OR HYPE?

Can Humidifiers Really Help Asthma?

it depends.

Many people with asthma swear by humidifiers, claiming they make breathing easier, reduce coughing, and soothe irritated airways—especially during winter months.

Dry air can aggravate asthma symptoms in some individuals, and adding moisture to the air may provide temporary relief. However, excessive humidity can actually worsen asthma by promoting mold growth, dust mites, and other allergens that trigger attacks.

Research suggests there is no universal benefit to humidifiers for asthma. In fact, indoor humidity levels above 50% may do more harm than good.

Humidifiers aren't a cure for asthma, and they can backfire if not used properly. If dry air is a trigger for you, maintaining indoor humidity between 30–50% and cleaning the device regularly may help. But for many people, controlling allergens and following a medical treatment plan will have a much bigger impact.



Practical EDITS

for this month



Add More Fiber

Aim for 25–35 grams of fiber each day.

- oatmeal topped with berries and chia seeds
- beans or lentils to soups, salads, or tacos
- whole grains instead of refined grains
- apples, pears, nuts, or air-popped popcorn
- vegetables at every meal

Quick Tip: Increase fiber gradually and drink plenty of water to help prevent bloating and discomfort.

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