



Does a Test to Detect More Cancers Work?

A person in the U.S. faces about a 40% lifetime risk of developing cancer, and roughly half of those cases are fatal. While healthy behaviors – especially not smoking – lower risk, many cancers arise from random genetic mutations.

The best chance for cure comes from early detection when cancer is more responsive to treatment. Survival is markedly higher for stage I or II cancers than for stage III or IV disease. Proven screening tests exist for cervical, breast, prostate, lung (in a history of heavy smoking), and colorectal cancers. Yet lethal cancers such as pancreatic and ovarian still lack effective screening, prompting interest in “multicancer early detection” (MCED) blood tests that might find what standard screenings miss.

What Is Galleri?

One MCED test, **Galleri**, analyzes fragments of DNA circulating in the blood after cell death. Cancer cells release distinctive patterns in this “cell-free DNA.” By detecting these patterns, Galleri aims to identify signals from over 50 cancer types. It is marketed as a supplement, not a replacement, for established screenings like colonoscopy or mammography.

The Study

To test whether Galleri improves outcomes, the U.K. National Health Service launched a trial of about 140,000 adults aged 50–77. Half received the Galleri test yearly for three years in addition to usual care; the other half received usual care alone. The main question was whether Galleri would reduce the number of advanced (stage III or IV) cancers after three years. A secondary goal is to see if it lowers cancer deaths at five years.

What Did It Show?

Results released in February 2026 showed no significant reduction in advanced cancers among those tested with Galleri. Although more early-stage cancers (I and II) were found, that does not necessarily translate into benefiting patients. Early detection sometimes finds cancers that would never cause a patient harm. Ultimately, the key measure is whether fewer people develop advanced cancers or die from them – and Galleri did not meet that benchmark after three years.

Who Should Consider Galleri?

It is Unlikely to benefit:

- Adults under 50. Since cancer is less common at this age, an abnormal Galleri test has a higher chance of being a false positive.
- People not current with proven screening tests such as mammograms and colonoscopies.
- Those at an age or health status where they would decline cancer treatment if diagnosed.

It may be reasonable for select adults aged 50–80 who are up to date on their cancer screening tests, understand Galleri’s uncertainty, and are prepared for follow-up tests if results are abnormal. Galleri might also appeal to individuals with a strong family history of multiple cancers or heavy smokers since tobacco use increases cancer risk.

Bottom Line

Galleri did not reduce advanced cancers after three years in this large trial. With our current knowledge, Galleri cannot be recommended as a general screening tool. It may, however, have a role for informed individuals who choose to proceed after discussing risks, benefits, and uncertainties with their physician.

Administrative Updates

Please welcome our newest physician **Dr. Oren Zebaida** (Internal Medicine) to our Park Cities office . Dr. Zebaida is accepting New Patients.



Preferred Health Partners

Locations

Austin

1305 W. 34th St. Suite 204
Austin, Texas 78705
737-285-3770

Dallas - Gaston

3417 Gaston Ave. Suite 700
Dallas, TX 75246
214-823-4800

Dallas - Junius

3900 Junius St. Suite 415
Dallas, TX 75246
972-993-8300

Frisco

3535 Victory Group Way Suite 330
Frisco, TX 75034
972-993-5070

Las Colinas

440 W. I-635 Suite 405
Irving, TX 75063
972-993-5080

Park Cities

8222 Douglas Ave. Suite 600
Dallas, TX 75225
972-993-5040

Plano

4708 Dexter Dr. Suite 400
Plano, TX 75093
972-993-5050

Walnut Hill

8144 Walnut Hill Suite 360
Dallas, TX 75231
972-993-8350

Fort Worth

7633 Bellaire Dr. South,
Suite 117
Fort Worth, TX 76132
817-415-1670

Healthy Habits:

Lemon chicken and Orzo Soup

Adapted from Caroline Chambers

“What to cook when you don’t feel like cooking”

Serves 6

Ingredients

- **Aromatics:** 1 yellow onion (diced), 3 carrots (diced), 4 tbsp minced garlic, 2 tbsp olive oil.
- **Liquid & Protein:** 8 cups chicken bone broth, 2 cups shredded rotisserie chicken, 1 can (14.5oz) cannellini beans (drained).
- **Grains:** 1 cup chickpea orzo.
- **The "Cream":** 4 eggs, 1/3 cup lemon juice, zest of 1 lemon, 1/4 cup grated parmesan.
- **Greens & Herbs:** 4 cups chopped kale, 1/2 cup fresh dill (1 cup can be overpowering; adjust to taste).
- **Seasoning:** 1/2 tsp salt, 1/4 tsp pepper (adjust salt at the end, as bone broth and parmesan are already salty).

Directions

1. **Sauté:** Warm olive oil in a large pot over medium heat. Sauté onions and carrots for 5–7 minutes until softened. Add garlic and cook for 1 minute until fragrant.
2. **Simmer:** Stir in the broth, chicken, beans, salt, and pepper. Bring to boil.
3. **Cook Orzo:** Add the chickpea orzo. Reduce heat to a simmer. Check the package instructions, but usually, chickpea orzo only needs 7–9 minutes.
4. **Prep the Liaison:** While the orzo simmers, whisk the eggs, lemon juice, lemon zest, and parmesan in a medium bowl until frothy.
5. **Temper the Eggs (Crucial!):** Turn the heat to low. Ladle 1 cup of hot broth into a measuring cup. Slowly drizzle the hot broth into the egg mixture while whisking constantly. This warms the eggs, so they don't curdle. Repeat with one more cup of broth.
6. **Thicken:** Slowly pour the tempered egg mixture back into the large pot, stirring continuously.
7. **Wilt Greens:** Stir in the kale and dill. Keep the heat on low for 3–5 minutes just until the kale is tender and the soup has thickened slightly. Do not let it boil once the eggs are in, or the soup will break.