WEBVTT

00:00:00.000 --> 00:00:03.168 Funding for Yale Cancer Answers is

NOTE Confidence: 0.9380808

00:00:03.168 --> 00:00:06.160 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.9380808

00:00:06.160 --> 00:00:08.360 Welcome to Yale Cancer Answers

NOTE Confidence: 0.9380808

00:00:08.360 --> 00:00:10.120 with Doctor Anees Chagpar.

NOTE Confidence: 0.9380808

00:00:10.120 --> 00:00:11.556 Yale Cancer Answers features

NOTE Confidence: 0.9380808

00:00:11.556 --> 00:00:13.351 the latest information on cancer

NOTE Confidence: 0.9380808

00:00:13.351 --> 00:00:15.186 care by welcoming oncologists and

NOTE Confidence: 0.9380808

00:00:15.186 --> 00:00:17.310 specialists who are on the forefront

NOTE Confidence: 0.9380808

00:00:17.366 --> 00:00:18.998 of the battle to fight cancer.

NOTE Confidence: 0.9380808

00:00:19.000 --> 00:00:20.662 This week it's a conversation about

NOTE Confidence: 0.9380808

00:00:20.662 --> 00:00:22.750 the role of speech pathology and head

NOTE Confidence: 0.9380808

00:00:22.750 --> 00:00:24.598 and neck cancers with John Gerrity,

NOTE Confidence: 0.9380808

00:00:24.600 --> 00:00:26.635 a speech pathologist at Yale

NOTE Confidence: 0.9380808

00:00:26.635 --> 00:00:27.856 New Haven Hospital.

NOTE Confidence: 0.9380808

00:00:27.860 --> 00:00:29.918 Doctor Chagpar is a professor of surgical

NOTE Confidence: 0.9380808

00:00:29.918 --> 00:00:32.099 oncology at the Yale School of Medicine.

NOTE Confidence: 0.93497586

00:00:33.580 --> 00:00:35.412 John, maybe we can start off by you

NOTE Confidence: 0.93497586

00:00:35.412 --> 00:00:37.091 telling us a little bit more about

NOTE Confidence: 0.93497586

00:00:37.091 --> 00:00:38.659 yourself and what it is you do.

NOTE Confidence: 0.93497586

00:00:39.140 --> 00:00:42.536 As a speech language pathologist,

NOTE Confidence: 0.93497586

00:00:42.540 --> 00:00:44.240 I'm a specialist who works

NOTE Confidence: 0.93497586

00:00:44.240 --> 00:00:45.940 amongst others who can prevent,

NOTE Confidence: 0.93497586

00:00:45.940 --> 00:00:49.380 diagnose, assess, and treat speech,

NOTE Confidence: 0.93497586

00:00:49.380 --> 00:00:51.516 language, social communication,

NOTE Confidence: 0.93497586

00:00:51.516 --> 00:00:52.940 cognitive communication,

NOTE Confidence: 0.93497586

00:00:52.940 --> 00:00:54.928 voice and swallowing disorders.

NOTE Confidence: 0.93497586

00:00:54.928 --> 00:00:58.286 And my work primarily is at an

NOTE Confidence: 0.93497586

00:00:58.286 --> 00:00:59.790 outpatient or otolaryngology clinic,

NOTE Confidence: 0.93497586

00:00:59.790 --> 00:01:01.342 treating patients with voice

NOTE Confidence: 0.93497586

00:01:01.342 --> 00:01:02.506 and swallowing disorders.

NOTE Confidence: 0.93497586

00:01:02.510 --> 00:01:04.436 And I also work with patients

NOTE Confidence: 0.93497586

00:01:04.436 --> 00:01:06.171 who have voice swallowing and

NOTE Confidence: 0.93497586

00:01:06.171 --> 00:01:07.880 speech disorders related to a

NOTE Confidence: 0.93497586

00:01:07.880 --> 00:01:09.430 diagnosis of head and neck cancer.

NOTE Confidence: 0.93497586

00:01:09.430 --> 00:01:11.610 And I do that work at Smilow Cancer

NOTE Confidence: 0.93497586

00:01:11.670 --> 00:01:13.590 Hospital in a multispecialty clinic.

NOTE Confidence: 0.92852366

00:01:14.100 --> 00:01:16.473 I mean, it seems like patients who

NOTE Confidence: 0.92852366

00:01:16.473 --> 00:01:19.562 have head and neck cancers may well

NOTE Confidence: 0.92852366

00:01:19.562 --> 00:01:22.417 have dysfunctions in speech and

NOTE Confidence: 0.92852366

00:01:22.420 --> 00:01:24.778 language and swallowing and so on,

NOTE Confidence: 0.92852366

00:01:24.780 --> 00:01:27.845 either because of the diagnosis

NOTE Confidence: 0.92852366

00:01:27.845 --> 00:01:30.420 itself or because of the treatments

NOTE Confidence: 0.92852366

00:01:30.420 --> 00:01:32.380 that may have side effects.

NOTE Confidence: 0.92852366

00:01:32.380 --> 00:01:34.804 So can you talk a little bit about

NOTE Confidence: 0.92852366

00:01:34.804 --> 00:01:37.111 some of the issues that patients

NOTE Confidence: 0.92852366

00:01:37.111 --> 00:01:39.541 may have either from the cancer

NOTE Confidence: 0.92852366

00:01:39.616 --> 00:01:42.610 itself or from the treatment and

NOTE Confidence: 0.92852366

00:01:42.610 --> 00:01:45.046 what people can kind of anticipate?

NOTE Confidence: 0.9382134

00:01:46.290 --> 00:01:48.582 Absolutely. So patients who have a

NOTE Confidence: 0.9382134

00:01:48.582 --> 00:01:50.969 diagnosis of head and neck cancer,

NOTE Confidence: 0.9382134

00:01:50.970 --> 00:01:52.450 primarily in the outpatient setting,

NOTE Confidence: 0.9382134

00:01:52.450 --> 00:01:55.084 we're seeing them for assessment of

NOTE Confidence: 0.9382134

00:01:55.084 --> 00:01:57.279 swallowing function because that can

NOTE Confidence: 0.9382134

00:01:57.279 --> 00:01:59.523 very much be impacted for patients

NOTE Confidence: 0.9382134

00:01:59.523 --> 00:02:01.630 with that diagnosis just because of the

NOTE Confidence: 0.9382134

00:02:01.630 --> 00:02:03.810 presence of a mass that a patient has,

NOTE Confidence: 0.9382134

00:02:03.810 --> 00:02:05.610 that can affect the timing,

NOTE Confidence: 0.9382134

00:02:05.610 --> 00:02:07.415 the coordination of swallowing and

NOTE Confidence: 0.9382134

00:02:07.415 --> 00:02:09.830 that can really put patients at a

NOTE Confidence: 0.9382134

00:02:09.830 --> 00:02:11.755 risk for aspiration in which food or

NOTE Confidence: 0.9382134

00:02:11.755 --> 00:02:13.806 liquid can go down towards the lungs,

NOTE Confidence: 0.9382134

00:02:13.810 --> 00:02:16.570 creating risk of health complications.

NOTE Confidence: 0.9382134

00:02:16.570 --> 00:02:18.904 So these patients will oftentimes

NOTE Confidence: 0.9382134

00:02:18.904 --> 00:02:20.958 see them before they're undergoing

NOTE Confidence: 0.9382134

00:02:20.958 --> 00:02:23.260 a surgery to see what their baseline

NOTE Confidence: 0.9382134

00:02:23.260 --> 00:02:24.130 swallow function is.

NOTE Confidence: 0.9382134

00:02:24.130 --> 00:02:26.328 We might be working with these patients

NOTE Confidence: 0.9382134

00:02:26.330 --> 00:02:28.290 after they've had an operation to see

NOTE Confidence: 0.9382134

00:02:28.290 --> 00:02:30.179 what their swallow function looks like.

NOTE Confidence: 0.9382134

00:02:30.180 --> 00:02:31.794 And so there's definitely some impact

NOTE Confidence: 0.9382134

00:02:31.794 --> 00:02:34.274 that can be had just from the presence of

NOTE Confidence: 0.9382134

00:02:34.274 --> 00:02:36.340 the cancer or from surgical intervention.

NOTE Confidence: 0.9382134

00:02:36.340 --> 00:02:38.888 We also work with patients who after

NOTE Confidence: 0.9382134

00:02:38.888 --> 00:02:40.767 undergoing radiation treatment or

NOTE Confidence: 0.9382134

00:02:40.767 --> 00:02:42.933 even during the process of radiation,

NOTE Confidence: 0.9382134

00:02:42.940 --> 00:02:44.980 the effects of radiation that

NOTE Confidence: 0.9382134

00:02:44.980 --> 00:02:46.612 set in including fibrosis.

NOTE Confidence: 0.9382134

00:02:46.620 --> 00:02:48.420 So tightening of these structures

NOTE Confidence: 0.9382134

00:02:48.420 --> 00:02:49.500 can impact swallowing.

NOTE Confidence: 0.9382134

00:02:49.500 --> 00:02:52.182 So we try and provide therapy to make sure

NOTE Confidence: 0.9382134

00:02:52.182 --> 00:02:54.895 that patients can safely take enough food,

NOTE Confidence: 0.9382134

00:02:54.900 --> 00:02:57.315 nutrition and be able to maintain their

NOTE Confidence: 0.9382134

00:02:57.315 --> 00:02:59.926 quality of life when it comes to eating.

NOTE Confidence: 0.9382134

00:02:59.930 --> 00:03:01.370 As far as speech is concerned,

NOTE Confidence: 0.9382134

00:03:01.370 --> 00:03:03.490 a patient can come in and we can

NOTE Confidence: 0.9382134

00:03:03.548 --> 00:03:05.564 really help them in a variety of areas.

NOTE Confidence: 0.9382134

00:03:05.570 --> 00:03:07.563 As it relates to speech and

NOTE Confidence: 0.9382134

00:03:07.563 --> 00:03:08.928 the realm of speech pathology,

NOTE Confidence: 0.9382134

00:03:08.930 --> 00:03:10.514 we talk about speech and voice

NOTE Confidence: 0.9382134

00:03:10.514 --> 00:03:11.570 a little bit differently.

NOTE Confidence: 0.9382134

00:03:11.570 --> 00:03:13.245 So for patients who have

NOTE Confidence: 0.9382134

00:03:13.245 --> 00:03:14.250 undergone radiation treatment,

NOTE Confidence: 0.9382134

00:03:14.250 --> 00:03:15.948 they can have some swelling or

NOTE Confidence: 0.9382134

00:03:15.948 --> 00:03:17.413 inflammation of their vocal cords

NOTE Confidence: 0.9382134

00:03:17.413 --> 00:03:19.087 giving them a horse vocal quality.

NOTE Confidence: 0.9382134

00:03:19.090 --> 00:03:20.890 We can help them target that.

NOTE Confidence: 0.9382134

00:03:20.890 --> 00:03:22.790 And for patients who've undergone

NOTE Confidence: 0.9382134

00:03:22.790 --> 00:03:24.310 treatment where their articulatory

NOTE Confidence: 0.9382134

00:03:24.310 --> 00:03:25.370 structures are impacted,

NOTE Confidence: 0.9382134

00:03:25.370 --> 00:03:27.470 we can help them on

NOTE Confidence: 0.9382134

00:03:27.470 --> 00:03:29.150 intelligibility strategies as well.

NOTE Confidence: 0.9382134

00:03:29.150 --> 00:03:30.766 So that's just a real small subset of

NOTE Confidence: 0.9382134

00:03:30.766 --> 00:03:32.189 the patients that we're working with.

NOTE Confidence: 0.93783677

00:03:33.070 --> 00:03:35.308 In terms of swallowing,

NOTE Confidence: 0.93783677

00:03:35.310 --> 00:03:37.975 when people have difficulty swallowing

NOTE Confidence: 0.93783677

00:03:37.975 --> 00:03:41.910 either because of a mass or because of,

NOTE Confidence: 0.93783677

00:03:41.910 --> 00:03:45.130 you know, infiltration of a tumor in

NOTE Confidence: 0.93783677

00:03:45.130 --> 00:03:47.929 nerves or because they've had surgery

NOTE Confidence: 0.93783677

00:03:47.929 --> 00:03:52.130 that may have caused some damage to those

NOTE Confidence: 0.93783677

00:03:52.130 --> 00:03:54.910 structures or radiation with fibrosis,

NOTE Confidence: 0.93783677

00:03:54.910 --> 00:03:56.989 certainly swallowing can be a real issue.

NOTE Confidence: 0.93783677

00:03:56.990 --> 00:03:59.045 The question then is what

NOTE Confidence: 0.93783677

00:03:59.045 --> 00:04:00.278 treatments are available?

NOTE Confidence: 0.93783677

00:04:00.280 --> 00:04:02.880 I mean, how can patients make this better?

NOTE Confidence: 0.93783677

00:04:02.880 --> 00:04:05.337 Do they ever get back to normal

NOTE Confidence: 0.93783677

00:04:05.337 --> 00:04:07.640 swallowing and what does that entail?

NOTE Confidence: 0.93735623

00:04:08.680 --> 00:04:10.252 Patients can get back to their

NOTE Confidence: 0.93735623

00:04:10.252 --> 00:04:11.626 baseline diet with normal swallowing

NOTE Confidence: 0.93735623

00:04:11.626 --> 00:04:13.530 and there are a bunch of different

NOTE Confidence: 0.93735623

00:04:13.530 --> 00:04:14.920 factors that will impact that.

NOTE Confidence: 0.93735623

00:04:14.920 --> 00:04:17.040 As far as you know, other treatments,

NOTE Confidence: 0.93735623

00:04:17.040 --> 00:04:19.200 they've undergone the size or location

NOTE Confidence: 0.93735623

00:04:19.200 --> 00:04:21.920 of a mass, so prognosis can be impacted.

NOTE Confidence: 0.93735623

00:04:21.920 --> 00:04:24.458 But we start off by assessing

NOTE Confidence: 0.93735623

00:04:24.460 --> 00:04:26.500 the swallowing type of disorder,

NOTE Confidence: 0.93735623

00:04:26.500 --> 00:04:27.900 the severity of the disorder.

NOTE Confidence: 0.93735623

00:04:27.900 --> 00:04:29.676 So we always begin by taking

NOTE Confidence: 0.93735623

00:04:29.676 --> 00:04:31.500 a look at the swallow.

NOTE Confidence: 0.93735623

00:04:31.500 --> 00:04:34.545 We do that by doing direct visualization

NOTE Confidence: 0.93735623

00:04:34.545 --> 00:04:37.020 with fiber optical Laryngoscopy or a ear,

NOTE Confidence: 0.93735623

00:04:37.020 --> 00:04:38.472 nose and throat camera where we

NOTE Confidence: 0.93735623

00:04:38.472 --> 00:04:40.197 look right down in the throat or

NOTE Confidence: 0.93735623

00:04:40.197 --> 00:04:41.613 we can do X-ray swallow tests.

NOTE Confidence: 0.93735623

00:04:41.620 --> 00:04:42.540 And when we do that,

NOTE Confidence: 0.93735623

00:04:42.540 --> 00:04:44.108 we get a great sense of how

NOTE Confidence: 0.93735623

00:04:44.108 --> 00:04:45.180 the structures are moving,

NOTE Confidence: 0.93735623

00:04:45.180 --> 00:04:47.016 how timing is, what strength is like,

NOTE Confidence: 0.93735623

00:04:47.020 --> 00:04:48.428 what coordination is like.

NOTE Confidence: 0.93735623

00:04:48.428 --> 00:04:50.540 And from there we give targeted

NOTE Confidence: 0.93735623

00:04:50.606 --> 00:04:52.940 exercises that really try and help

NOTE Confidence: 0.93735623

00:04:52.940 --> 00:04:55.225 either strengthen the swallow or get

NOTE Confidence: 0.93735623

00:04:55.225 --> 00:04:57.229 some of these tightened structures to

NOTE Confidence: 0.93735623

00:04:57.229 --> 00:04:59.068 begin moving a little bit better.

NOTE Confidence: 0.93735623

00:04:59.068 --> 00:05:01.538 So patients can be coming to see us

00:05:02.072 --> 00:05:03.668 usually once a week throughout

NOTE Confidence: 0.93735623

00:05:03.668 --> 00:05:04.900 the course of treatment.

NOTE Confidence: 0.93735623

00:05:04.900 --> 00:05:06.284 For intensive swallowing exercises,

NOTE Confidence: 0.93735623

00:05:06.284 --> 00:05:08.360 we carry them through a regimen

NOTE Confidence: 0.93735623

00:05:08.419 --> 00:05:10.417 and try and ensure that they're

NOTE Confidence: 0.93735623

00:05:10.417 --> 00:05:11.416 following these exercises,

NOTE Confidence: 0.93735623

00:05:11.420 --> 00:05:13.058 which will make sure they maintain their

NOTE Confidence: 0.93735623

00:05:13.058 --> 00:05:14.539 swallow function or try and improve it.

NOTE Confidence: 0.92884845

00:05:15.550 --> 00:05:16.318 That's really interesting.

NOTE Confidence: 0.92884845

00:05:16.318 --> 00:05:18.378 I mean, I'm sure you know,

NOTE Confidence: 0.92884845

00:05:18.378 --> 00:05:21.714 we often think about exercises like at

NOTE Confidence: 0.92884845

10

00:05:21.714 --> 00:05:24.510 the gym where we're strengthening muscles.

NOTE Confidence: 0.92884845

00:05:24.510 --> 00:05:26.778 I don't know that many of us have really

NOTE Confidence: 0.92884845

00:05:26.778 --> 00:05:28.707 thought about exercises for swallowing.

NOTE Confidence: 0.92884845

00:05:28.710 --> 00:05:30.201 Can you kind of give us a

NOTE Confidence: 0.92884845

00:05:30.201 --> 00:05:31.549 sense of what that's like?

NOTE Confidence: 0.92884845

00:05:31.550 --> 00:05:33.552 I mean, how do you train your

NOTE Confidence: 0.92884845

00:05:33.552 --> 00:05:35.110 muscles in your esophagus?

NOTE Confidence: 0.9420021

00:05:36.200 --> 00:05:38.376 When it comes to training all the

NOTE Confidence: 0.9420021

00:05:38.376 --> 00:05:40.328 different muscles, we have a pretty,

NOTE Confidence: 0.9420021

00:05:40.328 --> 00:05:42.088 pretty consistent set of exercises

NOTE Confidence: 0.9420021

00:05:42.088 --> 00:05:44.280 that we use for patients just to

NOTE Confidence: 0.9420021

00:05:44.280 --> 00:05:46.080 work on keeping the pharynx strong,

NOTE Confidence: 0.9420021

00:05:46.080 --> 00:05:49.160 maintaining range of motion,

NOTE Confidence: 0.9420021

00:05:49.160 --> 00:05:50.840 making sure that the airway stays

NOTE Confidence: 0.9420021

00:05:50.840 --> 00:05:51.960 protected when you swallow.

NOTE Confidence: 0.9420021

00:05:51.960 --> 00:05:53.538 So a lot of these exercises

NOTE Confidence: 0.9420021

00:05:53.538 --> 00:05:55.640 have to do with range of motion.

NOTE Confidence: 0.9420021

00:05:55.640 --> 00:05:57.470 So for patients undergoing radiation

NOTE Confidence: 0.9420021

00:05:57.470 --> 00:05:58.860 treatment, moving the mouth,

NOTE Confidence: 0.9420021

00:05:58.860 --> 00:06:00.688 moving your jaw, your tongue.

NOTE Confidence: 0.9420021

00:06:00.688 --> 00:06:02.708 But then with the actual

NOTE Confidence: 0.9420021

00:06:02.708 --> 00:06:03.516 swallowing exercises,

NOTE Confidence: 0.9420021

00:06:03.520 --> 00:06:05.152 where you're physically swallowing,

NOTE Confidence: 0.9420021

00:06:05.152 --> 00:06:06.876 it's using a lot of force.

NOTE Confidence: 0.9420021

00:06:06.880 --> 00:06:09.000 Swallowing your saliva as hard as you can.

NOTE Confidence: 0.9420021

00:06:09.000 --> 00:06:10.729 Or trying to swallow while you're holding

NOTE Confidence: 0.9420021

00:06:10.729 --> 00:06:12.360 your tongue in between your teeth.

NOTE Confidence: 0.9420021

00:06:12.360 --> 00:06:14.208 Or making sure that you're elevating

NOTE Confidence: 0.9420021

00:06:14.208 --> 00:06:16.408 your voice box and holding your swallow

NOTE Confidence: 0.9420021

00:06:16.408 --> 00:06:18.886 nice and high and tight as you're trying

NOTE Confidence: 0.9420021

00:06:18.886 --> 00:06:21.278 to go through some of these exercises.

NOTE Confidence: 0.9420021

00:06:21.280 --> 00:06:23.970 It's something that is

NOTE Confidence: 0.9420021

00:06:23.970 --> 00:06:25.130 definitely not second nature.

NOTE Confidence: 0.9420021

00:06:25.130 --> 00:06:27.074 A lot of patients need a lot of

NOTE Confidence: 0.9420021

00:06:27.074 --> 00:06:28.424 repetition because it's a very

NOTE Confidence: 0.9420021

00:06:28.424 --> 00:06:30.044 interesting way to target the swallow.

NOTE Confidence: 0.9420021

00:06:30.050 --> 00:06:31.646 But what we're going on is

NOTE Confidence: 0.9420021

00:06:31.646 --> 00:06:32.444 just the repetition,

NOTE Confidence: 0.9420021

00:06:32.450 --> 00:06:32.962 this movement,

NOTE Confidence: 0.9420021

00:06:32.962 --> 00:06:33.474 the strengthening,

NOTE Confidence: 0.9420021

00:06:33.474 --> 00:06:34.498 that's what helps them

NOTE Confidence: 0.9420021

00:06:34.498 --> 00:06:35.609 get that function back.

NOTE Confidence: 0.93331736

00:06:36.650 --> 00:06:38.204 You know, while you were saying that

NOTE Confidence: 0.93331736

00:06:38.204 --> 00:06:39.786 I just tried to swallow holding my

NOTE Confidence: 0.93331736

00:06:39.786 --> 00:06:41.730 tongue in my teeth and it's pretty tough.

NOTE Confidence: 0.93331736

00:06:41.730 --> 00:06:43.690 I'm sure all of our listeners just

NOTE Confidence: 0.93331736

00:06:43.690 --> 00:06:46.206 tried that. It takes a lot of work.

13

NOTE Confidence: 0.93331736

00:06:47.090 --> 00:06:48.497 That's a lot of feedback

NOTE Confidence: 0.93331736

00:06:48.497 --> 00:06:49.688 I've gotten on that one too.

NOTE Confidence: 0.9371702

00:06:52.040 --> 00:06:53.492 In terms of speech,

NOTE Confidence: 0.9371702

00:06:53.492 --> 00:06:55.670 that's another one where

NOTE Confidence: 0.9371702

00:06:55.748 --> 00:06:58.380 so many of these things we take as

NOTE Confidence: 0.9371702

00:06:58.380 --> 00:07:00.482 second nature and then to try to

NOTE Confidence: 0.9371702

00:07:00.482 --> 00:07:04.360 learn how to go about speaking,

NOTE Confidence: 0.9371702

00:07:04.360 --> 00:07:06.170 especially when there may have

NOTE Confidence: 0.9371702

00:07:06.170 --> 00:07:08.403 been damage to nerves or other

NOTE Confidence: 0.9371702

00:07:08.403 --> 00:07:10.533 structures that really help us to

NOTE Confidence: 0.9371702

00:07:10.533 --> 00:07:13.415 get the sounds out that we use for

NOTE Confidence: 0.9371702

00:07:13.415 --> 00:07:15.160 speech might be really difficult.

NOTE Confidence: 0.9371702

00:07:15.160 --> 00:07:17.288 Talk a little bit about some of

NOTE Confidence: 0.9371702

00:07:17.288 --> 00:07:19.002 the therapies that are available

NOTE Confidence: 0.9371702

00:07:19.002 --> 00:07:21.264 for patients who may have speech

NOTE Confidence: 0.9371702

00:07:21.264 --> 00:07:23.592 issues after surgery or radiation or

NOTE Confidence: 0.9371702

00:07:23.592 --> 00:07:26.177 as a result of a cancer directly.

NOTE Confidence: 0.93357134

00:07:26.940 --> 00:07:29.173 With the therapy that's

NOTE Confidence: 0.93357134

00:07:29.173 --> 00:07:31.139 involved with the tongue being our

NOTE Confidence: 0.93357134

00:07:31.140 --> 00:07:33.380 most used articulator for speech,

NOTE Confidence: 0.93357134

00:07:33.380 --> 00:07:35.180 we're typically working with a

NOTE Confidence: 0.93357134

00:07:35.180 --> 00:07:36.980 lot of patients who've undergone

NOTE Confidence: 0.93357134

00:07:37.045 --> 00:07:38.820 surgeries for a lingual cancer.

NOTE Confidence: 0.93357134

00:07:38.820 --> 00:07:40.800 So we do have some patients who might have

NOTE Confidence: 0.93357134

00:07:40.800 --> 00:07:42.622 had portion of their tongue removed due

NOTE Confidence: 0.93357134

00:07:42.622 --> 00:07:44.647 to cancer and then replaced with a flap

NOTE Confidence: 0.93357134

00:07:44.647 --> 00:07:46.740 to try and poke their tongue back up.

NOTE Confidence: 0.93357134

00:07:46.740 --> 00:07:48.100 And for these patients,

NOTE Confidence: 0.93357134

00:07:48.100 --> 00:07:49.600 they've been speaking a certain way

NOTE Confidence: 0.93357134

00:07:49.600 --> 00:07:51.180 the entire course of their lives.

NOTE Confidence: 0.93357134

00:07:51.180 --> 00:07:52.620 Then all of a sudden they've

NOTE Confidence: 0.93357134

00:07:52.620 --> 00:07:53.340 undergone some intervention.

NOTE Confidence: 0.93357134

00:07:53.340 --> 00:07:55.748 They've had cancer and they're used to

NOTE Confidence: 0.93357134

00:07:55.748 --> 00:07:58.218 talking in their normal speech pattern,

NOTE Confidence: 0.93357134

00:07:58.220 --> 00:08:00.215 but now it's not getting that clarity,

NOTE Confidence: 0.93357134

00:08:00.220 --> 00:08:02.460 that articulation that they want.

NOTE Confidence: 0.93357134

00:08:02.460 --> 00:08:03.444 So as speech pathologists,

NOTE Confidence: 0.93357134

00:08:03.444 --> 00:08:05.939 what we'll do is we meet with these patients,

NOTE Confidence: 0.93357134

00:08:05.940 --> 00:08:06.992 we assess their articulation,

NOTE Confidence: 0.93357134

00:08:06.992 --> 00:08:09.618 we have them make a lot of different sounds.

NOTE Confidence: 0.93357134

00:08:09.620 --> 00:08:11.104 We want to make sure that we're

NOTE Confidence: 0.93357134

00:08:11.104 --> 00:08:12.523 covering all the sounds of the

NOTE Confidence: 0.93357134

00:08:12.523 --> 00:08:13.993 English language and then we target

NOTE Confidence: 0.9335713

00:08:14.810 --> 00:08:16.430 are there any strategies that you

NOTE Confidence: 0.93357134

00:08:16.430 --> 00:08:18.470 can do to try and get your speech

NOTE Confidence: 0.93357134

00:08:18.470 --> 00:08:19.958 stronger or clearer or more crisp?

NOTE Confidence: 0.93357134

00:08:19.960 --> 00:08:22.800 As I like to say for a lot of

NOTE Confidence: 0.93357134

00:08:22.800 --> 00:08:24.320 these patients and includes

NOTE Confidence: 0.93357134

00:08:24.320 --> 00:08:25.080 compensatory strategies.

NOTE Confidence: 0.93357134

00:08:25.080 --> 00:08:27.440 So sometimes that's over articulating,

NOTE Confidence: 0.93357134

00:08:27.440 --> 00:08:28.808 moving your mouth more,

NOTE Confidence: 0.93357134

00:08:28.808 --> 00:08:30.518 slowing your rate of speech,

NOTE Confidence: 0.93357134

00:08:30.520 --> 00:08:32.648 trying to increase your volume in a healthy

NOTE Confidence: 0.93357134

00:08:32.648 --> 00:08:34.756 way, using a lot of breath support.

NOTE Confidence: 0.93357134

00:08:34.760 --> 00:08:37.040 These strategies can help intelligibility.

NOTE Confidence: 0.93357134

00:08:37.040 --> 00:08:39.320 But then it's also some repetition,

NOTE Confidence: 0.93357134

00:08:39.320 --> 00:08:41.080 some directed exercises with

NOTE Confidence: 0.93357134

00:08:41.080 --> 00:08:42.400 different speech sounds.

NOTE Confidence: 0.93357134

00:08:42.400 --> 00:08:42.782 All right,

NOTE Confidence: 0.93357134

00:08:42.782 --> 00:08:44.119 let's make sure that your S,

NOTE Confidence: 0.93357134

00:08:44.120 --> 00:08:47.200 your T is crisp right where we need it to be.

NOTE Confidence: 0.93357134

00:08:47.200 --> 00:08:48.440 And then for other patients,

NOTE Confidence: 0.93357134

00:08:48.440 --> 00:08:50.492 if we're noticing it has a lot to do

NOTE Confidence: 0.93357134

00:08:50.492 --> 00:08:52.379 with scar tissue or if it has to do

NOTE Confidence: 0.93357134

00:08:52.379 --> 00:08:54.400 a lot with our radiation fibrosis,

NOTE Confidence: 0.93357134

00:08:54.400 --> 00:08:56.680 we can also offer them something

NOTE Confidence: 0.93357134

00:08:56.680 --> 00:08:58.200 called myofascial release where

NOTE Confidence: 0.93357134

00:08:58.262 --> 00:09:00.254 it's manual exercises that we can

NOTE Confidence: 0.93357134

00:09:00.254 --> 00:09:02.485 try and teach patients to get their

NOTE Confidence: 0.93357134

00:09:02.485 --> 00:09:04.438 tongue to be less tight so they're

NOTE Confidence: 0.93357134

00:09:04.440 --> 00:09:05.700 able to move their articulators

NOTE Confidence: 0.93357134

00:09:05.700 --> 00:09:07.243 better and usually get some better

NOTE Confidence: 0.93357134

00:09:07.243 --> 00:09:08.199 speech along with it.

NOTE Confidence: 0.92165166

00:09:09.070 --> 00:09:11.262 And so give us a sense of how

NOTE Confidence: 0.92165166

00:09:11.262 --> 00:09:13.474 common these problems are after your

NOTE Confidence: 0.92165166

00:09:13.474 --> 00:09:15.469 head and neck cancer treatment.

NOTE Confidence: 0.92165166

00:09:15.470 --> 00:09:18.198 I mean, are we talking about the majority

NOTE Confidence: 0.92165166

00:09:18.198 --> 00:09:20.592 of patients who need to undergo these

NOTE Confidence: 0.92165166

00:09:20.592 --> 00:09:22.950 therapies or is it really just a few

NOTE Confidence: 0.9384525

00:09:23.960 --> 00:09:26.400 when it comes to swallowing?

NOTE Confidence: 0.9384525

00:09:26.400 --> 00:09:28.228 Every single patient who's

NOTE Confidence: 0.9384525

00:09:28.228 --> 00:09:29.599 undergoing radiation treatment,

NOTE Confidence: 0.9384525

00:09:29.600 --> 00:09:32.040 we try to see for swallowing therapy and

NOTE Confidence: 0.9384525

00:09:32.040 --> 00:09:34.837 we do a lot of prophylactic exercises.

NOTE Confidence: 0.9384525

00:09:34.840 --> 00:09:36.716 So if patients are going to be

NOTE Confidence: 0.9384525

00:09:36.716 --> 00:09:37.520 getting radiation treatment,

NOTE Confidence: 0.9384525

00:09:37.520 --> 00:09:39.725 we know that those side effects of

NOTE Confidence: 0.9384525

00:09:39.725 --> 00:09:41.331 radiation can continue to impact

NOTE Confidence: 0.9384525

00:09:41.331 --> 00:09:43.438 patients years and years down the line.

NOTE Confidence: 0.9384525

00:09:43.440 --> 00:09:46.272 So being proactive in getting exercises

NOTE Confidence: 0.9384525

00:09:46.272 --> 00:09:48.725 can help prevent patients from

NOTE Confidence: 0.9384525

00:09:48.725 --> 00:09:51.145 potentially having issues later on.

NOTE Confidence: 0.9384525

00:09:51.150 --> 00:09:52.274 So everybody essentially we

NOTE Confidence: 0.9384525

00:09:52.274 --> 00:09:54.651 would love to come and see us for

NOTE Confidence: 0.9384525

00:09:54.651 --> 00:09:56.236 swallowing exercises or any speech

NOTE Confidence: 0.9384525

00:09:56.236 --> 00:09:58.028 pathologist who you have access to.

NOTE Confidence: 0.9384525

00:09:58.030 --> 00:09:59.998 For patients who might have some

NOTE Confidence: 0.9384525

00:09:59.998 --> 00:10:02.150 trouble with speech or articulation,

NOTE Confidence: 0.9384525

00:10:02.150 --> 00:10:03.950 that's more related to those who

NOTE Confidence: 0.9384525

00:10:03.950 --> 00:10:05.781 typically have a lot of involvement

NOTE Confidence: 0.9384525

00:10:05.781 --> 00:10:08.045 in the base of their tongue or more

NOTE Confidence: 0.9384525

00:10:08.110 --> 00:10:10.222 of their oral tongue as they're

NOTE Confidence: 0.9384525

00:10:10.222 --> 00:10:11.630 undergoing cancer treatment or

NOTE Confidence: 0.9384525

00:10:11.630 --> 00:10:13.670 other structures like their palate.

NOTE Confidence: 0.9384525

00:10:13.670 --> 00:10:15.574 So it might not be very common as

NOTE Confidence: 0.9384525

00:10:15.574 --> 00:10:17.406 far as the general population with

NOTE Confidence: 0.9384525

00:10:17.406 --> 00:10:19.820 people who have had a neck cancer,

NOTE Confidence: 0.9384525

00:10:19.820 --> 00:10:21.156 but by and large,

NOTE Confidence: 0.9384525

00:10:21.156 --> 00:10:22.826 if those patients undergo any

NOTE Confidence: 0.9384525

00:10:22.826 --> 00:10:24.060 intervention on those sites,

NOTE Confidence: 0.9384525

00:10:24.060 --> 00:10:25.084 we'll be seeing them.

NOTE Confidence: 0.9384525

00:10:25.084 --> 00:10:26.620 And then there are also patients

NOTE Confidence: 0.9384525

00:10:26.671 --> 00:10:27.976 in a completely different subset

NOTE Confidence: 0.9384525

00:10:27.976 --> 00:10:29.900 who will see for voice restoration.

NOTE Confidence: 0.93081397

00:10:30.860 --> 00:10:33.590 Talk a little bit about the difference

NOTE Confidence: 0.93081397

00:10:33.590 --> 00:10:35.900 between speech and voice restoration.

NOTE Confidence: 0.9250192

00:10:36.980 --> 00:10:37.898 So with speech,

NOTE Confidence: 0.9250192

00:10:37.898 --> 00:10:39.734 what we're really talking about is,

NOTE Confidence: 0.9250192

00:10:39.740 --> 00:10:41.096 are those main articulators.

NOTE Confidence: 0.9250192

00:10:41.096 --> 00:10:44.080 So we're looking at the the lips, the tongue,

NOTE Confidence: 0.9250192

00:10:44.080 --> 00:10:45.820 how they impact the different structures,

NOTE Confidence: 0.9250192

00:10:45.820 --> 00:10:47.008 your palate, your teeth.

NOTE Confidence: 0.9250192

00:10:47.008 --> 00:10:48.493 When it comes to voice,

NOTE Confidence: 0.9250192

00:10:48.500 --> 00:10:50.168 we are really focusing on the

NOTE Confidence: 0.9250192

00:10:50.168 --> 00:10:51.949 vocal cords and how the vocal

NOTE Confidence: 0.9250192

00:10:51.949 --> 00:10:53.779 cords vibrate to produce a clear,

NOTE Confidence: 0.9250192

00:10:53.780 --> 00:10:54.743 steady, consistent voice.

NOTE Confidence: 0.9250192

00:10:54.743 --> 00:10:57.445 Now for a lot of patients who undergo

NOTE Confidence: 0.9250192

00:10:57.445 --> 00:10:59.400 radiation treatment and that radiation

NOTE Confidence: 0.9250192

00:10:59.400 --> 00:11:01.729 field can impact the vocal cords,

NOTE Confidence: 0.9250192

00:11:01.730 --> 00:11:03.085 they might end up having

NOTE Confidence: 0.9250192

00:11:03.085 --> 00:11:04.169 a horse vocal quality.

NOTE Confidence: 0.9250192

00:11:04.170 --> 00:11:06.158 They might have some stiffness to their

NOTE Confidence: 0.9250192

00:11:06.158 --> 00:11:07.915 vocal cords and that might prevent

NOTE Confidence: 0.9250192

00:11:07.915 --> 00:11:10.369 them from getting as clear or strong a voice.

NOTE Confidence: 0.9250192

00:11:10.370 --> 00:11:11.112 Voice therapy,

NOTE Confidence: 0.9250192

00:11:11.112 --> 00:11:12.967 which is similar to the

NOTE Confidence: 0.9250192

00:11:12.967 --> 00:11:15.128 other types of therapy we do,

NOTE Confidence: 0.9250192

00:11:15.130 --> 00:11:16.970 which is very highly repetitive,

NOTE Confidence: 0.9250192

22

00:11:16.970 --> 00:11:17.930 different voice exercises,

NOTE Confidence: 0.9250192

00:11:17.930 --> 00:11:19.530 ways to relax the throat,

NOTE Confidence: 0.9250192

00:11:19.530 --> 00:11:21.600 get those vocal cords to stretch,

NOTE Confidence: 0.9250192

00:11:21.600 --> 00:11:23.400 and that's what we can work on with people.

NOTE Confidence: 0.9250192

00:11:23.400 --> 00:11:25.592 But we also have a very large patient

NOTE Confidence: 0.9250192

00:11:25.592 --> 00:11:27.093 population that undergoes a procedure

NOTE Confidence: 0.9250192

00:11:27.093 --> 00:11:29.193 due to a laryngeal cancer where they

NOTE Confidence: 0.9250192

00:11:29.244 --> 00:11:31.519 actually might need their voice box removed.

NOTE Confidence: 0.9250192

00:11:31.520 --> 00:11:32.876 And as part of that procedure,

NOTE Confidence: 0.9250192

00:11:32.880 --> 00:11:34.180 they no longer have their

NOTE Confidence: 0.9250192

00:11:34.180 --> 00:11:34.960 vocal cords present.

NOTE Confidence: 0.9250192

00:11:34.960 --> 00:11:36.888 So we need to determine ways in which

NOTE Confidence: 0.9250192

00:11:36.888 --> 00:11:39.076 we can help them get that voice back.

NOTE Confidence: 0.9250192

00:11:39.080 --> 00:11:40.490 And that's one of the largest

NOTE Confidence: 0.9250192

00:11:40.490 --> 00:11:41.680 patient populations we work with.

NOTE Confidence: 0.9250192

00:11:41.680 --> 00:11:42.960 They're those who've undergone

NOTE Confidence: 0.9250192

00:11:42.960 --> 00:11:43.920 a total laryngectomy.

NOTE Confidence: 0.9250192

00:11:43.920 --> 00:11:44.120 So wait

NOTE Confidence: 0.937665772

00:11:44.960 --> 00:11:46.738 a minute, I thought you need your

NOTE Confidence: 0.937665772

00:11:46.738 --> 00:11:48.727 vocal cords in order to have a voice.

NOTE Confidence: 0.937665772

00:11:48.730 --> 00:11:51.145 So if they've been removed and you

NOTE Confidence: 0.937665772

00:11:51.145 --> 00:11:53.522 don't have them anymore, how exactly

NOTE Confidence: 0.937665772

00:11:53.522 --> 00:11:56.370 are people going to still have a voice?

NOTE Confidence: 0.9381287

00:11:57.250 --> 00:11:59.062 We are very fortunate just with

NOTE Confidence: 0.9381287

00:11:59.062 --> 00:12:01.200 the technology that we have to help

NOTE Confidence: 0.9381287

00:12:01.200 --> 00:12:02.946 people get that voice after surgery

NOTE Confidence: 0.9381287

00:12:02.946 --> 00:12:04.828 and very skilled surgeons and the

NOTE Confidence: 0.9381287

00:12:04.828 --> 00:12:06.645 whole care team really is involved

NOTE Confidence: 0.9381287

00:12:06.645 --> 00:12:08.570 in the care of all our patients.

NOTE Confidence: 0.9381287

00:12:08.570 --> 00:12:10.062 But you know

NOTE Confidence: 0.9381287

00:12:10.062 --> 00:12:11.927 this patient population in particular,

NOTE Confidence: 0.9381287

00:12:11.930 --> 00:12:13.880 when a patient undergoes a total

NOTE Confidence: 0.9381287

00:12:13.880 --> 00:12:15.275 laryngectomy, what happens is

NOTE Confidence: 0.9381287

00:12:15.275 --> 00:12:17.405 because that voice box is removed,

NOTE Confidence: 0.9381287

00:12:17.410 --> 00:12:19.601 there is no longer a connection between

NOTE Confidence: 0.9381287

00:12:19.601 --> 00:12:21.490 their airway and their food pipe.

NOTE Confidence: 0.9381287

00:12:21.490 --> 00:12:23.512 So these patients have their airway

NOTE Confidence: 0.9381287

00:12:23.512 --> 00:12:25.470 redirected and a permanent opening called

NOTE Confidence: 0.9381287

00:12:25.470 --> 00:12:27.686 a stoma to the front of their necks.

NOTE Confidence: 0.9381287

00:12:27.690 --> 00:12:29.982 Now, usually during the surgery in

NOTE Confidence: 0.9381287

00:12:29.982 --> 00:12:32.330 which a total laryngectomy takes place,

NOTE Confidence: 0.9381287

00:12:32.330 --> 00:12:34.358 the ear, nose and throat surgeon

NOTE Confidence: 0.9381287

00:12:34.358 --> 00:12:36.218 who's completing this surgery will

NOTE Confidence: 0.9381287

00:12:36.218 --> 00:12:38.468 actually insert what's called a

NOTE Confidence: 0.9381287

00:12:38.468 --> 00:12:39.368 tracheoesophageal prosthesis,

NOTE Confidence: 0.9381287

00:12:39.370 --> 00:12:42.219 or ATEP, into the wall between

NOTE Confidence: 0.9381287

00:12:42.219 --> 00:12:44.619 the trachea and the esophagus.

NOTE Confidence: 0.9381287

00:12:44.620 --> 00:12:45.556 So what this is,

NOTE Confidence: 0.9381287

00:12:45.556 --> 00:12:47.400 is this is a valve that when

NOTE Confidence: 0.9381287

00:12:47.400 --> 00:12:49.260 patients redirect air through it,

NOTE Confidence: 0.9381287

00:12:49.260 --> 00:12:51.510 it vibrates tissue within the esophagus

NOTE Confidence: 0.9381287

00:12:51.510 --> 00:12:54.059 and they can actually achieve a voice.

NOTE Confidence: 0.9381287

00:12:54.060 --> 00:12:55.216 It's an esophageal speech,

NOTE Confidence: 0.9381287

00:12:55.216 --> 00:12:56.661 but they're able to communicate

NOTE Confidence: 0.9381287

00:12:56.661 --> 00:12:57.779 with their loved ones.

NOTE Confidence: 0.9427049

00:12:58.250 --> 00:12:59.550 Well, that's very interesting.

NOTE Confidence: 0.9427049

00:12:59.550 --> 00:13:01.175 So we're going to take

NOTE Confidence: 0.9427049

00:13:01.175 --> 00:13:02.808 a quick medical minute.

NOTE Confidence: 0.9427049

00:13:02.810 --> 00:13:04.850 But on the other side of the break,

NOTE Confidence: 0.9427049

00:13:04.850 --> 00:13:06.992 we will learn more about that and

NOTE Confidence: 0.9427049

00:13:06.992 --> 00:13:08.823 other aspects of speech, language,

NOTE Confidence: 0.9427049

00:13:08.823 --> 00:13:10.888 pathology and head neck cancer

NOTE Confidence: 0.9427049

00:13:10.888 --> 00:13:12.930 with my guest, John Gerrity.

NOTE Confidence: 0.9427049

00:13:13.530 --> 00:13:15.530 Funding for Yale Cancer Answers

NOTE Confidence: 0.9427049

00:13:15.530 --> 00:13:17.530 comes from Smilow Cancer Hospital,

NOTE Confidence: 0.9427049

00:13:17.530 --> 00:13:19.770 where 16 locations across the

NOTE Confidence: 0.9427049

00:13:19.770 --> 00:13:21.562 region provide patients with

NOTE Confidence: 0.9427049

00:13:21.562 --> 00:13:22.682 individualized, innovative,

NOTE Confidence: 0.9427049

00:13:22.682 --> 00:13:25.370 convenient and comprehensive care.

NOTE Confidence: 0.9427049

00:13:25.370 --> 00:13:28.520 Find a Smilow location near you

NOTE Confidence: 0.9427049

00:13:28.520 --> 00:13:31.330 at smilocancerhospital.org.

NOTE Confidence: 0.9427049

00:13:31.330 --> 00:13:32.950 There are many obstacles to

NOTE Confidence: 0.9427049

00:13:32.950 --> 00:13:34.246 face when quitting smoking,

NOTE Confidence: 0.9427049

00:13:34.250 --> 00:13:37.330 as smoking involves the potent drug nicotine.

NOTE Confidence: 0.9427049

00:13:37.330 --> 00:13:39.080 Quitting smoking is a very

NOTE Confidence: 0.9427049

00:13:39.080 --> 00:13:40.130 important lifestyle change,

NOTE Confidence: 0.9427049

00:13:40.130 --> 00:13:41.782 especially for patients undergoing

NOTE Confidence: 0.9427049

00:13:41.782 --> 00:13:44.761 cancer treatment as it's been shown to

NOTE Confidence: 0.9427049

00:13:44.761 --> 00:13:46.926 positively impact response to treatments,

NOTE Confidence: 0.9427049

00:13:46.930 --> 00:13:49.170 decrease the likelihood that patients

NOTE Confidence: 0.9427049

00:13:49.170 --> 00:13:50.962 will develop second malignancies

NOTE Confidence: 0.9427049

00:13:50.962 --> 00:13:53.110 and increase rates of survival.

NOTE Confidence: 0.9427049

00:13:53.110 --> 00:13:54.946 Tobacco treatment programs are

NOTE Confidence: 0.9427049

00:13:54.946 --> 00:13:57.241 currently being offered at federally

NOTE Confidence: 0.9427049

00:13:57.241 --> 00:13:58.518 designated comprehensive cancer

NOTE Confidence: 0.9427049

00:13:58.518 --> 00:14:00.780 centers such as Yale Cancer Center

NOTE Confidence: 0.9427049

00:14:00.780 --> 00:14:02.829 and Smilow Cancer Hospital.

NOTE Confidence: 0.9427049

00:14:02.830 --> 00:14:04.920 All treatment components are evidence

NOTE Confidence: 0.9427049

00:14:04.920 --> 00:14:07.796 based and patients are treated with FDA

NOTE Confidence: 0.9427049

00:14:07.796 --> 00:14:09.968 approved first line medications as well

NOTE Confidence: 0.9427049

00:14:09.968 --> 00:14:12.365 as smoking cessation counseling that

NOTE Confidence: 0.9427049

00:14:12.365 --> 00:14:14.505 stresses appropriate coping skills.

NOTE Confidence: 0.9427049

00:14:14.510 --> 00:14:16.878 More information is available

NOTE Confidence: 0.9427049

00:14:16.878 --> 00:14:17.898 at yalecancercenter.org.

NOTE Confidence: 0.9427049

00:14:17.898 --> 00:14:20.466 You're listening to Connecticut Public Radio.

NOTE Confidence: 0.9349574

00:14:21.950 --> 00:14:23.828 Welcome back to Yale Cancer Answers.

NOTE Confidence: 0.9349574

00:14:23.830 --> 00:14:25.390 This is Doctor Anees Chagpar,

NOTE Confidence: 0.9349574

00:14:25.390 --> 00:14:27.546 and I'm joined tonight by my guest,

NOTE Confidence: 0.9349574

00:14:27.550 --> 00:14:28.146 John Gerrity.

NOTE Confidence: 0.9349574

00:14:28.146 --> 00:14:29.934 We're talking about the role of

NOTE Confidence: 0.9349574

00:14:29.934 --> 00:14:31.749 a speech language pathologist,

NOTE Confidence: 0.9349574

00:14:31.750 --> 00:14:33.530 particularly in patients who have

NOTE Confidence: 0.9349574

00:14:33.530 --> 00:14:35.310 faced head and neck cancers.

NOTE Confidence: 0.9349574

00:14:35.310 --> 00:14:37.310 And right before the break,

NOTE Confidence: 0.9349574

00:14:37.310 --> 00:14:39.410 John, you were talking about

NOTE Confidence: 0.9349574

00:14:39.410 --> 00:14:41.510 this population of patients who

NOTE Confidence: 0.9349574

00:14:41.580 --> 00:14:43.750 may have had laryngeal cancers,

NOTE Confidence: 0.9349574

00:14:43.750 --> 00:14:45.586 So cancers of the voice box,

NOTE Confidence: 0.9349574

00:14:45.590 --> 00:14:48.572 where the voice box actually had to

NOTE Confidence: 0.9349574

00:14:48.572 --> 00:14:51.225 be removed and how you can actually

NOTE Confidence: 0.9349574

00:14:51.225 --> 00:14:54.140 help patients to get a voice back even

NOTE Confidence: 0.9349574

00:14:54.140 --> 00:14:56.030 though they don't have a voice box.

NOTE Confidence: 0.9349574

00:14:56.030 --> 00:15:00.302 So you were talking a little bit about

NOTE Confidence: 0.9349574

00:15:00.302 --> 00:15:02.430 this tracheoesophageal prosthesis.

NOTE Confidence: 0.9349574

00:15:02.430 --> 00:15:05.350 Tell us more about what exactly that is.

NOTE Confidence: 0.9349574

00:15:05.350 --> 00:15:08.506 Is it like a metallic implant?

NOTE Confidence: 0.9349574

00:15:08.510 --> 00:15:10.870 Is it your own tissue?

NOTE Confidence: 0.9349574

00:15:10.870 --> 00:15:14.758 And how is it that patients learn to

NOTE Confidence: 0.9349574

00:15:14.760 --> 00:15:17.436 make this thing vibrate even though

NOTE Confidence: 0.9349574

00:15:17.436 --> 00:15:21.000 the air is coming from their esophagus

NOTE Confidence: 0.92123026

00:15:21.360 --> 00:15:23.160 with the tracheoesophageal prosthesis?

NOTE Confidence: 0.92123026

00:15:23.160 --> 00:15:27.080 So what that is, is it's a small silicon

NOTE Confidence: 0.92123026

00:15:27.080 --> 00:15:29.718 type prosthesis and they're only about

NOTE Confidence: 0.92123026

00:15:29.718 --> 00:15:32.316 on average a centimeter in length.

NOTE Confidence: 0.92123026

00:15:32.320 --> 00:15:34.678 So it's a one way valve and this valve

NOTE Confidence: 0.92123026

00:15:34.678 --> 00:15:37.423 is put right in the patient's tissue and

NOTE Confidence: 0.92123026

00:15:37.423 --> 00:15:39.903 what the patient learns to do when they

NOTE Confidence: 0.92123026

00:15:39.903 --> 00:15:42.832 want to talk is they breathe in and when

NOTE Confidence: 0.92123026

00:15:42.832 --> 00:15:45.680 they breathe out they cover their stoma.

NOTE Confidence: 0.92123026

00:15:45.680 --> 00:15:48.317 So that opening in the front of their throat,

NOTE Confidence: 0.92123026

00:15:48.320 --> 00:15:50.402 that air travels through that one

NOTE Confidence: 0.92123026

00:15:50.402 --> 00:15:53.036 way valve and it's going to vibrate

NOTE Confidence: 0.92123026

00:15:53.036 --> 00:15:54.996 the tissue in their esophagus.

NOTE Confidence: 0.92123026

00:15:55.000 --> 00:15:58.400 And so that's how that voice is produced.

NOTE Confidence: 0.92123026

00:15:58.400 --> 00:16:00.626 Patients typically start using that as

NOTE Confidence: 0.92123026

00:16:00.626 --> 00:16:03.209 soon as three weeks after

NOTE Confidence: 0.92123026

00:16:03.209 --> 00:16:05.510 and it can be this very intense,

NOTE Confidence: 0.92123026

00:16:05.510 --> 00:16:08.410 very life changing procedure.

NOTE Confidence: 0.92123026

00:16:08.410 --> 00:16:09.964 And as we're working with these patients,

NOTE Confidence: 0.92123026

00:16:09.970 --> 00:16:11.650 it's real hands on treatment.

NOTE Confidence: 0.92123026

00:16:11.650 --> 00:16:13.638 Getting them to be able to inspect

NOTE Confidence: 0.92123026

00:16:13.638 --> 00:16:14.206 this prosthesis,

NOTE Confidence: 0.92123026

00:16:14.210 --> 00:16:16.569 knowing how to care for the prosthesis,

NOTE Confidence: 0.92123026

00:16:16.570 --> 00:16:18.938 being able to occlude their own stoma with

NOTE Confidence: 0.92123026

00:16:18.938 --> 00:16:21.128 their hands so they can produce a voice.

NOTE Confidence: 0.92123026

00:16:21.130 --> 00:16:23.506 It's a lot of follow up with the speech

NOTE Confidence: 0.92123026

00:16:23.506 --> 00:16:25.076 pathologist seeing us at least once

NOTE Confidence: 0.92123026

00:16:25.076 --> 00:16:27.202 a week on the outpatient side to make

NOTE Confidence: 0.92123026

00:16:27.202 --> 00:16:29.127 sure that you're able to communicate all

NOTE Confidence: 0.92123026

00:16:29.130 --> 00:16:30.530 of your wants and all of your needs.

NOTE Confidence: 0.923322

00:16:31.290 --> 00:16:35.500 And so when you had mentioned that it's an

NOTE Confidence: 0.923322

00:16:35.500 --> 00:16:38.020 esophageal voice in part because

NOTE Confidence: 0.923322

00:16:38.020 --> 00:16:41.228 the sound I guess is coming from your

NOTE Confidence: 0.923322

00:16:41.228 --> 00:16:43.420 esophagus through this oneway valve,

NOTE Confidence: 0.923322

00:16:43.420 --> 00:16:46.140 how is that different from a tracheal voice?

NOTE Confidence: 0.923322

00:16:46.140 --> 00:16:47.778 I mean does it sound different?

NOTE Confidence: 0.9349909

00:16:48.060 --> 00:16:50.058 It does sound different in quality,

NOTE Confidence: 0.9349909

00:16:50.060 --> 00:16:51.940 but the clarity of it is actually great.

NOTE Confidence: 0.9349909

00:16:51.940 --> 00:16:53.876 I have a lot of patients who say

NOTE Confidence: 0.9349909

00:16:53.876 --> 00:16:55.754 that given how their voice might

NOTE Confidence: 0.9349909

00:16:55.754 --> 00:16:57.414 have been before their surgery,

NOTE Confidence: 0.9349909

00:16:57.420 --> 00:16:59.586 they might feel like they're better

NOTE Confidence: 0.9349909

00:16:59.586 --> 00:17:01.870 understood after the surgery given how

NOTE Confidence: 0.9349909

00:17:01.870 --> 00:17:03.805 healthy their esophagus was vibrating.

NOTE Confidence: 0.9349909

00:17:03.810 --> 00:17:05.777 One of the main differences in voice

NOTE Confidence: 0.9349909

00:17:05.777 --> 00:17:07.940 is that you're not going to be able

NOTE Confidence: 0.9349909

00:17:07.940 --> 00:17:09.837 to have that pitch change or as

NOTE Confidence: 0.9349909

00:17:09.837 --> 00:17:11.553 substantial a volume change as you

NOTE Confidence: 0.9349909

00:17:11.553 --> 00:17:15.302 would with vocal cords because your

NOTE Confidence: 0.9349909

00:17:15.302 --> 00:17:18.300 pitch changes depending

NOTE Confidence: 0.9349909

00:17:18.300 --> 00:17:20.348 on how your vocal cords stretch and

NOTE Confidence: 0.9349909

00:17:20.348 --> 00:17:22.364 change their tension and how much

NOTE Confidence: 0.9349909

00:17:22.364 --> 00:17:24.326 valve your air to change your volume.

NOTE Confidence: 0.9349909

00:17:24.330 --> 00:17:26.055 So these patients might have

NOTE Confidence: 0.9349909

00:17:26.055 --> 00:17:27.780 trouble with changing their volume

NOTE Confidence: 0.9349909

00:17:27.840 --> 00:17:29.650 as significantly and their pitch,

NOTE Confidence: 0.9349909

00:17:29.650 --> 00:17:31.918 but their intelligibility is really great.

NOTE Confidence: 0.9349909

00:17:31.920 --> 00:17:34.062 As long as though those articulation

NOTE Confidence: 0.9349909

00:17:34.062 --> 00:17:36.239 structures for speech are still intact

NOTE Confidence: 0.93319446

00:17:36.640 --> 00:17:40.070 and so, so they can, even though

NOTE Confidence: 0.93319446

00:17:40.070 --> 00:17:41.720 they don't have a voice box,

NOTE Confidence: 0.93319446

00:17:41.720 --> 00:17:44.036 they can continue to live

NOTE Confidence: 0.93319446

00:17:44.036 --> 00:17:46.239 a productive life with a voice,

NOTE Confidence: 0.93319446

00:17:46.240 --> 00:17:48.395 albeit a voice that they've

NOTE Confidence: 0.93319446

00:17:48.395 --> 00:17:50.720 had to learn to manage.

NOTE Confidence: 0.93319446

00:17:51.760 --> 00:17:54.440 And this patient population,

NOTE Confidence: 0.93319446

00:17:54.440 --> 00:17:56.827 I've had a lot of patients go

NOTE Confidence: 0.93319446

00:17:56.827 --> 00:17:58.861 on to continue to go back to

NOTE Confidence: 0.93319446

00:17:58.861 --> 00:17:59.889 resuming their normal lives,

NOTE Confidence: 0.93319446

00:17:59.890 --> 00:18:02.170 going back to work, enjoying

NOTE Confidence: 0.93319446

00:18:02.170 --> 00:18:04.450 activities with friends and families.

NOTE Confidence: 0.93319446

00:18:04.450 --> 00:18:06.568 And it's been very rewarding.

NOTE Confidence: 0.93319446

00:18:06.570 --> 00:18:08.022 So you can definitely live a

NOTE Confidence: 0.93319446

00:18:08.022 --> 00:18:09.290 pretty normal life.

NOTE Confidence: 0.9405293

00:18:09.650 --> 00:18:11.785 You know when we think about these

NOTE Confidence: 0.9405293

00:18:11.785 --> 00:18:13.454 patients who have gone through

NOTE Confidence: 0.9405293

00:18:13.454 --> 00:18:15.530 head and neck cancers and they're

NOTE Confidence: 0.9405293

00:18:15.530 --> 00:18:17.252 dealing with significant disruptions

NOTE Confidence: 0.9405293

00:18:17.252 --> 00:18:19.828 or changes in what we all think of

NOTE Confidence: 0.9405293

00:18:19.828 --> 00:18:22.154 as normal daily functions, right?

NOTE Confidence: 0.9405293

00:18:22.154 --> 00:18:25.920 Our swallowing, our speech, our voice.

NOTE Confidence: 0.9405293

00:18:25.920 --> 00:18:28.476 I can only imagine that for some of them,

NOTE Confidence: 0.9405293

00:18:28.480 --> 00:18:30.628 even though

NOTE Confidence: 0.9405293

00:18:30.628 --> 00:18:34.222 we have now technology where we can

NOTE Confidence: 0.9405293

00:18:34.222 --> 00:18:37.379 make people learn how to swallow and

NOTE Confidence: 0.9405293

00:18:37.379 --> 00:18:39.740 learn how to speak again and even

NOTE Confidence: 0.9405293

00:18:39.740 --> 00:18:41.960 have a voice without a voice box,

NOTE Confidence: 0.9405293

00:18:41.960 --> 00:18:45.460 that this may still be something

NOTE Confidence: 0.9405293

00:18:45.460 --> 00:18:47.544 that is a little distressing.

NOTE Confidence: 0.9405293

00:18:47.544 --> 00:18:50.455 Talk a little bit about the

NOTE Confidence: 0.9405293

00:18:50.455 --> 00:18:53.133 psychosocial aspects of this and

NOTE Confidence: 0.9405293

00:18:53.133 --> 00:18:55.884 effect of support groups

NOTE Confidence: 0.9405293

00:18:55.884 --> 00:18:58.675 and trying to give people mutual support

NOTE Confidence: 0.9405293

00:18:58.675 --> 00:19:01.260 as they go through this journey?

NOTE Confidence: 0.9355745

00:19:02.140 --> 00:19:05.220 For the patients who I've worked with,

NOTE Confidence: 0.9355745

00:19:05.220 --> 00:19:06.925 you know it's definitely phenomenal

NOTE Confidence: 0.9355745

00:19:06.925 --> 00:19:08.967 and really remarkable just to

NOTE Confidence: 0.9355745

00:19:08.967 --> 00:19:10.464 see the resilience, their resolve,

NOTE Confidence: 0.9355745

00:19:10.464 --> 00:19:12.074 their strength and undergoing what

NOTE Confidence: 0.9355745

00:19:12.074 --> 00:19:14.318 can be a life changing procedure

NOTE Confidence: 0.9355745

00:19:14.318 --> 00:19:15.938 or life changing treatment.

NOTE Confidence: 0.9355745

00:19:15.940 --> 00:19:17.444 And you're exactly right

NOTE Confidence: 0.9355745

00:19:17.444 --> 00:19:19.324 with how the different,

NOTE Confidence: 0.9355745

00:19:19.330 --> 00:19:21.270 the psychosocial impact and just

NOTE Confidence: 0.9355745

00:19:21.270 --> 00:19:23.602 the impact on their quality of

NOTE Confidence: 0.9355745

00:19:23.602 --> 00:19:26.810 life overall can be great.

NOTE Confidence: 0.9355745

00:19:26.810 --> 00:19:28.840 And we're really fortunate in

NOTE Confidence: 0.9355745

00:19:28.840 --> 00:19:31.410 that we do have support groups

NOTE Confidence: 0.9355745

00:19:31.410 --> 00:19:33.130 where patients can come together,

NOTE Confidence: 0.9355745

00:19:33.130 --> 00:19:35.650 really talk about what their experience

NOTE Confidence: 0.9355745

00:19:35.650 --> 00:19:38.170 has been, to

NOTE Confidence: 0.9355745

00:19:38.170 --> 00:19:39.910 share what their daily struggles

NOTE Confidence: 0.9355745

00:19:39.910 --> 00:19:42.551 might be and how they're able to go

NOTE Confidence: 0.9355745

00:19:42.551 --> 00:19:44.511 through each day just being able to

NOTE Confidence: 0.9355745

00:19:44.581 --> 00:19:46.583 communicate and do the best that they

NOTE Confidence: 0.9355745

00:19:46.583 --> 00:19:50.010 can to live as normal a life as they can.

NOTE Confidence: 0.9355745

00:19:50.010 --> 00:19:51.110 What I really love about

NOTE Confidence: 0.9355745

00:19:51.110 --> 00:19:52.210 one of our support groups,

NOTE Confidence: 0.9355745

00:19:52.210 --> 00:19:54.640 which is a laryngectomy support group

NOTE Confidence: 0.9355745

00:19:54.640 --> 00:19:57.088 that I'm part of is, you know,

NOTE Confidence: 0.9355745

00:19:57.090 --> 00:19:58.770 you can really pose a question,

NOTE Confidence: 0.9355745

00:19:58.770 --> 00:20:00.120 start the conversation and then

NOTE Confidence: 0.9355745

00:20:00.120 --> 00:20:01.889 these patients are the ones who

NOTE Confidence: 0.9355745

00:20:01.890 --> 00:20:03.588 living with these

NOTE Confidence: 0.9355745

00:20:03.588 --> 00:20:05.040 diagnoses and they really

NOTE Confidence: 0.9355745

00:20:05.040 --> 00:20:06.370 just take it from there.

NOTE Confidence: 0.9355745

00:20:06.370 --> 00:20:07.530 They give each other insight,

NOTE Confidence: 0.9355745

00:20:07.530 --> 00:20:08.610 they give each other tips,

NOTE Confidence: 0.9355745

00:20:08.610 --> 00:20:11.050 they give each other reassurance

NOTE Confidence: 0.9355745

00:20:11.050 --> 00:20:12.615 and having those resources and

NOTE Confidence: 0.9355745

00:20:12.615 --> 00:20:14.180 just letting people come together

NOTE Confidence: 0.9355745

00:20:14.180 --> 00:20:16.304 as a community has been

NOTE Confidence: 0.9355745

00:20:16.304 --> 00:20:18.095 something that I'm really grateful

NOTE Confidence: 0.9355745

00:20:18.095 --> 00:20:20.216 we've been able to do.

NOTE Confidence: 0.9355745

00:20:20.220 --> 00:20:22.020 And in addition to that,

NOTE Confidence: 0.9355745

00:20:22.020 --> 00:20:23.592 just whenever I have people coming

NOTE Confidence: 0.9355745

00:20:23.592 --> 00:20:25.798 into clinic and I know that all the

NOTE Confidence: 0.9355745

00:20:25.798 --> 00:20:27.183 providers are fantastic and trying

NOTE Confidence: 0.9355745

00:20:27.183 --> 00:20:28.741 to make sure that patients are

NOTE Confidence: 0.9355745

00:20:28.741 --> 00:20:30.260 set up with the right counseling

NOTE Confidence: 0.9355745

00:20:30.260 --> 00:20:31.940 services that they may need or

NOTE Confidence: 0.9355745

00:20:31.940 --> 00:20:34.085 even if they don't need it at that

NOTE Confidence: 0.9355745

00:20:34.085 --> 00:20:35.856 time or would prefer maybe to talk

NOTE Confidence: 0.9355745

00:20:35.856 --> 00:20:37.260 to somebody at a later time.

NOTE Confidence: 0.9355745

00:20:37.260 --> 00:20:39.241 They always set them up with those

NOTE Confidence: 0.9355745

00:20:39.241 --> 00:20:40.744 resources to make sure whether

NOTE Confidence: 0.9355745

00:20:40.744 --> 00:20:42.239 it's social work or somebody

NOTE Confidence: 0.9355745

00:20:42.239 --> 00:20:44.307 else who they can talk to that

NOTE Confidence: 0.9355745

00:20:44.307 --> 00:20:45.697 these resources are in place.

NOTE Confidence: 0.9355745

00:20:45.700 --> 00:20:47.975 I let my patients know who are

NOTE Confidence: 0.9355745

00:20:47.980 --> 00:20:49.356 particularly undergoing a total

NOTE Confidence: 0.9355745

00:20:49.356 --> 00:20:51.076 laryngectomy because we see these

NOTE Confidence: 0.9355745

00:20:51.076 --> 00:20:52.780 patients so frequently for follow up.

NOTE Confidence: 0.9355745

00:20:52.780 --> 00:20:54.607 You know we're here for you this

NOTE Confidence: 0.9355745

00:20:54.607 --> 00:20:56.257 Cancer Center is here for you.

NOTE Confidence: 0.9355745

00:20:56.260 --> 00:20:57.435 You become a friend with

NOTE Confidence: 0.9355745

00:20:57.435 --> 00:20:58.375 my department for life.

NOTE Confidence: 0.9355745

00:20:58.380 --> 00:21:00.873 Given how often we follow up with you and

00:21:01.244 --> 00:21:02.336 if there's anything that we can

NOTE Confidence: 0.9355745

00:21:02.336 --> 00:21:03.768 do to support you or point you

NOTE Confidence: 0.9355745

00:21:03.768 --> 00:21:04.793 in the direction of support,

NOTE Confidence: 0.9355745

00:21:04.800 --> 00:21:05.920 we're going to be here to do that.

NOTE Confidence: 0.9332625

00:21:06.600 --> 00:21:08.560 Yeah. That that's so important.

NOTE Confidence: 0.9332625

00:21:08.560 --> 00:21:10.372 And I'm sure that your patients

NOTE Confidence: 0.9332625

00:21:10.372 --> 00:21:12.432 really love that kind of of support

NOTE Confidence: 0.9332625

00:21:12.432 --> 00:21:14.266 as well as the support that they

NOTE Confidence: 0.9332625

00:21:14.331 --> 00:21:16.156 get from other cancer survivors.

NOTE Confidence: 0.9332625

00:21:16.160 --> 00:21:18.704 I can just imagine if you were newly

NOTE Confidence: 0.9332625

00:21:18.704 --> 00:21:20.870 diagnosed and you're faced with this,

NOTE Confidence: 0.9332625

00:21:20.870 --> 00:21:22.106 you are no longer

NOTE Confidence: 0.9332625

00:21:22.106 --> 00:21:23.469 going to have a voice box.

NOTE Confidence: 0.9332625

00:21:23.470 --> 00:21:25.376 You are going to have to learn

NOTE Confidence: 0.9332625

00:21:25.376 --> 00:21:27.106 how to manage a prosthesis.

NOTE Confidence: 0.9332625

00:21:27.110 --> 00:21:29.315 Just to hear from somebody who might

NOTE Confidence: 0.9332625

00:21:29.315 --> 00:21:31.414 have gone through it before that this

NOTE Confidence: 0.9332625

00:21:31.414 --> 00:21:33.835 is livable and that you can do this

NOTE Confidence: 0.9332625

00:21:33.835 --> 00:21:35.967 and get through it and live a normal

NOTE Confidence: 0.9332625

00:21:35.967 --> 00:21:39.623 and healthy life I'm sure is so reassuring.

NOTE Confidence: 0.9332625

00:21:39.630 --> 00:21:42.437 The other piece though that I think

NOTE Confidence: 0.9332625

00:21:42.437 --> 00:21:44.366 is really important is

NOTE Confidence: 0.9332625

00:21:44.366 --> 00:21:45.857 one that you've kind of touched on,

NOTE Confidence: 0.9332625

00:21:45.860 --> 00:21:48.268 which is that there are other people on

NOTE Confidence: 0.9332625

00:21:48.268 --> 00:21:50.820 the team who are also there to support.

NOTE Confidence: 0.9332625

00:21:50.820 --> 00:21:52.556 So whether that's social

NOTE Confidence: 0.9332625

00:21:52.556 --> 00:21:53.858 workers or psychologists.

NOTE Confidence: 0.9332625

00:21:53.860 --> 00:21:54.775 And you know,

NOTE Confidence: 0.9332625

00:21:54.775 --> 00:21:56.605 even thinking about what we were

NOTE Confidence: 0.9332625

00:21:56.605 --> 00:21:58.377 talking about before the break in

NOTE Confidence: 0.9332625

00:21:58.377 --> 00:22:00.300 terms of learning how to swallow,

NOTE Confidence: 0.9332625

00:22:00.300 --> 00:22:01.500 again, I'm sure that,

00:22:02.100 --> 00:22:05.192 having relationships with dietitians

NOTE Confidence: 0.9332625

00:22:05.192 --> 00:22:06.738 and nutritionists,

NOTE Confidence: 0.9332625

00:22:06.740 --> 00:22:08.765 other physical therapists as well

NOTE Confidence: 0.9332625

00:22:08.765 --> 00:22:11.046 as your medical team is really

NOTE Confidence: 0.9332625

00:22:11.046 --> 00:22:13.014 important in terms of making sure

NOTE Confidence: 0.9332625

00:22:13.014 --> 00:22:14.751 that you're getting the right

NOTE Confidence: 0.9332625

00:22:14.751 --> 00:22:16.791 nutrition and when you should be

NOTE Confidence: 0.9332625

00:22:16.791 --> 00:22:18.642 having more solid food and when

NOTE Confidence: 0.9332625

00:22:18.642 --> 00:22:20.460 you should be having more pureed

NOTE Confidence: 0.9332625

00:22:20.518 --> 00:22:22.149 food and so on and so forth.

NOTE Confidence: 0.9332625

00:22:22.150 --> 00:22:25.974 Talk a little bit more about how that

NOTE Confidence: 0.9332625

00:22:25.974 --> 00:22:27.510 multidisciplinary interaction occurs.

NOTE Confidence: 0.9361997

00:22:27.790 --> 00:22:29.146 The multidisciplinary interaction

NOTE Confidence: 0.9361997

00:22:29.146 --> 00:22:31.858 really starts off at the very

NOTE Confidence: 0.9361997

00:22:31.858 --> 00:22:33.310 beginning of a diagnosis.

NOTE Confidence: 0.9361997

00:22:33.310 --> 00:22:36.758 So if a patient's coming in to see

NOTE Confidence: 0.9361997

00:22:36.760 --> 00:22:38.870 your nose and throat physician,

00:22:38.870 --> 00:22:42.170 they just received the diagnosis of

00:22:42.170 --> 00:22:44.430 cancer where the patients typically go

00:22:44.430 --> 00:22:46.479 for direction of treatment after that

00:22:46.479 --> 00:22:48.474 is a tumor board and that's something

00:22:48.474 --> 00:22:50.349 where the staff meets weekly and we have

00:22:50.349 --> 00:22:52.079 people from all different disciplines.

00:22:52.080 --> 00:22:54.372 We have medical oncology,

00:22:54.372 --> 00:22:56.187 radiation oncology, ear,

00:22:56.187 --> 00:23:00.189 nose and throat dietitian speech pathology,

00:23:00.190 --> 00:23:02.054 APRN's. It's a whole host of

00:23:02.054 --> 00:23:03.548 members on the medical team.

00:23:03.550 --> 00:23:04.790 And they really get together,

00:23:04.790 --> 00:23:07.270 look at this patient's diagnosis,

00:23:07.270 --> 00:23:09.223 look at what the testing has told

00:23:09.223 --> 00:23:11.068 them and develop a treatment plan.

00:23:11.070 --> 00:23:12.174 And typically that's where

NOTE Confidence: 0.9361997

00:23:12.174 --> 00:23:13.830 patients would then come to me,

NOTE Confidence: 0.9361997

00:23:13.830 --> 00:23:15.816 they get a referral for speech

NOTE Confidence: 0.9361997

00:23:15.816 --> 00:23:17.430 because the physician might say,

NOTE Confidence: 0.9361997

00:23:17.430 --> 00:23:18.339 all right, well,

NOTE Confidence: 0.9361997

00:23:18.339 --> 00:23:19.248 we're anticipating swallowing

NOTE Confidence: 0.9361997

00:23:19.248 --> 00:23:21.133 issues for this patient or this

NOTE Confidence: 0.9361997

00:23:21.133 --> 00:23:22.069 patient's getting radiation.

NOTE Confidence: 0.9361997

00:23:22.070 --> 00:23:23.771 Let's get them over to a speech

NOTE Confidence: 0.9361997

00:23:23.771 --> 00:23:25.110 pathology for an assessment,

NOTE Confidence: 0.9361997

00:23:25.110 --> 00:23:27.310 and at that point I complete my assessment.

NOTE Confidence: 0.9361997

00:23:27.310 --> 00:23:28.310 I'm doing my therapy,

NOTE Confidence: 0.9361997

00:23:28.310 --> 00:23:29.310 but throughout the course

NOTE Confidence: 0.9361997

00:23:29.310 --> 00:23:30.790 of the patient's treatment,

NOTE Confidence: 0.9361997

00:23:30.790 --> 00:23:32.510 I'm in constant communication

NOTE Confidence: 0.9361997

00:23:32.510 --> 00:23:34.230 with our registered dietitians,

NOTE Confidence: 0.9361997

00:23:34.230 --> 00:23:35.674 ensuring that the recommendations

NOTE Confidence: 0.9361997

00:23:35.674 --> 00:23:37.840 I've made for eating and drinking

NOTE Confidence: 0.9361997

00:23:37.897 --> 00:23:39.857 are ones that a patient can follow

NOTE Confidence: 0.9361997

00:23:39.857 --> 00:23:41.509 and get nutrition and hydration.

NOTE Confidence: 0.9361997

00:23:41.510 --> 00:23:43.370 I'm also letting the physicians

NOTE Confidence: 0.9361997

00:23:43.370 --> 00:23:45.230 know how the patient's progressing,

NOTE Confidence: 0.9361997

00:23:45.230 --> 00:23:47.246 where I think that I'm going to be

NOTE Confidence: 0.9361997

00:23:47.246 --> 00:23:49.759 able to help them get to as far as

NOTE Confidence: 0.9361997

00:23:49.759 --> 00:23:51.000 eating and drinking all throughout

NOTE Confidence: 0.9361997

00:23:51.000 --> 00:23:52.025 the course of the treatment.

NOTE Confidence: 0.9361997

00:23:52.030 --> 00:23:53.955 It's something where we're in

NOTE Confidence: 0.9361997

00:23:53.955 --> 00:23:55.110 very close communication,

NOTE Confidence: 0.9361997

00:23:55.110 --> 00:23:56.438 the staff collaborate great,

NOTE Confidence: 0.9361997

00:23:56.438 --> 00:23:57.766 all the medical providers

NOTE Confidence: 0.9361997

00:23:57.766 --> 00:23:59.149 that we're working with.

NOTE Confidence: 0.9361997

00:23:59.150 --> 00:24:00.830 And the feedback that I've gotten

NOTE Confidence: 0.9361997

00:24:00.830 --> 00:24:02.808 from patients is it's very nice how

NOTE Confidence: 0.9361997

00:24:02.808 --> 00:24:04.422 open the lines of communication are

NOTE Confidence: 0.9361997

00:24:04.422 --> 00:24:06.430 and how it seems like everybody's

NOTE Confidence: 0.9361997

00:24:06.430 --> 00:24:08.110 really collaborating well to provide

NOTE Confidence: 0.9361997

00:24:08.110 --> 00:24:09.629 a patient with the best care possible.

NOTE Confidence: 0.9392133

00:24:10.630 --> 00:24:12.712 And then finally you know as

NOTE Confidence: 0.9392133

00:24:12.712 --> 00:24:15.638 we talk about all of the newer

NOTE Confidence: 0.9392133

00:24:15.638 --> 00:24:18.068 technologies that have really helped

NOTE Confidence: 0.9392133

00:24:18.068 --> 00:24:20.822 patients in terms of for

NOTE Confidence: 0.9392133

00:24:20.822 --> 00:24:22.839 example regaining voice and so on.

NOTE Confidence: 0.9392133

00:24:22.840 --> 00:24:25.009 Can you talk a little bit about some of

NOTE Confidence: 0.9392133

00:24:25.009 --> 00:24:27.436 the newer things coming down the Pike?

NOTE Confidence: 0.9392133

00:24:27.440 --> 00:24:29.813 Is there research that goes on

NOTE Confidence: 0.9392133

00:24:29.813 --> 00:24:32.239 in speech and language pathology

NOTE Confidence: 0.9392133

00:24:32.240 --> 00:24:33.956 that patients should be aware of?

NOTE Confidence: 0.9381542

00:24:34.920 --> 00:24:36.906 Of course, there is always new

NOTE Confidence: 0.9381542

00:24:36.906 --> 00:24:38.619 research that's being

NOTE Confidence: 0.9381542

00:24:38.619 --> 00:24:40.274 published for speech pathology in

NOTE Confidence: 0.9381542

00:24:40.274 --> 00:24:42.080 the areas of voice, swallowing,

NOTE Confidence: 0.9381542

00:24:42.080 --> 00:24:44.960 articulation, and a lot of that.

NOTE Confidence: 0.9381542

00:24:44.960 --> 00:24:48.152 Evidence base is just all evidence base

NOTE Confidence: 0.9381542

00:24:48.152 --> 00:24:51.560 is really what's driving our practice

NOTE Confidence: 0.9381542

00:24:51.560 --> 00:24:53.954 as far as it goes with swallowing.

NOTE Confidence: 0.9381542

00:24:53.960 --> 00:24:55.584 There's been a lot of research that's

NOTE Confidence: 0.9381542

00:24:55.584 --> 00:24:57.640 come out and new technology for patients,

NOTE Confidence: 0.9381542

00:24:57.640 --> 00:24:58.029 biofeedback.

NOTE Confidence: 0.9381542

00:24:58.029 --> 00:25:00.363 So different machines that can measure

NOTE Confidence: 0.9381542

00:25:00.363 --> 00:25:02.640 the strength of a patient swallow,

NOTE Confidence: 0.9381542

00:25:02.640 --> 00:25:05.048 give them a visual readout of how

NOTE Confidence: 0.9381542

00:25:05.048 --> 00:25:07.190 hard they're swallowing or how much

NOTE Confidence: 0.9381542

00:25:07.190 --> 00:25:09.030 force they're using and encourage

NOTE Confidence: 0.9381542

00:25:09.030 --> 00:25:11.210 them, coach them to practice with

NOTE Confidence: 0.9381542

00:25:11.210 --> 00:25:12.960 a greater amount of intensity.

NOTE Confidence: 0.9381542

00:25:12.960 --> 00:25:15.324 That's one piece of technology that's

NOTE Confidence: 0.9381542

00:25:15.324 --> 00:25:17.520 been really beneficial for patients.

NOTE Confidence: 0.9381542

00:25:17.520 --> 00:25:19.564 We also have different devices that might

NOTE Confidence: 0.9381542

00:25:19.564 --> 00:25:21.557 help patients with their range of motion.

NOTE Confidence: 0.9381542

00:25:21.560 --> 00:25:24.038 So some patients who I have with

NOTE Confidence: 0.9381542

00:25:24.038 --> 00:25:25.799 difficulty with opening their jaw,

NOTE Confidence: 0.9381542

00:25:25.800 --> 00:25:27.040 we have different devices that

NOTE Confidence: 0.9381542

00:25:27.040 --> 00:25:28.560 can help their jaw open more,

NOTE Confidence: 0.9381542

00:25:28.560 --> 00:25:30.498 find ways to do stretches and

NOTE Confidence: 0.9381542

00:25:30.498 --> 00:25:32.788 not to mention just the whole

NOTE Confidence: 0.9381542

00:25:32.788 --> 00:25:34.636 host of artificial intelligence,

NOTE Confidence: 0.9381542

00:25:34.640 --> 00:25:37.000 different things with voice reproduction,

NOTE Confidence: 0.9381542

00:25:37.000 --> 00:25:37.708 voice banking.

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NOTE Confidence: 0.9381542

00:25:37.708 --> 00:25:39.832 It's a constant change and

NOTE Confidence: 0.9381542

00:25:39.832 --> 00:25:41.826 it's really taken off I think

NOTE Confidence: 0.9381542

00:25:41.826 --> 00:25:43.656 exponentially with a lot of what

NOTE Confidence: 0.9381542

00:25:43.722 --> 00:25:45.798 we're able to access for patients.

NOTE Confidence: 0.9381542

00:25:45.800 --> 00:25:48.640 And with all the research that's being done,

NOTE Confidence: 0.9381542

00:25:48.640 --> 00:25:50.856 I think we're just going to have more

NOTE Confidence: 0.9381542

00:25:50.856 --> 00:25:53.277 and more to offer from a rehabilitative

NOTE Confidence: 0.9381542

00:25:53.280 --> 00:25:55.359 perspective in the years to come.

NOTE Confidence: 0.93266284

00:25:56.510 --> 00:25:58.465 So just a question, what

NOTE Confidence: 0.93266284

00:25:58.465 --> 00:26:00.029 exactly is voice banking?

NOTE Confidence: 0.93266284

00:26:01.110 --> 00:26:02.730 So voice banking is something

NOTE Confidence: 0.93266284

00:26:02.730 --> 00:26:05.008 that if patients might have a

NOTE Confidence: 0.93266284

00:26:05.008 --> 00:26:06.790 diagnosis of head and neck cancer,

NOTE Confidence: 0.93266284

00:26:06.790 --> 00:26:09.190 they might have another diagnosis that

NOTE Confidence: 0.93266284

00:26:09.190 --> 00:26:10.956 might impact their their communication

NOTE Confidence: 0.93266284

00:26:10.956 --> 00:26:12.888 abilities or it might be degenerative

NOTE Confidence: 0.93266284

00:26:12.888 --> 00:26:14.830 in nature for their communications.

NOTE Confidence: 0.93266284

00:26:14.830 --> 00:26:16.265 So we'd expect their speech

NOTE Confidence: 0.93266284

00:26:16.265 --> 00:26:18.110 and their voice to get worse.

NOTE Confidence: 0.93266284

00:26:18.110 --> 00:26:19.770 There's software out there where

NOTE Confidence: 0.93266284

00:26:19.770 --> 00:26:21.840 we can record a patient's voice.

NOTE Confidence: 0.93266284

00:26:21.840 --> 00:26:23.640 And then given some of the

NOTE Confidence: 0.93266284

00:26:23.640 --> 00:26:24.840 software that we have,

NOTE Confidence: 0.93266284

00:26:24.840 --> 00:26:26.240 you can plug it into a device.

NOTE Confidence: 0.93266284

00:26:26.240 --> 00:26:28.200 And that device speaks for the patient,

NOTE Confidence: 0.93266284

00:26:28.200 --> 00:26:29.598 because they're able to program it,

NOTE Confidence: 0.93266284

00:26:29.600 --> 00:26:30.800 it will sound like them.

NOTE Confidence: 0.93266284

00:26:30.800 --> 00:26:32.588 So it'll continue to have their

NOTE Confidence: 0.93266284

00:26:32.588 --> 00:26:34.512 voice even if they're not able

NOTE Confidence: 0.93266284

00:26:34.512 --> 00:26:36.197 to produce it themselves anymore.

NOTE Confidence: 0.931326

00:26:37.000 --> 00:26:38.728 Wow, that's very cool.

00:26:38.728 --> 00:26:41.120 So, but how does that work?

00:26:41.120 --> 00:26:42.730 I mean, how does the device know

00:26:42.730 --> 00:26:44.078 what the patient wants to say?

00:26:44.080 --> 00:26:46.756 I mean, how does that work?

00:26:47.290 --> 00:26:49.450 So that's augmentative and

00:26:49.450 --> 00:26:50.530 alternative communications.

00:26:50.530 --> 00:26:52.605 So these are different devices

00:26:52.605 --> 00:26:55.535 similarly set up like a like a

00:26:55.535 --> 00:26:57.694 smart tablet where the programs

00:26:57.694 --> 00:27:00.204 that they have preset,

00:27:00.210 --> 00:27:02.195 messages or they

00:27:02.195 --> 00:27:04.180 might also have simple buttons

00:27:04.248 --> 00:27:06.299 you can click which will end up

00:27:06.300 --> 00:27:07.780 communicating a message for you.

00:27:07.780 --> 00:27:11.020 So a variety of ways where just by the

00:27:11.020 --> 00:27:13.836 click of a few buttons or even by eye

NOTE Confidence: 0.93890756

00:27:13.836 --> 00:27:16.140 gaze and some of the advanced technology,

NOTE Confidence: 0.93890756

00:27:16.140 --> 00:27:17.668 these these devices can

NOTE Confidence: 0.93890756

00:27:17.668 --> 00:27:18.814 help patients communicate.

NOTE Confidence: 0.93869585

00:27:19.260 --> 00:27:22.977 Very cool. And then for the biofeedback,

NOTE Confidence: 0.93869585

00:27:22.980 --> 00:27:25.332 I can imagine that that's really helpful

NOTE Confidence: 0.93869585

00:27:25.332 --> 00:27:27.558 as patients are going through their

NOTE Confidence: 0.93869585

00:27:27.558 --> 00:27:29.914 training and and doing their exercises,

NOTE Confidence: 0.93869585

00:27:29.914 --> 00:27:33.238 Is that like an app that they carry around

NOTE Confidence: 0.93869585

00:27:33.238 --> 00:27:35.450 with them where it gives them feedback

NOTE Confidence: 0.93869585

00:27:35.513 --> 00:27:37.606 or is that like external technology that

NOTE Confidence: 0.93869585

00:27:37.606 --> 00:27:39.810 they need to hook up to themselves?

NOTE Confidence: 0.93869585

00:27:39.810 --> 00:27:41.210 How does that work exactly?

NOTE Confidence: 0.9326238

00:27:42.010 --> 00:27:44.074 So that's typically some external technology

NOTE Confidence: 0.9326238

00:27:44.074 --> 00:27:46.250 that they'll hook up to themselves.

NOTE Confidence: 0.9326238

00:27:46.250 --> 00:27:47.790 So we have different,

NOTE Confidence: 0.9326238

00:27:47.790 --> 00:27:50.100 we have different devices that patients

NOTE Confidence: 0.9326238

00:27:50.172 --> 00:27:52.140 can use and they can even sync it

NOTE Confidence: 0.9326238

00:27:52.140 --> 00:27:54.410 to an application on their phone.

NOTE Confidence: 0.9326238

00:27:54.410 --> 00:27:55.970 So if I'm working with a

NOTE Confidence: 0.9326238

00:27:55.970 --> 00:27:57.010 patient on tongue strength,

NOTE Confidence: 0.9326238

00:27:57.010 --> 00:27:58.746 what we might be able to do

NOTE Confidence: 0.9326238

00:27:58.746 --> 00:28:00.530 is use a pressure bulb.

NOTE Confidence: 0.9326238

00:28:00.530 --> 00:28:01.650 I'll have them try and

NOTE Confidence: 0.9326238

00:28:02.650 --> 00:28:03.730 put as much pressure as

NOTE Confidence: 0.934074903333333

00:28:03.730 --> 00:28:05.445 they can to try and work those

NOTE Confidence: 0.934074903333333

00:28:05.445 --> 00:28:06.941 swallowing muscles and they'll get a

NOTE Confidence: 0.934074903333333

00:28:06.941 --> 00:28:08.593 readout on their phone and that tells

NOTE Confidence: 0.934074903333333

00:28:08.643 --> 00:28:10.113 them if they're getting into the

NOTE Confidence: 0.934074903333333

00:28:10.113 --> 00:28:12.500 range that they need to be in or not.

NOTE Confidence: 0.934074903333333

00:28:12.500 --> 00:28:14.396 With a lot of the patients

NOTE Confidence: 0.934074903333333

00:28:14.396 --> 00:28:15.660 that we're working with,

NOTE Confidence: 0.934074903333333

00:28:15.660 --> 00:28:17.364 sometimes sensation can really

NOTE Confidence: 0.934074903333333

00:28:17.364 --> 00:28:19.494 be impacted given the surgery,

NOTE Confidence: 0.934074903333333

00:28:19.500 --> 00:28:21.576 the radiation, the presence of cancer.

NOTE Confidence: 0.934074903333333

00:28:21.580 --> 00:28:23.052 So having this biofeedback,

NOTE Confidence: 0.934074903333333

00:28:23.052 --> 00:28:24.524 letting patients know how

NOTE Confidence: 0.934074903333333

00:28:24.524 --> 00:28:26.179 hard their body's working,

NOTE Confidence: 0.934074903333333

00:28:26.180 --> 00:28:28.460 how well they're doing the exercises,

NOTE Confidence: 0.934074903333333

00:28:28.460 --> 00:28:29.745 that really provides them with

NOTE Confidence: 0.934074903333333

00:28:29.745 --> 00:28:31.030 the benefit of knowing they're

NOTE Confidence: 0.934074903333333

00:28:31.079 --> 00:28:32.318 working as hard as they can to

NOTE Confidence: 0.934074903333333

00:28:32.318 --> 00:28:33.739 try and get the best end result.

NOTE Confidence: 0.926814

00:28:34.460 --> 00:28:36.632 John Gerrity is a speech language

NOTE Confidence: 0.926814

00:28:36.632 --> 00:28:39.099 pathologist at Yale New Haven Hospital.

NOTE Confidence: 0.926814

00:28:39.100 --> 00:28:41.218 If you have questions, the address

NOTE Confidence: 0.926814

00:28:41.218 --> 00:28:43.540 is Cancer Answers at Yale dot Edu.

NOTE Confidence: 0.926814

00:28:43.540 --> 00:28:45.844 And past editions of the program

NOTE Confidence: 0.926814

00:28:45.844 --> 00:28:48.115 are available in audio and written

NOTE Confidence: 0.926814

00:28:48.115 --> 00:28:49.079 form at yalecancercenter.org.

NOTE Confidence: 0.926814

00:28:49.079 --> 00:28:51.471 We hope you'll join us next week to

NOTE Confidence: 0.926814

00:28:51.471 --> 00:28:53.291 learn more about the fight against

NOTE Confidence: 0.926814

00:28:53.291 --> 00:28:55.100 cancer here on Connecticut Public Radio.

NOTE Confidence: 0.926814

00:28:55.100 --> 00:28:57.614 Funding for Yale Cancer Answers is

NOTE Confidence: 0.926814

00:28:57.614 --> 00:29:00.000 provided by Smilow Cancer Hospital.