WEBVTT

00:00:00.000 --> 00:00:02.196 Funding for Yale Cancer Answers is

00:00:02.196 --> 00:00:04.280 provided by Smilow Cancer Hospital.

00:00:06.520 --> 00:00:08.720 Welcome to Yale Cancer Answers

00:00:08.720 --> 00:00:10.480 with Doctor Anees Chagpar.

00:00:10.480 --> 00:00:12.300 Yale Cancer Answers features the

00:00:12.300 --> 00:00:14.120 latest information on cancer care

00:00:14.179 --> 00:00:15.611 by welcoming oncologists and

00:00:15.611 --> 00:00:17.759 specialists who are on the forefront

00:00:17.824 --> 00:00:19.480 of the battle to fight cancer.

00:00:19.480 --> 00:00:21.460 This week it's a conversation about

00:00:21.460 --> 00:00:23.180 caring for patients with bladder

00:00:23.180 --> 00:00:25.198 cancer with doctor Fed Ghali. Dr.

00:00:25.198 --> 00:00:27.106 Ghali is an assistant professor of

00:00:27.106 --> 00:00:29.560 urology at the Yale School of Medicine,

00:00:29.560 --> 00:00:32.650 where Doctor Chagpar is a professor

00:00:32.650 --> 00:00:34.440 of surgical oncology.

NOTE Confidence: 0.96558218631579

00:00:34.440 --> 00:00:35.892 Fed, maybe you can start off by telling

NOTE Confidence: 0.96558218631579

00:00:35.892 --> 00:00:37.437 us a little bit more about

NOTE Confidence: 0.96558218631579

00:00:37.437 --> 00:00:39.236 yourself and what it is you do.

NOTE Confidence: 0.964566525714286

00:00:39.480 --> 00:00:41.328 I'm in the Department of Urology

NOTE Confidence: 0.964566525714286

00:00:41.328 --> 00:00:44.880 and my focus is urologic cancers.

NOTE Confidence: 0.964566525714286

00:00:44.880 --> 00:00:47.456 So that includes cancers of the prostate

NOTE Confidence: 0.964566525714286

00:00:47.456 --> 00:00:50.573 and kidney and bladder as well as the

NOTE Confidence: 0.964566525714286

00:00:50.573 --> 00:00:52.513 ureter and some other malignancies.

NOTE Confidence: 0.964566525714286

00:00:52.520 --> 00:00:54.250 And my focus even within

NOTE Confidence: 0.964566525714286

00:00:54.250 --> 00:00:55.634 that is urothelial cancers,

NOTE Confidence: 0.964566525714286

00:00:55.640 --> 00:00:58.020 which would be bladder cancer

NOTE Confidence: 0.964566525714286

00:00:58.020 --> 00:01:00.400 and cancers of the ureter.

NOTE Confidence: 0.964566525714286

00:01:00.400 --> 00:01:03.118 So that's my main clinical focus.

NOTE Confidence: 0.964566525714286

00:01:03.120 --> 00:01:05.542 And I also have some research interests

NOTE Confidence: 0.964566525714286

00:01:05.542 --> 00:01:08.487 at the School of Medicine which also

NOTE Confidence: 0.964566525714286

00:01:08.487 --> 00:01:10.319 involve bladder cancer primarily.

NOTE Confidence: 0.964186467

00:01:11.720 --> 00:01:13.280 So let's talk a little bit

NOTE Confidence: 0.964186467

00:01:13.280 --> 00:01:14.320 more about bladder cancer.

NOTE Confidence: 0.964186467

00:01:14.320 --> 00:01:17.155 Can you give us a landscape of

NOTE Confidence: 0.964186467

00:01:17.160 --> 00:01:19.715 how common it is, who gets it?

NOTE Confidence: 0.964186467

00:01:19.715 --> 00:01:21.240 What are the risk factors?

NOTE Confidence: 0.92431937375

00:01:21.520 --> 00:01:24.445 Of course, bladder cancer is

NOTE Confidence: 0.92431937375

00:01:24.445 --> 00:01:26.200 unfortunately quite common.

NOTE Confidence: 0.92431937375

00:01:26.200 --> 00:01:27.928 Depending on the breakdown,

NOTE Confidence: 0.92431937375

00:01:27.928 --> 00:01:31.746 it's either the 5th or the 6th most

NOTE Confidence: 0.92431937375

00:01:31.746 --> 00:01:34.038 common cancer affecting Americans.

NOTE Confidence: 0.92431937375

00:01:34.040 --> 00:01:36.692 Approximately 80 to a little over

NOTE Confidence: 0.92431937375

00:01:36.692 --> 00:01:39.098 82,000 Americans will be diagnosed

NOTE Confidence: 0.92431937375

00:01:39.098 --> 00:01:41.704 with bladder cancer every year.

NOTE Confidence: 0.92431937375

00:01:41.704 --> 00:01:44.064 So unfortunately it affects a

NOTE Confidence: 0.92431937375

00:01:44.064 --> 00:01:46.559 lot of patients and of those

NOTE Confidence: 0.92431937375

00:01:46.560 --> 00:01:48.260 patients the mortality is higher

NOTE Confidence: 0.92431937375

00:01:48.260 --> 00:01:50.280 than we would like to see.

NOTE Confidence: 0.92431937375

00:01:50.280 --> 00:01:51.892 You know, approximately over

NOTE Confidence: 0.92431937375

00:01:51.892 --> 00:01:53.504 16,000 Americans succumb to

NOTE Confidence: 0.92431937375

00:01:53.504 --> 00:01:55.000 bladder cancer every year.

NOTE Confidence: 0.92431937375

00:01:55.000 --> 00:01:57.260 So it's a real medical

NOTE Confidence: 0.92431937375

00:01:57.260 --> 00:01:59.920 problem that we see.

NOTE Confidence: 0.924148254545455

00:02:01.960 --> 00:02:03.034 Bladder cancer primarily

NOTE Confidence: 0.924148254545455

00:02:03.034 --> 00:02:06.040 affects both men and women of course,

NOTE Confidence: 0.924148254545455

00:02:06.040 --> 00:02:08.920 but it affects men more commonly than women,

NOTE Confidence: 0.924148254545455

00:02:08.920 --> 00:02:10.995 actually about three times more

NOTE Confidence: 0.924148254545455

00:02:10.995 --> 00:02:13.300 commonly than women and

NOTE Confidence: 0.924148254545455

00:02:13.300 --> 00:02:15.526 that's what we see in practice as well.

NOTE Confidence: 0.924148254545455

00:02:15.526 --> 00:02:17.542 We definitely see it affecting

NOTE Confidence: 0.924148254545455

00:02:17.542 --> 00:02:19.394 male patients more frequently,

NOTE Confidence: 0.924148254545455

00:02:19.394 --> 00:02:21.753 not that female patients don't get it,

NOTE Confidence: 0.924148254545455

00:02:21.760 --> 00:02:25.280 but just less commonly.

NOTE Confidence: 0.924148254545455

00:02:25.280 --> 00:02:28.045 So that's sort of a basic landscape

NOTE Confidence: 0.924148254545455

00:02:28.045 --> 00:02:31.062 and there are some risk factors

NOTE Confidence: 0.924148254545455

00:02:31.062 --> 00:02:33.678 like you say for bladder cancer.

NOTE Confidence: 0.924148254545455

00:02:33.680 --> 00:02:38.556 By far the most common risk factor we

NOTE Confidence: 0.924148254545455

00:02:38.556 --> 00:02:41.559 see here in the United States is smoking.

NOTE Confidence: 0.924148254545455

00:02:41.560 --> 00:02:45.110 Smoking increases patients risks for

NOTE Confidence: 0.924148254545455

00:02:45.110 --> 00:02:48.413 developing bladder cancer three to four

NOTE Confidence: 0.924148254545455

00:02:48.413 --> 00:02:50.759 times higher than the general population.

NOTE Confidence: 0.924148254545455

00:02:50.760 --> 00:02:53.088 It's a really important

NOTE Confidence: 0.924148254545455

00:02:53.088 --> 00:02:54.799 one because it's so modifiable.

00:02:56.320 --> 00:02:58.944 That's something we have a

NOTE Confidence: 0.924148254545455

00:02:58.944 --> 00:03:02.240 clear impact on in terms of our health.

NOTE Confidence: 0.924148254545455

00:03:02.240 --> 00:03:03.560 There are other risk factors.

NOTE Confidence: 0.924148254545455

00:03:03.560 --> 00:03:05.460 There are certain chemical

NOTE Confidence: 0.924148254545455

00:03:05.460 --> 00:03:07.360 dyes and certain exposures,

NOTE Confidence: 0.924148254545455

00:03:07.360 --> 00:03:08.164 workplace exposures,

NOTE Confidence: 0.924148254545455

00:03:08.164 --> 00:03:10.174 specifically certain types of chemicals

NOTE Confidence: 0.924148254545455

00:03:10.174 --> 00:03:12.439 that are associated with bladder cancer.

NOTE Confidence: 0.924148254545455

00:03:12.440 --> 00:03:15.177 Those are less commonly seen here in

NOTE Confidence: 0.924148254545455

00:03:15.177 --> 00:03:17.799 the United States but can be seen

NOTE Confidence: 0.924148254545455

00:03:17.800 --> 00:03:19.870 and there are certain infections and

NOTE Confidence: 0.924148254545455

00:03:19.870 --> 00:03:21.824 other medical exposures that are less

NOTE Confidence: 0.924148254545455

00:03:21.824 --> 00:03:23.904 common here in the United States but are

NOTE Confidence: 0.924148254545455

00:03:23.958 --> 00:03:25.910 seen more in other parts of the world

NOTE Confidence: 0.924148254545455

00:03:25.910 --> 00:03:27.760 that can be related to bladder cancer.

NOTE Confidence: 0.924148254545455

00:03:27.760 --> 00:03:29.830 Certain parasite infections of the

NOTE Confidence: 0.924148254545455

00:03:29.830 --> 00:03:32.730 bladder which are seen more in the

NOTE Confidence: 0.924148254545455

00:03:32.730 --> 00:03:34.635 Mediterranean and in North Africa

NOTE Confidence: 0.924148254545455

00:03:34.640 --> 00:03:36.344 specifically a parasite called

NOTE Confidence: 0.924148254545455

00:03:36.344 --> 00:03:38.900 schistosomiasis can be related to the

00:03:38.970 --> 00:03:41.476 development of a type of bladder cancer.

00:03:42.840 --> 00:03:44.200 So definitely multiple risk factors,

00:03:44.200 --> 00:03:45.872 but I would say smoking is

00:03:45.872 --> 00:03:47.537 the main one that

00:03:47.537 --> 00:03:49.303 we see here in the in the United

00:03:49.303 --> 00:03:51.005 States and the main one that I

00:03:51.005 --> 00:03:53.280 like to focus on with my patients

00:03:53.280 --> 00:03:55.278 because we have such a clear impact on that.

00:03:57.320 --> 00:03:59.588 And one of the

00:03:59.588 --> 00:04:01.539 things with smoking of course is

00:04:01.539 --> 00:04:03.400 that it's really hard to quit.

00:04:05.440 --> 00:04:07.040 So a couple of questions

00:04:07.040 --> 00:04:08.320 with regards to that.

00:04:08.320 --> 00:04:11.344 First, let's suppose you are a smoker

00:04:11.344 --> 00:04:14.759 and you did develop bladder cancer.

00:04:14.760 --> 00:04:17.840 If you quit,

NOTE Confidence: 0.867307473333333

00:04:17.840 --> 00:04:20.878 does that reduce your risk of recurrence?

NOTE Confidence: 0.867307473333333

00:04:20.880 --> 00:04:24.275 Second, if you're a smoker and you

NOTE Confidence: 0.867307473333333

00:04:24.275 --> 00:04:26.080 haven't developed bladder cancer,

NOTE Confidence: 0.867307473333333

00:04:26.080 --> 00:04:27.840 is it too late?

NOTE Confidence: 0.867307473333333

00:04:27.840 --> 00:04:30.836 In other words, if you quit now,

NOTE Confidence: 0.867307473333333

00:04:30.840 --> 00:04:32.725 do you reduce or potentially

NOTE Confidence: 0.867307473333333

00:04:32.725 --> 00:04:34.610 even eliminate your risk for

NOTE Confidence: 0.867307473333333

00:04:34.679 --> 00:04:36.398 developing bladder cancer?

NOTE Confidence: 0.894738678

00:04:37.440 --> 00:04:39.440 Those are both excellent questions.

NOTE Confidence: 0.894738678

00:04:39.440 --> 00:04:41.720 I'm glad that you brought those

NOTE Confidence: 0.894738678

00:04:41.720 --> 00:04:43.888 points up. To your first question,

NOTE Confidence: 0.894738678

00:04:43.888 --> 00:04:46.920 if you have bladder cancer and are a smoker,

NOTE Confidence: 0.894738678

00:04:46.920 --> 00:04:48.820 does squitting smoking improve your

NOTE Confidence: 0.894738678

00:04:48.820 --> 00:04:50.720 outcomes in any meaningful way?

NOTE Confidence: 0.894738678

00:04:50.720 --> 00:04:52.238 And the answer to that is

NOTE Confidence: 0.894738678

00:04:52.238 --> 00:04:53.922 almost certainly yes, it does.

NOTE Confidence: 0.894738678

00:04:53.922 --> 00:04:56.227 We know that quitting smoking

NOTE Confidence: 0.894738678

00:04:56.227 --> 00:04:58.480 even after diagnosis decreases some but not all.

00:04:59.520 --> 00:05:00.988 It's not a huge, huge margin.

NOTE Confidence: 0.894738678

00:05:00.988 --> 00:05:02.272 It's not the same as some

NOTE Confidence: 0.894738678

00:05:02.272 --> 00:05:03.560 of the other treatments,

NOTE Confidence: 0.894738678

00:05:03.560 --> 00:05:05.790 but it's definitely detectable that

NOTE Confidence: 0.894738678

00:05:05.790 --> 00:05:08.572 it decreases the risk of bladder

NOTE Confidence: 0.894738678

00:05:08.572 --> 00:05:11.434 cancer recurring again in the future.

NOTE Confidence: 0.894738678

00:05:11.440 --> 00:05:13.570 So it's something that I encourage

NOTE Confidence: 0.894738678

00:05:13.570 --> 00:05:15.172 all my patients

NOTE Confidence: 0.894738678

00:05:15.172 --> 00:05:17.034 to really think about and

NOTE Confidence: 0.894738678

00:05:17.034 --> 00:05:18.918 consider because sometimes,

NOTE Confidence: 0.894738678

00:05:18.920 --> 00:05:19.934 like you say,

NOTE Confidence: 0.894738678

00:05:19.934 --> 00:05:21.962 quitting smoking is a very big

NOTE Confidence: 0.894738678

00:05:21.962 --> 00:05:23.786 challenge and sometimes the diagnosis

NOTE Confidence: 0.894738678

00:05:23.786 --> 00:05:25.922 like this is just the impetus

NOTE Confidence: 0.894738678

00:05:25.992 --> 00:05:27.816 and just the motivation one needs

NOTE Confidence: 0.894738678

00:05:27.816 --> 00:05:30.358 to take that leap.

00:05:33.440 --> 00:05:36.996 Your second question is if you quit

NOTE Confidence: 0.894738678

00:05:36.996 --> 00:05:39.600 smoking before a diagnosis of bladder cancer,

NOTE Confidence: 0.894738678

00:05:39.600 --> 00:05:41.058 does it decrease your risk of

NOTE Confidence: 0.894738678

00:05:41.058 --> 00:05:42.840 developing it or once you're a smoker,

NOTE Confidence: 0.894738678

00:05:42.840 --> 00:05:44.120 sort of always a smoker,

NOTE Confidence: 0.894738678

00:05:44.120 --> 00:05:46.776 you've incurred that risk.

NOTE Confidence: 0.894738678

00:05:46.776 --> 00:05:48.136 And again,

NOTE Confidence: 0.894738678

00:05:48.136 --> 00:05:51.242 there's pretty good population

NOTE Confidence: 0.894738678

00:05:51.242 --> 00:05:53.496 level evidence that the risk of smoking

NOTE Confidence: 0.894738678

00:05:53.496 --> 00:05:55.678 is first of all it's dose dependent,

00:05:56.852 --> 00:05:59.759 if you smoke more and if you smoke longer,

NOTE Confidence: 0.894738678

00:05:59.760 --> 00:06:03.876 that risk of developing malignancy increases.

NOTE Confidence: 0.894738678

00:06:03.880 --> 00:06:05.100 On top of that,

NOTE Confidence: 0.894738678

00:06:05.100 --> 00:06:06.320 when you quit smoking,

NOTE Confidence: 0.894738678

00:06:06.320 --> 00:06:09.320 your risk reduction improves with time.

NOTE Confidence: 0.894738678

00:06:09.320 --> 00:06:11.637 Sort of the longer ago you quit,

NOTE Confidence: 0.894738678

00:06:11.640 --> 00:06:14.040 the lower your risk of developing

NOTE Confidence: 0.894738678

00:06:14.040 --> 00:06:16.441 cancer goes and it sort of

NOTE Confidence: 0.894738678

00:06:16.441 --> 00:06:19.335 starts to mirror the risk of the

NOTE Confidence: 0.894738678

00:06:19.335 --> 00:06:21.275 general population over time.

NOTE Confidence: 0.894738678

00:06:21.280 --> 00:06:23.616 So that at about 10 to 15 years

NOTE Confidence: 0.894738678

00:06:23.616 --> 00:06:25.199 after you quit smoking,

NOTE Confidence: 0.894738678

00:06:25.200 --> 00:06:27.600 after a patient quits smoking,

NOTE Confidence: 0.894738678

00:06:27.600 --> 00:06:29.973 I tell my patients that at around

NOTE Confidence: 0.894738678

00:06:29.973 --> 00:06:32.794 that time you're sort of close to the

NOTE Confidence: 0.894738678

00:06:32.794 --> 00:06:35.042 baseline exposure or excuse me the

NOTE Confidence: 0.894738678

00:06:35.042 --> 00:06:37.272 baseline risk of developing bladder

NOTE Confidence: 0.894738678

00:06:37.272 --> 00:06:40.440 cancer as the general population.

00:06:40.787 --> 00:06:43.216 So on both sides whether before

NOTE Confidence: 0.894738678

00:06:43.216 --> 00:06:46.120 or after a diagnosis of bladder cancer,

NOTE Confidence: 0.894738678

00:06:46.120 --> 00:06:48.200 there's still a clear indication

NOTE Confidence: 0.894738678

00:06:48.200 --> 00:06:50.673 to quit smoking and

NOTE Confidence: 0.894738678

00:06:50.673 --> 00:06:52.638 kick that habit if possible.

00:06:54.048 --> 00:06:55.808 I tell patients in clinic

NOTE Confidence: 0.894738678

00:06:55.808 --> 00:06:56.880 frequently that

NOTE Confidence: 0.894738678

00:06:56.880 --> 00:06:58.620 it's so easy for me to say and it's so

NOTE Confidence: 0.894738678

00:06:58.668 --> 00:07:00.636 easy to just talk about casually like this.

NOTE Confidence: 0.894738678

00:07:00.640 --> 00:07:01.399 But you know,

NOTE Confidence: 0.894738678

00:07:01.399 --> 00:07:02.917 I acknowledge that it's a really

NOTE Confidence: 0.894738678

00:07:02.917 --> 00:07:03.880 challenging thing for them.

NOTE Confidence: 0.68693525

00:07:06.040 --> 00:07:07.960 And true enough

NOTE Confidence: 0.825229746666667

00:07:07.960 --> 00:07:09.372 it certainly is challenging,

NOTE Confidence: 0.825229746666667

00:07:09.372 --> 00:07:11.324 but there are resources that

NOTE Confidence: 0.825229746666667

00:07:11.324 --> 00:07:13.200 can help people quit smoking.

NOTE Confidence: 0.825229746666667

00:07:13.200 --> 00:07:15.440 Can you talk a little bit about

NOTE Confidence: 0.825229746666667

00:07:15.440 --> 00:07:17.918 what are some of the things that

12

NOTE Confidence: 0.825229746666667

00:07:17.918 --> 00:07:19.960 you encourage patients to do,

NOTE Confidence: 0.825229746666667

00:07:19.960 --> 00:07:21.640 whether it's

NOTE Confidence: 0.825229746666667

00:07:21.640 --> 00:07:23.740 going to a smoking cessation

NOTE Confidence: 0.825229746666667

00:07:23.740 --> 00:07:25.278 program or a quit line?

NOTE Confidence: 0.825229746666667

00:07:25.280 --> 00:07:28.400 Are those resources available in

NOTE Confidence: 0.825229746666667

00:07:28.400 --> 00:07:31.040 the community and do they work?

NOTE Confidence: 0.941865106

00:07:32.360 --> 00:07:34.120 Yes, these are things that

NOTE Confidence: 0.941865106

00:07:34.120 --> 00:07:35.880 I encourage patients to do.

NOTE Confidence: 0.941865106

00:07:35.880 --> 00:07:38.253 We do have a smoking cessation program

NOTE Confidence: 0.941865106

00:07:38.253 --> 00:07:40.904 at the hospital where I work and it's

NOTE Confidence: 0.941865106

00:07:40.904 --> 00:07:43.158 really quite robust and there are

NOTE Confidence: 0.941865106

00:07:43.158 --> 00:07:45.154 providers that specialize specifically

NOTE Confidence: 0.941865106

00:07:45.154 --> 00:07:47.879 in helping patients achieve this goal.

NOTE Confidence: 0.941865106

00:07:47.880 --> 00:07:49.923 And so one of the things that

NOTE Confidence: 0.941865106

00:07:49.923 --> 00:07:52.213 we try to do is make sure to connect

NOTE Confidence: 0.941865106

00:07:52.213 --> 00:07:53.879 patients to resources like this.

NOTE Confidence: 0.941865106

00:07:53.880 --> 00:07:56.995 There are multiple prescription medications

NOTE Confidence: 0.941865106

00:07:56.995 --> 00:07:59.487 like nicotine replacement supplements

NOTE Confidence: 0.941865106

00:07:59.487 --> 00:08:01.760 which can also improve patients

NOTE Confidence: 0.941865106

00:08:01.760 --> 00:08:04.760 success rates in quitting smoking.

NOTE Confidence: 0.941865106

00:08:04.760 --> 00:08:06.412 On top of that,

NOTE Confidence: 0.941865106

00:08:06.412 --> 00:08:08.008 especially for patients

NOTE Confidence: 0.941865106

00:08:08.008 --> 00:08:09.800 who've been smoking for a long time.

NOTE Confidence: 0.941865106

00:08:09.800 --> 00:08:12.520 And for them it's related to social or

NOTE Confidence: 0.941865106

00:08:12.520 --> 00:08:15.075 other sort of benefits that aren't just

00:08:16.960 --> 00:08:18.598 the habit alone,

NOTE Confidence: 0.941865106

00:08:18.600 --> 00:08:20.550 but they have other reasons

NOTE Confidence: 0.941865106

00:08:20.550 --> 00:08:21.720 that they're smoking.

NOTE Confidence: 0.941865106

00:08:21.720 --> 00:08:23.700 It's sometimes helpful to talk to

NOTE Confidence: 0.941865106

00:08:23.700 --> 00:08:25.463 mental health providers or other

NOTE Confidence: 0.941865106

00:08:25.463 --> 00:08:27.003 practitioners who really are

NOTE Confidence: 0.941865106

00:08:27.003 --> 00:08:29.208 effective at changing harmful habits.

NOTE Confidence: 0.941865106

00:08:29.208 --> 00:08:33.400 So there are a lot of resources and

00:08:34.074 --> 00:08:36.096 we're very lucky to have lots

NOTE Confidence: 0.941865106

00:08:36.096 --> 00:08:37.784 of resources here, but most

00:08:39.280 --> 00:08:42.640 major health centers have some

NOTE Confidence: 0.941865106

00:08:42.640 --> 00:08:44.915 capacity to help patients achieve this goal.

NOTE Confidence: 0.941865106

00:08:44.920 --> 00:08:45.817 And you know,

NOTE Confidence: 0.941865106

00:08:45.817 --> 00:08:47.611 that speaks to the fact that

NOTE Confidence: 0.941865106

00:08:47.611 --> 00:08:50.003 this habit is related to a lot

NOTE Confidence: 0.941865106

00:08:50.003 --> 00:08:51.351 of adverse health outcomes,

NOTE Confidence: 0.941865106

00:08:51.360 --> 00:08:53.880 not just bladder cancer of course.

NOTE Confidence: 0.941865106

00:08:53.880 --> 00:08:56.225 And so lots of different groups in

NOTE Confidence: 0.941865106

00:08:56.225 --> 00:08:58.103 the hospital and different providers

NOTE Confidence: 0.941865106

00:08:58.103 --> 00:09:00.515 have a strong incentive

NOTE Confidence: 0.941865106

00:09:00.520 --> 00:09:03.316 to really help patients quit smoking.

NOTE Confidence: 0.907392057692308

00:09:03.800 --> 00:09:05.300 Yeah, absolutely. NOTE Confidence: 0.907392057692308

00:09:05.300 --> 00:09:08.008 One of the questions that people may

NOTE Confidence: 0.907392057692308

00:09:08.008 --> 00:09:09.530 ask surrounding quitting smoking

NOTE Confidence: 0.907392057692308

00:09:09.530 --> 00:09:11.720 and the risks of various things,

NOTE Confidence: 0.907392057692308

00:09:11.720 --> 00:09:14.036 whether it's heart disease or cancer,

NOTE Confidence: 0.907392057692308

00:09:14.040 --> 00:09:17.358 but in this case, bladder cancer is

NOTE Confidence: 0.907392057692308

00:09:17.360 --> 00:09:20.920 if smoking causes bladder cancer,

NOTE Confidence: 0.907392057692308

00:09:20.920 --> 00:09:23.755 if I replace the smoking with nicotine,

NOTE Confidence: 0.907392057692308

00:09:23.760 --> 00:09:25.560 isn't that still just a chemical?

NOTE Confidence: 0.907392057692308

00:09:25.560 --> 00:09:27.020 And doesn't that chemical

NOTE Confidence: 0.907392057692308

00:09:27.020 --> 00:09:28.480 also increase my risk?

NOTE Confidence: 0.943962666

00:09:29.800 --> 00:09:31.640 It's a good question and

NOTE Confidence: 0.943962666

00:09:31.640 --> 00:09:33.480 you know this is an especially important

NOTE Confidence: 0.943962666

00:09:35.665 --> 00:09:37.850 question as we've gotten other

NOTE Confidence: 0.943962666

00:09:37.925 --> 00:09:40.400 cigarette supplements like

NOTE Confidence: 0.943962666

00:09:40.400 --> 00:09:42.320 electric vapes and things like this,

NOTE Confidence: 0.943962666

00:09:42.320 --> 00:09:43.382 electronic vapes rather.

00:09:44.800 --> 00:09:45.754 And you know,

NOTE Confidence: 0.943962666

00:09:45.754 --> 00:09:47.980 the question is how does the risk

NOTE Confidence: 0.943962666

00:09:48.048 --> 00:09:50.358 from those types of exposures relate

NOTE Confidence: 0.943962666

00:09:50.358 --> 00:09:52.919 to the risk compared to cigarettes.

NOTE Confidence: 0.943962666

00:09:52.920 --> 00:09:56.000 We don't know a lot of those answers.

NOTE Confidence: 0.943962666

00:09:56.000 --> 00:09:58.212 You know, we're learning more and more

NOTE Confidence: 0.943962666

00:09:58.212 --> 00:10:00.198 about the impact of some of these on the

NOTE Confidence: 0.943962666

00:10:01.982 --> 00:10:03.852 lungs and some of these exposures

NOTE Confidence: 0.943962666

00:10:03.852 --> 00:10:06.324 on other parts of the body that we

NOTE Confidence: 0.943962666

00:10:06.391 --> 00:10:08.151 see more immediately because we

NOTE Confidence: 0.943962666

00:10:08.151 --> 00:10:10.241 have shorter term data on them.

NOTE Confidence: 0.943962666

00:10:10.241 --> 00:10:12.488 The risk of long term things like

NOTE Confidence: 0.943962666

00:10:12.488 --> 00:10:14.239 the development of bladder cancer,

NOTE Confidence: 0.943962666

00:10:14.240 --> 00:10:16.120 which doesn't happen of course

NOTE Confidence: 0.943962666

00:10:16.120 --> 00:10:18.000 immediately but happens over time,

NOTE Confidence: 0.943962666

00:10:18.000 --> 00:10:20.706 it's sort of a cumulative exposure and

NOTE Confidence: 0.943962666

00:10:20.706 --> 00:10:25.411 risk is less well known so

00:10:26.760 --> 00:10:28.368 I definitely don't recommend it to

NOTE Confidence: 0.943962666

00:10:28.368 --> 00:10:30.341 patients but it's hard for

NOTE Confidence: 0.943962666

00:10:30.341 --> 00:10:31.756 me to associate specific numbers

NOTE Confidence: 0.943962666

00:10:31.756 --> 00:10:32.720 with those things.

NOTE Confidence: 0.943962666

00:10:32.720 --> 00:10:34.360 These are things we're learning.

NOTE Confidence: 0.943962666

00:10:34.360 --> 00:10:36.720 What I'll say is that it's

NOTE Confidence: 0.943962666

00:10:36.720 --> 00:10:39.450 hard to imagine that these risks

NOTE Confidence: 0.943962666

00:10:39.450 --> 00:10:42.275 are as bad as smoking.

00:10:44.592 --> 00:10:46.587 We know so much about

NOTE Confidence: 0.943962666

00:10:46.587 --> 00:10:48.759 the harms of smoking that it's

NOTE Confidence: 0.943962666

00:10:48.759 --> 00:10:50.559 almost certainly a more extreme sort

NOTE Confidence: 0.943962666

00:10:50.560 --> 00:10:52.555 of example of some of these risks.

NOTE Confidence: 0.943962666

00:10:52.560 --> 00:10:54.464 But we don't know

NOTE Confidence: 0.943962666

00:10:54.464 --> 00:10:55.280 that for sure.

NOTE Confidence: 0.859875728571428

00:10:55.680 --> 00:10:57.565 Which brings me to other

NOTE Confidence: 0.859875728571428

00:10:57.565 --> 00:10:58.319 occupational exposures.

NOTE Confidence: 0.859875728571428

00:10:58.320 --> 00:11:01.099 So in addition to smoking you had

NOTE Confidence: 0.859875728571428

00:11:01.099 --> 00:11:03.323 mentioned that there are various

NOTE Confidence: 0.859875728571428

00:11:03.323 --> 00:11:06.136 chemicals that one can be exposed

NOTE Confidence: 0.859875728571428

00:11:06.136 --> 00:11:07.992 to either environmentally or

NOTE Confidence: 0.859875728571428

00:11:07.992 --> 00:11:09.746 occupationally which increases the

NOTE Confidence: 0.859875728571428

00:11:09.746 --> 00:11:11.996 risk of bladder cancer and these

NOTE Confidence: 0.859875728571428

00:11:11.996 --> 00:11:14.599 risks are relatively well known.

NOTE Confidence: 0.859875728571428

00:11:14.600 --> 00:11:16.720 So then the question is,

NOTE Confidence: 0.859875728571428

00:11:16.720 --> 00:11:19.033 how do I know if I'm in a workplace

NOTE Confidence: 0.859875728571428

00:11:19.033 --> 00:11:21.318 or in an environment that has

NOTE Confidence: 0.859875728571428

00:11:21.318 --> 00:11:23.716 exposure to these chemicals and

NOTE Confidence: 0.859875728571428

00:11:23.716 --> 00:11:25.918 if it is an occupational exposure,

NOTE Confidence: 0.859875728571428

00:11:25.920 --> 00:11:27.822 how come the government isn't banning

NOTE Confidence: 0.859875728571428

00:11:27.822 --> 00:11:30.202 them if we know that there's a

NOTE Confidence: 0.859875728571428

00:11:30.202 --> 00:11:31.957 strong risk with bladder cancer?

NOTE Confidence: 0.859875728571428

00:11:31.960 --> 00:11:32.400 A lot of the

00:11:32.400 --> 00:11:33.980 substances that have historically

00:11:33.980 --> 00:11:35.955 been described these sort of

00:11:35.955 --> 00:11:37.695 particular compounds that

00:11:37.695 --> 00:11:39.835 are associated with certain dyes,

00:11:39.840 --> 00:11:41.460 for example in clothing or hair

00:11:41.460 --> 00:11:43.759 dyes is sort of the classic example,

00:11:43.760 --> 00:11:47.400 are not commonly used anymore.

00:11:47.400 --> 00:11:48.960 And so I don't

00:11:48.960 --> 00:11:51.346 know the exact incidence

00:11:51.346 --> 00:11:53.876 of bladder cancer associated with

00:11:53.880 --> 00:11:56.840 those dyes from contemporary data.

00:11:56.840 --> 00:11:59.000 A lot of these descriptions are

00:11:59.000 --> 00:12:02.344 sort of data that come from

00:12:02.344 --> 00:12:05.560 our more historic exposures,

00:12:05.560 --> 00:12:06.364 I would say.

NOTE Confidence: 0.964255188888889

00:12:06.364 --> 00:12:07.972 That's not to say that they

NOTE Confidence: 0.964255188888889

00:12:07.972 --> 00:12:09.119 don't occur anymore.

NOTE Confidence: 0.964255188888889

00:12:09.120 --> 00:12:11.122 I would say that

NOTE Confidence: 0.964255188888889

00:12:11.122 --> 00:12:12.767 it's definitely

NOTE Confidence: 0.964255188888889

00:12:12.767 --> 00:12:15.273 not a common thing that I see

NOTE Confidence: 0.964255188888889

00:12:15.273 --> 00:12:16.478 clinically I should say.

NOTE Confidence: 0.969741503703704

00:12:17.520 --> 00:12:19.781 The other risk factor that

NOTE Confidence: 0.969741503703704

00:12:19.781 --> 00:12:21.983 many cancers have but that you really

NOTE Confidence: 0.969741503703704

00:12:21.983 --> 00:12:24.397 haven't touched on yet and I was hoping

NOTE Confidence: 0.969741503703704

00:12:24.397 --> 00:12:27.080 to get your thoughts on has to do

NOTE Confidence: 0.969741503703704

00:12:27.080 --> 00:12:29.480 with genetics and family history.

NOTE Confidence: 0.969741503703704

00:12:29.480 --> 00:12:32.840 Is bladder cancer something that,

NOTE Confidence: 0.969741503703704

00:12:32.840 --> 00:12:35.200 if you have a family history of it,

NOTE Confidence: 0.969741503703704

00:12:35.200 --> 00:12:37.396 it increases your own personal risk?

00:12:39.620 --> 00:12:40.840 That's a good question.

NOTE Confidence: 0.96416664375

00:12:40.840 --> 00:12:43.240 There are certain genetic risks

NOTE Confidence: 0.96416664375

00:12:43.240 --> 00:12:45.160 associated with bladder cancer.

NOTE Confidence: 0.96416664375

00:12:45.160 --> 00:12:47.765 There's actually a related

NOTE Confidence: 0.96416664375

00:12:47.765 --> 00:12:50.680 malignancy to bladder cancer that

NOTE Confidence: 0.96416664375

00:12:50.680 --> 00:12:52.440 we talked about

NOTE Confidence: 0.96416664375

00:12:52.440 --> 00:12:53.720 which is ureteral cancer,

NOTE Confidence: 0.96416664375

00:12:53.720 --> 00:12:55.891 cancer of the ureters, the tubes that

NOTE Confidence: 0.96416664375

00:12:55.891 --> 00:12:57.673 drain the kidneys from the bladder.

NOTE Confidence: 0.96416664375

00:12:57.680 --> 00:13:00.718 That has a very clear genetic risk,

NOTE Confidence: 0.96416664375

00:13:00.720 --> 00:13:02.228 specifically with a disorder

NOTE Confidence: 0.96416664375

00:13:02.228 --> 00:13:03.359 called Lynch syndrome.

NOTE Confidence: 0.96416664375

00:13:03.360 --> 00:13:06.288 It's an inheritable genetic risk that's

NOTE Confidence: 0.96416664375

00:13:06.288 --> 00:13:08.240 associated with urothelial cancers.

NOTE Confidence: 0.96416664375

00:13:08.240 --> 00:13:11.720 More the ureter than the bladder.

NOTE Confidence: 0.96416664375

00:13:14.200 --> 00:13:16.025 The bladder cancer is

NOTE Confidence: 0.96416664375

00:13:16.025 --> 00:13:17.850 slightly at an increased risk

NOTE Confidence: 0.96416664375

00:13:17.916 --> 00:13:20.328 compared to the general population for

NOTE Confidence: 0.96416664375

00:13:20.328 --> 00:13:22.560 patients with this genetic disorder,

NOTE Confidence: 0.96416664375

00:13:22.560 --> 00:13:25.640 but definitely not as elevated of a

NOTE Confidence: 0.96416664375

00:13:25.640 --> 00:13:29.238 risk as in the cancer of the ureters.

NOTE Confidence: 0.96416664375

00:13:29.240 --> 00:13:31.921 This is an associated cancer as

NOTE Confidence: 0.96416664375

00:13:31.921 --> 00:13:35.024 far as whether or not having a parent

NOTE Confidence: 0.96416664375

00:13:35.024 --> 00:13:37.471 or siblings or first degree relative

NOTE Confidence: 0.96416664375

00:13:37.471 --> 00:13:40.636 with bladder cancer raises your risk,

NOTE Confidence: 0.96416664375

00:13:40.640 --> 00:13:42.446 the answer is it does very slightly

NOTE Confidence: 0.96416664375

00:13:42.446 --> 00:13:44.519 but not as much as other cancers.

NOTE Confidence: 0.96416664375

00:13:44.520 --> 00:13:47.436 We don't think of it as quite as inheritable.

NOTE Confidence: 0.96416664375

00:13:47.440 --> 00:13:48.415 That being said,

NOTE Confidence: 0.96416664375

00:13:48.415 --> 00:13:50.690 there's no doubt that a family

NOTE Confidence: 0.96416664375

00:13:50.752 --> 00:13:52.999 with a long history of bladder cancer,

NOTE Confidence: 0.96416664375

00:13:53.000 --> 00:13:56.199 or especially high rates of bladder cancer,

00:13:57.920 --> 00:13:59.979 it does seem to increase an individual's

NOTE Confidence: 0.96416664375

00:13:59.979 --> 00:14:01.773 risk slightly in enough to detect

NOTE Confidence: 0.96416664375

00:14:01.773 --> 00:14:03.240 it in population level data.

NOTE Confidence: 0.907127453846154

00:14:04.560 --> 00:14:06.569 Great. Well, we need to take a

NOTE Confidence: 0.907127453846154

00:14:06.569 --> 00:14:08.560 quick break for a medical minute,

NOTE Confidence: 0.907127453846154

00:14:08.560 --> 00:14:09.616 but please stay tuned

NOTE Confidence: 0.907127453846154

00:14:09.616 --> 00:14:11.852 to learn more about the care of patients

NOTE Confidence: 0.907127453846154

00:14:11.852 --> 00:14:13.640 with bladder cancer with my guest,

NOTE Confidence: 0.907127453846154

00:14:13.640 --> 00:14:15.920 doctor Fed Ghali.

NOTE Confidence: 0.856724311111111

00:14:15.920 --> 00:14:17.940 Funding for Yale Cancer Answers comes

NOTE Confidence: 0.856724311111111

00:14:17.940 --> 00:14:19.556 from Smilow Cancer Hospital,

NOTE Confidence: 0.856724311111111

00:14:19.560 --> 00:14:21.330 where all patients have access

NOTE Confidence: 0.856724311111111

00:14:21.330 --> 00:14:22.746 to cutting edge clinical

NOTE Confidence: 0.856724311111111

00:14:22.746 --> 00:14:24.477 trials at several convenient

NOTE Confidence: 0.856724311111111

00:14:24.477 --> 00:14:26.237 locations throughout the region.

NOTE Confidence: 0.856724311111111

00:14:26.240 --> 00:14:28.400 To learn more,

NOTE Confidence: 0.856724311111111

00:14:28.400 --> 00:14:29.520 visit smilowcancerhospital.org.

NOTE Confidence: 0.937484528333333

00:14:31.560 --> 00:14:33.975 There are over 16.9 million

NOTE Confidence: 0.937484528333333

00:14:33.975 --> 00:14:36.842 cancer survivors in the US and

NOTE Confidence: 0.937484528333333

00:14:36.842 --> 00:14:38.748 over 240,000 here in Connecticut.

NOTE Confidence: 0.937484528333333

00:14:38.748 --> 00:14:40.296 Completing treatment for cancer

NOTE Confidence: 0.937484528333333

00:14:40.296 --> 00:14:42.559 is a very exciting milestone,

NOTE Confidence: 0.937484528333333

00:14:42.560 --> 00:14:44.558 but cancer and its treatment can

NOTE Confidence: 0.937484528333333

00:14:44.558 --> 00:14:46.680 be a life changing experience.

NOTE Confidence: 0.937484528333333

00:14:46.680 --> 00:14:48.685 The return to normal activities

NOTE Confidence: 0.937484528333333

00:14:48.685 --> 00:14:50.690 and relationships may be difficult

NOTE Confidence: 0.937484528333333

00:14:50.759 --> 00:14:52.877 and cancer survivors may face other

NOTE Confidence: 0.937484528333333

00:14:52.877 --> 00:14:54.959 long term side effects of cancer,

NOTE Confidence: 0.937484528333333

00:14:54.960 --> 00:14:57.138 including heart problems,

NOTE Confidence: 0.937484528333333

00:14:57.138 --> 00:14:59.316 osteoporosis, fertility issues,

NOTE Confidence: 0.937484528333333

00:14:59.320 --> 00:15:02.120 and an increased risk of second cancers.

NOTE Confidence: 0.937484528333333

00:15:02.120 --> 00:15:04.720 Resources for cancer survivors are

NOTE Confidence: 0.937484528333333

00:15:04.720 --> 00:15:06.800 available at federally designated

NOTE Confidence: 0.937484528333333

00:15:06.800 --> 00:15:08.736 comprehensive cancer centers such as

NOTE Confidence: 0.937484528333333

00:15:08.736 --> 00:15:11.215 Yale Cancer Center and Smilow

NOTE Confidence: 0.937484528333333

00:15:11.215 --> 00:15:13.573 Cancer Hospital to keep cancer survivors

NOTE Confidence: 0.937484528333333

00:15:13.573 --> 00:15:16.107 well and focused on healthy living.

NOTE Confidence: 0.937484528333333

00:15:16.107 --> 00:15:18.352 The Smilow Cancer Hospital Survivorship

NOTE Confidence: 0.937484528333333

00:15:18.352 --> 00:15:20.518 Clinic focuses on providing guidance

NOTE Confidence: 0.937484528333333

00:15:20.518 --> 00:15:22.912 and direction to empower survivors to

NOTE Confidence: 0.937484528333333

00:15:22.912 --> 00:15:25.318 take steps to maximize their health,

NOTE Confidence: 0.937484528333333

00:15:25.320 --> 00:15:26.760 quality of life,

NOTE Confidence: 0.937484528333333

00:15:26.760 --> 00:15:27.720 and longevity.

NOTE Confidence: 0.937484528333333

00:15:27.720 --> 00:15:30.640 More information is available at

NOTE Confidence: 0.937484528333333

00:15:30.640 --> 00:15:31.177 yalecancercenter.org.

NOTE Confidence: 0.937484528333333

00:15:31.177 --> 00:15:34.399 You're listening to Connecticut Public Radio.

NOTE Confidence: 0.937484528333333

00:15:34.400 --> 00:15:34.840 Welcome

NOTE Confidence: 0.966782202

00:15:34.840 --> 00:15:36.560 back to Yale Cancer Answers.

NOTE Confidence: 0.966782202

00:15:36.560 --> 00:15:38.080 This is Doctor Anees Chagpar,

NOTE Confidence: 0.966782202

00:15:38.080 --> 00:15:40.159 and I'm joined tonight by my guest,

NOTE Confidence: 0.966782202

00:15:40.160 --> 00:15:41.180 Doctor Fed Ghali.

NOTE Confidence: 0.966782202

00:15:41.180 --> 00:15:43.220 We're talking about the care of

NOTE Confidence: 0.966782202

00:15:43.220 --> 00:15:44.507 patients with bladder cancer

NOTE Confidence: 0.966782202

00:15:44.507 --> 00:15:46.271 and before the break we spent

NOTE Confidence: 0.966782202

00:15:46.271 --> 00:15:48.273 a lot of time talking about

NOTE Confidence: 0.966782202

00:15:48.273 --> 00:15:49.918 what exactly is bladder cancer.

NOTE Confidence: 0.966782202

00:15:49.920 --> 00:15:50.366 Interestingly,

NOTE Confidence: 0.966782202

00:15:50.366 --> 00:15:53.042 it's perhaps more common than many

NOTE Confidence: 0.966782202

00:15:53.042 --> 00:15:56.140 of us think, what one of the 5th

NOTE Confidence: 0.966782202

00:15:56.140 --> 00:15:58.414 or 6th most common cancers we see

NOTE Confidence: 0.966782202

00:15:58.414 --> 00:16:00.968 here in the US? We talked about how

NOTE Confidence: 0.966782202

00:16:00.968 --> 00:16:02.878 it was associated with smoking

NOTE Confidence: 0.966782202

00:16:02.878 --> 00:16:06.042 and various chemicals as well as

NOTE Confidence: 0.966782202

00:16:06.042 --> 00:16:08.512 slightly related to family history

NOTE Confidence: 0.966782202

00:16:08.512 --> 00:16:11.015 and some genetic syndromes.

NOTE Confidence: 0.966782202

00:16:11.015 --> 00:16:13.080 But what I was hoping that now

NOTE Confidence: 0.966782202

00:16:13.080 --> 00:16:15.271 we could kind of pick up the

NOTE Confidence: 0.966782202

00:16:15.271 --> 00:16:16.806 conversation and talk about what

NOTE Confidence: 0.966782202

00:16:16.870 --> 00:16:18.892 are the signs and symptoms that

NOTE Confidence: 0.966782202

00:16:18.892 --> 00:16:20.577 people might present with when

NOTE Confidence: 0.966782202

00:16:20.577 --> 00:16:22.599 they come in with bladder cancer.

NOTE Confidence: 0.966782202

00:16:22.600 --> 00:16:24.913 It's not really a cancer that we screen for,

NOTE Confidence: 0.966782202

00:16:24.920 --> 00:16:25.440 right?

NOTE Confidence: 0.945187462222222

00:16:26.000 --> 00:16:26.976 That's correct.

NOTE Confidence: 0.945187462222222

00:16:26.976 --> 00:16:30.392 We don't routinely screen for bladder cancer.

NOTE Confidence: 0.945187462222222

00:16:30.400 --> 00:16:31.920 And just to clarify,

NOTE Confidence: 0.945187462222222

00:16:31.920 --> 00:16:35.076 by screen we mean taking healthy

NOTE Confidence: 0.945187462222222

00:16:35.076 --> 00:16:36.980 asymptomatic patients and basically

NOTE Confidence: 0.945187462222222

00:16:36.980 --> 00:16:39.843 doing some tests or exams to

NOTE Confidence: 0.945187462222222

00:16:39.843 --> 00:16:41.908 search for bladder cancer when

NOTE Confidence: 0.945187462222222

00:16:41.908 --> 00:16:44.120 there's otherwise no good reason.

NOTE Confidence: 0.945187462222222

00:16:44.120 --> 00:16:46.000 We don't routinely do that.

NOTE Confidence: 0.945187462222222

00:16:46.000 --> 00:16:49.000 And it's not recommended by any of our

NOTE Confidence: 0.945187462222222

00:16:49.000 --> 00:16:51.214 national guidelines here

NOTE Confidence: 0.945187462222222

00:16:51.214 --> 00:16:53.800 in the United States or elsewhere.

NOTE Confidence: 0.945187462222222

00:16:53.800 --> 00:16:56.302 And the reason is because screening

NOTE Confidence: 0.945187462222222

00:16:56.302 --> 00:16:59.050 has both benefits and downsides and

NOTE Confidence: 0.945187462222222

00:16:59.050 --> 00:17:02.279 the assessment of the

NOTE Confidence: 0.945187462222222

00:17:02.279 --> 00:17:05.142 benefits and risks hasn't shaken

NOTE Confidence: 0.945187462222222

00:17:05.142 --> 00:17:07.372 out to recommend routine screening.

NOTE Confidence: 0.945187462222222

00:17:07.372 --> 00:17:10.516 So we don't screen for bladder

NOTE Confidence: 0.945187462222222

00:17:10.516 --> 00:17:12.826 cancer and instead we wait until

NOTE Confidence: 0.945187462222222

00:17:12.826 --> 00:17:14.584 there's a reason that one should

NOTE Confidence: 0.945187462222222

00:17:14.584 --> 00:17:16.079 look for bladder cancer,

NOTE Confidence: 0.945187462222222

00:17:16.080 --> 00:17:18.276 do a diagnostic assessment for bladder

NOTE Confidence: 0.945187462222222

00:17:18.276 --> 00:17:20.560 cancer before we really do a work up.

NOTE Confidence: 0.812986712857143

00:17:21.120 --> 00:17:24.168 So presumably then patients

NOTE Confidence: 0.812986712857143

00:17:24.168 --> 00:17:26.290 who have bladder cancer would need

NOTE Confidence: 0.812986712857143

00:17:26.290 --> 00:17:28.600 to present with some sort of symptom.

NOTE Confidence: 0.812986712857143

00:17:28.600 --> 00:17:30.192 Can you can you talk a little bit

NOTE Confidence: 0.812986712857143

00:17:30.192 --> 00:17:31.638 about what are the warning signs,

NOTE Confidence: 0.812986712857143

00:17:31.640 --> 00:17:33.440 what are the symptoms that should

NOTE Confidence: 0.812986712857143

00:17:33.440 --> 00:17:35.431 prompt people to seek medical attention

NOTE Confidence: 0.812986712857143

00:17:35.431 --> 00:17:37.639 that might turn into bladder cancer?

NOTE Confidence: 0.966063127142857

00:17:38.040 --> 00:17:41.519 Of course, like most cancers they

NOTE Confidence: 0.966063127142857

00:17:41.520 --> 00:17:44.240 can present with a lot of various

NOTE Confidence: 0.966063127142857

00:17:44.240 --> 00:17:46.141 symptoms depending how long

NOTE Confidence: 0.966063127142857

00:17:46.141 --> 00:17:48.495 it has been there and where it is in

NOTE Confidence: 0.966063127142857

00:17:48.495 --> 00:17:50.193 the Natural History of the disease.

NOTE Confidence: 0.966063127142857

00:17:50.200 --> 00:17:53.598 But by and large the most common

NOTE Confidence: 0.966063127142857

00:17:53.598 --> 00:17:55.392 symptom that a patient

NOTE Confidence: 0.966063127142857

00:17:55.392 --> 00:17:56.880 would present with that

NOTE Confidence: 0.966063127142857

00:17:56.880 --> 00:17:58.826 would trigger a work up for bladder

NOTE Confidence: 0.966063127142857

00:17:58.882 --> 00:18:00.716 cancer would be blood in the urine,

NOTE Confidence: 0.966063127142857

00:18:00.720 --> 00:18:03.360 what we call hematuria.

NOTE Confidence: 0.966063127142857

00:18:03.360 --> 00:18:05.718 That's sort of the classic

NOTE Confidence: 0.966063127142857

00:18:05.718 --> 00:18:07.290 presentation for bladder cancer

NOTE Confidence: 0.966063127142857

00:18:07.359 --> 00:18:09.564 and is definitely what we see most

NOTE Confidence: 0.966063127142857

00:18:09.564 --> 00:18:11.480 frequently in the clinic as well.

NOTE Confidence: 0.894029271764706

00:18:12.720 --> 00:18:14.694 And sometimes people

NOTE Confidence: 0.894029271764706

00:18:14.694 --> 00:18:17.352 when they go to the doctor just

NOTE Confidence: 0.894029271764706

00:18:17.352 --> 00:18:19.040 for their routine physical,

NOTE Confidence: 0.894029271764706

00:18:19.040 --> 00:18:21.542 they'll get a a urine sample

NOTE Confidence: 0.894029271764706

00:18:21.542 --> 00:18:23.272 and sometimes when

NOTE Confidence: 0.894029271764706

00:18:23.272 --> 00:18:24.912 we get those reports back,

NOTE Confidence: 0.894029271764706

00:18:24.920 --> 00:18:27.200 there is a line there that says blood.

NOTE Confidence: 0.894029271764706

00:18:27.200 --> 00:18:29.792 So even if you haven't seen

NOTE Confidence: 0.894029271764706

00:18:29.792 --> 00:18:31.520 blood in the urine,

NOTE Confidence: 0.894029271764706

00:18:31.520 --> 00:18:34.130 is there another way that bladder

NOTE Confidence: 0.894029271764706

00:18:34.130 --> 00:18:36.364 cancer can be present on one of

NOTE Confidence: 0.894029271764706

00:18:36.364 --> 00:18:37.596 these routine urine tests?

NOTE Confidence: 0.853600809090909

00:18:38.520 --> 00:18:40.782 Yes, you're touching on an

NOTE Confidence: 0.853600809090909

00:18:40.782 --> 00:18:42.520 important distinction here which is

NOTE Confidence: 0.853600809090909

00:18:42.520 --> 00:18:45.316 blood that is visible,

NOTE Confidence: 0.853600809090909

00:18:45.320 --> 00:18:47.000 that is visible to the patient

NOTE Confidence: 0.853600809090909

00:18:47.000 --> 00:18:49.159 is what we call gross hematuria.

NOTE Confidence: 0.853600809090909

00:18:49.160 --> 00:18:51.285 And separately what you're describing

NOTE Confidence: 0.853600809090909

00:18:51.285 --> 00:18:54.440 for blood that's seen on just the test,

NOTE Confidence: 0.853600809090909

00:18:54.440 --> 00:18:55.888 in other words, what I tell

NOTE Confidence: 0.853600809090909

00:18:55.888 --> 00:18:57.347 my patients is you wouldn't have

NOTE Confidence: 0.853600809090909

00:18:57.347 --> 00:18:58.560 known there was anything going on.

00:18:58.560 --> 00:19:00.944 We told you there was blood that was

00:19:00.944 --> 00:19:03.196 seen under the microscope and so on.

00:19:03.200 --> 00:19:05.680 That's what we call microhematuria.

00:19:08.424 --> 00:19:10.791 And the presence of either of those occurring

00:19:10.791 --> 00:19:14.244 is a good reason to check

00:19:14.244 --> 00:19:16.995 in with a urologist and be evaluated.

00:19:17.000 --> 00:19:19.800 Now like you say, micro

00:19:19.800 --> 00:19:23.137 hematuria is more common than the more

00:19:23.137 --> 00:19:25.937 visible gross hematuria and it's less

00:19:25.937 --> 00:19:28.451 associated with the

00:19:28.451 --> 00:19:30.988 diagnosis of bladder cancer than visible

00:19:30.988 --> 00:19:34.036 blood in the urine, or gross hematuria.

00:19:34.040 --> 00:19:35.976 And so the work up is not always

00:19:35.976 --> 00:19:36.800 exactly the same.

00:19:36.800 --> 00:19:38.828 Sometimes we end up doing very

00:19:38.828 --> 00:19:40.759 similar things for the work up,

NOTE Confidence: 0.853600809090909

00:19:40.760 --> 00:19:43.266 but both at least warrant a discussion

NOTE Confidence: 0.853600809090909

00:19:43.266 --> 00:19:45.903 about a work up for bladder cancer

NOTE Confidence: 0.853600809090909

00:19:45.903 --> 00:19:48.135 and an assessment of other risk

NOTE Confidence: 0.853600809090909

00:19:48.210 --> 00:19:50.600 factors like we discussed earlier.

NOTE Confidence: 0.937559192727273

00:19:52.240 --> 00:19:54.606 And so if a patient does have

NOTE Confidence: 0.937559192727273

00:19:54.606 --> 00:19:56.440 risk factors and hematuria,

NOTE Confidence: 0.937559192727273

00:19:56.440 --> 00:19:59.640 or presents with gross hematuria,

NOTE Confidence: 0.937559192727273

00:19:59.640 --> 00:20:02.080 what what does the work up look like?

NOTE Confidence: 0.948846229090909

00:20:03.600 --> 00:20:05.616 So what I tell patients is that

NOTE Confidence: 0.948846229090909

00:20:05.616 --> 00:20:07.611 blood in the urine doesn't give us

NOTE Confidence: 0.948846229090909

00:20:07.611 --> 00:20:09.680 a diagnosis of cancer by any means.

NOTE Confidence: 0.948846229090909

00:20:09.680 --> 00:20:12.208 It just makes our ears perk up a

NOTE Confidence: 0.948846229090909

00:20:12.208 --> 00:20:14.516 little bit and sort of triggers

NOTE Confidence: 0.948846229090909

00:20:14.516 --> 00:20:16.516 us to do more investigation.

NOTE Confidence: 0.948846229090909

00:20:16.520 --> 00:20:19.544 And many times when we look more closely

NOTE Confidence: 0.948846229090909

00:20:19.544 --> 00:20:22.512 we find other good causes,

NOTE Confidence: 0.948846229090909

00:20:22.512 --> 00:20:25.360 other benign causes for blood in the urine.

NOTE Confidence: 0.948846229090909

00:20:25.360 --> 00:20:27.616 And so there's a list of non cancerous

NOTE Confidence: 0.948846229090909

00:20:27.616 --> 00:20:29.879 things that can cause blood in the urine,

NOTE Confidence: 0.948846229090909

00:20:29.880 --> 00:20:32.556 which I'd be happy to discuss.

NOTE Confidence: 0.948846229090909

00:20:32.560 --> 00:20:36.152 But once we embark on a work

NOTE Confidence: 0.948846229090909

00:20:36.152 --> 00:20:38.000 up for blood in the urine,

NOTE Confidence: 0.948846229090909

00:20:38.000 --> 00:20:39.730 the work up normally entails

NOTE Confidence: 0.948846229090909

00:20:39.730 --> 00:20:41.114 a couple of things.

NOTE Confidence: 0.948846229090909

00:20:41.120 --> 00:20:44.470 One is another urine test to ensure

NOTE Confidence: 0.948846229090909

00:20:44.470 --> 00:20:46.679 that there's no infection of the urine.

NOTE Confidence: 0.948846229090909

00:20:46.680 --> 00:20:48.432 So this is a common cause of blood

NOTE Confidence: 0.948846229090909

00:20:48.432 --> 00:20:50.392 in the urine as many patients

NOTE Confidence: 0.948846229090909

00:20:50.392 --> 00:20:52.310 or many listeners will know.

NOTE Confidence: 0.948846229090909

00:20:52.310 --> 00:20:55.306 So we confirm that there's not an obvious

NOTE Confidence: 0.948846229090909

00:20:55.306 --> 00:20:57.917 reason that there's blood in the urine.

NOTE Confidence: 0.948846229090909

00:20:57.920 --> 00:21:00.632 We will also see the patient in clinic

NOTE Confidence: 0.948846229090909

00:21:00.632 --> 00:21:03.800 and do a full history and physical will

NOTE Confidence: 0.948846229090909

00:21:03.800 --> 00:21:06.796 understand any changes

NOTE Confidence: 0.948846229090909

00:21:06.800 --> 00:21:09.200 in their history recently,

NOTE Confidence: 0.948846229090909

00:21:09.200 --> 00:21:12.176 any recent trauma for example or any other

NOTE Confidence: 0.948846229090909

00:21:12.176 --> 00:21:14.876 changes in symptoms that sort of thing.

NOTE Confidence: 0.948846229090909

00:21:14.876 --> 00:21:17.440 We'll understand a bit of their history,

NOTE Confidence: 0.948846229090909

00:21:17.440 --> 00:21:20.080 but ultimately we will decide to

NOTE Confidence: 0.948846229090909

00:21:20.080 --> 00:21:23.040 do some type of imaging of their

NOTE Confidence: 0.948846229090909

00:21:23.040 --> 00:21:25.520 abdomen in order to evaluate

NOTE Confidence: 0.948846229090909

00:21:25.520 --> 00:21:27.638 their kidneys and often their ureters,

NOTE Confidence: 0.948846229090909

00:21:27.640 --> 00:21:29.080 those tubes that drain the

NOTE Confidence: 0.948846229090909

00:21:29.080 --> 00:21:30.520 kidneys down into the bladder.

NOTE Confidence: 0.948846229090909

00:21:30.520 --> 00:21:32.487 So some type of imaging is usually

NOTE Confidence: 0.948846229090909

00:21:32.487 --> 00:21:33.876 warranted and the most

NOTE Confidence: 0.948846229090909

00:21:33.876 --> 00:21:35.598 common form of that is a CT scan,

00:21:36.244 --> 00:21:38.820 it's a special type of CT scan called

NOTE Confidence: 0.948846229090909

00:21:38.893 --> 00:21:41.124 ACT urogram which is a specific

NOTE Confidence: 0.948846229090909

00:21:41.124 --> 00:21:43.848 protocol that we use that helps

NOTE Confidence: 0.948846229090909

00:21:43.848 --> 00:21:46.140 us really clearly visualize the

NOTE Confidence: 0.948846229090909

00:21:46.140 --> 00:21:48.040 kidney and the ureters especially.

NOTE Confidence: 0.948846229090909

00:21:48.040 --> 00:21:49.876 It sort of allows us to zero in on

NOTE Confidence: 0.948846229090909

00:21:49.876 --> 00:21:51.663 those parts of the body which are

NOTE Confidence: 0.948846229090909

00:21:51.663 --> 00:21:53.844 of course would be common

NOTE Confidence: 0.948846229090909

00:21:53.844 --> 00:21:56.560 causes of blood in the urine.

NOTE Confidence: 0.948846229090909

00:21:56.560 --> 00:21:57.700 And finally

NOTE Confidence: 0.948846229090909

00:21:57.700 --> 00:21:59.980 the last sort of central part

NOTE Confidence: 0.948846229090909

00:21:59.980 --> 00:22:02.857 of a hematuria workup is a small

NOTE Confidence: 0.948846229090909

00:22:02.857 --> 00:22:05.559 procedure that we call a cystoscopy.

NOTE Confidence: 0.948846229090909

00:22:05.560 --> 00:22:07.006 And a cystoscopy is a procedure

NOTE Confidence: 0.948846229090909

00:22:07.006 --> 00:22:08.560 most often done in the clinic.

NOTE Confidence: 0.948846229090909

00:22:08.560 --> 00:22:11.640 And it's basically

00:22:11.640 --> 00:22:13.800 the insertion of a small camera,

00:22:13.800 --> 00:22:16.089 a small flexible camera into the urethra

00:22:16.089 --> 00:22:18.597 and through the urethra into the bladder.

00:22:18.600 --> 00:22:20.200 And we physically

00:22:20.200 --> 00:22:21.831 fill the bladder up with fluid

00:22:21.831 --> 00:22:23.879 and we look around in the bladder and

00:22:26.000 --> 00:22:28.128 make sure that we don't see any lumps

00:22:28.128 --> 00:22:30.518 or bumps or areas of redness or concern.

00:22:30.520 --> 00:22:34.168 And we have fully just

00:22:34.168 --> 00:22:35.999 looked at every little bit of the bladder

00:22:35.999 --> 00:22:37.880 to make sure there's nothing

00:22:37.880 --> 00:22:40.480 that warrants further treatment.

00:22:40.480 --> 00:22:41.840 And so between the urine,

00:22:41.840 --> 00:22:43.880 history, and

00:22:43.880 --> 00:22:46.402 physical and then the urine test

NOTE Confidence: 0.92443698625

00:22:46.402 --> 00:22:48.838 ACT scan usually and a cystoscopy,

NOTE Confidence: 0.92443698625

00:22:48.840 --> 00:22:50.022 that's what we sort of think

NOTE Confidence: 0.92443698625

00:22:50.022 --> 00:22:51.160 of as a hematuria workup.

NOTE Confidence: 0.9289704575

00:22:52.440 --> 00:22:54.966 And so presumably if on cystoscopy

NOTE Confidence: 0.9289704575

00:22:54.966 --> 00:22:58.762 you do see a patch of redness or a

NOTE Confidence: 0.9289704575

00:22:58.762 --> 00:23:01.434 lump or bump that could potentially

NOTE Confidence: 0.9289704575

00:23:01.434 --> 00:23:05.354 make you think about a bladder cancer.

NOTE Confidence: 0.9289704575

00:23:05.360 --> 00:23:07.960 Can biopsies be done at the same time,

NOTE Confidence: 0.927583167777778

00:23:09.000 --> 00:23:11.076 They can occasionally be done at

NOTE Confidence: 0.927583167777778

00:23:11.076 --> 00:23:13.104 the same time, but that is not

NOTE Confidence: 0.927583167777778

00:23:13.104 --> 00:23:15.280 routine to do it at the same time.

NOTE Confidence: 0.927583167777778

00:23:15.280 --> 00:23:19.427 And the reason is that if we see

NOTE Confidence: 0.927583167777778

00:23:19.427 --> 00:23:20.872 a lesion, something that looks

NOTE Confidence: 0.927583167777778

00:23:20.872 --> 00:23:22.838 like a tumor of the bladder,

NOTE Confidence: 0.927583167777778

00:23:22.840 --> 00:23:25.227 the next steps will be to

NOTE Confidence: 0.927583167777778

00:23:25.227 --> 00:23:27.359 find out what the diagnose,

NOTE Confidence: 0.927583167777778

00:23:27.360 --> 00:23:29.532 what the Histology of

NOTE Confidence: 0.927583167777778

00:23:29.532 --> 00:23:32.269 that lesion is and get a

NOTE Confidence: 0.927583167777778

00:23:32.269 --> 00:23:33.889 pathologic diagnosis and either

NOTE Confidence: 0.927583167777778

00:23:33.889 --> 00:23:36.558 confirm or rule out bladder cancer.

NOTE Confidence: 0.927583167777778

00:23:36.560 --> 00:23:39.194 And to do that we almost always will

NOTE Confidence: 0.927583167777778

00:23:39.194 --> 00:23:41.582 stop the procedure

NOTE Confidence: 0.927583167777778

00:23:41.582 --> 00:23:44.401 at that time and we will suggest to the

NOTE Confidence: 0.927583167777778

00:23:44.401 --> 00:23:46.786 patient that we go to the operating

NOTE Confidence: 0.927583167777778

00:23:46.786 --> 00:23:50.065 room and remove the tumor in

NOTE Confidence: 0.927583167777778

00:23:50.065 --> 00:23:52.584 its entirety rather than just take

NOTE Confidence: 0.927583167777778

00:23:52.584 --> 00:23:54.780 a small biopsy which will give

NOTE Confidence: 0.927583167777778

00:23:54.854 --> 00:23:57.104 us a more successful diagnostic,

NOTE Confidence: 0.927583167777778

00:23:57.104 --> 00:23:59.354 diagnosis rather of the specific

NOTE Confidence: 0.927583167777778

00:23:59.432 --> 00:24:02.048 cell types and what is growing

NOTE Confidence: 0.927583167777778

00:24:02.048 --> 00:24:03.792 under the microscope basically.

NOTE Confidence: 0.927583167777778

00:24:03.800 --> 00:24:05.928 But on top of that we know that

NOTE Confidence: 0.927583167777778

00:24:05.928 --> 00:24:07.494 a procedure like this where

NOTE Confidence: 0.927583167777778

00:24:07.494 --> 00:24:09.483 the whole tumor is removed

00:24:10.209 --> 00:24:12.387 it's not just diagnostic but it's

NOTE Confidence: 0.927583167777778

00:24:12.387 --> 00:24:13.640 also therapeutic.

NOTE Confidence: 0.927583167777778

00:24:13.640 --> 00:24:15.355 You know if there is cancer there,

NOTE Confidence: 0.927583167777778

00:24:15.360 --> 00:24:17.166 it's really important that we remove

NOTE Confidence: 0.927583167777778

00:24:17.166 --> 00:24:19.240 the cancer from the patient's body.

NOTE Confidence: 0.927583167777778

00:24:19.240 --> 00:24:21.310 We get a better understanding of

NOTE Confidence: 0.927583167777778

00:24:21.310 --> 00:24:23.497 what we're dealing with and doing a

NOTE Confidence: 0.927583167777778

00:24:23.497 --> 00:24:26.132 a thorough resection of this tumor

NOTE Confidence: 0.927583167777778

00:24:26.132 --> 00:24:28.543 we know that it

NOTE Confidence: 0.927583167777778

00:24:28.543 --> 00:24:29.745 improves outcomes and decreases the

NOTE Confidence: 0.927583167777778

00:24:29.745 --> 00:24:31.317 chance of recurrence down the road.

NOTE Confidence: 0.927583167777778

00:24:31.320 --> 00:24:32.853 And so that's usually what we do

NOTE Confidence: 0.927583167777778

00:24:32.853 --> 00:24:34.449 if we see something suspicious is

NOTE Confidence: 0.927583167777778

00:24:34.449 --> 00:24:36.920 instead of a small biopsy in the clinic,

NOTE Confidence: 0.927583167777778

00:24:36.920 --> 00:24:39.620 we will normally not put patients

NOTE Confidence: 0.927583167777778

00:24:39.620 --> 00:24:42.440 through that and instead say you know

NOTE Confidence: 0.927583167777778

00:24:42.440 --> 00:24:44.012 there really shouldn't be a

NOTE Confidence: 0.927583167777778

00:24:44.012 --> 00:24:45.816 whole lot growing on the inside of

NOTE Confidence: 0.927583167777778

00:24:45.816 --> 00:24:47.454 your bladder except with

NOTE Confidence: 0.927583167777778

00:24:47.506 --> 00:24:49.192 really rare exceptions if there's

NOTE Confidence: 0.927583167777778

00:24:49.192 --> 00:24:51.124 something on the inside of the bladder,

NOTE Confidence: 0.927583167777778

00:24:51.124 --> 00:24:52.732 we usually would like to

NOTE Confidence: 0.927583167777778

00:24:52.732 --> 00:24:54.079 remove it in its entirety.

NOTE Confidence: 0.937182248571429

00:24:55.240 --> 00:24:57.599 So a couple of questions on that.

NOTE Confidence: 0.937182248571429

00:24:57.600 --> 00:25:01.345 One, what's the breakdown between how

NOTE Confidence: 0.937182248571429

00:25:01.345 --> 00:25:04.223 many of these lesions turn out to

NOTE Confidence: 0.937182248571429

00:25:04.223 --> 00:25:06.569 be completely benign versus how many

NOTE Confidence: 0.937182248571429

00:25:06.569 --> 00:25:09.279 actually turn out to be a bladder cancer?

NOTE Confidence: 0.937182248571429

00:25:09.280 --> 00:25:11.338 And #2, can you kind of illustrate

NOTE Confidence: 0.937182248571429

00:25:11.338 --> 00:25:13.967 for us a little bit more about what

NOTE Confidence: 0.937182248571429

00:25:13.967 --> 00:25:16.400 you mean by a complete resection?

NOTE Confidence: 0.937182248571429

00:25:16.400 --> 00:25:18.206 Do you mean removing a portion

NOTE Confidence: 0.937182248571429

00:25:18.206 --> 00:25:20.419 of the bladder wall or do you

NOTE Confidence: 0.937182248571429

00:25:20.419 --> 00:25:21.999 mean removing the whole bladder,

NOTE Confidence: 0.937182248571429

00:25:22.000 --> 00:25:23.836 which might be kind of scary

NOTE Confidence: 0.937182248571429

00:25:23.836 --> 00:25:24.754 for some patients?

NOTE Confidence: 0.963806945

00:25:25.880 --> 00:25:26.750 Thank you. Yeah,

NOTE Confidence: 0.963806945

00:25:26.750 --> 00:25:28.200 that's a really important distinction.

NOTE Confidence: 0.963806945

00:25:28.200 --> 00:25:31.595 Let's talk about that.

NOTE Confidence: 0.963806945

00:25:31.600 --> 00:25:33.045 There are certain benign things

NOTE Confidence: 0.963806945

00:25:33.045 --> 00:25:35.000 that can grow in the bladder.

NOTE Confidence: 0.963806945

00:25:35.000 --> 00:25:37.850 There are certain types of inflammatory

NOTE Confidence: 0.963806945

00:25:37.850 --> 00:25:40.825 lesions or you know certain benign

NOTE Confidence: 0.963806945

00:25:40.825 --> 00:25:43.559 almost polyp like lesions that can grow.

NOTE Confidence: 0.963806945

00:25:43.560 --> 00:25:45.476 And I would say

NOTE Confidence: 0.963806945

00:25:45.476 --> 00:25:47.906 I don't have off the top of my head

NOTE Confidence: 0.963806945

00:25:47.906 --> 00:25:50.510 a breakdown of the number that is

NOTE Confidence: 0.963806945

00:25:50.510 --> 00:25:52.959 malignant and the number that is benign.

NOTE Confidence: 0.963806945

00:25:52.960 --> 00:25:55.438 But it's not an insignificant

NOTE Confidence: 0.963806945

00:25:55.438 --> 00:25:58.073 number where we go into the bladder and

NOTE Confidence: 0.963806945

00:25:58.073 --> 00:26:01.221 we see what looks like a small growth or a

NOTE Confidence: 0.963806945

00:26:01.221 --> 00:26:03.460 little something like a cyst in the bladder.

NOTE Confidence: 0.963806945

00:26:03.460 --> 00:26:05.800 And when we look at it under the microscope,

NOTE Confidence: 0.963806945

00:26:05.800 --> 00:26:08.740 we find that it was some inflammatory

NOTE Confidence: 0.963806945

00:26:08.740 --> 00:26:11.479 change or something that wasn't cancer.

NOTE Confidence: 0.963806945

00:26:11.480 --> 00:26:14.112 That being said many and I would

NOTE Confidence: 0.963806945

00:26:14.112 --> 00:26:16.321 say most growths in the bladder

NOTE Confidence: 0.963806945

00:26:16.321 --> 00:26:18.400 that we see grossly we can,

NOTE Confidence: 0.963806945

00:26:18.400 --> 00:26:20.332 especially urologists that

NOTE Confidence: 0.963806945

00:26:20.332 --> 00:26:22.756 see this type of thing frequently,

NOTE Confidence: 0.963806945

00:26:22.760 --> 00:26:25.037 I can have a have a pretty good sense,

NOTE Confidence: 0.963806945

00:26:25.040 --> 00:26:27.280 I can look at a bladder,

NOTE Confidence: 0.963806945

00:26:27.280 --> 00:26:29.296 lesion and

NOTE Confidence: 0.963806945

00:26:29.296 --> 00:26:30.976 really know with some confidence

NOTE Confidence: 0.963806945

00:26:30.976 --> 00:26:33.048 whether or not this is a concerning

NOTE Confidence: 0.963806945

00:26:33.048 --> 00:26:35.400 type or more of an inflammatory type.

NOTE Confidence: 0.963806945

00:26:35.400 --> 00:26:37.192 And that's sort of the trigger is

NOTE Confidence: 0.963806945

00:26:37.192 --> 00:26:38.680 the gross appearance of the lesion.

NOTE Confidence: 0.963806945

00:26:38.680 --> 00:26:40.970 If it's suspicious enough that's

NOTE Confidence: 0.963806945

00:26:40.970 --> 00:26:43.958 the trigger for doing this more

NOTE Confidence: 0.963806945

00:26:43.958 --> 00:26:45.200 involved procedure.

NOTE Confidence: 0.963806945

00:26:45.200 --> 00:26:46.320 So let me tell you a little

NOTE Confidence: 0.963806945

00:26:46.320 --> 00:26:47.240 bit about the procedure.

NOTE Confidence: 0.963806945

00:26:47.240 --> 00:26:48.572 That is the most common procedure

NOTE Confidence: 0.963806945

00:26:48.572 --> 00:26:50.159 we do for this type of thing,

NOTE Confidence: 0.963806945

00:26:50.160 --> 00:26:52.590 at least initially it's a

NOTE Confidence: 0.963806945

00:26:52.590 --> 00:26:54.210 procedure called the transurethral

NOTE Confidence: 0.963806945

00:26:54.277 --> 00:26:56.511 resection of a bladder tumor or TURBT.

00:26:57.053 --> 00:26:58.679 It's a bit of a mouthful.

NOTE Confidence: 0.963806945

00:26:58.680 --> 00:27:00.440 And what this procedure is,

NOTE Confidence: 0.963806945

00:27:00.440 --> 00:27:03.540 we basically go under

NOTE Confidence: 0.963806945

00:27:03.540 --> 00:27:05.040 anesthesia in the operating room.

NOTE Confidence: 0.963806945

00:27:05.040 --> 00:27:07.216 We use a camera, not unlike the one

NOTE Confidence: 0.963806945

00:27:07.216 --> 00:27:09.630 that's used in clinic except it's a

NOTE Confidence: 0.963806945

00:27:09.630 --> 00:27:11.435 little bigger and more sophisticated,

NOTE Confidence: 0.963806945

00:27:11.440 --> 00:27:13.030 and allows us to do more procedures

NOTE Confidence: 0.963806945

00:27:13.030 --> 00:27:14.680 through the channel of the camera.

NOTE Confidence: 0.963806945

00:27:14.680 --> 00:27:16.800 So we're not making incisions,

NOTE Confidence: 0.963806945

00:27:16.800 --> 00:27:18.560 we're not cutting out parts of the bladder,

NOTE Confidence: 0.963806945

00:27:18.560 --> 00:27:21.717 but instead are using an instrument,

NOTE Confidence: 0.963806945

00:27:21.720 --> 00:27:25.120 an endoscopic instrument that's minimally

NOTE Confidence: 0.963806945

00:27:25.120 --> 00:27:28.405 invasive meant to hopefully cause the

NOTE Confidence: 0.963806945

00:27:28.405 --> 00:27:31.840 least discomfort and morbidity for patients.

NOTE Confidence: 0.963806945

00:27:31.840 --> 00:27:33.840 And we go to the operating room and

NOTE Confidence: 0.963806945

00:27:33.840 --> 00:27:35.680 pass that again through the

NOTE Confidence: 0.963806945

00:27:35.680 --> 00:27:36.910 urethra,

NOTE Confidence: 0.963806945

00:27:36.910 --> 00:27:39.600 the channel into the bladder and through

NOTE Confidence: 0.963806945

00:27:39.600 --> 00:27:42.160 that instrument we're able to sort of in

NOTE Confidence: 0.963806945

00:27:42.160 --> 00:27:45.760 a piece meal way remove

NOTE Confidence: 0.963806945

00:27:45.760 --> 00:27:47.560 this suspicious lesion.

NOTE Confidence: 0.963806945

00:27:47.560 --> 00:27:48.918 We don't remove part of the bladder.

NOTE Confidence: 0.963806945

00:27:48.920 --> 00:27:50.999 We remove the tumor and then we

NOTE Confidence: 0.963806945

00:27:50.999 --> 00:27:53.436 will try to remove some of the

NOTE Confidence: 0.963806945

00:27:53.436 --> 00:27:55.271 underlying bladder in order to

NOTE Confidence: 0.963806945

00:27:55.271 --> 00:27:58.112 get to basically to get an answer

NOTE Confidence: 0.963806945

00:27:58.112 --> 00:28:00.376 to the question of how advanced,

NOTE Confidence: 0.963806945

00:28:00.376 --> 00:28:01.916 if this is a cancer,

NOTE Confidence: 0.963806945

00:28:01.920 --> 00:28:03.095 how advanced is this cancer

NOTE Confidence: 0.963806945

00:28:03.095 --> 00:28:04.720 into the wall of the bladder.

NOTE Confidence: 0.963806945

00:28:04.720 --> 00:28:06.631 And that ends up being a very

NOTE Confidence: 0.963806945

00:28:06.631 --> 00:28:07.781 important question for deciding

NOTE Confidence: 0.963806945

00:28:07.781 --> 00:28:09.449 next steps for treatment, is what

NOTE Confidence: 0.963806945

00:28:09.449 --> 00:28:11.438 we call the stage of the disease,

NOTE Confidence: 0.963806945

00:28:11.440 --> 00:28:13.995 which if there is a cancer,

NOTE Confidence: 0.963806945

00:28:14.000 --> 00:28:15.740 is this cancer early stage

NOTE Confidence: 0.963806945

00:28:15.740 --> 00:28:17.480 in that it's on

NOTE Confidence: 0.908541376521739

00:28:17.563 --> 00:28:20.209 the surface of the bladder or is

NOTE Confidence: 0.908541376521739

00:28:20.209 --> 00:28:22.314 this more advanced requiring you

NOTE Confidence: 0.908541376521739

00:28:22.314 --> 00:28:23.752 know having advanced deeper into

NOTE Confidence: 0.908541376521739

00:28:23.752 --> 00:28:25.444 the wall of the bladder.

NOTE Confidence: 0.908541376521739

00:28:25.444 --> 00:28:28.552 And and the answer to that

NOTE Confidence: 0.908541376521739

00:28:28.552 --> 00:28:31.100 question really helps us decide

NOTE Confidence: 0.908541376521739

00:28:31.100 --> 00:28:33.000 the best therapy moving forward.

NOTE Confidence: 0.860860394666667

00:28:33.760 --> 00:28:35.520 Doctor Fed Ghali is an

NOTE Confidence: 0.860860394666667

00:28:35.520 --> 00:28:36.928 assistant professor of urology

NOTE Confidence: 0.860860394666667

00:28:36.928 --> 00:28:39.078 at the Yale School of Medicine.

NOTE Confidence: 0.860860394666667

00:28:39.080 --> 00:28:41.068 If you have questions,

NOTE Confidence: 0.860860394666667

00:28:41.068 --> 00:28:43.023 the address is canceranswers@yale.edu,

NOTE Confidence: 0.860860394666667

00:28:43.023 --> 00:28:45.801 and past editions of the program

NOTE Confidence: 0.860860394666667

00:28:45.801 --> 00:28:48.205 are available in audio and written

NOTE Confidence: 0.860860394666667

00:28:48.205 --> 00:28:49.141 form at yalecancercenter.org.

NOTE Confidence: 0.860860394666667

00:28:49.141 --> 00:28:51.549 We hope you'll join us next week to

NOTE Confidence: 0.860860394666667

00:28:51.549 --> 00:28:53.380 learn more about the fight against

NOTE Confidence: 0.860860394666667

00:28:53.380 --> 00:28:55.200 cancer here on Connecticut Public Radio.

NOTE Confidence: 0.860860394666667

00:28:55.200 --> 00:28:57.660 Funding for Yale Cancer Answers is

NOTE Confidence: 0.860860394666667

00:28:57.660 --> 00:29:00.000 provided by Smilow Cancer Hospital.