00:00:00.160 --> 00:00:01.920 Funding for Yale Cancer Answers

NOTE Confidence: 0.9280102

00:00:01.920 --> 00:00:03.679 is provided by Smilow Cancer

NOTE Confidence: 0.9280102

00:00:03.679 --> 00:00:04.180 Hospital.

NOTE Confidence: 0.97425413

00:00:06.080 --> 00:00:08.000 Welcome to Yale Cancer Answers

NOTE Confidence: 0.97425413

00:00:08.000 --> 00:00:09.039 with the director of

NOTE Confidence: 0.97425413

00:00:09.039 --> 00:00:10.800 Yale Cancer Center, doctor Eric

NOTE Confidence: 0.97425413

00:00:10.800 --> 00:00:11.300 Winer.

NOTE Confidence: 0.9948803

00:00:11.840 --> 00:00:13.940 Yale Cancer Answers features conversations

NOTE Confidence: 0.9948803

00:00:14.080 --> 00:00:14.900 with oncologists

NOTE Confidence: 0.99749935

00:00:15.200 --> 00:00:16.295 and specialists who are on

NOTE Confidence: 0.99749935

00:00:16.295 --> 00:00:17.415 the forefront of the battle

NOTE Confidence: 0.99749935

00:00:17.415 --> 00:00:18.315 to fight cancer.

NOTE Confidence: 0.9716922

00:00:18.855 --> 00:00:20.075 This week, it's a conversation

NOTE Confidence: 0.9716922

00:00:20.215 --> 00:00:22.215 about survivorship with doctor Tara

NOTE Confidence: 0.9716922

00:00:22.215 --> 00:00:23.975 Sanft. Doctor Sanft is an

NOTE Confidence: 0.9716922

00:00:23.975 --> 00:00:25.735 associate professor of medicine and

NOTE Confidence: 0.9716922

00:00:25.735 --> 00:00:27.895 medical oncology and hematology at

NOTE Confidence: 0.9716922

00:00:27.895 --> 00:00:29.275 the Yale School of Medicine.

NOTE Confidence: 0.918148

00:00:29.654 --> 00:00:30.795 Here's doctor Winer.

NOTE Confidence: 0.9901912

00:00:33.239 --> 00:00:35.239 Before we get into t

NOTE Confidence: 0.9901912

00:00:35.400 --> 00:00:36.940 some of the

00:00:38.760 --> 00:00:40.040 topics that we're

NOTE Confidence: 0.9957849

00:00:40.040 --> 00:00:41.400 gonna be discussing, can you

NOTE Confidence: 0.9957849

00:00:41.400 --> 00:00:42.120 just tell us a little

NOTE Confidence: 0.9957849

00:00:42.120 --> 00:00:43.559 bit about yourself? How is

NOTE Confidence: 0.9957849

00:00:43.559 --> 00:00:45.320 it that you

NOTE Confidence: 0.9957849

00:00:45.320 --> 00:00:46.379 came to this field?

NOTE Confidence: 0.9827902

00:00:47.364 --> 00:00:49.045 What made you become

NOTE Confidence: 0.9827902

00:00:49.045 --> 00:00:50.644 an oncologist? And what drew

NOTE Confidence: 0.9827902

00:00:50.644 --> 00:00:52.585 you to both this area

NOTE Confidence: 0.9827902

00:00:52.805 --> 00:00:54.984 of patient experience and survivorship,

NOTE Confidence: 0.9719368

00:00:55.445 --> 00:00:56.964 which I tend to think

NOTE Confidence: 0.9719368

00:00:56.964 --> 00:00:58.024 are quite complimentary?

NOTE Confidence: 0.9482404

00:00:58.725 --> 00:01:00.565 Thank you. Well,

NOTE Confidence: 0.9482404

00:01:00.565 --> 00:01:01.740 I'm from a mid

NOTE Confidence: 0.9482404

00:01:01.740 --> 00:01:03.200 sized town in Iowa.

NOTE Confidence: 0.957771

00:01:03.740 --> 00:01:05.680 I'm a very Midwestern girl,

NOTE Confidence: 0.9993699

00:01:06.140 --> 00:01:07.120 through and through.

NOTE Confidence: 0.9982712

00:01:07.500 --> 00:01:08.880 I have two siblings and

00:01:10.300 --> 00:01:11.420 my parents now live in

NOTE Confidence: 0.96896696

00:01:11.420 --> 00:01:12.940 Minnesota, which is where they're

NOTE Confidence: 0.96896696

00:01:12.940 --> 00:01:14.080 originally from.

NOTE Confidence: 0.9958971

00:01:15.354 --> 00:01:16.555 And when I was eleven,

NOTE Confidence: 0.9958971

00:01:16.555 --> 00:01:17.295 my uncle,

NOTE Confidence: 0.9552083

00:01:18.075 --> 00:01:19.674 who was thirty two,

NOTE Confidence: 0.9552083

00:01:19.674 --> 00:01:21.615 passed away from pancreas cancer.

NOTE Confidence: 0.95913905

00:01:22.475 --> 00:01:23.674 And he had two little

NOTE Confidence: 0.95913905

00:01:23.674 --> 00:01:25.275 kids, and at that time,

NOTE Confidence: 0.95913905

00:01:25.275 --> 00:01:26.015 there were very

00:01:28.440 --> 00:01:30.119 few treatments to offer and

NOTE Confidence: 0.93258476

00:01:30.119 --> 00:01:31.479 he tried some and they

NOTE Confidence: 0.93258476

00:01:31.479 --> 00:01:32.700 didn't work and he

NOTE Confidence: 0.9995767

00:01:33.080 --> 00:01:34.440 passed away within a year

NOTE Confidence: 0.9995767

00:01:34.440 --> 00:01:35.340 of his diagnosis.

NOTE Confidence: 0.94508433

00:01:36.600 --> 00:01:38.360 I'm so sorry.

NOTE Confidence: 0.94508433

00:01:38.360 --> 00:01:39.560 Thank you, and he was

NOTE Confidence: 0.94508433

00:01:39.560 --> 00:01:41.259 so young particularly for pancreatic

NOTE Confidence: 0.94508433

00:01:41.319 --> 00:01:43.645 cancer. My heart

NOTE Confidence: 0.94508433

00:01:43.645 --> 00:01:45.245 breaks for our patients and

00:01:46.444 --> 00:01:47.485 at that time of my

NOTE Confidence: 0.97390765

00:01:47.485 --> 00:01:48.685 life, I was eleven years

NOTE Confidence: 0.97390765

00:01:48.685 --> 00:01:50.225 old. I didn't really understand

NOTE Confidence: 0.97390765

00:01:50.365 --> 00:01:51.645 everything that was going on,

NOTE Confidence: 0.97390765

00:01:51.645 --> 00:01:52.705 but I did know

NOTE Confidence: 0.9406578

00:01:53.325 --> 00:01:54.765 that the medical team who

NOTE Confidence: 0.9406578

00:01:54.765 --> 00:01:55.885 cared for him and then

NOTE Confidence: 0.9406578

00:01:55.885 --> 00:01:57.240 eventually the home hospice

NOTE Confidence: 0.96943855

00:01:58.119 --> 00:01:59.560 team where he passed away

NOTE Confidence: 0.96943855

00:01:59.560 --> 00:02:00.220 at home,

NOTE Confidence: 0.9989938

00:02:00.600 --> 00:02:02.280 really supported my

NOTE Confidence: 0.9989938

00:02:02.280 --> 00:02:02.780 family

NOTE Confidence: 0.9116383

00:02:03.720 --> 00:02:05.560 and there was something special

NOTE Confidence: 0.9116383

00:02:05.560 --> 00:02:06.380 there. And

NOTE Confidence: 0.9782121

00:02:06.920 --> 00:02:08.040 at that time, I decided

NOTE Confidence: 0.9782121

00:02:08.040 --> 00:02:08.919 I wanted to become a

NOTE Confidence: 0.9782121

00:02:08.919 --> 00:02:09.959 doctor. And I didn't know

NOTE Confidence: 0.9782121

00:02:09.959 --> 00:02:11.005 in my mind that I

NOTE Confidence: 0.9782121

00:02:11.005 --> 00:02:11.965 would end up in this

NOTE Confidence: 0.9782121

00:02:11.965 --> 00:02:13.585 field, but looking back, it

00:02:15.325 --> 00:02:16.525 was starting at a very

NOTE Confidence: 0.99479705

00:02:16.525 --> 00:02:17.825 young age. I really

NOTE Confidence: 0.99953604

00:02:18.205 --> 00:02:19.585 appreciated the relationships

NOTE Confidence: 0.96743083

00:02:20.285 --> 00:02:21.805 that doctors and patients could

NOTE Confidence: 0.96743083

00:02:21.805 --> 00:02:24.145 have and especially in really

NOTE Confidence: 0.96743083

00:02:24.205 --> 00:02:25.185 difficult times.

00:02:27.340 --> 00:02:28.700 Of course, you're not a

NOTE Confidence: 0.99211967

00:02:28.700 --> 00:02:30.380 pancreatic cancer doctor. As it

NOTE Confidence: 0.99211967

00:02:30.380 --> 00:02:31.500 turns out, you are a

NOTE Confidence: 0.99211967

00:02:31.500 --> 00:02:33.100 breast cancer doctor. How did

NOTE Confidence: 0.99211967

00:02:33.100 --> 00:02:34.720 you decide to do that?

NOTE Confidence: 0.98416305

00:02:35.260 --> 00:02:36.700 Well, I did

NOTE Confidence: 0.98416305

00:02:36.700 --> 00:02:38.960 training in oncology and palliative

NOTE Confidence: 0.98416305

00:02:39.020 --> 00:02:39.520 medicine

NOTE Confidence: 0.9979596

00:02:40.065 --> 00:02:41.525 at Northwestern in Chicago

NOTE Confidence: 0.8623005

00:02:42.544 --> 00:02:43.285 and I

NOTE Confidence: 0.9940445

00:02:43.665 --> 00:02:44.805 enjoy the

NOTE Confidence: 0.9996244

00:02:45.345 --> 00:02:46.405 serious decisions

NOTE Confidence: 0.9835516

00:02:46.705 --> 00:02:47.985 that patients have to make

NOTE Confidence: 0.9835516

00:02:47.985 --> 00:02:49.205 and the end of life,

NOTE Confidence: 0.9702501

00:02:49.745 --> 00:02:51.525 conversations, goals of care.

NOTE Confidence: 0.97991526

00:02:52.260 --> 00:02:53.300 But I also had a

NOTE Confidence: 0.97991526

00:02:53.300 --> 00:02:54.740 really good mentor there and

NOTE Confidence: 0.97991526

00:02:54.740 --> 00:02:56.740 I started running marathons and

NOTE Confidence: 0.97991526

00:02:56.740 --> 00:02:58.280 I wanted to understand

NOTE Confidence: 0.97991526

00:02:58.419 --> 00:02:59.639 the benefits of

NOTE Confidence: 0.9995442

00:03:00.100 --> 00:03:00.600 healthy

NOTE Confidence: 0.99884814

00:03:00.900 --> 00:03:02.360 decisions, healthy lifestyles

NOTE Confidence: 0.9778857

00:03:02.660 --> 00:03:04.100 as it relates to cancer

NOTE Confidence: 0.9778857

00:03:04.100 --> 00:03:04.600 treatment.

NOTE Confidence: 0.98018056

00:03:05.255 --> 00:03:06.535 And most of this work

NOTE Confidence: 0.98018056

00:03:06.535 --> 00:03:07.655 was being done in breast

NOTE Confidence: 0.98018056

00:03:07.655 --> 00:03:09.014 cancer patients. And my

NOTE Confidence: 0.98018056

00:03:09.014 --> 00:03:10.055 mentor there happened to be

NOTE Confidence: 0.98018056

00:03:10.055 --> 00:03:11.915 a breast cancer oncologist, and

NOTE Confidence: 0.99353904

00:03:12.294 --> 00:03:13.575 I kept coming back to

NOTE Confidence: 0.99353904

00:03:13.575 --> 00:03:14.855 his clinic and talking to

NOTE Confidence: 0.99353904

00:03:14.855 --> 00:03:16.135 the patients there. And,

NOTE Confidence: 0.9854005

00:03:17.150 --> 00:03:18.750 so while I still do

NOTE Confidence: 0.9854005

00:03:18.750 --> 00:03:20.190 a lot of palliative care

NOTE Confidence: 0.9854005

00:03:20.190 --> 00:03:21.790 type conversations when I'm on

NOTE Confidence: 0.9854005

00:03:21.790 --> 00:03:23.390 the inpatient service and, of

NOTE Confidence: 0.9854005

00:03:23.390 --> 00:03:24.530 course, all my patients,

NOTE Confidence: 0.97302127

00:03:25.230 --> 00:03:26.270 we talk about goals of

NOTE Confidence: 0.97302127

00:03:26.270 --> 00:03:27.570 care when needed,

NOTE Confidence: 0.9808456

00:03:28.430 --> 00:03:30.270 I focused on my

NOTE Confidence: 0.9808456

00:03:30.270 --> 00:03:32.065 research efforts, in terms of

NOTE Confidence: 0.9808456

00:03:32.065 --> 00:03:33.425 healthy diet and exercise, and

NOTE Confidence: 0.9808456

00:03:33.425 --> 00:03:33.925 that's

NOTE Confidence: 0.95083857

00:03:34.385 --> 00:03:35.745 really what got me into

NOTE Confidence: 0.95083857

00:03:35.745 --> 00:03:37.425 survivorship. That's where that

NOTE Confidence: 0.95083857

00:03:37.425 --> 00:03:38.565 field started,

NOTE Confidence: 0.9346219

00:03:39.665 --> 00:03:40.945 in the healthy diet and

NOTE Confidence: 0.9346219

00:03:40.945 --> 00:03:41.445 exercise.

NOTE Confidence: 0.97596776

00:03:41.985 --> 00:03:43.770 My research mostly started in cancer

NOTE Confidence: 0.97596776

00:03:43.930 --> 00:03:45.050 survivors. And I came here

NOTE Confidence: 0.97596776

00:03:45.050 --> 00:03:46.490 to work with Melinda Irwin,

NOTE Confidence: 0.97596776

00:03:46.490 --> 00:03:48.250 who is a world renowned

NOTE Confidence: 0.97596776

00:03:48.250 --> 00:03:49.610 researcher in that field, and

NOTE Confidence: 0.97596776

00:03:49.610 --> 00:03:50.570 I still work with her

NOTE Confidence: 0.97596776

00:03:50.570 --> 00:03:51.390 to this day.

NOTE Confidence: 0.9987277

00:03:52.330 --> 00:03:53.130 That's great.

NOTE Confidence: 0.9984288

00:03:53.530 --> 00:03:54.510 So let's

NOTE Confidence: 0.99970055

00:03:55.130 --> 00:03:56.505 talk about survivorship.

NOTE Confidence: 0.9930821

00:03:57.925 --> 00:03:59.365 Fifty years ago, nobody thought

NOTE Confidence: 0.9930821

00:03:59.365 --> 00:04:01.605 about survivorship. They just wanted

NOTE Confidence: 0.9930821

00:04:01.605 --> 00:04:02.745 people to survive.

NOTE Confidence: 0.99570024

00:04:03.205 --> 00:04:04.165 And if you were so

NOTE Confidence: 0.99570024

00:04:04.165 --> 00:04:05.765 lucky to survive, you were

NOTE Confidence: 0.99570024

00:04:05.765 --> 00:04:06.265 really

NOTE Confidence: 0.92122823

00:04:06.805 --> 00:04:08.265 totally on your own.

NOTE Confidence: 0.9994006

00:04:08.660 --> 00:04:09.879 And any

NOTE Confidence: 0.99993575

00:04:10.500 --> 00:04:11.000 scars

NOTE Confidence: 0.99000317

00:04:11.620 --> 00:04:14.099 from treatment, any scars from

NOTE Confidence: 0.99000317

00:04:14.099 --> 00:04:15.860 the illness itself, and, of

NOTE Confidence: 0.99000317

00:04:15.860 --> 00:04:17.139 course, there there can be

NOTE Confidence: 0.99000317

00:04:17.139 --> 00:04:17.639 many,

NOTE Confidence: 0.9796258

00:04:18.419 --> 00:04:19.860 were just swept under the

NOTE Confidence: 0.9796258

00:04:19.860 --> 00:04:20.820 rug, and you were supposed

NOTE Confidence: 0.9796258

00:04:20.820 --> 00:04:21.779 to be back to your

NOTE Confidence: 0.9796258

00:04:21.779 --> 00:04:22.680 normal self.

00:04:24.345 --> 00:04:25.865 Tell us what's happened with

NOTE Confidence: 0.99879265

00:04:25.865 --> 00:04:27.404 survivorship over these,

NOTE Confidence: 0.9897549

00:04:27.945 --> 00:04:29.005 let's say, past

NOTE Confidence: 0.98589814

00:04:29.305 --> 00:04:30.665 twenty, twenty five years where

NOTE Confidence: 0.98589814

00:04:30.665 --> 00:04:31.325 it's become

NOTE Confidence: 0.9946769

00:04:31.865 --> 00:04:32.925 so much more of

NOTE Confidence: 0.994065

00:04:33.785 --> 00:04:34.985 a focus of what we do.

00:04:36.839 --> 00:04:38.120 Yeah. I think you're exactly

NOTE Confidence: 0.998168

00:04:38.120 --> 00:04:39.339 right, Eric. If you

NOTE Confidence: 0.9815517

00:04:39.960 --> 00:04:42.199 happen to survive cancer when

NOTE Confidence: 0.9815517

00:04:42.520 --> 00:04:43.820 treatments were evolving,

NOTE Confidence: 0.96910477

00:04:44.520 --> 00:04:46.279 you were made to feel

NOTE Confidence: 0.96910477

00:04:46.279 --> 00:04:47.720 very lucky about that and

NOTE Confidence: 0.96910477

00:04:47.720 --> 00:04:49.320 many people did not survive.

NOTE Confidence: 0.96910477

00:04:49.639 --> 00:04:50.919 So patients really did feel

NOTE Confidence: 0.96910477

00:04:50.919 --> 00:04:51.419 grateful,

NOTE Confidence: 0.9968142

00:04:51.814 --> 00:04:52.854 and they still do to

NOTE Confidence: 0.9968142

00:04:52.854 --> 00:04:53.594 this day.

NOTE Confidence: 0.976996

00:04:54.214 --> 00:04:55.574 But because the advances have

NOTE Confidence: 0.976996

00:04:55.574 --> 00:04:56.074 gotten

NOTE Confidence: 0.99889797

00:04:56.935 --> 00:04:57.995 so staggeringly

NOTE Confidence: 0.9824882

00:04:58.694 --> 00:05:00.134 much better than they were,

NOTE Confidence: 0.9824882

00:05:00.134 --> 00:05:01.414 they're not good enough, but

NOTE Confidence: 0.9824882

00:05:01.414 --> 00:05:01.814 they're

NOTE Confidence: 0.9881401

00:05:02.214 --> 00:05:03.895 much better. We have, you

NOTE Confidence: 0.9881401

00:05:03.895 --> 00:05:05.754 know, something like eighteen million

NOTE Confidence: 0.9881401

00:05:05.895 --> 00:05:07.710 survivors as of

NOTE Confidence: 0.9881401

00:05:07.789 --> 00:05:09.310 twenty twenty two in the

NOTE Confidence: 0.9881401

00:05:09.310 --> 00:05:11.310 United States alone. And if

NOTE Confidence: 0.9881401

00:05:11.310 --> 00:05:13.389 you're diagnosed today,

NOTE Confidence: 0.9881401

00:05:13.389 --> 00:05:14.910 fifty percent of patients diagnosed

NOTE Confidence: 0.9881401

00:05:14.910 --> 00:05:15.949 are going to live at least

NOTE Confidence: 0.9881401

00:05:15.949 --> 00:05:16.610 ten years.

NOTE Confidence: 0.99878377

00:05:17.150 --> 00:05:18.589 So the number of survivors

NOTE Confidence: 0.99878377

00:05:18.589 --> 00:05:20.210 is just projected to continue

NOTE Confidence: 0.99878377

00:05:20.270 --> 00:05:20.849 to grow

NOTE Confidence: 0.9977951

00:05:21.425 --> 00:05:22.705 and for longer and longer

NOTE Confidence: 0.9977951

00:05:22.705 --> 00:05:23.765 periods of time.

00:05:25.665 --> 00:05:27.185 With that,

NOTE Confidence: 0.97597355

00:05:27.505 --> 00:05:29.025 people sort of finish their

NOTE Confidence: 0.97597355

00:05:29.025 --> 00:05:30.165 treatments and they

NOTE Confidence: 0.9857197

00:05:30.625 --> 00:05:32.165 have these moments of realization

NOTE Confidence: 0.9857197

00:05:32.225 --> 00:05:33.265 that I've just been through

NOTE Confidence: 0.9857197

00:05:33.265 --> 00:05:34.485 a lot and I'm not

NOTE Confidence: 0.9882915

00:05:35.210 --> 00:05:36.330 what I used to be.

NOTE Confidence: 0.9882915

00:05:36.330 --> 00:05:37.850 I don't feel

NOTE Confidence: 0.9882915

00:05:37.850 --> 00:05:38.570 the way I used to

NOTE Confidence: 0.9882915

00:05:38.570 --> 00:05:39.529 feel. I don't look the

NOTE Confidence: 0.9882915

00:05:39.529 --> 00:05:40.669 way I used to look.

NOTE Confidence: 0.99424154

00:05:41.210 --> 00:05:42.889 And we then sort of

NOTE Confidence: 0.99424154

00:05:43.289 --> 00:05:45.770 evolved into really dealing with

NOTE Confidence: 0.99424154

00:05:45.770 --> 00:05:46.910 things after

NOTE Confidence: 0.9688686

00:05:47.245 --> 00:05:48.845 treatment was over. We call

NOTE Confidence: 0.9688686

00:05:48.845 --> 00:05:50.125 it a new normal, which

NOTE Confidence: 0.9688686

00:05:50.125 --> 00:05:51.404 kind of bothers me because

NOTE Confidence: 0.9688686

00:05:51.404 --> 00:05:51.985 I think

NOTE Confidence: 0.99710345

00:05:52.285 --> 00:05:53.805 our responsibility is to try

NOTE Confidence: 0.99710345

00:05:53.805 --> 00:05:55.005 to mitigate that so that

NOTE Confidence: 0.99710345

00:05:55.005 --> 00:05:56.785 you're just your normal self.

00:05:58.845 --> 00:06:00.224 I've always thought of it

NOTE Confidence: 0.97307736

00:06:00.444 --> 00:06:00.944 that

NOTE Confidence: 0.9944312

00:06:01.690 --> 00:06:03.950 whether it's a medical issue

NOTE Confidence: 0.9944312

00:06:04.010 --> 00:06:06.089 or some other major event

NOTE Confidence: 0.9944312

00:06:06.089 --> 00:06:07.290 in your life, you go

NOTE Confidence: 0.9944312

00:06:07.290 --> 00:06:08.029 through it.

NOTE Confidence: 0.9992426

00:06:08.970 --> 00:06:10.330 For example, you know, the

NOTE Confidence: 0.9992426

00:06:10.330 --> 00:06:11.529 birth of a child, a

NOTE Confidence: 0.9992426

00:06:11.529 --> 00:06:12.029 divorce,

NOTE Confidence: 0.9159569

00:06:12.810 --> 00:06:14.510 a huge job change.

NOTE Confidence: 0.98275286

00:06:15.865 --> 00:06:17.384 And these things affect us.

00:06:18.904 --> 00:06:20.764 We are, as people, the accumulation

NOTE Confidence: 0.98275286

00:06:20.985 --> 00:06:22.664 of the events that occur

NOTE Confidence: 0.98275286

00:06:22.664 --> 00:06:23.865 in our lives to some

NOTE Confidence: 0.98275286

00:06:23.865 --> 00:06:24.365 degree.

NOTE Confidence: 0.99244297

00:06:24.904 --> 00:06:25.865 And I think it

NOTE Confidence: 0.99244297

00:06:25.865 --> 00:06:27.064 would be foolish to think

NOTE Confidence: 0.99244297

00:06:27.064 --> 00:06:28.444 that someone could go through

NOTE Confidence: 0.9891503

00:06:28.770 --> 00:06:30.449 three months, six months, a

NOTE Confidence: 0.9891503

00:06:30.449 --> 00:06:32.550 year of cancer treatment and

NOTE Confidence: 0.9891503

00:06:32.849 --> 00:06:34.770 just resume

NOTE Confidence: 0.9891503

00:06:34.770 --> 00:06:35.669 where they were

NOTE Confidence: 0.9783958

00:06:36.289 --> 00:06:37.970 a year earlier. And yet

NOTE Confidence: 0.9783958

00:06:37.970 --> 00:06:39.750 people's families to this day

NOTE Confidence: 0.9783958

00:06:40.050 --> 00:06:42.150 still sort of expect it.

NOTE Confidence: 0.96452403

00:06:43.074 --> 00:06:44.435 They expect it. And I

NOTE Confidence: 0.96452403

00:06:44.435 --> 00:06:46.995 think there's some patients who

00:06:48.435 --> 00:06:49.555 it's a little blip in their radar

NOTE Confidence: 0.96452403

00:06:49.555 --> 00:06:50.514 and as far as they're

NOTE Confidence: 0.96452403

00:06:50.514 --> 00:06:52.034 concerned, they're not gonna even

NOTE Confidence: 0.96452403

00:06:52.034 --> 00:06:54.034 acknowledge that was a

NOTE Confidence: 0.96452403

00:06:54.034 --> 00:06:55.074 major event and they're just

NOTE Confidence: 0.96452403

00:06:55.074 --> 00:06:56.375 gonna keep going forward.

NOTE Confidence: 0.92124856

00:06:56.839 --> 00:06:58.440 So the survivorship team

NOTE Confidence: 0.92124856

00:06:58.440 --> 00:06:59.980 doesn't resonate with everyone,

NOTE Confidence: 0.8999807

00:07:00.839 --> 00:07:03.180 but for a not insignificant

NOTE Confidence: 0.8604776

00:07:03.560 --> 00:07:05.500 number, it does cause

NOTE Confidence: 0.99794805

00:07:05.960 --> 00:07:07.720 lots of reflection and

NOTE Confidence: 0.8524235

00:07:09.565 --> 00:07:10.465 side effects, unfortunately,

NOTE Confidence: 0.9952793

00:07:11.085 --> 00:07:12.065 physical, mental,

NOTE Confidence: 0.9981924

00:07:12.764 --> 00:07:13.264 spiritual,

NOTE Confidence: 0.97962624

00:07:13.645 --> 00:07:15.665 emotional, and family and financial

NOTE Confidence: 0.97962624

00:07:15.885 --> 00:07:17.645 side effects as well. And

NOTE Confidence: 0.97962624

00:07:17.645 --> 00:07:19.005 that's where the

NOTE Confidence: 0.97962624

00:07:19.005 --> 00:07:19.985 field of survivorship

NOTE Confidence: 0.9988814

00:07:20.685 --> 00:07:22.605 recognizes the obligation to try to

00:07:23.650 --> 00:07:25.650 make people feel whole again

NOTE Confidence: 0.9527446

00:07:25.650 --> 00:07:26.790 or even thrive

NOTE Confidence: 0.97339785

00:07:27.490 --> 00:07:29.830 after cancer and its treatment

NOTE Confidence: 0.9416621

00:07:30.130 --> 00:07:31.250 so that they're able to

NOTE Confidence: 0.9416621

00:07:31.250 --> 00:07:31.750 reprioritize

NOTE Confidence: 0.9923868

00:07:32.210 --> 00:07:33.090 their life to live it

NOTE Confidence: 0.9923868

00:07:33.090 --> 00:07:33.830 even better

NOTE Confidence: 0.99360144

00:07:34.210 --> 00:07:34.950 than before.

NOTE Confidence: 0.9692331

00:07:35.890 --> 00:07:37.190 So apart from

NOTE Confidence: 0.9951349

00:07:37.525 --> 00:07:39.044 just giving it a name

NOTE Confidence: 0.9951349

00:07:39.044 --> 00:07:40.585 and talking about survivorship

NOTE Confidence: 0.9934356

00:07:40.965 --> 00:07:42.664 and recognizing the importance,

NOTE Confidence: 0.98812467

00:07:43.285 --> 00:07:44.085 what are some of the

NOTE Confidence: 0.98812467

00:07:44.085 --> 00:07:45.865 biggest advances in the field

NOTE Confidence: 0.98812467

00:07:46.085 --> 00:07:48.164 over the past

NOTE Confidence: 0.98812467

00:07:48.164 --> 00:07:49.604 ten years, twenty years?

00:07:53.550 --> 00:07:54.990 To me, again,

NOTE Confidence: 0.98327106

00:07:54.990 --> 00:07:56.290 in my world,

NOTE Confidence: 0.99968135

00:07:56.750 --> 00:07:59.090 we've really advanced our knowledge

NOTE Confidence: 0.99968135

00:07:59.310 --> 00:08:00.690 as it relates to

NOTE Confidence: 0.9925836

00:08:01.310 --> 00:08:03.410 the role of health behaviors

NOTE Confidence: 0.9925836

00:08:03.550 --> 00:08:04.690 in cancer survivorship.

NOTE Confidence: 0.99901915

00:08:05.634 --> 00:08:06.375 So the

NOTE Confidence: 0.98236215

00:08:06.914 --> 00:08:08.675 issue of exercise, for instance,

NOTE Confidence: 0.98236215

00:08:08.675 --> 00:08:09.955 probably has got the

NOTE Confidence: 0.98236215

00:08:09.955 --> 00:08:12.594 strongest evidence with it. And

NOTE Confidence: 0.98236215

00:08:12.594 --> 00:08:13.634 like I said, a lot

NOTE Confidence: 0.98236215

00:08:13.634 --> 00:08:15.175 of that started in survivorship

NOTE Confidence: 0.9489024

00:08:15.955 --> 00:08:16.995 research.

NOTE Confidence: 0.9569234

00:08:17.810 --> 00:08:20.150 What about patients who exercised

NOTE Confidence: 0.9569234

00:08:20.290 --> 00:08:21.970 before cancer? Did they do

NOTE Confidence: 0.9569234

00:08:21.970 --> 00:08:23.490 better after if they exercised

NOTE Confidence: 0.9569234

00:08:23.490 --> 00:08:24.850 after cancer? Could they still

NOTE Confidence: 0.9569234

00:08:24.850 --> 00:08:26.290 do really well? And the

NOTE Confidence: 0.9569234

00:08:26.290 --> 00:08:28.450 answers are yes for many

NOTE Confidence: 0.9569234

00:08:28.450 --> 00:08:28.950 things.

NOTE Confidence: 0.99616927

00:08:29.410 --> 00:08:30.850 And those side effects that

NOTE Confidence: 0.99616927

00:08:30.850 --> 00:08:32.309 we induce with our treatments

NOTE Confidence: 0.9898182

00:08:32.915 --> 00:08:33.415 certainly,

NOTE Confidence: 0.9810716

00:08:33.875 --> 00:08:35.634 are mitigated with exercise as

NOTE Confidence: 0.9810716

00:08:35.634 --> 00:08:36.934 an example. But

NOTE Confidence: 0.9964923

00:08:37.314 --> 00:08:39.415 we've gotten even better at

NOTE Confidence: 0.9964923

00:08:39.634 --> 00:08:40.134 understanding

NOTE Confidence: 0.97766715

00:08:40.834 --> 00:08:42.194 the role of exercise in

NOTE Confidence: 0.97766715

00:08:42.194 --> 00:08:44.274 various side effects and

NOTE Confidence: 0.97766715

00:08:44.274 --> 00:08:46.400 the dose intensity, if you

NOTE Confidence: 0.97766715

00:08:46.400 --> 00:08:47.600 will, and the types of

NOTE Confidence: 0.97766715

00:08:47.600 --> 00:08:49.360 exercises that can help. And

NOTE Confidence: 0.97766715

00:08:49.360 --> 00:08:51.120 we're still refining all of

NOTE Confidence: 0.97766715

00:08:51.120 --> 00:08:52.400 that, but to me,

NOTE Confidence: 0.97766715

00:08:52.400 --> 00:08:53.760 what this all means is that

00:08:55.120 --> 00:08:56.580 patients have some control

NOTE Confidence: 0.99942845

00:08:57.200 --> 00:08:57.700 over

NOTE Confidence: 0.9821818

00:08:58.715 --> 00:09:00.555 what their behaviors are and

NOTE Confidence: 0.9821818

00:09:00.555 --> 00:09:02.175 that cancer is a teachable

NOTE Confidence: 0.9821818

00:09:02.235 --> 00:09:03.595 moment. And as we

NOTE Confidence: 0.9821818

00:09:03.595 --> 00:09:04.875 even move forward, we're gonna

NOTE Confidence: 0.9821818

00:09:04.875 --> 00:09:05.935 move all of these

NOTE Confidence: 0.99438

00:09:06.635 --> 00:09:09.035 findings into the diagnostic period

NOTE Confidence: 0.99438

00:09:09.035 --> 00:09:10.255 to try to, again,

NOTE Confidence: 0.9973843

00:09:10.709 --> 00:09:12.790 prevent loss of physical function

NOTE Confidence: 0.9973843

00:09:12.790 --> 00:09:14.389 from happening and prevent cancer

NOTE Confidence: 0.9973843

00:09:14.389 --> 00:09:15.990 related fatigue from happening in

NOTE Confidence: 0.9973843

00:09:15.990 --> 00:09:17.129 the first place. So

NOTE Confidence: 0.9883835

00:09:17.429 --> 00:09:18.470 that's where we are right

NOTE Confidence: 0.9883835

00:09:18.470 --> 00:09:19.670 now. We still have

NOTE Confidence: 0.9883835

00:09:19.670 --> 00:09:20.629 some ways to go, but

NOTE Confidence: 0.9883835

00:09:20.629 --> 00:09:21.829 I see that as

NOTE Confidence: 0.9883835

00:09:21.829 --> 00:09:23.029 a huge advancement for the

NOTE Confidence: 0.9883835

00:09:23.029 --> 00:09:24.470 field and it's one that's

NOTE Confidence: 0.9883835

00:09:24.470 --> 00:09:24.970 being

00:09:26.535 --> 00:09:28.375 recognized. And hopefully, we

NOTE Confidence: 0.9554588

00:09:28.375 --> 00:09:30.054 can even convince insurance to

NOTE Confidence: 0.9554588

00:09:30.054 --> 00:09:30.554 cover

NOTE Confidence: 0.99508685

00:09:30.855 --> 00:09:33.175 exercise programs for cancer patients

NOTE Confidence: 0.99508685

00:09:33.175 --> 00:09:34.375 because we know how well

NOTE Confidence: 0.99508685

00:09:34.375 --> 00:09:35.735 they do when they actually

NOTE Confidence: 0.99508685

00:09:35.735 --> 00:09:36.235 exercise.

NOTE Confidence: 0.9977147

00:09:36.855 --> 00:09:38.054 Well, you know, it does

NOTE Confidence: 0.9977147

00:09:38.054 --> 00:09:39.115 seem to be

NOTE Confidence: 0.999482

00:09:39.495 --> 00:09:40.475 a bit absurd

NOTE Confidence: 0.99703765

00:09:41.230 --> 00:09:42.850 that we, of course, have

NOTE Confidence: 0.99703765

00:09:42.990 --> 00:09:44.770 insurance coverage for many

NOTE Confidence: 0.9996184

00:09:45.230 --> 00:09:45.730 unbelievably

NOTE Confidence: 0.9328561

00:09:46.350 --> 00:09:47.730 expensive new drugs,

NOTE Confidence: 0.97784483

00:09:48.750 --> 00:09:50.990 new drugs that oftentimes are

NOTE Confidence: 0.97784483

00:09:50.990 --> 00:09:51.730 quite beneficial,

NOTE Confidence: 0.96622956

00:09:52.030 --> 00:09:54.370 sometimes are somewhat beneficial.

NOTE Confidence: 0.98143303

00:09:56.445 --> 00:09:58.845 But approaches like exercise and

NOTE Confidence: 0.98143303

00:09:58.845 --> 00:10:00.145 dietary counseling and

NOTE Confidence: 0.99172455

00:10:01.165 --> 00:10:03.565 psychosocial interventions, which are far

NOTE Confidence: 0.99172455

00:10:03.565 --> 00:10:04.385 less expensive,

NOTE Confidence: 0.9878247

00:10:04.925 --> 00:10:06.125 it seems like we have

NOTE Confidence: 0.9878247

00:10:06.125 --> 00:10:07.105 to go through,

NOTE Confidence: 0.95655173

00:10:08.209 --> 00:10:09.809 many, many hoops to try

00:10:11.410 --> 00:10:12.690 to get those kinds of

NOTE Confidence: 0.95655173

00:10:12.690 --> 00:10:13.829 services reimbursed.

00:10:15.329 --> 00:10:16.850 I do think the culture's gonna be

NOTE Confidence: 0.985529

00:10:16.850 --> 00:10:18.290 changing. It used to

NOTE Confidence: 0.985529

00:10:18.290 --> 00:10:19.410 be a nice to have,

NOTE Confidence: 0.985529

00:10:19.410 --> 00:10:20.529 and I think it needs

NOTE Confidence: 0.985529

00:10:20.529 --> 00:10:21.649 to be a must have.

NOTE Confidence: 0.985529

00:10:21.649 --> 00:10:22.870 And I think any

NOTE Confidence: 0.9904976

00:10:23.595 --> 00:10:25.915 comprehensive cancer center understands that,

NOTE Confidence: 0.9904976

00:10:25.915 --> 00:10:27.455 and we just need

NOTE Confidence: 0.9904976

00:10:27.595 --> 00:10:28.554 the rest of the culture

NOTE Confidence: 0.9904976

00:10:28.554 --> 00:10:29.375 to catch up.

NOTE Confidence: 0.9978667

00:10:30.154 --> 00:10:30.654 Now

NOTE Confidence: 0.988534

00:10:31.035 --> 00:10:32.415 the term survivorship

NOTE Confidence: 0.9904725

00:10:33.115 --> 00:10:34.175 has sort of

NOTE Confidence: 0.993914

00:10:35.670 --> 00:10:37.110 been adjusted over the years.

NOTE Confidence: 0.993914

00:10:37.110 --> 00:10:38.550 And at one time, we

NOTE Confidence: 0.993914

00:10:38.550 --> 00:10:40.470 thought about survivorship as people

NOTE Confidence: 0.993914

00:10:40.470 --> 00:10:41.210 who had

NOTE Confidence: 0.9899583

00:10:41.830 --> 00:10:44.010 completed cancer treatment and

NOTE Confidence: 0.91452765

00:10:44.710 --> 00:10:45.929 were presumably

NOTE Confidence: 0.9953949

00:10:46.630 --> 00:10:48.250 pretty likely to be cured.

NOTE Confidence: 0.99350584

00:10:48.824 --> 00:10:49.625 I think we think of

NOTE Confidence: 0.99350584

00:10:49.625 --> 00:10:51.225 it a little differently now.

NOTE Confidence: 0.99350584

00:10:51.225 --> 00:10:52.584 And could you comment on

NOTE Confidence: 0.99350584

00:10:52.584 --> 00:10:53.084 that?

NOTE Confidence: 0.9994279

00:10:53.625 --> 00:10:54.125 Yeah.

NOTE Confidence: 0.9903477

00:10:55.625 --> 00:10:57.304 I will say that my

NOTE Confidence: 0.9903477

00:10:57.304 --> 00:10:58.824 understanding is way back in

NOTE Confidence: 0.9903477

00:10:58.824 --> 00:10:59.804 the seventies,

NOTE Confidence: 0.9677887

00:11:00.850 --> 00:11:02.710 patients were labeled as cancer

NOTE Confidence: 0.9677887

00:11:02.770 --> 00:11:03.270 victims.

NOTE Confidence: 0.98630303

00:11:04.210 --> 00:11:06.770 So the term

NOTE Confidence: 0.98630303

00:11:06.770 --> 00:11:08.790 cancer survivor was meant to

NOTE Confidence: 0.98630303

00:11:08.850 --> 00:11:10.710 combat that idea.

NOTE Confidence: 0.9796492

00:11:11.570 --> 00:11:11.970 And,

NOTE Confidence: 0.95352453

00:11:13.125 --> 00:11:14.485 there was a famous physician

NOTE Confidence: 0.95352453

00:11:14.485 --> 00:11:16.965 named Fitzhugh Mullan who published

NOTE Confidence: 0.95352453

00:11:16.965 --> 00:11:18.165 in the New England Journal

NOTE Confidence: 0.95352453

00:11:18.165 --> 00:11:19.365 in nineteen eighty five, the

NOTE Confidence: 0.95352453

00:11:19.365 --> 00:11:20.885 seasons of survival, and he

NOTE Confidence: 0.95352453

00:11:20.885 --> 00:11:22.245 was a survivor himself. And

NOTE Confidence: 0.95352453

00:11:22.245 --> 00:11:24.325 he said survivorship starts

NOTE Confidence: 0.95352453

00:11:24.325 --> 00:11:25.065 at diagnosis.

NOTE Confidence: 0.9992496

00:11:25.925 --> 00:11:26.665 And he

NOTE Confidence: 0.9804317

00:11:27.080 --> 00:11:28.760 delegated it into certain phases,

NOTE Confidence: 0.9804317

00:11:28.760 --> 00:11:30.120 so it's different when you're

NOTE Confidence: 0.9804317

00:11:30.120 --> 00:11:31.559 in treatment versus right when

NOTE Confidence: 0.9804317

00:11:31.559 --> 00:11:33.020 you finish treatment and you're

NOTE Confidence: 0.9804317

00:11:33.080 --> 00:11:34.200 realizing you have a lot

NOTE Confidence: 0.9804317

00:11:34.200 --> 00:11:36.059 of things to deal with.

NOTE Confidence: 0.9804317

00:11:36.360 --> 00:11:38.300 And then long term survivorship,

NOTE Confidence: 0.99631965

00:11:38.964 --> 00:11:39.625 you know,

NOTE Confidence: 0.98815024

00:11:40.005 --> 00:11:41.684 probably that's a better label

NOTE Confidence: 0.98815024

00:11:41.684 --> 00:11:44.005 for people who've survived many

NOTE Confidence: 0.98815024

00:11:44.005 --> 00:11:45.605 years without a recurrence and

NOTE Confidence: 0.98815024

00:11:45.605 --> 00:11:47.045 they enter into long

NOTE Confidence: 0.98815024

00:11:47.045 --> 00:11:48.585 term surveillance. So

NOTE Confidence: 0.99794537

00:11:49.045 --> 00:11:50.804 I think survivors are meant

NOTE Confidence: 0.99794537

00:11:50.804 --> 00:11:51.545 to encompass

NOTE Confidence: 0.99788076

00:11:52.005 --> 00:11:53.524 anyone with a diagnosis of

NOTE Confidence: 0.99788076

00:11:53.524 --> 00:11:54.024 cancer.

NOTE Confidence: 0.9939784

00:11:55.150 --> 00:11:56.429 It's really meant to be

NOTE Confidence: 0.9939784

00:11:56.429 --> 00:11:58.030 from the diagnosis through the

NOTE Confidence: 0.9939784

00:11:58.030 --> 00:11:59.010 span of life.

NOTE Confidence: 0.97573376

00:12:00.110 --> 00:12:02.050 And, you know, again, recognizing

NOTE Confidence: 0.97573376

00:12:02.190 --> 00:12:03.630 that this is not a

NOTE Confidence: 0.97573376

00:12:03.630 --> 00:12:05.490 term that resonates with everyone,

NOTE Confidence: 0.99316126

00:12:07.295 --> 00:12:08.894 not everybody agrees with it,

NOTE Confidence: 0.99316126

00:12:08.894 --> 00:12:10.175 but it is some

NOTE Confidence: 0.99316126

00:12:10.175 --> 00:12:10.915 way to

NOTE Confidence: 0.97176

00:12:11.535 --> 00:12:13.714 describe this population that deserves

NOTE Confidence: 0.97176

00:12:13.934 --> 00:12:16.095 these services especially to try

NOTE Confidence: 0.97176

00:12:16.095 --> 00:12:17.714 to make themselves feel better,

NOTE Confidence: 0.97176

00:12:17.774 --> 00:12:18.894 you know, during and after

NOTE Confidence: 0.97176

00:12:18.894 --> 00:12:19.875 cancer treatment.

00:12:21.850 --> 00:12:23.529 Now in terms of the

NOTE Confidence: 0.96150625

00:12:23.529 --> 00:12:24.750 trajectory of survivorship,

NOTE Confidence: 0.9414916

00:12:26.010 --> 00:12:26.510 oftentimes,

NOTE Confidence: 0.999044

00:12:27.690 --> 00:12:28.190 patients

NOTE Confidence: 0.99984956

00:12:28.570 --> 00:12:30.270 will be going through

NOTE Confidence: 0.8314484

00:12:31.850 --> 00:12:32.350 treatment

NOTE Confidence: 0.93445355

00:12:33.395 --> 00:12:34.835 for three months, six months,

NOTE Confidence: 0.93445355

00:12:34.835 --> 00:12:36.295 a year, what have you.

NOTE Confidence: 0.93445355

00:12:36.355 --> 00:12:38.035 Oftentimes, there may side effects

NOTE Confidence: 0.93445355

00:12:38.035 --> 00:12:38.934 with that treatment.

NOTE Confidence: 0.94607955

00:12:39.235 --> 00:12:41.475 They finish it, and they

NOTE Confidence: 0.94607955

00:12:41.475 --> 00:12:41.975 think,

NOTE Confidence: 0.98023003

00:12:42.355 --> 00:12:43.495 I'm home free.

NOTE Confidence: 0.999142

00:12:44.515 --> 00:12:45.795 Life is gonna be great

NOTE Confidence: 0.999142

00:12:45.795 --> 00:12:46.295 again.

NOTE Confidence: 0.9982023

00:12:46.675 --> 00:12:47.175 And

NOTE Confidence: 0.9147727

00:12:47.920 --> 00:12:49.600 surprisingly to many of our

NOTE Confidence: 0.9147727

00:12:49.600 --> 00:12:50.100 patients,

NOTE Confidence: 0.9976489

00:12:50.720 --> 00:12:52.480 they find that transition time

NOTE Confidence: 0.9976489

00:12:52.480 --> 00:12:53.860 when they're done with treatment

NOTE Confidence: 0.96533203

00:12:54.240 --> 00:12:55.840 to be a pretty scary

NOTE Confidence: 0.96533203

00:12:55.840 --> 00:12:57.600 moment, one that at times

NOTE Confidence: 0.96533203

00:12:57.600 --> 00:12:58.500 they get depressed

NOTE Confidence: 0.99006516

00:12:58.800 --> 00:13:00.960 and anxious.

NOTE Confidence: 0.99006516

00:13:00.960 --> 00:13:02.340 What's going on there?

NOTE Confidence: 0.9972012

00:13:04.355 --> 00:13:05.495 Well, I think that

NOTE Confidence: 0.9457724

00:13:06.195 --> 00:13:08.035 the post treatment phase and

NOTE Confidence: 0.9457724

00:13:08.035 --> 00:13:10.115 entering into, you know, this

NOTE Confidence: 0.9457724

00:13:10.115 --> 00:13:11.735 what we call extended survival,

NOTE Confidence: 0.973604

00:13:13.074 --> 00:13:15.154 regardless of your diagnosis, there's

NOTE Confidence: 0.973604

00:13:15.154 --> 00:13:17.270 several unifying themes. And

NOTE Confidence: 0.973604

00:13:17.270 --> 00:13:17.990 a lot of it can

NOTE Confidence: 0.973604

00:13:17.990 --> 00:13:19.130 be a fear of recurrence

00:13:20.870 --> 00:13:22.470 and also some anxiety and

NOTE Confidence: 0.9933972

00:13:22.470 --> 00:13:23.450 depression over

NOTE Confidence: 0.99918896

00:13:23.910 --> 00:13:24.410 having

NOTE Confidence: 0.9995818

00:13:24.790 --> 00:13:25.750 a lot of changes in

NOTE Confidence: 0.9995818

00:13:25.750 --> 00:13:26.250 life.

NOTE Confidence: 0.9656082

00:13:27.925 --> 00:13:29.445 We at Yale, I'll just

NOTE Confidence: 0.9656082

00:13:29.445 --> 00:13:30.665 mention, have a multidisciplinary

NOTE Confidence: 0.999462

00:13:31.125 --> 00:13:32.325 clinic that's meant to see

NOTE Confidence: 0.999462

00:13:32.325 --> 00:13:33.625 patients in this

NOTE Confidence: 0.9918234

00:13:34.645 --> 00:13:36.965 time between visits, right after

NOTE Confidence: 0.9918234

00:13:36.965 --> 00:13:38.165 treatment ends and maybe in

NOTE Confidence: 0.9918234

00:13:38.165 --> 00:13:39.385 the first three, six,

NOTE Confidence: 0.97553796

00:13:39.765 --> 00:13:41.125 nine, or twelve months to

NOTE Confidence: 0.97553796

00:13:41.125 --> 00:13:41.625 really

NOTE Confidence: 0.9986258

00:13:42.460 --> 00:13:44.140 realize how we can optimize

NOTE Confidence: 0.9986258

00:13:44.140 --> 00:13:45.280 health going forward.

NOTE Confidence: 0.9697263

00:13:45.820 --> 00:13:47.340 So I think that it's

NOTE Confidence: 0.9697263

00:13:47.340 --> 00:13:48.700 a real phenomenon and

NOTE Confidence: 0.9697263

00:13:48.700 --> 00:13:49.820 at least almost

NOTE Confidence: 0.9697263

00:13:49.820 --> 00:13:51.340 forty percent of patients suffer

NOTE Confidence: 0.9697263

00:13:51.340 --> 00:13:52.800 from depression, anxiety,

NOTE Confidence: 0.9961679

00:13:53.660 --> 00:13:55.120 cancer related fatigue,

NOTE Confidence: 0.96595556

00:13:55.825 --> 00:13:57.765 loss of physical performance, insomnia,

NOTE Confidence: 0.96595556

00:13:58.065 --> 00:13:59.265 and that's where

NOTE Confidence: 0.96595556

00:13:59.265 --> 00:13:59.925 a multidisciplinary

NOTE Confidence: 0.9954437

00:14:00.304 --> 00:14:02.065 clinic or specialists within a

NOTE Confidence: 0.9954437

00:14:02.065 --> 00:14:03.765 cancer center can really help

NOTE Confidence: 0.99830556

00:14:04.464 --> 00:14:06.084 get patients back on track.

00:14:07.184 --> 00:14:09.210 That's very helpful.

NOTE Confidence: 0.97863895

00:14:09.530 --> 00:14:10.970 We're gonna take just a

NOTE Confidence: 0.97863895

00:14:10.970 --> 00:14:11.790 minute now,

NOTE Confidence: 0.943684

00:14:12.250 --> 00:14:12.750 and,

NOTE Confidence: 0.9950291

00:14:13.690 --> 00:14:15.390 we'll be back

NOTE Confidence: 0.9617791

00:14:16.090 --> 00:14:17.850 shortly. And we'll continue our

NOTE Confidence: 0.9617791

00:14:17.850 --> 00:14:18.350 conversation

NOTE Confidence: 0.8926298

00:14:18.730 --> 00:14:20.030 with Tara Sanft,

NOTE Confidence: 0.9968518

00:14:20.525 --> 00:14:22.225 chief patient experience officer,

NOTE Confidence: 0.9988896

00:14:22.765 --> 00:14:24.305 director of survivorship

NOTE Confidence: 0.9895799

00:14:24.765 --> 00:14:26.065 at Yale

NOTE Confidence: 0.7583104

00:14:26.685 --> 00:14:27.585 Cancer Center.

NOTE Confidence: 0.9551951

00:14:28.205 --> 00:14:29.805 Support for Yale Cancer Answers

NOTE Confidence: 0.9551951

00:14:29.805 --> 00:14:31.665 comes from Smilow Cancer Hospital,

NOTE Confidence: 0.95797545

00:14:32.125 --> 00:14:33.810 where all patients have access

NOTE Confidence: 0.95797545

00:14:33.810 --> 00:14:35.410 to cutting edge clinical trials

NOTE Confidence: 0.95797545

00:14:35.410 --> 00:14:37.490 at several convenient locations throughout

NOTE Confidence: 0.95797545

00:14:37.490 --> 00:14:39.250 the region. To learn more,

NOTE Confidence: 0.95797545

00:14:39.250 --> 00:14:41.330 visit smilow cancer hospital dot

NOTE Confidence: 0.95797545

00:14:41.330 --> 00:14:41.830 org.

NOTE Confidence: 0.9501203

00:14:43.730 --> 00:14:46.130 The American Cancer Society estimates

NOTE Confidence: 0.9501203

00:14:46.130 --> 00:14:47.410 that more than sixty five

NOTE Confidence: 0.9501203

00:14:47.410 --> 00:14:49.032 thousand Americans will be diagnosed

NOTE Confidence: 0.9501203

00:14:49.032 --> 00:14:49.215 with cancer.

00:15:01.500 --> 00:15:03.420 Clinical trials are currently underway

NOTE Confidence: 0.9665256

00:15:03.420 --> 00:15:06.060 at federally designated comprehensive cancer

NOTE Confidence: 0.9665256

00:15:06.060 --> 00:15:06.560 centers,

NOTE Confidence: 0.9281721

00:15:06.940 --> 00:15:08.460 such as Yale Cancer Center

NOTE Confidence: 0.9281721

00:15:08.460 --> 00:15:10.400 and at Smilow Cancer Hospital,

NOTE Confidence: 0.9979622

00:15:10.780 --> 00:15:12.620 to test innovative new treatments

NOTE Confidence: 0.9979622

00:15:12.620 --> 00:15:13.920 for head and neck cancers.

NOTE Confidence: 0.9816061

00:15:14.635 --> 00:15:16.394 Yale Cancer Center was recently

NOTE Confidence: 0.9816061

00:15:16.394 --> 00:15:18.015 awarded grants from the National

NOTE Confidence: 0.9816061

00:15:18.075 --> 00:15:19.915 Institutes of Health to fund

NOTE Confidence: 0.9816061

00:15:19.915 --> 00:15:21.274 the Yale Head and Neck

NOTE Confidence: 0.9816061

00:15:21.274 --> 00:15:22.334 Cancer Specialized

NOTE Confidence: 0.9382266

00:15:22.635 --> 00:15:24.495 Program of Research Excellence,

NOTE Confidence: 0.9685477

00:15:24.954 --> 00:15:25.774 or SPORE,

NOTE Confidence: 0.992686

00:15:26.235 --> 00:15:27.995 to address critical barriers to

NOTE Confidence: 0.992686

00:15:27.995 --> 00:15:29.250 treatment of head and neck

NOTE Confidence: 0.992686

00:15:29.250 --> 00:15:31.250 squamous cell carcinoma due to

NOTE Confidence: 0.992686

00:15:31.250 --> 00:15:33.670 resistance to immune DNA damaging

NOTE Confidence: 0.992686

00:15:33.810 --> 00:15:35.110 and targeted therapy.

NOTE Confidence: 0.9701877

00:15:35.650 --> 00:15:37.410 More information is available at

NOTE Confidence: 0.9701877

00:15:37.410 --> 00:15:39.190 yale cancer center dot org.

NOTE Confidence: 0.9701877

00:15:39.410 --> 00:15:41.170 You're listening to Connecticut Public

NOTE Confidence: 0.9701877

00:15:41.170 --> 00:15:41.670 Radio.

NOTE Confidence: 0.96402586

00:15:43.085 --> 00:15:45.005 Welcome back. This is Eric

NOTE Confidence: 0.96402586

00:15:45.005 --> 00:15:46.685 Winer with the second half of

NOTE Confidence: 0.96402586

00:15:46.685 --> 00:15:48.285 Yale Cancer Answers for this

NOTE Confidence: 0.96402586

00:15:48.285 --> 00:15:49.805 evening. I'm here with my

NOTE Confidence: 0.96402586

00:15:49.805 --> 00:15:52.305 guest, doctor Tara Sanft, associate

NOTE Confidence: 0.96402586

00:15:52.365 --> 00:15:52.865 professor

NOTE Confidence: 0.98638326

00:15:53.565 --> 00:15:55.005 of medicine at Yale School

NOTE Confidence: 0.98638326

00:15:55.005 --> 00:15:56.305 of Medicine and

NOTE Confidence: 0.9824364

00:15:57.129 --> 00:15:59.069 chief patient experience officer.

NOTE Confidence: 0.94890887

00:16:00.250 --> 00:16:02.089 So, Tara, could you

NOTE Confidence: 0.99474084

00:16:02.569 --> 00:16:04.490 just expand a little further

NOTE Confidence: 0.99474084

00:16:04.490 --> 00:16:06.110 in this conversation about survivorship,

NOTE Confidence: 0.9891259

00:16:07.209 --> 00:16:08.829 about what kinds of services

NOTE Confidence: 0.9891259

00:16:09.129 --> 00:16:10.670 are available to survivors,

NOTE Confidence: 0.9981047

00:16:11.290 --> 00:16:12.029 not just

NOTE Confidence: 0.95913136

00:16:12.625 --> 00:16:14.384 at major medical centers, but

NOTE Confidence: 0.95913136

00:16:14.384 --> 00:16:15.204 in the community?

NOTE Confidence: 0.9962113

00:16:16.785 --> 00:16:18.884 Yes. I will say that

NOTE Confidence: 0.9962113

00:16:18.944 --> 00:16:20.225 again, because of

NOTE Confidence: 0.9962113

00:16:20.225 --> 00:16:21.505 the issues we talked about

NOTE Confidence: 0.9962113

00:16:21.505 --> 00:16:23.605 before regarding insurance reimbursement,

NOTE Confidence: 0.97381943

00:16:24.144 --> 00:16:25.365 a lot of these programs

00:16:27.530 --> 00:16:28.270 can be

NOTE Confidence: 0.9627635

00:16:28.650 --> 00:16:30.250 inaccessible to people. And

NOTE Confidence: 0.9627635

00:16:30.410 --> 00:16:31.290 again, that's one of the

NOTE Confidence: 0.9627635

00:16:31.290 --> 00:16:32.170 things that I think we

NOTE Confidence: 0.9627635

00:16:32.170 --> 00:16:33.450 hope to change with our

NOTE Confidence: 0.9627635

00:16:33.450 --> 00:16:34.670 efforts at Yale.

NOTE Confidence: 0.9899359

00:16:35.450 --> 00:16:38.110 But within institutions, there's often

NOTE Confidence: 0.9842445

00:16:39.130 --> 00:16:40.890 programs that cancer survivors have

NOTE Confidence: 0.9842445

00:16:40.890 --> 00:16:42.250 direct access to because they're

NOTE Confidence: 0.9842445

00:16:42.250 --> 00:16:43.230 patients there.

NOTE Confidence: 0.99964803

00:16:43.545 --> 00:16:44.445 So those include

NOTE Confidence: 0.96715593

00:16:45.065 --> 00:16:46.285 oncology rehab

NOTE Confidence: 0.98421335

00:16:46.904 --> 00:16:48.524 services, physical therapy,

NOTE Confidence: 0.8773248

00:16:49.305 --> 00:16:49.805 dietitians,

NOTE Confidence: 0.9974611

00:16:50.585 --> 00:16:51.565 social workers,

NOTE Confidence: 0.99228096

00:16:52.024 --> 00:16:53.964 who can oftentimes provide counseling

NOTE Confidence: 0.99228096

00:16:54.185 --> 00:16:56.205 and provide recommendations

NOTE Confidence: 0.9986168

00:16:56.665 --> 00:16:58.880 for further treatments of depression

NOTE Confidence: 0.9986168

00:16:59.020 --> 00:16:59.839 and anxiety.

NOTE Confidence: 0.9395787

00:17:01.260 --> 00:17:02.480 In the communities,

NOTE Confidence: 0.9983708

00:17:03.580 --> 00:17:04.880 there are organizations

NOTE Confidence: 0.92451

00:17:05.500 --> 00:17:06.780 like LiveStrong at

NOTE Confidence: 0.92451

00:17:06.780 --> 00:17:07.980 the Y program, which is

NOTE Confidence: 0.92451

00:17:07.980 --> 00:17:09.280 a really creative,

NOTE Confidence: 0.98103666

00:17:11.215 --> 00:17:13.054 excellent program. If your local

NOTE Confidence: 0.98103666

00:17:13.054 --> 00:17:13.554 YMCA

NOTE Confidence: 0.9859438

00:17:13.855 --> 00:17:14.815 offers this and you're a

NOTE Confidence: 0.9859438

00:17:14.815 --> 00:17:16.654 cancer survivor, I highly suggest

NOTE Confidence: 0.9859438

00:17:16.654 --> 00:17:18.034 that you look into it.

NOTE Confidence: 0.9859438

00:17:18.255 --> 00:17:19.234 And it is

NOTE Confidence: 0.93939644

00:17:19.695 --> 00:17:21.475 a pretty comprehensive program

NOTE Confidence: 0.9710315

00:17:21.934 --> 00:17:23.135 for some number of weeks.

NOTE Confidence: 0.9710315

00:17:23.135 --> 00:17:24.335 I think it's twelve weeks

NOTE Confidence: 0.9710315

00:17:24.335 --> 00:17:24.994 and it's

NOTE Confidence: 0.98701376

00:17:25.660 --> 00:17:27.740 geared towards cancer survivors to

NOTE Confidence: 0.98701376

00:17:27.740 --> 00:17:29.020 optimize their health. And as

NOTE Confidence: 0.98701376

00:17:29.020 --> 00:17:30.140 we've talked about before, a

NOTE Confidence: 0.98701376

00:17:30.140 --> 00:17:31.500 lot of that includes things

NOTE Confidence: 0.98701376

00:17:31.500 --> 00:17:32.880 like diet and exercise.

NOTE Confidence: 0.9958541

00:17:33.580 --> 00:17:34.960 But there's also a community

NOTE Confidence: 0.9958541

00:17:35.020 --> 00:17:37.040 there of survivors that naturally

NOTE Confidence: 0.9958541

00:17:37.100 --> 00:17:38.880 forms when people participate.

NOTE Confidence: 0.93961185

00:17:40.505 --> 00:17:42.744 And there's also places like

NOTE Confidence: 0.93961185

00:17:42.744 --> 00:17:44.765 Gilda's Club or in Connecticut,

NOTE Confidence: 0.93961185

00:17:44.825 --> 00:17:46.345 we have a wonderful resource

NOTE Confidence: 0.93961185

00:17:46.345 --> 00:17:47.484 called Anne's Place,

NOTE Confidence: 0.99626315

00:17:48.424 --> 00:17:50.345 that can help patients get

NOTE Confidence: 0.99626315

00:17:50.345 --> 00:17:52.184 connected with various services and

NOTE Confidence: 0.99626315

00:17:52.184 --> 00:17:53.325 and support groups.

NOTE Confidence: 0.965329

00:17:54.000 --> 00:17:55.200 So I'm gonna ask you

NOTE Confidence: 0.965329

00:17:55.200 --> 00:17:56.240 to do what is almost

NOTE Confidence: 0.965329

00:17:56.240 --> 00:17:56.900 the impossible.

NOTE Confidence: 0.97305185

00:17:58.320 --> 00:17:59.840 There's a a certain negative

NOTE Confidence: 0.97305185

00:17:59.840 --> 00:18:02.340 connotation associated with elevator pitches,

NOTE Confidence: 0.99884087

00:18:02.720 --> 00:18:03.220 but

NOTE Confidence: 0.9984655

00:18:03.600 --> 00:18:04.720 I would actually like

NOTE Confidence: 0.9984655

00:18:04.720 --> 00:18:06.000 you to give me the

NOTE Confidence: 0.9984655

00:18:06.000 --> 00:18:07.984 elevator pitch to the cancer

NOTE Confidence: 0.975742

00:18:08.605 --> 00:18:10.045 survivor, to the person who's

NOTE Confidence: 0.975742

00:18:10.045 --> 00:18:10.865 had cancer,

NOTE Confidence: 0.9671881

00:18:11.244 --> 00:18:12.525 is either living with it

NOTE Confidence: 0.9671881

00:18:12.525 --> 00:18:14.865 or is past that diagnosis

NOTE Confidence: 0.9671881

00:18:15.005 --> 00:18:15.744 and is

NOTE Confidence: 0.9887935

00:18:16.205 --> 00:18:17.405 hoping to do well the

NOTE Confidence: 0.9887935

00:18:17.405 --> 00:18:18.465 rest of their life,

NOTE Confidence: 0.9981425

00:18:18.925 --> 00:18:20.609 still struggling with

NOTE Confidence: 0.9853314

00:18:21.170 --> 00:18:22.470 some of the

NOTE Confidence: 0.9853314

00:18:22.530 --> 00:18:24.869 aftermath of the diagnosis.

NOTE Confidence: 0.9964731

00:18:25.730 --> 00:18:26.929 And what would you tell

NOTE Confidence: 0.9964731

00:18:26.929 --> 00:18:27.990 them in terms of

NOTE Confidence: 0.9902101

00:18:28.369 --> 00:18:29.730 leading the best life they

NOTE Confidence: 0.9902101

00:18:29.730 --> 00:18:30.790 can at that moment?

NOTE Confidence: 0.9191128

00:18:31.250 --> 00:18:33.010 Well, I'm gonna pretend

NOTE Confidence: 0.9191128

00:18:33.010 --> 00:18:34.005 you're one of my patients.

NOTE Confidence: 0.8977437

00:18:36.484 --> 00:18:37.178 Please, please do.

NOTE Confidence: 0.8977437

00:18:37.178 --> 00:18:37.845 I would say,

NOTE Confidence: 0.8977437

00:18:37.845 --> 00:18:39.765 listen, if you're struggling after

NOTE Confidence: 0.8977437

00:18:39.765 --> 00:18:41.285 cancer treatment, you are not

NOTE Confidence: 0.8977437

00:18:41.285 --> 00:18:41.785 alone.

NOTE Confidence: 0.98731613

00:18:42.244 --> 00:18:43.225 This is very

NOTE Confidence: 0.9851969

00:18:44.005 --> 00:18:46.345 normal for patients to feel

NOTE Confidence: 0.9851969

00:18:46.484 --> 00:18:48.825 completely untethered after cancer treatment.

NOTE Confidence: 0.96774364

00:18:49.580 --> 00:18:51.180 And there's lots of issues

NOTE Confidence: 0.96774364

00:18:51.180 --> 00:18:52.560 that can happen,

NOTE Confidence: 0.9536845

00:18:53.580 --> 00:18:55.020 and there's lots of people

NOTE Confidence: 0.9536845

00:18:55.020 --> 00:18:56.000 who wanna help.

NOTE Confidence: 0.9490967

00:18:56.460 --> 00:18:57.660 And I will say

NOTE Confidence: 0.9490967

00:18:57.660 --> 00:18:59.020 one size doesn't fit all.

NOTE Confidence: 0.9490967

00:18:59.020 --> 00:19:00.240 So this is not,

NOTE Confidence: 0.9865874

00:19:01.180 --> 00:19:02.540 there's not one thing that

NOTE Confidence: 0.9865874

00:19:02.540 --> 00:19:03.740 you can do that's gonna

NOTE Confidence: 0.99854904

00:19:05.085 --> 00:19:06.365 be right for everyone. So

NOTE Confidence: 0.99854904

00:19:06.365 --> 00:19:07.825 why don't we talk about

NOTE Confidence: 0.99854904

00:19:07.965 --> 00:19:09.165 what all is bothering you

NOTE Confidence: 0.99854904

00:19:09.165 --> 00:19:10.044 and try to get you

NOTE Confidence: 0.99854904

00:19:10.044 --> 00:19:11.424 into the most personalized

NOTE Confidence: 0.9722526

00:19:12.605 --> 00:19:14.205 response that we can and

NOTE Confidence: 0.9722526

00:19:14.205 --> 00:19:15.905 into a place of recovery

NOTE Confidence: 0.9722526

00:19:15.965 --> 00:19:17.850 so that you

NOTE Confidence: 0.9722526

00:19:17.850 --> 00:19:19.450 start to feel better. I'll

NOTE Confidence: 0.9722526

00:19:19.450 --> 00:19:20.910 also say out of experience

NOTE Confidence: 0.9722526

00:19:21.130 --> 00:19:21.630 that

NOTE Confidence: 0.9817523

00:19:22.250 --> 00:19:23.609 these feelings and all

NOTE Confidence: 0.9817523

00:19:23.609 --> 00:19:25.070 of this doesn't last forever.

NOTE Confidence: 0.9817523

00:19:25.369 --> 00:19:26.570 There's a period of time

NOTE Confidence: 0.9817523

00:19:26.570 --> 00:19:27.869 and after which,

NOTE Confidence: 0.99616957

00:19:28.490 --> 00:19:30.090 cancer won't be on the

NOTE Confidence: 0.99616957

00:19:30.090 --> 00:19:31.290 top of your mind every

NOTE Confidence: 0.99616957

00:19:31.290 --> 00:19:32.525 day. But if we can

NOTE Confidence: 0.99616957

00:19:32.525 --> 00:19:34.705 get that sooner, that relief

NOTE Confidence: 0.99831945

00:19:35.005 --> 00:19:36.865 of having to deal with

NOTE Confidence: 0.9811382

00:19:37.244 --> 00:19:38.924 the burden of being treated

NOTE Confidence: 0.9811382

00:19:38.924 --> 00:19:40.145 and the side effects,

NOTE Confidence: 0.9811382

00:19:40.285 --> 00:19:41.164 if we can get you

NOTE Confidence: 0.9811382

00:19:41.164 --> 00:19:42.765 relief sooner, let's do that

NOTE Confidence: 0.9811382

00:19:42.765 --> 00:19:44.044 and let's take advantage of

NOTE Confidence: 0.9811382

00:19:44.044 --> 00:19:45.725 everything that we have. That's

NOTE Confidence: 0.9811382

00:19:45.725 --> 00:19:47.650 great. And I think importantly,

NOTE Confidence: 0.9811382

00:19:47.950 --> 00:19:48.830 you know, some of our

NOTE Confidence: 0.9811382

00:19:48.830 --> 00:19:50.669 patients will say, oh, I

NOTE Confidence: 0.9811382

00:19:50.669 --> 00:19:52.030 don't need help. I have

NOTE Confidence: 0.9811382

00:19:52.030 --> 00:19:53.710 three very close friends, or

NOTE Confidence: 0.9811382

00:19:53.710 --> 00:19:55.330 my family is very supportive.

NOTE Confidence: 0.9971012

00:19:55.950 --> 00:19:57.470 And I think one of

NOTE Confidence: 0.9971012

00:19:57.470 --> 00:19:58.990 the messages we sometimes have

NOTE Confidence: 0.9971012

00:19:58.990 --> 00:20:00.289 to communicate is,

NOTE Confidence: 0.98776114

00:20:00.664 --> 00:20:01.784 that's great that you have

NOTE Confidence: 0.98776114

00:20:01.784 --> 00:20:03.304 these people, but sometimes there's

NOTE Confidence: 0.98776114

00:20:03.304 --> 00:20:04.205 a real role

NOTE Confidence: 0.99967235

00:20:04.585 --> 00:20:06.044 for some professional

NOTE Confidence: 0.6858287

00:20:06.345 --> 00:20:06.845 assistance

NOTE Confidence: 0.7623779

00:20:07.544 --> 00:20:08.044 and

NOTE Confidence: 0.9943754

00:20:09.145 --> 00:20:10.984 assistance from people who are

NOTE Confidence: 0.9943754

00:20:10.984 --> 00:20:11.885 not necessarily

NOTE Confidence: 0.9621173

00:20:12.424 --> 00:20:14.105 so intimately involved in your life.

NOTE Confidence: 0.9571692

00:20:16.130 --> 00:20:17.169 Yeah. And, you know, I'll

NOTE Confidence: 0.9571692

00:20:17.169 --> 00:20:17.809 just say that,

NOTE Confidence: 0.9969175

00:20:18.529 --> 00:20:20.789 experts in cancer care, whatever

NOTE Confidence: 0.9969175

00:20:20.850 --> 00:20:21.909 field it is,

NOTE Confidence: 0.99897176

00:20:22.609 --> 00:20:23.750 they understand

NOTE Confidence: 0.9831578

00:20:24.289 --> 00:20:26.070 a broader landscape than

NOTE Confidence: 0.9726545

00:20:26.369 --> 00:20:28.369 arguably a few good friends,

NOTE Confidence: 0.9726545

00:20:28.369 --> 00:20:29.830 right? So they can really

NOTE Confidence: 0.9726545

00:20:29.890 --> 00:20:30.390 help,

NOTE Confidence: 0.9871272

00:20:31.815 --> 00:20:33.734 share strategies that work for

NOTE Confidence: 0.9871272

00:20:33.734 --> 00:20:35.975 patients in similar situations because

NOTE Confidence: 0.9871272

00:20:35.975 --> 00:20:37.174 they are the experts in

NOTE Confidence: 0.9871272

00:20:37.174 --> 00:20:37.994 that field.

NOTE Confidence: 0.9764566

00:20:38.695 --> 00:20:39.655 You know, for instance, a

NOTE Confidence: 0.9764566

00:20:39.655 --> 00:20:40.934 really good friend can help

NOTE Confidence: 0.9764566

00:20:40.934 --> 00:20:42.294 you feel better, but do

NOTE Confidence: 0.9764566

00:20:42.294 --> 00:20:43.915 they know about meaning centered

NOTE Confidence: 0.9764566

00:20:43.975 --> 00:20:45.494 therapy and making sense of

NOTE Confidence: 0.9764566

00:20:45.494 --> 00:20:46.380 what you've just been

NOTE Confidence: 0.9764566

00:20:46.380 --> 00:20:47.500 through as it relates to

NOTE Confidence: 0.9764566

00:20:47.500 --> 00:20:48.780 the context and the story

NOTE Confidence: 0.9764566

00:20:48.780 --> 00:20:49.600 of your life?

NOTE Confidence: 0.96331805

00:20:50.540 --> 00:20:51.900 Our social workers know

NOTE Confidence: 0.96331805

00:20:51.900 --> 00:20:53.200 that, and they can help

NOTE Confidence: 0.9847279

00:20:53.900 --> 00:20:55.260 counsel patients on how to

NOTE Confidence: 0.9847279

00:20:55.260 --> 00:20:56.300 make meaning out of what

NOTE Confidence: 0.9847279

00:20:56.300 --> 00:20:57.580 just happened. And so

NOTE Confidence: 0.9847279

00:20:57.660 --> 00:20:59.260 that's just one small example

NOTE Confidence: 0.9847279

00:20:59.260 --> 00:21:00.400 of how the expertise,

NOTE Confidence: 0.99003166

00:21:01.144 --> 00:21:02.504 I think, is invaluable. And

NOTE Confidence: 0.99003166

00:21:02.504 --> 00:21:03.544 if you have access to

NOTE Confidence: 0.99003166

00:21:03.544 --> 00:21:04.044 it,

NOTE Confidence: 0.9149136

00:21:04.744 --> 00:21:05.945 why not help

NOTE Confidence: 0.9149136

00:21:05.945 --> 00:21:06.445 yourself?

NOTE Confidence: 0.9801513

00:21:07.304 --> 00:21:08.585 Well, your other role, of

NOTE Confidence: 0.9801513

00:21:08.585 --> 00:21:10.764 course, is chief patient experience

NOTE Confidence: 0.9801513

00:21:10.825 --> 00:21:11.884 officer at Smilow.

NOTE Confidence: 0.9984322

00:21:12.744 --> 00:21:14.184 Patient experience is such a

NOTE Confidence: 0.9984322

00:21:14.184 --> 00:21:15.085 huge topic

NOTE Confidence: 0.95618105

00:21:15.470 --> 00:21:16.830 that I'd actually like to

NOTE Confidence: 0.95618105

00:21:16.830 --> 00:21:19.170 focus down on one specific

NOTE Confidence: 0.95618105

00:21:19.230 --> 00:21:20.510 area at least to begin

NOTE Confidence: 0.95618105

00:21:20.510 --> 00:21:21.010 with,

NOTE Confidence: 0.97687745

00:21:21.630 --> 00:21:23.230 although we may spend most

NOTE Confidence: 0.97687745

00:21:23.230 --> 00:21:24.030 of the rest of the

NOTE Confidence: 0.97687745

00:21:24.030 --> 00:21:26.270 time talking about that. And

NOTE Confidence: 0.97687745

00:21:26.270 --> 00:21:28.130 that is the area of,

NOTE Confidence: 0.97687745

00:21:28.414 --> 00:21:29.695 I won't say physician, I'm

NOTE Confidence: 0.97687745

00:21:29.695 --> 00:21:31.475 gonna specifically say clinician

NOTE Confidence: 0.8688231

00:21:32.335 --> 00:21:32.835 patient

NOTE Confidence: 0.99593973

00:21:33.135 --> 00:21:33.635 communication.

NOTE Confidence: 0.9995091

00:21:34.654 --> 00:21:35.154 And

NOTE Confidence: 0.99973154

00:21:35.615 --> 00:21:36.355 I often

NOTE Confidence: 0.9999131

00:21:36.734 --> 00:21:37.554 tell people

NOTE Confidence: 0.99815905

00:21:38.095 --> 00:21:40.195 that when you're totally healthy,

NOTE Confidence: 0.98761463

00:21:40.734 --> 00:21:42.015 the part of your quality

NOTE Confidence: 0.98761463

00:21:42.015 --> 00:21:43.294 of life that is made

NOTE Confidence: 0.98761463

00:21:43.294 --> 00:21:45.429 up by your relationship with

NOTE Confidence: 0.98761463

00:21:45.429 --> 00:21:47.609 your medical team is tiny.

NOTE Confidence: 0.98761463

00:21:47.909 --> 00:21:49.990 Doesn't matter for many people

NOTE Confidence: 0.98761463

00:21:49.990 --> 00:21:51.590 who their primary care doctor

NOTE Confidence: 0.98761463

00:21:51.590 --> 00:21:52.490 is exactly,

NOTE Confidence: 0.9945577

00:21:53.109 --> 00:21:54.710 and they're just not having

NOTE Confidence: 0.9945577

00:21:54.710 --> 00:21:55.609 enough contact.

NOTE Confidence: 0.99981433

00:21:56.070 --> 00:21:57.609 But the minute you enter

NOTE Confidence: 0.99377406

00:21:58.230 --> 00:21:58.970 an illness

NOTE Confidence: 0.9989941

00:21:59.425 --> 00:21:59.925 situation,

NOTE Confidence: 0.9864474

00:22:00.705 --> 00:22:02.465 it becomes really important that

NOTE Confidence: 0.9864474

00:22:02.465 --> 00:22:04.065 that relationship with

NOTE Confidence: 0.9864474

00:22:04.065 --> 00:22:05.285 the health care team

NOTE Confidence: 0.8984448

00:22:05.585 --> 00:22:06.405 be right.

NOTE Confidence: 0.9985863

00:22:07.025 --> 00:22:07.905 And a lot of that

NOTE Confidence: 0.9985863

00:22:07.905 --> 00:22:08.965 is about communication.

NOTE Confidence: 0.99924624

00:22:09.265 --> 00:22:09.765 So

NOTE Confidence: 0.99864113

00:22:10.065 --> 00:22:11.105 talk to us a little

NOTE Confidence: 0.99864113

00:22:11.105 --> 00:22:12.085 bit about

NOTE Confidence: 0.9993186

00:22:13.710 --> 00:22:14.929 what you think

NOTE Confidence: 0.972974

00:22:15.230 --> 00:22:17.090 patients want in terms of,

NOTE Confidence: 0.99969286

00:22:17.950 --> 00:22:19.570 communication with their team

NOTE Confidence: 0.96850544

00:22:20.030 --> 00:22:21.230 and how we can get

NOTE Confidence: 0.96850544

00:22:21.230 --> 00:22:22.750 better at it because, of

NOTE Confidence: 0.96850544

00:22:22.750 --> 00:22:23.250 course,

NOTE Confidence: 0.9996863

00:22:23.710 --> 00:22:24.530 not all

NOTE Confidence: 0.9988325

00:22:24.910 --> 00:22:26.530 clinicians are created equally.

NOTE Confidence: 0.9946308

00:22:26.994 --> 00:22:28.034 Yeah. So I think that,

NOTE Confidence: 0.9946308

00:22:28.034 --> 00:22:29.234 you know, you're touching on

NOTE Confidence: 0.9946308

00:22:29.234 --> 00:22:30.755 something that when you become

NOTE Confidence: 0.9946308

00:22:30.755 --> 00:22:31.255 ill,

NOTE Confidence: 0.9879057

00:22:31.794 --> 00:22:33.414 that's a time of vulnerability.

NOTE Confidence: 0.9727141

00:22:34.355 --> 00:22:35.715 And so it's fine if

NOTE Confidence: 0.9727141

00:22:35.715 --> 00:22:36.215 everything's

NOTE Confidence: 0.9885864

00:22:37.234 --> 00:22:38.755 working well and you just

NOTE Confidence: 0.9885864

00:22:38.755 --> 00:22:39.255 need,

NOTE Confidence: 0.9851205

00:22:39.750 --> 00:22:40.869 you know, a little checkup,

NOTE Confidence: 0.9851205

00:22:40.869 --> 00:22:42.390 it doesn't feel as heavy.

NOTE Confidence: 0.9851205

00:22:42.390 --> 00:22:43.990 But when you're very vulnerable,

NOTE Confidence: 0.9851205

00:22:43.990 --> 00:22:44.950 and I would argue that

NOTE Confidence: 0.9851205

00:22:44.950 --> 00:22:45.910 cancer is one of the

NOTE Confidence: 0.9851205

00:22:45.910 --> 00:22:47.670 most vulnerable positions to be

NOTE Confidence: 0.9851205

00:22:47.670 --> 00:22:48.410 put into,

NOTE Confidence: 0.986616

00:22:49.910 --> 00:22:51.190 you wanna feel and we

NOTE Confidence: 0.986616

00:22:51.190 --> 00:22:52.550 know this from data that,

NOTE Confidence: 0.99622977

00:22:53.535 --> 00:22:55.295 patients want to feel seen,

NOTE Confidence: 0.99622977

00:22:55.295 --> 00:22:56.275 heard, and understood.

NOTE Confidence: 0.99719685

00:22:57.135 --> 00:22:58.415 They want to be known

NOTE Confidence: 0.99719685

00:22:58.415 --> 00:23:00.335 as a human, not just

NOTE Confidence: 0.99719685

00:23:00.335 --> 00:23:01.615 the patient with breast cancer

NOTE Confidence: 0.99719685

00:23:01.615 --> 00:23:02.435 down the hall.

00:23:04.575 --> 00:23:05.295 I think that

NOTE Confidence: 0.9986786

00:23:06.630 --> 00:23:07.930 physicians and clinicians

NOTE Confidence: 0.9480465

00:23:08.710 --> 00:23:10.310 battling high burnout rates as

NOTE Confidence: 0.9480465

00:23:10.310 --> 00:23:11.670 a culture in

NOTE Confidence: 0.9480465

00:23:11.670 --> 00:23:12.170 medicine,

NOTE Confidence: 0.96564114

00:23:13.190 --> 00:23:14.390 you know, that is the

NOTE Confidence: 0.96564114

00:23:14.390 --> 00:23:15.750 point that's why they

NOTE Confidence: 0.96564114

00:23:15.750 --> 00:23:16.790 got into the field that

NOTE Confidence: 0.96564114

00:23:16.790 --> 00:23:18.310 they want to help

NOTE Confidence: 0.96564114

00:23:18.310 --> 00:23:18.810 people.

00:23:20.164 --> 00:23:21.225 And they understand

NOTE Confidence: 0.97354996

00:23:21.684 --> 00:23:23.445 that these patients are very

NOTE Confidence: 0.97354996

00:23:23.445 --> 00:23:25.125 vulnerable and they want to

NOTE Confidence: 0.97354996

00:23:25.125 --> 00:23:26.645 make them feel seen, heard,

NOTE Confidence: 0.97354996

00:23:26.645 --> 00:23:28.164 and understood. Now I would

NOTE Confidence: 0.97354996

00:23:28.164 --> 00:23:29.445 say that we didn't all

NOTE Confidence: 0.97354996

00:23:29.445 --> 00:23:29.945 learn

NOTE Confidence: 0.9609768

00:23:30.565 --> 00:23:32.505 communication skills the same way.

NOTE Confidence: 0.9986206

00:23:33.044 --> 00:23:33.544 And

NOTE Confidence: 0.9734271

00:23:33.880 --> 00:23:34.919 people say, yeah, but I'm

NOTE Confidence: 0.9734271

00:23:34.919 --> 00:23:36.440 really good at talking.

NOTE Confidence: 0.99803805

00:23:37.159 --> 00:23:38.840 But there's actual skills that

NOTE Confidence: 0.99803805

00:23:38.840 --> 00:23:40.059 we can practice

NOTE Confidence: 0.9927065

00:23:40.679 --> 00:23:42.119 and that we can employ

NOTE Confidence: 0.9927065

00:23:42.119 --> 00:23:44.119 with all patients that are

NOTE Confidence: 0.9927065

00:23:44.119 --> 00:23:45.640 much more likely to lead

NOTE Confidence: 0.9927065

00:23:45.640 --> 00:23:47.320 to better outcomes and better

NOTE Confidence: 0.9927065

00:23:47.320 --> 00:23:49.244 relationships if we just repeat

NOTE Confidence: 0.9927065

00:23:49.244 --> 00:23:50.285 those over and over again.

NOTE Confidence: 0.9927065

00:23:50.285 --> 00:23:51.405 And I'm happy to talk

NOTE Confidence: 0.9927065

00:23:51.405 --> 00:23:52.625 about some of those details.

NOTE Confidence: 0.9472688

00:23:53.405 --> 00:23:55.165 Sure. I think hearing some

NOTE Confidence: 0.9472688

00:23:55.165 --> 00:23:56.525 of those details would

NOTE Confidence: 0.9472688

00:23:56.525 --> 00:23:57.505 be great.

NOTE Confidence: 0.9598473

00:23:58.525 --> 00:24:00.445 When I see patients who

NOTE Confidence: 0.9598473

00:24:00.445 --> 00:24:00.945 have

NOTE Confidence: 0.992604

00:24:01.940 --> 00:24:04.040 come from some other facility,

NOTE Confidence: 0.992604

00:24:04.100 --> 00:24:05.160 there are

NOTE Confidence: 0.98923445

00:24:05.780 --> 00:24:08.020 oftentimes people with cancer who,

NOTE Confidence: 0.98923445

00:24:08.020 --> 00:24:09.160 you know, adore

NOTE Confidence: 0.9734587

00:24:09.619 --> 00:24:10.980 their health care team and

NOTE Confidence: 0.9734587

00:24:10.980 --> 00:24:12.580 feel completely in sync and

NOTE Confidence: 0.9734587

00:24:12.580 --> 00:24:13.880 have had great communication.

NOTE Confidence: 0.9957507

00:24:14.415 --> 00:24:15.615 And there are times when

NOTE Confidence: 0.9957507

00:24:15.615 --> 00:24:17.075 it's just not as good.

NOTE Confidence: 0.9899892

00:24:18.095 --> 00:24:20.095 And I often wonder what

NOTE Confidence: 0.9899892

00:24:20.175 --> 00:24:21.455 in those situations where it

NOTE Confidence: 0.9899892

00:24:21.455 --> 00:24:22.494 hasn't been as good, what's

NOTE Confidence: 0.9899892

00:24:22.494 --> 00:24:23.315 gone wrong?

00:24:24.975 --> 00:24:26.255 I think there's, again, a few

NOTE Confidence: 0.99614114

00:24:26.255 --> 00:24:27.635 things that we can do

NOTE Confidence: 0.98663414

00:24:28.380 --> 00:24:30.220 with every patient that sets

NOTE Confidence: 0.98663414

00:24:30.220 --> 00:24:31.359 us up for success.

NOTE Confidence: 0.98902005

00:24:32.220 --> 00:24:33.760 And, you know, it sounds,

NOTE Confidence: 0.9814648

00:24:34.220 --> 00:24:35.740 simple, but you really do

NOTE Confidence: 0.9814648

00:24:35.740 --> 00:24:36.940 need to be mindful about

NOTE Confidence: 0.9814648

00:24:36.940 --> 00:24:37.980 these things. So the first

NOTE Confidence: 0.9814648

00:24:37.980 --> 00:24:39.420 thing is to build rapport

NOTE Confidence: 0.9814648

00:24:39.420 --> 00:24:40.615 with a patient. And there's

NOTE Confidence: 0.9814648

00:24:40.615 --> 00:24:41.734 no better time to do

NOTE Confidence: 0.9814648

00:24:41.734 --> 00:24:42.775 that than right at the

NOTE Confidence: 0.9814648

00:24:42.775 --> 00:24:44.234 beginning of meeting them,

NOTE Confidence: 0.99963295

00:24:44.855 --> 00:24:46.475 which really means understanding

NOTE Confidence: 0.9866036

00:24:47.174 --> 00:24:48.375 who they are. And it

NOTE Confidence: 0.9866036

00:24:48.375 --> 00:24:49.815 can be a few go

NOTE Confidence: 0.9866036

00:24:49.815 --> 00:24:50.934 to things like where they

NOTE Confidence: 0.9866036

00:24:50.934 --> 00:24:52.135 live, who they live with,

NOTE Confidence: 0.9866036

00:24:52.135 --> 00:24:53.034 what they do.

NOTE Confidence: 0.936033

00:24:53.750 --> 00:24:55.509 Those are very simple. But

NOTE Confidence: 0.936033

00:24:55.509 --> 00:24:57.109 also things like what's most

NOTE Confidence: 0.936033

00:24:57.109 --> 00:24:59.029 important to them or how

NOTE Confidence: 0.936033

00:24:59.029 --> 00:24:59.850 have they handled,

NOTE Confidence: 0.9994157

00:25:00.389 --> 00:25:01.769 you know, vulnerabilities

NOTE Confidence: 0.9863405

00:25:02.230 --> 00:25:03.909 or medical illnesses in

NOTE Confidence: 0.9863405

00:25:03.909 --> 00:25:04.570 the past.

NOTE Confidence: 0.9970433

00:25:05.109 --> 00:25:06.090 Building rapport

NOTE Confidence: 0.88776326

00:25:06.855 --> 00:25:07.595 builds trust.

NOTE Confidence: 0.9892577

00:25:08.295 --> 00:25:09.734 And it starts to change

NOTE Confidence: 0.9892577

00:25:09.734 --> 00:25:11.095 the relationship because I think

NOTE Confidence: 0.9892577

00:25:11.095 --> 00:25:12.535 the clinicians also start to

NOTE Confidence: 0.9892577

00:25:12.535 --> 00:25:13.575 see that person as not

NOTE Confidence: 0.9892577

00:25:13.575 --> 00:25:14.695 just a new breast cancer

NOTE Confidence: 0.9892577

00:25:14.695 --> 00:25:16.375 patient, but, you know, a

NOTE Confidence: 0.9892577

00:25:16.375 --> 00:25:17.895 teacher who came an hour

NOTE Confidence: 0.9892577

00:25:17.895 --> 00:25:19.675 away and is missing work,

NOTE Confidence: 0.93319243

00:25:20.230 --> 00:25:21.109 and has a couple of

NOTE Confidence: 0.93319243

00:25:21.109 --> 00:25:22.309 kids at home. Right? So

NOTE Confidence: 0.93319243

00:25:22.309 --> 00:25:23.929 those are very valuable things.

NOTE Confidence: 0.9995009

00:25:25.269 --> 00:25:27.190 And the second skill that

NOTE Confidence: 0.9995009

00:25:27.190 --> 00:25:28.710 we need to employ every

NOTE Confidence: 0.9995009

00:25:28.710 --> 00:25:29.210 time

NOTE Confidence: 0.999486

00:25:29.510 --> 00:25:30.570 is listening

NOTE Confidence: 0.99966574

00:25:31.109 --> 00:25:32.169 without interruption.

NOTE Confidence: 0.9903709

00:25:33.705 --> 00:25:34.105 So,

NOTE Confidence: 0.9879741

00:25:35.145 --> 00:25:36.265 we might think that we're

NOTE Confidence: 0.9879741

00:25:36.265 --> 00:25:37.145 good at this, but this

NOTE Confidence: 0.9879741

00:25:37.145 --> 00:25:38.105 is a skill that we

NOTE Confidence: 0.9879741

00:25:38.105 --> 00:25:39.305 need to practice and, you

NOTE Confidence: 0.9879741

00:25:39.305 --> 00:25:40.684 know, research has shown

NOTE Confidence: 0.99788994

00:25:41.065 --> 00:25:41.565 that

NOTE Confidence: 0.9230442

00:25:41.945 --> 00:25:43.005 doctors in particular,

NOTE Confidence: 0.9604052

00:25:44.105 --> 00:25:46.184 interrupt their patients around eleven

NOTE Confidence: 0.9604052

00:25:46.184 --> 00:25:46.684 seconds,

NOTE Confidence: 0.9546313

00:25:48.450 --> 00:25:50.470 which means that patients barely

NOTE Confidence: 0.9546313

00:25:50.530 --> 00:25:51.809 get their story out before

NOTE Confidence: 0.9546313

00:25:51.970 --> 00:25:52.850 I'm sorry. You're done with

NOTE Confidence: 0.9546313

00:25:52.850 --> 00:25:53.350 that.

NOTE Confidence: 0.9635522

00:25:54.530 --> 00:25:55.809 And even if it's something

NOTE Confidence: 0.9635522

00:25:55.809 --> 00:25:57.169 simple like, wait. When was

NOTE Confidence: 0.9635522

00:25:57.169 --> 00:25:58.690 that? Right? Like, I'm engaged.

NOTE Confidence: 0.9635522

00:25:58.690 --> 00:25:59.750 I wanna know.

NOTE Confidence: 0.99062127

00:26:00.130 --> 00:26:01.890 Now you've just sent a

NOTE Confidence: 0.99062127

00:26:01.890 --> 00:26:02.390 signal.

NOTE Confidence: 0.96106476

00:26:03.025 --> 00:26:04.065 I'm in charge. I

NOTE Confidence: 0.96106476

00:26:04.065 --> 00:26:05.185 wanna know an answer to

NOTE Confidence: 0.96106476

00:26:05.185 --> 00:26:06.325 a question. And, also,

NOTE Confidence: 0.9975553

00:26:06.705 --> 00:26:07.744 we know that eighty percent

NOTE Confidence: 0.9975553

00:26:07.744 --> 00:26:08.865 of patients never get back

NOTE Confidence: 0.9975553

00:26:08.865 --> 00:26:09.825 to their train of thought

NOTE Confidence: 0.9975553

00:26:09.825 --> 00:26:11.185 once they're interrupted. So it's

NOTE Confidence: 0.9975553

00:26:11.185 --> 00:26:11.685 really

NOTE Confidence: 0.9894824

00:26:12.065 --> 00:26:13.665 important to let them tell

NOTE Confidence: 0.9894824

00:26:13.665 --> 00:26:14.484 their story.

NOTE Confidence: 0.9780744

00:26:14.865 --> 00:26:16.145 And I'll say one last

NOTE Confidence: 0.9780744

00:26:16.145 --> 00:26:16.645 fact.

NOTE Confidence: 0.9988774

00:26:17.425 --> 00:26:18.085 You know,

NOTE Confidence: 0.9993439

00:26:18.710 --> 00:26:20.330 the vast majority of patients

NOTE Confidence: 0.9993439

00:26:20.390 --> 00:26:20.890 finish

NOTE Confidence: 0.95997584

00:26:21.510 --> 00:26:22.630 the bulk of their story

NOTE Confidence: 0.95997584

00:26:22.630 --> 00:26:23.369 and they

NOTE Confidence: 0.99899346

00:26:23.670 --> 00:26:25.270 do a natural pause by

NOTE Confidence: 0.99899346

00:26:25.270 --> 00:26:26.170 ninety seconds.

NOTE Confidence: 0.9931842

00:26:26.710 --> 00:26:27.670 So I know we all

NOTE Confidence: 0.9931842

00:26:27.670 --> 00:26:29.350 remember the big talkers

NOTE Confidence: 0.9931842

00:26:29.350 --> 00:26:30.150 who need to be

NOTE Confidence: 0.9931842

00:26:30.150 --> 00:26:31.830 interrupted at five minutes, but

NOTE Confidence: 0.9931842

00:26:31.830 --> 00:26:33.575 they're a small segment of

NOTE Confidence: 0.9931842

00:26:33.575 --> 00:26:34.234 the population.

NOTE Confidence: 0.9992633

00:26:35.415 --> 00:26:36.615 Sure. And,

NOTE Confidence: 0.9997237

00:26:37.095 --> 00:26:38.215 you know, I would argue

NOTE Confidence: 0.9997237

00:26:38.215 --> 00:26:38.715 that

NOTE Confidence: 0.9602537

00:26:39.335 --> 00:26:41.415 cancer in particular, but many

NOTE Confidence: 0.9602537

00:26:41.415 --> 00:26:42.795 other health care fields

NOTE Confidence: 0.84557503

00:26:43.335 --> 00:26:44.555 are areas where

NOTE Confidence: 0.940416

00:26:45.619 --> 00:26:47.000 if as a clinician,

NOTE Confidence: 0.95235664

00:26:47.700 --> 00:26:48.759 if as a physician,

NOTE Confidence: 0.998563

00:26:49.139 --> 00:26:50.659 you don't like talking to

NOTE Confidence: 0.998563

00:26:50.659 --> 00:26:52.519 people and hearing their stories,

NOTE Confidence: 0.9995117

00:26:53.299 --> 00:26:53.799 then

NOTE Confidence: 0.9986929

00:26:54.259 --> 00:26:55.380 maybe it's not quite the

NOTE Confidence: 0.9986929

00:26:55.380 --> 00:26:56.835 right role for you.

00:26:59.794 --> 00:27:00.755 I agree with you,

NOTE Confidence: 0.98226714

00:27:00.755 --> 00:27:01.875 and I think that we try

00:27:03.315 --> 00:27:05.255 to squeeze everybody into these

NOTE Confidence: 0.9548017

00:27:06.034 --> 00:27:07.234 round holes. And if you're

NOTE Confidence: 0.9548017

00:27:07.234 --> 00:27:08.755 a square peg,

NOTE Confidence: 0.9548017

00:27:08.755 --> 00:27:10.034 there's value in all the

NOTE Confidence: 0.9548017

00:27:10.034 --> 00:27:11.380 cancer work that you're doing.

NOTE Confidence: 0.9548017

00:27:11.380 --> 00:27:12.420 It just might not be

NOTE Confidence: 0.9548017

00:27:12.420 --> 00:27:13.400 in the frontline

NOTE Confidence: 0.99823654

00:27:14.340 --> 00:27:14.840 relationship.

NOTE Confidence: 0.99902153

00:27:15.300 --> 00:27:16.820 Or it might be with

NOTE Confidence: 0.99902153

00:27:16.820 --> 00:27:18.840 some coaching from somebody

NOTE Confidence: 0.9997295

00:27:19.220 --> 00:27:20.679 who can help that person

NOTE Confidence: 0.99691147

00:27:21.619 --> 00:27:22.119 reevaluate

NOTE Confidence: 0.99727774

00:27:22.420 --> 00:27:23.800 their approach and

NOTE Confidence: 0.9661296

00:27:24.265 --> 00:27:26.044 learn some of these communication

NOTE Confidence: 0.9661296

00:27:26.265 --> 00:27:28.285 skills.

NOTE Confidence: 0.98180264

00:27:28.665 --> 00:27:30.105 I'm curious about

NOTE Confidence: 0.98180264

00:27:30.105 --> 00:27:31.544 this. Have you found that

NOTE Confidence: 0.98180264

00:27:31.544 --> 00:27:32.765 you have worked with

NOTE Confidence: 0.99813604

00:27:34.105 --> 00:27:34.605 physicians

NOTE Confidence: 0.99970937

00:27:35.065 --> 00:27:35.965 around communication

NOTE Confidence: 0.9995208

00:27:36.780 --> 00:27:37.280 and

NOTE Confidence: 0.99320203

00:27:37.660 --> 00:27:39.020 that as a result of

NOTE Confidence: 0.99320203

00:27:39.020 --> 00:27:40.780 that work, they have come

NOTE Confidence: 0.99320203

00:27:40.780 --> 00:27:41.280 to

NOTE Confidence: 0.9907127

00:27:42.540 --> 00:27:44.540 enjoy their work and value

NOTE Confidence: 0.9907127

00:27:44.540 --> 00:27:45.500 it in a way that

NOTE Confidence: 0.9907127

00:27:45.500 --> 00:27:46.880 they didn't in the past?

NOTE Confidence: 0.9940228

00:27:47.660 --> 00:27:48.859 Yeah. Actually, I just you

NOTE Confidence: 0.9940228

00:27:48.859 --> 00:27:49.980 know, just a few weeks

NOTE Confidence: 0.9940228

00:27:49.980 --> 00:27:51.260 ago, I had a physician

NOTE Confidence: 0.9940228

00:27:51.260 --> 00:27:52.160 in our group

NOTE Confidence: 0.97869486

00:27:53.315 --> 00:27:54.755 mention to me that he

NOTE Confidence: 0.97869486

00:27:54.755 --> 00:27:56.275 changed his behavior after he

NOTE Confidence: 0.97869486

00:27:56.275 --> 00:27:58.035 went through a communication skills

NOTE Confidence: 0.97869486

00:27:58.035 --> 00:27:58.535 workshop.

NOTE Confidence: 0.9668627

00:27:58.915 --> 00:28:00.515 Again, we teach some pretty

NOTE Confidence: 0.9668627

00:28:00.515 --> 00:28:01.955 basic skills, but to him,

NOTE Confidence: 0.9668627

00:28:01.955 --> 00:28:03.175 it was life changing.

NOTE Confidence: 0.99190193

00:28:03.555 --> 00:28:04.595 And it was the

NOTE Confidence: 0.99190193

00:28:04.595 --> 00:28:05.975 listening without interruption.

NOTE Confidence: 0.9598546

00:28:06.529 --> 00:28:07.809 He's a wonderful physician. He's

NOTE Confidence: 0.9598546

00:28:07.809 --> 00:28:09.649 always been well regarded. But

NOTE Confidence: 0.9598546

00:28:09.649 --> 00:28:10.389 to him,

NOTE Confidence: 0.99971104

00:28:10.929 --> 00:28:11.909 he would interrupt

NOTE Confidence: 0.97536385

00:28:12.529 --> 00:28:14.130 frequently, and he didn't realize

NOTE Confidence: 0.97536385

00:28:14.130 --> 00:28:15.889 that until he took the

NOTE Confidence: 0.97536385

00:28:15.889 --> 00:28:17.490 workshop and practiced the skills.

NOTE Confidence: 0.97536385

00:28:17.490 --> 00:28:18.549 And afterwards,

NOTE Confidence: 0.9482171

00:28:19.010 --> 00:28:20.389 it really changed his

NOTE Confidence: 0.939024

00:28:20.865 --> 00:28:22.145 outlook, and I think

NOTE Confidence: 0.9991059

00:28:22.625 --> 00:28:24.305 that's not the only example.

NOTE Confidence: 0.9991059

00:28:24.305 --> 00:28:25.825 There's lots of people who

NOTE Confidence: 0.9991059

00:28:25.825 --> 00:28:27.285 say that it's really changed

NOTE Confidence: 0.9562626

00:28:28.145 --> 00:28:30.244 how they perceive their relationships

NOTE Confidence: 0.9562626

00:28:30.305 --> 00:28:32.065 with patients that strengthened them,

NOTE Confidence: 0.9562626

00:28:32.065 --> 00:28:33.185 which makes us enjoy our

NOTE Confidence: 0.9562626

00:28:33.185 --> 00:28:35.109 work even more.

NOTE Confidence: 0.9562626

00:28:35.109 --> 00:28:36.710 Dr. Tara Sanft is an associate professor

NOTE Confidence: 0.9562626

00:28:36.710 --> 00:28:38.490 of medicine and medical oncology

NOTE Confidence: 0.9562626

00:28:38.549 --> 00:28:40.150 and hematology at the Yale

NOTE Confidence: 0.9562626

00:28:40.150 --> 00:28:41.049 School of Medicine.

NOTE Confidence: 0.989595

00:28:41.590 --> 00:28:42.790 If you have questions, the

NOTE Confidence: 0.989595

00:28:42.790 --> 00:28:44.390 address is cancer answers at

NOTE Confidence: 0.989595

00:28:44.390 --> 00:28:45.750 yale dot e d u,

NOTE Confidence: 0.989595

00:28:45.750 --> 00:28:46.950 and past editions of the

NOTE Confidence: 0.989595

00:28:46.950 --> 00:28:48.630 program are available in audio

NOTE Confidence: 0.989595

00:28:48.630 --> 00:28:49.910 and written form at yale

NOTE Confidence: 0.989595

00:28:49.910 --> 00:28:51.184 cancer center dot

NOTE Confidence: 0.9994774

00:28:51.485 --> 00:28:52.445 org. We hope you'll join

NOTE Confidence: 0.9994774

00:28:52.445 --> 00:28:53.404 us next time to learn

NOTE Confidence: 0.9994774

00:28:53.404 --> 00:28:54.524 more about the fight against

NOTE Confidence: 0.9994774

00:28:54.524 --> 00:28:55.024 cancer.

NOTE Confidence: 0.97306514

00:28:55.325 --> 00:28:57.005 Funding for Yale Cancer Answers

NOTE Confidence: 0.97306514

00:28:57.005 --> 00:28:58.684 is provided by Smilow Cancer

NOTE Confidence: 0.97306514

00:28:58.684 --> 00:28:59.184 Hospital.