WEBVTT

00:00:00.000 --> 00:00:02.490 Support for Yale Cancer Answers

NOTE Confidence: 0.85578287

00:00:02.490 --> 00:00:04.980 comes from AstraZeneca, dedicated

NOTE Confidence: 0.85578287

00:00:05.057 --> 00:00:07.432 to advancing options and providing

NOTE Confidence: 0.85578287

00:00:07.432 --> 00:00:10.420 hope for people living with cancer.

NOTE Confidence: 0.85578287

00:00:10.420 --> 00:00:13.960 More information at astrazeneca-us.com.

NOTE Confidence: 0.85578287

00:00:13.960 --> 00:00:16.126 Welcome to Yale Cancer Answers with

NOTE Confidence: 0.85578287

00:00:16.126 --> 00:00:18.500 your host doctor Anees Chagpar.

NOTE Confidence: 0.85578287

00:00:18.500 --> 00:00:20.360 Yale Cancer Answers features the

NOTE Confidence: 0.85578287

00:00:20.360 --> 00:00:22.651 latest information on cancer care by

NOTE Confidence: 0.85578287

00:00:22.651 --> 00:00:24.119 welcoming oncologists and specialists

NOTE Confidence: 0.85578287

00:00:24.119 --> 00:00:26.575 who are on the forefront of the

NOTE Confidence: 0.85578287

00:00:26.575 --> 00:00:28.267 battle to fight cancer. This week

NOTE Confidence: 0.85578287

00:00:28.270 --> 00:00:30.400 it's a patient perspective on cancer

NOTE Confidence: 0.85578287

00:00:30.400 --> 00:00:32.213 treatment during the pandemic with

NOTE Confidence: 0.85578287

00:00:32.213 --> 00:00:34.199 Christina Allen and Doctor Tara Sanft.

NOTE Confidence: 0.85578287

00:00:34.200 --> 00:00:36.650 Christina is a cancer survivor and doctor

NOTE Confidence: 0.85578287

00:00:36.650 --> 00:00:39.296 Sanft is an associate professor of

NOTE Confidence: 0.85578287

00:00:39.296 --> 00:00:41.863 medicine and medical oncology at the

NOTE Confidence: 0.85578287

00:00:41.863 --> 00:00:44.418 Yale School of Medicine where Doctor Chagpar

NOTE Confidence: 0.85578287

00:00:44.418 --> 00:00:47.335 is a professor of surgical oncology.

00:00:47.860 --> 00:00:49.920 Let's start with you

NOTE Confidence: 0.8912832

00:00:49.920 --> 00:00:52.495 Christina, tell us a little

NOTE Confidence: 0.8912832

00:00:52.500 --> 00:00:54.564 bit about your story.

NOTE Confidence: 0.8912832

00:00:54.564 --> 00:00:58.408 Sure, thanks so I was 38 years old at

NOTE Confidence: 0.8912832

00:00:58.408 --> 00:01:02.919 the time of my diagnosis and I have a

NOTE Confidence: 0.8912832

00:01:02.919 --> 00:01:06.949 diagnosis of locally advanced breast cancer.

NOTE Confidence: 0.8912832

00:01:06.950 --> 00:01:10.919 I was not experiencing any symptoms prior

NOTE Confidence: 0.8912832

00:01:10.919 --> 00:01:14.906 to my diagnosis and like so many other

NOTE Confidence: 0.8912832

00:01:14.906 --> 00:01:18.888 people I did not have a family history

NOTE Confidence: 0.8912832

00:01:18.890 --> 00:01:20.838 of breast cancer either.

NOTE Confidence: 0.8912832

00:01:20.838 --> 00:01:23.760 So the cancer was found after

NOTE Confidence: 0.8912832

00:01:23.855 --> 00:01:25.660 I felt a small lump,

NOTE Confidence: 0.8912832

00:01:25.660 --> 00:01:29.260 which I initially thought was a bug bite.

NOTE Confidence: 0.8912832

00:01:29.260 --> 00:01:31.520 It was over the summer,

NOTE Confidence: 0.8912832

00:01:31.520 --> 00:01:35.416 this past July I had been swimming and

NOTE Confidence: 0.8912832

00:01:35.416 --> 00:01:39.196 really thought not much of it until the

NOTE Confidence: 0.8912832

00:01:39.196 --> 00:01:42.277 following morning when I woke up

NOTE Confidence: 0.8912832

00:01:42.277 --> 00:01:45.687 and it was still there and felt almost

NOTE Confidence: 0.8912832

00:01:45.687 --> 00:01:50.146 like a little pebble under the surface.

NOTE Confidence: 0.8912832

00:01:50.150 --> 00:01:53.768 And at that point it was

00:01:54.952 --> 00:01:56.528 a bit of a freeze moment, OK

NOTE Confidence: 0.8912832

00:01:56.530 --> 00:01:58.678 do I do something about this?

NOTE Confidence: 0.8912832

00:01:58.680 --> 00:02:01.860 What do I do?

NOTE Confidence: 0.8912832

00:02:01.860 --> 00:02:05.948 So I reached out and was able to

NOTE Confidence: 0.8912832

00:02:05.948 --> 00:02:10.510 see my OBGYN within a day or two.

NOTE Confidence: 0.8912832

00:02:10.510 --> 00:02:13.534 At which point she had referred

NOTE Confidence: 0.8912832

00:02:13.534 --> 00:02:15.550 me for further imaging,

NOTE Confidence: 0.8912832

00:02:15.550 --> 00:02:19.574 and that's when I became connected to Smilow.

NOTE Confidence: 0.8912832

00:02:19.580 --> 00:02:22.115 I think another important thing

NOTE Confidence: 0.8912832

00:02:22.115 --> 00:02:25.231 to mention is that throughout

NOTE Confidence: 0.8912832

00:02:25.231 --> 00:02:27.646 my treatment and my illness,

NOTE Confidence: 0.8912832

00:02:27.650 --> 00:02:30.476 I have continued working and I

NOTE Confidence: 0.8912832

00:02:30.476 --> 00:02:32.992 am a licensed clinical social

NOTE Confidence: 0.8912832

00:02:32.992 --> 00:02:36.244 worker in healthcare and have been

NOTE Confidence: 0.8912832

00:02:36.244 --> 00:02:38.899 working in hospital systems for a

NOTE Confidence: 0.8912832

00:02:38.899 --> 00:02:41.244 little over 12 years now.

NOTE Confidence: 0.85756034

00:02:43.530 --> 00:02:45.430 So Christina you were diagnosed,

NOTE Confidence: 0.85756034

00:02:45.430 --> 00:02:47.734 I mean this really happened

NOTE Confidence: 0.85756034

00:02:47.734 --> 00:02:50.350 this past July, July of 2020,

NOTE Confidence: 0.85756034

00:02:50.350 --> 00:02:53.010 right in the middle of this pandemic.

NOTE Confidence: 0.85756034

00:02:53.010 --> 00:02:55.656 Talk to us a little bit about,

NOTE Confidence: 0.85756034

00:02:55.660 --> 00:02:59.062 you kind of mentioned this,

NOTE Confidence: 0.85756034

00:02:59.070 --> 00:03:02.472 Oh my gosh, what am I going to do moment,

NOTE Confidence: 0.85756034

00:03:02.480 --> 00:03:05.490 I can only imagine that that was

NOTE Confidence: 0.85756034

00:03:05.490 --> 00:03:07.766 even heightened with what am I

NOTE Confidence: 0.85756034

00:03:07.766 --> 00:03:10.440 going to do in the midst of Covid?

NOTE Confidence: 0.85756034

00:03:10.440 --> 00:03:12.330 Is my doctors office open?

NOTE Confidence: 0.85756034

00:03:12.330 --> 00:03:14.706 Do I do a virtual visit?

NOTE Confidence: 0.85756034

00:03:14.710 --> 00:03:16.939 Do I go into the office?

NOTE Confidence: 0.85756034

00:03:16.940 --> 00:03:18.156 How does that work?

NOTE Confidence: 0.85756034

00:03:18.156 --> 00:03:20.409 Tell us a little bit about that

NOTE Confidence: 0.85756034

00:03:20.409 --> 00:03:21.837 thought process and whether

NOTE Confidence: 0.85756034

00:03:21.837 --> 00:03:24.197 you ended up seeing

NOTE Confidence: 0.85756034

00:03:24.197 --> 00:03:26.209 your doctor using telemedicine,

NOTE Confidence: 0.85756034

00:03:26.210 --> 00:03:28.340 or whether you went into their

NOTE Confidence: 0.85756034

00:03:28.340 --> 00:03:30.223 office and whether you had

NOTE Confidence: 0.85756034

00:03:30.223 --> 00:03:31.779 any challenges with that.

NOTE Confidence: 0.75879496

00:03:34.680 --> 00:03:37.440 That's a great question.

NOTE Confidence: 0.75879496

00:03:37.440 --> 00:03:40.200 Almost right from the beginning,

NOTE Confidence: 0.75879496

00:03:40.200 --> 00:03:46.770 covid sort of felt like this parallel

NOTE Confidence: 0.75879496

00:03:46.770 --> 00:03:50.415 opponent in my treatment and in my

NOTE Confidence: 0.75879496

00:03:50.415 --> 00:03:53.448 illness it was always a consideration,

NOTE Confidence: 0.75879496

00:03:53.450 --> 00:03:56.355 always a factor in the decisions that

NOTE Confidence: 0.75879496

00:03:56.355 --> 00:03:59.552 I was making and the decisions that

NOTE Confidence: 0.75879496

00:03:59.552 --> 00:04:02.342 my treatment team has been making.

NOTE Confidence: 0.75879496

00:04:02.350 --> 00:04:06.734 I knew that getting in for a clinical

NOTE Confidence: 0.75879496

00:04:06.734 --> 00:04:10.240 breast exam was going to be the

NOTE Confidence: 0.75879496

00:04:10.240 --> 00:04:13.750 next step after I felt that lump,

NOTE Confidence: 0.75879496

00:04:13.750 --> 00:04:17.271 so I was pretty specific and persistent

NOTE Confidence: 0.75879496

00:04:17.271 --> 00:04:21.113 with asking for an in person visit with

NOTE Confidence: 0.75879496

00:04:21.113 --> 00:04:23.959 my OBGYN and I really love the flexibility

NOTE Confidence: 0.75879496

00:04:23.959 --> 00:04:28.055 that has come out of covid and the

NOTE Confidence: 0.75879496

00:04:28.055 --> 00:04:30.217 increased availability of telemedicine,

NOTE Confidence: 0.75879496

00:04:30.217 --> 00:04:33.511 but you know some things just

NOTE Confidence: 0.75879496

00:04:33.511 --> 00:04:35.100 have to be done

NOTE Confidence: 0.75879496

00:04:35.100 --> 00:04:38.054 in person and I knew that I

NOTE Confidence: 0.75879496

00:04:38.054 --> 00:04:40.335 wouldn't feel comfortable at that

NOTE Confidence: 0.75879496

00:04:40.335 --> 00:04:42.665 point using a telemedicine visit,

NOTE Confidence: 0.75879496

00:04:42.670 --> 00:04:46.650 so I was able to get the in person visit

NOTE Confidence: 0.75879496

00:04:46.755 --> 00:04:50.517 and then there was a bit of a struggle

NOTE Confidence: 0.75879496

00:04:50.517 --> 00:04:54.525 and delay with trying to get imaging

NOTE Confidence: 0.75879496

00:04:54.525 --> 00:04:57.262 going because my understanding is that

NOTE Confidence: 0.75879496

00:04:57.262 --> 00:05:00.160 a lot of imaging centers had decreased

NOTE Confidence: 0.75879496

00:05:00.237 --> 00:05:03.135 capacity or maybe even temporarily closed.

NOTE Confidence: 0.75879496

00:05:03.140 --> 00:05:05.430 So I did have to

NOTE Confidence: 0.75879496

00:05:05.430 --> 00:05:08.307 advocate for myself to get that imaging

NOTE Confidence: 0.75879496

00:05:08.307 --> 00:05:12.210 done and to be very clear that this was not

NOTE Confidence: 0.75879496

00:05:12.210 --> 00:05:15.348 routine screening, although that should not

NOTE Confidence: 0.75879496

00:05:15.350 --> 00:05:17.009 be deferred either,

NOTE Confidence: 0.75879496

00:05:17.009 --> 00:05:20.327 but rather that this imaging

NOTE Confidence: 0.75879496

00:05:20.327 --> 00:05:23.709 was diagnostic and those days

NOTE Confidence: 0.75879496

00:05:23.710 --> 00:05:28.584 I mean I can remember the seconds, minutes,

NOTE Confidence: 0.75879496

00:05:28.584 --> 00:05:34.136 hours and days between visiting my OBGYN and

NOTE Confidence: 0.75879496

00:05:34.140 --> 00:05:36.128 getting confirmation that yes,

NOTE Confidence: 0.75879496

00:05:36.128 --> 00:05:37.619 this is cancer.

NOTE Confidence: 0.75879496

00:05:37.620 --> 00:05:39.693 That was a really,

NOTE Confidence: 0.75879496

00:05:39.693 --> 00:05:41.766 really difficult time.

00:05:42.270 --> 00:05:46.770 Tara maybe I'll bring you in here,

NOTE Confidence: 0.84270716

00:05:46.770 --> 00:05:49.355 you know, during the pandemic

NOTE Confidence: 0.84270716

00:05:49.355 --> 00:05:53.243 talk a little bit about how as a

NOTE Confidence: 0.84270716

00:05:53.243 --> 00:05:56.043 health care provider and as

NOTE Confidence: 0.84270716

00:05:56.145 --> 00:05:59.270 a chief patient quality officer,

NOTE Confidence: 0.84270716

00:05:59.270 --> 00:06:00.770 patient experience Officer,

NOTE Confidence: 0.84270716

00:06:00.770 --> 00:06:04.270 things kind of shifted during the pandemic.

NOTE Confidence: 0.84270716

00:06:04.270 --> 00:06:07.750 What were the approaches in terms

NOTE Confidence: 0.84270716

00:06:07.750 --> 00:06:11.840 of clinic visits in terms of imaging?

NOTE Confidence: 0.84270716

00:06:11.840 --> 00:06:15.808 How did facilities shift and what

NOTE Confidence: 0.84270716

00:06:15.808 --> 00:06:18.517 ramifications do you think that had?

NOTE Confidence: 0.8433093

00:06:19.970 --> 00:06:22.120 Thanks Anees,

NOTE Confidence: 0.8433093

00:06:22.120 --> 00:06:25.130 I feel like in recalling and listening

NOTE Confidence: 0.8433093

00:06:25.130 --> 00:06:28.140 to Christina's story, it brings me back.

NOTE Confidence: 0.8433093

00:06:28.140 --> 00:06:30.720 I'm also a breast cancer oncologist,

NOTE Confidence: 0.8433093

00:06:30.720 --> 00:06:33.730 so I treat patients with breast cancer,

NOTE Confidence: 0.8433093

00:06:33.730 --> 00:06:36.004 and I vividly remember the process

NOTE Confidence: 0.8433093

00:06:36.004 --> 00:06:38.530 of going through a national shutdown

NOTE Confidence: 0.8433093

00:06:38.530 --> 00:06:40.855 and talking to many institutions

NOTE Confidence: 0.8433093

00:06:40.855 --> 00:06:43.190 on how they're handling it.

NOTE Confidence: 0.8433093

00:06:43.190 --> 00:06:45.998 And then I remember the Yale

NOTE Confidence: 0.8433093

00:06:45.998 --> 00:06:49.667 response and I have to say that

NOTE Confidence: 0.8433093

00:06:49.670 --> 00:06:52.208 with the guidance of the CDC,

NOTE Confidence: 0.8433093

00:06:52.210 --> 00:06:54.325 we did everything we could

NOTE Confidence: 0.8433093

00:06:54.325 --> 00:06:56.440 to keep our patients safe.

NOTE Confidence: 0.8433093

00:06:56.440 --> 00:06:58.128 It was very disorienting.

NOTE Confidence: 0.8433093

00:06:58.128 --> 00:07:01.092 As a provider, I was in clinic,

NOTE Confidence: 0.8433093

00:07:01.092 --> 00:07:04.050 2 1/2 days a week,

NOTE Confidence: 0.8433093

00:07:04.050 --> 00:07:04.906 most weeks,

NOTE Confidence: 0.8433093

00:07:04.906 --> 00:07:07.902 and then we went through a complete

NOTE Confidence: 0.8433093

00:07:07.902 --> 00:07:10.147 shutdown where we really minimized

NOTE Confidence: 0.8433093

00:07:10.147 --> 00:07:12.757 in person visits because of the

NOTE Confidence: 0.8433093

00:07:12.841 --> 00:07:15.564 virus and really tried to focus on

NOTE Confidence: 0.8433093

00:07:15.564 --> 00:07:17.588 the patients who were receiving

NOTE Confidence: 0.8433093

00:07:17.588 --> 00:07:19.770 in person IV chemotherapy.

NOTE Confidence: 0.8433093

00:07:19.770 --> 00:07:22.075 And so you know,

NOTE Confidence: 0.8433093

00:07:22.075 --> 00:07:24.400 patients like Christina coming through,

NOTE Confidence: 0.8433093

00:07:24.400 --> 00:07:26.716 we really stressed over what to

NOTE Confidence: 0.8433093

00:07:26.716 --> 00:07:28.871 do about patients with suspicious

NOTE Confidence: 0.8433093

00:07:28.871 --> 00:07:31.551 findings or needing diagnostic imaging

NOTE Confidence: 0.8433093

00:07:31.551 --> 00:07:34.630 that fortunately at Yale,

NOTE Confidence: 0.8433093

00:07:34.630 --> 00:07:37.420 I think, that never stopped.

NOTE Confidence: 0.8433093

00:07:37.420 --> 00:07:39.745 There were many routine imaging

NOTE Confidence: 0.8433093

00:07:39.745 --> 00:07:41.140 that was deferred.

00:07:42.068 --> 00:07:45.316 And we're still feeling the effects of that.

NOTE Confidence: 0.8433093

00:07:45.320 --> 00:07:49.970 Yale is a system that I have to say I thought,

NOTE Confidence: 0.8433093

00:07:49.970 --> 00:07:52.856 did a really wonderful job

NOTE Confidence: 0.8433093

00:07:52.860 --> 00:07:53.997 especially in communicating,

NOTE Confidence: 0.8433093

00:07:53.997 --> 00:07:56.650 because this was the first time for

NOTE Confidence: 0.8433093

00:07:56.716 --> 00:07:58.660 any of us to go through a pandemic

NOTE Confidence: 0.8433093

00:07:58.660 --> 00:08:00.471 and so really understanding the

NOTE Confidence: 0.8433093

00:08:00.471 --> 00:08:02.997 protocols and how things are changing

NOTE Confidence: 0.8433093

00:08:02.997 --> 00:08:05.180 everyday was paramount in our response,

NOTE Confidence: 0.8433093

00:08:05.180 --> 00:08:07.852 and as a provider I felt very well

NOTE Confidence: 0.8433093

00:08:07.852 --> 00:08:10.403 informed and I was able to convey

NOTE Confidence: 0.8433093

00:08:10.403 --> 00:08:12.213 those messages to my patients.

NOTE Confidence: 0.8876535

00:08:13.610 --> 00:08:15.830 So Christina ultimately, you

NOTE Confidence: 0.8876535

00:08:15.830 --> 00:08:18.190 were able to advocate for yourself,

NOTE Confidence: 0.8876535

00:08:18.190 --> 00:08:20.787 which I think is such a strong

NOTE Confidence: 0.8876535

00:08:20.787 --> 00:08:22.779 message for patients at large,

NOTE Confidence: 0.8876535

00:08:22.780 --> 00:08:25.828 whether there is a pandemic or no pandemic,

NOTE Confidence: 0.8876535

00:08:25.830 --> 00:08:27.740 but particularly during these times,

NOTE Confidence: 0.8876535

00:08:27.740 --> 00:08:29.888 to advocate for yourself to get

NOTE Confidence: 0.8876535

00:08:29.888 --> 00:08:32.600 the in person visit with your OBGYN

NOTE Confidence: 0.8876535

00:08:32.600 --> 00:08:34.615 to get the diagnostic imaging,

NOTE Confidence: 0.8876535

00:08:34.620 --> 00:08:37.134 and it sounds like ultimately to

NOTE Confidence: 0.8876535

00:08:37.134 --> 00:08:40.050 get the biopsy and the diagnosis.

NOTE Confidence: 0.8876535

00:08:40.050 --> 00:08:42.180 And so then what happened?

NOTE Confidence: 0.88126004

00:08:45.330 --> 00:08:48.240 After the diagnosis was confirmed,

NOTE Confidence: 0.88126004

00:08:48.240 --> 00:08:51.957 I was referred to a medical oncologist

NOTE Confidence: 0.88126004

00:08:51.957 --> 00:08:55.219 and a breast cancer surgeon,

NOTE Confidence: 0.88126004

00:08:55.220 --> 00:08:57.548 and then shortly afterwards,

NOTE Confidence: 0.88126004

00:08:57.548 --> 00:08:59.294 my radiation oncologist,

NOTE Confidence: 0.88126004

00:08:59.300 --> 00:09:03.199 so I started to have that treatment

NOTE Confidence: 0.88126004

00:09:03.199 --> 00:09:06.781 team built up around me and

NOTE Confidence: 0.88126004

00:09:06.781 --> 00:09:09.766 I have an awesome treatment team.

NOTE Confidence: 0.88126004

00:09:09.770 --> 00:09:11.516 Doctor Tristen Park,

NOTE Confidence: 0.88126004

00:09:11.516 --> 00:09:15.030 my breast cancer surgeon, Doctor Knowlton

NOTE Confidence: 0.88126004

00:09:15.030 --> 00:09:17.980 my radiation oncologist and doctor

NOTE Confidence: 0.88126004

00:09:17.980 --> 00:09:20.990 Kanowitz, my medical oncologist.

NOTE Confidence: 0.88126004

00:09:20.990 --> 00:09:23.246 They've all been wonderful,

NOTE Confidence: 0.88126004

00:09:23.246 --> 00:09:29.530 so it may sound a little strange, but

NOTE Confidence: 0.88126004

00:09:29.530 --> 00:09:31.550 once the diagnosis was confirmed,

NOTE Confidence: 0.88126004

00:09:31.550 --> 00:09:33.162 I had this team,

NOTE Confidence: 0.88126004

00:09:33.162 --> 00:09:35.580 we started putting plans in place,

NOTE Confidence: 0.88126004

00:09:35.580 --> 00:09:39.198 it was a little bit less of the unknown.

NOTE Confidence: 0.88126004

00:09:39.200 --> 00:09:42.424 I'm somebody who likes to have a plan.

NOTE Confidence: 0.88126004

00:09:42.430 --> 00:09:45.646 OK, this is what we're going to do.

NOTE Confidence: 0.88126004

00:09:45.650 --> 00:09:48.866 This is how we're going to approach this.

NOTE Confidence: 0.88126004

00:09:48.870 --> 00:09:51.754 These are the people you can contact

NOTE Confidence: 0.88126004

00:09:51.754 --> 00:09:54.517 with questions or when you need help,

NOTE Confidence: 0.88126004

00:09:54.520 --> 00:09:57.052 so getting that ball rolling felt

NOTE Confidence: 0.88126004

00:09:57.052 --> 00:09:59.640 like a bit of a relief to me.

NOTE Confidence: 0.89635444

00:10:03.030 --> 00:10:05.640 And were those visits that you

NOTE Confidence: 0.89635444

00:10:05.640 --> 00:10:07.821 had with those providers in

NOTE Confidence: 0.89635444

00:10:07.821 --> 00:10:10.530 person as well?

NOTE Confidence: 0.81844896

00:10:10.530 --> 00:10:15.320 Some were and some weren't, and now I'm

NOTE Confidence: 0.81844896

00:10:15.320 --> 00:10:18.140 recalling some things from earlier on,

NOTE Confidence: 0.81844896

00:10:18.140 --> 00:10:21.900 I do recall that initially when I was

NOTE Confidence: 0.81844896

00:10:21.900 --> 00:10:24.720 scheduled with my breast cancer surgeon,

NOTE Confidence: 0.81844896

00:10:24.720 --> 00:10:28.015 it was set up as a telemedicine

NOTE Confidence: 0.81844896

00:10:28.015 --> 00:10:30.865 visit and I didn't quite understand

NOTE Confidence: 0.81844896

00:10:30.865 --> 00:10:32.710 the rationale behind that,

NOTE Confidence: 0.81844896

00:10:32.710 --> 00:10:35.060 and was sort of wondering,

NOTE Confidence: 0.81844896

00:10:35.060 --> 00:10:38.388 is this best to meet her for

NOTE Confidence: 0.81844896

00:10:38.388 --> 00:10:41.638 the first time over Tele Medicine

NOTE Confidence: 0.81844896

00:10:41.640 --> 00:10:43.396 when she's somebody who is

NOTE Confidence: 0.81844896

00:10:43.396 --> 00:10:47.412 going to be operating on me so I actually

NOTE Confidence: 0.81844896

00:10:47.412 --> 00:10:49.998 reached out to Doctor Park directly

NOTE Confidence: 0.81844896

00:10:49.998 --> 00:10:53.023 and asked her if she felt that that

NOTE Confidence: 0.81844896

00:10:53.023 --> 00:10:55.950 was the best thing to do clinically to

NOTE Confidence: 0.81844896

00:10:55.950 --> 00:10:59.309 meet for the first time over Tele Medicine,

NOTE Confidence: 0.81844896

00:10:59.310 --> 00:11:02.775 or if she thought it would be more beneficial

NOTE Confidence: 0.81844896

00:11:02.775 --> 00:11:05.726 to come into the office in person.

NOTE Confidence: 0.81844896

00:11:05.730 --> 00:11:07.334 She was extremely responsive,

NOTE Confidence: 0.81844896

00:11:07.334 --> 00:11:09.740 and gracious and said no,

NOTE Confidence: 0.81844896

00:11:09.740 --> 00:11:11.820 I would prefer

NOTE Confidence: 0.81844896

00:11:11.820 --> 00:11:14.280 to see you in person so

NOTE Confidence: 0.81844896

00:11:14.280 --> 00:11:17.584 she switched the visit from Tele Medicine

NOTE Confidence: 0.81844896

00:11:17.584 --> 00:11:21.197 to in person and I really appreciated

NOTE Confidence: 0.81844896

00:11:21.197 --> 00:11:24.347 that flexibility and input from her

NOTE Confidence: 0.81844896

00:11:24.439 --> 00:11:28.023 because this is not my area of expertise,

NOTE Confidence: 0.81844896

00:11:28.030 --> 00:11:31.145 I don't know sometimes is

NOTE Confidence: 0.81844896

00:11:31.145 --> 00:11:34.260 it better to see somebody

NOTE Confidence: 0.81844896

00:11:34.260 --> 00:11:35.868 in person versus telemedicine.

NOTE Confidence: 0.81844896

00:11:35.868 --> 00:11:37.878 The risks versus benefits there.

NOTE Confidence: 0.81844896

00:11:37.880 --> 00:11:40.768 So I really had to depend a lot

NOTE Confidence: 0.81844896

00:11:40.768 --> 00:11:43.817 on the team and let them tell

NOTE Confidence: 0.81844896

00:11:43.817 --> 00:11:46.720 me what's the better way to go.

NOTE Confidence: 0.81844896

00:11:46.720 --> 00:11:48.001 But for example,

NOTE Confidence: 0.81844896

00:11:48.001 --> 00:11:50.990 my first meeting with Doctor Knowlton that

NOTE Confidence: 0.81844896

00:11:51.071 --> 00:11:53.585 was telemedicine and that was more

NOTE Confidence: 0.81844896

00:11:53.585 --> 00:11:56.031 or less to establish a relationship

NOTE Confidence: 0.81844896

00:11:56.031 --> 00:11:58.775 with her and for her to hear a

NOTE Confidence: 0.81844896

00:11:58.780 --> 00:12:01.186 little bit more about my history,

NOTE Confidence: 0.81844896

00:12:01.190 --> 00:12:02.862 knowing that the radiation

NOTE Confidence: 0.81844896

00:12:02.862 --> 00:12:05.370 was going to be at the

NOTE Confidence: 0.81844896

00:12:05.370 --> 00:12:07.962 tail end of my treatment

00:12:11.137 --> 00:12:13.819 and that even allowed me to

NOTE Confidence: 0.81844896

00:12:13.820 --> 00:12:15.470 work almost a full day

NOTE Confidence: 0.81844896

00:12:15.470 --> 00:12:17.766 and just take

NOTE Confidence: 0.81844896

00:12:17.766 --> 00:12:20.007 an hour out to go somewhere quiet

NOTE Confidence: 0.81844896

00:12:20.007 --> 00:12:22.052 and private and do the telemedicine

NOTE Confidence: 0.81844896

00:12:22.052 --> 00:12:24.677 visit and then get back to work.

NOTE Confidence: 0.82403576

00:12:25.760 --> 00:12:27.900 So certainly, I mean,

NOTE Confidence: 0.82403576

00:12:27.900 --> 00:12:31.020 it seems like the pandemic which

NOTE Confidence: 0.82403576

00:12:31.020 --> 00:12:33.612 caused this versioning of Tele health

NOTE Confidence: 0.82403576

00:12:33.612 --> 00:12:36.746 visits might actually have been a little

NOTE Confidence: 0.82403576

00:12:36.746 --> 00:12:39.458 bit more convenient for some visits.

00:12:43.740 --> 00:12:47.187 How did you kind of think about

NOTE Confidence: 0.82403576

00:12:47.187 --> 00:12:50.159 which visit should be Tele medicine,

NOTE Confidence: 0.82403576

00:12:50.160 --> 00:12:52.716 which visit should be in person.

NOTE Confidence: 0.82403576

00:12:52.720 --> 00:12:55.849 And going forward, do you think that

NOTE Confidence: 0.82403576

00:12:55.850 --> 00:12:58.496 Tele Medicine might play an increasing role,

NOTE Confidence: 0.82403576

00:12:58.500 --> 00:13:00.008 particularly when you hear

NOTE Confidence: 0.82403576

00:13:00.008 --> 00:13:01.139 stories like Christina's

NOTE Confidence: 0.82403576

00:13:01.140 --> 00:13:03.030 where

NOTE Confidence: 0.82403576

00:13:03.030 --> 00:13:06.432 you can work the whole day and just take

NOTE Confidence: 0.82403576

00:13:06.432 --> 00:13:09.462 an hour off for the visit instead of

NOTE Confidence: 0.82403576

00:13:09.462 --> 00:13:12.860 having to take half a day off,

NOTE Confidence: 0.82403576

00:13:12.860 --> 00:13:13.620 find parking,

NOTE Confidence: 0.82403576

00:13:13.620 --> 00:13:15.870 and go through the whole rigmarole

NOTE Confidence: 0.82403576

00:13:15.870 --> 00:13:18.530 for what might be the same visit.

NOTE Confidence: 0.8708802

00:13:20.690 --> 00:13:22.826 Yeah, when the pandemic first started,

NOTE Confidence: 0.8708802

00:13:22.830 --> 00:13:25.670 we often didn't have a choice.

NOTE Confidence: 0.8708802

00:13:25.670 --> 00:13:27.782 Many of our visits were converted

NOTE Confidence: 0.8708802

00:13:27.782 --> 00:13:30.213 to Tele medicine again in the hopes

NOTE Confidence: 0.8708802

00:13:30.213 --> 00:13:31.813 that we weren't exposing patients

NOTE Confidence: 0.8708802

00:13:31.813 --> 00:13:34.219 to a contagious virus in person.

NOTE Confidence: 0.8708802

00:13:34.220 --> 00:13:36.628 So a lot of our new patient visits

NOTE Confidence: 0.8708802

00:13:36.628 --> 00:13:39.400 where we would normally see them in the

NOTE Confidence: 0.8708802

00:13:39.400 --> 00:13:42.286 office were done on Tele medicine in

NOTE Confidence: 0.8708802

00:13:42.286 --> 00:13:44.895 retrospect some of that was good.

NOTE Confidence: 0.8708802

00:13:44.895 --> 00:13:46.315 It was very disorienting.

NOTE Confidence: 0.8708802

00:13:46.320 --> 00:13:48.348 You know, we're all learning new

NOTE Confidence: 0.8708802

00:13:48.348 --> 00:13:50.589 ways to take care of patients,

NOTE Confidence: 0.8708802

00:13:50.590 --> 00:13:53.390 and I think as time goes forward,

NOTE Confidence: 0.8708802

00:13:53.390 --> 00:13:55.075 the most important thing will

NOTE Confidence: 0.8708802

00:13:55.075 --> 00:13:56.423 be what Christina mentioned,

NOTE Confidence: 0.8708802

00:13:56.430 --> 00:13:58.458 which is a shared decision.

NOTE Confidence: 0.8708802

00:13:58.460 --> 00:14:00.145 Are you comfortable doing this

NOTE Confidence: 0.8708802

00:14:00.145 --> 00:14:01.156 on Tele medicine?

NOTE Confidence: 0.8708802

00:14:01.160 --> 00:14:03.504 Do you feel there is a good reason

NOTE Confidence: 0.8708802

00:14:03.504 --> 00:14:06.228 to be seen and examined in person?

NOTE Confidence: 0.8708802

00:14:06.230 --> 00:14:08.204 And I think providers are learning

NOTE Confidence: 0.8708802

00:14:08.204 --> 00:14:10.246 the value of listening to those

NOTE Confidence: 0.8708802

00:14:10.246 --> 00:14:11.582 patient preferences in order

NOTE Confidence: 0.8708802

00:14:11.582 --> 00:14:13.330 to accommodate and honor

NOTE Confidence: 0.8708802

00:14:13.330 --> 00:14:14.682 what is preferred and

NOTE Confidence: 0.8708802

00:14:14.682 --> 00:14:15.696 probably what's necessary,

NOTE Confidence: 0.8708802

00:14:15.700 --> 00:14:18.164 so patients know inside it's

NOTE Confidence: 0.8708802

00:14:18.164 --> 00:14:21.285 OK to just do this one on video and

NOTE Confidence: 0.8708802

00:14:21.285 --> 00:14:23.659 next time in person or they know

NOTE Confidence: 0.8708802

00:14:23.660 --> 00:14:25.372 I think I need an exam and we

NOTE Confidence: 0.8708802

00:14:25.372 --> 00:14:27.324 need to really pay attention to

NOTE Confidence: 0.8708802

00:14:27.324 --> 00:14:29.154 those preferences and honor that.

00:14:29.490 --> 00:14:31.541 We're going to take a short

NOTE Confidence: 0.8850987

00:14:31.541 --> 00:14:33.794 break for medical minute and then come

NOTE Confidence: 0.8850987

00:14:33.794 --> 00:14:35.762 back to learn more about Christina's

NOTE Confidence: 0.8850987

00:14:35.820 --> 00:14:37.926 experience with cancer and the Covid

NOTE Confidence: 0.8850987

00:14:37.926 --> 00:14:39.986 vaccine right after this short break.

NOTE Confidence: 0.8850987

00:14:39.986 --> 00:14:40.970 Please stay tuned.

NOTE Confidence: 0.8374985

00:14:41.630 --> 00:14:44.190 Support for Yale Cancer Answers

NOTE Confidence: 0.8374985

00:14:44.190 --> 00:14:47.242 comes from AstraZeneca, working to

NOTE Confidence: 0.8374985

00:14:47.242 --> 00:14:50.084 eliminate cancer as a cause of death.

NOTE Confidence: 0.8374985

00:14:50.090 --> 00:14:53.710 Learn more at astrazeneca-us.com.

NOTE Confidence: 0.8374985

00:14:53.710 --> 00:14:56.496 This is a medical minute about Melanoma.

NOTE Confidence: 0.8374985

00:14:56.500 --> 00:14:58.485 While Melanoma accounts for only

NOTE Confidence: 0.8374985

00:14:58.485 --> 00:15:00.728 about 4% of skin cancer cases,

NOTE Confidence: 0.8374985

00:15:00.728 --> 00:15:02.900 it causes the most skin cancer

NOTE Confidence: 0.8374985

00:15:02.970 --> 00:15:04.850 deaths and when detected early

NOTE Confidence: 0.8374985

00:15:04.850 --> 00:15:06.442 Melanoma is easily

NOTE Confidence: 0.8374985

00:15:06.442 --> 00:15:08.432 treated and highly curable. Clinical

NOTE Confidence: 0.8374985

00:15:08.440 --> 00:15:10.720 trials are currently underway to test

NOTE Confidence: 0.8374985

00:15:10.720 --> 00:15:12.810 innovative new treatments for Melanoma.

NOTE Confidence: 0.8374985

00:15:12.810 --> 00:15:15.330 The goal of the specialized programs

NOTE Confidence: 0.8374985

00:15:15.330 --> 00:15:17.816 of research excellence in skin cancer

NOTE Confidence: 0.8374985

00:15:17.816 --> 00:15:20.378 or SPORE grant is to better understand

NOTE Confidence: 0.8374985

00:15:20.378 --> 00:15:23.566 the biology of skin cancer with a focus

NOTE Confidence: 0.8374985

00:15:23.566 --> 00:15:26.094 on discovering targets that will lead

NOTE Confidence: 0.8374985

00:15:26.094 --> 00:15:28.334 to improved diagnosis and treatment.

NOTE Confidence: 0.8374985

00:15:28.340 --> 00:15:30.412 More information is available

NOTE Confidence: 0.8374985

00:15:30.412 --> 00:15:31.448 at yalecancercenter.org.

NOTE Confidence: 0.8374985

00:15:31.450 --> 00:15:35.500 You're listening to Connecticut Public Radio.

NOTE Confidence: 0.8374985

00:15:35.500 --> 00:15:35.790 Welcome

NOTE Confidence: 0.8269568

00:15:35.790 --> 00:15:37.260 back to Yale Cancer Answers.

NOTE Confidence: 0.8269568

00:15:37.260 --> 00:15:39.731 This is Doctor Anees Chagpar and

NOTE Confidence: 0.8269568

00:15:39.731 --> 00:15:41.658 I'm joined tonight by my guests

NOTE Confidence: 0.8269568

00:15:41.660 --> 00:15:44.174 Christina Allen and Doctor Tara Sanft

NOTE Confidence: 0.8269568

00:15:44.174 --> 00:15:46.446 and we're talking about Christina's

NOTE Confidence: 0.8269568

00:15:46.446 --> 00:15:49.076 journey with cancer through Covid,

NOTE Confidence: 0.8269568

00:15:49.080 --> 00:15:51.870 and ultimately to the Covid vaccine.

NOTE Confidence: 0.8269568

00:15:51.870 --> 00:15:54.636 So Christina right before the break

NOTE Confidence: 0.8269568

00:15:54.636 --> 00:15:57.973 you were telling us how you were

NOTE Confidence: 0.8269568

00:15:57.973 --> 00:16:00.318 diagnosed right during the pandemic

NOTE Confidence: 0.8269568

00:16:00.318 --> 00:16:03.566 and you ended up having some of

NOTE Confidence: 0.8269568

00:16:03.566 --> 00:16:06.185 your visits virtually some of your

NOTE Confidence: 0.8269568

00:16:06.185 --> 00:16:09.345 visits in person tell us a little bit

NOTE Confidence: 0.8269568

00:16:09.345 --> 00:16:12.357 more about how the decision-making

NOTE Confidence: 0.8269568

00:16:12.360 --> 00:16:15.818 went in terms of your treatment strategy.

NOTE Confidence: 0.882152031333334

00:16:18.020 --> 00:16:20.835 Sure. At the beginning everything

NOTE Confidence: 0.882152031333334

00:16:20.835 --> 00:16:25.272 was so overwhelming for me and I

NOTE Confidence: 0.882152031333334

00:16:25.272 --> 00:16:28.314 really didn't realize just how many

NOTE Confidence: 0.882152031333334

00:16:28.314 --> 00:16:31.313 decisions there are to make about

NOTE Confidence: 0.882152031333334

00:16:31.313 --> 00:16:34.420 the treatment and about the strategy.

NOTE Confidence: 0.882152031333334

00:16:34.420 --> 00:16:38.680 And then what the options are.

NOTE Confidence: 0.882152031333334

00:16:38.680 --> 00:16:42.696 I did my best to educate myself and

NOTE Confidence: 0.882152031333334

00:16:42.696 --> 00:16:47.741 then of course I have to heavily rely

NOTE Confidence: 0.882152031333334

00:16:47.741 --> 00:16:51.613 on my treatment providers and really

NOTE Confidence: 0.882152031333334

00:16:51.613 --> 00:16:55.747 deeply trust them because they are

NOTE Confidence: 0.882152031333334

00:16:55.747 --> 00:17:00.330 the experts at treating breast cancer.

NOTE Confidence: 0.882152031333334

00:17:00.330 --> 00:17:04.398 I was worried all throughout that

NOTE Confidence: 0.882152031333334

00:17:04.398 --> 00:17:07.810 Covid would possibly delay or

NOTE Confidence: 0.882152031333334

00:17:07.810 --> 00:17:10.730 defer parts of my treatment,

NOTE Confidence: 0.882152031333334

00:17:10.730 --> 00:17:13.980 although that did not turn

NOTE Confidence: 0.882152031333334

00:17:13.980 --> 00:17:17.230 out to be the case,

NOTE Confidence: 0.882152031333334

00:17:17.230 --> 00:17:20.480 so I was starting chemotherapy

NOTE Confidence: 0.8921635

00:17:22.730 --> 00:17:26.390 about a month after we had

NOTE Confidence: 0.8921635

00:17:26.390 --> 00:17:28.830 confirmed the cancer diagnosis,

NOTE Confidence: 0.8921635

00:17:28.830 --> 00:17:33.438 I did make a decision to receive my

NOTE Confidence: 0.8921635

00:17:33.438 --> 00:17:37.232 chemotherapy at one of the outpatient

NOTE Confidence: 0.8921635

00:17:37.232 --> 00:17:41.024 clinics for Smilow in North Haven,

NOTE Confidence: 0.8921635

00:17:41.030 --> 00:17:43.470 which was extremely convenient

NOTE Confidence: 0.8921635

00:17:43.470 --> 00:17:47.130 for me, closer to my home,

NOTE Confidence: 0.8921635

00:17:47.130 --> 00:17:51.480 and also much easier to park,

NOTE Confidence: 0.8921635

00:17:51.480 --> 00:17:56.070 to get in and out of and also just less

NOTE Confidence: 0.8921635

00:17:56.192 --> 00:18:01.136 congestion and traffic then Smilow proper.

NOTE Confidence: 0.8921635

00:18:01.140 --> 00:18:03.424 So it was really,

NOTE Confidence: 0.8921635

00:18:03.424 --> 00:18:06.850 really great to have that option

NOTE Confidence: 0.8921635

00:18:06.971 --> 00:18:10.535 to use the North Haven location

NOTE Confidence: 0.8921635

00:18:10.535 --> 00:18:13.830 for my chemotherapy visits.

NOTE Confidence: 0.8921635

00:18:13.830 --> 00:18:16.254 And I felt very

NOTE Confidence: 0.8921635

00:18:16.254 --> 00:18:19.284 safe there the entire time.

NOTE Confidence: 0.8432569

00:18:22.630 --> 00:18:24.932 Tara, NOTE Confidence: 0.8432569

00:18:24.932 --> 00:18:27.590 did you find that in your

NOTE Confidence: 0.8432569

00:18:27.697 --> 00:18:30.737 management of breast cancer patients

NOTE Confidence: 0.8432569

00:18:30.737 --> 00:18:34.310 that you may have switched

NOTE Confidence: 0.8432569

00:18:34.310 --> 00:18:36.964 therapies or the sequencing of

NOTE Confidence: 0.8432569

00:18:36.964 --> 00:18:40.150 therapies or the location of therapies

NOTE Confidence: 0.8432569

00:18:40.150 --> 00:18:42.810 given considerations of the pandemic?

NOTE Confidence: 0.88397163

00:18:44.330 --> 00:18:47.550 Yes, we did all of those things.

NOTE Confidence: 0.88397163

00:18:47.550 --> 00:18:50.980 So fortunately we have a robust cancer network

NOTE Confidence: 0.88397163

00:18:50.980 --> 00:18:53.989 here with locations all over the state.

NOTE Confidence: 0.88397163

00:18:53.990 --> 00:18:56.290 And just as Christina got

NOTE Confidence: 0.88397163

00:18:56.290 --> 00:18:58.590 her care in North Haven,

NOTE Confidence: 0.88397163

00:18:58.590 --> 00:19:01.050 I frequently recommended my patients

NOTE Confidence: 0.88397163

00:19:01.050 --> 00:19:04.453 be treated close to home rather than

NOTE Confidence: 0.88397163

00:19:04.453 --> 00:19:07.021 coming down to the main hospital

NOTE Confidence: 0.88397163

00:19:07.021 --> 00:19:09.168 for some period of time.

NOTE Confidence: 0.88397163

00:19:09.170 --> 00:19:11.582 And even during that time,

NOTE Confidence: 0.88397163

00:19:11.582 --> 00:19:14.678 some listeners may remember that

NOTE Confidence: 0.88397163

00:19:14.680 --> 00:19:17.606 the cancer care was temporarily moved outside

NOTE Confidence: 0.88397163

00:19:17.606 --> 00:19:20.477 of Smilow Cancer Hospital for some time,

NOTE Confidence: 0.88397163

00:19:20.480 --> 00:19:24.197 and so I even practiced at a location in

NOTE Confidence: 0.88397163

00:19:24.200 --> 00:19:27.708 Guilford for awhile while we were again

NOTE Confidence: 0.88397163

00:19:27.708 --> 00:19:31.110 minimizing people coming into the hospital.

NOTE Confidence: 0.88397163

00:19:31.110 --> 00:19:34.886 We also made modifications to the timing of

NOTE Confidence: 0.88397163

00:19:34.886 --> 00:19:38.356 some therapies and that was consensus driven,

NOTE Confidence: 0.88397163

00:19:38.360 --> 00:19:42.329 so we really spent some time listening to our

NOTE Confidence: 0.88397163

00:19:42.329 --> 00:19:45.599 leaders and colleagues across the nation.

00:19:46.434 --> 00:19:48.936 And I remember logging into many webinars

NOTE Confidence: 0.88397163

00:19:48.936 --> 00:19:51.185 where there were conversations about

NOTE Confidence: 0.88397163

00:19:51.185 --> 00:19:54.307 how to best care for patients without

NOTE Confidence: 0.88397163

00:19:54.382 --> 00:19:57.190 compromising their curative treatments,

NOTE Confidence: 0.88397163

00:19:57.190 --> 00:20:00.748 but minimizing their risk of exposure.

NOTE Confidence: 0.88397163

00:20:00.750 --> 00:20:03.198 And I think that we made the best

NOTE Confidence: 0.88397163

00:20:03.198 --> 00:20:05.205 decisions we could make at the

NOTE Confidence: 0.88397163

00:20:05.205 --> 00:20:06.865 time and it was collective.

NOTE Confidence: 0.88397163

00:20:06.870 --> 00:20:08.790 Oncology tends to work really well

NOTE Confidence: 0.88397163

00:20:08.790 --> 00:20:11.049 together for the good of the patients,

NOTE Confidence: 0.88397163

00:20:11.050 --> 00:20:12.982 and I felt that coming through

NOTE Confidence: 0.88397163

00:20:12.982 --> 00:20:13.948 during the pandemic.

NOTE Confidence: 0.8636049

00:20:14.770 --> 00:20:17.884 Yeah, and so Christina you ended

NOTE Confidence: 0.8636049

00:20:17.884 --> 00:20:19.960 up getting your chemotherapy

NOTE Confidence: 0.8636049

00:20:20.047 --> 00:20:22.765 1st and then what happened?

NOTE Confidence: 0.8636049

00:20:22.770 --> 00:20:25.270 How long after that did

NOTE Confidence: 0.8636049

00:20:25.270 --> 00:20:27.270 you embark on surgery?

NOTE Confidence: 0.89608645

00:20:30.430 --> 00:20:34.952 I recall asking Doctor Park how soon

NOTE Confidence: 0.89608645

00:20:34.952 --> 00:20:38.541 after chemotherapy can I have

NOTE Confidence: 0.89608645

00:20:38.541 --> 00:20:41.625 my surgery and her response was

NOTE Confidence: 0.89608645

00:20:41.630 --> 00:20:46.006 four weeks would be the minimum and I

NOTE Confidence: 0.89608645

00:20:46.006 --> 00:20:50.700 think my surgery was like 4 weeks to

NOTE Confidence: 0.89608645

00:20:50.700 --> 00:20:54.046 the day that I ended chemotherapy.

NOTE Confidence: 0.89608645

00:20:54.046 --> 00:20:58.350 I was ready for the next step

NOTE Confidence: 0.89608645

00:20:58.450 --> 00:21:02.038 so there really wasn't any disruption.

NOTE Confidence: 0.89608645

00:21:02.040 --> 00:21:04.880 The planning went pretty smoothly.

NOTE Confidence: 0.89608645

00:21:04.880 --> 00:21:08.300 I was extremely fortunate that I

NOTE Confidence: 0.89608645

00:21:08.300 --> 00:21:11.829 did not experience any delays

NOTE Confidence: 0.89608645

00:21:11.830 --> 00:21:13.039 in my chemotherapy,

NOTE Confidence: 0.89608645

00:21:13.039 --> 00:21:15.860 I was able to have the treatments

NOTE Confidence: 0.89608645

00:21:15.940 --> 00:21:16.930 as scheduled.

NOTE Confidence: 0.89608645

00:21:16.930 --> 00:21:19.480 Of course, there were side effects,

NOTE Confidence: 0.89608645

00:21:19.480 --> 00:21:20.755 but they didn't sideline me

00:21:22.460 --> 00:21:25.034 so I finished as expected and

NOTE Confidence: 0.89608645

00:21:25.034 --> 00:21:27.654 then exactly like 30 days later

NOTE Confidence: 0.89608645

00:21:27.654 --> 00:21:29.679 I went in for surgery.

NOTE Confidence: 0.88253945

00:21:31.050 --> 00:21:33.605 And so what was that experience like?

NOTE Confidence: 0.88253945

00:21:33.610 --> 00:21:36.158 I mean you come into surgery.

NOTE Confidence: 0.88253945

00:21:36.160 --> 00:21:38.715 Were you able to bring your family?

NOTE Confidence: 0.88253945

00:21:38.720 --> 00:21:41.268 Did you have to wear a mask?

NOTE Confidence: 0.88253945

00:21:45.280 --> 00:21:48.186 when you talked about Covid being like

NOTE Confidence: 0.88253945

00:21:48.186 --> 00:21:50.728 this parallel line with your your cancer,

NOTE Confidence: 0.88253945

00:21:50.730 --> 00:21:53.005 tell us how that kind of

NOTE Confidence: 0.88253945

00:21:53.005 --> 00:21:54.720 influenced the surgical management.

NOTE Confidence: 0.84556586

00:21:56.430 --> 00:22:00.046 Sure, so masks of course at

NOTE Confidence: 0.84556586

00:22:00.050 --> 00:22:03.228 that point they were so commonplace,

NOTE Confidence: 0.84556586

00:22:03.230 --> 00:22:05.984 and familiar that it's

NOTE Confidence: 0.84556586

00:22:05.984 --> 00:22:08.663 just what what we do, right?

NOTE Confidence: 0.84556586

00:22:08.663 --> 00:22:12.287 What was a little trickier was figuring out

NOTE Confidence: 0.84556586

00:22:12.290 --> 00:22:14.996 who can be with me?

NOTE Confidence: 0.84556586

00:22:15.000 --> 00:22:19.077 Can my husband be with me if he can?

NOTE Confidence: 0.84556586

00:22:19.080 --> 00:22:23.157 Can he stay? What does he need to do?

NOTE Confidence: 0.84556586

00:22:23.160 --> 00:22:26.716 What do I bring to the hospital

NOTE Confidence: 0.84556586

00:22:26.716 --> 00:22:30.060 with me if he can't stay?

NOTE Confidence: 0.84556586

00:22:31.611 --> 00:22:34.713 So that was a little trickier than

NOTE Confidence: 0.84556586

00:22:34.713 --> 00:22:38.588 even right up to the day that I

NOTE Confidence: 0.84556586

00:22:38.588 --> 00:22:41.329 was being admitted for surgery it

NOTE Confidence: 0.84556586

00:22:41.330 --> 00:22:44.144 still wasn't clear which portions

NOTE Confidence: 0.84556586

00:22:44.144 --> 00:22:48.150 he was going to be able to be there for

NOTE Confidence: 0.84556586

00:22:48.150 --> 00:22:51.859 and how long he might be able to stay for,

NOTE Confidence: 0.84556586

00:22:51.860 --> 00:22:53.291 so I think you get

NOTE Confidence: 0.84556586

00:22:53.291 --> 00:22:55.199 more comfortable,

NOTE Confidence: 0.84556586

00:22:55.200 --> 00:22:57.864 sort of living in gray areas and with

NOTE Confidence: 0.84556586

00:22:57.864 --> 00:23:00.029 the unknown when you have cancer,

NOTE Confidence: 0.84556586

00:23:00.030 --> 00:23:02.160 so that was just another something

NOTE Confidence: 0.84556586

00:23:02.160 --> 00:23:04.857 that we sort of had to roll with.

00:23:06.930 --> 00:23:09.690 It was more of, this is the bag I'm going to take

NOTE Confidence: 0.84556586

00:23:09.690 --> 00:23:11.760 if you can't come with me.

NOTE Confidence: 0.84556586

00:23:11.760 --> 00:23:13.830 If you can come with me,

NOTE Confidence: 0.84556586

00:23:13.830 --> 00:23:16.140 I have this bigger bag that you're

NOTE Confidence: 0.84556586

00:23:16.140 --> 00:23:19.138 going to take in with you and then there

NOTE Confidence: 0.84556586

00:23:19.138 --> 00:23:21.770 will be another backup plan if needed.

NOTE Confidence: 0.84556586

00:23:21.770 --> 00:23:24.266 So just trying to be flexible.

00:23:24.666 --> 00:23:27.438 But he was able to stay with

NOTE Confidence: 0.84556586

00:23:27.438 --> 00:23:30.754 me right up until I went

NOTE Confidence: 0.84556586

00:23:30.754 --> 00:23:33.179 over to the operating room.

00:23:33.570 --> 00:23:36.244 Tara, you know we

NOTE Confidence: 0.8678951

00:23:36.244 --> 00:23:38.219 talk about cancer so often,

NOTE Confidence: 0.8678951

00:23:38.220 --> 00:23:41.076 we talk about having a support

NOTE Confidence: 0.8678951

00:23:41.076 --> 00:23:43.490 system and how important family is

NOTE Confidence: 0.8678951

00:23:43.490 --> 00:23:45.932 and you know clearly the pandemic

NOTE Confidence: 0.8678951

00:23:46.004 --> 00:23:48.699 kind of threw a wrench into familial

NOTE Confidence: 0.8678951

00:23:48.699 --> 00:23:51.198 support where patients often

NOTE Confidence: 0.8678951

00:23:51.198 --> 00:23:53.428 will have their entire families

NOTE Confidence: 0.8678951

00:23:53.428 --> 00:23:56.415 with them at clinic visits or in

NOTE Confidence: 0.8678951

00:23:56.415 --> 00:23:58.938 the hospital room or in the waiting

NOTE Confidence: 0.8678951

00:23:58.938 --> 00:24:01.500 area for their surgeries and so on.

NOTE Confidence: 0.8678951

00:24:01.500 --> 00:24:04.356 Tell us about how that that changed

NOTE Confidence: 0.8678951

00:24:04.360 --> 00:24:06.916 with the pandemic and what adjustments,

NOTE Confidence: 0.8678951

00:24:06.920 --> 00:24:10.336 if any, were made to compensate for that?

NOTE Confidence: 0.87826884

00:24:12.070 --> 00:24:14.560 Yeah, thanks for bringing this up.

NOTE Confidence: 0.87826884

00:24:14.560 --> 00:24:17.616 I think this is one of the most

NOTE Confidence: 0.87826884

00:24:17.616 --> 00:24:20.232 painful changes that came with the

NOTE Confidence: 0.87826884

00:24:20.232 --> 00:24:22.442 pandemic because of the risks,

NOTE Confidence: 0.87826884

00:24:22.450 --> 00:24:24.520 the decision was made to

NOTE Confidence: 0.87826884

00:24:24.520 --> 00:24:26.176 limit or restrict visitors.

NOTE Confidence: 0.87826884

00:24:26.180 --> 00:24:27.840 And as you mentioned,

NOTE Confidence: 0.87826884

00:24:27.840 --> 00:24:29.500 especially in cancer care,

NOTE Confidence: 0.87826884

00:24:29.500 --> 00:24:32.776 those visitors, those loved ones are

NOTE Confidence: 0.87826884

00:24:32.776 --> 00:24:36.558 so important to every step of the way.

NOTE Confidence: 0.87826884

00:24:36.560 --> 00:24:39.087 And I think that that

NOTE Confidence: 0.87826884

00:24:39.087 --> 00:24:41.040 decision was very difficult.

NOTE Confidence: 0.87826884

00:24:41.040 --> 00:24:43.476 It was painful for everyone involved,

NOTE Confidence: 0.87826884

00:24:43.480 --> 00:24:46.329 especially the patients and their loved ones.

NOTE Confidence: 0.87826884

00:24:46.330 --> 00:24:48.801 You know, many efforts were made to

NOTE Confidence: 0.87826884

00:24:48.801 --> 00:24:51.209 try to improve the communication.

NOTE Confidence: 0.87826884

00:24:51.210 --> 00:24:53.250 Once a patient was hospitalized,

NOTE Confidence: 0.87826884

00:24:53.250 --> 00:24:53.872 for instance,

NOTE Confidence: 0.87826884

00:24:53.872 --> 00:24:56.360 we did a lot to try to ensure

NOTE Confidence: 0.87826884

00:24:56.434 --> 00:24:58.854 communication with the family member

NOTE Confidence: 0.87826884

00:24:58.854 --> 00:25:01.790 through all different types of media,

NOTE Confidence: 0.87826884

00:25:01.790 --> 00:25:05.370 including face timing on rounds,

00:25:06.004 --> 00:25:08.223 lending iPads to each room and then

NOTE Confidence: 0.87826884

00:25:08.223 --> 00:25:11.189 we even had a system where there were

NOTE Confidence: 0.87826884

00:25:11.189 --> 00:25:13.887 volunteers who called with updates every day.

NOTE Confidence: 0.87826884

00:25:13.890 --> 00:25:16.020 I'm not sure that we did

NOTE Confidence: 0.87826884

00:25:16.020 --> 00:25:17.440 that for every patient.

NOTE Confidence: 0.87826884

00:25:17.440 --> 00:25:19.240 I know there were many patients

NOTE Confidence: 0.87826884

00:25:19.240 --> 00:25:20.956 who felt that the communication

NOTE Confidence: 0.87826884

00:25:20.956 --> 00:25:22.768 could have been better.

NOTE Confidence: 0.87826884

00:25:22.770 --> 00:25:25.209 And I think that we

NOTE Confidence: 0.87826884

00:25:25.209 --> 00:25:27.705 need to look at our processes and

NOTE Confidence: 0.87826884

00:25:27.705 --> 00:25:30.054 going forward figure out all the

NOTE Confidence: 0.87826884

00:25:30.054 --> 00:25:32.154 different ways that patients prefer

NOTE Confidence: 0.87826884

00:25:32.154 --> 00:25:34.976 to be communicated with and then try

NOTE Confidence: 0.87826884

00:25:34.976 --> 00:25:38.820 to do everything we can to spend that time

NOTE Confidence: 0.87826884

00:25:38.820 --> 00:25:39.990 doing that communication,

00:25:40.770 --> 00:25:43.110 in addition to all of this,

NOTE Confidence: 0.87826884

00:25:43.110 --> 00:25:45.240 we were avoiding going into

NOTE Confidence: 0.87826884

00:25:45.240 --> 00:25:47.699 rooms for the risk of exposing the

NOTE Confidence: 0.87826884

00:25:47.699 --> 00:25:50.499 patient and I know that was also

NOTE Confidence: 0.87826884

00:25:50.499 --> 00:25:52.889 a very isolating experience for

NOTE Confidence: 0.87826884

00:25:52.889 --> 00:25:55.200 patients hospitalized during that time.

NOTE Confidence: 0.87826884

00:25:55.200 --> 00:25:57.540 So it's something that

NOTE Confidence: 0.87826884

00:25:57.540 --> 00:25:58.338 in retrospect,

NOTE Confidence: 0.87826884

00:25:58.338 --> 00:26:00.732 we will analyze and understand

NOTE Confidence: 0.87826884

00:26:00.732 --> 00:26:02.609 how we can do better,

NOTE Confidence: 0.87826884

00:26:02.610 --> 00:26:05.172 and we continue every day to try

NOTE Confidence: 0.87826884

00:26:05.172 --> 00:26:07.262 to maximize the chances that

NOTE Confidence: 0.87826884

00:26:07.262 --> 00:26:10.004 patients and their loved ones feel

NOTE Confidence: 0.87826884

00:26:10.010 --> 00:26:12.218 informed and cared for and heard.

NOTE Confidence: 0.85496175

00:26:13.770 --> 00:26:16.178 And so then Christina,

NOTE Confidence: 0.85496175

00:26:16.178 --> 00:26:19.790 you have your surgery and presumably

NOTE Confidence: 0.85496175

00:26:19.901 --> 00:26:24.190 you get out of the hospital.

NOTE Confidence: 0.85496175

00:26:24.190 --> 00:26:25.150 Then what happened?

NOTE Confidence: 0.91245097

00:26:27.720 --> 00:26:31.535 So I was doing well enough that

NOTE Confidence: 0.91245097

00:26:31.535 --> 00:26:35.850 I was able to leave the hospital

NOTE Confidence: 0.91245097

00:26:35.850 --> 00:26:39.666 that evening and that was a

NOTE Confidence: 0.91245097

00:26:39.802 --> 00:26:43.570 decision that was definitely

NOTE Confidence: 0.91245097

00:26:43.570 --> 00:26:46.390 brought on by me and partially

NOTE Confidence: 0.91245097

00:26:46.390 --> 00:26:49.267 because I wasn't able to have

NOTE Confidence: 0.91245097

00:26:49.267 --> 00:26:51.979 family with me during that time.

NOTE Confidence: 0.91245097

00:26:51.980 --> 00:26:55.772 I knew as long as my doctor felt

NOTE Confidence: 0.91245097

00:26:55.772 --> 00:26:59.445 that it was safe for me to go,

NOTE Confidence: 0.91245097

00:26:59.450 --> 00:27:03.185 I knew that it was going to be better

NOTE Confidence: 0.91245097

00:27:03.185 --> 00:27:06.741 for my healing and recovery to be

NOTE Confidence: 0.91245097

00:27:06.741 --> 00:27:10.190 around family and to be back home.

NOTE Confidence: 0.91245097

00:27:10.190 --> 00:27:15.550 So I went in that morning and I was home

NOTE Confidence: 0.91245097

00:27:15.550 --> 00:27:17.938 by like 8:00 PM that evening,

NOTE Confidence: 0.91245097

00:27:17.940 --> 00:27:20.838 but my team, Doctor Park was

NOTE Confidence: 0.91245097

00:27:20.838 --> 00:27:23.718 texting me that evening, the next day

NOTE Confidence: 0.91245097

00:27:23.718 --> 00:27:26.886 checking in on me so I still felt

NOTE Confidence: 0.91245097

00:27:26.886 --> 00:27:30.369 like I had a lot of support but had

NOTE Confidence: 0.91245097

00:27:30.369 --> 00:27:33.582 the luxury of being back home where

NOTE Confidence: 0.91245097

00:27:33.582 --> 00:27:37.748 I was going to get the best rest and

NOTE Confidence: 0.91245097

00:27:37.748 --> 00:27:41.239 have the most help from family so

NOTE Confidence: 0.91245097

00:27:41.240 --> 00:27:43.420 everything went pretty smoothly

NOTE Confidence: 0.91245097

00:27:43.420 --> 00:27:45.600 once I got home.

00:27:46.090 --> 00:27:49.072 Did you worry about potential covid

NOTE Confidence: 0.8953741

00:27:49.072 --> 00:27:52.459 risk that your family could bring in?

NOTE Confidence: 0.8953741

00:27:52.460 --> 00:27:54.910 That would affect you, particularly?

NOTE Confidence: 0.8953741

00:27:54.910 --> 00:27:58.340 You know, not even after your surgery,

NOTE Confidence: 0.8953741

00:27:58.340 --> 00:28:02.330 but even during your chemotherapy.

NOTE Confidence: 0.8953741

00:28:02.330 --> 00:28:04.035 Was that concerning for you

NOTE Confidence: 0.8953741

00:28:04.035 --> 00:28:05.740 in living with your family,

NOTE Confidence: 0.8953741

00:28:05.740 --> 00:28:07.676 who you know presumably

NOTE Confidence: 0.8953741

00:28:07.676 --> 00:28:10.580 were out in the real world?

NOTE Confidence: 0.8953741

00:28:10.580 --> 00:28:15.284 Potentially exposed to the virus and getting

NOTE Confidence: 0.8877271

00:28:15.290 --> 00:28:19.518 infected yourself?

NOTE Confidence: 0.8877271

00:28:19.520 --> 00:28:22.320 Yes, I live with my husband and he

NOTE Confidence: 0.8877271

00:28:22.320 --> 00:28:25.570 had to make a lot of sacrifices.

NOTE Confidence: 0.92082965

00:28:27.770 --> 00:28:31.382 And think very carefully about who he

NOTE Confidence: 0.92082965

00:28:31.382 --> 00:28:35.096 was around and where did he absolutely

NOTE Confidence: 0.92082965

00:28:35.096 --> 00:28:38.890 have to go versus maybe want to go?

NOTE Confidence: 0.92082965

00:28:38.890 --> 00:28:42.250 And I really didn't see much other family,

NOTE Confidence: 0.92082965

00:28:42.250 --> 00:28:44.255 especially prior to getting vaccinated

NOTE Confidence: 0.92082965

00:28:44.255 --> 00:28:47.641 myself and I also didn't bring my husband

NOTE Confidence: 0.92082965

00:28:47.641 --> 00:28:50.230 into my chemotherapy treatment, even at

NOTE Confidence: 0.92082965

00:28:50.230 --> 00:28:53.170 times when it was better under control.

NOTE Confidence: 0.92082965

00:28:53.170 --> 00:28:56.530 And they said I could bring one person,

NOTE Confidence: 0.92082965

00:28:56.530 --> 00:28:59.442 and I was worried about what he could

NOTE Confidence: 0.92082965

00:28:59.442 --> 00:29:01.683 potentially be bringing into other

NOTE Confidence: 0.92082965

00:29:01.683 --> 00:29:04.088 people receiving treatment as well.

NOTE Confidence: 0.92082965

00:29:04.090 --> 00:29:06.610 So yeah, that was a worry.

NOTE Confidence: 0.92082965

00:29:06.610 --> 00:29:09.256 I mean, it's still a worry.

NOTE Confidence: 0.92082965

00:29:09.260 --> 00:29:11.450 Now, even after being vaccinated,

NOTE Confidence: 0.92082965

00:29:11.450 --> 00:29:12.758 but less so.

NOTE Confidence: 0.8689641

00:29:14.230 --> 00:29:17.317 So in our last minute just tell us

NOTE Confidence: 0.8689641

00:29:17.317 --> 00:29:20.284 about your decision to get

NOTE Confidence: 0.8689641

00:29:20.284 --> 00:29:23.179 vaccinated, when you got vaccinated and

NOTE Confidence: 0.8689641

00:29:23.180 --> 00:29:25.628 how that went.

NOTE Confidence: 0.8689641

00:29:25.630 --> 00:29:27.802 I was extremely fortunate that I'm

NOTE Confidence: 0.8689641

00:29:27.802 --> 00:29:30.100 working in a hospital environment.

NOTE Confidence: 0.8689641

00:29:30.100 --> 00:29:33.970 I work in an emergency room.

NOTE Confidence: 0.8689641

00:29:33.970 --> 00:29:36.250 And my hospital did an amazing

NOTE Confidence: 0.8689641

00:29:36.250 --> 00:29:38.490 job of rolling out the vaccine

NOTE Confidence: 0.8689641

00:29:38.490 --> 00:29:42.189 to staff as soon as possible.

NOTE Confidence: 0.8689641

00:29:42.190 --> 00:29:45.478 It was something I had been thinking about.

NOTE Confidence: 0.8689641

00:29:45.480 --> 00:29:47.535 As soon as we started

NOTE Confidence: 0.8689641

00:29:47.535 --> 00:29:49.179 hearing about a vaccine.

NOTE Confidence: 0.8689641

00:29:49.180 --> 00:29:51.572 And of course I talked it over

NOTE Confidence: 0.8689641

00:29:51.572 --> 00:29:53.868 with my medical oncologist before

NOTE Confidence: 0.8689641

00:29:53.868 --> 00:29:56.573 moving forward with the vaccine.

NOTE Confidence: 0.8689641

00:29:56.580 --> 00:29:58.368 But knowing the potential.

NOTE Confidence: 0.8689641

00:29:58.964 --> 00:30:01.348 devastating effects of covid

NOTE Confidence: 0.8689641

00:30:01.348 --> 00:30:03.700 and seeing what it did,

NOTE Confidence: 0.8689641

00:30:03.700 --> 00:30:05.974 it really seemed like an easy

NOTE Confidence: 0.8689641

00:30:05.974 --> 00:30:08.658 choice and the right choice for me.

NOTE Confidence: 0.8689641

00:30:08.660 --> 00:30:09.430 Christina Allen

NOTE Confidence: 0.8657765

00:30:09.430 --> 00:30:11.663 is a cancer survivor and Doctor Tara

NOTE Confidence: 0.8657765

00:30:11.663 --> 00:30:13.527 Sanft is an associate professor

NOTE Confidence: 0.8657765

00:30:13.527 --> 00:30:15.622 of medicine in medical oncology

NOTE Confidence: 0.8657765

00:30:15.622 --> 00:30:18.209 at the Yale School of Medicine.

NOTE Confidence: 0.8657765

00:30:18.210 --> 00:30:19.742 If you have questions,

NOTE Confidence: 0.8657765

00:30:19.742 --> 00:30:21.274 the address is canceranswers@yale.edu

NOTE Confidence: 0.8657765

00:30:21.274 --> 00:30:23.392 and past editions of the program

NOTE Confidence: 0.8657765

00:30:23.392 --> 00:30:25.324 are available in audio and written

NOTE Confidence: 0.8657765

00:30:25.387 --> 00:30:26.998 form at yalecancercenter.org.

NOTE Confidence: 0.8657765

00:30:27.000 --> 00:30:30.060 We hope you'll join us next week to learn

NOTE Confidence: 0.8657765

00:30:30.060 --> 00:30:32.778 more about the fight against cancer.

NOTE Confidence: 0.8657765

00:30:32.780 --> 00:30:34.990 Here on Connecticut public radio.