

WEBVTT

00:00:00.000 --> 00:00:02.460 Support for Yale Cancer Answers

NOTE Confidence: 0.8556941

00:00:02.460 --> 00:00:04.920 comes from AstraZeneca, dedicated

NOTE Confidence: 0.8556941

00:00:04.999 --> 00:00:07.344 to advancing options and providing

NOTE Confidence: 0.8556941

00:00:07.344 --> 00:00:10.300 hope for people living with cancer.

NOTE Confidence: 0.8556941

00:00:10.300 --> 00:00:14.208 More information at astrazeneca-us.com.

NOTE Confidence: 0.8556941

00:00:14.210 --> 00:00:16.064 Welcome to Yale Cancer Answers with

NOTE Confidence: 0.8556941

00:00:16.064 --> 00:00:18.440 your host doctor Anees Chagpar.

NOTE Confidence: 0.8556941

00:00:18.440 --> 00:00:20.240 Yale Cancer Answers features the

NOTE Confidence: 0.8556941

00:00:20.240 --> 00:00:22.432 latest information on cancer care by

NOTE Confidence: 0.8556941

00:00:22.432 --> 00:00:23.848 welcoming oncologists and specialists

NOTE Confidence: 0.8556941

00:00:23.848 --> 00:00:26.260 who are on the forefront of the

NOTE Confidence: 0.8556941

00:00:26.260 --> 00:00:28.360 battle to fight cancer. This week,

NOTE Confidence: 0.8556941

00:00:28.360 --> 00:00:30.085 it's a conversation about liver

NOTE Confidence: 0.8556941

00:00:30.085 --> 00:00:31.810 cancer with Doctor Mario Strazzabosco,

NOTE Confidence: 0.8556941

00:00:31.810 --> 00:00:33.814 Doctor Strazzabosco is a

NOTE Confidence: 0.8556941

00:00:33.814 --> 00:00:35.556 professor of medicine and clinical
NOTE Confidence: 0.8556941

00:00:35.556 --> 00:00:37.596 program leader of the liver Cancer
NOTE Confidence: 0.8556941

00:00:37.596 --> 00:00:40.089 program at the Yale School of Medicine,
NOTE Confidence: 0.8556941

00:00:40.090 --> 00:00:42.160 where Doctor Chagpar is a
NOTE Confidence: 0.8556941

00:00:42.160 --> 00:00:43.540 professor of surgical oncology.
NOTE Confidence: 0.83157575

00:00:45.650 --> 00:00:47.436 Mario, maybe we can start
NOTE Confidence: 0.83157575

00:00:47.436 --> 00:00:49.500 off by you telling us a
NOTE Confidence: 0.83157575

00:00:49.587 --> 00:00:52.127 little bit about liver cancers.
NOTE Confidence: 0.83157575

00:00:52.130 --> 00:00:54.155 So often people have different
NOTE Confidence: 0.83157575

00:00:54.155 --> 00:00:55.775 kinds of liver cancers.
NOTE Confidence: 0.83157575

00:00:55.780 --> 00:00:57.388 Sometimes cancers have started
NOTE Confidence: 0.83157575

00:00:57.388 --> 00:01:00.668 somewhere else and go to the liver and
NOTE Confidence: 0.83157575

00:01:00.668 --> 00:01:03.068 sometimes cancers start in the liver.
NOTE Confidence: 0.83157575

00:01:03.070 --> 00:01:05.779 Can you give us a
NOTE Confidence: 0.83157575

00:01:05.779 --> 00:01:08.328 framework of how to think about
NOTE Confidence: 0.83157575

00:01:08.330 --> 00:01:10.082 liver cancers?

NOTE Confidence: 0.83157575

00:01:10.082 --> 00:01:13.171 We distinguish cancers that start in the liver and

NOTE Confidence: 0.83157575

00:01:13.171 --> 00:01:15.505 we call them primary liver cancer,

NOTE Confidence: 0.83157575

00:01:15.510 --> 00:01:19.390 from cancer that goes into the liver with

NOTE Confidence: 0.83157575

00:01:19.390 --> 00:01:23.306 the primary cancer somewhere else.

NOTE Confidence: 0.83157575

00:01:23.310 --> 00:01:25.865 Those are called secondary liver

NOTE Confidence: 0.83157575

00:01:25.865 --> 00:01:29.030 cancer and in essence they are

NOTE Confidence: 0.83157575

00:01:29.030 --> 00:01:31.630 metastasis from a primary tumor.

NOTE Confidence: 0.83157575

00:01:31.630 --> 00:01:34.804 Today the topic will be

NOTE Confidence: 0.83157575

00:01:34.804 --> 00:01:38.024 cancer that happens

NOTE Confidence: 0.83157575

00:01:38.024 --> 00:01:41.510 in the liver as a primary site.

NOTE Confidence: 0.82089996

00:01:42.850 --> 00:01:45.447 And those are less common than the

NOTE Confidence: 0.82089996

00:01:45.447 --> 00:01:47.644 cancers that spread to the liver

NOTE Confidence: 0.82089996

00:01:47.644 --> 00:01:49.749 from other sites, is that right?

NOTE Confidence: 0.8644073

00:01:50.770 --> 00:01:52.390 That is right they are

NOTE Confidence: 0.8644073

00:01:52.390 --> 00:01:53.605 definitely less common,

NOTE Confidence: 0.8644073

00:01:53.610 --> 00:01:56.403 but it is true that
NOTE Confidence: 0.8644073

00:01:56.403 --> 00:01:58.838 primary liver cancer is actually one
NOTE Confidence: 0.8644073

00:01:58.838 --> 00:02:01.526 of the few cancers that are still
NOTE Confidence: 0.8644073

00:02:01.605 --> 00:02:03.680 increasing in terms of incidence
NOTE Confidence: 0.8644073

00:02:03.680 --> 00:02:06.164 and also in terms of mortality.
NOTE Confidence: 0.8644073

00:02:06.164 --> 00:02:08.588 So tell us a little bit
NOTE Confidence: 0.8644073

00:02:08.590 --> 00:02:10.620 more about primary liver cancers.
NOTE Confidence: 0.8644073

00:02:10.620 --> 00:02:12.240 Are there different types
NOTE Confidence: 0.8644073

00:02:12.240 --> 00:02:13.860 of primary liver cancer?
NOTE Confidence: 0.87478226

00:02:14.470 --> 00:02:17.440 Yes, there are several types.
NOTE Confidence: 0.87478226

00:02:17.440 --> 00:02:21.770 The two main types are
NOTE Confidence: 0.87478226

00:02:21.770 --> 00:02:24.034 hepatocellular carcinoma,
NOTE Confidence: 0.87478226

00:02:24.034 --> 00:02:27.816 which is the cancer
NOTE Confidence: 0.87478226

00:02:27.816 --> 00:02:31.390 that starts from the liver cells.
00:02:32.348 --> 00:02:36.660 It is the most common of them and the
NOTE Confidence: 0.87478226

00:02:36.660 --> 00:02:38.796 other is called cholangiocarcinoma
NOTE Confidence: 0.87478226

00:02:38.796 --> 00:02:42.000 and that starts from the bile ducts
NOTE Confidence: 0.87478226

00:02:42.088 --> 00:02:44.596 inside or outside of the liver.
NOTE Confidence: 0.87478226

00:02:44.600 --> 00:02:46.238 And this is less common.
NOTE Confidence: 0.84517926

00:02:46.240 --> 00:02:49.691 You mentioned that the
NOTE Confidence: 0.84517926

00:02:49.691 --> 00:02:53.320 incidences was increasing. What are
NOTE Confidence: 0.84517926

00:02:53.320 --> 00:02:57.135 the risk factors for getting liver cancer?
00:02:58.775 --> 00:03:02.590 This is a very important question.
NOTE Confidence: 0.84517926

00:03:02.590 --> 00:03:06.442 So liver cancer is increasing as a result of
NOTE Confidence: 0.84517926

00:03:06.442 --> 00:03:09.668 several worldwide epidemiological trends.
NOTE Confidence: 0.84517926

00:03:09.670 --> 00:03:14.726 The main risk factor is one, having liver disease.
NOTE Confidence: 0.84517926

00:03:14.730 --> 00:03:17.850 Two having hepatitis c, three having
NOTE Confidence: 0.84517926

00:03:17.850 --> 00:03:20.639 hepatitis B, four, having an excessive
NOTE Confidence: 0.84517926

00:03:20.639 --> 00:03:23.669 consumption of alcohol, five, having
NOTE Confidence: 0.84517926

00:03:23.669 --> 00:03:27.040 what we call metabolic syndrome,
NOTE Confidence: 0.84517926

00:03:27.040 --> 00:03:30.729 which is the result of being obese
NOTE Confidence: 0.84517926

00:03:30.729 --> 00:03:34.070 or overweight or having diabetes,
NOTE Confidence: 0.84517926

00:03:34.070 --> 00:03:38.330 or having other cardiovascular risk factors.
NOTE Confidence: 0.84517926

00:03:38.330 --> 00:03:40.110 In addition to that,
NOTE Confidence: 0.84517926

00:03:40.110 --> 00:03:42.335 there is a 6th epidemiological
NOTE Confidence: 0.84517926

00:03:42.335 --> 00:03:44.740 trend which is very important,
NOTE Confidence: 0.84517926

00:03:44.740 --> 00:03:48.943 which is the poor access to care in certain countries.
NOTE Confidence: 0.84517926

00:03:55.420 --> 00:03:58.300 These are the main factors that
NOTE Confidence: 0.84517926

00:03:58.300 --> 00:04:00.220 contribute to increasing the
NOTE Confidence: 0.84517926

00:04:00.306 --> 00:04:03.026 incidence of primary liver cancer,
NOTE Confidence: 0.84517926

00:04:03.030 --> 00:04:05.560 and particularly of hepatocellular carcinoma.
NOTE Confidence: 0.84517926

00:04:05.560 --> 00:04:08.920 Of course, the combination of these factors
NOTE Confidence: 0.84517926

00:04:08.920 --> 00:04:12.148 changes according to the geographical area.
00:04:20.772 --> 00:04:24.320 It used to be that in the US,
NOTE Confidence: 0.84517926

00:04:24.320 --> 00:04:27.440 the incidence of HCC was lower
NOTE Confidence: 0.84517926

00:04:27.440 --> 00:04:29.700 for example, than Asia, Africa,
NOTE Confidence: 0.84517926

00:04:29.700 --> 00:04:31.056 or other places.
NOTE Confidence: 0.84517926

00:04:31.056 --> 00:04:34.220 But now with migration and other factors,

NOTE Confidence: 0.84517926

00:04:34.220 --> 00:04:37.732 it tends to become more equal in terms

NOTE Confidence: 0.84517926

00:04:37.732 --> 00:04:40.523 of distribution of risk factors and

NOTE Confidence: 0.84517926

00:04:40.523 --> 00:04:43.259 also the risk factors are changing,

NOTE Confidence: 0.84517926

00:04:43.260 --> 00:04:46.508 so we used to have a very big

NOTE Confidence: 0.84517926

00:04:46.508 --> 00:04:48.679 impact of hepatitis C.

NOTE Confidence: 0.84517926

00:04:48.680 --> 00:04:50.940 Now with the new treatments

00:04:52.750 --> 00:04:55.914 we see a rise in the

NOTE Confidence: 0.84517926

00:04:55.914 --> 00:04:56.818 hepatocellular cancer

NOTE Confidence: 0.84517926

00:04:56.820 --> 00:04:59.150 which is a consequence of the metabolic

NOTE Confidence: 0.84517926

00:04:59.150 --> 00:05:01.480 risk factor such as diabetes,

00:05:02.880 --> 00:05:06.352 so the incidence in the US vs Asia

NOTE Confidence: 0.8051847

00:05:06.352 --> 00:05:09.268 has increased.

NOTE Confidence: 0.8051847

00:05:09.268 --> 00:05:12.640 You mentioned that was due to in part to migration i.e.

NOTE Confidence: 0.8051847

00:05:12.640 --> 00:05:15.580 people from Asia moving to the US which

NOTE Confidence: 0.8051847

00:05:15.580 --> 00:05:18.220 might imply some genetic factors.

NOTE Confidence: 0.8051847

00:05:18.220 --> 00:05:20.938 So is there a genetic underpinning

NOTE Confidence: 0.8051847

00:05:20.938 --> 00:05:24.268 to some of these cancers as well?

00:05:24.730 --> 00:05:27.055 I think this is more exposure

NOTE Confidence: 0.8051847

00:05:27.055 --> 00:05:28.915 to viral hepatitis.

NOTE Confidence: 0.8051847

00:05:28.920 --> 00:05:32.238 For example, one of the main factors

NOTE Confidence: 0.8051847

00:05:32.240 --> 00:05:34.220 in hepatitis B

NOTE Confidence: 0.8051847

00:05:34.220 --> 00:05:37.190 which is a direct oncogenic virus

NOTE Confidence: 0.8051847

00:05:37.291 --> 00:05:41.080 and it used to be lower here and higher

NOTE Confidence: 0.8051847

00:05:41.080 --> 00:05:43.400 for example, in the Mediterranean

NOTE Confidence: 0.8051847

00:05:43.400 --> 00:05:45.256 countries and in Asia.

NOTE Confidence: 0.8051847

00:05:45.260 --> 00:05:48.956 And changes in the

NOTE Confidence: 0.8051847

00:05:48.956 --> 00:05:51.310 worldwide population may change that.

NOTE Confidence: 0.8051847

00:05:51.310 --> 00:05:53.858 But one peculiar thing in the

NOTE Confidence: 0.8051847

00:05:53.858 --> 00:05:56.828 US is actually the increase

NOTE Confidence: 0.8051847

00:05:56.828 --> 00:05:59.208 of metabolic risk factors.

NOTE Confidence: 0.8051847

00:05:59.210 --> 00:06:01.540 Cancer associated with obesity

00:06:02.600 --> 00:06:05.780 and diabetes and one important thing

NOTE Confidence: 0.8051847

00:06:05.780 --> 00:06:08.820 to understand in terms of liver cancer
NOTE Confidence: 0.8051847

00:06:08.820 --> 00:06:11.802 is that whereas we try to focus on
NOTE Confidence: 0.8051847

00:06:11.802 --> 00:06:14.566 one risk factor as a matter of fact,
NOTE Confidence: 0.8051847

00:06:14.566 --> 00:06:16.150 patients with liver cancer,
NOTE Confidence: 0.8051847

00:06:16.150 --> 00:06:18.526 have several risk factors. It is not unusual
NOTE Confidence: 0.8051847

00:06:18.530 --> 00:06:20.912 to find a patient that is
NOTE Confidence: 0.8051847

00:06:20.912 --> 00:06:22.500 overweight, maybe is diabetic,
NOTE Confidence: 0.8051847

00:06:22.500 --> 00:06:25.140 which goes with being overweight and
NOTE Confidence: 0.8051847

00:06:25.140 --> 00:06:28.573 he didn't know he had hepatitis C
NOTE Confidence: 0.8051847

00:06:28.573 --> 00:06:31.630 so lived a normal life with
00:06:32.456 --> 00:06:35.347 drinking more than his liver could stand,
NOTE Confidence: 0.8051847

00:06:35.350 --> 00:06:37.800 and so here we are and maybe
NOTE Confidence: 0.8051847

00:06:37.800 --> 00:06:39.640 even he was smoking.
NOTE Confidence: 0.8051847

00:06:39.640 --> 00:06:42.520 So just a regular guy that had
NOTE Confidence: 0.8051847

00:06:42.520 --> 00:06:45.490 accrued four risk factors for liver cancer.
NOTE Confidence: 0.8051847

00:06:45.490 --> 00:06:48.220 So this is very important to understand
NOTE Confidence: 0.8051847

00:06:48.220 --> 00:06:50.990 when they add to each
NOTE Confidence: 0.8051847

00:06:50.990 --> 00:06:53.282 other the increasing the risk factor
NOTE Confidence: 0.8326694

00:06:53.290 --> 00:06:53.942 is exponential.
NOTE Confidence: 0.8326694

00:06:53.942 --> 00:06:56.550 I want to pick up on the viral
NOTE Confidence: 0.8326694

00:06:56.623 --> 00:06:59.047 hepatitities which increase the risk
NOTE Confidence: 0.8326694

00:06:59.047 --> 00:07:01.869 of developing hepatocellular cancer.
NOTE Confidence: 0.8326694

00:07:01.870 --> 00:07:04.678 So hepatitis B and hepatitis C,
NOTE Confidence: 0.8326694

00:07:04.680 --> 00:07:06.764 interestingly, as we're living
NOTE Confidence: 0.8326694

00:07:06.764 --> 00:07:09.372 through Covid right now, another
NOTE Confidence: 0.8326694

00:07:09.372 --> 00:07:13.548 viral disease for which we have a vaccine,
NOTE Confidence: 0.8326694

00:07:13.550 --> 00:07:16.810 it's important to understand that
NOTE Confidence: 0.8326694

00:07:16.810 --> 00:07:20.570 there are vaccines for hepatitis B&C.
NOTE Confidence: 0.8326694

00:07:20.570 --> 00:07:23.432 Have those vaccines had any
NOTE Confidence: 0.8326694

00:07:23.432 --> 00:07:26.109 impact on reducing the rates
NOTE Confidence: 0.8326694

00:07:26.109 --> 00:07:28.670 of hepatocellular cancer?
NOTE Confidence: 0.78660315

00:07:28.670 --> 00:07:30.718 We have vaccination available

NOTE Confidence: 0.78660315

00:07:30.718 --> 00:07:34.363 for hepatitis A&B. Hepatitis A is not

NOTE Confidence: 0.78660315

00:07:34.363 --> 00:07:37.279 associated with liver cancer, it is the

NOTE Confidence: 0.78660315

00:07:37.279 --> 00:07:40.720 hepatitis that is actually acquired

NOTE Confidence: 0.78660315

00:07:40.720 --> 00:07:43.248 through eating shellfish,

NOTE Confidence: 0.78660315

00:07:43.250 --> 00:07:48.403 or seafood. Hepatitis B,

NOTE Confidence: 0.78660315

00:07:48.403 --> 00:07:51.709 we have a vaccine which is extremely

NOTE Confidence: 0.78660315

00:07:51.709 --> 00:07:55.208 efficient and we have data showing that,

NOTE Confidence: 0.78660315

00:07:55.210 --> 00:07:58.521 for example, in some country in Africa

NOTE Confidence: 0.78660315

00:07:58.521 --> 00:08:01.999 where they had a very high incidence

NOTE Confidence: 0.78660315

00:08:01.999 --> 00:08:05.694 of a hepatocellular cancer because of the

NOTE Confidence: 0.78660315

00:08:05.694 --> 00:08:08.969 maternal fetal transmission of hepatitis B,

NOTE Confidence: 0.78660315

00:08:08.970 --> 00:08:12.138 they implemented a mass

NOTE Confidence: 0.78660315

00:08:12.138 --> 00:08:13.722 vaccination program there.

NOTE Confidence: 0.78660315

00:08:13.730 --> 00:08:17.018 And the incidence of liver cancer dropped

NOTE Confidence: 0.78660315

00:08:17.020 --> 00:08:18.620 dramatically, so yes,

NOTE Confidence: 0.78660315

00:08:18.620 --> 00:08:22.163 it is there and we can decrease the
NOTE Confidence: 0.78660315

00:08:22.163 --> 00:08:25.319 incidence with vaccination and in fact
NOTE Confidence: 0.78660315

00:08:25.319 --> 00:08:29.209 most people in the younger generation
NOTE Confidence: 0.78660315

00:08:29.210 --> 00:08:31.090 are vaccinated for it.
00:08:33.440 --> 00:08:36.038 Unfortunately we never made it with
NOTE Confidence: 0.78660315

00:08:36.038 --> 00:08:39.350 trying to find a vaccine for hepatitis C because of
NOTE Confidence: 0.78660315

00:08:39.350 --> 00:08:42.344 this high variability of the virus.
NOTE Confidence: 0.78660315

00:08:42.350 --> 00:08:45.032 But we were lucky because
NOTE Confidence: 0.78660315

00:08:45.032 --> 00:08:47.600 we were able to devise
NOTE Confidence: 0.78660315

00:08:47.600 --> 00:08:50.295 pharmacological treatment and so now
NOTE Confidence: 0.78660315

00:08:50.295 --> 00:08:54.232 we have very effective ways to eradicate
NOTE Confidence: 0.78660315

00:08:54.232 --> 00:08:57.694 the virus using small molecule compounds.
NOTE Confidence: 0.78660315

00:08:57.700 --> 00:09:00.538 And that is important information.
NOTE Confidence: 0.78660315

00:09:00.540 --> 00:09:03.156 And overall I think one message
NOTE Confidence: 0.78660315

00:09:03.156 --> 00:09:06.016 that it would be very important
NOTE Confidence: 0.78660315

00:09:06.016 --> 00:09:09.076 to get through to the public, is that
NOTE Confidence: 0.78660315

00:09:09.080 --> 00:09:11.654 most formal liver disease and therefore
NOTE Confidence: 0.78660315

00:09:11.654 --> 00:09:14.290 also liver cancer are preventable.
NOTE Confidence: 0.78660315

00:09:14.290 --> 00:09:18.074 And also treatable in terms of liver disease.
NOTE Confidence: 0.78660315

00:09:18.080 --> 00:09:20.450 So you can
NOTE Confidence: 0.78660315

00:09:20.450 --> 00:09:23.078 prevent risky behavior for viral
NOTE Confidence: 0.78660315

00:09:23.078 --> 00:09:26.140 hepatitis, you can use vaccination.
NOTE Confidence: 0.78660315

00:09:26.140 --> 00:09:28.650 You can treat the virus
00:09:29.811 --> 00:09:33.171 if you realize you are
NOTE Confidence: 0.78660315

00:09:33.171 --> 00:09:35.976 infected before having a cirrhosis.
NOTE Confidence: 0.78660315

00:09:35.980 --> 00:09:41.680 Avoid, of course,
NOTE Confidence: 0.78660315

00:09:41.680 --> 00:09:43.420 excessive use of alcohol.
NOTE Confidence: 0.78660315

00:09:43.420 --> 00:09:46.962 You can act on the lifestyle if you
NOTE Confidence: 0.78660315

00:09:46.962 --> 00:09:50.000 have diabetes. If you are
NOTE Confidence: 0.78660315

00:09:50.000 --> 00:09:52.628 obese,
NOTE Confidence: 0.78660315

00:09:52.630 --> 00:09:54.378 you can lose weight.
NOTE Confidence: 0.78660315

00:09:54.378 --> 00:09:56.563 You can increase your exercise.
NOTE Confidence: 0.78660315

00:09:56.570 --> 00:09:59.153 You can control those factors and so

NOTE Confidence: 0.78660315

00:09:59.153 --> 00:10:02.270 all of them are actually preventable,

NOTE Confidence: 0.78660315

00:10:02.270 --> 00:10:04.688 acting both at a personal level

NOTE Confidence: 0.78660315

00:10:04.688 --> 00:10:07.519 and public health action.

00:10:08.400 --> 00:10:11.238 Let's pick up on that.

NOTE Confidence: 0.82099146

00:10:11.240 --> 00:10:14.390 You mentioned a

NOTE Confidence: 0.82099146

00:10:14.390 --> 00:10:16.490 number of preventative measures,

NOTE Confidence: 0.82099146

00:10:16.490 --> 00:10:19.115 so if somebody gets vaccinated

NOTE Confidence: 0.82099146

00:10:19.115 --> 00:10:21.740 against hepatitis B, for example,

NOTE Confidence: 0.82099146

00:10:21.740 --> 00:10:24.365 and never contracts hepatitis B,

NOTE Confidence: 0.82099146

00:10:24.370 --> 00:10:26.466 it's understandable then that

NOTE Confidence: 0.82099146

00:10:26.466 --> 00:10:29.086 they've eliminated that risk factor,

NOTE Confidence: 0.82099146

00:10:29.090 --> 00:10:31.750 but if they get hepatitis

NOTE Confidence: 0.82099146

00:10:31.750 --> 00:10:34.870 C and are treated for it,

NOTE Confidence: 0.82099146

00:10:34.870 --> 00:10:38.014 does that eradicate the risk of

NOTE Confidence: 0.82099146

00:10:38.014 --> 00:10:39.586 developing hepatocellular carcinoma?

NOTE Confidence: 0.82099146

00:10:39.590 --> 00:10:43.526 Or is the fact that they already had
NOTE Confidence: 0.82099146

00:10:43.526 --> 00:10:47.377 hepatitis C even though it was treated,
00:10:48.204 --> 00:10:50.676 does that still increase their risk?
00:10:58.410 --> 00:11:00.540 Number one, there's a lot of
NOTE Confidence: 0.80400974

00:11:00.540 --> 00:11:03.309 people that have hepatitis C
NOTE Confidence: 0.80400974

00:11:03.310 --> 00:11:05.690 and don't know it, particularly
NOTE Confidence: 0.80400974

00:11:05.690 --> 00:11:08.780 in the so called baby Boomer.
NOTE Confidence: 0.80400974

00:11:08.780 --> 00:11:15.930 #2 this drug that I was mentioning,
NOTE Confidence: 0.80400974

00:11:15.930 --> 00:11:19.280 DAA, direct active antiviral,
NOTE Confidence: 0.80400974

00:11:19.280 --> 00:11:21.290 are extremely
NOTE Confidence: 0.86329997

00:11:23.320 --> 00:11:25.290 good and can eradicate
NOTE Confidence: 0.86329997

00:11:25.290 --> 00:11:27.260 the virus in most cases.
NOTE Confidence: 0.86329997

00:11:27.260 --> 00:11:29.618 Then the question becomes
NOTE Confidence: 0.86329997

00:11:29.620 --> 00:11:32.378 at what stage did you apply that treatment?
NOTE Confidence: 0.86329997

00:11:32.380 --> 00:11:34.750 Did you have just a minor
NOTE Confidence: 0.788159527142857

00:11:37.050 --> 00:11:40.315 chronic hepatitis or were
NOTE Confidence: 0.788159527142857

00:11:40.315 --> 00:11:43.580 you already progressed to have

NOTE Confidence: 0.788159527142857
00:11:43.690 --> 00:11:46.550 more fibrosis and cirrhosis.
NOTE Confidence: 0.788159527142857
00:11:46.550 --> 00:11:49.118 And the risk decreases in
NOTE Confidence: 0.788159527142857
00:11:49.118 --> 00:11:51.438 a different way whether you
NOTE Confidence: 0.788159527142857
00:11:51.438 --> 00:11:53.514 treated hepatitis before becoming
NOTE Confidence: 0.788159527142857
00:11:53.514 --> 00:11:56.690 cirrhotic or when you were already
NOTE Confidence: 0.788159527142857
00:11:56.690 --> 00:11:59.105 cirrhotic?
NOTE Confidence: 0.788159527142857
00:11:59.105 --> 00:12:01.037 In this second instance,
NOTE Confidence: 0.788159527142857
00:12:01.040 --> 00:12:04.896 the decrease in the risk is less important.
00:12:06.241 --> 00:12:08.923 The thing that we learned after treating
NOTE Confidence: 0.788159527142857
00:12:08.923 --> 00:12:11.347 many patients and erradicating
NOTE Confidence: 0.788159527142857
00:12:11.347 --> 00:12:14.806 the virus is that the risk of
NOTE Confidence: 0.788159527142857
00:12:14.806 --> 00:12:17.476 having liver cancer was decreasing,
NOTE Confidence: 0.788159527142857
00:12:17.480 --> 00:12:19.232 but was not zero.
NOTE Confidence: 0.788159527142857
00:12:19.232 --> 00:12:22.380 So there is still a substantial risk,
NOTE Confidence: 0.788159527142857
00:12:22.380 --> 00:12:25.509 even if it is, let's say halved.
NOTE Confidence: 0.788159527142857
00:12:29.072 --> 00:12:31.748 And there is a big controversy in the literature,

NOTE Confidence: 0.788159527142857
00:12:31.750 --> 00:12:34.426 but I won't go into that,
NOTE Confidence: 0.788159527142857
00:12:34.430 --> 00:12:38.570 but I think that one of the problems is,
NOTE Confidence: 0.788159527142857
00:12:38.570 --> 00:12:41.363 the timing in the Natural History
NOTE Confidence: 0.788159527142857
00:12:41.363 --> 00:12:44.169 of disease in which you apply the
NOTE Confidence: 0.788159527142857
00:12:44.169 --> 00:12:47.549 treatment and just to go back to
NOTE Confidence: 0.788159527142857
00:12:47.549 --> 00:12:50.049 the beginning of this conversation,
NOTE Confidence: 0.788159527142857
00:12:50.050 --> 00:12:52.594 we said most patients
NOTE Confidence: 0.788159527142857
00:12:52.594 --> 00:12:53.866 with liver cancer
NOTE Confidence: 0.788159527142857
00:12:53.870 --> 00:12:56.845 have more than one risk factor.
NOTE Confidence: 0.788159527142857
00:12:56.850 --> 00:12:59.394 So if I only eliminate the
NOTE Confidence: 0.788159527142857
00:12:59.394 --> 00:13:00.666 virus and eradicate it,
NOTE Confidence: 0.788159527142857
00:13:00.670 --> 00:13:03.645 I decrease a very important risk factor.
NOTE Confidence: 0.788159527142857
00:13:03.650 --> 00:13:06.800 But I don't zero the risk factor
NOTE Confidence: 0.788159527142857
00:13:06.800 --> 00:13:08.980 because the patient
NOTE Confidence: 0.788159527142857
00:13:08.980 --> 00:13:11.556 may be diabetic, the patient may be overweight,
NOTE Confidence: 0.788159527142857

00:13:11.560 --> 00:13:13.552 but the patient may be drinking
NOTE Confidence: 0.788159527142857

00:13:13.552 --> 00:13:15.771 or go back to drink because
NOTE Confidence: 0.788159527142857

00:13:15.771 --> 00:13:18.207 now he doesn't have the virus.
NOTE Confidence: 0.788159527142857

00:13:18.210 --> 00:13:18.948 So again,
NOTE Confidence: 0.788159527142857

00:13:18.948 --> 00:13:20.793 one of the important messages
00:13:25.410 --> 00:13:29.358 is that liver cancer is a very
NOTE Confidence: 0.788159527142857

00:13:29.358 --> 00:13:30.674 comprehensive approach.
NOTE Confidence: 0.788159527142857

00:13:30.680 --> 00:13:33.375 Eliminating the virus is just step one.
NOTE Confidence: 0.788159527142857

00:13:33.380 --> 00:13:34.928 We're going to pick
NOTE Confidence: 0.8503824

00:13:34.930 --> 00:13:38.040 up on how we deal with all of the other
NOTE Confidence: 0.8503824

00:13:38.123 --> 00:13:40.709 lifestyle factors right after we take
NOTE Confidence: 0.8503824

00:13:40.709 --> 00:13:44.190 a quick break it for a medical minute.
NOTE Confidence: 0.8503824

00:13:44.190 --> 00:13:46.470 Please stay tuned to learn more
NOTE Confidence: 0.8503824

00:13:46.470 --> 00:13:48.820 about advances in liver cancer with
NOTE Confidence: 0.8503824

00:13:48.820 --> 00:13:51.184 my guest doctor, Mario Strazzabosco.
NOTE Confidence: 0.8503824

00:13:51.184 --> 00:13:53.237 Support for Yale Cancer Answers
NOTE Confidence: 0.8503824

00:13:53.237 --> 00:13:55.679 comes from AstraZeneca, working to
NOTE Confidence: 0.8503824

00:13:55.679 --> 00:13:58.088 eliminate cancer as a cause of death.
NOTE Confidence: 0.8503824

00:13:58.090 --> 00:14:01.278 Learn more at astrazeneca-us.com.
NOTE Confidence: 0.8503824

00:14:01.280 --> 00:14:03.365 This is a medical minute
NOTE Confidence: 0.8503824

00:14:03.365 --> 00:14:04.616 about smoking cessation.
NOTE Confidence: 0.8503824

00:14:04.620 --> 00:14:06.700 There are many obstacles to
NOTE Confidence: 0.8503824

00:14:06.700 --> 00:14:08.364 face when quitting smoking,
NOTE Confidence: 0.8503824

00:14:08.370 --> 00:14:11.289 as smoking involves the potent drug nicotine.
NOTE Confidence: 0.8503824

00:14:11.290 --> 00:14:14.209 But it's a very important lifestyle change,
NOTE Confidence: 0.8503824

00:14:14.210 --> 00:14:15.458 especially for patients
NOTE Confidence: 0.8503824

00:14:15.458 --> 00:14:16.706 undergoing cancer treatment.
NOTE Confidence: 0.8503824

00:14:16.710 --> 00:14:18.954 Quitting smoking has been shown to
NOTE Confidence: 0.8503824

00:14:18.954 --> 00:14:20.989 positively impact response to treatments,
NOTE Confidence: 0.8503824

00:14:20.989 --> 00:14:23.359 decrease the likelihood that patients
NOTE Confidence: 0.8503824

00:14:23.359 --> 00:14:25.255 will develop second malignancies,
NOTE Confidence: 0.8503824

00:14:25.315 --> 00:14:27.130 and increase rates of survival.

NOTE Confidence: 0.8503824

00:14:27.130 --> 00:14:28.762 Tobacco treatment programs are

NOTE Confidence: 0.8503824

00:14:28.762 --> 00:14:30.802 currently being offered at federally

NOTE Confidence: 0.8503824

00:14:30.802 --> 00:14:32.778 designated Comprehensive cancer centers

NOTE Confidence: 0.8503824

00:14:32.780 --> 00:14:34.510 and operate on the principles

NOTE Confidence: 0.8503824

00:14:34.510 --> 00:14:36.915 of the US Public Health Service

NOTE Confidence: 0.8503824

00:14:36.915 --> 00:14:38.727 clinical practice guidelines.

NOTE Confidence: 0.8503824

00:14:38.730 --> 00:14:40.845 All treatment components are evidence

NOTE Confidence: 0.8503824

00:14:40.845 --> 00:14:43.406 based and therefore all patients are

NOTE Confidence: 0.8503824

00:14:43.406 --> 00:14:45.722 treated with FDA approved first line

NOTE Confidence: 0.8503824

00:14:45.722 --> 00:14:47.854 medications for smoking cessation as

NOTE Confidence: 0.8503824

00:14:47.854 --> 00:14:50.119 well as smoking cessation counseling

NOTE Confidence: 0.8503824

00:14:50.119 --> 00:14:52.596 that stresses appropriate coping skills.

NOTE Confidence: 0.8503824

00:14:52.596 --> 00:14:55.386 More information is available at

NOTE Confidence: 0.8503824

00:14:55.386 --> 00:14:57.060 yalecancercenter.org you're listening

NOTE Confidence: 0.8503824

00:14:57.130 --> 00:14:58.970 to Connecticut Public Radio.

NOTE Confidence: 0.8503824

00:14:58.970 --> 00:14:59.410 Welcome back to Yale Cancer Answers.

00:15:01.600 --> 00:15:05.096 This is doctor Anees Chagpar and

NOTE Confidence: 0.8453298

00:15:05.100 --> 00:15:07.728 I'm joined tonight by my guest

NOTE Confidence: 0.8453298

00:15:07.728 --> 00:15:09.480 doctor Mario Strazzabosco.

NOTE Confidence: 0.8453298

00:15:09.480 --> 00:15:12.108 We're discussing the care of patients

NOTE Confidence: 0.8453298

00:15:12.108 --> 00:15:14.734 with liver cancer and right before

NOTE Confidence: 0.8453298

00:15:14.734 --> 00:15:17.534 the break Mario you were telling us

NOTE Confidence: 0.8453298

00:15:17.534 --> 00:15:20.317 about this plethora of factors that

NOTE Confidence: 0.8453298

00:15:20.317 --> 00:15:23.025 increase people's risk of

NOTE Confidence: 0.8453298

00:15:23.025 --> 00:15:25.860 liver cancer and the fact that

NOTE Confidence: 0.8453298

00:15:25.860 --> 00:15:29.077 while we do have interventions for

NOTE Confidence: 0.8453298

00:15:29.077 --> 00:15:31.696 hepatitis there frequently are other

NOTE Confidence: 0.8453298

00:15:31.696 --> 00:15:34.750 factors that are are involved.

NOTE Confidence: 0.8453298

00:15:34.750 --> 00:15:37.162 You mentioned a few that I'm

NOTE Confidence: 0.8453298

00:15:37.162 --> 00:15:40.205 going to lump together,

NOTE Confidence: 0.8453298

00:15:40.205 --> 00:15:42.885 which are metabolic syndrome.

NOTE Confidence: 0.8453298

00:15:42.890 --> 00:15:44.930 So obesity and diabetes,
NOTE Confidence: 0.8453298

00:15:44.930 --> 00:15:47.480 as well as alcohol which
NOTE Confidence: 0.8453298

00:15:47.480 --> 00:15:50.017 can lead to fatty liver.
NOTE Confidence: 0.8453298

00:15:50.020 --> 00:15:53.282 So can you tell us a little
NOTE Confidence: 0.8453298

00:15:53.282 --> 00:15:56.129 bit more about fatty liver,
NOTE Confidence: 0.8453298

00:15:56.130 --> 00:15:59.688 and whether that impacts the development
NOTE Confidence: 0.8453298

00:15:59.690 --> 00:16:02.355 of liver cancer and whether
NOTE Confidence: 0.8453298

00:16:02.355 --> 00:16:05.020 there's any quote safe amount
NOTE Confidence: 0.8453298

00:16:05.118 --> 00:16:08.070 of alcohol that we can consume?
00:16:14.300 --> 00:16:17.048 What we call fatty liver is
NOTE Confidence: 0.83697796

00:16:17.050 --> 00:16:19.672 a very common condition which
NOTE Confidence: 0.83697796

00:16:19.672 --> 00:16:21.985 is identified by an increased
NOTE Confidence: 0.83697796

00:16:21.985 --> 00:16:25.317 deposition of fat in the liver cells.
NOTE Confidence: 0.83697796

00:16:25.320 --> 00:16:30.600 Fatty liver can be the result of several
NOTE Confidence: 0.83697796

00:16:30.600 --> 00:16:36.557 problems, but most likely it's due to
NOTE Confidence: 0.83697796

00:16:36.560 --> 00:16:38.940 the effect of obesity,
NOTE Confidence: 0.83697796

00:16:38.940 --> 00:16:42.010 the affect of diabetes, hyperlipidemia,
NOTE Confidence: 0.83697796

00:16:42.010 --> 00:16:46.150 and what we call metabolic syndrome,
NOTE Confidence: 0.83697796

00:16:46.150 --> 00:16:49.950 which is a complex of
NOTE Confidence: 0.83697796

00:16:49.950 --> 00:16:51.958 changes that are increasing
NOTE Confidence: 0.83697796

00:16:51.958 --> 00:16:54.468 the risk of cardiac disease.
NOTE Confidence: 0.83697796

00:16:54.470 --> 00:16:58.478 This is how we recognize this
NOTE Confidence: 0.83697796

00:16:58.480 --> 00:17:02.458 at the beginning and we used to think that fatty
NOTE Confidence: 0.83697796

00:17:02.458 --> 00:17:06.008 liver was a relatively benign condition,
NOTE Confidence: 0.83697796

00:17:06.010 --> 00:17:08.101 but now we
NOTE Confidence: 0.83697796

00:17:08.101 --> 00:17:10.889 understand that some patients
NOTE Confidence: 0.83697796

00:17:10.889 --> 00:17:12.980 with fatty liver
NOTE Confidence: 0.83697796

00:17:12.980 --> 00:17:16.115 will develop an
00:17:18.000 --> 00:17:19.864 inflammatory condition of the liver
NOTE Confidence: 0.83697796

00:17:19.864 --> 00:17:23.570 that is not any more benign but can
NOTE Confidence: 0.83697796

00:17:23.570 --> 00:17:26.054 lead to chronic liver disease like
NOTE Confidence: 0.83697796

00:17:26.054 --> 00:17:28.773 cirrhosis and can be associated with
NOTE Confidence: 0.83697796

00:17:28.773 --> 00:17:31.033 the development of liver cancer.

NOTE Confidence: 0.83697796

00:17:31.040 --> 00:17:35.080 Clearly the amount of people that are

NOTE Confidence: 0.83697796

00:17:35.080 --> 00:17:41.030 affected by this condition is very high, so

NOTE Confidence: 0.83697796

00:17:41.030 --> 00:17:43.280 the question is how do we

NOTE Confidence: 0.83697796

00:17:43.280 --> 00:17:44.405 follow those patients?

NOTE Confidence: 0.83697796

00:17:44.410 --> 00:17:47.210 What do we do?

00:17:51.250 --> 00:17:55.255 It would be important to try to prevent it,

NOTE Confidence: 0.83697796

00:17:55.260 --> 00:17:58.368 and so how do you prevent it?

NOTE Confidence: 0.83697796

00:17:58.370 --> 00:18:02.375 There is data that shows if you lose

NOTE Confidence: 0.83697796

00:18:02.375 --> 00:18:05.490 10% of your body weight the risk decreases.

NOTE Confidence: 0.83697796

00:18:05.490 --> 00:18:08.118 This 10% of your body weight

NOTE Confidence: 0.83697796

00:18:08.118 --> 00:18:10.849 should be lost in your

NOTE Confidence: 0.83697796

00:18:10.849 --> 00:18:13.079 abdominal fat because this

NOTE Confidence: 0.83697796

00:18:13.079 --> 00:18:17.187 is a fact that is more

NOTE Confidence: 0.83697796

00:18:17.187 --> 00:18:19.327 associated with this complication.

NOTE Confidence: 0.83697796

00:18:24.660 --> 00:18:28.628 An increase in physical activity is going to play a role.

NOTE Confidence: 0.83697796

00:18:28.630 --> 00:18:31.600 We see that with patients that

NOTE Confidence: 0.83697796

00:18:31.600 --> 00:18:33.085 have this predisposition,

NOTE Confidence: 0.83697796

00:18:33.090 --> 00:18:36.066 a low carbohydrate diet is preferred.

NOTE Confidence: 0.83697796

00:18:36.070 --> 00:18:40.525 They should avoid sodas and so on.

NOTE Confidence: 0.83697796

00:18:40.530 --> 00:18:44.832 I do understand this is

NOTE Confidence: 0.83697796

00:18:44.832 --> 00:18:49.097 a change in lifestyles which

NOTE Confidence: 0.83697796

00:18:49.097 --> 00:18:52.880 are very very difficult to achieve.

NOTE Confidence: 0.83697796

00:18:52.880 --> 00:18:56.450 But addressing this metabolic factor is

NOTE Confidence: 0.83697796

00:18:56.450 --> 00:19:01.510 really part of the constellation of medical

NOTE Confidence: 0.83697796

00:19:01.510 --> 00:19:04.520 action that we need to take.

NOTE Confidence: 0.8428619

00:19:10.730 --> 00:19:15.032 I mean it seems like this really,

NOTE Confidence: 0.8428619

00:19:15.040 --> 00:19:17.902 that constellation to

NOTE Confidence: 0.8428619

00:19:17.902 --> 00:19:20.768 exercise more, lose weight, eat right,

NOTE Confidence: 0.8428619

00:19:20.768 --> 00:19:23.630 that's really a constellation for good

NOTE Confidence: 0.8428619

00:19:23.707 --> 00:19:27.460 health in general, and it has so many

NOTE Confidence: 0.8428619

00:19:27.460 --> 00:19:29.372 really important health benefits.

NOTE Confidence: 0.8428619

00:19:29.380 --> 00:19:31.985 But one question that people

NOTE Confidence: 0.8428619

00:19:31.985 --> 00:19:34.590 may be wondering about is,

NOTE Confidence: 0.8428619

00:19:34.590 --> 00:19:37.845 if I've been overweight

NOTE Confidence: 0.8428619

00:19:37.845 --> 00:19:41.479 all my life and we know that there is

NOTE Confidence: 0.8428619

00:19:41.480 --> 00:19:44.686 an uptick now

NOTE Confidence: 0.8428619

00:19:44.690 --> 00:19:46.502 even in childhood obesity.

NOTE Confidence: 0.8428619

00:19:46.502 --> 00:19:49.740 So if somebody has been overweight, obese,

NOTE Confidence: 0.8428619

00:19:49.740 --> 00:19:52.946 they then lose a bunch of weight,

NOTE Confidence: 0.8428619

00:19:52.950 --> 00:19:55.561 is the damage to their liver already

NOTE Confidence: 0.8428619

00:19:55.561 --> 00:19:58.073 done such that you're

NOTE Confidence: 0.8428619

00:19:58.073 --> 00:20:00.707 having a relatively small impact on

NOTE Confidence: 0.8428619

00:20:00.707 --> 00:20:03.050 reducing hepatocellular carcinoma?

NOTE Confidence: 0.8428619

00:20:03.050 --> 00:20:05.340 Or is this really reversible?

00:20:11.010 --> 00:20:15.220 If you eliminate the

NOTE Confidence: 0.55396557

00:20:15.220 --> 00:20:17.320 damaging condition to the liver,

NOTE Confidence: 0.55396557

00:20:17.320 --> 00:20:20.800 you can to a certain extent

NOTE Confidence: 0.55396557

00:20:20.800 --> 00:20:23.120 reverse the chronic damage.

NOTE Confidence: 0.55396557

00:20:23.120 --> 00:20:25.334 We learned this when we started

NOTE Confidence: 0.55396557

00:20:25.334 --> 00:20:27.510 to treat patients with hepatitis B and antivirals.

00:20:29.726 --> 00:20:33.050 They were very effective in suppressing

NOTE Confidence: 0.55396557

00:20:33.153 --> 00:20:36.345 the virus and that patient

NOTE Confidence: 0.55396557

00:20:36.350 --> 00:20:38.275 went from a complete cirrhosis

NOTE Confidence: 0.55396557

00:20:38.275 --> 00:20:39.815 to an incomplete cirrhosis.

NOTE Confidence: 0.55396557

00:20:39.820 --> 00:20:42.100 So yes, there is a remodeling of your

NOTE Confidence: 0.55396557

00:20:42.100 --> 00:20:44.464 liver and this is not

NOTE Confidence: 0.55396557

00:20:44.464 --> 00:20:46.744 complete in how much it happens.

NOTE Confidence: 0.55396557

00:20:46.750 --> 00:20:49.438 It depends how far you went,

NOTE Confidence: 0.55396557

00:20:49.440 --> 00:20:51.504 but there is to a certain extent

NOTE Confidence: 0.55396557

00:20:51.504 --> 00:20:53.700 a remodeling or the liver and

NOTE Confidence: 0.55396557

00:20:53.700 --> 00:20:55.932 we saw that happening in patients

NOTE Confidence: 0.55396557

00:20:55.932 --> 00:20:58.298 that stopped drinking alcohol.

NOTE Confidence: 0.55396557

00:20:58.300 --> 00:21:00.610 All of them have an improvement.

NOTE Confidence: 0.55396557

00:21:00.610 --> 00:21:02.920 And we saw that with patients

NOTE Confidence: 0.55396557

00:21:02.920 --> 00:21:04.460 treated for hepatitis.

NOTE Confidence: 0.55396557

00:21:04.460 --> 00:21:08.573 Now to what extent this is going to impact

NOTE Confidence: 0.55396557

00:21:08.580 --> 00:21:09.660 the natural

NOTE Confidence: 0.55396557

00:21:09.660 --> 00:21:11.460 history of metabolic liver

NOTE Confidence: 0.55396557

00:21:11.460 --> 00:21:13.100 disease is less certain,

NOTE Confidence: 0.55396557

00:21:13.100 --> 00:21:16.493 but it's very likely that we can,

NOTE Confidence: 0.55396557

00:21:16.500 --> 00:21:18.008 for example, if you

NOTE Confidence: 0.55396557

00:21:18.008 --> 00:21:20.270 decrease your body weight,

NOTE Confidence: 0.55396557

00:21:20.270 --> 00:21:21.305 your risk decreases.

NOTE Confidence: 0.55396557

00:21:21.305 --> 00:21:23.375 Now the trick is that when

NOTE Confidence: 0.55396557

00:21:23.375 --> 00:21:25.550 you decrease your body weight,

NOTE Confidence: 0.55396557

00:21:25.550 --> 00:21:28.175 you don't need to get it back,

00:21:28.557 --> 00:21:31.196 So it's very easy to decrease 10%

NOTE Confidence: 0.55396557

00:21:31.200 --> 00:21:32.948 of your body weight,

NOTE Confidence: 0.55396557

00:21:32.948 --> 00:21:36.870 but what it counts is 2 years after.
NOTE Confidence: 0.55396557

00:21:36.870 --> 00:21:38.710 Did you maintain that 10%
NOTE Confidence: 0.55396557

00:21:38.710 --> 00:21:41.095 decrease because that is what
NOTE Confidence: 0.55396557

00:21:41.095 --> 00:21:44.380 counts in terms of
NOTE Confidence: 0.55396557

00:21:44.380 --> 00:21:46.040 risk reduction.
NOTE Confidence: 0.55396557

00:21:46.040 --> 00:21:47.700 So you want to
NOTE Confidence: 0.85912085

00:21:47.700 --> 00:21:49.780 make sustainable lifestyle changes now.
NOTE Confidence: 0.85912085

00:21:49.780 --> 00:21:52.204 One of the things that you
NOTE Confidence: 0.85912085

00:21:52.204 --> 00:21:54.650 mentioned was that you've seen the
NOTE Confidence: 0.85912085

00:21:54.650 --> 00:21:57.261 fact that you can reduce risk in
NOTE Confidence: 0.85912085

00:21:57.261 --> 00:21:59.737 people who have stopped drinking,
NOTE Confidence: 0.85912085

00:21:59.740 --> 00:22:01.400 so abstained from alcohol,
NOTE Confidence: 0.85912085

00:22:01.400 --> 00:22:04.720 but some people may be wondering,
NOTE Confidence: 0.85912085

00:22:04.720 --> 00:22:08.040 is there any quote safe limit for alcohol?
NOTE Confidence: 0.85912085

00:22:08.040 --> 00:22:12.190 So if you used to drink 4 drinks a night,
NOTE Confidence: 0.85912085

00:22:12.190 --> 00:22:16.447 is it OK to drink one drink a night?

NOTE Confidence: 0.85912085

00:22:16.450 --> 00:22:19.802 Is there any safe level of

NOTE Confidence: 0.85912085

00:22:19.802 --> 00:22:22.963 alcohol to which the damage to your

NOTE Confidence: 0.85912085

00:22:22.963 --> 00:22:27.503 liver is minimal and the risk of

NOTE Confidence: 0.85912085

00:22:27.503 --> 00:22:30.278 hepatocellular carcinoma is minuscule?

NOTE Confidence: 0.85912085

00:22:30.280 --> 00:22:33.472 Or is all alcohol going to be

NOTE Confidence: 0.85912085

00:22:33.472 --> 00:22:36.010 somewhat toxic to your liver?

NOTE Confidence: 0.90211576

00:22:40.410 --> 00:22:42.414 We used to think that there

NOTE Confidence: 0.90211576

00:22:42.414 --> 00:22:43.750 was a threshold, and

NOTE Confidence: 0.90211576

00:22:43.750 --> 00:22:46.420 this is being kind of revised,

NOTE Confidence: 0.90211576

00:22:46.420 --> 00:22:49.465 but it's very well known that a little

NOTE Confidence: 0.90211576

00:22:49.465 --> 00:22:51.956 amount of alcohol can actually

NOTE Confidence: 0.90211576

00:22:51.956 --> 00:22:54.160 improve your metabolic risk.

NOTE Confidence: 0.90211576

00:22:54.160 --> 00:22:55.940 However, how little is enough,

NOTE Confidence: 0.90211576

00:22:55.940 --> 00:22:58.788 it doesn't really depend on a fixed dose.

NOTE Confidence: 0.90211576

00:22:58.790 --> 00:23:01.548 It depends what your

NOTE Confidence: 0.90211576

00:23:01.548 --> 00:23:04.620 genes are and what your history is.
NOTE Confidence: 0.90211576

00:23:04.620 --> 00:23:06.846 So if you're drinking alcohol but
NOTE Confidence: 0.90211576

00:23:06.846 --> 00:23:09.299 you have hepatitis C, it's zero,
NOTE Confidence: 0.90211576

00:23:09.300 --> 00:23:12.132 there's no even smelling it.
NOTE Confidence: 0.90211576

00:23:12.132 --> 00:23:15.060 So it's a difficult question to reply.
00:23:21.740 --> 00:23:25.002 In general your advice is
NOTE Confidence: 0.8339916

00:23:25.002 --> 00:23:28.170 abstinences is the gold standard.
NOTE Confidence: 0.8444372

00:23:28.170 --> 00:23:30.130 It depends on what your
NOTE Confidence: 0.8444372

00:23:30.130 --> 00:23:32.090 overall risk profile is.
NOTE Confidence: 0.8444372

00:23:32.090 --> 00:23:36.010 But let's say if you drink once in a while,
NOTE Confidence: 0.8444372

00:23:36.010 --> 00:23:38.356 that is clearly not a problem,
NOTE Confidence: 0.8444372

00:23:38.360 --> 00:23:41.606 But if it's your habit,
NOTE Confidence: 0.8444372

00:23:41.610 --> 00:23:46.188 it may become a problem.
NOTE Confidence: 0.8444372

00:23:46.190 --> 00:23:47.520 This doesn't say that if
NOTE Confidence: 0.8444372

00:23:47.520 --> 00:23:48.850 you go out for dinner,
NOTE Confidence: 0.8444372

00:23:48.850 --> 00:23:50.705 you can drink a glass of wine.
NOTE Confidence: 0.8444372

00:23:50.710 --> 00:23:52.838 Of course you can,
NOTE Confidence: 0.8444372

00:23:52.838 --> 00:23:56.538 even eating a candy is OK.
NOTE Confidence: 0.8444372

00:23:56.540 --> 00:24:00.120 But not OK if you have diabetics.
NOTE Confidence: 0.83842653

00:24:00.120 --> 00:24:03.135 This brings us to the point
NOTE Confidence: 0.83842653

00:24:03.135 --> 00:24:06.088 of surveillance of the liver, right?
NOTE Confidence: 0.83842653

00:24:06.088 --> 00:24:09.670 How can we tell how damaged our liver is,
NOTE Confidence: 0.83842653

00:24:09.670 --> 00:24:11.262 whether it's from diabetes,
NOTE Confidence: 0.83842653

00:24:11.262 --> 00:24:13.252 or whether it's from obesity,
NOTE Confidence: 0.83842653

00:24:13.260 --> 00:24:15.250 or whether it's from alcohol,
NOTE Confidence: 0.83842653

00:24:15.250 --> 00:24:17.240 or whether it's from hepatitis.
NOTE Confidence: 0.83842653

00:24:17.240 --> 00:24:20.019 As you mentioned before the break,
NOTE Confidence: 0.83842653

00:24:20.020 --> 00:24:23.204 we may not even know that we have.
NOTE Confidence: 0.83842653

00:24:23.210 --> 00:24:25.230 Are there ways of looking
NOTE Confidence: 0.83842653

00:24:25.230 --> 00:24:27.580 at the liver?
NOTE Confidence: 0.8467886

00:24:28.460 --> 00:24:30.364 Yes, so everything starts
NOTE Confidence: 0.8467886

00:24:30.364 --> 00:24:31.792 from understanding whether

NOTE Confidence: 0.8467886

00:24:31.792 --> 00:24:34.398 you liver is damaged or not,

NOTE Confidence: 0.8467886

00:24:34.400 --> 00:24:37.599 so you may for any reason do

NOTE Confidence: 0.8467886

00:24:37.600 --> 00:24:38.971 some laboratories tests that

NOTE Confidence: 0.8467886

00:24:38.971 --> 00:24:40.799 include liver function tests.

NOTE Confidence: 0.8467886

00:24:40.800 --> 00:24:43.464 You may get an ultrasound or

NOTE Confidence: 0.8467886

00:24:43.464 --> 00:24:46.263 you may get tested for hepatits

NOTE Confidence: 0.8467886

00:24:46.263 --> 00:24:49.029 C for example if you

NOTE Confidence: 0.8369727

00:24:51.690 --> 00:24:54.490 were born a baby boomer,

NOTE Confidence: 0.8369727

00:24:54.490 --> 00:24:57.990 so if you had a risky behavior

00:24:59.740 --> 00:25:02.032 anything that may increase risk,

00:25:04.290 --> 00:25:06.264 then a way to understand how

NOTE Confidence: 0.8369727

00:25:06.264 --> 00:25:08.490 chronic is your damage,

NOTE Confidence: 0.8369727

00:25:08.490 --> 00:25:12.434 you can use a fiber scan so it's like

NOTE Confidence: 0.8369727

00:25:12.440 --> 00:25:14.395 a machine that

NOTE Confidence: 0.8369727

00:25:14.395 --> 00:25:15.959 looks like an ultrasound,

NOTE Confidence: 0.8369727

00:25:15.960 --> 00:25:18.856 but it is not ultasound because this

NOTE Confidence: 0.8369727

00:25:18.856 --> 00:25:21.288 measures how elastic is your liver and

NOTE Confidence: 0.8369727

00:25:21.288 --> 00:25:23.972 that can give us an estimate whether

NOTE Confidence: 0.8369727

00:25:23.972 --> 00:25:26.906 you have significant fibrosis or not.

NOTE Confidence: 0.8369727

00:25:26.910 --> 00:25:29.694 Or you can do an MRI, there are

NOTE Confidence: 0.8369727

00:25:29.694 --> 00:25:32.189 several ways to understand if you

NOTE Confidence: 0.8369727

00:25:32.189 --> 00:25:34.334 liver disease, and

NOTE Confidence: 0.8369727

00:25:34.340 --> 00:25:36.686 then if you have chronic liver

NOTE Confidence: 0.8369727

00:25:36.686 --> 00:25:38.250 disease with significant fibrosis,

NOTE Confidence: 0.8369727

00:25:38.250 --> 00:25:40.005 the current guidelines are that

NOTE Confidence: 0.8369727

00:25:40.005 --> 00:25:42.550 you should be doing an ultrasound,

00:25:44.110 --> 00:25:45.280 every six months.

NOTE Confidence: 0.7773848

00:25:47.320 --> 00:25:50.470 And there is very good evidence that

NOTE Confidence: 0.7773848

00:25:50.470 --> 00:25:53.926 this can help diagnose liver cancer

NOTE Confidence: 0.7773848

00:25:53.926 --> 00:25:57.541 in early stage and therefore in a

NOTE Confidence: 0.7773848

00:25:57.541 --> 00:26:00.547 stage when the treatment can be successful.

NOTE Confidence: 0.7773848

00:26:00.550 --> 00:26:03.490 There are other patients that may

NOTE Confidence: 0.7773848

00:26:03.490 --> 00:26:05.450 need screening, like patients

NOTE Confidence: 0.7773848

00:26:05.450 --> 00:26:08.390 mainly from Asia that have hepatitis.

00:26:11.960 --> 00:26:16.368 and are less than 40 years of age.

00:26:20.410 --> 00:26:22.912 Or for example, a patient with hepatitis C that

NOTE Confidence: 0.7773848

00:26:22.912 --> 00:26:25.800 has been treated,

NOTE Confidence: 0.7773848

00:26:25.800 --> 00:26:28.040 but they have significant fibrosis.

00:26:33.430 --> 00:26:36.335 So the screening is a very important

NOTE Confidence: 0.7773848

00:26:36.335 --> 00:26:38.977 component of our strategy, but

NOTE Confidence: 0.7773848

00:26:38.977 --> 00:26:43.226 still we see patients coming to the

NOTE Confidence: 0.7773848

00:26:43.226 --> 00:26:47.212 clinic with advanced stage cancers.

NOTE Confidence: 0.7773848

00:26:47.212 --> 00:26:52.430 Or cancer that is beyond curative options.

NOTE Confidence: 0.7773848

00:26:52.430 --> 00:26:55.146 And that is a failure of screening,

NOTE Confidence: 0.7773848

00:26:55.150 --> 00:26:57.670 but of course you can have the

NOTE Confidence: 0.7773848

00:26:57.670 --> 00:26:59.650 situation in which the patient

NOTE Confidence: 0.7773848

00:26:59.650 --> 00:27:02.128 didn't know he had liver disease,

NOTE Confidence: 0.7773848

00:27:02.130 --> 00:27:04.853 because a lot of times liver disease

NOTE Confidence: 0.7773848

00:27:04.853 --> 00:27:07.232 can be significant but not

NOTE Confidence: 0.7773848

00:27:07.232 --> 00:27:09.500 symptomatic.
NOTE Confidence: 0.7773848

00:27:12.610 --> 00:27:15.508 So still the amount of patients that come
NOTE Confidence: 0.7773848

00:27:15.508 --> 00:27:18.037 with advanced liver disease is too high
NOTE Confidence: 0.7773848

00:27:18.040 --> 00:27:21.595 because we do have again
NOTE Confidence: 0.7773848

00:27:21.595 --> 00:27:25.249 ways to prevent the cancer, ways to screen
NOTE Confidence: 0.7773848

00:27:25.250 --> 00:27:28.505 to get an early diagnosis and it
NOTE Confidence: 0.7773848

00:27:28.505 --> 00:27:31.452 is important because we now have
NOTE Confidence: 0.7773848

00:27:31.452 --> 00:27:34.374 several ways to approach liver cancer
NOTE Confidence: 0.7773848

00:27:34.380 --> 00:27:37.592 and therapeutic approaches
NOTE Confidence: 0.7773848

00:27:37.592 --> 00:27:41.607 are increasing every year.
NOTE Confidence: 0.7773848

00:27:41.610 --> 00:27:44.053 So it's very important to get diagnosed
NOTE Confidence: 0.7773848

00:27:44.053 --> 00:27:47.823 and to go to a center where you have a
NOTE Confidence: 0.7773848

00:27:47.823 --> 00:27:50.083 multispecialty program so that all
NOTE Confidence: 0.7773848

00:27:50.083 --> 00:27:52.526 aspects of the care can be addressed
NOTE Confidence: 0.7773848

00:27:52.530 --> 00:27:54.350 at the highest professional level.
NOTE Confidence: 0.88499576

00:27:55.440 --> 00:27:57.820 And it brings back one of the other

NOTE Confidence: 0.88499576

00:27:57.820 --> 00:27:59.677 risk factors that you mentioned

NOTE Confidence: 0.88499576

00:27:59.677 --> 00:28:02.351 which was access to care people who

NOTE Confidence: 0.88499576

00:28:02.351 --> 00:28:04.538 don't have good access to care,

NOTE Confidence: 0.88499576

00:28:04.540 --> 00:28:06.260 and I wonder whether you

NOTE Confidence: 0.88499576

00:28:06.260 --> 00:28:08.550 mentioned that as a risk factor.

NOTE Confidence: 0.88499576

00:28:08.550 --> 00:28:11.830 Because if you don't have access to care,

NOTE Confidence: 0.88499576

00:28:11.830 --> 00:28:13.510 you can't get appropriate screening,

NOTE Confidence: 0.88499576

00:28:13.510 --> 00:28:14.518 is that right?

NOTE Confidence: 0.84985775

00:28:15.600 --> 00:28:17.338 You cannot and appropriate care

00:28:20.710 --> 00:28:23.559 is something that we will be

NOTE Confidence: 0.84985775

00:28:23.559 --> 00:28:25.500 investigating next because it's really

NOTE Confidence: 0.84985775

00:28:25.500 --> 00:28:28.380 a pity that you have ways to prevent it,

NOTE Confidence: 0.84985775

00:28:28.380 --> 00:28:30.683 way ato treat it, but people don't

NOTE Confidence: 0.84985775

00:28:30.683 --> 00:28:33.120 even get close to that opportunity.

NOTE Confidence: 0.84985775

00:28:33.120 --> 00:28:34.218 It's really saddening.

NOTE Confidence: 0.868863

00:28:35.030 --> 00:28:37.148 Doctor Mario Strazzabosco is a

NOTE Confidence: 0.868863

00:28:37.148 --> 00:28:38.990 professor of medicine and clinical

NOTE Confidence: 0.868863

00:28:38.990 --> 00:28:41.180 program leader of the Liver Cancer

NOTE Confidence: 0.868863

00:28:41.180 --> 00:28:43.858 program at the Yale School of Medicine.

NOTE Confidence: 0.868863

00:28:43.860 --> 00:28:45.336 If you have questions,

NOTE Confidence: 0.868863

00:28:45.336 --> 00:28:46.812 the address is canceranswers@yale.edu

NOTE Confidence: 0.868863

00:28:46.812 --> 00:28:48.853 and past editions of the program

NOTE Confidence: 0.868863

00:28:48.853 --> 00:28:50.713 are available in audio and written

NOTE Confidence: 0.868863

00:28:50.775 --> 00:28:52.329 form at yalecancercenter.org.

NOTE Confidence: 0.868863

00:28:52.330 --> 00:28:54.802 We hope you'll join us next week to

NOTE Confidence: 0.868863

00:28:54.802 --> 00:28:57.189 learn more about the fight against

NOTE Confidence: 0.868863

00:28:57.189 --> 00:29:00.072 cancer here on Connecticut Public Radio.