

WEBVTT

00:00:00.000 --> 00:00:02.730 Funding for Yale Cancer Answers

NOTE Confidence: 0.846712297857143

00:00:02.730 --> 00:00:05.460 is provided by Smilow Cancer

NOTE Confidence: 0.846712297857143

00:00:05.553 --> 00:00:07.917 Hospital and AstraZeneca.

NOTE Confidence: 0.846712297857143

00:00:07.920 --> 00:00:09.184 Welcome to Yale Cancer

NOTE Confidence: 0.846712297857143

00:00:09.184 --> 00:00:10.448 Answers with your host

NOTE Confidence: 0.846712297857143

00:00:10.450 --> 00:00:13.071 Doctor Anees Chagpar.

NOTE Confidence: 0.846712297857143

00:00:13.071 --> 00:00:14.475 Yale Cancer Answers features the latest

NOTE Confidence: 0.846712297857143

00:00:14.475 --> 00:00:16.230 information on cancer care by

NOTE Confidence: 0.846712297857143

00:00:16.293 --> 00:00:17.721 welcoming oncologists and specialists

NOTE Confidence: 0.846712297857143

00:00:17.721 --> 00:00:20.206 who are on the forefront of the

NOTE Confidence: 0.846712297857143

00:00:20.206 --> 00:00:22.052 battle to fight cancer.

NOTE Confidence: 0.846712297857143

00:00:22.052 --> 00:00:24.158 This week, it's a conversation about colorectal cancer

NOTE Confidence: 0.846712297857143

00:00:24.160 --> 00:00:26.310 with Doctor Ira Leeds.

NOTE Confidence: 0.846712297857143

00:00:26.310 --> 00:00:27.948 Dr. Leeds is an assistant professor of

NOTE Confidence: 0.846712297857143

00:00:27.948 --> 00:00:30.060 surgery at the Yale School of Medicine,

NOTE Confidence: 0.846712297857143
00:00:30.060 --> 00:00:32.070 where Doctor Chapgar is a
NOTE Confidence: 0.846712297857143
00:00:32.070 --> 00:00:33.410 professor of surgical oncology.
NOTE Confidence: 0.829765659166667
00:00:34.450 --> 00:00:36.102 Ira, maybe we can start
NOTE Confidence: 0.829765659166667
00:00:36.102 --> 00:00:37.669 off by laying the groundwork.
NOTE Confidence: 0.829765659166667
00:00:37.670 --> 00:00:39.580 Tell us a little bit
NOTE Confidence: 0.829765659166667
00:00:39.580 --> 00:00:40.726 about colorectal cancer.
NOTE Confidence: 0.829765659166667
00:00:40.730 --> 00:00:42.338 How common is it?
NOTE Confidence: 0.829765659166667
00:00:42.338 --> 00:00:43.946 How lethal is it?
NOTE Confidence: 0.829765659166667
00:00:43.950 --> 00:00:45.520 How many people get it?
NOTE Confidence: 0.882577536
00:00:45.910 --> 00:00:47.070 I'd be happy to.
NOTE Confidence: 0.882577536
00:00:47.070 --> 00:00:49.331 Colorectal cancer is one of the most
NOTE Confidence: 0.882577536
00:00:49.331 --> 00:00:51.310 common cancers worldwide.
NOTE Confidence: 0.882577536
00:00:51.310 --> 00:00:53.758 It's the third most common cancer and
00:00:57.549 --> 00:00:58.618 concerningly,
NOTE Confidence: 0.882577536
00:00:58.618 --> 00:01:00.886 it's also the second most lethal cancer
NOTE Confidence: 0.882577536
00:01:00.886 --> 00:01:02.920 by number of total cancer deaths.

NOTE Confidence: 0.882577536

00:01:02.920 --> 00:01:04.045 The good news

NOTE Confidence: 0.882577536

00:01:04.045 --> 00:01:06.340 on the colon cancer side of

NOTE Confidence: 0.882577536

00:01:06.340 --> 00:01:08.290 things is that early detection

NOTE Confidence: 0.882577536

00:01:08.290 --> 00:01:11.820 has survival rates of over 90% whereas

NOTE Confidence: 0.882577536

00:01:11.820 --> 00:01:15.370 late detection has rates of 15%,

NOTE Confidence: 0.882577536

00:01:15.370 --> 00:01:17.370 so it really gives us

NOTE Confidence: 0.882577536

00:01:17.370 --> 00:01:19.160 an important urgency in the

NOTE Confidence: 0.882577536

00:01:19.160 --> 00:01:20.950 cancer care community to identify

NOTE Confidence: 0.882577536

00:01:21.013 --> 00:01:23.098 individuals with

NOTE Confidence: 0.882577536

00:01:23.098 --> 00:01:25.183 precancerous lesions early because the

NOTE Confidence: 0.882577536

00:01:25.243 --> 00:01:27.299 survival difference is significant.

NOTE Confidence: 0.882577536

00:01:27.300 --> 00:01:29.235 To put it in kind of very real terms,

00:01:33.808 --> 00:01:35.953 1 in 20 individuals in their lifetimes

NOTE Confidence: 0.882577536

00:01:35.953 --> 00:01:37.760 will have colorectal cancer,

NOTE Confidence: 0.882577536

00:01:37.760 --> 00:01:40.147 and so it's something where all of

NOTE Confidence: 0.882577536

00:01:40.147 --> 00:01:42.467 us probably know someone or will

NOTE Confidence: 0.882577536

00:01:42.467 --> 00:01:44.915 know someone or been affected.

00:01:51.630 --> 00:01:55.560 And speaking of early detection,

NOTE Confidence: 0.84202631

00:01:55.560 --> 00:01:57.416 tell us a little bit more

NOTE Confidence: 0.84202631

00:01:57.416 --> 00:01:59.218 about the screening guidelines.

NOTE Confidence: 0.84202631

00:01:59.220 --> 00:02:01.390 I understand that those have

NOTE Confidence: 0.84202631

00:02:01.390 --> 00:02:03.560 changed recently so that younger

NOTE Confidence: 0.84202631

00:02:03.636 --> 00:02:06.046 people now are being recommended

NOTE Confidence: 0.84202631

00:02:06.046 --> 00:02:07.974 to get colorectal screening.

NOTE Confidence: 0.84202631

00:02:07.980 --> 00:02:09.910 Is that right?

NOTE Confidence: 0.872606231818182

00:02:09.920 --> 00:02:10.824 That's absolutely correct.

NOTE Confidence: 0.872606231818182

00:02:10.824 --> 00:02:12.632 The screening guidelines continue

NOTE Confidence: 0.872606231818182

00:02:12.632 --> 00:02:15.462 to evolve and have for many years.

NOTE Confidence: 0.872606231818182

00:02:15.462 --> 00:02:17.674 The age of 50 was the magical

NOTE Confidence: 0.872606231818182

00:02:17.674 --> 00:02:19.590 number where everyone should be

NOTE Confidence: 0.872606231818182

00:02:19.590 --> 00:02:21.882 lining up to get colonoscopies or

NOTE Confidence: 0.872606231818182

00:02:21.954 --> 00:02:24.194 alternatives to colonoscopies for

NOTE Confidence: 0.872606231818182
00:02:24.194 --> 00:02:26.434 their colorectal cancer screening.
NOTE Confidence: 0.872606231818182
00:02:26.440 --> 00:02:28.990 Many, if not almost all
NOTE Confidence: 0.872606231818182
00:02:28.990 --> 00:02:31.026 societies that provide guidelines
NOTE Confidence: 0.872606231818182
00:02:31.026 --> 00:02:34.748 on this topic have moved to 45 as
NOTE Confidence: 0.872606231818182
00:02:34.750 --> 00:02:36.864 the new age when people should start
NOTE Confidence: 0.872606231818182
00:02:36.864 --> 00:02:38.170 screening for colorectal cancer,
NOTE Confidence: 0.872606231818182
00:02:38.170 --> 00:02:39.840 that's for average risk individuals.
NOTE Confidence: 0.872606231818182
00:02:39.840 --> 00:02:41.136 So there's a number of individuals,
NOTE Confidence: 0.872606231818182
00:02:41.140 --> 00:02:43.642 both with more rare diseases that
NOTE Confidence: 0.872606231818182
00:02:43.642 --> 00:02:45.800 predispose themselves to colorectal cancer,
NOTE Confidence: 0.872606231818182
00:02:45.800 --> 00:02:48.440 but also a particularly high risk
NOTE Confidence: 0.872606231818182
00:02:48.440 --> 00:02:50.424 sociodemographic groups, for example,
NOTE Confidence: 0.872606231818182
00:02:50.424 --> 00:02:52.866 African Americans who have earlier
NOTE Confidence: 0.872606231818182
00:02:52.866 --> 00:02:54.794 screening guidelines as well.
NOTE Confidence: 0.872606231818182
00:02:54.800 --> 00:02:55.130 Interestingly,
NOTE Confidence: 0.872606231818182

00:02:55.130 --> 00:02:56.450 one of the other
NOTE Confidence: 0.872606231818182

00:02:56.450 --> 00:02:58.600 parts of the guidelines that's
NOTE Confidence: 0.872606231818182

00:02:58.600 --> 00:03:00.008 always a discussion point
NOTE Confidence: 0.872606231818182

00:03:00.008 --> 00:03:02.120 when guidelines come up is
NOTE Confidence: 0.872606231818182

00:03:02.186 --> 00:03:03.278 how do you screen?
NOTE Confidence: 0.872606231818182

00:03:03.280 --> 00:03:04.984 Colonoscopy has been the
NOTE Confidence: 0.872606231818182

00:03:04.984 --> 00:03:06.688 gold standard for decades.
NOTE Confidence: 0.872606231818182

00:03:06.690 --> 00:03:08.340 Colonoscopies require you to typically
NOTE Confidence: 0.872606231818182

00:03:08.340 --> 00:03:10.570 get a little bit of sedation,
NOTE Confidence: 0.872606231818182

00:03:10.570 --> 00:03:12.194 and it's a procedure where you have
NOTE Confidence: 0.872606231818182

00:03:12.194 --> 00:03:14.390 to take a bowel prep the night before,
NOTE Confidence: 0.872606231818182

00:03:14.390 --> 00:03:16.694 so it's certainly a bit of a burden
NOTE Confidence: 0.872606231818182

00:03:16.694 --> 00:03:18.987 on the average person to do so.
NOTE Confidence: 0.872606231818182

00:03:18.990 --> 00:03:21.400 There are alternatives to colonoscopies.
NOTE Confidence: 0.872606231818182

00:03:21.400 --> 00:03:23.224 There are a number of reasons
NOTE Confidence: 0.872606231818182

00:03:23.224 --> 00:03:24.899 why a colonoscopy is arguably

NOTE Confidence: 0.872606231818182
00:03:24.899 --> 00:03:26.459 better for people that
NOTE Confidence: 0.872606231818182
00:03:26.460 --> 00:03:27.804 are able to adhere to the schedule,
NOTE Confidence: 0.872606231818182
00:03:27.810 --> 00:03:29.472 but the guidelines do really try
NOTE Confidence: 0.872606231818182
00:03:29.472 --> 00:03:31.262 to balance the burden of screening
NOTE Confidence: 0.872606231818182
00:03:31.262 --> 00:03:33.146 along with the benefits of screening.
NOTE Confidence: 0.877976135
00:03:34.150 --> 00:03:35.886 Let's talk a little bit
NOTE Confidence: 0.877976135
00:03:35.886 --> 00:03:38.117 about a few things that you
NOTE Confidence: 0.877976135
00:03:38.117 --> 00:03:39.537 touched on.
NOTE Confidence: 0.877976135
00:03:39.540 --> 00:03:42.969 So the first point is that screening is now
NOTE Confidence: 0.877976135
00:03:42.969 --> 00:03:46.000 being recommended at 45 rather than 50.
NOTE Confidence: 0.877976135
00:03:46.000 --> 00:03:48.395 Is that because the demographics
NOTE Confidence: 0.877976135
00:03:48.395 --> 00:03:50.790 of colon cancer are trending
NOTE Confidence: 0.877976135
00:03:50.870 --> 00:03:53.069 towards younger populations?
NOTE Confidence: 0.877976135
00:03:56.910 --> 00:03:59.076 And who gets colon cancer in terms
NOTE Confidence: 0.877976135
00:03:59.076 --> 00:04:00.520 of the age demographic?
NOTE Confidence: 0.696660801428571

00:04:02.120 --> 00:04:05.928 So the trends in colorectal cancer are,
NOTE Confidence: 0.696660801428571

00:04:05.930 --> 00:04:08.546 at the very least, interesting, and
NOTE Confidence: 0.696660801428571

00:04:08.546 --> 00:04:10.700 potentially concerning in many ways.
NOTE Confidence: 0.696660801428571

00:04:10.700 --> 00:04:14.498 New onset of colon
NOTE Confidence: 0.696660801428571

00:04:14.498 --> 00:04:18.050 cancer is actually declining nationwide.
NOTE Confidence: 0.696660801428571

00:04:18.050 --> 00:04:20.018 The overall rate of colorectal cancer
NOTE Confidence: 0.696660801428571

00:04:20.018 --> 00:04:22.395 in the United States is declining and
NOTE Confidence: 0.696660801428571

00:04:22.395 --> 00:04:24.399 and also favorably the mortality rate
NOTE Confidence: 0.696660801428571

00:04:24.399 --> 00:04:26.549 from colorectal cancer is declining,
NOTE Confidence: 0.696660801428571

00:04:26.550 --> 00:04:29.285 and we attribute those overall
NOTE Confidence: 0.696660801428571

00:04:29.285 --> 00:04:32.468 trends to fairly good adherence to
NOTE Confidence: 0.696660801428571

00:04:32.468 --> 00:04:34.556 colonoscopy and colonoscopy
NOTE Confidence: 0.696660801428571

00:04:34.556 --> 00:04:36.644 alternative screening schedules
NOTE Confidence: 0.696660801428571

00:04:36.650 --> 00:04:38.315 in older individuals that are
NOTE Confidence: 0.696660801428571

00:04:38.315 --> 00:04:39.647 getting good colonoscopies and
NOTE Confidence: 0.696660801428571

00:04:39.647 --> 00:04:41.371 the adherence to that currently is

NOTE Confidence: 0.696660801428571

00:04:41.371 --> 00:04:43.388 about 60 to 70% of people that are

NOTE Confidence: 0.696660801428571

00:04:43.388 --> 00:04:45.316 supposed to be getting them on time.

NOTE Confidence: 0.696660801428571

00:04:45.316 --> 00:04:47.524 The risk of colorectal cancer

NOTE Confidence: 0.696660801428571

00:04:47.524 --> 00:04:49.503 occurring in those patients seems

NOTE Confidence: 0.696660801428571

00:04:49.503 --> 00:04:51.837 to be declining and we attribute

NOTE Confidence: 0.696660801428571

00:04:51.837 --> 00:04:53.969 that to better screening.

NOTE Confidence: 0.696660801428571

00:04:53.970 --> 00:04:56.426 The concerning part is that in young people,

NOTE Confidence: 0.696660801428571

00:04:56.430 --> 00:04:58.386 which is defined as

NOTE Confidence: 0.696660801428571

00:04:58.386 --> 00:05:00.080 20 to 49 years old,

NOTE Confidence: 0.696660801428571

00:05:00.080 --> 00:05:02.804 the rate of colorectal cancer is

NOTE Confidence: 0.696660801428571

00:05:02.804 --> 00:05:04.456 increasing and that is concerning

NOTE Confidence: 0.696660801428571

00:05:04.456 --> 00:05:06.250 not just because that's a patient

NOTE Confidence: 0.696660801428571

00:05:06.310 --> 00:05:07.940 population that historically has not

NOTE Confidence: 0.696660801428571

00:05:07.940 --> 00:05:10.509 been screened and one of the major reasons

NOTE Confidence: 0.696660801428571

00:05:10.509 --> 00:05:12.567 why the guidelines were changed to 45.

NOTE Confidence: 0.696660801428571

00:05:12.570 --> 00:05:15.594 But we also don't know why the rate of
NOTE Confidence: 0.696660801428571

00:05:15.594 --> 00:05:17.950 colorectal cancer incidence is occurring
NOTE Confidence: 0.696660801428571

00:05:17.950 --> 00:05:21.010 more frequently in that younger population.
NOTE Confidence: 0.696660801428571

00:05:21.010 --> 00:05:22.570 So for those of us that
NOTE Confidence: 0.696660801428571

00:05:22.570 --> 00:05:23.610 think about this every day,
NOTE Confidence: 0.696660801428571

00:05:23.610 --> 00:05:25.950 it's relatively easy to agree that
NOTE Confidence: 0.696660801428571

00:05:25.950 --> 00:05:27.957 the screening guidelines
NOTE Confidence: 0.696660801428571

00:05:27.957 --> 00:05:30.177 should be lowered to younger ages
NOTE Confidence: 0.696660801428571

00:05:30.177 --> 00:05:32.729 and 45 is where it is now and
NOTE Confidence: 0.696660801428571

00:05:32.730 --> 00:05:36.058 in a completely unofficial
NOTE Confidence: 0.696660801428571

00:05:36.060 --> 00:05:38.818 role I would not be surprised if
NOTE Confidence: 0.696660801428571

00:05:38.818 --> 00:05:40.403 those guidelines potentially got
NOTE Confidence: 0.696660801428571

00:05:40.403 --> 00:05:42.395 even earlier in future years,
NOTE Confidence: 0.696660801428571

00:05:42.400 --> 00:05:44.488 but we don't know at all why there
NOTE Confidence: 0.696660801428571

00:05:44.488 --> 00:05:46.818 is a higher rate of
NOTE Confidence: 0.696660801428571

00:05:46.818 --> 00:05:48.558 cancer in that population.

NOTE Confidence: 0.913795659666667

00:05:50.210 --> 00:05:52.506 The other thing that you mentioned was

NOTE Confidence: 0.913795659666667

00:05:52.506 --> 00:05:54.333 that these guidelines are for average

NOTE Confidence: 0.913795659666667

00:05:54.333 --> 00:05:56.556 risk people and that there are a number

NOTE Confidence: 0.913795659666667

00:05:56.556 --> 00:05:58.524 of things that increase a person's

NOTE Confidence: 0.913795659666667

00:05:58.524 --> 00:06:00.358 risk of developing colorectal cancer.

NOTE Confidence: 0.913795659666667

00:06:00.358 --> 00:06:02.478 So you mentioned certain demographic

NOTE Confidence: 0.913795659666667

00:06:02.478 --> 00:06:04.910 groups such as African Americans.

NOTE Confidence: 0.913795659666667

00:06:04.910 --> 00:06:07.745 I was wondering if you could talk a little

NOTE Confidence: 0.913795659666667

00:06:07.745 --> 00:06:10.470 bit more about some of the conditions,

NOTE Confidence: 0.913795659666667

00:06:10.470 --> 00:06:12.154 genetic conditions,

NOTE Confidence: 0.913795659666667

00:06:12.154 --> 00:06:15.183 other predisposing factors that

NOTE Confidence: 0.913795659666667

00:06:15.183 --> 00:06:17.698 increase a persons risk and whether

NOTE Confidence: 0.913795659666667

00:06:17.698 --> 00:06:20.530 those people should be screened

NOTE Confidence: 0.913795659666667

00:06:20.530 --> 00:06:23.477 earlier than the 45 year old guideline?

NOTE Confidence: 0.916850138571429

00:06:24.710 --> 00:06:26.306 When we think about a risk factor,

NOTE Confidence: 0.916850138571429

00:06:26.310 --> 00:06:28.166 as I always try to break them down
NOTE Confidence: 0.916850138571429

00:06:28.166 --> 00:06:30.089 into what I call non modifiable
NOTE Confidence: 0.916850138571429

00:06:30.089 --> 00:06:31.489 versus modifiable risk factors.
NOTE Confidence: 0.916850138571429

00:06:31.490 --> 00:06:33.578 So non modifiable risk factors or
NOTE Confidence: 0.916850138571429

00:06:33.578 --> 00:06:35.859 the risk factors that an individual
NOTE Confidence: 0.916850138571429

00:06:35.860 --> 00:06:37.522 has an increased risk based on
NOTE Confidence: 0.916850138571429

00:06:37.522 --> 00:06:39.250 compared to the average population.
NOTE Confidence: 0.916850138571429

00:06:39.250 --> 00:06:41.230 But at the same time there isn't a lot
NOTE Confidence: 0.916850138571429

00:06:41.230 --> 00:06:43.219 that could be done about that other
NOTE Confidence: 0.916850138571429

00:06:43.219 --> 00:06:44.717 than changing a screening schedule
NOTE Confidence: 0.916850138571429

00:06:44.717 --> 00:06:46.789 to suit that increased risk which is
NOTE Confidence: 0.916850138571429

00:06:46.789 --> 00:06:48.450 modifiable or things that we really
NOTE Confidence: 0.916850138571429

00:06:48.450 --> 00:06:50.704 spend a lot of time talking to patients
NOTE Confidence: 0.916850138571429

00:06:50.704 --> 00:06:52.522 about because those are risk factors
NOTE Confidence: 0.916850138571429

00:06:52.522 --> 00:06:54.809 that if certain behaviors are changed,
NOTE Confidence: 0.916850138571429

00:06:54.810 --> 00:06:57.880 may actually reduce their risk.

NOTE Confidence: 0.916850138571429

00:06:57.880 --> 00:06:59.565 Increasing age is probably the

NOTE Confidence: 0.916850138571429

00:06:59.565 --> 00:07:01.250 one that's most frequently cited

NOTE Confidence: 0.916850138571429

00:07:01.310 --> 00:07:02.650 as a nominal risk factor.

00:07:03.415 --> 00:07:05.200 We cannot get younger overtime and we

NOTE Confidence: 0.916850138571429

00:07:05.256 --> 00:07:07.208 need to recognize that as we get older,

NOTE Confidence: 0.916850138571429

00:07:07.210 --> 00:07:08.585 we do have an increased

NOTE Confidence: 0.916850138571429

00:07:08.585 --> 00:07:09.685 risk of colorectal cancer,

NOTE Confidence: 0.916850138571429

00:07:09.690 --> 00:07:12.300 which is why screening continues after

NOTE Confidence: 0.916850138571429

00:07:12.300 --> 00:07:14.831 that first episode of colonoscopy at

NOTE Confidence: 0.916850138571429

00:07:14.831 --> 00:07:17.671 the original age of 50 and now 45.

NOTE Confidence: 0.916850138571429

00:07:17.680 --> 00:07:19.945 Family history and personal history

NOTE Confidence: 0.916850138571429

00:07:19.945 --> 00:07:21.757 are both incredibly important.

00:07:22.891 --> 00:07:25.153 Almost all the screening guidelines have

NOTE Confidence: 0.916850138571429

00:07:25.153 --> 00:07:27.534 a carve out for patients who have

NOTE Confidence: 0.916850138571429

00:07:27.534 --> 00:07:29.749 early onset colon cancer in a family

NOTE Confidence: 0.916850138571429

00:07:29.749 --> 00:07:31.453 member and most of the guidelines

NOTE Confidence: 0.916850138571429

00:07:31.453 --> 00:07:33.930 say that an individual should start
NOTE Confidence: 0.916850138571429

00:07:33.930 --> 00:07:36.530 their own personal screening 10 years
NOTE Confidence: 0.916850138571429

00:07:36.530 --> 00:07:39.250 before the age of onset
NOTE Confidence: 0.916850138571429

00:07:39.250 --> 00:07:42.096 in a first degree relative.
NOTE Confidence: 0.916850138571429

00:07:42.100 --> 00:07:44.158 The thinking there being that
NOTE Confidence: 0.916850138571429

00:07:44.160 --> 00:07:47.272 there is this idea that is widely
NOTE Confidence: 0.916850138571429

00:07:47.272 --> 00:07:50.252 accepted that most colorectal cancer
NOTE Confidence: 0.916850138571429

00:07:50.252 --> 00:07:52.980 comes from polyps that form in the colon,
NOTE Confidence: 0.916850138571429

00:07:52.980 --> 00:07:55.476 which is from the natural turnover
NOTE Confidence: 0.916850138571429

00:07:55.476 --> 00:07:58.660 of the surface of the colon,
NOTE Confidence: 0.916850138571429

00:07:58.660 --> 00:08:00.260 and so those polyps,
NOTE Confidence: 0.916850138571429

00:08:00.260 --> 00:08:01.965 then overtime have more and
NOTE Confidence: 0.916850138571429

00:08:01.965 --> 00:08:03.329 more turnover of cells,
NOTE Confidence: 0.916850138571429

00:08:03.330 --> 00:08:05.600 and those cells get increasingly
NOTE Confidence: 0.916850138571429

00:08:05.600 --> 00:08:07.670 cancer like and as that occurs
NOTE Confidence: 0.916850138571429

00:08:07.670 --> 00:08:09.769 in anywhere between a five

NOTE Confidence: 0.916850138571429

00:08:09.769 --> 00:08:11.399 and 10 year progression cycle,

NOTE Confidence: 0.916850138571429

00:08:11.400 --> 00:08:13.848 you can have what was a non cancerous

NOTE Confidence: 0.916850138571429

00:08:13.848 --> 00:08:15.378 polyp turn into a cancer.

NOTE Confidence: 0.916850138571429

00:08:15.380 --> 00:08:17.200 So that's where this thought that if

NOTE Confidence: 0.916850138571429

00:08:17.200 --> 00:08:19.055 you start 10 years before a primary

NOTE Confidence: 0.916850138571429

00:08:19.055 --> 00:08:20.750 relative who had colon cancer,

NOTE Confidence: 0.916850138571429

00:08:20.750 --> 00:08:23.270 you should be able to identify that

NOTE Confidence: 0.916850138571429

00:08:23.270 --> 00:08:25.628 at the precancerous stage and address

NOTE Confidence: 0.916850138571429

00:08:25.628 --> 00:08:27.633 it by removal with colonoscopy.

NOTE Confidence: 0.916850138571429

00:08:27.640 --> 00:08:30.153 There is also a personal history if

NOTE Confidence: 0.916850138571429

00:08:30.153 --> 00:08:32.167 certain patients have been exposed

NOTE Confidence: 0.916850138571429

00:08:32.167 --> 00:08:33.903 to various environmental factors or

00:08:38.288 --> 00:08:40.619 cancer causing agents,

NOTE Confidence: 0.916850138571429

00:08:40.620 --> 00:08:42.456 that would be another reason to

NOTE Confidence: 0.916850138571429

00:08:42.456 --> 00:08:44.562 screen them earlier and then there

NOTE Confidence: 0.916850138571429

00:08:44.562 --> 00:08:46.138 are relatively rare diseases,

NOTE Confidence: 0.916850138571429

00:08:46.140 --> 00:08:47.538 particularly inherited syndromes

NOTE Confidence: 0.916850138571429

00:08:47.538 --> 00:08:49.868 like Lynch syndrome or

NOTE Confidence: 0.916850138571429

00:08:49.868 --> 00:08:51.958 Familial adenomatous polyposis.

NOTE Confidence: 0.916850138571429

00:08:51.960 --> 00:08:54.480 These are conditions where

00:08:56.160 --> 00:08:58.590 numerous family members

NOTE Confidence: 0.916850138571429

00:08:58.590 --> 00:09:00.820 who have already had colon

NOTE Confidence: 0.916850138571429

00:09:00.820 --> 00:09:02.604 cancer or related cancers,

NOTE Confidence: 0.916850138571429

00:09:02.610 --> 00:09:05.106 and because of that increased risk,

NOTE Confidence: 0.916850138571429

00:09:05.110 --> 00:09:07.310 there are very well early

NOTE Confidence: 0.916850138571429

00:09:07.310 --> 00:09:09.070 screening guidelines for those

NOTE Confidence: 0.916850138571429

00:09:09.070 --> 00:09:10.569 particular patient groups.

NOTE Confidence: 0.916850138571429

00:09:10.570 --> 00:09:12.582 Those diseases and inherited

NOTE Confidence: 0.916850138571429

00:09:12.582 --> 00:09:14.594 symptoms are relatively rare,

NOTE Confidence: 0.916850138571429

00:09:14.600 --> 00:09:16.315 and typically patients are getting

NOTE Confidence: 0.916850138571429

00:09:16.315 --> 00:09:18.030 passed on from family members saying,

00:09:19.530 --> 00:09:21.060 I started screening earlier than average

NOTE Confidence: 0.916850138571429

00:09:21.060 --> 00:09:22.938 because of this and you should too.
NOTE Confidence: 0.7997459625

00:09:29.940 --> 00:09:32.229 Tell us about the modifiable risk factors.
NOTE Confidence: 0.927403475

00:09:32.720 --> 00:09:34.982 So modifiable risk factors are incredibly
NOTE Confidence: 0.927403475

00:09:34.982 --> 00:09:37.167 important because this is where our
NOTE Confidence: 0.927403475

00:09:37.167 --> 00:09:39.330 patients own agency has something they can
NOTE Confidence: 0.927403475

00:09:39.330 --> 00:09:41.725 do to reduce their risk moving forward.
NOTE Confidence: 0.927403475

00:09:41.730 --> 00:09:43.110 There are things that we oftentimes
NOTE Confidence: 0.927403475

00:09:43.110 --> 00:09:44.605 don't like to hear about when
NOTE Confidence: 0.927403475

00:09:44.605 --> 00:09:45.657 we are patients ourselves,
NOTE Confidence: 0.927403475

00:09:45.660 --> 00:09:47.595 because it does typically
NOTE Confidence: 0.927403475

00:09:47.595 --> 00:09:48.756 involve behavior change.
NOTE Confidence: 0.927403475

00:09:48.760 --> 00:09:51.336 But you know, I really tried to have
NOTE Confidence: 0.927403475

00:09:51.336 --> 00:09:53.599 patients wrap their heads around that.
NOTE Confidence: 0.927403475

00:09:53.600 --> 00:09:55.136 You can essentially
NOTE Confidence: 0.927403475

00:09:55.136 --> 00:09:58.208 eliminate your increased risk if you
NOTE Confidence: 0.927403475

00:09:58.208 --> 00:10:00.616 do these changes in behavior early

NOTE Confidence: 0.927403475

00:10:00.616 --> 00:10:02.930 enough on in the exposure cycle and

NOTE Confidence: 0.927403475

00:10:02.930 --> 00:10:05.102 the modifiable risk factors that

NOTE Confidence: 0.927403475

00:10:05.102 --> 00:10:07.658 we think about most are alcohol use,

NOTE Confidence: 0.927403475

00:10:07.660 --> 00:10:09.232 tobacco smoking,

NOTE Confidence: 0.927403475

00:10:09.232 --> 00:10:12.376 being overweight or obese.

NOTE Confidence: 0.927403475

00:10:12.380 --> 00:10:15.880 And then the more controversial area

NOTE Confidence: 0.927403475

00:10:15.880 --> 00:10:18.568 are the dietary changes that one

NOTE Confidence: 0.927403475

00:10:18.568 --> 00:10:21.180 can do in addition to simple weight

NOTE Confidence: 0.927403475

00:10:21.180 --> 00:10:22.580 loss that's related to obesity.

NOTE Confidence: 0.927403475

00:10:22.580 --> 00:10:23.654 So, for example,

NOTE Confidence: 0.927403475

00:10:23.654 --> 00:10:25.444 this evidence is still evolving.

NOTE Confidence: 0.927403475

00:10:25.450 --> 00:10:26.420 We don't know for sure,

NOTE Confidence: 0.927403475

00:10:26.420 --> 00:10:29.084 but things like high fiber diets,

NOTE Confidence: 0.927403475

00:10:29.084 --> 00:10:31.306 reducing complex artificial sugars,

NOTE Confidence: 0.927403475

00:10:31.306 --> 00:10:33.910 and so forth may have an improvement

NOTE Confidence: 0.927403475

00:10:33.910 --> 00:10:36.876 on one's risk factors for colon cancer.
00:10:39.120 --> 00:10:40.620 The other one that
NOTE Confidence: 0.927403475
00:10:40.620 --> 00:10:42.020 I would controversially put in
NOTE Confidence: 0.927403475
00:10:42.020 --> 00:10:43.140 the modifiable risk factor
NOTE Confidence: 0.927403475
00:10:43.140 --> 00:10:45.560 group is race.
NOTE Confidence: 0.927403475
00:10:45.560 --> 00:10:47.534 Obviously a patient can't change their race,
NOTE Confidence: 0.927403475
00:10:47.540 --> 00:10:49.192 but I think at the society level
NOTE Confidence: 0.927403475
00:10:49.192 --> 00:10:51.414 we have to ask if whether or not
NOTE Confidence: 0.927403475
00:10:51.414 --> 00:10:52.869 the fact that African Americans
NOTE Confidence: 0.927403475
00:10:52.927 --> 00:10:54.712 in particular have an incredibly
NOTE Confidence: 0.927403475
00:10:54.712 --> 00:10:56.497 higher rate of colorectal cancer
NOTE Confidence: 0.927403475
00:10:56.500 --> 00:10:57.648 than the average population,
NOTE Confidence: 0.927403475
00:10:57.648 --> 00:10:59.083 is that because of something
NOTE Confidence: 0.927403475
00:10:59.083 --> 00:11:00.656 genetic and the data suggests that
NOTE Confidence: 0.927403475
00:11:00.656 --> 00:11:01.891 that's probably not the case.
NOTE Confidence: 0.927403475
00:11:01.900 --> 00:11:04.630 The data suggests that the risk of
NOTE Confidence: 0.927403475

00:11:04.630 --> 00:11:06.690 increased colon cancer in certain
NOTE Confidence: 0.927403475

00:11:06.690 --> 00:11:09.150 races is likely due to socioeconomic
NOTE Confidence: 0.927403475

00:11:09.150 --> 00:11:11.548 factors and access issues to care,
NOTE Confidence: 0.927403475

00:11:11.550 --> 00:11:13.989 so I think as a society and
NOTE Confidence: 0.927403475

00:11:13.989 --> 00:11:16.537 also as a group of physicians,
NOTE Confidence: 0.927403475

00:11:16.540 --> 00:11:17.491 Health care providers,
NOTE Confidence: 0.927403475

00:11:17.491 --> 00:11:19.710 we need to think seriously how we're
NOTE Confidence: 0.927403475

00:11:19.765 --> 00:11:21.535 making sure that race is acknowledged
NOTE Confidence: 0.927403475

00:11:21.535 --> 00:11:23.498 in our care of patients because
NOTE Confidence: 0.927403475

00:11:23.498 --> 00:11:25.550 there are increased risks that we
NOTE Confidence: 0.927403475

00:11:25.610 --> 00:11:27.340 likely could modify with improved
NOTE Confidence: 0.927403475

00:11:27.340 --> 00:11:29.362 access to care and addressing both
NOTE Confidence: 0.927403475

00:11:29.362 --> 00:11:31.258 social terms of health as well
NOTE Confidence: 0.927403475

00:11:31.258 --> 00:11:32.629 as biomedical risk factors.
NOTE Confidence: 0.823524788

00:11:34.360 --> 00:11:36.120 A couple of pointed questions.
NOTE Confidence: 0.823524788

00:11:36.120 --> 00:11:39.000 I guess the first is in terms of gender.

NOTE Confidence: 0.823524788

00:11:39.000 --> 00:11:40.640 Is there a difference

NOTE Confidence: 0.823524788

00:11:40.640 --> 00:11:41.870 in colorectal incidence?

NOTE Confidence: 0.853850674210526

00:11:43.840 --> 00:11:45.730 The relationship to gender and

NOTE Confidence: 0.853850674210526

00:11:45.730 --> 00:11:48.320 colorectal cancer has more to do with

NOTE Confidence: 0.853850674210526

00:11:48.320 --> 00:11:50.525 where the cancers occur in the colon,

NOTE Confidence: 0.853850674210526

00:11:50.530 --> 00:11:52.663 and this is a complex issue that we can

NOTE Confidence: 0.853850674210526

00:11:52.663 --> 00:11:54.390 probably come back to if we have time.

NOTE Confidence: 0.853850674210526

00:11:54.390 --> 00:11:56.334 But colorectal cancer occurs

NOTE Confidence: 0.853850674210526

00:11:56.334 --> 00:11:58.580 in three general places.

NOTE Confidence: 0.853850674210526

00:11:58.580 --> 00:12:00.380 The right side of the colon,

NOTE Confidence: 0.853850674210526

00:12:00.380 --> 00:12:01.268 the left side of the colon,

NOTE Confidence: 0.853850674210526

00:12:01.270 --> 00:12:03.049 and the rectum.

NOTE Confidence: 0.853850674210526

00:12:03.050 --> 00:12:04.525 These are very different areas

NOTE Confidence: 0.853850674210526

00:12:04.525 --> 00:12:06.800 in terms of how they are handled

NOTE Confidence: 0.853850674210526

00:12:06.800 --> 00:12:08.268 from a surgeons standpoint,

NOTE Confidence: 0.853850674210526

00:12:08.270 --> 00:12:10.839 which is why it's really relevant and
NOTE Confidence: 0.853850674210526

00:12:10.839 --> 00:12:14.048 to go to your direct question,
NOTE Confidence: 0.853850674210526

00:12:14.050 --> 00:12:16.430 the gender differences between the
NOTE Confidence: 0.853850674210526

00:12:16.430 --> 00:12:19.240 various anatomic sites varies as well.
NOTE Confidence: 0.853850674210526

00:12:19.240 --> 00:12:20.740 We don't really understand why and
NOTE Confidence: 0.853850674210526

00:12:20.740 --> 00:12:22.749 it's an area of open investigation,
NOTE Confidence: 0.853850674210526

00:12:22.750 --> 00:12:25.382 but it does seem to color
NOTE Confidence: 0.853850674210526

00:12:25.382 --> 00:12:27.050 where these cancers occur,
NOTE Confidence: 0.853850674210526

00:12:27.050 --> 00:12:29.126 and therefore genders seem to have
NOTE Confidence: 0.853850674210526

00:12:29.126 --> 00:12:30.907 differences in treatment strategies
NOTE Confidence: 0.853850674210526

00:12:30.907 --> 00:12:33.294 because of where the sites of disease.
NOTE Confidence: 0.875746080666667

00:12:34.830 --> 00:12:37.154 So women have more colon cancers
NOTE Confidence: 0.875746080666667

00:12:37.154 --> 00:12:39.779 on one side of the colon than men?
NOTE Confidence: 0.875746080666667

00:12:39.780 --> 00:12:41.538 Correct, the right side.
NOTE Confidence: 0.875746080666667

00:12:41.540 --> 00:12:43.580 Interesting, and my second question,
NOTE Confidence: 0.875746080666667

00:12:43.580 --> 00:12:46.980 what about inflammatory bowel disease?

NOTE Confidence: 0.875746080666667

00:12:46.980 --> 00:12:48.708 Does that increase your

NOTE Confidence: 0.875746080666667

00:12:48.708 --> 00:12:50.436 risk of colorectal cancer?

NOTE Confidence: 0.875746080666667

00:12:50.440 --> 00:12:53.702 And if so, are we seeing more

NOTE Confidence: 0.875746080666667

00:12:53.702 --> 00:12:55.583 inflammatory bowel disease in

NOTE Confidence: 0.875746080666667

00:12:55.583 --> 00:12:57.538 younger people which might give

NOTE Confidence: 0.875746080666667

00:12:57.538 --> 00:13:00.820 us a clue as to one potential

NOTE Confidence: 0.875746080666667

00:13:00.820 --> 00:13:03.530 etiologic factor for younger onset?

NOTE Confidence: 0.8750956775

00:13:04.930 --> 00:13:06.610 So, inflammatory bowel disease

NOTE Confidence: 0.8750956775

00:13:06.610 --> 00:13:08.290 absolutely increases your risk.

00:13:09.784 --> 00:13:12.274 The screening guidelines for both

NOTE Confidence: 0.8750956775

00:13:12.274 --> 00:13:15.194 patients with Crohn's disease and

NOTE Confidence: 0.8750956775

00:13:15.194 --> 00:13:17.966 colitis specifically target those

NOTE Confidence: 0.8750956775

00:13:18.045 --> 00:13:20.680 groups for early onset colonoscopies,

NOTE Confidence: 0.8750956775

00:13:20.680 --> 00:13:22.568 partially to evaluate their

NOTE Confidence: 0.8750956775

00:13:22.568 --> 00:13:23.984 inflammatory bowel disease,

NOTE Confidence: 0.8750956775

00:13:23.990 --> 00:13:27.446 but also to evaluate for the early

NOTE Confidence: 0.8750956775

00:13:27.446 --> 00:13:29.870 development of colorectal cancer.

NOTE Confidence: 0.8750956775

00:13:29.870 --> 00:13:31.886 We talk a lot in that

NOTE Confidence: 0.8750956775

00:13:31.886 --> 00:13:32.750 population about dysplasia.

NOTE Confidence: 0.8750956775

00:13:32.750 --> 00:13:34.118 Dysplasia is what cells

NOTE Confidence: 0.8750956775

00:13:34.118 --> 00:13:36.658 look like under a microscope when they're

NOTE Confidence: 0.8750956775

00:13:36.658 --> 00:13:39.190 headed towards potentially being a cancer,

NOTE Confidence: 0.8750956775

00:13:39.190 --> 00:13:42.515 and so those patients get routine regular

NOTE Confidence: 0.8750956775

00:13:42.515 --> 00:13:45.078 biopsies to evaluate for dysplasia as

NOTE Confidence: 0.8750956775

00:13:45.078 --> 00:13:48.010 a sign that that would be the case,

NOTE Confidence: 0.8750956775

00:13:48.010 --> 00:13:50.074 and in that patient population the

NOTE Confidence: 0.8750956775

00:13:50.074 --> 00:13:51.792 recommendations in terms of what

NOTE Confidence: 0.8750956775

00:13:51.792 --> 00:13:53.460 you do with that are changing,

NOTE Confidence: 0.8750956775

00:13:53.460 --> 00:13:55.032 but the historical recommendations

NOTE Confidence: 0.8750956775

00:13:55.032 --> 00:13:57.390 have been to move towards early

NOTE Confidence: 0.8750956775

00:13:57.454 --> 00:13:59.094 surgical intervention to remove

NOTE Confidence: 0.8750956775

00:13:59.094 --> 00:14:01.683 diseased portions of the colon because
NOTE Confidence: 0.8750956775

00:14:01.683 --> 00:14:04.348 of their increased cancer risk.
NOTE Confidence: 0.8750956775

00:14:04.350 --> 00:14:06.498 You bring up an interesting point
NOTE Confidence: 0.8750956775

00:14:06.498 --> 00:14:08.343 about inflammatory bowel disease
NOTE Confidence: 0.8750956775

00:14:08.343 --> 00:14:10.835 incidence and early onset of colon cancers,
NOTE Confidence: 0.8750956775

00:14:10.840 --> 00:14:13.224 and I think I would capture that
NOTE Confidence: 0.8750956775

00:14:13.224 --> 00:14:13.988 more broadly,
NOTE Confidence: 0.8750956775

00:14:13.988 --> 00:14:16.280 what one of the leading theories
NOTE Confidence: 0.8750956775

00:14:16.345 --> 00:14:18.979 around why we have increased colorectal
NOTE Confidence: 0.8750956775

00:14:18.979 --> 00:14:21.094 cancer in younger populations is
NOTE Confidence: 0.8750956775

00:14:21.094 --> 00:14:22.864 the inflammatory burden that the
NOTE Confidence: 0.8750956775

00:14:22.864 --> 00:14:24.820 colon is seeing younger in life.
NOTE Confidence: 0.8750956775

00:14:24.820 --> 00:14:26.080 And there's a lot of reasons
NOTE Confidence: 0.8750956775

00:14:26.080 --> 00:14:27.400 why that may be the case.
NOTE Confidence: 0.8750956775

00:14:27.400 --> 00:14:28.930 The question has been raised,
NOTE Confidence: 0.8750956775

00:14:28.930 --> 00:14:31.192 is it a matter of psychosocial

NOTE Confidence: 0.8750956775

00:14:31.192 --> 00:14:32.700 stress and modern society?

NOTE Confidence: 0.8750956775

00:14:32.700 --> 00:14:34.190 Is it a matter of

NOTE Confidence: 0.8750956775

00:14:34.190 --> 00:14:36.703 the artificial sugar

NOTE Confidence: 0.8750956775

00:14:36.703 --> 00:14:38.359 ingredients that are in food.

NOTE Confidence: 0.8750956775

00:14:38.360 --> 00:14:41.412 Do they have

NOTE Confidence: 0.8750956775

00:14:41.412 --> 00:14:43.217 an established higher

NOTE Confidence: 0.8750956775

00:14:43.217 --> 00:14:45.140 inflammatory load that's seen by the

NOTE Confidence: 0.8750956775

00:14:45.140 --> 00:14:46.974 body and is that somehow creating

NOTE Confidence: 0.8750956775

00:14:47.034 --> 00:14:48.729 more inflammation in the colon?

NOTE Confidence: 0.8750956775

00:14:48.730 --> 00:14:50.082 More inflammation begets this

NOTE Confidence: 0.8750956775

00:14:50.082 --> 00:14:51.772 dysplasia that we talked about

NOTE Confidence: 0.8750956775

00:14:51.772 --> 00:14:53.488 and does that lead to cancer?

NOTE Confidence: 0.8750956775

00:14:53.490 --> 00:14:55.210 These theories are out there,

00:14:56.290 --> 00:14:58.090 they're often discussed and they

NOTE Confidence: 0.8750956775

00:14:58.090 --> 00:15:00.549 have good biology that supports them.

NOTE Confidence: 0.8750956775

00:15:00.550 --> 00:15:02.601 We just haven't made the missing

NOTE Confidence: 0.8750956775

00:15:02.601 --> 00:15:04.689 link connection to the clinical evidence.

NOTE Confidence: 0.8750956775

00:15:08.250 --> 00:15:10.252 Well, we're going to pick up the

NOTE Confidence: 0.91839082368421

00:15:10.252 --> 00:15:11.878 conversation right after we take a

NOTE Confidence: 0.91839082368421

00:15:11.878 --> 00:15:13.312 short break for a medical minute.

NOTE Confidence: 0.91839082368421

00:15:13.320 --> 00:15:15.294 Please stay tuned to learn more

NOTE Confidence: 0.91839082368421

00:15:15.294 --> 00:15:17.392 about the surgical care of colorectal

NOTE Confidence: 0.91839082368421

00:15:17.392 --> 00:15:19.187 cancer with my guest doctor

NOTE Confidence: 0.91839082368421

00:15:19.190 --> 00:15:21.170 Ira Leeds.

NOTE Confidence: 0.851226645555556

00:15:21.180 --> 00:15:23.010 Funding for Yale Cancer Answers comes

NOTE Confidence: 0.851226645555556

00:15:23.010 --> 00:15:24.474 from Smilow Cancer Hospital,

NOTE Confidence: 0.851226645555556

00:15:24.480 --> 00:15:26.392 where integrative medicine services

NOTE Confidence: 0.851226645555556

00:15:26.392 --> 00:15:28.304 help patients navigate physical,

NOTE Confidence: 0.851226645555556

00:15:28.310 --> 00:15:30.162 mental, and spiritual Wellness

NOTE Confidence: 0.851226645555556

00:15:30.162 --> 00:15:32.477 during and after cancer therapy.

NOTE Confidence: 0.851226645555556

00:15:32.480 --> 00:15:33.540 To learn more, visit

NOTE Confidence: 0.94603026

00:15:36.070 --> 00:15:38.330 yalecancercenter.org/integrative.
NOTE Confidence: 0.94603026

00:15:38.330 --> 00:15:40.170 The American Cancer Society
NOTE Confidence: 0.94603026

00:15:40.170 --> 00:15:42.383 estimates that more than 65,000
NOTE Confidence: 0.94603026

00:15:42.383 --> 00:15:44.248 Americans will be diagnosed with
NOTE Confidence: 0.94603026

00:15:44.248 --> 00:15:46.429 head and neck cancer this year,
NOTE Confidence: 0.94603026

00:15:46.430 --> 00:15:49.580 making up about 4% of all cancers
NOTE Confidence: 0.94603026

00:15:49.580 --> 00:15:51.490 diagnosed when detected early.
NOTE Confidence: 0.94603026

00:15:51.490 --> 00:15:53.794 However, head and neck cancers are
NOTE Confidence: 0.94603026

00:15:53.794 --> 00:15:55.910 easily treated and highly curable.
NOTE Confidence: 0.94603026

00:15:55.910 --> 00:15:57.902 Clinical trials are currently
NOTE Confidence: 0.94603026

00:15:57.902 --> 00:15:59.894 underway at federally designated
NOTE Confidence: 0.94603026

00:15:59.894 --> 00:16:01.618 Comprehensive cancer centers such
NOTE Confidence: 0.94603026

00:16:01.618 --> 00:16:03.928 as Yale Cancer Center and at Smilow
NOTE Confidence: 0.94603026

00:16:03.928 --> 00:16:06.124 Cancer Hospital to test innovative new
NOTE Confidence: 0.94603026

00:16:06.124 --> 00:16:08.376 treatments for head and neck cancers.
NOTE Confidence: 0.94603026

00:16:08.376 --> 00:16:11.052 Yale Cancer Center was recently awarded

NOTE Confidence: 0.94603026

00:16:11.052 --> 00:16:13.232 grants from the National Institutes

NOTE Confidence: 0.94603026

00:16:13.232 --> 00:16:15.913 of Health to fund the Yale Head

NOTE Confidence: 0.94603026

00:16:15.913 --> 00:16:18.214 and neck Cancer Specialized program

NOTE Confidence: 0.94603026

00:16:18.214 --> 00:16:20.974 of Research Excellence or SPORE to

NOTE Confidence: 0.94603026

00:16:20.980 --> 00:16:23.050 address critical barriers to treatment

NOTE Confidence: 0.94603026

00:16:23.050 --> 00:16:25.568 of head and neck squamous cell

NOTE Confidence: 0.94603026

00:16:25.568 --> 00:16:27.854 carcinoma due to resistance to immune

NOTE Confidence: 0.94603026

00:16:27.854 --> 00:16:30.170 DNA damaging and targeted therapy.

NOTE Confidence: 0.94603026

00:16:30.170 --> 00:16:33.200 More information is available at

NOTE Confidence: 0.94603026

00:16:33.200 --> 00:16:34.541 yalecancercenter.org you're listening

NOTE Confidence: 0.94603026

00:16:34.541 --> 00:16:36.329 to Connecticut Public Radio.

NOTE Confidence: 0.862771145

00:16:37.700 --> 00:16:39.818 Welcome back to Yale Cancer answers.

NOTE Confidence: 0.862771145

00:16:39.820 --> 00:16:42.025 This is doctor Anis Jaguar and I'm

NOTE Confidence: 0.862771145

00:16:42.025 --> 00:16:44.463 joined tonight by my guest Doctor Ira

NOTE Confidence: 0.862771145

00:16:44.463 --> 00:16:46.605 leads we're learning about the surgical

NOTE Confidence: 0.862771145

00:16:46.674 --> 00:16:49.098 care of patients with colorectal cancer.

NOTE Confidence: 0.862771145

00:16:49.100 --> 00:16:51.585 And before the break IRA we spent

NOTE Confidence: 0.862771145

00:16:51.585 --> 00:16:54.687 a lot of time talking about kind

NOTE Confidence: 0.862771145

00:16:54.687 --> 00:16:57.127 of what causes colon cancer,

NOTE Confidence: 0.862771145

00:16:57.130 --> 00:16:59.658 or at least what are some of the

NOTE Confidence: 0.862771145

00:16:59.658 --> 00:17:01.805 risk factors and what are the

NOTE Confidence: 0.862771145

00:17:01.805 --> 00:17:03.959 factors that lead to colon cancer,

NOTE Confidence: 0.862771145

00:17:03.960 --> 00:17:05.493 particularly occurring at

NOTE Confidence: 0.862771145

00:17:05.493 --> 00:17:08.048 a younger age so that.

NOTE Confidence: 0.862771145

00:17:08.050 --> 00:17:10.370 Guidelines have now changed

NOTE Confidence: 0.862771145

00:17:10.370 --> 00:17:12.690 to get colonoscopies earlier.

NOTE Confidence: 0.862771145

00:17:12.690 --> 00:17:14.970 One thing I want to talk about just

NOTE Confidence: 0.862771145

00:17:14.970 --> 00:17:17.195 before we get into the management

NOTE Confidence: 0.862771145

00:17:17.195 --> 00:17:19.431 of colorectal cancer is the type

NOTE Confidence: 0.862771145

00:17:19.431 --> 00:17:20.819 of screening you mentioned.

NOTE Confidence: 0.862771145

00:17:20.820 --> 00:17:24.460 This briefly before the break in terms

NOTE Confidence: 0.862771145

00:17:24.460 --> 00:17:27.240 of colonoscopy versus alternatives.

NOTE Confidence: 0.862771145

00:17:27.240 --> 00:17:29.632 It can you flesh that out a little

NOTE Confidence: 0.862771145

00:17:29.632 --> 00:17:32.052 bit for us so clearly nobody is,

NOTE Confidence: 0.862771145

00:17:32.052 --> 00:17:34.420 you know, chomping at the bit saying oh,

NOTE Confidence: 0.862771145

00:17:34.420 --> 00:17:37.230 sign me up I'd love to get a prep and

NOTE Confidence: 0.862771145

00:17:37.313 --> 00:17:40.130 have a tube put up my rear bottom end

NOTE Confidence: 0.862771145

00:17:40.130 --> 00:17:42.234 so that you can look at my colon,

NOTE Confidence: 0.862771145

00:17:42.240 --> 00:17:44.893 but we know that colonoscopy is a

NOTE Confidence: 0.862771145

00:17:44.893 --> 00:17:47.623 great test to find colorectal cancer

NOTE Confidence: 0.862771145

00:17:47.623 --> 00:17:50.629 early and allows one to actually

NOTE Confidence: 0.862771145

00:17:50.629 --> 00:17:53.799 remove potentially precancerous polyps.

NOTE Confidence: 0.862771145

00:17:53.800 --> 00:17:56.716 But if you're not terribly enthused

NOTE Confidence: 0.862771145

00:17:56.716 --> 00:17:58.660 about having a colonoscopy,

NOTE Confidence: 0.862771145

00:17:58.660 --> 00:18:01.132 how good are the alternatives and

NOTE Confidence: 0.862771145

00:18:01.132 --> 00:18:02.368 I recommend them?

NOTE Confidence: 0.89307524

00:18:03.460 --> 00:18:04.356 That's a loaded question
NOTE Confidence: 0.89307524

00:18:04.356 --> 00:18:05.700 when it's all said and done,
NOTE Confidence: 0.89307524

00:18:05.700 --> 00:18:07.758 but we'll try to break it up
NOTE Confidence: 0.89307524

00:18:07.758 --> 00:18:09.599 here into bite sized pieces.
NOTE Confidence: 0.89307524

00:18:09.600 --> 00:18:12.602 So I think to go to colonoscopy first, the.
NOTE Confidence: 0.89307524

00:18:12.602 --> 00:18:15.854 The two biggest values to colonoscopy
NOTE Confidence: 0.89307524

00:18:15.854 --> 00:18:19.019 for me are the following.
NOTE Confidence: 0.89307524

00:18:19.020 --> 00:18:20.958 The first is that colonoscopy has
NOTE Confidence: 0.89307524

00:18:20.958 --> 00:18:23.061 been shown to be able identify
NOTE Confidence: 0.89307524

00:18:23.061 --> 00:18:24.906 lesions typically earlier than a
NOTE Confidence: 0.89307524

00:18:24.906 --> 00:18:27.568 lot of the alternatives out there,
NOTE Confidence: 0.89307524

00:18:27.570 --> 00:18:29.946 and the reason being is that
NOTE Confidence: 0.89307524

00:18:29.946 --> 00:18:32.008 colonoscopy can identify both truly
NOTE Confidence: 0.89307524

00:18:32.008 --> 00:18:34.426 benign what so non cancerous lesions
NOTE Confidence: 0.89307524

00:18:34.426 --> 00:18:37.169 it can identify precancerous lesions,
NOTE Confidence: 0.89307524

00:18:37.170 --> 00:18:39.386 and it can identify cancer and

NOTE Confidence: 0.89307524

00:18:39.386 --> 00:18:41.366 why that's valuable is that.

NOTE Confidence: 0.89307524

00:18:41.370 --> 00:18:43.590 It by getting your regular screening,

NOTE Confidence: 0.89307524

00:18:43.590 --> 00:18:43.940 colonoscopy.

NOTE Confidence: 0.89307524

00:18:43.940 --> 00:18:46.740 It kind of gives a time lapse image

NOTE Confidence: 0.89307524

00:18:46.740 --> 00:18:49.297 of what's happening in your colon,

NOTE Confidence: 0.89307524

00:18:49.300 --> 00:18:50.890 which I think is valuable.

NOTE Confidence: 0.89307524

00:18:50.890 --> 00:18:52.228 If something were to ever develop,

NOTE Confidence: 0.89307524

00:18:52.230 --> 00:18:54.666 kind of what somebody saw before.

NOTE Confidence: 0.89307524

00:18:54.670 --> 00:18:56.326 The second reason why colonoscopy is

NOTE Confidence: 0.89307524

00:18:56.326 --> 00:18:58.270 so valuable is that you're in there.

NOTE Confidence: 0.89307524

00:18:58.270 --> 00:19:00.646 You can already do what you need to do,

NOTE Confidence: 0.89307524

00:19:00.650 --> 00:19:03.580 oftentimes for these precancerous lesions,

NOTE Confidence: 0.89307524

00:19:03.580 --> 00:19:06.226 with almost every other screening test,

NOTE Confidence: 0.89307524

00:19:06.230 --> 00:19:07.775 it's going to basically stratify

NOTE Confidence: 0.89307524

00:19:07.775 --> 00:19:09.690 a patient to a low risk,

NOTE Confidence: 0.89307524

00:19:09.690 --> 00:19:10.905 meaning there was nothing detected
NOTE Confidence: 0.89307524

00:19:10.905 --> 00:19:12.650 on the tests or high risk group,
NOTE Confidence: 0.89307524

00:19:12.650 --> 00:19:15.359 which means that the test was abnormal,
NOTE Confidence: 0.89307524

00:19:15.360 --> 00:19:17.130 and therefore the patient needs
NOTE Confidence: 0.89307524

00:19:17.130 --> 00:19:17.838 a colonoscopy.
NOTE Confidence: 0.89307524

00:19:17.840 --> 00:19:19.060 So a lot of these,
NOTE Confidence: 0.89307524

00:19:19.060 --> 00:19:22.535 even the best non colonoscopy
NOTE Confidence: 0.89307524

00:19:22.535 --> 00:19:25.046 screening modalities are still routing.
NOTE Confidence: 0.89307524

00:19:25.046 --> 00:19:25.418 Folks,
NOTE Confidence: 0.89307524

00:19:25.418 --> 00:19:27.278 two colonoscopy when they have
NOTE Confidence: 0.89307524

00:19:27.278 --> 00:19:28.600 an abnormal test.
NOTE Confidence: 0.89307524

00:19:28.600 --> 00:19:30.168 So there is a little bit of this
NOTE Confidence: 0.89307524

00:19:30.168 --> 00:19:31.443 question of you know if there's
NOTE Confidence: 0.89307524

00:19:31.443 --> 00:19:32.993 so much that can be gleaned from
NOTE Confidence: 0.89307524

00:19:32.993 --> 00:19:34.218 a colonoscopy to begin with,
NOTE Confidence: 0.89307524

00:19:34.220 --> 00:19:35.550 should we putting everyone through

NOTE Confidence: 0.89307524

00:19:35.550 --> 00:19:36.880 the colonoscopy round and then,

NOTE Confidence: 0.89307524

00:19:36.880 --> 00:19:38.056 as I mentioned before,

NOTE Confidence: 0.89307524

00:19:38.056 --> 00:19:39.820 the the biggest argument against that,

NOTE Confidence: 0.89307524

00:19:39.820 --> 00:19:41.455 is that colonoscopy for some

NOTE Confidence: 0.89307524

00:19:41.455 --> 00:19:43.620 folks is has an undue burden,

NOTE Confidence: 0.89307524

00:19:43.620 --> 00:19:45.734 both in terms of pleasantness but also

NOTE Confidence: 0.89307524

00:19:45.734 --> 00:19:48.086 in terms of work loss and so forth.

NOTE Confidence: 0.89307524

00:19:48.090 --> 00:19:49.080 So if you can do,

NOTE Confidence: 0.89307524

00:19:49.080 --> 00:19:50.988 for example a stool test that

NOTE Confidence: 0.89307524

00:19:50.988 --> 00:19:53.662 you can do in your home at 1

NOTE Confidence: 0.89307524

00:19:53.662 --> 00:19:55.094 evening when you've got the time.

NOTE Confidence: 0.89307524

00:19:55.094 --> 00:19:57.080 To do it and send it off for analysis,

NOTE Confidence: 0.89307524

00:19:57.080 --> 00:19:59.056 and that if it's negative then you're done.

NOTE Confidence: 0.89307524

00:19:59.060 --> 00:20:00.452 You have no further burden on

NOTE Confidence: 0.89307524

00:20:00.452 --> 00:20:02.346 your day to day life to get your

NOTE Confidence: 0.89307524

00:20:02.346 --> 00:20:04.089 results you need to go back to
NOTE Confidence: 0.89307524

00:20:04.089 --> 00:20:05.714 being an average risk individual
NOTE Confidence: 0.89307524

00:20:05.714 --> 00:20:07.645 with no further colonoscopy needs.
NOTE Confidence: 0.89307524

00:20:07.645 --> 00:20:12.645 So I think we're the both the the.
NOTE Confidence: 0.89307524

00:20:12.650 --> 00:20:14.580 The clearance for these tests.
NOTE Confidence: 0.89307524

00:20:14.580 --> 00:20:15.360 In other words,
NOTE Confidence: 0.89307524

00:20:15.360 --> 00:20:17.180 what they're allowed to proclaim to be,
NOTE Confidence: 0.89307524

00:20:17.180 --> 00:20:18.476 and also where they really do,
NOTE Confidence: 0.89307524

00:20:18.480 --> 00:20:20.650 have a sweet spot as the average
NOTE Confidence: 0.89307524

00:20:20.650 --> 00:20:22.290 risk individual who's never had
NOTE Confidence: 0.89307524

00:20:22.290 --> 00:20:24.330 any abnormal findings on a prior
NOTE Confidence: 0.89307524

00:20:24.330 --> 00:20:25.913 colonoscopy and does not have
NOTE Confidence: 0.89307524

00:20:25.913 --> 00:20:27.388 the high risk family features
NOTE Confidence: 0.89307524

00:20:27.388 --> 00:20:29.547 that we talked about before those
NOTE Confidence: 0.89307524

00:20:29.547 --> 00:20:31.775 individuals if interested in
NOTE Confidence: 0.89307524

00:20:31.775 --> 00:20:35.179 pursuing a non invasive test like

NOTE Confidence: 0.89307524

00:20:35.179 --> 00:20:37.608 a colonoscopy have been shown to

NOTE Confidence: 0.89307524

00:20:37.608 --> 00:20:40.130 have equal benefit from one of the

NOTE Confidence: 0.89307524

00:20:40.130 --> 00:20:42.110 more advanced tests out there.

NOTE Confidence: 0.89307524

00:20:42.110 --> 00:20:44.132 It's basically a test that you

NOTE Confidence: 0.89307524

00:20:44.132 --> 00:20:46.931 give a stool sample and it uses a

NOTE Confidence: 0.89307524

00:20:46.931 --> 00:20:48.651 variety of assays or laboratory

NOTE Confidence: 0.89307524

00:20:48.651 --> 00:20:51.336 tests on that sample to look for both

NOTE Confidence: 0.89307524

00:20:51.336 --> 00:20:54.360 cancerous DNA in the stool as well as

NOTE Confidence: 0.870083047692307

00:20:54.360 --> 00:20:55.932 a signature of what a bleeding

NOTE Confidence: 0.870083047692307

00:20:55.932 --> 00:20:57.748 lesion in your colon might be like,

NOTE Confidence: 0.870083047692307

00:20:57.750 --> 00:20:59.801 which is one of the micro bleed

NOTE Confidence: 0.870083047692307

00:20:59.801 --> 00:21:02.217 is one of the hallmarks for pre

NOTE Confidence: 0.870083047692307

00:21:02.217 --> 00:21:04.910 cancer or early cancer in the colon,

NOTE Confidence: 0.870083047692307

00:21:04.910 --> 00:21:07.413 so that's what it's detecting and it's been

NOTE Confidence: 0.870083047692307

00:21:07.413 --> 00:21:09.570 shown to have a very good detection rate.

NOTE Confidence: 0.870083047692307

00:21:09.570 --> 00:21:11.760 And so if that's normal,
NOTE Confidence: 0.870083047692307

00:21:11.760 --> 00:21:13.512 then we can confidently say that
NOTE Confidence: 0.870083047692307

00:21:13.512 --> 00:21:15.634 patient does not need a colonoscopy if
NOTE Confidence: 0.870083047692307

00:21:15.634 --> 00:21:17.720 they have no other high risk features,
NOTE Confidence: 0.870083047692307

00:21:17.720 --> 00:21:19.337 there are a number of different options
NOTE Confidence: 0.870083047692307

00:21:19.337 --> 00:21:20.840 that are listed in the guidelines,
NOTE Confidence: 0.870083047692307

00:21:20.840 --> 00:21:22.802 but those two are probably the
NOTE Confidence: 0.870083047692307

00:21:22.802 --> 00:21:24.110 most common recommended today.
NOTE Confidence: 0.870083047692307

00:21:24.110 --> 00:21:27.006 The biggest drawback to the stool test that
NOTE Confidence: 0.870083047692307

00:21:27.006 --> 00:21:29.776 I mentioned is that it is quite expensive.
NOTE Confidence: 0.870083047692307

00:21:29.780 --> 00:21:31.280 Depending on insurance
NOTE Confidence: 0.870083047692307

00:21:31.280 --> 00:21:33.280 reimbursements and so forth,
NOTE Confidence: 0.870083047692307

00:21:33.280 --> 00:21:35.980 so it's not the biggest.
NOTE Confidence: 0.870083047692307

00:21:35.980 --> 00:21:37.468 The biggest benefit to it is
NOTE Confidence: 0.870083047692307

00:21:37.468 --> 00:21:39.297 the is the burden of going to
NOTE Confidence: 0.870083047692307

00:21:39.297 --> 00:21:40.845 get a colonoscopy more so than.

NOTE Confidence: 0.870083047692307
00:21:40.850 --> 00:21:42.310 Anything else in regards to
NOTE Confidence: 0.870083047692307
00:21:42.310 --> 00:21:43.478 resource use for it?
NOTE Confidence: 0.826797348888889
00:21:44.610 --> 00:21:47.270 Cool, so let's suppose you
NOTE Confidence: 0.826797348888889
00:21:47.270 --> 00:21:49.398 went for your colonoscopy,
NOTE Confidence: 0.826797348888889
00:21:49.400 --> 00:21:51.890 and a lesion was found.
NOTE Confidence: 0.826797348888889
00:21:51.890 --> 00:21:54.298 A polyp was found and biopsied and
NOTE Confidence: 0.826797348888889
00:21:54.298 --> 00:21:56.877 it turns out that it is a cancer.
NOTE Confidence: 0.826797348888889
00:21:56.880 --> 00:21:58.924 Can you help us to understand a
NOTE Confidence: 0.826797348888889
00:21:58.924 --> 00:22:00.958 little bit more about how you know
NOTE Confidence: 0.826797348888889
00:22:00.958 --> 00:22:03.014 whether this is kind of a good
NOTE Confidence: 0.826797348888889
00:22:03.014 --> 00:22:04.406 cancer where your colonoscopy
NOTE Confidence: 0.826797348888889
00:22:04.406 --> 00:22:06.806 has has gotten it and you don't
NOTE Confidence: 0.826797348888889
00:22:06.806 --> 00:22:08.446 need anything further versus a
NOTE Confidence: 0.826797348888889
00:22:08.446 --> 00:22:10.462 not so good cancer where there
NOTE Confidence: 0.826797348888889
00:22:10.462 --> 00:22:12.716 might actually be a need for you
NOTE Confidence: 0.826797348888889

00:22:12.780 --> 00:22:14.796 to see a colorectal surgeon and?
NOTE Confidence: 0.826797348888889

00:22:14.800 --> 00:22:16.288 Have more therapy done
NOTE Confidence: 0.876331486153846

00:22:16.500 --> 00:22:18.390 so there's a couple key things that
NOTE Confidence: 0.876331486153846

00:22:18.390 --> 00:22:20.762 you need to know when you as a
NOTE Confidence: 0.876331486153846

00:22:20.762 --> 00:22:22.658 surgeon when you're getting given a
NOTE Confidence: 0.876331486153846

00:22:22.658 --> 00:22:24.338 biopsy report from a colonoscopy.
NOTE Confidence: 0.876331486153846

00:22:24.340 --> 00:22:26.440 The things that we think about
NOTE Confidence: 0.876331486153846

00:22:26.440 --> 00:22:29.523 the most are for a true cancer is
NOTE Confidence: 0.876331486153846

00:22:29.523 --> 00:22:31.533 something called TNM staging or
NOTE Confidence: 0.876331486153846

00:22:31.533 --> 00:22:34.170 tumor nodes and metastasis staging.
NOTE Confidence: 0.876331486153846

00:22:34.170 --> 00:22:35.976 The tea or the tumor is what
NOTE Confidence: 0.876331486153846

00:22:35.976 --> 00:22:37.537 is happening at the microscopic
NOTE Confidence: 0.876331486153846

00:22:37.537 --> 00:22:39.697 level in terms of local invasion.
NOTE Confidence: 0.876331486153846

00:22:39.700 --> 00:22:41.639 Where is the thing that was biopsied?
NOTE Confidence: 0.876331486153846

00:22:41.640 --> 00:22:42.824 Where is it going?
NOTE Confidence: 0.876331486153846

00:22:42.824 --> 00:22:45.819 Is it in just the very first flute fuels

NOTE Confidence: 0.876331486153846

00:22:45.819 --> 00:22:48.493 level layers of cells of the colon?

NOTE Confidence: 0.876331486153846

00:22:48.500 --> 00:22:50.096 Is it invading through the colon?

NOTE Confidence: 0.876331486153846

00:22:50.100 --> 00:22:52.983 Is invading into other structures in

NOTE Confidence: 0.876331486153846

00:22:52.983 --> 00:22:55.174 as nodes or there are nodes lymph

NOTE Confidence: 0.876331486153846

00:22:55.174 --> 00:22:57.256 nodes that are basically the first

NOTE Confidence: 0.876331486153846

00:22:57.256 --> 00:22:59.808 sign that a colon cancer has been

NOTE Confidence: 0.876331486153846

00:22:59.808 --> 00:23:02.208 getting to spread beyond the original

NOTE Confidence: 0.876331486153846

00:23:02.208 --> 00:23:04.986 tumor and then finally, is Amar metastases?

NOTE Confidence: 0.876331486153846

00:23:04.990 --> 00:23:06.982 That means they're spread of the

NOTE Confidence: 0.876331486153846

00:23:06.982 --> 00:23:08.310 cancer beyond the colon,

NOTE Confidence: 0.876331486153846

00:23:08.310 --> 00:23:09.670 intestine into other organs.

NOTE Confidence: 0.876331486153846

00:23:09.670 --> 00:23:10.350 The body,

NOTE Confidence: 0.876331486153846

00:23:10.350 --> 00:23:12.905 most commonly the liver or the lungs.

NOTE Confidence: 0.876331486153846

00:23:12.910 --> 00:23:15.178 So four colon cancer that's been diagnosis.

NOTE Confidence: 0.876331486153846

00:23:15.180 --> 00:23:15.906 Colon cancer.

NOTE Confidence: 0.876331486153846

00:23:15.906 --> 00:23:18.084 On colonoscopy it is important to
NOTE Confidence: 0.876331486153846

00:23:18.084 --> 00:23:21.104 get a complete scan of the body of
NOTE Confidence: 0.876331486153846

00:23:21.104 --> 00:23:23.315 particularly of the chest and the
NOTE Confidence: 0.876331486153846

00:23:23.315 --> 00:23:25.618 abdomen to make sure that you don't
NOTE Confidence: 0.876331486153846

00:23:25.618 --> 00:23:27.998 have any far ranging metastases
NOTE Confidence: 0.876331486153846

00:23:27.998 --> 00:23:30.046 or or tumor spread.
NOTE Confidence: 0.876331486153846

00:23:30.050 --> 00:23:31.890 The second issue that is
NOTE Confidence: 0.876331486153846

00:23:31.890 --> 00:23:33.730 where does it look locally?
NOTE Confidence: 0.876331486153846

00:23:33.730 --> 00:23:35.098 And that's where sometimes
NOTE Confidence: 0.876331486153846

00:23:35.098 --> 00:23:37.150 the biopsy alone can do that.
NOTE Confidence: 0.876331486153846

00:23:37.150 --> 00:23:39.726 If the biopsy comes back as cancer
NOTE Confidence: 0.876331486153846

00:23:39.730 --> 00:23:41.722 and the entire polyp was not
NOTE Confidence: 0.876331486153846

00:23:41.722 --> 00:23:43.050 removed with that biopsy,
NOTE Confidence: 0.876331486153846

00:23:43.050 --> 00:23:44.905 then that's kind of the first step
NOTE Confidence: 0.876331486153846

00:23:44.905 --> 00:23:46.775 that someone needs to go back and see
NOTE Confidence: 0.876331486153846

00:23:46.775 --> 00:23:48.648 if that can be removed into Scopic Lee.

NOTE Confidence: 0.876331486153846
00:23:48.650 --> 00:23:50.870 Sometimes it's very obvious from the
NOTE Confidence: 0.876331486153846
00:23:50.870 --> 00:23:52.568 original colonoscopic exam that it's
NOTE Confidence: 0.876331486153846
00:23:52.568 --> 00:23:54.560 not going to be removed locally,
NOTE Confidence: 0.876331486153846
00:23:54.560 --> 00:23:55.688 but if it's on a stock,
NOTE Confidence: 0.876331486153846
00:23:55.690 --> 00:23:57.850 if it's kind of dangling into the colon,
NOTE Confidence: 0.876331486153846
00:23:57.850 --> 00:23:59.842 sometimes those are at a very
NOTE Confidence: 0.876331486153846
00:23:59.842 --> 00:24:01.652 good candidates for local removal
NOTE Confidence: 0.876331486153846
00:24:01.652 --> 00:24:02.918 with Columbus scope.
NOTE Confidence: 0.876331486153846
00:24:02.920 --> 00:24:05.349 If that's done and on the micro,
NOTE Confidence: 0.876331486153846
00:24:05.350 --> 00:24:07.780 the microscopic evaluation of that specimen,
NOTE Confidence: 0.876331486153846
00:24:07.780 --> 00:24:09.568 you can say clearly that here's
NOTE Confidence: 0.876331486153846
00:24:09.568 --> 00:24:12.032 the cut edge of where we took this
NOTE Confidence: 0.876331486153846
00:24:12.032 --> 00:24:14.264 tumor off this polyp off and there
NOTE Confidence: 0.876331486153846
00:24:14.264 --> 00:24:16.049 is no cancer at that.
NOTE Confidence: 0.876331486153846
00:24:16.050 --> 00:24:18.122 And then we looked at the individual
NOTE Confidence: 0.876331486153846

00:24:18.122 --> 00:24:19.999 cancer cells in the bulk of the
NOTE Confidence: 0.876331486153846

00:24:19.999 --> 00:24:22.190 polyp and we can see that they have
NOTE Confidence: 0.876331486153846

00:24:22.190 --> 00:24:24.020 certain features that are favorable
NOTE Confidence: 0.876331486153846

00:24:24.020 --> 00:24:27.268 then that may be all that patient needs.
NOTE Confidence: 0.876331486153846

00:24:27.270 --> 00:24:28.138 On the flip side,
NOTE Confidence: 0.876331486153846

00:24:28.138 --> 00:24:29.223 if there is tumor invasion,
NOTE Confidence: 0.876331486153846

00:24:29.230 --> 00:24:30.515 if there's high concerning features
NOTE Confidence: 0.876331486153846

00:24:30.515 --> 00:24:32.575 of the polyp in terms of what it
NOTE Confidence: 0.876331486153846

00:24:32.575 --> 00:24:33.785 looks like under the microscope,
NOTE Confidence: 0.876331486153846

00:24:33.790 --> 00:24:36.086 then that's something we're a segment of.
NOTE Confidence: 0.876331486153846

00:24:36.090 --> 00:24:38.478 The colon needs to be removed,
NOTE Confidence: 0.876331486153846

00:24:38.480 --> 00:24:40.766 and that would require a typically,
NOTE Confidence: 0.876331486153846

00:24:40.770 --> 00:24:42.804 and in 2021 it would typically
NOTE Confidence: 0.876331486153846

00:24:42.804 --> 00:24:44.160 require mentally invasive surgery
NOTE Confidence: 0.876331486153846

00:24:44.218 --> 00:24:46.170 to remove a segment of the colon and
NOTE Confidence: 0.876331486153846

00:24:46.170 --> 00:24:48.247 the nodal bundle that's attached to it.

NOTE Confidence: 0.876331486153846
00:24:48.250 --> 00:24:50.847 To get that end staging for very
NOTE Confidence: 0.876331486153846
00:24:50.847 --> 00:24:51.589 early tumors,
NOTE Confidence: 0.876331486153846
00:24:51.590 --> 00:24:53.860 the risk of an end spread meaning
NOTE Confidence: 0.876331486153846
00:24:53.860 --> 00:24:55.900 a nodal spread is so low that for
NOTE Confidence: 0.876331486153846
00:24:55.960 --> 00:24:57.592 those very early tumors that we
NOTE Confidence: 0.876331486153846
00:24:57.592 --> 00:24:59.268 just took off. Instead, we're done.
NOTE Confidence: 0.876331486153846
00:24:59.268 --> 00:25:00.984 Those don't need that nodal bundle,
NOTE Confidence: 0.945040754285714
00:25:00.990 --> 00:25:02.894 which is where that justification comes from.
NOTE Confidence: 0.890972297368421
00:25:03.180 --> 00:25:04.740 So Speaking of burden,
NOTE Confidence: 0.890972297368421
00:25:04.740 --> 00:25:07.549 if you had a very small cancer
NOTE Confidence: 0.890972297368421
00:25:07.549 --> 00:25:10.565 such that it was just in a polyp,
NOTE Confidence: 0.890972297368421
00:25:10.570 --> 00:25:12.508 do those patients still need the
NOTE Confidence: 0.890972297368421
00:25:12.508 --> 00:25:14.958 scans of their chest in their abdomen
NOTE Confidence: 0.890972297368421
00:25:14.958 --> 00:25:16.783 to look for distant metastases?
NOTE Confidence: 0.890972297368421
00:25:16.790 --> 00:25:18.170 One would think that if
NOTE Confidence: 0.890972297368421

00:25:18.170 --> 00:25:19.550 the nodal burden is low,
NOTE Confidence: 0.890972297368421

00:25:19.550 --> 00:25:20.930 then the distant metastases
NOTE Confidence: 0.890972297368421

00:25:20.930 --> 00:25:23.000 burden should also be very low.
NOTE Confidence: 0.957109263

00:25:23.620 --> 00:25:25.195 I think it's certainly consideration
NOTE Confidence: 0.957109263

00:25:25.195 --> 00:25:27.209 this is one of those particularly
NOTE Confidence: 0.957109263

00:25:27.209 --> 00:25:28.965 controversial points and staging
NOTE Confidence: 0.957109263

00:25:28.965 --> 00:25:32.159 guidelines that has is up for discussion,
NOTE Confidence: 0.957109263

00:25:32.160 --> 00:25:33.265 and I think shared decision
NOTE Confidence: 0.957109263

00:25:33.265 --> 00:25:34.370 making does come into it.
NOTE Confidence: 0.957109263

00:25:34.370 --> 00:25:36.435 This is something that either that a
NOTE Confidence: 0.957109263

00:25:36.435 --> 00:25:37.883 colorectal surgeon should probably involve
NOTE Confidence: 0.957109263

00:25:37.883 --> 00:25:40.319 with to talk to the patient about one on one,
NOTE Confidence: 0.957109263

00:25:40.320 --> 00:25:43.911 because there are very small risks up
NOTE Confidence: 0.957109263

00:25:43.911 --> 00:25:47.677 spread and that needs to be discussed.
NOTE Confidence: 0.957109263

00:25:47.680 --> 00:25:49.008 With the patient eventually,
NOTE Confidence: 0.957109263

00:25:49.008 --> 00:25:51.000 because those guidelines are in flux,

NOTE Confidence: 0.957109263

00:25:51.000 --> 00:25:53.140 and then if I can go back for one second,

NOTE Confidence: 0.957109263

00:25:53.140 --> 00:25:55.210 I think you know we we talked a lot about

NOTE Confidence: 0.957109263

00:25:55.264 --> 00:25:57.199 the kind of you see a polyp in the colon,

NOTE Confidence: 0.957109263

00:25:57.200 --> 00:25:58.240 just to kind of clarify,

NOTE Confidence: 0.957109263

00:25:58.240 --> 00:26:00.305 one of the tricky parts about the

NOTE Confidence: 0.957109263

00:26:00.305 --> 00:26:02.068 anatomic specificity that we mentioned

NOTE Confidence: 0.957109263

00:26:02.068 --> 00:26:03.863 earlier was that colon cancer can

NOTE Confidence: 0.957109263

00:26:03.863 --> 00:26:05.480 be dealt with and more with less

NOTE Confidence: 0.957109263

00:26:05.534 --> 00:26:06.998 the way that we just discussed.

NOTE Confidence: 0.957109263

00:26:07.000 --> 00:26:09.415 Whereas rectal cancer is a different bird,

NOTE Confidence: 0.957109263

00:26:09.420 --> 00:26:11.220 rectal cancer does make up about

NOTE Confidence: 0.957109263

00:26:11.220 --> 00:26:13.148 30% of all colorectal cancer,

NOTE Confidence: 0.957109263

00:26:13.148 --> 00:26:15.590 and the decision making around how

NOTE Confidence: 0.957109263

00:26:15.658 --> 00:26:18.100 to address those tumors does differ.

NOTE Confidence: 0.89753308

00:26:18.560 --> 00:26:20.330 OK, tell us more about that.

NOTE Confidence: 0.89753308

00:26:20.330 --> 00:26:21.218 How does it differ?
NOTE Confidence: 0.8741902222222222

00:26:22.050 --> 00:26:23.315 So the interesting thing with
NOTE Confidence: 0.8741902222222222

00:26:23.315 --> 00:26:24.327 rectal cancer is biologically,
NOTE Confidence: 0.8741902222222222

00:26:24.330 --> 00:26:25.758 it's very similar to colon cancer.
NOTE Confidence: 0.8741902222222222

00:26:25.760 --> 00:26:27.391 It looks very the same under the
NOTE Confidence: 0.8741902222222222

00:26:27.391 --> 00:26:28.627 microscope and it's the same
NOTE Confidence: 0.8741902222222222

00:26:28.627 --> 00:26:30.079 kind of cell story that created
NOTE Confidence: 0.8741902222222222

00:26:30.079 --> 00:26:31.468 those cancers in the first place,
NOTE Confidence: 0.8741902222222222

00:26:31.470 --> 00:26:33.270 where rectal cancer does differ
NOTE Confidence: 0.8741902222222222

00:26:33.270 --> 00:26:35.070 is that it's anatomically fixed,
NOTE Confidence: 0.8741902222222222

00:26:35.070 --> 00:26:36.806 meaning the ***** is fixed in the pelvis,
NOTE Confidence: 0.8741902222222222

00:26:36.810 --> 00:26:39.000 whereas the colon flops around.
NOTE Confidence: 0.8741902222222222

00:26:39.000 --> 00:26:42.116 It's an incredibly powerful difference
NOTE Confidence: 0.8741902222222222

00:26:42.116 --> 00:26:44.174 that becomes more so every day
NOTE Confidence: 0.8741902222222222

00:26:44.174 --> 00:26:46.584 because we realize that we have more
NOTE Confidence: 0.8741902222222222

00:26:46.584 --> 00:26:48.244 modalities or options for therapy

NOTE Confidence: 0.874190222222222

00:26:48.305 --> 00:26:50.195 that we can use for rectal cancer

NOTE Confidence: 0.874190222222222

00:26:50.195 --> 00:26:51.954 because of its anatomically fixed.

NOTE Confidence: 0.874190222222222

00:26:51.954 --> 00:26:55.144 Position what this means in 2021 is

NOTE Confidence: 0.874190222222222

00:26:55.144 --> 00:26:57.616 that many many rectal cancers need

NOTE Confidence: 0.874190222222222

00:26:57.616 --> 00:26:59.770 chemotherapy and radiation upfront,

NOTE Confidence: 0.874190222222222

00:26:59.770 --> 00:27:01.230 which is entirely different.

NOTE Confidence: 0.874190222222222

00:27:01.230 --> 00:27:03.121 Colon cancer, which if anything,

NOTE Confidence: 0.874190222222222

00:27:03.121 --> 00:27:05.443 only gets those options for therapy

NOTE Confidence: 0.874190222222222

00:27:05.443 --> 00:27:07.837 after the original tumor is removed.

NOTE Confidence: 0.874190222222222

00:27:07.840 --> 00:27:09.639 Rectal cancer has been shown that it

NOTE Confidence: 0.874190222222222

00:27:09.639 --> 00:27:11.853 seems to do better if we give those

NOTE Confidence: 0.874190222222222

00:27:11.853 --> 00:27:13.632 modalities up front and then follow

NOTE Confidence: 0.874190222222222

00:27:13.632 --> 00:27:14.956 with surgery after considerable

NOTE Confidence: 0.874190222222222

00:27:14.956 --> 00:27:16.961 lead in period of often times,

NOTE Confidence: 0.874190222222222

00:27:16.961 --> 00:27:19.007 three to six months of chemo

NOTE Confidence: 0.874190222222222

00:27:19.007 --> 00:27:19.689 radiation therapy.
NOTE Confidence: 0.887424365

00:27:21.160 --> 00:27:22.660 This brings up an interesting point.
NOTE Confidence: 0.887424365

00:27:22.660 --> 00:27:25.859 Oftentimes, here on the show we we
NOTE Confidence: 0.887424365

00:27:25.859 --> 00:27:28.218 talk about multidisciplinary care and
NOTE Confidence: 0.887424365

00:27:28.218 --> 00:27:30.498 we talk about personalized therapy.
NOTE Confidence: 0.887424365

00:27:30.500 --> 00:27:33.296 So how do you decide which
NOTE Confidence: 0.887424365

00:27:33.296 --> 00:27:34.694 patients need chemotherapy?
NOTE Confidence: 0.887424365

00:27:34.700 --> 00:27:36.280 Which patients need radiation?
NOTE Confidence: 0.887424365

00:27:36.280 --> 00:27:39.070 Which patients do well with surgery alone?
NOTE Confidence: 0.911012823333333

00:27:39.830 --> 00:27:41.510 It the multidisciplinary point
NOTE Confidence: 0.911012823333333

00:27:41.510 --> 00:27:43.610 that you mentioned is critical.
NOTE Confidence: 0.911012823333333

00:27:43.610 --> 00:27:45.782 It's getting increasingly complicated,
NOTE Confidence: 0.911012823333333

00:27:45.782 --> 00:27:47.954 particularly with advanced disease.
NOTE Confidence: 0.911012823333333

00:27:47.960 --> 00:27:50.207 It's very hard to make these decisions
NOTE Confidence: 0.911012823333333

00:27:50.207 --> 00:27:51.670 without a colorectal surgeon,
NOTE Confidence: 0.911012823333333

00:27:51.670 --> 00:27:54.115 medical oncologists and a number

NOTE Confidence: 0.9110128233333333
00:27:54.115 --> 00:27:56.071 of others supporting positions
NOTE Confidence: 0.9110128233333333
00:27:56.071 --> 00:27:58.070 from radiology pathology.
NOTE Confidence: 0.9110128233333333
00:27:58.070 --> 00:27:59.408 Interventional radiology all
NOTE Confidence: 0.9110128233333333
00:27:59.408 --> 00:28:01.638 getting together to talk about
NOTE Confidence: 0.9110128233333333
00:28:01.638 --> 00:28:03.997 what's the best course of action?
NOTE Confidence: 0.9110128233333333
00:28:04.000 --> 00:28:05.644 There are a couple sort of
NOTE Confidence: 0.9110128233333333
00:28:05.644 --> 00:28:07.090 easier points to make here.
NOTE Confidence: 0.9110128233333333
00:28:07.090 --> 00:28:09.820 I think that for colon cancer that's
NOTE Confidence: 0.9110128233333333
00:28:09.820 --> 00:28:12.853 early stage in the colon and not the
NOTE Confidence: 0.9110128233333333
00:28:12.853 --> 00:28:14.986 ***** that's typically a surgery
NOTE Confidence: 0.9110128233333333
00:28:14.986 --> 00:28:17.900 first approach in most cases for things
NOTE Confidence: 0.9110128233333333
00:28:17.900 --> 00:28:20.315 that are in that for rectal cancer
NOTE Confidence: 0.9110128233333333
00:28:20.315 --> 00:28:22.888 as well as advanced colon cancer,
NOTE Confidence: 0.9110128233333333
00:28:22.890 --> 00:28:25.362 it really does require everyone in the room
NOTE Confidence: 0.9110128233333333
00:28:25.362 --> 00:28:28.100 to have that conversation about a patient.
NOTE Confidence: 0.9110128233333333

00:28:28.100 --> 00:28:28.446 Ultimately,
NOTE Confidence: 0.9110128233333333

00:28:28.446 --> 00:28:30.522 with the patient to see what's
NOTE Confidence: 0.9110128233333333

00:28:30.522 --> 00:28:32.470 the best first line approach.
NOTE Confidence: 0.868071322

00:28:33.100 --> 00:28:35.361 Doctor Ira leads is an assistant professor
NOTE Confidence: 0.868071322

00:28:35.361 --> 00:28:38.008 of surgery at the Yale School of Medicine.
NOTE Confidence: 0.868071322

00:28:38.010 --> 00:28:39.174 If you have questions,
NOTE Confidence: 0.868071322

00:28:39.174 --> 00:28:40.338 the address is cancer.
NOTE Confidence: 0.868071322

00:28:40.340 --> 00:28:43.357 Answers at yale.edu and past editions of
NOTE Confidence: 0.868071322

00:28:43.357 --> 00:28:46.404 the program are available in audio and
NOTE Confidence: 0.868071322

00:28:46.404 --> 00:28:47.975 written form at yalecancercenter.org.
NOTE Confidence: 0.868071322

00:28:47.975 --> 00:28:50.495 We hope you'll join us next week to
NOTE Confidence: 0.868071322

00:28:50.495 --> 00:28:52.410 learn more about the fight against
NOTE Confidence: 0.868071322

00:28:52.410 --> 00:28:53.960 cancer here on Connecticut Public
NOTE Confidence: 0.868071322

00:28:54.010 --> 00:28:55.485 radio funding for Yale Cancer
NOTE Confidence: 0.868071322

00:28:55.485 --> 00:28:56.960 Answers is provided by Smilow
NOTE Confidence: 0.868071322

00:28:56.960 --> 00:29:00.000 Cancer Hospital and Astra Zeneca.