

WEBVTT

NOTE duration:"00:29:00"

NOTE recognizability:0.864

NOTE language:en-us

NOTE Confidence: 0.80387415

00:00:00.000 --> 00:00:02.148 Funding for Yale Cancer Answers is

NOTE Confidence: 0.80387415

00:00:02.148 --> 00:00:04.180 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.734368558181818

00:00:06.480 --> 00:00:08.712 Welcome to Yale Cancer answers with

NOTE Confidence: 0.734368558181818

00:00:08.712 --> 00:00:10.780 your host Doctor Anish Chapparr,

NOTE Confidence: 0.734368558181818

00:00:10.780 --> 00:00:12.565 Yale Cancer Answers features the

NOTE Confidence: 0.734368558181818

00:00:12.565 --> 00:00:14.766 latest information on cancer care by

NOTE Confidence: 0.734368558181818

00:00:14.766 --> 00:00:16.174 welcoming oncologists and specialists

NOTE Confidence: 0.734368558181818

00:00:16.174 --> 00:00:18.535 who are on the forefront of the

NOTE Confidence: 0.734368558181818

00:00:18.535 --> 00:00:20.348 battle to fight cancer. This week.

NOTE Confidence: 0.734368558181818

00:00:20.348 --> 00:00:22.168 It's a conversation about cancer

NOTE Confidence: 0.734368558181818

00:00:22.168 --> 00:00:24.317 survivorship with Jeff and Britta Jevin

NOTE Confidence: 0.734368558181818

00:00:24.317 --> 00:00:25.972 is a certified physician assistant

NOTE Confidence: 0.734368558181818

00:00:25.972 --> 00:00:28.176 with the survivorship clinic at Smilow

NOTE Confidence: 0.734368558181818

00:00:28.176 --> 00:00:30.026 Cancer Hospital and Doctor Chapparr
NOTE Confidence: 0.734368558181818

00:00:30.026 --> 00:00:32.235 is a professor of surgical oncology
NOTE Confidence: 0.734368558181818

00:00:32.235 --> 00:00:35.060 at the Yale School of Medicine. So
NOTE Confidence: 0.895035792727273

00:00:35.070 --> 00:00:36.894 Jeff, and maybe we can start off by
NOTE Confidence: 0.895035792727273

00:00:36.894 --> 00:00:38.489 you telling us a little bit about
NOTE Confidence: 0.895035792727273

00:00:38.489 --> 00:00:39.970 yourself and what it is you do.
NOTE Confidence: 0.819792145

00:00:40.020 --> 00:00:43.072 I started back in July of 2018
NOTE Confidence: 0.819792145

00:00:43.072 --> 00:00:45.484 after graduating from my CPA program
NOTE Confidence: 0.819792145

00:00:45.484 --> 00:00:48.196 and I was lucky enough to get
NOTE Confidence: 0.819792145

00:00:48.196 --> 00:00:50.784 the position I have and I really
NOTE Confidence: 0.819792145

00:00:50.784 --> 00:00:53.409 have to say it's the dream job.
NOTE Confidence: 0.824233121458333

00:00:53.480 --> 00:00:54.282 That's fantastic.
NOTE Confidence: 0.824233121458333

00:00:54.282 --> 00:00:56.688 So you know the whole concept
NOTE Confidence: 0.824233121458333

00:00:56.688 --> 00:00:58.354 of cancer survivorship is
NOTE Confidence: 0.824233121458333

00:00:58.354 --> 00:01:00.718 something that a lot of people
NOTE Confidence: 0.824233121458333

00:01:00.718 --> 00:01:02.989 might not know too much about.

NOTE Confidence: 0.824233121458333

00:01:02.990 --> 00:01:05.034 I mean people kind of think about.

NOTE Confidence: 0.824233121458333

00:01:05.040 --> 00:01:06.580 Cancer and they think OK,

NOTE Confidence: 0.824233121458333

00:01:06.580 --> 00:01:09.208 you've been given this terrible diagnosis.

NOTE Confidence: 0.824233121458333

00:01:09.210 --> 00:01:12.006 You go through this terrible treatment

NOTE Confidence: 0.824233121458333

00:01:12.010 --> 00:01:14.450 and then there's like this dot dot dot.

NOTE Confidence: 0.824233121458333

00:01:14.450 --> 00:01:16.613 So tell us a little bit more

NOTE Confidence: 0.824233121458333

00:01:16.613 --> 00:01:18.022 about what cancer survivorship

NOTE Confidence: 0.824233121458333

00:01:18.022 --> 00:01:20.500 really is and what it entails.

NOTE Confidence: 0.829869107

00:01:20.590 --> 00:01:22.326 Cancer survivorship is really

NOTE Confidence: 0.829869107

00:01:22.326 --> 00:01:24.496 centered around the definition of

NOTE Confidence: 0.829869107

00:01:24.496 --> 00:01:27.213 the cancer survivor and that is a

NOTE Confidence: 0.829869107

00:01:27.213 --> 00:01:29.149 person who's been diagnosed with

NOTE Confidence: 0.829869107

00:01:29.149 --> 00:01:31.872 cancer for from that time through the

NOTE Confidence: 0.829869107

00:01:31.872 --> 00:01:33.810 remaining balance of his or her life.

NOTE Confidence: 0.829869107

00:01:33.810 --> 00:01:35.278 And that comes from.

NOTE Confidence: 0.829869107

00:01:35.278 --> 00:01:36.746 The National Cancer Institute.

NOTE Confidence: 0.829869107

00:01:36.750 --> 00:01:39.912 The NCI in that definition, and so.

NOTE Confidence: 0.829869107

00:01:39.912 --> 00:01:42.816 Survivorship care focuses around

NOTE Confidence: 0.829869107

00:01:42.820 --> 00:01:46.138 the care provided for a survivor

NOTE Confidence: 0.829869107

00:01:46.140 --> 00:01:47.967 in that period of time from the

NOTE Confidence: 0.829869107

00:01:47.967 --> 00:01:49.423 time of diagnosis throughout the

NOTE Confidence: 0.829869107

00:01:49.423 --> 00:01:51.579 remaining balance of his or her life,

NOTE Confidence: 0.829869107

00:01:51.580 --> 00:01:53.830 and so the benefit of cancer

NOTE Confidence: 0.829869107

00:01:53.830 --> 00:01:56.094 survivorship clinics is that we create

NOTE Confidence: 0.829869107

00:01:56.094 --> 00:01:58.530 this net for people to catch their

NOTE Confidence: 0.829869107

00:01:58.530 --> 00:02:01.023 concerns that otherwise might not be

NOTE Confidence: 0.829869107

00:02:01.023 --> 00:02:03.093 addressed during routine follow up.

NOTE Confidence: 0.829869107

00:02:03.100 --> 00:02:05.374 Visits with their oncology team or

NOTE Confidence: 0.829869107

00:02:05.374 --> 00:02:07.870 other providers as part of their care.

NOTE Confidence: 0.829869107

00:02:07.870 --> 00:02:09.346 So we talk about things like

NOTE Confidence: 0.829869107

00:02:09.346 --> 00:02:10.330 late effects from treatment.

NOTE Confidence: 0.829869107

00:02:10.330 --> 00:02:13.830 We talk about their diagnosis and prognosis.

NOTE Confidence: 0.829869107

00:02:13.830 --> 00:02:17.010 We address healthy lifestyle considerations

NOTE Confidence: 0.829869107

00:02:17.010 --> 00:02:19.554 like exercise and nutrition.

NOTE Confidence: 0.829869107

00:02:19.560 --> 00:02:21.700 We talk about health maintenance

NOTE Confidence: 0.829869107

00:02:21.700 --> 00:02:23.840 and cancer screenings and keeping

NOTE Confidence: 0.829869107

00:02:23.911 --> 00:02:25.206 up with all of that,

NOTE Confidence: 0.829869107

00:02:25.210 --> 00:02:27.186 and so we really try to catch this

NOTE Confidence: 0.829869107

00:02:27.186 --> 00:02:28.951 wide array of concerns and really

NOTE Confidence: 0.829869107

00:02:28.951 --> 00:02:30.461 meet the person where they're

NOTE Confidence: 0.829869107

00:02:30.461 --> 00:02:32.092 at first and foremost when they

NOTE Confidence: 0.829869107

00:02:32.092 --> 00:02:33.918 come in to see us in our clinic.

NOTE Confidence: 0.892227339444444

00:02:35.440 --> 00:02:37.618 Important because you know when you're

NOTE Confidence: 0.892227339444444

00:02:37.618 --> 00:02:39.781 diagnosed with cancer and you are

NOTE Confidence: 0.892227339444444

00:02:39.781 --> 00:02:41.737 going through your treatment so often,

NOTE Confidence: 0.892227339444444

00:02:41.740 --> 00:02:43.618 you kind of are focused on.

NOTE Confidence: 0.892227339444444

00:02:43.620 --> 00:02:45.628 OK, I I need to get through surgery,
NOTE Confidence: 0.892227339444444

00:02:45.630 --> 00:02:46.908 I need to get through chemo.
NOTE Confidence: 0.892227339444444

00:02:46.910 --> 00:02:49.122 I need to get through radiation and
NOTE Confidence: 0.892227339444444

00:02:49.122 --> 00:02:52.359 then on the other side of it you have
NOTE Confidence: 0.892227339444444

00:02:52.359 --> 00:02:54.692 persistent questions like how do I know
NOTE Confidence: 0.892227339444444

00:02:54.692 --> 00:02:56.825 if my cancer is going to come back?
NOTE Confidence: 0.892227339444444

00:02:56.825 --> 00:02:59.185 Who do I need to follow up with,
NOTE Confidence: 0.892227339444444

00:02:59.190 --> 00:03:02.367 and what can I do to reduce my risk?
NOTE Confidence: 0.892227339444444

00:03:02.370 --> 00:03:05.065 Should I be exercising or not exercising?
NOTE Confidence: 0.892227339444444

00:03:05.070 --> 00:03:06.346 What should I eat?
NOTE Confidence: 0.892227339444444

00:03:06.346 --> 00:03:08.700 How how should I go about life?
NOTE Confidence: 0.892227339444444

00:03:08.700 --> 00:03:11.493 So maybe we can delve into some
NOTE Confidence: 0.892227339444444

00:03:11.493 --> 00:03:13.669 of those issues so that whoever's
NOTE Confidence: 0.892227339444444

00:03:13.669 --> 00:03:15.692 listening out there can get just a
NOTE Confidence: 0.892227339444444

00:03:15.692 --> 00:03:18.015 taste of some of the things that you do.
NOTE Confidence: 0.892227339444444

00:03:18.020 --> 00:03:19.548 So to start with,

NOTE Confidence: 0.892227339444444

00:03:19.548 --> 00:03:22.988 tell us about what are the most common

NOTE Confidence: 0.892227339444444

00:03:22.988 --> 00:03:26.174 concerns that you hear from patients.

NOTE Confidence: 0.877311596875

00:03:26.320 --> 00:03:27.984 We do see a lot of survivorship themes

NOTE Confidence: 0.877311596875

00:03:27.984 --> 00:03:30.015 as we like to call them coming through,

NOTE Confidence: 0.877311596875

00:03:30.020 --> 00:03:31.952 and maybe one of the most common

NOTE Confidence: 0.877311596875

00:03:31.952 --> 00:03:34.080 themes is fear of cancer recurrence.

NOTE Confidence: 0.877311596875

00:03:34.080 --> 00:03:36.700 And that happens in almost.

NOTE Confidence: 0.877311596875

00:03:36.700 --> 00:03:39.868 Every cancer survivor that we see

NOTE Confidence: 0.877311596875

00:03:39.870 --> 00:03:43.010 in our clinic and statistically,

NOTE Confidence: 0.877311596875

00:03:43.010 --> 00:03:44.708 you know around 60 to 90%

NOTE Confidence: 0.877311596875

00:03:44.710 --> 00:03:45.508 of cancer survivors.

NOTE Confidence: 0.877311596875

00:03:45.508 --> 00:03:47.370 But I would say it's almost everybody

NOTE Confidence: 0.877311596875

00:03:47.421 --> 00:03:48.993 that comes through and that can

NOTE Confidence: 0.877311596875

00:03:48.993 --> 00:03:50.647 really range from minimal fear of

NOTE Confidence: 0.877311596875

00:03:50.647 --> 00:03:52.047 cancer recurrence and more significant

NOTE Confidence: 0.877311596875

00:03:52.047 --> 00:03:53.850 fear of cancer recurrence where it's
NOTE Confidence: 0.877311596875

00:03:53.850 --> 00:03:55.450 greatly impacting their daily life.
NOTE Confidence: 0.877311596875

00:03:55.450 --> 00:03:57.454 Or maybe their sleep and it
NOTE Confidence: 0.877311596875

00:03:57.454 --> 00:03:58.790 needs to be addressed.
NOTE Confidence: 0.877311596875

00:03:58.790 --> 00:03:59.442 You know,
NOTE Confidence: 0.877311596875

00:03:59.442 --> 00:04:02.362 in in some capacity at that point we also
NOTE Confidence: 0.877311596875

00:04:02.362 --> 00:04:05.018 talk a lot about fatigue as it relates
NOTE Confidence: 0.877311596875

00:04:05.018 --> 00:04:07.680 back to a treatment that someone has had.
NOTE Confidence: 0.877311596875

00:04:07.680 --> 00:04:10.020 Whether that is from, you know,
NOTE Confidence: 0.877311596875

00:04:10.020 --> 00:04:11.844 recovering from surgery,
NOTE Confidence: 0.877311596875

00:04:11.844 --> 00:04:14.884 post radiation or post chemotherapy
NOTE Confidence: 0.877311596875

00:04:14.884 --> 00:04:18.159 and we also want to make sure we're
NOTE Confidence: 0.877311596875

00:04:18.159 --> 00:04:19.917 taking the whole clinical picture into
NOTE Confidence: 0.877311596875

00:04:19.917 --> 00:04:21.027 consideration there thinking about
NOTE Confidence: 0.877311596875

00:04:21.027 --> 00:04:22.575 other causes for fatigue as well.
NOTE Confidence: 0.877311596875

00:04:22.580 --> 00:04:26.214 But really our focus is on cancer

NOTE Confidence: 0.877311596875

00:04:26.214 --> 00:04:28.218 related fatigue as it relates back

NOTE Confidence: 0.877311596875

00:04:28.218 --> 00:04:29.891 to the treatment they've received

NOTE Confidence: 0.877311596875

00:04:29.891 --> 00:04:32.287 and then a very common concern we

NOTE Confidence: 0.877311596875

00:04:32.287 --> 00:04:34.232 also addressed is weight management

NOTE Confidence: 0.877311596875

00:04:34.232 --> 00:04:36.862 and that really encompasses a lot of

NOTE Confidence: 0.877311596875

00:04:36.862 --> 00:04:39.210 things with regards to physical activity.

NOTE Confidence: 0.877311596875

00:04:39.210 --> 00:04:42.534 Or exercise as well as nutrition as

NOTE Confidence: 0.877311596875

00:04:42.534 --> 00:04:45.096 you were mentioning before and those

NOTE Confidence: 0.877311596875

00:04:45.096 --> 00:04:46.502 healthy lifestyle recommendations

NOTE Confidence: 0.877311596875

00:04:46.502 --> 00:04:49.520 are key because of the fact that

NOTE Confidence: 0.877311596875

00:04:49.520 --> 00:04:52.243 one we know that there are several

NOTE Confidence: 0.877311596875

00:04:52.243 --> 00:04:54.414 cancers that benefit from exercise

NOTE Confidence: 0.877311596875

00:04:54.414 --> 00:04:56.739 and reducing risk of recurrence.

NOTE Confidence: 0.877311596875

00:04:56.740 --> 00:04:59.352 But in addition to that, we really,

NOTE Confidence: 0.877311596875

00:04:59.352 --> 00:05:01.182 really want to promote overall

NOTE Confidence: 0.877311596875

00:05:01.182 --> 00:05:01.914 healthy lifestyle.
NOTE Confidence: 0.877311596875

00:05:01.920 --> 00:05:04.902 And we know that there is benefit
NOTE Confidence: 0.877311596875

00:05:04.902 --> 00:05:06.180 to eating well,
NOTE Confidence: 0.877311596875

00:05:06.180 --> 00:05:07.955 nourishing your body and getting
NOTE Confidence: 0.877311596875

00:05:07.955 --> 00:05:09.730 the right amount of exercise.
NOTE Confidence: 0.877311596875

00:05:09.730 --> 00:05:12.146 And there is guidance on that from the
NOTE Confidence: 0.877311596875

00:05:12.146 --> 00:05:13.550 National Comprehensive Cancer Network,
NOTE Confidence: 0.877311596875

00:05:13.550 --> 00:05:14.224 the NCCN.
NOTE Confidence: 0.877311596875

00:05:14.224 --> 00:05:14.898 As well,
NOTE Confidence: 0.875548932380952

00:05:15.190 --> 00:05:17.886 let's do a deeper dive into each of
NOTE Confidence: 0.875548932380952

00:05:17.886 --> 00:05:20.179 those themes so you know First off
NOTE Confidence: 0.875548932380952

00:05:20.179 --> 00:05:22.570 the the fear of cancer recurrence.
NOTE Confidence: 0.875548932380952

00:05:22.570 --> 00:05:24.866 I mean, this is totally justifiable when
NOTE Confidence: 0.875548932380952

00:05:24.866 --> 00:05:27.150 you've been given a diagnosis of cancer,
NOTE Confidence: 0.875548932380952

00:05:27.150 --> 00:05:29.488 the fear that it might come back.
NOTE Confidence: 0.875548932380952

00:05:29.490 --> 00:05:32.290 So how do you address that with patients?

NOTE Confidence: 0.875548932380952
00:05:32.290 --> 00:05:34.996 I mean, for patients who it's
NOTE Confidence: 0.875548932380952
00:05:34.996 --> 00:05:37.642 impacting their life is is that
NOTE Confidence: 0.875548932380952
00:05:37.642 --> 00:05:40.288 it in the form of an anxiolytic?
NOTE Confidence: 0.875548932380952
00:05:40.290 --> 00:05:42.738 Said that, you prescribe or is
NOTE Confidence: 0.875548932380952
00:05:42.738 --> 00:05:45.413 it more in terms of information
NOTE Confidence: 0.875548932380952
00:05:45.413 --> 00:05:48.548 and how to recognize a cancer if
NOTE Confidence: 0.875548932380952
00:05:48.548 --> 00:05:50.156 and when it should come back?
NOTE Confidence: 0.875548932380952
00:05:50.160 --> 00:05:52.824 Or is it reassurance that for the most
NOTE Confidence: 0.875548932380952
00:05:52.824 --> 00:05:56.244 part we hope that we would be able to
NOTE Confidence: 0.875548932380952
00:05:56.244 --> 00:05:58.560 catch recurrences early and treat them?
NOTE Confidence: 0.875548932380952
00:05:58.560 --> 00:06:00.191 Can you talk a little bit more
NOTE Confidence: 0.875548932380952
00:06:00.191 --> 00:06:01.970 about how you deal with a patient
NOTE Confidence: 0.875548932380952
00:06:01.970 --> 00:06:03.500 who comes in and says Jevin?
NOTE Confidence: 0.875548932380952
00:06:03.500 --> 00:06:05.428 You know I'm just I'm scared to death
NOTE Confidence: 0.875548932380952
00:06:05.428 --> 00:06:07.148 that this cancer might come back.
NOTE Confidence: 0.928264586666667

00:06:08.250 --> 00:06:09.990 Yeah, I mean and and it's.
NOTE Confidence: 0.928264586666667

00:06:09.990 --> 00:06:12.258 There's definitely a lot to unpack there,
NOTE Confidence: 0.928264586666667

00:06:12.260 --> 00:06:15.248 and it really is person dependent.
NOTE Confidence: 0.928264586666667

00:06:15.250 --> 00:06:17.180 So first, as I mentioned,
NOTE Confidence: 0.928264586666667

00:06:17.180 --> 00:06:18.853 it really comes down to what their
NOTE Confidence: 0.928264586666667

00:06:18.853 --> 00:06:20.469 level of fear of recurrence is.
NOTE Confidence: 0.928264586666667

00:06:20.470 --> 00:06:22.406 So when I'm talking with someone about that,
NOTE Confidence: 0.928264586666667

00:06:22.410 --> 00:06:24.055 the first thing I want to reassure
NOTE Confidence: 0.928264586666667

00:06:24.055 --> 00:06:25.870 them of is that this is normal.
NOTE Confidence: 0.928264586666667

00:06:25.870 --> 00:06:27.726 To experience this and one of the things
NOTE Confidence: 0.928264586666667

00:06:27.726 --> 00:06:29.427 that you mentioned very studly Dr.
NOTE Confidence: 0.928264586666667

00:06:29.430 --> 00:06:31.254 Chappar before is that as people
NOTE Confidence: 0.928264586666667

00:06:31.254 --> 00:06:33.070 are going through their treatment,
NOTE Confidence: 0.928264586666667

00:06:33.070 --> 00:06:34.750 that's very all encompassing
NOTE Confidence: 0.928264586666667

00:06:34.750 --> 00:06:36.850 and will the treatment work?
NOTE Confidence: 0.928264586666667

00:06:36.850 --> 00:06:38.335 What's what are the side

NOTE Confidence: 0.928264586666667

00:06:38.335 --> 00:06:39.523 effects from the treatment?

NOTE Confidence: 0.928264586666667

00:06:39.530 --> 00:06:40.898 So I manage those side effects.

NOTE Confidence: 0.928264586666667

00:06:40.900 --> 00:06:43.396 What are the other impacts from

NOTE Confidence: 0.928264586666667

00:06:43.400 --> 00:06:44.792 having to go through that and

NOTE Confidence: 0.928264586666667

00:06:44.792 --> 00:06:46.901 that can take a lot out of someone

NOTE Confidence: 0.928264586666667

00:06:46.901 --> 00:06:48.306 as they're going through that.

NOTE Confidence: 0.928264586666667

00:06:48.310 --> 00:06:50.182 So oftentimes this fear of recurrence

NOTE Confidence: 0.928264586666667

00:06:50.182 --> 00:06:52.192 and a lot of these emotional

NOTE Confidence: 0.928264586666667

00:06:52.192 --> 00:06:54.635 concerns start to come in later on

NOTE Confidence: 0.928264586666667

00:06:54.635 --> 00:06:56.798 after they've completed treatment.

NOTE Confidence: 0.928264586666667

00:06:56.800 --> 00:06:59.089 So I want to always reassure someone

NOTE Confidence: 0.928264586666667

00:06:59.089 --> 00:07:01.119 up front that this is normal.

NOTE Confidence: 0.928264586666667

00:07:01.120 --> 00:07:03.808 This is OK to have these emotions,

NOTE Confidence: 0.928264586666667

00:07:03.810 --> 00:07:06.855 and we're here to talk about that,

NOTE Confidence: 0.928264586666667

00:07:06.860 --> 00:07:09.516 so jumping off of that again.

NOTE Confidence: 0.928264586666667

00:07:09.516 --> 00:07:11.592 Depends on where someone's at with
NOTE Confidence: 0.928264586666667

00:07:11.592 --> 00:07:13.899 that level of fear of recurrence.
NOTE Confidence: 0.928264586666667

00:07:13.900 --> 00:07:16.540 So if they're having more minimal,
NOTE Confidence: 0.928264586666667

00:07:16.540 --> 00:07:19.580 you know effects from that,
NOTE Confidence: 0.928264586666667

00:07:19.580 --> 00:07:21.710 then we talk about just that
NOTE Confidence: 0.928264586666667

00:07:21.710 --> 00:07:22.775 level of reassurance.
NOTE Confidence: 0.928264586666667

00:07:22.780 --> 00:07:25.240 Continuing with routine follow ups,
NOTE Confidence: 0.928264586666667

00:07:25.240 --> 00:07:27.856 going for their routine health maintenance,
NOTE Confidence: 0.928264586666667

00:07:27.860 --> 00:07:30.180 going for their cancer screenings,
NOTE Confidence: 0.928264586666667

00:07:30.180 --> 00:07:30.846 for example,
NOTE Confidence: 0.928264586666667

00:07:30.846 --> 00:07:32.844 with a history of breast cancer
NOTE Confidence: 0.928264586666667

00:07:32.844 --> 00:07:35.111 going for annual mammograms is so
NOTE Confidence: 0.928264586666667

00:07:35.111 --> 00:07:37.026 important to catch anything that
NOTE Confidence: 0.928264586666667

00:07:37.026 --> 00:07:40.402 might recur or present newly.
NOTE Confidence: 0.928264586666667

00:07:40.402 --> 00:07:42.254 And in that case,
NOTE Confidence: 0.928264586666667

00:07:42.254 --> 00:07:43.726 again providing that reassurance

NOTE Confidence: 0.928264586666667

00:07:43.726 --> 00:07:45.577 that someone is doing everything

NOTE Confidence: 0.928264586666667

00:07:45.577 --> 00:07:47.641 that they can to prevent this

NOTE Confidence: 0.928264586666667

00:07:47.641 --> 00:07:49.503 from coming back or find something

NOTE Confidence: 0.928264586666667

00:07:49.503 --> 00:07:51.756 early if it were to come back is

NOTE Confidence: 0.928264586666667

00:07:51.756 --> 00:07:53.484 one of the most important things,

NOTE Confidence: 0.928264586666667

00:07:53.490 --> 00:07:55.464 and something that we also really hone

NOTE Confidence: 0.928264586666667

00:07:55.464 --> 00:07:57.876 in on is providing that information

NOTE Confidence: 0.928264586666667

00:07:57.876 --> 00:08:00.386 about someone's diagnosis and prognosis.

NOTE Confidence: 0.928264586666667

00:08:00.390 --> 00:08:03.127 And we actually have data from the

NOTE Confidence: 0.928264586666667

00:08:03.127 --> 00:08:05.251 literature that that improves fear

NOTE Confidence: 0.928264586666667

00:08:05.251 --> 00:08:07.867 of cancer recurrence or reduces it.

NOTE Confidence: 0.928264586666667

00:08:07.870 --> 00:08:08.190 I should

NOTE Confidence: 0.8899692

00:08:08.200 --> 00:08:10.813 say, what do you do? When patients say,

NOTE Confidence: 0.8899692

00:08:10.813 --> 00:08:13.470 OK, you've told me I should get an

NOTE Confidence: 0.8899692

00:08:13.470 --> 00:08:15.924 annual mammogram, but I am still

NOTE Confidence: 0.8899692

00:08:15.924 --> 00:08:18.360 really worried I had my mammogram.
NOTE Confidence: 0.8899692

00:08:18.360 --> 00:08:20.610 You know, three months ago and it was fine,
NOTE Confidence: 0.8899692

00:08:20.610 --> 00:08:22.752 but I I'm still concerned that this
NOTE Confidence: 0.8899692

00:08:22.752 --> 00:08:24.995 cancer could be coming back and I I
NOTE Confidence: 0.8899692

00:08:24.995 --> 00:08:27.039 think that it might be coming back.
NOTE Confidence: 0.8899692

00:08:27.040 --> 00:08:28.629 How? How do you deal with that
NOTE Confidence: 0.78444172185

00:08:28.880 --> 00:08:30.149 reassurance that reporting
NOTE Confidence: 0.78444172185

00:08:30.149 --> 00:08:32.264 concerning symptoms is first and
NOTE Confidence: 0.78444172185

00:08:32.264 --> 00:08:34.526 foremost a thing that someone should
NOTE Confidence: 0.78444172185

00:08:34.526 --> 00:08:36.554 be doing with their care team?
NOTE Confidence: 0.78444172185

00:08:36.560 --> 00:08:38.070 Whether it's the oncology team,
NOTE Confidence: 0.78444172185

00:08:38.070 --> 00:08:40.230 whether it's their primary care provider?
NOTE Confidence: 0.78444172185

00:08:40.230 --> 00:08:41.931 And one of the things that we
NOTE Confidence: 0.78444172185

00:08:41.931 --> 00:08:43.503 have in our survivorship clinic
NOTE Confidence: 0.78444172185

00:08:43.503 --> 00:08:45.855 is a survivorship care plan that,
NOTE Confidence: 0.78444172185

00:08:45.860 --> 00:08:47.515 at the end, includes potential

NOTE Confidence: 0.78444172185

00:08:47.515 --> 00:08:49.170 symptoms of recurrence and potential.

NOTE Confidence: 0.78444172185

00:08:49.170 --> 00:08:50.874 Late effects from treatment that we

NOTE Confidence: 0.78444172185

00:08:50.874 --> 00:08:53.284 review and so that can be an opportunity

NOTE Confidence: 0.78444172185

00:08:53.284 --> 00:08:55.114 to share that information and answer

NOTE Confidence: 0.78444172185

00:08:55.169 --> 00:08:56.799 any questions that someone has,

NOTE Confidence: 0.78444172185

00:08:56.800 --> 00:08:58.200 especially with regards to

NOTE Confidence: 0.78444172185

00:08:58.200 --> 00:09:00.300 concerning symptoms and a lot of

NOTE Confidence: 0.78444172185

00:09:00.366 --> 00:09:02.086 people coming into the visit,

NOTE Confidence: 0.78444172185

00:09:02.090 --> 00:09:04.418 don't have a great understanding of what they

NOTE Confidence: 0.78444172185

00:09:04.418 --> 00:09:06.904 should be looking for or what they should be.

NOTE Confidence: 0.78444172185

00:09:06.910 --> 00:09:10.096 You know, not so concerned about.

NOTE Confidence: 0.78444172185

00:09:10.100 --> 00:09:12.416 Ranging from things like you know,

NOTE Confidence: 0.78444172185

00:09:12.420 --> 00:09:13.915 a common common cold type

NOTE Confidence: 0.78444172185

00:09:13.915 --> 00:09:15.410 symptoms all the way to,

NOTE Confidence: 0.78444172185

00:09:15.410 --> 00:09:16.620 for example, the breast cancer,

NOTE Confidence: 0.78444172185

00:09:16.620 --> 00:09:19.196 a new lump or something like that,
NOTE Confidence: 0.78444172185

00:09:19.200 --> 00:09:20.973 and so reviewing.
NOTE Confidence: 0.78444172185

00:09:20.973 --> 00:09:25.110 Reviewing that with people can be reassuring,
NOTE Confidence: 0.78444172185

00:09:25.110 --> 00:09:27.396 and again I try to provide
NOTE Confidence: 0.78444172185

00:09:27.396 --> 00:09:29.580 that that context of saying,
NOTE Confidence: 0.78444172185

00:09:29.580 --> 00:09:30.480 you know,
NOTE Confidence: 0.78444172185

00:09:30.480 --> 00:09:31.804 it's important to report
NOTE Confidence: 0.78444172185

00:09:31.804 --> 00:09:32.797 any concerning symptoms.
NOTE Confidence: 0.78444172185

00:09:32.800 --> 00:09:34.102 If you're uncertain to your care
NOTE Confidence: 0.78444172185

00:09:34.102 --> 00:09:35.264 team and getting the appropriate
NOTE Confidence: 0.78444172185

00:09:35.264 --> 00:09:36.276 work up from there,
NOTE Confidence: 0.8292380075

00:09:37.180 --> 00:09:39.010 and it's important also to
NOTE Confidence: 0.8292380075

00:09:39.010 --> 00:09:40.108 understand that treatment.
NOTE Confidence: 0.8292380075

00:09:40.110 --> 00:09:41.990 Self can have side effects,
NOTE Confidence: 0.8292380075

00:09:41.990 --> 00:09:44.650 some of which patients may get confused
NOTE Confidence: 0.8292380075

00:09:44.650 --> 00:09:46.705 between what's a treatment side

NOTE Confidence: 0.8292380075

00:09:46.705 --> 00:09:49.249 effect and what could be recurrent.

NOTE Confidence: 0.8292380075

00:09:49.250 --> 00:09:51.077 Can you talk a little bit more about that?

NOTE Confidence: 0.82581725

00:09:52.790 --> 00:09:55.200 So part of those treatment

NOTE Confidence: 0.82581725

00:09:55.200 --> 00:09:57.610 related side effects we have,

NOTE Confidence: 0.82581725

00:09:57.610 --> 00:09:59.626 you know lots of information on and

NOTE Confidence: 0.82581725

00:09:59.626 --> 00:10:02.230 a history to go off of of these

NOTE Confidence: 0.82581725

00:10:02.230 --> 00:10:03.910 being treatment related side effects.

NOTE Confidence: 0.82581725

00:10:03.910 --> 00:10:06.090 And it's important to distinguish

NOTE Confidence: 0.82581725

00:10:06.090 --> 00:10:10.530 those from what could be.

NOTE Confidence: 0.82581725

00:10:10.530 --> 00:10:11.604 Concern for recurrence.

NOTE Confidence: 0.82581725

00:10:11.604 --> 00:10:14.573 One of the most common ones we see

NOTE Confidence: 0.82581725

00:10:14.573 --> 00:10:16.528 in our survivorship clinic clinic

NOTE Confidence: 0.82581725

00:10:16.528 --> 00:10:19.028 is post surgical pain and you know,

NOTE Confidence: 0.82581725

00:10:19.030 --> 00:10:20.446 in cancer survivorship you see a

NOTE Confidence: 0.82581725

00:10:20.446 --> 00:10:21.890 lot of breast cancer survivors,

NOTE Confidence: 0.82581725

00:10:21.890 --> 00:10:23.997 so you might hear me refer to
NOTE Confidence: 0.82581725

00:10:23.997 --> 00:10:25.230 that population a lot,
NOTE Confidence: 0.82581725

00:10:25.230 --> 00:10:27.102 but I want to be clear that we
NOTE Confidence: 0.82581725

00:10:27.102 --> 00:10:29.480 do see all cancer types and all
NOTE Confidence: 0.82581725

00:10:29.480 --> 00:10:31.970 you know people coming from any
NOTE Confidence: 0.82581725

00:10:31.970 --> 00:10:34.443 history of cancer diagnosis but
NOTE Confidence: 0.82581725

00:10:34.443 --> 00:10:37.545 with regards to post surgical pain,
NOTE Confidence: 0.82581725

00:10:37.550 --> 00:10:38.549 providing that reassurance
NOTE Confidence: 0.82581725

00:10:38.549 --> 00:10:40.547 that that is a common late.
NOTE Confidence: 0.82581725

00:10:40.550 --> 00:10:42.704 Connect after surgery
NOTE Confidence: 0.82581725

00:10:42.704 --> 00:10:44.858 after radiation therapy.
NOTE Confidence: 0.82581725

00:10:44.860 --> 00:10:47.280 Compared with the fact that
NOTE Confidence: 0.82581725

00:10:47.280 --> 00:10:49.095 cancer pain associated with a
NOTE Confidence: 0.82581725

00:10:49.095 --> 00:10:51.440 new breast cancer is less common,
NOTE Confidence: 0.82581725

00:10:51.440 --> 00:10:53.165 that's some level of counseling
NOTE Confidence: 0.82581725

00:10:53.165 --> 00:10:55.890 that I would give in that scenario,

NOTE Confidence: 0.82581725

00:10:55.890 --> 00:10:56.450 for example.

NOTE Confidence: 0.855077447058824

00:10:58.030 --> 00:11:00.676 The next big theme that you you

NOTE Confidence: 0.855077447058824

00:11:00.676 --> 00:11:02.862 kind of mentioned that patients

NOTE Confidence: 0.855077447058824

00:11:02.862 --> 00:11:05.287 may complain about is fatigue.

NOTE Confidence: 0.855077447058824

00:11:05.290 --> 00:11:08.476 So how do patients kind of get over that?

NOTE Confidence: 0.855077447058824

00:11:08.480 --> 00:11:11.805 Because I can imagine that you know,

NOTE Confidence: 0.855077447058824

00:11:11.810 --> 00:11:13.770 particularly for patients, for example,

NOTE Confidence: 0.855077447058824

00:11:13.770 --> 00:11:15.190 who have gone through radiation,

NOTE Confidence: 0.855077447058824

00:11:15.190 --> 00:11:16.694 there may be fatigue,

NOTE Confidence: 0.855077447058824

00:11:16.694 --> 00:11:18.950 but there may also be kind

NOTE Confidence: 0.855077447058824

00:11:19.035 --> 00:11:21.310 of emotional fatigue as well.

NOTE Confidence: 0.855077447058824

00:11:21.310 --> 00:11:23.510 After going through, you know,

NOTE Confidence: 0.855077447058824

00:11:23.510 --> 00:11:24.959 rounds of chemotherapy,

NOTE Confidence: 0.855077447058824

00:11:24.959 --> 00:11:27.374 a big long cancer diagnosis,

NOTE Confidence: 0.855077447058824

00:11:27.380 --> 00:11:29.354 you might just get tired of cancer.

NOTE Confidence: 0.855077447058824

00:11:29.360 --> 00:11:31.526 Just like many of us are
NOTE Confidence: 0.855077447058824

00:11:31.526 --> 00:11:32.970 getting tired of COVID.
NOTE Confidence: 0.855077447058824

00:11:32.970 --> 00:11:34.735 But then there's also the
NOTE Confidence: 0.855077447058824

00:11:34.735 --> 00:11:36.147 physiologic fatigue as well.
NOTE Confidence: 0.855077447058824

00:11:36.150 --> 00:11:38.530 So how do you kind of get
NOTE Confidence: 0.855077447058824

00:11:38.530 --> 00:11:40.329 patients over that sense of?
NOTE Confidence: 0.855077447058824

00:11:40.330 --> 00:11:43.618 I'm just so Dang tired all the time.
NOTE Confidence: 0.90384668

00:11:45.200 --> 00:11:46.712 Great point, and it's something we
NOTE Confidence: 0.90384668

00:11:46.712 --> 00:11:48.578 see a lot of. And you're right,
NOTE Confidence: 0.90384668

00:11:48.578 --> 00:11:50.580 there is both a physical component to
NOTE Confidence: 0.90384668

00:11:50.637 --> 00:11:52.457 fatigue and an emotional component,
NOTE Confidence: 0.90384668

00:11:52.460 --> 00:11:55.332 and it's important to assess that when you're
NOTE Confidence: 0.90384668

00:11:55.332 --> 00:11:57.938 talking with people from the start of the
NOTE Confidence: 0.90384668

00:11:57.938 --> 00:12:00.400 visit when they have concern of fatigue,
NOTE Confidence: 0.90384668

00:12:00.400 --> 00:12:04.040 there are lots of reasons for fatigue.
NOTE Confidence: 0.90384668

00:12:04.040 --> 00:12:04.895 And you know,

NOTE Confidence: 0.90384668

00:12:04.895 --> 00:12:07.382 when we're talking about fatigue, it's a.

NOTE Confidence: 0.90384668

00:12:07.382 --> 00:12:10.037 It's a multidisciplinary concern for

NOTE Confidence: 0.90384668

00:12:10.037 --> 00:12:12.220 sure that each member of our team,

NOTE Confidence: 0.90384668

00:12:12.220 --> 00:12:12.913 our physical therapist,

NOTE Confidence: 0.90384668

00:12:12.913 --> 00:12:14.390 or social worker, and myself,

NOTE Confidence: 0.90384668

00:12:14.390 --> 00:12:17.120 we all talk about so really discussing

NOTE Confidence: 0.90384668

00:12:17.120 --> 00:12:19.736 where that level of fatigue is coming

NOTE Confidence: 0.90384668

00:12:19.736 --> 00:12:21.828 from the timeline after treatment,

NOTE Confidence: 0.90384668

00:12:21.828 --> 00:12:25.100 and how that can factor into fatigue.

NOTE Confidence: 0.90384668

00:12:25.100 --> 00:12:27.333 Those are all things that we address

NOTE Confidence: 0.90384668

00:12:27.333 --> 00:12:30.139 as a team overall and and how long

NOTE Confidence: 0.90384668

00:12:30.139 --> 00:12:32.458 to expect that fatigue and the

NOTE Confidence: 0.90384668

00:12:32.458 --> 00:12:34.350 recommendations that we would.

NOTE Confidence: 0.90384668

00:12:34.350 --> 00:12:35.680 Provide for fatigue as well.

NOTE Confidence: 0.886614855833333

00:12:35.950 --> 00:12:37.329 Well, we have to take a short

NOTE Confidence: 0.886614855833333

00:12:37.329 --> 00:12:38.700 break for a medical minute,
NOTE Confidence: 0.886614855833333
00:12:38.700 --> 00:12:40.709 but after the break I hope that
NOTE Confidence: 0.886614855833333
00:12:40.709 --> 00:12:43.248 we can take a deeper dive into
NOTE Confidence: 0.886614855833333
00:12:43.248 --> 00:12:45.253 what recommendations you have for
NOTE Confidence: 0.886614855833333
00:12:45.253 --> 00:12:47.609 fatigue as well as a variety of
NOTE Confidence: 0.886614855833333
00:12:47.609 --> 00:12:49.722 other issues that might come up
NOTE Confidence: 0.886614855833333
00:12:49.722 --> 00:12:51.426 during the survivorship period.
NOTE Confidence: 0.886614855833333
00:12:51.430 --> 00:12:54.270 So please stay tuned to learn more about
NOTE Confidence: 0.886614855833333
00:12:54.270 --> 00:12:55.869 cancer survivorship with my guest,
NOTE Confidence: 0.886614855833333
00:12:55.870 --> 00:12:56.659 Jeff and Britta.
NOTE Confidence: 0.76586756016
00:12:57.420 --> 00:13:00.096 Funding for Yale Cancer answers comes
NOTE Confidence: 0.76586756016
00:13:00.096 --> 00:13:02.364 from Smilow Cancer Hospital presenting
NOTE Confidence: 0.76586756016
00:13:02.364 --> 00:13:05.248 the Susan Barrass MD brain tumor webinar
NOTE Confidence: 0.76586756016
00:13:05.248 --> 00:13:08.266 May 18th register at Yale Cancer Center.
NOTE Confidence: 0.76586756016
00:13:08.270 --> 00:13:13.750 Org or email cancer answers at yale.edu.
NOTE Confidence: 0.76586756016
00:13:13.750 --> 00:13:15.380 There are many obstacles to

NOTE Confidence: 0.76586756016

00:13:15.380 --> 00:13:16.684 face when quitting smoking.

NOTE Confidence: 0.76586756016

00:13:16.690 --> 00:13:18.526 As smoking involves the potent drug.

NOTE Confidence: 0.76586756016

00:13:18.530 --> 00:13:20.785 Nicotine quitting smoking is a

NOTE Confidence: 0.76586756016

00:13:20.785 --> 00:13:22.589 very important lifestyle change,

NOTE Confidence: 0.76586756016

00:13:22.590 --> 00:13:24.562 especially for patients undergoing

NOTE Confidence: 0.76586756016

00:13:24.562 --> 00:13:25.548 cancer treatment,

NOTE Confidence: 0.76586756016

00:13:25.550 --> 00:13:27.770 as it's been shown to positively

NOTE Confidence: 0.76586756016

00:13:27.770 --> 00:13:29.250 impact response to treatments

NOTE Confidence: 0.76586756016

00:13:29.315 --> 00:13:31.525 decrease the likelihood that patients

NOTE Confidence: 0.76586756016

00:13:31.525 --> 00:13:33.293 will develop second malignancies

NOTE Confidence: 0.76586756016

00:13:33.293 --> 00:13:35.409 and increase rates of survival.

NOTE Confidence: 0.76586756016

00:13:35.410 --> 00:13:37.610 Tobacco treatment programs are currently

NOTE Confidence: 0.76586756016

00:13:37.610 --> 00:13:39.810 being offered at federally designated

NOTE Confidence: 0.76586756016

00:13:39.872 --> 00:13:41.292 Comprehensive cancer centers such

NOTE Confidence: 0.76586756016

00:13:41.292 --> 00:13:43.770 as Yale Cancer Center and its Milo.

NOTE Confidence: 0.76586756016

00:13:43.770 --> 00:13:45.602 Cancer Hospital all treatment
NOTE Confidence: 0.76586756016

00:13:45.602 --> 00:13:47.892 components are evidence based and
NOTE Confidence: 0.76586756016

00:13:47.892 --> 00:13:50.333 patients are treated with FDA approved
NOTE Confidence: 0.76586756016

00:13:50.333 --> 00:13:52.820 first line medications as well as
NOTE Confidence: 0.76586756016

00:13:52.820 --> 00:13:54.856 smoking cessation counseling that
NOTE Confidence: 0.76586756016

00:13:54.856 --> 00:13:56.892 stresses appropriate coping skills.
NOTE Confidence: 0.76586756016

00:13:56.900 --> 00:13:59.880 More information is available at
NOTE Confidence: 0.76586756016

00:13:59.880 --> 00:14:01.176 yalecancercenter.org you're listening
NOTE Confidence: 0.76586756016

00:14:01.176 --> 00:14:02.904 to Connecticut Public Radio.
NOTE Confidence: 0.83474475

00:14:04.290 --> 00:14:06.510 Welcome back to Yale Cancer answers.
NOTE Confidence: 0.83474475

00:14:06.510 --> 00:14:08.950 This is doctor anise Chappar and I'm joined
NOTE Confidence: 0.83474475

00:14:08.950 --> 00:14:11.204 tonight by my guest, Jeff and Britta.
NOTE Confidence: 0.83474475

00:14:11.204 --> 00:14:12.994 We're learning more about the
NOTE Confidence: 0.83474475

00:14:12.994 --> 00:14:15.350 field of cancer survivorship now,
NOTE Confidence: 0.83474475

00:14:15.350 --> 00:14:16.930 right before the break, Kevin,
NOTE Confidence: 0.83474475

00:14:16.930 --> 00:14:19.922 you were saying that one of the more

NOTE Confidence: 0.83474475

00:14:19.922 --> 00:14:22.585 common things that you hear from cancer

NOTE Confidence: 0.83474475

00:14:22.585 --> 00:14:25.170 survivors as a theme as you will,

NOTE Confidence: 0.83474475

00:14:25.170 --> 00:14:28.404 is this whole aspect of cancer fatigue,

NOTE Confidence: 0.83474475

00:14:28.410 --> 00:14:30.096 whether that's physical

NOTE Confidence: 0.83474475

00:14:30.096 --> 00:14:32.344 fatigue or emotional fatigue.

NOTE Confidence: 0.83474475

00:14:32.350 --> 00:14:33.798 People just get tired.

NOTE Confidence: 0.83474475

00:14:33.798 --> 00:14:36.890 And whether that is a late side effect

NOTE Confidence: 0.83474475

00:14:36.890 --> 00:14:39.416 of things like radiation or whether

NOTE Confidence: 0.83474475

00:14:39.416 --> 00:14:42.257 they just get tired of appointments,

NOTE Confidence: 0.83474475

00:14:42.260 --> 00:14:44.786 or whether you know they are

NOTE Confidence: 0.83474475

00:14:44.786 --> 00:14:47.299 just run down and run out.

NOTE Confidence: 0.83474475

00:14:47.300 --> 00:14:49.616 But are there any specific recommendations

NOTE Confidence: 0.83474475

00:14:49.616 --> 00:14:52.227 that you can give people that might

NOTE Confidence: 0.83474475

00:14:52.227 --> 00:14:54.565 help them to get some energy back?

NOTE Confidence: 0.850572300142857

00:14:55.040 --> 00:14:55.700 Yes, exactly.

NOTE Confidence: 0.850572300142857

00:14:55.700 --> 00:14:58.010 And and we were talking about how
NOTE Confidence: 0.850572300142857

00:14:58.010 --> 00:15:00.247 this can really be multifactorial,
NOTE Confidence: 0.850572300142857

00:15:00.250 --> 00:15:01.818 and there are lots of reasons for it,
NOTE Confidence: 0.850572300142857

00:15:01.820 --> 00:15:04.557 so we typically will talk with people.
NOTE Confidence: 0.850572300142857

00:15:04.560 --> 00:15:06.590 About fatigue as it relates
NOTE Confidence: 0.850572300142857

00:15:06.590 --> 00:15:08.214 back to their treatment,
NOTE Confidence: 0.850572300142857

00:15:08.220 --> 00:15:09.930 whether it's chemotherapy or radiation,
NOTE Confidence: 0.850572300142857

00:15:09.930 --> 00:15:12.365 for example, and lasting anywhere
NOTE Confidence: 0.850572300142857

00:15:12.365 --> 00:15:16.268 between up or up to 6 to 12 months.
NOTE Confidence: 0.850572300142857

00:15:16.270 --> 00:15:17.320 Even and really,
NOTE Confidence: 0.850572300142857

00:15:17.320 --> 00:15:19.070 that can be individual though,
NOTE Confidence: 0.850572300142857

00:15:19.070 --> 00:15:20.070 and it's not a hard,
NOTE Confidence: 0.850572300142857

00:15:20.070 --> 00:15:22.198 fast rule that says you will have this
NOTE Confidence: 0.850572300142857

00:15:22.198 --> 00:15:24.219 fatigue as it relates to the treatment
NOTE Confidence: 0.850572300142857

00:15:24.219 --> 00:15:26.529 you've had for that exact amount of time.
NOTE Confidence: 0.850572300142857

00:15:26.530 --> 00:15:28.170 But there are things, thankfully,

NOTE Confidence: 0.850572300142857
00:15:28.170 --> 00:15:30.866 that you can do to help with fatigue,
NOTE Confidence: 0.850572300142857
00:15:30.870 --> 00:15:32.755 so the first and foremost
NOTE Confidence: 0.850572300142857
00:15:32.755 --> 00:15:34.640 recommendation I have is staying.
NOTE Confidence: 0.850572300142857
00:15:34.640 --> 00:15:36.341 Active getting exercise,
NOTE Confidence: 0.850572300142857
00:15:36.341 --> 00:15:39.743 so the NCCN or National Comprehensive
NOTE Confidence: 0.850572300142857
00:15:39.743 --> 00:15:42.226 Cancer Network guidelines recommend
NOTE Confidence: 0.850572300142857
00:15:42.226 --> 00:15:45.892 30 minutes of moderate level exercise.
NOTE Confidence: 0.850572300142857
00:15:45.900 --> 00:15:47.301 Moderate intensity exercise.
NOTE Confidence: 0.850572300142857
00:15:47.301 --> 00:15:49.169 Five days a week.
NOTE Confidence: 0.850572300142857
00:15:49.170 --> 00:15:51.004 So that's a total of 150 minutes
NOTE Confidence: 0.850572300142857
00:15:51.004 --> 00:15:53.056 or more of exercise a week.
NOTE Confidence: 0.850572300142857
00:15:53.060 --> 00:15:54.880 And that's something that as part again
NOTE Confidence: 0.850572300142857
00:15:54.880 --> 00:15:57.119 as part of a multidisciplinary clinic.
NOTE Confidence: 0.850572300142857
00:15:57.120 --> 00:16:00.032 Our physical therapist tends to go into
NOTE Confidence: 0.850572300142857
00:16:00.032 --> 00:16:03.186 a bit more in detail and can really
NOTE Confidence: 0.850572300142857

00:16:03.186 --> 00:16:06.695 hone in on someone's physical limitations.

NOTE Confidence: 0.850572300142857

00:16:06.695 --> 00:16:09.110 Additional physical concerns,

NOTE Confidence: 0.850572300142857

00:16:09.110 --> 00:16:10.680 maybe range of motion related

NOTE Confidence: 0.850572300142857

00:16:10.680 --> 00:16:12.710 concerns and really do it deeper.

NOTE Confidence: 0.850572300142857

00:16:12.710 --> 00:16:14.708 Dive into what the best exercises

NOTE Confidence: 0.850572300142857

00:16:14.708 --> 00:16:17.243 are for someone and how they can stay

NOTE Confidence: 0.850572300142857

00:16:17.243 --> 00:16:19.971 active and that will be one of the best

NOTE Confidence: 0.850572300142857

00:16:19.971 --> 00:16:22.218 things that someone can do for fatigue.

NOTE Confidence: 0.7408230975

00:16:22.350 --> 00:16:24.030 Now you do realize jevin before

NOTE Confidence: 0.7408230975

00:16:24.030 --> 00:16:25.850 you get into the next thing.

NOTE Confidence: 0.7408230975

00:16:25.850 --> 00:16:28.550 I I just have to push back a little bit

NOTE Confidence: 0.7408230975

00:16:28.626 --> 00:16:31.440 on the exercise because I can imagine

NOTE Confidence: 0.7408230975

00:16:31.440 --> 00:16:33.828 that patients likely will say to you.

NOTE Confidence: 0.7408230975

00:16:33.830 --> 00:16:35.813 Jevin, I'm exhausted.

NOTE Confidence: 0.7408230975

00:16:35.813 --> 00:16:39.118 How can I possibly exercise?

NOTE Confidence: 0.7408230975

00:16:39.120 --> 00:16:42.927 Wouldn't it be better for me to just sleep?

NOTE Confidence: 0.908178313

00:16:43.060 --> 00:16:44.460 Yeah, and it's a very

NOTE Confidence: 0.908178313

00:16:44.460 --> 00:16:45.860 common thing that we hear.

NOTE Confidence: 0.908178313

00:16:45.860 --> 00:16:48.060 It's like I could hear our our cancer

NOTE Confidence: 0.908178313

00:16:48.060 --> 00:16:49.588 survivors coming right through you,

NOTE Confidence: 0.908178313

00:16:49.590 --> 00:16:52.660 doctor Shadfar, and so yes,

NOTE Confidence: 0.908178313

00:16:52.660 --> 00:16:54.488 it sounds counterintuitive indeed.

NOTE Confidence: 0.908178313

00:16:54.488 --> 00:16:57.736 But believe it or not, it can be helpful,

NOTE Confidence: 0.908178313

00:16:57.736 --> 00:16:59.919 and it's if you get the body moving,

NOTE Confidence: 0.908178313

00:16:59.920 --> 00:17:03.196 your body will respond and want to move more.

NOTE Confidence: 0.908178313

00:17:03.200 --> 00:17:04.772 So that's one thing that I'll

NOTE Confidence: 0.908178313

00:17:04.772 --> 00:17:06.093 talk about with them, but.

NOTE Confidence: 0.908178313

00:17:06.093 --> 00:17:07.458 Part of it too is,

NOTE Confidence: 0.908178313

00:17:07.460 --> 00:17:10.844 as we choose not to use our bodies,

NOTE Confidence: 0.908178313

00:17:10.850 --> 00:17:12.488 our bodies get used to that state

NOTE Confidence: 0.908178313

00:17:12.488 --> 00:17:13.893 and our muscles will say, well,

NOTE Confidence: 0.908178313

00:17:13.893 --> 00:17:15.677 I guess we don't need to be used
NOTE Confidence: 0.908178313

00:17:15.677 --> 00:17:17.623 and it further feeds into that level
NOTE Confidence: 0.908178313

00:17:17.623 --> 00:17:19.528 of fatigue that one may be having.
NOTE Confidence: 0.908178313

00:17:19.530 --> 00:17:21.679 So really trying to get that body
NOTE Confidence: 0.908178313

00:17:21.679 --> 00:17:23.466 conditioned again from that deconditioning
NOTE Confidence: 0.908178313

00:17:23.466 --> 00:17:25.491 that's happened through the treatment
NOTE Confidence: 0.908178313

00:17:25.491 --> 00:17:27.623 and the recovery that they've had
NOTE Confidence: 0.908178313

00:17:27.623 --> 00:17:29.618 is the important thing to focus on.
NOTE Confidence: 0.908178313

00:17:29.620 --> 00:17:30.980 And really starting where someone
NOTE Confidence: 0.908178313

00:17:30.980 --> 00:17:32.989 is at with their level of physical
NOTE Confidence: 0.908178313

00:17:32.989 --> 00:17:34.185 activity is so important,
NOTE Confidence: 0.908178313

00:17:34.190 --> 00:17:37.118 because if someone sedentary all day.
NOTE Confidence: 0.908178313

00:17:37.120 --> 00:17:38.260 Say like me,
NOTE Confidence: 0.908178313

00:17:38.260 --> 00:17:40.540 sitting around doing documentation all day,
NOTE Confidence: 0.908178313

00:17:40.540 --> 00:17:42.580 suddenly standing up from a chair
NOTE Confidence: 0.908178313

00:17:42.580 --> 00:17:44.587 is more physical activity than I've

NOTE Confidence: 0.908178313

00:17:44.587 --> 00:17:46.357 had throughout most of the day.

NOTE Confidence: 0.908178313

00:17:46.360 --> 00:17:48.130 So it's really about starting where

NOTE Confidence: 0.908178313

00:17:48.130 --> 00:17:50.150 someone is at taking their physical

NOTE Confidence: 0.908178313

00:17:50.150 --> 00:17:51.326 limitations into consideration

NOTE Confidence: 0.908178313

00:17:51.326 --> 00:17:52.894 and going from there,

NOTE Confidence: 0.908178313

00:17:52.900 --> 00:17:54.736 and building upon that as someone

NOTE Confidence: 0.908178313

00:17:54.736 --> 00:17:56.800 becomes less and less deconditioned.

NOTE Confidence: 0.904532702

00:17:57.600 --> 00:17:59.224 Great, so you were going to tell

NOTE Confidence: 0.904532702

00:17:59.224 --> 00:18:00.388 us some more recommendations

NOTE Confidence: 0.904532702

00:18:00.388 --> 00:18:02.040 with regards to fatigue.

NOTE Confidence: 0.904532702

00:18:02.040 --> 00:18:03.328 Before I interrupted you.

NOTE Confidence: 0.862141245263158

00:18:04.810 --> 00:18:06.470 I appreciate the interruption.

NOTE Confidence: 0.862141245263158

00:18:06.470 --> 00:18:08.960 So the other thing that we'll

NOTE Confidence: 0.862141245263158

00:18:09.029 --> 00:18:11.254 talk about is setting priorities

NOTE Confidence: 0.862141245263158

00:18:11.254 --> 00:18:13.940 because some people have, you know,

NOTE Confidence: 0.862141245263158

00:18:13.940 --> 00:18:16.640 fairly profound fatigue and you know
NOTE Confidence: 0.862141245263158

00:18:16.640 --> 00:18:18.520 setting priorities is important,
NOTE Confidence: 0.862141245263158

00:18:18.520 --> 00:18:19.776 so really differentiating between
NOTE Confidence: 0.862141245263158

00:18:19.776 --> 00:18:22.140 what you need to do during the day,
NOTE Confidence: 0.862141245263158

00:18:22.140 --> 00:18:24.714 what you want to do versus what you don't
NOTE Confidence: 0.862141245263158

00:18:24.714 --> 00:18:26.883 really need to do and and determining
NOTE Confidence: 0.862141245263158

00:18:26.883 --> 00:18:28.541 the things that are important to
NOTE Confidence: 0.862141245263158

00:18:28.541 --> 00:18:31.062 get done on a day to day basis and
NOTE Confidence: 0.862141245263158

00:18:31.062 --> 00:18:33.234 those activities of daily living as
NOTE Confidence: 0.862141245263158

00:18:33.234 --> 00:18:34.989 they're called is so important.
NOTE Confidence: 0.862141245263158

00:18:34.990 --> 00:18:37.645 In finding the time to rest when it's needed.
NOTE Confidence: 0.862141245263158

00:18:37.650 --> 00:18:41.354 So capitalizing the time when you're you have
NOTE Confidence: 0.862141245263158

00:18:41.354 --> 00:18:44.730 more energy to be more physically active.
NOTE Confidence: 0.862141245263158

00:18:44.730 --> 00:18:46.446 But when you feel very fatigued
NOTE Confidence: 0.862141245263158

00:18:46.446 --> 00:18:48.468 and feel like you can't do that,
NOTE Confidence: 0.862141245263158

00:18:48.470 --> 00:18:50.110 it's it's important to listen

NOTE Confidence: 0.862141245263158
00:18:50.110 --> 00:18:51.750 to your body and rest.
NOTE Confidence: 0.862141245263158
00:18:51.750 --> 00:18:53.130 But part of that, too,
NOTE Confidence: 0.862141245263158
00:18:53.130 --> 00:18:54.138 is getting the appropriate
NOTE Confidence: 0.862141245263158
00:18:54.138 --> 00:18:55.990 amount of rest as well at night.
NOTE Confidence: 0.862141245263158
00:18:55.990 --> 00:18:57.853 And that's when we get into some of these
NOTE Confidence: 0.862141245263158
00:18:57.853 --> 00:18:59.427 other secondary reasons for fatigue,
NOTE Confidence: 0.862141245263158
00:18:59.430 --> 00:19:00.554 like sleep or medications.
NOTE Confidence: 0.862141245263158
00:19:00.554 --> 00:19:02.240 And those are things that will
NOTE Confidence: 0.862141245263158
00:19:02.292 --> 00:19:03.228 counsel on as well,
NOTE Confidence: 0.862141245263158
00:19:03.230 --> 00:19:05.250 depending on a person's situation.
NOTE Confidence: 0.88482635
00:19:06.180 --> 00:19:10.284 Perfect now, before the break you were saying
NOTE Confidence: 0.88482635
00:19:10.284 --> 00:19:13.567 that another big area that many patients
NOTE Confidence: 0.88482635
00:19:13.567 --> 00:19:17.419 come to talk about is weight management.
NOTE Confidence: 0.88482635
00:19:17.420 --> 00:19:20.300 Because you know, weight really does
NOTE Confidence: 0.88482635
00:19:20.300 --> 00:19:23.099 fluctuate with cancer, some cancers and
NOTE Confidence: 0.88482635

00:19:23.099 --> 00:19:25.817 some treatments make you gain weight.
NOTE Confidence: 0.88482635

00:19:25.820 --> 00:19:28.319 Some make you lose weight and for
NOTE Confidence: 0.88482635

00:19:28.319 --> 00:19:30.899 a number of different cancers,
NOTE Confidence: 0.88482635

00:19:30.900 --> 00:19:33.294 being overweight actually puts you at
NOTE Confidence: 0.88482635

00:19:33.294 --> 00:19:35.732 increased risk of either getting cancer
NOTE Confidence: 0.88482635

00:19:35.732 --> 00:19:38.434 or getting a recurrence of your cancer.
NOTE Confidence: 0.88482635

00:19:38.440 --> 00:19:42.200 And for the majority of the US population.
NOTE Confidence: 0.88482635

00:19:42.200 --> 00:19:44.288 Wait something that all of us
NOTE Confidence: 0.88482635

00:19:44.288 --> 00:19:46.849 struggle with at the get go even
NOTE Confidence: 0.88482635

00:19:46.849 --> 00:19:48.674 without a diagnosis of cancer.
NOTE Confidence: 0.88482635

00:19:48.680 --> 00:19:51.942 So what recommendations do you have to
NOTE Confidence: 0.88482635

00:19:51.942 --> 00:19:56.008 get to and maintain ideal body weight?
NOTE Confidence: 0.849701972

00:19:57.530 --> 00:19:59.338 So and and that is a big concern
NOTE Confidence: 0.849701972

00:19:59.338 --> 00:20:01.427 that we hear about as you mentioned,
NOTE Confidence: 0.849701972

00:20:01.430 --> 00:20:04.195 and a lot of people going through
NOTE Confidence: 0.849701972

00:20:04.195 --> 00:20:06.494 treatment sometimes will will in fact

NOTE Confidence: 0.849701972

00:20:06.494 --> 00:20:08.923 gain weight and they come in thinking.

NOTE Confidence: 0.849701972

00:20:08.930 --> 00:20:10.995 I thought I was supposed to lose

NOTE Confidence: 0.849701972

00:20:10.995 --> 00:20:12.890 weight going through cancer treatment,

NOTE Confidence: 0.849701972

00:20:12.890 --> 00:20:15.452 but it can sometimes be the

NOTE Confidence: 0.849701972

00:20:15.452 --> 00:20:17.160 opposite effect as well.

NOTE Confidence: 0.849701972

00:20:17.160 --> 00:20:19.722 So what we talk about is really

NOTE Confidence: 0.849701972

00:20:19.722 --> 00:20:21.291 focusing on healthy lifestyle

NOTE Confidence: 0.849701972

00:20:21.291 --> 00:20:23.661 and I always encourage people to

NOTE Confidence: 0.849701972

00:20:23.661 --> 00:20:26.139 try to focus less on a number.

NOTE Confidence: 0.849701972

00:20:26.140 --> 00:20:27.965 Although there are healthy and

NOTE Confidence: 0.849701972

00:20:27.965 --> 00:20:30.215 appropriate ways to look at weight

NOTE Confidence: 0.849701972

00:20:30.215 --> 00:20:32.686 and a number and and take that

NOTE Confidence: 0.849701972

00:20:32.686 --> 00:20:34.424 into consideration when trying to

NOTE Confidence: 0.849701972

00:20:34.424 --> 00:20:36.356 achieve a goal for weight loss.

NOTE Confidence: 0.849701972

00:20:36.360 --> 00:20:36.742 However,

NOTE Confidence: 0.849701972

00:20:36.742 --> 00:20:39.416 it's important to really focus on lifestyle,

NOTE Confidence: 0.849701972

00:20:39.420 --> 00:20:42.036 nourishing your body with the foods it needs,

NOTE Confidence: 0.849701972

00:20:42.040 --> 00:20:44.595 the nutrients it needs in order to

NOTE Confidence: 0.849701972

00:20:44.595 --> 00:20:47.158 keep moving and be active and then.

NOTE Confidence: 0.849701972

00:20:47.160 --> 00:20:47.635 Again,

NOTE Confidence: 0.849701972

00:20:47.635 --> 00:20:50.485 putting that into action and actually

NOTE Confidence: 0.849701972

00:20:50.485 --> 00:20:52.670 being active doing exercise,

NOTE Confidence: 0.849701972

00:20:52.670 --> 00:20:54.125 some level of physical activity

NOTE Confidence: 0.849701972

00:20:54.125 --> 00:20:55.900 to help manage weight as well.

NOTE Confidence: 0.86790673

00:20:57.340 --> 00:20:59.540 So talk a little bit more about that.

NOTE Confidence: 0.86790673

00:20:59.540 --> 00:21:01.906 I mean that all sounds very good,

NOTE Confidence: 0.86790673

00:21:01.910 --> 00:21:04.796 but it's kind of a 20,000 foot view.

NOTE Confidence: 0.86790673

00:21:04.796 --> 00:21:07.960 If people come to you and say jevin,

NOTE Confidence: 0.86790673

00:21:07.960 --> 00:21:10.420 what practical advice do you have?

NOTE Confidence: 0.86790673

00:21:10.420 --> 00:21:12.700 I mean, how do I actually do this?

NOTE Confidence: 0.86790673

00:21:12.700 --> 00:21:14.740 Are there things I should eat?

NOTE Confidence: 0.86790673

00:21:14.740 --> 00:21:16.840 Are there things I should avoid?

NOTE Confidence: 0.86790673

00:21:16.840 --> 00:21:20.176 You know? Should I do a keto diet?

NOTE Confidence: 0.86790673

00:21:20.180 --> 00:21:22.058 Should I do a paleo diet?

NOTE Confidence: 0.86790673

00:21:22.060 --> 00:21:24.140 Mediterranean so many patients

NOTE Confidence: 0.86790673

00:21:24.140 --> 00:21:25.700 have questions about?

NOTE Confidence: 0.86790673

00:21:25.700 --> 00:21:26.741 You know what?

NOTE Confidence: 0.86790673

00:21:26.741 --> 00:21:28.129 What should I do?

NOTE Confidence: 0.86790673

00:21:28.130 --> 00:21:31.077 Uhm, how do you respond to that?

NOTE Confidence: 0.892704190740741

00:21:32.240 --> 00:21:34.048 It's a great question and and we have

NOTE Confidence: 0.892704190740741

00:21:34.048 --> 00:21:35.994 so many people are right coming in

NOTE Confidence: 0.892704190740741

00:21:35.994 --> 00:21:37.757 asking about specific diets or plans

NOTE Confidence: 0.892704190740741

00:21:37.757 --> 00:21:39.395 that they should be adhering to.

NOTE Confidence: 0.892704190740741

00:21:39.400 --> 00:21:42.370 And you know the the truth of it is is

NOTE Confidence: 0.892704190740741

00:21:42.448 --> 00:21:44.944 that oftentimes people trying to stick

NOTE Confidence: 0.892704190740741

00:21:44.944 --> 00:21:48.762 to a diet and I use that word very

NOTE Confidence: 0.892704190740741

00:21:48.762 --> 00:21:50.830 pointedly here often end up falling off
NOTE Confidence: 0.892704190740741

00:21:50.830 --> 00:21:52.531 a Cliff with that because what happens
NOTE Confidence: 0.892704190740741

00:21:52.531 --> 00:21:54.619 is a lot of these diets that are out
NOTE Confidence: 0.892704190740741

00:21:54.619 --> 00:21:56.365 there become too restrictive and it
NOTE Confidence: 0.892704190740741

00:21:56.365 --> 00:21:58.113 becomes difficult to adhere to it.
NOTE Confidence: 0.892704190740741

00:21:58.113 --> 00:22:00.150 And then that can be very discouraging
NOTE Confidence: 0.892704190740741

00:22:00.213 --> 00:22:01.838 for people and actually have.
NOTE Confidence: 0.892704190740741

00:22:01.840 --> 00:22:04.930 A reverse effect where someone.
NOTE Confidence: 0.892704190740741

00:22:04.930 --> 00:22:08.276 Falls off of this diet and falls
NOTE Confidence: 0.892704190740741

00:22:08.276 --> 00:22:11.239 back into poor eating habits.
NOTE Confidence: 0.892704190740741

00:22:11.240 --> 00:22:13.064 Maybe things that they were challenged
NOTE Confidence: 0.892704190740741

00:22:13.064 --> 00:22:15.300 with before trying to adhere to the diet.
NOTE Confidence: 0.892704190740741

00:22:15.300 --> 00:22:17.855 So really the focus is around plant
NOTE Confidence: 0.892704190740741

00:22:17.855 --> 00:22:20.119 based nutrition and trying to get
NOTE Confidence: 0.892704190740741

00:22:20.119 --> 00:22:21.944 plenty of vegetables and whole
NOTE Confidence: 0.892704190740741

00:22:21.944 --> 00:22:24.345 grains and healthy types of protein

NOTE Confidence: 0.892704190740741

00:22:24.345 --> 00:22:26.340 into your nutrition each day.

NOTE Confidence: 0.892704190740741

00:22:26.340 --> 00:22:28.640 And it's about portion size.

NOTE Confidence: 0.892704190740741

00:22:28.640 --> 00:22:31.076 It's about the types of meats

NOTE Confidence: 0.892704190740741

00:22:31.076 --> 00:22:33.237 you're choosing like fish and

NOTE Confidence: 0.892704190740741

00:22:33.237 --> 00:22:35.069 poultry limiting red meats.

NOTE Confidence: 0.892704190740741

00:22:35.070 --> 00:22:37.234 Limiting highly processed foods

NOTE Confidence: 0.892704190740741

00:22:37.234 --> 00:22:39.939 limiting added sugars for overall

NOTE Confidence: 0.892704190740741

00:22:39.939 --> 00:22:42.961 health and well being and as a way to

NOTE Confidence: 0.892704190740741

00:22:42.961 --> 00:22:45.600 help with weight management overall.

NOTE Confidence: 0.919790033

00:22:46.850 --> 00:22:48.908 And so you know, one of the

NOTE Confidence: 0.919790033

00:22:48.908 --> 00:22:50.883 questions that we often get asked

NOTE Confidence: 0.919790033

00:22:50.883 --> 00:22:52.923 with regards to plant based diets

NOTE Confidence: 0.919790033

00:22:52.923 --> 00:22:56.525 is but but but don't I need protein?

NOTE Confidence: 0.919790033

00:22:56.530 --> 00:22:58.966 How can I get protein if I'm

NOTE Confidence: 0.919790033

00:22:58.966 --> 00:23:00.990 eating a plant based diet?

NOTE Confidence: 0.919790033

00:23:00.990 --> 00:23:02.488 And what do you say to that?
NOTE Confidence: 0.84653788

00:23:03.090 --> 00:23:05.134 It's a great question and something I
NOTE Confidence: 0.84653788

00:23:05.134 --> 00:23:07.151 always tell people whenever talking about a
NOTE Confidence: 0.84653788

00:23:07.151 --> 00:23:09.918 plant based diet is by that I do not mean
NOTE Confidence: 0.84653788

00:23:09.918 --> 00:23:11.544 going or becoming vegetarian or vegan.
NOTE Confidence: 0.84653788

00:23:11.550 --> 00:23:13.122 It means getting plenty of vegetables
NOTE Confidence: 0.84653788

00:23:13.122 --> 00:23:15.049 and whole grains as part of your diet.
NOTE Confidence: 0.84653788

00:23:15.050 --> 00:23:17.458 So when you look at the a plate.
NOTE Confidence: 0.84653788

00:23:17.460 --> 00:23:20.084 There's a great resource that we have we
NOTE Confidence: 0.84653788

00:23:20.084 --> 00:23:22.658 provide with patients and that to patients,
NOTE Confidence: 0.84653788

00:23:22.660 --> 00:23:25.356 and it's a circular disk and it shows
NOTE Confidence: 0.84653788

00:23:25.356 --> 00:23:28.008 portions on this disc that you can go
NOTE Confidence: 0.84653788

00:23:28.008 --> 00:23:30.501 and slide around the top part to to
NOTE Confidence: 0.84653788

00:23:30.501 --> 00:23:32.702 see 2/3 of the plate should be made
NOTE Confidence: 0.84653788

00:23:32.702 --> 00:23:34.088 up of vegetables and whole grains.
NOTE Confidence: 0.84653788

00:23:34.090 --> 00:23:36.724 Your other third should be your

NOTE Confidence: 0.84653788

00:23:36.724 --> 00:23:39.472 source of protein like chicken or

NOTE Confidence: 0.84653788

00:23:39.472 --> 00:23:41.737 fish or something like that.

NOTE Confidence: 0.84653788

00:23:41.740 --> 00:23:44.460 And beyond that you know

NOTE Confidence: 0.84653788

00:23:44.460 --> 00:23:46.636 you can have carbohydrates,

NOTE Confidence: 0.84653788

00:23:46.640 --> 00:23:48.800 but don't make it the mainstay of the meal.

NOTE Confidence: 0.84653788

00:23:48.800 --> 00:23:51.050 Really focus on those larger servings

NOTE Confidence: 0.84653788

00:23:51.050 --> 00:23:53.274 of vegetables and whole grains as

NOTE Confidence: 0.84653788

00:23:53.274 --> 00:23:55.254 part of your meals throughout the

NOTE Confidence: 0.862154219375

00:23:55.270 --> 00:23:58.154 day. Perfect, you know the other question

NOTE Confidence: 0.862154219375

00:23:58.154 --> 00:24:01.607 that I think a lot of patients might have

NOTE Confidence: 0.862154219375

00:24:01.610 --> 00:24:04.228 as they're thinking about this fear of

NOTE Confidence: 0.862154219375

00:24:04.228 --> 00:24:06.987 recurrence and and trying to get healthier,

NOTE Confidence: 0.862154219375

00:24:06.990 --> 00:24:10.518 healthier into air quotes.

NOTE Confidence: 0.862154219375

00:24:10.520 --> 00:24:13.680 Are vitamins and supplements

NOTE Confidence: 0.862154219375

00:24:13.680 --> 00:24:16.050 and alternative therapies?

NOTE Confidence: 0.862154219375

00:24:16.050 --> 00:24:18.768 Can you talk a little bit about about that?

NOTE Confidence: 0.862154219375

00:24:18.770 --> 00:24:20.585 Are there supplements that people

NOTE Confidence: 0.862154219375

00:24:20.585 --> 00:24:22.860 should be using or not using?

NOTE Confidence: 0.862154219375

00:24:22.860 --> 00:24:23.955 How do you?

NOTE Confidence: 0.862154219375

00:24:23.955 --> 00:24:26.510 How do you advise patients when they

NOTE Confidence: 0.862154219375

00:24:26.592 --> 00:24:29.328 come in and they say I just read

NOTE Confidence: 0.862154219375

00:24:29.328 --> 00:24:31.892 this article in this magazine about

NOTE Confidence: 0.862154219375

00:24:31.892 --> 00:24:34.586 this herb or this natural supplement

NOTE Confidence: 0.862154219375

00:24:34.590 --> 00:24:36.828 that is supposed to cure cancer

NOTE Confidence: 0.862154219375

00:24:36.828 --> 00:24:39.289 or prevent it from coming back?

NOTE Confidence: 0.862154219375

00:24:39.290 --> 00:24:39.510 It's

NOTE Confidence: 0.915082375263158

00:24:39.520 --> 00:24:40.294 a great question.

NOTE Confidence: 0.915082375263158

00:24:40.294 --> 00:24:42.379 It's one of the most common things that

NOTE Confidence: 0.915082375263158

00:24:42.379 --> 00:24:44.187 we talk about in our clinic as well,

NOTE Confidence: 0.915082375263158

00:24:44.190 --> 00:24:45.630 and I will say, you know,

NOTE Confidence: 0.915082375263158

00:24:45.630 --> 00:24:48.668 with as it relates to nutrition supplements,

NOTE Confidence: 0.915082375263158
00:24:48.670 --> 00:24:51.614 exercise, all of it is individual and if
NOTE Confidence: 0.915082375263158
00:24:51.614 --> 00:24:54.885 they're if you have any questions about that,
NOTE Confidence: 0.915082375263158
00:24:54.890 --> 00:24:56.338 you should always consult
NOTE Confidence: 0.915082375263158
00:24:56.338 --> 00:24:57.786 with your care team,
NOTE Confidence: 0.915082375263158
00:24:57.790 --> 00:25:01.190 your providers and before making
NOTE Confidence: 0.915082375263158
00:25:01.190 --> 00:25:03.910 a significant lifestyle change.
NOTE Confidence: 0.915082375263158
00:25:03.910 --> 00:25:06.226 But specifically with regards to supplements,
NOTE Confidence: 0.915082375263158
00:25:06.230 --> 00:25:07.930 I don't have any specific
NOTE Confidence: 0.915082375263158
00:25:07.930 --> 00:25:09.290 recommendations that I make.
NOTE Confidence: 0.915082375263158
00:25:09.290 --> 00:25:11.620 In our clinic, but again,
NOTE Confidence: 0.915082375263158
00:25:11.620 --> 00:25:14.476 I will say if someone has a
NOTE Confidence: 0.915082375263158
00:25:14.476 --> 00:25:15.700 nutritional deficiency again,
NOTE Confidence: 0.915082375263158
00:25:15.700 --> 00:25:17.688 it's important to talk with your care
NOTE Confidence: 0.915082375263158
00:25:17.688 --> 00:25:19.959 team about that and take the appropriate
NOTE Confidence: 0.915082375263158
00:25:19.959 --> 00:25:21.659 supplements that you might need,
NOTE Confidence: 0.915082375263158

00:25:21.660 --> 00:25:23.976 assuming that that's not the case,
NOTE Confidence: 0.915082375263158

00:25:23.980 --> 00:25:25.715 I don't give any specific
NOTE Confidence: 0.915082375263158

00:25:25.715 --> 00:25:27.103 recommendations for taking supplements
NOTE Confidence: 0.915082375263158

00:25:27.103 --> 00:25:28.370 because believe it or not,
NOTE Confidence: 0.915082375263158

00:25:28.370 --> 00:25:30.267 we actually can get almost all of
NOTE Confidence: 0.915082375263158

00:25:30.267 --> 00:25:32.259 what we need from our nutrition,
NOTE Confidence: 0.915082375263158

00:25:32.260 --> 00:25:34.548 and we're blessed in the country that we
NOTE Confidence: 0.915082375263158

00:25:34.548 --> 00:25:37.084 live in here in the United States that
NOTE Confidence: 0.915082375263158

00:25:37.084 --> 00:25:39.308 we actually have great access to food.
NOTE Confidence: 0.915082375263158

00:25:39.310 --> 00:25:41.929 And a lot of the foods that we eat
NOTE Confidence: 0.915082375263158

00:25:41.929 --> 00:25:45.052 are rich in the supplements or the
NOTE Confidence: 0.915082375263158

00:25:45.052 --> 00:25:47.277 vitamins rather and nutrients that
NOTE Confidence: 0.915082375263158

00:25:47.277 --> 00:25:49.395 we need and so really trying to
NOTE Confidence: 0.915082375263158

00:25:49.395 --> 00:25:51.411 focus on this plant based nutrition
NOTE Confidence: 0.915082375263158

00:25:51.411 --> 00:25:53.651 incorporating a wide variety of
NOTE Confidence: 0.915082375263158

00:25:53.651 --> 00:25:55.842 different fruits and vegetables is

NOTE Confidence: 0.915082375263158

00:25:55.842 --> 00:25:57.828 so important to get those different

NOTE Confidence: 0.915082375263158

00:25:57.828 --> 00:25:59.856 vitamins in our bodies each day.

NOTE Confidence: 0.915082375263158

00:25:59.856 --> 00:26:02.250 And the great thing about that too

NOTE Confidence: 0.915082375263158

00:26:02.325 --> 00:26:04.607 is there's a good guide to follow.

NOTE Confidence: 0.915082375263158

00:26:04.610 --> 00:26:06.262 It's eat the colors of the rainbow

NOTE Confidence: 0.915082375263158

00:26:06.262 --> 00:26:08.309 and our I have to give credit

NOTE Confidence: 0.915082375263158

00:26:08.309 --> 00:26:09.593 to our registered dietitian.

NOTE Confidence: 0.915082375263158

00:26:09.600 --> 00:26:11.464 He was in her clinic for this one

NOTE Confidence: 0.915082375263158

00:26:11.464 --> 00:26:13.578 and she would counsel on this a lot.

NOTE Confidence: 0.915082375263158

00:26:13.580 --> 00:26:15.106 But trying to look at the rainbow

NOTE Confidence: 0.915082375263158

00:26:15.106 --> 00:26:17.039 as a good guide for picking out

NOTE Confidence: 0.915082375263158

00:26:17.039 --> 00:26:18.259 different fruits and vegetables

NOTE Confidence: 0.915082375263158

00:26:18.259 --> 00:26:19.889 to eat throughout the day.

NOTE Confidence: 0.915082375263158

00:26:19.890 --> 00:26:21.562 Try to get as many of those colors

NOTE Confidence: 0.915082375263158

00:26:21.562 --> 00:26:23.735 in to get those what are called

NOTE Confidence: 0.915082375263158

00:26:23.735 --> 00:26:25.095 phytonutrients or plant based
NOTE Confidence: 0.915082375263158

00:26:25.095 --> 00:26:26.639 nutrients in each and every day.
NOTE Confidence: 0.889124210833333

00:26:26.970 --> 00:26:28.782 So that's a great tip and
NOTE Confidence: 0.889124210833333

00:26:28.782 --> 00:26:30.930 you make a great point about,
NOTE Confidence: 0.889124210833333

00:26:30.930 --> 00:26:33.106 you know living in the US and having
NOTE Confidence: 0.889124210833333

00:26:33.106 --> 00:26:35.008 access to fruits and vegetables.
NOTE Confidence: 0.889124210833333

00:26:35.010 --> 00:26:37.348 But one of the other issues is
NOTE Confidence: 0.889124210833333

00:26:37.348 --> 00:26:40.067 that not all patients and not all.
NOTE Confidence: 0.889124210833333

00:26:40.070 --> 00:26:43.058 Cancer survivors have the same resources,
NOTE Confidence: 0.889124210833333

00:26:43.060 --> 00:26:45.552 so unfortunately some of our patients may
NOTE Confidence: 0.889124210833333

00:26:45.552 --> 00:26:48.406 live in food deserts where getting fresh
NOTE Confidence: 0.889124210833333

00:26:48.406 --> 00:26:50.980 fruits and vegetables is really hard,
NOTE Confidence: 0.889124210833333

00:26:50.980 --> 00:26:53.392 on top of which it can be a bit
NOTE Confidence: 0.889124210833333

00:26:53.392 --> 00:26:55.323 expensive for some patients and
NOTE Confidence: 0.889124210833333

00:26:55.323 --> 00:26:57.318 patients are dealing with the
NOTE Confidence: 0.889124210833333

00:26:57.318 --> 00:26:59.679 financial toxicity of their treatments,

NOTE Confidence: 0.889124210833333

00:26:59.680 --> 00:27:00.988 their doctors visits.

NOTE Confidence: 0.889124210833333

00:27:00.988 --> 00:27:03.604 So what recommendations do you have

NOTE Confidence: 0.889124210833333

00:27:03.604 --> 00:27:06.121 for patients who are struggling

NOTE Confidence: 0.889124210833333

00:27:06.121 --> 00:27:08.626 with another form of survivorship

NOTE Confidence: 0.889124210833333

00:27:08.626 --> 00:27:10.627 toxicity and that that's the.

NOTE Confidence: 0.889124210833333

00:27:10.630 --> 00:27:12.540 Kind that hits the pocketbook.

NOTE Confidence: 0.865902353157895

00:27:13.720 --> 00:27:16.904 Yes, and that is a strong concern that

NOTE Confidence: 0.865902353157895

00:27:16.904 --> 00:27:20.601 a lot of people have as well and a lot

NOTE Confidence: 0.865902353157895

00:27:20.601 --> 00:27:22.808 of people when they think about healthy

NOTE Confidence: 0.865902353157895

00:27:22.808 --> 00:27:24.824 eating they think to what the media

NOTE Confidence: 0.865902353157895

00:27:24.824 --> 00:27:27.131 sort of puts out there and and a lot of

NOTE Confidence: 0.865902353157895

00:27:27.131 --> 00:27:29.578 ways or what we see on TV shows or in

NOTE Confidence: 0.865902353157895

00:27:29.578 --> 00:27:32.280 the movies or on commercials where it's

NOTE Confidence: 0.865902353157895

00:27:32.358 --> 00:27:35.160 like you're eating all these organic,

NOTE Confidence: 0.865902353157895

00:27:35.160 --> 00:27:40.720 fresh, non GMO foods and and all of

NOTE Confidence: 0.865902353157895

00:27:40.720 --> 00:27:43.700 these you know more expensive options.
NOTE Confidence: 0.865902353157895

00:27:43.700 --> 00:27:44.808 But the reality is,
NOTE Confidence: 0.865902353157895

00:27:44.808 --> 00:27:47.108 there are a lot of inexpensive options and
NOTE Confidence: 0.865902353157895

00:27:47.108 --> 00:27:49.412 one example for you know this is frozen.
NOTE Confidence: 0.865902353157895

00:27:49.420 --> 00:27:51.058 Fruits and vegetables believe it or not,
NOTE Confidence: 0.865902353157895

00:27:51.060 --> 00:27:53.148 and oftentimes these are flash frozen.
NOTE Confidence: 0.865902353157895

00:27:53.150 --> 00:27:55.418 This is another tip I had learned
NOTE Confidence: 0.865902353157895

00:27:55.418 --> 00:27:57.727 from our our dietitians and that
NOTE Confidence: 0.865902353157895

00:27:57.727 --> 00:27:59.415 they are flash frozen,
NOTE Confidence: 0.865902353157895

00:27:59.420 --> 00:28:01.436 and so you can certainly go to the store,
NOTE Confidence: 0.865902353157895

00:28:01.440 --> 00:28:04.866 pick up some frozen vegetables for example,
NOTE Confidence: 0.865902353157895

00:28:04.866 --> 00:28:06.281 and get the nutrients you
NOTE Confidence: 0.865902353157895

00:28:06.281 --> 00:28:07.620 need from that as well.
NOTE Confidence: 0.865902353157895

00:28:07.620 --> 00:28:09.900 So that's one of many
NOTE Confidence: 0.865902353157895

00:28:09.900 --> 00:28:11.588 tips that you might get,
NOTE Confidence: 0.865902353157895

00:28:11.588 --> 00:28:13.123 but I would recommend talking

NOTE Confidence: 0.865902353157895
00:28:13.123 --> 00:28:14.799 with a registered dietitian.
NOTE Confidence: 0.865902353157895
00:28:14.800 --> 00:28:16.540 About those options as well,
NOTE Confidence: 0.912890117
00:28:17.380 --> 00:28:19.456 and for patients who are struggling
NOTE Confidence: 0.912890117
00:28:19.456 --> 00:28:20.840 with their medical bills,
NOTE Confidence: 0.852736067692308
00:28:21.310 --> 00:28:23.620 yes. And that is so important to
NOTE Confidence: 0.852736067692308
00:28:23.620 --> 00:28:25.580 address during the visit as well.
NOTE Confidence: 0.852736067692308
00:28:25.580 --> 00:28:27.386 I would advise that anyone going
NOTE Confidence: 0.852736067692308
00:28:27.386 --> 00:28:29.499 through that reach out to their care
NOTE Confidence: 0.852736067692308
00:28:29.499 --> 00:28:31.487 team and talk about the resources that
NOTE Confidence: 0.852736067692308
00:28:31.549 --> 00:28:33.625 exist to help with financial concerns.
NOTE Confidence: 0.811644403066667
00:28:33.860 --> 00:28:36.230 Jevin bretta is a certified physician
NOTE Confidence: 0.811644403066667
00:28:36.230 --> 00:28:37.810 assistant with the survivorship
NOTE Confidence: 0.811644403066667
00:28:37.870 --> 00:28:39.760 clinic at Smilow Cancer Hospital.
NOTE Confidence: 0.811644403066667
00:28:39.760 --> 00:28:41.700 If you have questions,
NOTE Confidence: 0.811644403066667
00:28:41.700 --> 00:28:43.595 the address is canceranswers@yale.edu
NOTE Confidence: 0.811644403066667

00:28:43.595 --> 00:28:46.205 and past editions of the program

NOTE Confidence: 0.811644403066667

00:28:46.205 --> 00:28:48.483 are available in audio and written

NOTE Confidence: 0.811644403066667

00:28:48.483 --> 00:28:49.335 form at yalecancercenter.org.

NOTE Confidence: 0.811644403066667

00:28:49.335 --> 00:28:51.050 We hope you'll join us next week

NOTE Confidence: 0.811644403066667

00:28:51.050 --> 00:28:52.398 to learn more about the fight.

NOTE Confidence: 0.811644403066667

00:28:52.400 --> 00:28:53.992 Against cancer here on

NOTE Confidence: 0.811644403066667

00:28:53.992 --> 00:28:55.186 Connecticut public radio.

NOTE Confidence: 0.811644403066667

00:28:55.190 --> 00:28:57.662 Funding for Yale Cancer Answers is

NOTE Confidence: 0.811644403066667

00:28:57.662 --> 00:29:00.000 provided by Smilow Cancer Hospital.