

WEBVTT

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

NOTE Confidence: 0.805793323636364

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

NOTE Confidence: 0.805709415

00:00:06.460 --> 00:00:08.614 Welcome to Yale Cancer answers with

NOTE Confidence: 0.805709415

00:00:08.614 --> 00:00:10.900 your host doctor Anees Chagpar.

NOTE Confidence: 0.805709415

00:00:10.900 --> 00:00:12.725 Yale Cancer Answers features the

NOTE Confidence: 0.805709415

00:00:12.725 --> 00:00:14.965 latest information on cancer care by

NOTE Confidence: 0.805709415

00:00:14.965 --> 00:00:16.401 welcoming oncologists and specialists

NOTE Confidence: 0.805709415

00:00:16.401 --> 00:00:18.790 who are on the forefront of the

NOTE Confidence: 0.805709415

00:00:18.790 --> 00:00:20.638 battle to fight cancer. This week,

NOTE Confidence: 0.805709415

00:00:20.638 --> 00:00:22.583 it's a conversation about cancer

NOTE Confidence: 0.805709415

00:00:22.583 --> 00:00:24.229 survivorship with licensed clinical

NOTE Confidence: 0.805709415

00:00:24.229 --> 00:00:25.917 social worker Angela Khairallah.

NOTE Confidence: 0.805709415

00:00:25.920 --> 00:00:28.027 Dr Chagpar is a professor of surgical

NOTE Confidence: 0.805709415

00:00:28.027 --> 00:00:30.347 oncology at the Yale School of Medicine.

NOTE Confidence: 0.924385227272727

00:00:31.620 --> 00:00:33.780 Angela, maybe we can start off by you

NOTE Confidence: 0.924385227272727

00:00:33.780 --> 00:00:35.701 telling us a little bit more about
NOTE Confidence: 0.924385227272727

00:00:35.701 --> 00:00:37.930 yourself and what it is you do.
NOTE Confidence: 0.863490400066667

00:00:37.940 --> 00:00:40.866 I'm a licensed clinical social worker
NOTE Confidence: 0.863490400066667

00:00:40.866 --> 00:00:43.946 and currently I work in the Smilow Breast
NOTE Confidence: 0.863490400066667

00:00:43.946 --> 00:00:46.676 Center as well as the Smilow Cancer
NOTE Confidence: 0.863490400066667

00:00:46.676 --> 00:00:49.364 Center Survivorship Clinic and in part of
NOTE Confidence: 0.863490400066667

00:00:49.364 --> 00:00:52.843 my role I meet with patients and I
NOTE Confidence: 0.863490400066667

00:00:52.843 --> 00:00:55.797 spend time just getting to know them,
NOTE Confidence: 0.863490400066667

00:00:55.800 --> 00:00:58.638 checking in, see how they're doing.
NOTE Confidence: 0.863490400066667

00:00:58.640 --> 00:01:00.863 You know, I really like to find out how
NOTE Confidence: 0.863490400066667

00:01:00.863 --> 00:01:02.819 patients are doing on an emotional level.
NOTE Confidence: 0.863490400066667

00:01:02.820 --> 00:01:05.448 Particularly with regards to their diagnosis,
NOTE Confidence: 0.863490400066667

00:01:05.450 --> 00:01:08.420 how they're coping and managing
NOTE Confidence: 0.863490400066667

00:01:08.420 --> 00:01:09.608 throughout treatment.
NOTE Confidence: 0.863490400066667

00:01:09.610 --> 00:01:11.686 As well as into, you know,
NOTE Confidence: 0.863490400066667

00:01:11.690 --> 00:01:13.804 survivorship and when I meet with patients,

NOTE Confidence: 0.863490400066667
00:01:13.810 --> 00:01:16.042 you know what I'd like to talk to
NOTE Confidence: 0.863490400066667
00:01:16.042 --> 00:01:18.352 them about is that you know when
NOTE Confidence: 0.863490400066667
00:01:18.352 --> 00:01:20.008 you're diagnosed with cancer,
NOTE Confidence: 0.863490400066667
00:01:20.010 --> 00:01:22.338 it can affect all aspects of your life.
NOTE Confidence: 0.863490400066667
00:01:22.340 --> 00:01:24.130 It can affect it socially,
NOTE Confidence: 0.863490400066667
00:01:24.130 --> 00:01:26.509 emotionally, spiritually, financially,
NOTE Confidence: 0.863490400066667
00:01:26.509 --> 00:01:28.888 and even sexually,
NOTE Confidence: 0.863490400066667
00:01:28.890 --> 00:01:31.218 and it's really not uncommon that
NOTE Confidence: 0.863490400066667
00:01:31.218 --> 00:01:33.212 when patients are diagnosed with
NOTE Confidence: 0.863490400066667
00:01:33.212 --> 00:01:35.462 cancer and are going through treatment
NOTE Confidence: 0.863490400066667
00:01:35.462 --> 00:01:37.778 that they might develop some anxiety
NOTE Confidence: 0.863490400066667
00:01:37.778 --> 00:01:40.022 and some depression as a result.
NOTE Confidence: 0.863490400066667
00:01:40.030 --> 00:01:42.724 Of what they're going through, and so it's.
NOTE Confidence: 0.863490400066667
00:01:42.724 --> 00:01:45.230 It's not uncommon for that to impact
NOTE Confidence: 0.863490400066667
00:01:45.303 --> 00:01:47.858 them shortly after their diagnosis,
NOTE Confidence: 0.863490400066667

00:01:47.860 --> 00:01:49.580 as well as throughout treatment.
NOTE Confidence: 0.863490400066667

00:01:49.580 --> 00:01:50.940 But on the other end,
NOTE Confidence: 0.863490400066667

00:01:50.940 --> 00:01:52.848 when I meet with patients in
NOTE Confidence: 0.863490400066667

00:01:52.848 --> 00:01:54.120 the cancer survivorship clinic,
NOTE Confidence: 0.863490400066667

00:01:54.120 --> 00:01:57.756 I often see it at that point as well.
NOTE Confidence: 0.863490400066667

00:01:57.760 --> 00:01:58.218 You know,
NOTE Confidence: 0.863490400066667

00:01:58.218 --> 00:01:59.821 I I can't tell you how many
NOTE Confidence: 0.863490400066667

00:01:59.821 --> 00:02:01.047 patients will share with me.
NOTE Confidence: 0.863490400066667

00:02:01.050 --> 00:02:03.795 You know, I did fine. I was strong.
NOTE Confidence: 0.863490400066667

00:02:03.795 --> 00:02:05.655 I fought this thing.
NOTE Confidence: 0.863490400066667

00:02:05.660 --> 00:02:08.076 I didn't cry at all the whole through,
NOTE Confidence: 0.863490400066667

00:02:08.080 --> 00:02:09.630 throughout all of my treatment.
NOTE Confidence: 0.863490400066667

00:02:09.630 --> 00:02:11.420 And now that everything's done
NOTE Confidence: 0.863490400066667

00:02:11.420 --> 00:02:12.852 and everything's behind me.
NOTE Confidence: 0.863490400066667

00:02:12.860 --> 00:02:14.840 Now I'm starting to feel overwhelmed.
NOTE Confidence: 0.863490400066667

00:02:14.840 --> 00:02:17.857 I'm starting to get anxious and worried,

NOTE Confidence: 0.863490400066667
00:02:17.860 --> 00:02:18.991 and you know,
NOTE Confidence: 0.863490400066667
00:02:18.991 --> 00:02:19.368 really,
NOTE Confidence: 0.863490400066667
00:02:19.368 --> 00:02:21.253 it's just about listening and
NOTE Confidence: 0.863490400066667
00:02:21.253 --> 00:02:22.827 validating and normalizing their
NOTE Confidence: 0.863490400066667
00:02:22.827 --> 00:02:25.089 feelings that you know that what
NOTE Confidence: 0.863490400066667
00:02:25.089 --> 00:02:26.965 they're going through is normal
NOTE Confidence: 0.863490400066667
00:02:26.965 --> 00:02:28.755 and actually is quite common.
NOTE Confidence: 0.863490400066667
00:02:28.760 --> 00:02:29.358 You know,
NOTE Confidence: 0.863490400066667
00:02:29.358 --> 00:02:31.750 it's it's pretty often that I meet with
NOTE Confidence: 0.863490400066667
00:02:31.819 --> 00:02:33.899 patients in the cancer survivorship
NOTE Confidence: 0.863490400066667
00:02:33.899 --> 00:02:36.762 clinic and they are experiencing you know,
NOTE Confidence: 0.863490400066667
00:02:36.762 --> 00:02:38.717 those fears and those worries
NOTE Confidence: 0.863490400066667
00:02:38.717 --> 00:02:41.055 that the cancer could come back
NOTE Confidence: 0.863490400066667
00:02:41.055 --> 00:02:43.233 and and even occur or reoccur.
NOTE Confidence: 0.863490400066667
00:02:43.240 --> 00:02:45.480 And so while I'm meeting with patients,
NOTE Confidence: 0.863490400066667

00:02:45.480 --> 00:02:48.360 I complete a full psychosocial assessment.

NOTE Confidence: 0.863490400066667

00:02:48.360 --> 00:02:50.530 Ask them a variety of questions to

NOTE Confidence: 0.863490400066667

00:02:50.530 --> 00:02:52.669 get to know them better and see

NOTE Confidence: 0.863490400066667

00:02:52.669 --> 00:02:55.074 how I might be able to best help

NOTE Confidence: 0.863490400066667

00:02:55.074 --> 00:02:56.970 them throughout this whole process.

NOTE Confidence: 0.90551139

00:02:57.740 --> 00:02:58.712 Yeah, you know,

NOTE Confidence: 0.90551139

00:02:58.712 --> 00:03:00.980 cancer is one of these things that

NOTE Confidence: 0.90551139

00:03:01.046 --> 00:03:03.244 it really does strike the fear of.

NOTE Confidence: 0.90551139

00:03:03.250 --> 00:03:05.546 Of God and everything else in you.

NOTE Confidence: 0.90551139

00:03:05.550 --> 00:03:08.358 I mean it. It is one of those

NOTE Confidence: 0.90551139

00:03:08.358 --> 00:03:10.678 things that doesn't, you know,

NOTE Confidence: 0.90551139

00:03:10.678 --> 00:03:13.646 take time to schedule on your calendar.

NOTE Confidence: 0.90551139

00:03:13.650 --> 00:03:18.700 It comes oftentimes out of the blue and.

NOTE Confidence: 0.90551139

00:03:18.700 --> 00:03:21.982 And it really does have just

NOTE Confidence: 0.90551139

00:03:21.982 --> 00:03:24.540 tremendous fear associated with it,

NOTE Confidence: 0.90551139

00:03:24.540 --> 00:03:27.431 so you know and and from what

NOTE Confidence: 0.90551139

00:03:27.431 --> 00:03:29.000 you're you're telling me,

NOTE Confidence: 0.90551139

00:03:29.000 --> 00:03:30.470 and from what I've experienced

NOTE Confidence: 0.90551139

00:03:30.470 --> 00:03:31.940 as a clinician as well,

NOTE Confidence: 0.90551139

00:03:31.940 --> 00:03:33.740 is that this is something that

NOTE Confidence: 0.90551139

00:03:33.740 --> 00:03:35.602 never completely goes away.

NOTE Confidence: 0.90551139

00:03:35.602 --> 00:03:38.059 So let's kind of walk through the

NOTE Confidence: 0.90551139

00:03:38.059 --> 00:03:40.434 journey of of a cancer patient

NOTE Confidence: 0.90551139

00:03:40.434 --> 00:03:41.994 when they're first diagnosed.

NOTE Confidence: 0.90551139

00:03:42.000 --> 00:03:44.560 Is that when you first meet them and.

NOTE Confidence: 0.90551139

00:03:44.560 --> 00:03:46.380 And how do you kind of,

NOTE Confidence: 0.90551139

00:03:46.380 --> 00:03:49.050 aside from telling them that you know

NOTE Confidence: 0.90551139

00:03:49.050 --> 00:03:50.840 when you're diagnosed with cancer?

NOTE Confidence: 0.90551139

00:03:50.840 --> 00:03:52.653 It does tend to be a little

NOTE Confidence: 0.90551139

00:03:52.653 --> 00:03:54.729 bit of a scary experience.

NOTE Confidence: 0.90551139

00:03:54.730 --> 00:03:57.466 How do you kind of help

NOTE Confidence: 0.90551139

00:03:57.466 --> 00:03:59.900 them to overcome that fear?
NOTE Confidence: 0.90551139

00:03:59.900 --> 00:04:02.035 Or deal with it or manage it.
NOTE Confidence: 0.90551139

00:04:02.040 --> 00:04:04.688 Or kind of not put their life on
NOTE Confidence: 0.90551139

00:04:04.688 --> 00:04:07.286 hold and somehow continue to put 1
NOTE Confidence: 0.90551139

00:04:07.286 --> 00:04:10.462 foot in front of the other as they
NOTE Confidence: 0.90551139

00:04:10.462 --> 00:04:12.934 try to deal with this diagnosis,
NOTE Confidence: 0.90551139

00:04:12.940 --> 00:04:13.190 right?
NOTE Confidence: 0.90551139

00:04:13.190 --> 00:04:13.940 So I think
NOTE Confidence: 0.8777279095

00:04:13.950 --> 00:04:16.857 that yes I do meet a number of patients
NOTE Confidence: 0.8777279095

00:04:16.857 --> 00:04:19.183 who are diagnosed at the beginning
NOTE Confidence: 0.8777279095

00:04:19.183 --> 00:04:22.203 of treatment and I I really think
NOTE Confidence: 0.8777279095

00:04:22.203 --> 00:04:25.275 it's about talking to patients and
NOTE Confidence: 0.8777279095

00:04:25.275 --> 00:04:27.324 really understanding where they're
NOTE Confidence: 0.8777279095

00:04:27.324 --> 00:04:29.884 coming from validating their feelings.
NOTE Confidence: 0.8777279095

00:04:29.890 --> 00:04:30.750 Normalizing that,
NOTE Confidence: 0.8777279095

00:04:30.750 --> 00:04:33.330 what they're going through is very

NOTE Confidence: 0.8777279095

00:04:33.330 --> 00:04:36.169 similar to what many others go through,

NOTE Confidence: 0.8777279095

00:04:36.170 --> 00:04:38.844 and those fears those worries that those

NOTE Confidence: 0.8777279095

00:04:38.844 --> 00:04:41.736 concerns that they are having those are real.

NOTE Confidence: 0.8777279095

00:04:41.740 --> 00:04:44.680 And many people also experience that,

NOTE Confidence: 0.8777279095

00:04:44.680 --> 00:04:47.456 I think just being there to provide them

NOTE Confidence: 0.8777279095

00:04:47.456 --> 00:04:50.259 with support as they go through the process,

NOTE Confidence: 0.8777279095

00:04:50.260 --> 00:04:52.546 you know and really helping them

NOTE Confidence: 0.8777279095

00:04:52.546 --> 00:04:54.974 understand that a side effect of

NOTE Confidence: 0.8777279095

00:04:54.974 --> 00:04:57.470 going through cancer and treatment is,

NOTE Confidence: 0.8777279095

00:04:57.470 --> 00:04:59.920 you know, experiencing some anxiety.

NOTE Confidence: 0.8777279095

00:04:59.920 --> 00:05:01.392 Some worries, some fears,

NOTE Confidence: 0.8777279095

00:05:01.392 --> 00:05:03.600 sadness as a result of what

NOTE Confidence: 0.8777279095

00:05:03.672 --> 00:05:05.199 they're going through.

NOTE Confidence: 0.8777279095

00:05:05.200 --> 00:05:06.608 And from my standpoint,

NOTE Confidence: 0.8777279095

00:05:06.608 --> 00:05:09.693 I like to assess and make sure that

NOTE Confidence: 0.8777279095

00:05:09.693 --> 00:05:12.387 those worries those fears those sadness.

NOTE Confidence: 0.8777279095

00:05:12.390 --> 00:05:15.408 Isn't impacting somebody's quality of life,

NOTE Confidence: 0.8777279095

00:05:15.410 --> 00:05:15.928 you know,

NOTE Confidence: 0.8777279095

00:05:15.928 --> 00:05:17.741 and I'd like to educate them and

NOTE Confidence: 0.8777279095

00:05:17.741 --> 00:05:19.354 explain that it's OK to have a day

NOTE Confidence: 0.8777279095

00:05:19.354 --> 00:05:21.419 once in a while when you're sad or

NOTE Confidence: 0.8777279095

00:05:21.419 --> 00:05:22.869 where you're worried or scared.

NOTE Confidence: 0.8777279095

00:05:22.870 --> 00:05:23.408 You know,

NOTE Confidence: 0.8777279095

00:05:23.408 --> 00:05:25.291 it's OK that you might be feeling

NOTE Confidence: 0.8777279095

00:05:25.291 --> 00:05:26.882 anxious and and you lost a night

NOTE Confidence: 0.8777279095

00:05:26.882 --> 00:05:28.310 of sleep or two over this,

NOTE Confidence: 0.8777279095

00:05:28.310 --> 00:05:30.249 but when you're noticing that those worries,

NOTE Confidence: 0.8777279095

00:05:30.250 --> 00:05:32.874 those fears that sadness it goes on for

NOTE Confidence: 0.8777279095

00:05:32.874 --> 00:05:35.486 several days on to several weeks at a time,

NOTE Confidence: 0.8777279095

00:05:35.490 --> 00:05:37.387 you really do need to make sure

NOTE Confidence: 0.8777279095

00:05:37.387 --> 00:05:39.048 that you're letting your team know.

NOTE Confidence: 0.8777279095

00:05:39.050 --> 00:05:41.198 Let your medical oncologist or your

NOTE Confidence: 0.8777279095

00:05:41.198 --> 00:05:43.088 surgeon know, asked to speak with.

NOTE Confidence: 0.8777279095

00:05:43.088 --> 00:05:45.266 A social worker who would be associated

NOTE Confidence: 0.8777279095

00:05:45.266 --> 00:05:47.772 with your clinic and then they can

NOTE Confidence: 0.8777279095

00:05:47.772 --> 00:05:50.044 further assess is their need for

NOTE Confidence: 0.8777279095

00:05:50.044 --> 00:05:51.536 additional support and services.

NOTE Confidence: 0.8777279095

00:05:51.540 --> 00:05:53.580 If I do identify that a patient would

NOTE Confidence: 0.8777279095

00:05:53.580 --> 00:05:55.777 benefit from additional support and services,

NOTE Confidence: 0.8777279095

00:05:55.780 --> 00:05:58.882 I frequently refer out to providers

NOTE Confidence: 0.8777279095

00:05:58.882 --> 00:06:01.208 in the Community who can provide,

NOTE Confidence: 0.8777279095

00:06:01.208 --> 00:06:01.720 you know,

NOTE Confidence: 0.8777279095

00:06:01.720 --> 00:06:03.740 mental health counseling and support.

NOTE Confidence: 0.8777279095

00:06:03.740 --> 00:06:05.905 I'll often encourage patients to

NOTE Confidence: 0.8777279095

00:06:05.905 --> 00:06:08.770 attend a local Cancer Support group in

NOTE Confidence: 0.8777279095

00:06:08.770 --> 00:06:10.976 that area to provide additional layer

NOTE Confidence: 0.8777279095

00:06:10.976 --> 00:06:13.909 one of the other things that I will.
NOTE Confidence: 0.8777279095

00:06:13.910 --> 00:06:16.190 Do is you know I talked to patients
NOTE Confidence: 0.8777279095

00:06:16.190 --> 00:06:18.575 about one of one of the helpful
NOTE Confidence: 0.8777279095

00:06:18.575 --> 00:06:20.320 interventions for people that are
NOTE Confidence: 0.8777279095

00:06:20.386 --> 00:06:22.162 experiencing anxiety and depression
NOTE Confidence: 0.8777279095

00:06:22.162 --> 00:06:24.826 is meeting with a professional who
NOTE Confidence: 0.8777279095

00:06:24.830 --> 00:06:27.518 specializes in cognitive behavioral
NOTE Confidence: 0.8777279095

00:06:27.518 --> 00:06:28.190 interventions.
NOTE Confidence: 0.8777279095

00:06:28.190 --> 00:06:30.787 You know, talk to patients about you.
NOTE Confidence: 0.8777279095

00:06:30.790 --> 00:06:32.548 Know the connections between their thoughts,
NOTE Confidence: 0.8777279095

00:06:32.550 --> 00:06:34.370 their feelings and their behaviors,
NOTE Confidence: 0.8777279095

00:06:34.370 --> 00:06:37.122 as well as what truly is and what
NOTE Confidence: 0.8777279095

00:06:37.122 --> 00:06:39.049 isn't in their control.
NOTE Confidence: 0.8777279095

00:06:39.050 --> 00:06:41.138 As a result of everything that
NOTE Confidence: 0.8777279095

00:06:41.138 --> 00:06:42.182 you're going through.
NOTE Confidence: 0.8777279095

00:06:42.190 --> 00:06:44.155 You know when someone is

NOTE Confidence: 0.8777279095

00:06:44.155 --> 00:06:45.727 initially diagnosed with cancer,

NOTE Confidence: 0.8777279095

00:06:45.730 --> 00:06:47.794 it truly does feel like it's

NOTE Confidence: 0.8777279095

00:06:47.794 --> 00:06:49.770 completely out of their control.

NOTE Confidence: 0.8777279095

00:06:49.770 --> 00:06:51.762 And what lies at the core of our

NOTE Confidence: 0.8777279095

00:06:51.762 --> 00:06:53.629 fears and our worries often are

NOTE Confidence: 0.8777279095

00:06:53.629 --> 00:06:55.942 things that feel like they're out of

NOTE Confidence: 0.8777279095

00:06:55.942 --> 00:06:57.965 their control or out of our control.

NOTE Confidence: 0.8777279095

00:06:57.970 --> 00:07:00.450 And so I will talk to patients about

NOTE Confidence: 0.8777279095

00:07:00.450 --> 00:07:03.088 how can you bring back control over

NOTE Confidence: 0.8777279095

00:07:03.088 --> 00:07:05.908 something that feels so out of control

NOTE Confidence: 0.8777279095

00:07:05.908 --> 00:07:08.722 in your life and help them identify

NOTE Confidence: 0.8777279095

00:07:08.722 --> 00:07:11.810 strategies to help them move forward.

NOTE Confidence: 0.8777279095

00:07:11.810 --> 00:07:13.205 I also like to encourage

NOTE Confidence: 0.8777279095

00:07:13.205 --> 00:07:14.600 patients to make sure that

NOTE Confidence: 0.9439177883333333

00:07:14.662 --> 00:07:16.006 they have an adequate

NOTE Confidence: 0.9439177883333333

00:07:16.006 --> 00:07:17.350 support system around them.
NOTE Confidence: 0.943917788333333

00:07:17.350 --> 00:07:19.854 We do know that by having family and
NOTE Confidence: 0.943917788333333

00:07:19.854 --> 00:07:22.120 friends and neighbors and a medical
NOTE Confidence: 0.943917788333333

00:07:22.120 --> 00:07:24.472 team that surrounds you through this
NOTE Confidence: 0.943917788333333

00:07:24.538 --> 00:07:26.757 process helps you in the long run.
NOTE Confidence: 0.84837133

00:07:27.970 --> 00:07:29.450 And and that's so important,
NOTE Confidence: 0.84837133

00:07:29.450 --> 00:07:32.195 and I think one of the things that you
NOTE Confidence: 0.84837133

00:07:32.195 --> 00:07:35.306 know for cancer patients as well As for
NOTE Confidence: 0.84837133

00:07:35.306 --> 00:07:37.422 people going through whatever ailment
NOTE Confidence: 0.84837133

00:07:37.422 --> 00:07:40.020 you may be going through thinking
NOTE Confidence: 0.84837133

00:07:40.020 --> 00:07:42.374 about what is within your control
NOTE Confidence: 0.84837133

00:07:42.374 --> 00:07:45.270 and what is not within your control.
NOTE Confidence: 0.84837133

00:07:45.270 --> 00:07:48.396 And you know the fact that.
NOTE Confidence: 0.898056628095238

00:07:51.220 --> 00:07:54.748 There are things that you can do that
NOTE Confidence: 0.898056628095238

00:07:54.748 --> 00:07:57.449 are constructive that are within your
NOTE Confidence: 0.898056628095238

00:07:57.449 --> 00:08:00.460 control that can kind of empower you,

NOTE Confidence: 0.898056628095238

00:08:00.460 --> 00:08:03.400 and in so doing reduce your fears.

NOTE Confidence: 0.898056628095238

00:08:03.400 --> 00:08:05.856 So can we talk a little bit more

NOTE Confidence: 0.898056628095238

00:08:05.856 --> 00:08:07.980 about some of those strategies?

NOTE Confidence: 0.898056628095238

00:08:07.980 --> 00:08:10.212 What kinds of things would you talk to a

NOTE Confidence: 0.898056628095238

00:08:10.212 --> 00:08:12.314 patient about that that are within their

NOTE Confidence: 0.898056628095238

00:08:12.314 --> 00:08:14.290 control that might reduce their anxiety,

NOTE Confidence: 0.88291915

00:08:15.020 --> 00:08:17.280 right? Well, first and foremost,

NOTE Confidence: 0.88291915

00:08:17.280 --> 00:08:21.150 I would encourage patients to.

NOTE Confidence: 0.88291915

00:08:21.150 --> 00:08:22.322 Think about you know,

NOTE Confidence: 0.88291915

00:08:22.322 --> 00:08:24.496 think about what is in their control

NOTE Confidence: 0.88291915

00:08:24.496 --> 00:08:26.960 and some of the things that patients

NOTE Confidence: 0.88291915

00:08:26.960 --> 00:08:28.670 have identified when I've worked

NOTE Confidence: 0.88291915

00:08:28.670 --> 00:08:30.569 with them are things like, well,

NOTE Confidence: 0.88291915

00:08:30.569 --> 00:08:32.802 I have control whether or not I

NOTE Confidence: 0.88291915

00:08:32.802 --> 00:08:35.069 choose to even treat this cancer.

NOTE Confidence: 0.88291915

00:08:35.070 --> 00:08:37.270 I have control whether or not I choose

NOTE Confidence: 0.88291915

00:08:37.270 --> 00:08:39.392 to go to my appointments or follow

NOTE Confidence: 0.88291915

00:08:39.392 --> 00:08:41.762 up with my scans or get my blood

NOTE Confidence: 0.88291915

00:08:41.762 --> 00:08:43.686 work so that that's a choice that

NOTE Confidence: 0.88291915

00:08:43.686 --> 00:08:45.870 they have that is in their control.

NOTE Confidence: 0.88291915

00:08:45.870 --> 00:08:47.070 But what we also know,

NOTE Confidence: 0.88291915

00:08:47.070 --> 00:08:48.967 and one of the things I educate

NOTE Confidence: 0.88291915

00:08:48.967 --> 00:08:51.553 patients about, is that you.

NOTE Confidence: 0.88291915

00:08:51.553 --> 00:08:55.364 You have control over well what we do

NOTE Confidence: 0.88291915

00:08:55.364 --> 00:08:57.959 know is that if we're getting adequate sleep,

NOTE Confidence: 0.88291915

00:08:57.960 --> 00:09:00.188 you know adequate hydration.

NOTE Confidence: 0.88291915

00:09:00.188 --> 00:09:03.180 Making healthy food choices, you know,

NOTE Confidence: 0.88291915

00:09:03.180 --> 00:09:06.220 exercising or walking as much as we can.

NOTE Confidence: 0.88291915

00:09:06.220 --> 00:09:08.075 Those are all things that

NOTE Confidence: 0.88291915

00:09:08.075 --> 00:09:09.559 help us feel better.

NOTE Confidence: 0.88291915

00:09:09.560 --> 00:09:11.338 Those are things that help with worry.

NOTE Confidence: 0.88291915

00:09:11.340 --> 00:09:13.140 Those are things that help

NOTE Confidence: 0.88291915

00:09:13.140 --> 00:09:14.580 with sadness and depression,

NOTE Confidence: 0.88291915

00:09:14.580 --> 00:09:16.796 and those are things that we do have,

NOTE Confidence: 0.88291915

00:09:16.800 --> 00:09:18.176 you know, control over,

NOTE Confidence: 0.88291915

00:09:18.176 --> 00:09:19.896 and so I will encourage

NOTE Confidence: 0.88291915

00:09:19.896 --> 00:09:21.638 them to just think about.

NOTE Confidence: 0.88291915

00:09:21.640 --> 00:09:23.180 Or kind of reframe.

NOTE Confidence: 0.88291915

00:09:23.180 --> 00:09:25.490 You know how they're thinking about

NOTE Confidence: 0.88291915

00:09:25.560 --> 00:09:27.369 something also thinking about?

NOTE Confidence: 0.88291915

00:09:27.369 --> 00:09:29.727 You know trying to take this

NOTE Confidence: 0.88291915

00:09:29.727 --> 00:09:32.130 whole process one step at a time.

NOTE Confidence: 0.88291915

00:09:32.130 --> 00:09:34.524 I have patients who often feel

NOTE Confidence: 0.88291915

00:09:34.524 --> 00:09:36.495 completely overwhelmed by all of

NOTE Confidence: 0.88291915

00:09:36.495 --> 00:09:38.644 the things that they are asked to.

NOTE Confidence: 0.88291915

00:09:38.650 --> 00:09:40.380 Do you know this appointment?

NOTE Confidence: 0.88291915

00:09:40.380 --> 00:09:41.448 That appointment surgery?
NOTE Confidence: 0.88291915

00:09:41.448 --> 00:09:43.228 Dealing with this side effect,
NOTE Confidence: 0.88291915

00:09:43.230 --> 00:09:44.331 that side effect,
NOTE Confidence: 0.88291915

00:09:44.331 --> 00:09:46.533 it's just sometimes can feel so
NOTE Confidence: 0.88291915

00:09:46.533 --> 00:09:48.810 so daunting and overwhelming.
NOTE Confidence: 0.88291915

00:09:48.810 --> 00:09:50.700 I'll encourage them to try to
NOTE Confidence: 0.88291915

00:09:50.700 --> 00:09:53.024 take it one day at a time or even
NOTE Confidence: 0.88291915

00:09:53.024 --> 00:09:55.750 one hour at a time to try to move
NOTE Confidence: 0.88291915

00:09:55.750 --> 00:09:57.480 forward in in accomplishing the
NOTE Confidence: 0.88291915

00:09:57.480 --> 00:09:59.730 things that they need to accomplish.
NOTE Confidence: 0.804462276666667

00:10:00.560 --> 00:10:03.176 Yeah, that's such such good advice.
NOTE Confidence: 0.804462276666667

00:10:03.180 --> 00:10:05.076 I mean, I think when we think back
NOTE Confidence: 0.804462276666667

00:10:05.076 --> 00:10:06.672 to what you were talking about
NOTE Confidence: 0.804462276666667

00:10:06.672 --> 00:10:08.780 in terms of what you can control,
NOTE Confidence: 0.804462276666667

00:10:08.780 --> 00:10:10.985 you may not be able to control
NOTE Confidence: 0.804462276666667

00:10:10.985 --> 00:10:13.079 the fact that you got cancer.

NOTE Confidence: 0.804462276666667
00:10:13.080 --> 00:10:14.551 That that is.
NOTE Confidence: 0.804462276666667
00:10:14.551 --> 00:10:19.297 A historical fact for cancer patients
NOTE Confidence: 0.804462276666667
00:10:19.300 --> 00:10:22.576 that they can't go back in time and change,
NOTE Confidence: 0.804462276666667
00:10:22.580 --> 00:10:24.519 but what they can change is what
NOTE Confidence: 0.804462276666667
00:10:24.519 --> 00:10:25.880 they do moving forward.
NOTE Confidence: 0.804462276666667
00:10:25.880 --> 00:10:27.920 So going to your appointments,
NOTE Confidence: 0.804462276666667
00:10:27.920 --> 00:10:29.932 choosing to get treated.
NOTE Confidence: 0.804462276666667
00:10:29.932 --> 00:10:34.040 And at least those are things that you
NOTE Confidence: 0.804462276666667
00:10:34.040 --> 00:10:37.519 are doing to help overcome this cancer.
NOTE Confidence: 0.804462276666667
00:10:37.520 --> 00:10:39.730 You can't control whether or
NOTE Confidence: 0.804462276666667
00:10:39.730 --> 00:10:41.940 not you're cancer will respond,
NOTE Confidence: 0.804462276666667
00:10:41.940 --> 00:10:44.215 but you can control whether or not
NOTE Confidence: 0.804462276666667
00:10:44.215 --> 00:10:46.968 you talk to your medical oncologist.
NOTE Confidence: 0.804462276666667
00:10:46.970 --> 00:10:48.176 And you know.
NOTE Confidence: 0.804462276666667
00:10:48.176 --> 00:10:50.186 Surround yourself with a team
NOTE Confidence: 0.804462276666667

00:10:50.186 --> 00:10:52.418 who can treat the cancer,
NOTE Confidence: 0.804462276666667

00:10:52.420 --> 00:10:54.682 no matter whether it chooses to
NOTE Confidence: 0.804462276666667

00:10:54.682 --> 00:10:56.749 respond to one therapy or not.
NOTE Confidence: 0.804462276666667

00:10:56.750 --> 00:10:59.420 You know the other thing that I
NOTE Confidence: 0.804462276666667

00:10:59.420 --> 00:11:02.546 think is overwhelming for a lot of
NOTE Confidence: 0.804462276666667

00:11:02.546 --> 00:11:05.493 patients is that it's not just the
NOTE Confidence: 0.804462276666667

00:11:05.493 --> 00:11:08.810 cancer which is scary in and of itself.
NOTE Confidence: 0.804462276666667

00:11:08.810 --> 00:11:11.180 Many patients are are looking at
NOTE Confidence: 0.804462276666667

00:11:11.180 --> 00:11:13.114 their cancer diagnosis and kind
NOTE Confidence: 0.804462276666667

00:11:13.114 --> 00:11:15.346 of looking in the mirror and
NOTE Confidence: 0.804462276666667

00:11:15.346 --> 00:11:17.130 evaluating their own mortality,
NOTE Confidence: 0.804462276666667

00:11:17.130 --> 00:11:20.399 which they may not have done in
NOTE Confidence: 0.940341075

00:11:20.410 --> 00:11:22.858 a while. But at the same
NOTE Confidence: 0.9342913615

00:11:22.870 --> 00:11:24.520 time, there's also other fears
NOTE Confidence: 0.9342913615

00:11:24.520 --> 00:11:26.710 and you kind of alluded to this
NOTE Confidence: 0.9342913615

00:11:26.710 --> 00:11:28.614 at the top of the show as well.

NOTE Confidence: 0.9342913615

00:11:28.620 --> 00:11:31.410 You know fears about well.

NOTE Confidence: 0.9342913615

00:11:31.410 --> 00:11:32.450 Are my friends still going

NOTE Confidence: 0.9342913615

00:11:32.450 --> 00:11:33.490 to be there for me?

NOTE Confidence: 0.9342913615

00:11:33.490 --> 00:11:36.190 Is my is my spouse still gonna love me?

NOTE Confidence: 0.9342913615

00:11:36.190 --> 00:11:40.267 Am I still going to be able to have

NOTE Confidence: 0.9342913615

00:11:40.270 --> 00:11:42.881 a sexual relationship and am I going

NOTE Confidence: 0.9342913615

00:11:42.881 --> 00:11:46.147 to be able to afford all of these

NOTE Confidence: 0.9342913615

00:11:46.147 --> 00:11:48.530 medical bills that are piling up?

NOTE Confidence: 0.9342913615

00:11:48.530 --> 00:11:50.090 And oh, by the way,

NOTE Confidence: 0.9342913615

00:11:50.090 --> 00:11:51.926 how am I going to communicate

NOTE Confidence: 0.9342913615

00:11:51.926 --> 00:11:53.770 this diagnosis to my children?

NOTE Confidence: 0.9342913615

00:11:53.770 --> 00:11:55.486 Are they going to be scared?

NOTE Confidence: 0.9342913615

00:11:55.490 --> 00:11:58.290 Are they going to be diagnosed with cancer?

NOTE Confidence: 0.9342913615

00:11:58.290 --> 00:12:01.406 And so the snowball kind of.

NOTE Confidence: 0.9342913615

00:12:01.406 --> 00:12:05.294 Spins sometimes out of control with.

NOTE Confidence: 0.9342913615

00:12:05.300 --> 00:12:06.530 It's not just.
NOTE Confidence: 0.9342913615

00:12:06.530 --> 00:12:09.400 A disease it's not just a cancer,
NOTE Confidence: 0.9342913615

00:12:09.400 --> 00:12:12.319 it's all of these other things that
NOTE Confidence: 0.9342913615

00:12:12.319 --> 00:12:15.862 then kind of add complexity to what
NOTE Confidence: 0.9342913615

00:12:15.862 --> 00:12:18.612 is already a harrowing experience.
NOTE Confidence: 0.9342913615

00:12:18.620 --> 00:12:20.412 So can you kind of break that down
NOTE Confidence: 0.9342913615

00:12:20.412 --> 00:12:22.462 for us and and give us some advice
NOTE Confidence: 0.9342913615

00:12:22.462 --> 00:12:24.150 that you might give patients in
NOTE Confidence: 0.9342913615

00:12:24.150 --> 00:12:25.956 trying to manage all of these
NOTE Confidence: 0.9342913615

00:12:25.956 --> 00:12:27.550 other aspects of cancer that
NOTE Confidence: 0.9342913615

00:12:27.550 --> 00:12:29.380 they may be facing as well.
NOTE Confidence: 0.9342913615

00:12:29.380 --> 00:12:31.340 That might be adding to their anxiety.
NOTE Confidence: 0.74841437

00:12:32.610 --> 00:12:37.208 So I think that encouraging and talking
NOTE Confidence: 0.74841437

00:12:37.208 --> 00:12:41.681 to patients that this is the one time in
NOTE Confidence: 0.74841437

00:12:41.681 --> 00:12:46.236 your life where it's OK to ask for help.
NOTE Confidence: 0.74841437

00:12:46.240 --> 00:12:48.704 It's OK to turn to others and

NOTE Confidence: 0.74841437

00:12:48.704 --> 00:12:51.397 say I can't do this on my own.

NOTE Confidence: 0.74841437

00:12:51.400 --> 00:12:52.692 What do you suggest?

NOTE Confidence: 0.74841437

00:12:52.692 --> 00:12:55.075 How do you think I should manage

NOTE Confidence: 0.74841437

00:12:55.075 --> 00:12:57.416 and deal with this? You know, I,

NOTE Confidence: 0.74841437

00:12:57.416 --> 00:12:59.780 I will often talk to patients and say,

NOTE Confidence: 0.74841437

00:12:59.780 --> 00:13:02.570 you know, this is the time in your life

NOTE Confidence: 0.74841437

00:13:02.570 --> 00:13:05.494 where it's OK to also be accepting of help.

NOTE Confidence: 0.74841437

00:13:05.500 --> 00:13:09.271 So not only ask for it but also be

NOTE Confidence: 0.74841437

00:13:09.271 --> 00:13:12.920 accepting of it and so really you know.

NOTE Confidence: 0.74841437

00:13:12.920 --> 00:13:14.960 Letting talking to family members,

NOTE Confidence: 0.74841437

00:13:14.960 --> 00:13:16.718 talking to your friends, you know.

NOTE Confidence: 0.74841437

00:13:16.720 --> 00:13:18.490 Letting your medical team know.

NOTE Confidence: 0.74841437

00:13:18.490 --> 00:13:19.930 Also, you know again,

NOTE Confidence: 0.74841437

00:13:19.930 --> 00:13:22.090 asking to speak with your social

NOTE Confidence: 0.74841437

00:13:22.157 --> 00:13:23.889 worker within your clinic.

NOTE Confidence: 0.74841437

00:13:23.890 --> 00:13:26.032 These are all people in your lives
NOTE Confidence: 0.74841437

00:13:26.032 --> 00:13:28.518 that are there to help and support you.
NOTE Confidence: 0.920913404230769

00:13:29.260 --> 00:13:31.100 And So what I was about to say
NOTE Confidence: 0.920913404230769

00:13:31.100 --> 00:13:33.355 was I think that there are so
NOTE Confidence: 0.920913404230769

00:13:33.355 --> 00:13:35.080 many resources that people can
NOTE Confidence: 0.920913404230769

00:13:35.152 --> 00:13:37.330 avail themselves of that can help.
NOTE Confidence: 0.920913404230769

00:13:37.330 --> 00:13:38.933 But we need to take a short
NOTE Confidence: 0.920913404230769

00:13:38.933 --> 00:13:40.570 break for a medical minute.
NOTE Confidence: 0.920913404230769

00:13:40.570 --> 00:13:41.266 No worries though.
NOTE Confidence: 0.920913404230769

00:13:41.266 --> 00:13:42.658 When we come back on the
NOTE Confidence: 0.920913404230769

00:13:42.658 --> 00:13:43.790 other side of the break,
NOTE Confidence: 0.920913404230769

00:13:43.790 --> 00:13:45.519 Angela and I are going to take
NOTE Confidence: 0.920913404230769

00:13:45.519 --> 00:13:47.350 a deeper dive into all of the
NOTE Confidence: 0.920913404230769

00:13:47.350 --> 00:13:48.898 resources that can help you if
NOTE Confidence: 0.920913404230769

00:13:48.958 --> 00:13:50.883 you or someone you love is going
NOTE Confidence: 0.920913404230769

00:13:50.883 --> 00:13:52.866 through a cancer diagnosis in

NOTE Confidence: 0.920913404230769

00:13:52.866 --> 00:13:55.756 honor of cancer Survivorship month

NOTE Confidence: 0.708433883333333

00:13:56.330 --> 00:13:58.065 funding for Yale Cancer answers

NOTE Confidence: 0.708433883333333

00:13:58.065 --> 00:13:59.453 comes from smilow cancer.

NOTE Confidence: 0.708433883333333

00:13:59.460 --> 00:14:01.965 Hospital hosting a smilow shares

NOTE Confidence: 0.708433883333333

00:14:01.965 --> 00:14:04.406 cancer survivors series, June 15th.

NOTE Confidence: 0.708433883333333

00:14:04.406 --> 00:14:07.030 Register at Yale, Cancercenter or

NOTE Confidence: 0.708433883333333

00:14:07.030 --> 00:14:10.080 e-mail cancer answers at yale dot edu.

NOTE Confidence: 0.921567942857143

00:14:12.260 --> 00:14:14.184 The American Cancer Society

NOTE Confidence: 0.921567942857143

00:14:14.184 --> 00:14:16.308 estimates that over 200,000 cases

NOTE Confidence: 0.921567942857143

00:14:16.308 --> 00:14:18.003 of Melanoma will be diagnosed

NOTE Confidence: 0.921567942857143

00:14:18.003 --> 00:14:20.098 in the United States this year,

NOTE Confidence: 0.921567942857143

00:14:20.100 --> 00:14:23.194 with over 1000 patients in Connecticut alone.

NOTE Confidence: 0.921567942857143

00:14:23.200 --> 00:14:25.485 While Melanoma accounts for only

NOTE Confidence: 0.921567942857143

00:14:25.485 --> 00:14:27.984 about 1% of skin cancer cases,

NOTE Confidence: 0.921567942857143

00:14:27.984 --> 00:14:30.980 it causes the most skin cancer deaths,

NOTE Confidence: 0.921567942857143

00:14:30.980 --> 00:14:32.404 but when detected early,
NOTE Confidence: 0.921567942857143

00:14:32.404 --> 00:14:35.120 it is easily treated and highly curable.
NOTE Confidence: 0.921567942857143

00:14:35.120 --> 00:14:36.996 Clinical trials are currently
NOTE Confidence: 0.921567942857143

00:14:36.996 --> 00:14:38.872 underway at federally designated
NOTE Confidence: 0.921567942857143

00:14:38.872 --> 00:14:40.469 Comprehensive cancer centers such
NOTE Confidence: 0.921567942857143

00:14:40.469 --> 00:14:42.576 as Yale Cancer Center and Smilow
NOTE Confidence: 0.921567942857143

00:14:42.580 --> 00:14:45.005 Cancer Hospital to test innovative
NOTE Confidence: 0.921567942857143

00:14:45.005 --> 00:14:46.945 new treatments for Melanoma.
NOTE Confidence: 0.921567942857143

00:14:46.950 --> 00:14:49.134 The goal of the specialized programs
NOTE Confidence: 0.921567942857143

00:14:49.134 --> 00:14:51.304 of research excellence and Skin Cancer
NOTE Confidence: 0.921567942857143

00:14:51.304 --> 00:14:53.248 Grant is to better understand the
NOTE Confidence: 0.921567942857143

00:14:53.248 --> 00:14:55.691 biology of skin cancer where the focus
NOTE Confidence: 0.921567942857143

00:14:55.691 --> 00:14:57.903 on discovering targets that will lead
NOTE Confidence: 0.921567942857143

00:14:57.903 --> 00:15:00.268 to improved diagnosis and treatment.
NOTE Confidence: 0.921567942857143

00:15:00.270 --> 00:15:03.330 More information is available at
NOTE Confidence: 0.921567942857143

00:15:03.330 --> 00:15:04.620 yalecancercenter.org you're listening

NOTE Confidence: 0.921567942857143
00:15:04.620 --> 00:15:06.340 to Connecticut Public Radio.
NOTE Confidence: 0.82668863
00:15:08.610 --> 00:15:10.728 Welcome back to Yale Cancer Answers.
NOTE Confidence: 0.82668863
00:15:10.730 --> 00:15:12.872 This is doctor Anees Chagpar and I'm
NOTE Confidence: 0.82668863
00:15:12.872 --> 00:15:15.290 joined tonight by my guest, Angela Khairallah.
NOTE Confidence: 0.82668863
00:15:15.290 --> 00:15:17.640 We're talking about cancer survivorship
NOTE Confidence: 0.82668863
00:15:17.640 --> 00:15:20.671 and the fear of recurrence and and
NOTE Confidence: 0.82668863
00:15:20.671 --> 00:15:22.987 a number of anxieties that cancer
NOTE Confidence: 0.82668863
00:15:23.062 --> 00:15:25.307 patients face along this journey
NOTE Confidence: 0.82668863
00:15:25.310 --> 00:15:27.207 and we started off by talking about,
NOTE Confidence: 0.82668863
00:15:27.210 --> 00:15:29.471 you know things that you can control
NOTE Confidence: 0.82668863
00:15:29.471 --> 00:15:31.628 and things that you can't control.
NOTE Confidence: 0.82668863
00:15:31.630 --> 00:15:34.992 And the fact that fear is a totally normal
NOTE Confidence: 0.82668863
00:15:34.992 --> 00:15:39.042 part of of any cancer patients journey.
NOTE Confidence: 0.82668863
00:15:39.042 --> 00:15:40.458 But Angela right.
NOTE Confidence: 0.82668863
00:15:40.458 --> 00:15:43.290 Before the break we were starting
NOTE Confidence: 0.82668863

00:15:43.375 --> 00:15:45.951 to get into practical advice as
NOTE Confidence: 0.82668863

00:15:45.951 --> 00:15:48.548 we started to talk about the fact
NOTE Confidence: 0.82668863

00:15:48.548 --> 00:15:51.004 that it's not just, you know,
NOTE Confidence: 0.82668863

00:15:51.004 --> 00:15:54.620 the fear of the diagnosis of cancer itself.
NOTE Confidence: 0.82668863

00:15:54.620 --> 00:15:57.207 There's also for some patients, a.
NOTE Confidence: 0.82668863

00:15:57.207 --> 00:16:00.476 As spiritual kind of fear when they're
NOTE Confidence: 0.82668863

00:16:00.476 --> 00:16:03.005 thinking about their mortality and
NOTE Confidence: 0.82668863

00:16:03.005 --> 00:16:06.360 what's going to happen when they die.
NOTE Confidence: 0.82668863

00:16:06.360 --> 00:16:07.710 For some patients,
NOTE Confidence: 0.82668863

00:16:07.710 --> 00:16:10.142 there's also a relationship.
NOTE Confidence: 0.82668863

00:16:10.142 --> 00:16:13.656 Fear what's going to happen with
NOTE Confidence: 0.82668863

00:16:13.656 --> 00:16:15.986 my relationships with my spouse,
NOTE Confidence: 0.82668863

00:16:15.990 --> 00:16:19.530 my friends, sometimes a sexual fear.
NOTE Confidence: 0.82668863

00:16:19.530 --> 00:16:23.323 Am I going to be able to have the kind
NOTE Confidence: 0.82668863

00:16:23.323 --> 00:16:25.741 of sexual relationship I did before?
NOTE Confidence: 0.82668863

00:16:25.750 --> 00:16:27.846 Sometimes there's fears of.

NOTE Confidence: 0.82668863

00:16:27.846 --> 00:16:29.942 Employment and the repercussions

NOTE Confidence: 0.82668863

00:16:29.942 --> 00:16:33.767 of a cancer diagnosis in terms of

NOTE Confidence: 0.82668863

00:16:33.767 --> 00:16:35.919 either employment or insurance.

NOTE Confidence: 0.82668863

00:16:35.920 --> 00:16:37.616 Am I going to be able to continue

NOTE Confidence: 0.82668863

00:16:37.616 --> 00:16:39.797 my job and my ever going to get

NOTE Confidence: 0.82668863

00:16:39.797 --> 00:16:40.646 health insurance again?

NOTE Confidence: 0.82668863

00:16:40.650 --> 00:16:43.314 Am I ever going to get life insurance again?

NOTE Confidence: 0.82668863

00:16:43.320 --> 00:16:45.080 There's often fears associated

NOTE Confidence: 0.82668863

00:16:45.080 --> 00:16:46.400 with children do.

NOTE Confidence: 0.82668863

00:16:46.400 --> 00:16:48.920 How do I tell my child about this?

NOTE Confidence: 0.82668863

00:16:48.920 --> 00:16:50.978 What are they going to go through?

NOTE Confidence: 0.82668863

00:16:50.980 --> 00:16:53.516 What is going to be their emotional tool?

NOTE Confidence: 0.82668863

00:16:53.520 --> 00:16:54.690 And, you know,

NOTE Confidence: 0.82668863

00:16:54.690 --> 00:16:56.640 could they potentially get cancer

NOTE Confidence: 0.82668863

00:16:56.640 --> 00:16:58.398 as well as a fear of?

NOTE Confidence: 0.82668863

00:16:58.400 --> 00:17:01.354 And a guilt sometimes of my God.
NOTE Confidence: 0.82668863

00:17:01.360 --> 00:17:03.999 Am I doing this to my child?
NOTE Confidence: 0.82668863

00:17:04.000 --> 00:17:04.765 And and then.
NOTE Confidence: 0.82668863

00:17:04.765 --> 00:17:09.220 And then there's the whole financial fear of.
NOTE Confidence: 0.82668863

00:17:09.220 --> 00:17:09.551 Great,
NOTE Confidence: 0.82668863

00:17:09.551 --> 00:17:11.206 well I've got this diagnosis
NOTE Confidence: 0.82668863

00:17:11.206 --> 00:17:13.349 and I I've chosen to trade it,
NOTE Confidence: 0.82668863

00:17:13.350 --> 00:17:14.802 but then that's going to be
NOTE Confidence: 0.82668863

00:17:14.802 --> 00:17:16.019 associated with all kinds of
NOTE Confidence: 0.82668863

00:17:16.019 --> 00:17:17.419 bills that are going to come in.
NOTE Confidence: 0.82668863

00:17:17.420 --> 00:17:20.114 And my gosh now is there
NOTE Confidence: 0.82668863

00:17:20.114 --> 00:17:21.910 a fear of bankruptcy?
NOTE Confidence: 0.82668863

00:17:21.910 --> 00:17:24.400 And so while people are going
NOTE Confidence: 0.82668863

00:17:24.400 --> 00:17:26.518 through that treatment phase even
NOTE Confidence: 0.82668863

00:17:26.518 --> 00:17:28.448 before they get to survivorship
NOTE Confidence: 0.82668863

00:17:28.448 --> 00:17:31.070 in the whole fear of recurrence,

NOTE Confidence: 0.82668863

00:17:31.070 --> 00:17:32.654 which we'll get to.

NOTE Confidence: 0.82668863

00:17:32.654 --> 00:17:35.786 Can you talk a little bit more

NOTE Confidence: 0.82668863

00:17:35.786 --> 00:17:38.095 about specific strategies that

NOTE Confidence: 0.82668863

00:17:38.095 --> 00:17:40.045 people can use in dealing with

NOTE Confidence: 0.82668863

00:17:40.045 --> 00:17:42.620 all of these other fears that just

NOTE Confidence: 0.82668863

00:17:42.620 --> 00:17:44.980 kind of compound things as as

NOTE Confidence: 0.82668863

00:17:44.980 --> 00:17:46.640 they're going through treatment?

NOTE Confidence: 0.915402725

00:17:48.640 --> 00:17:50.530 Absolutely, you know,

NOTE Confidence: 0.915402725

00:17:50.530 --> 00:17:54.825 I would say there are a variety of

NOTE Confidence: 0.915402725

00:17:54.825 --> 00:17:57.230 resources and services within the

NOTE Confidence: 0.915402725

00:17:57.325 --> 00:18:00.391 Community that can help with a number

NOTE Confidence: 0.915402725

00:18:00.391 --> 00:18:03.518 of the things that you identified.

NOTE Confidence: 0.915402725

00:18:03.520 --> 00:18:06.400 Again, I think you know,

NOTE Confidence: 0.915402725

00:18:06.400 --> 00:18:08.430 reaching out to your team asking to

NOTE Confidence: 0.915402725

00:18:08.430 --> 00:18:10.560 speak with your clinic social worker,

NOTE Confidence: 0.915402725

00:18:10.560 --> 00:18:14.598 your clinic social worker should have
NOTE Confidence: 0.915402725

00:18:14.600 --> 00:18:18.448 access to and a list of a variety.
NOTE Confidence: 0.915402725

00:18:18.450 --> 00:18:21.042 Of resources and services?
NOTE Confidence: 0.915402725

00:18:21.042 --> 00:18:23.280 Uh, they would be able to answer
NOTE Confidence: 0.915402725

00:18:23.280 --> 00:18:24.642 questions you know related to
NOTE Confidence: 0.915402725

00:18:24.642 --> 00:18:25.887 how to apply for disability.
NOTE Confidence: 0.915402725

00:18:25.890 --> 00:18:27.906 They'd be able to answer questions
NOTE Confidence: 0.915402725

00:18:27.906 --> 00:18:30.324 about applying for FMLA here in the
NOTE Confidence: 0.915402725

00:18:30.324 --> 00:18:32.340 state of Connecticut we actually had
NOTE Confidence: 0.915402725

00:18:32.340 --> 00:18:34.307 something that started as of January.
NOTE Confidence: 0.915402725

00:18:34.310 --> 00:18:36.440 The Connecticut Family Leave Act.
NOTE Confidence: 0.915402725

00:18:36.440 --> 00:18:38.588 They'd be able to help address
NOTE Confidence: 0.915402725

00:18:38.588 --> 00:18:40.401 any questions or concerns that
NOTE Confidence: 0.915402725

00:18:40.401 --> 00:18:41.946 you had related to that.
NOTE Confidence: 0.915402725

00:18:41.950 --> 00:18:43.195 Also with cancer,
NOTE Confidence: 0.915402725

00:18:43.195 --> 00:18:46.570 depending on what type of cancer you have,

NOTE Confidence: 0.915402725

00:18:46.570 --> 00:18:48.830 there is a handful of.

NOTE Confidence: 0.915402725

00:18:48.830 --> 00:18:50.876 Financial grants that you can apply

NOTE Confidence: 0.915402725

00:18:50.876 --> 00:18:53.172 for while you're in active treatment

NOTE Confidence: 0.915402725

00:18:53.172 --> 00:18:55.342 and active treatment is typically

NOTE Confidence: 0.915402725

00:18:55.342 --> 00:18:57.639 defined as recently having surgery,

NOTE Confidence: 0.915402725

00:18:57.640 --> 00:18:59.440 going through chemotherapy or

NOTE Confidence: 0.915402725

00:18:59.440 --> 00:19:02.200 radiation treatment, and they help.

NOTE Confidence: 0.915402725

00:19:02.200 --> 00:19:03.440 Not ongoing,

NOTE Confidence: 0.915402725

00:19:03.440 --> 00:19:05.104 but kind of a one time thing where

NOTE Confidence: 0.915402725

00:19:05.104 --> 00:19:07.014 they they might help a little bit with

NOTE Confidence: 0.915402725

00:19:07.014 --> 00:19:08.499 with their mortgage or your rent.

NOTE Confidence: 0.915402725

00:19:08.500 --> 00:19:10.960 Or you know your utilities,

NOTE Confidence: 0.915402725

00:19:10.960 --> 00:19:12.376 that sort of thing.

NOTE Confidence: 0.915402725

00:19:12.376 --> 00:19:12.730 Also,

NOTE Confidence: 0.915402725

00:19:12.730 --> 00:19:15.146 depending on what hospital

NOTE Confidence: 0.915402725

00:19:15.146 --> 00:19:17.290 you know or center,
NOTE Confidence: 0.915402725

00:19:17.290 --> 00:19:19.600 you're being treated at they most likely.
NOTE Confidence: 0.915402725

00:19:19.600 --> 00:19:23.464 Will have some kind of program that you
NOTE Confidence: 0.915402725

00:19:23.464 --> 00:19:26.009 can apply for that could potentially
NOTE Confidence: 0.915402725

00:19:26.010 --> 00:19:28.474 help out with some of the medical
NOTE Confidence: 0.915402725

00:19:28.474 --> 00:19:29.929 expenses that you're incurring,
NOTE Confidence: 0.915402725

00:19:29.929 --> 00:19:32.323 and you know there's a variety
NOTE Confidence: 0.915402725

00:19:32.323 --> 00:19:34.186 of programs available out there
NOTE Confidence: 0.915402725

00:19:34.186 --> 00:19:35.974 as well that you could apply
NOTE Confidence: 0.915402725

00:19:35.974 --> 00:19:37.919 for that could potentially help
NOTE Confidence: 0.915402725

00:19:37.919 --> 00:19:40.059 with the expense of medication,
NOTE Confidence: 0.915402725

00:19:40.060 --> 00:19:41.272 like for example.
NOTE Confidence: 0.915402725

00:19:41.272 --> 00:19:43.696 Oftentimes drug companies have Co payment
NOTE Confidence: 0.915402725

00:19:43.696 --> 00:19:46.009 assistance programs that can help you know,
NOTE Confidence: 0.915402725

00:19:46.010 --> 00:19:49.618 provide you with support.
NOTE Confidence: 0.915402725

00:19:49.620 --> 00:19:52.708 If I meet with the patient and they're

NOTE Confidence: 0.915402725
00:19:52.708 --> 00:19:55.146 expressing concerns related to,
NOTE Confidence: 0.915402725
00:19:55.146 --> 00:19:57.874 say, their sexual health,
NOTE Confidence: 0.915402725
00:19:57.880 --> 00:20:00.544 you know with regards to their
NOTE Confidence: 0.915402725
00:20:00.544 --> 00:20:02.320 relationship with their partners,
NOTE Confidence: 0.915402725
00:20:02.320 --> 00:20:02.932 you know.
NOTE Confidence: 0.915402725
00:20:02.932 --> 00:20:04.768 Again, depending on where you're treated,
NOTE Confidence: 0.915402725
00:20:04.770 --> 00:20:07.311 there are quite possibly could be a
NOTE Confidence: 0.915402725
00:20:07.311 --> 00:20:09.740 clinic that specializes in that you know,
NOTE Confidence: 0.915402725
00:20:09.740 --> 00:20:11.420 in addressing those sexual
NOTE Confidence: 0.915402725
00:20:11.420 --> 00:20:13.100 concerns that you're having,
NOTE Confidence: 0.915402725
00:20:13.100 --> 00:20:15.990 you know it's not uncommon.
NOTE Confidence: 0.915402725
00:20:15.990 --> 00:20:16.746 For example,
NOTE Confidence: 0.915402725
00:20:16.746 --> 00:20:19.014 women who go through breast cancer
NOTE Confidence: 0.915402725
00:20:19.020 --> 00:20:21.055 do experience and can experience
NOTE Confidence: 0.915402725
00:20:21.055 --> 00:20:23.090 a variety of side effects
NOTE Confidence: 0.915402725

00:20:23.170 --> 00:20:25.350 related to their sexual health,
NOTE Confidence: 0.915402725

00:20:25.350 --> 00:20:28.227 and so there are resources out there
NOTE Confidence: 0.915402725

00:20:28.227 --> 00:20:31.556 that we can refer refer you to if
NOTE Confidence: 0.915402725

00:20:31.556 --> 00:20:33.380 somebody expresses concerns related
NOTE Confidence: 0.915402725

00:20:33.380 --> 00:20:36.700 to their faith or their spirituality.
NOTE Confidence: 0.915402725

00:20:36.700 --> 00:20:37.263 Again,
NOTE Confidence: 0.915402725

00:20:37.263 --> 00:20:40.078 there are chaplains or spiritual
NOTE Confidence: 0.915402725

00:20:40.078 --> 00:20:43.712 leaders in the community that we can
NOTE Confidence: 0.915402725

00:20:43.712 --> 00:20:46.729 help assess and get you connected to.
NOTE Confidence: 0.915402725

00:20:46.730 --> 00:20:47.470 So again,
NOTE Confidence: 0.915402725

00:20:47.470 --> 00:20:49.320 the social worker quite often
NOTE Confidence: 0.915402725

00:20:49.320 --> 00:20:51.770 is the hub of your resource,
NOTE Confidence: 0.915402725

00:20:51.770 --> 00:20:54.206 who then can then provide you
NOTE Confidence: 0.915402725

00:20:54.206 --> 00:20:55.830 with the different resources
NOTE Confidence: 0.915402725

00:20:55.907 --> 00:20:58.007 and things that are available.
NOTE Confidence: 0.915402725

00:20:58.010 --> 00:21:00.162 I know in the past when I've had

NOTE Confidence: 0.915402725
00:21:00.162 --> 00:21:02.003 patients that have had concerns
NOTE Confidence: 0.915402725
00:21:02.003 --> 00:21:03.663 related to their relationship
NOTE Confidence: 0.915402725
00:21:03.663 --> 00:21:04.908 and communicating with,
NOTE Confidence: 0.915402725
00:21:04.910 --> 00:21:07.120 you know family members and
NOTE Confidence: 0.915402725
00:21:07.120 --> 00:21:09.924 friends or their spouses you know,
NOTE Confidence: 0.915402725
00:21:09.924 --> 00:21:12.509 particularly at their initial diagnosis,
NOTE Confidence: 0.915402725
00:21:12.510 --> 00:21:14.232 that is something that I can
NOTE Confidence: 0.915402725
00:21:14.232 --> 00:21:15.704 definitely talk to them about
NOTE Confidence: 0.915402725
00:21:15.704 --> 00:21:17.270 and kind of a general rule.
NOTE Confidence: 0.822118766363636
00:21:17.270 --> 00:21:18.656 That I will sometimes say to
NOTE Confidence: 0.822118766363636
00:21:18.656 --> 00:21:20.436 patients they'll say to me, you know,
NOTE Confidence: 0.822118766363636
00:21:20.436 --> 00:21:23.600 I just don't know who should I tell like,
NOTE Confidence: 0.822118766363636
00:21:23.600 --> 00:21:24.960 what should I say?
NOTE Confidence: 0.822118766363636
00:21:24.960 --> 00:21:27.000 How much information should I share?
NOTE Confidence: 0.822118766363636
00:21:27.000 --> 00:21:29.676 And I'll usually say to them,
NOTE Confidence: 0.822118766363636

00:21:29.680 --> 00:21:31.872 my my advice would be to tell those
NOTE Confidence: 0.822118766363636

00:21:31.872 --> 00:21:34.125 people in your life who you're going to
NOTE Confidence: 0.822118766363636

00:21:34.125 --> 00:21:36.557 need to turn to for help and support.
NOTE Confidence: 0.822118766363636

00:21:36.560 --> 00:21:38.975 You know, and I see the range.
NOTE Confidence: 0.822118766363636

00:21:38.980 --> 00:21:41.484 I see people who post it to their
NOTE Confidence: 0.822118766363636

00:21:41.484 --> 00:21:43.535 500 Facebook friends about their
NOTE Confidence: 0.822118766363636

00:21:43.535 --> 00:21:45.785 diagnosis before they even leave
NOTE Confidence: 0.822118766363636

00:21:45.785 --> 00:21:47.640 their initial consultation.
NOTE Confidence: 0.822118766363636

00:21:47.640 --> 00:21:49.260 And then I have people that say to me,
NOTE Confidence: 0.822118766363636

00:21:49.260 --> 00:21:52.822 do I need to even let my my, my, my,
NOTE Confidence: 0.822118766363636

00:21:52.822 --> 00:21:55.366 my children know about my diagnosis
NOTE Confidence: 0.822118766363636

00:21:55.370 --> 00:21:58.712 and so you really do get the whole the
NOTE Confidence: 0.822118766363636

00:21:58.712 --> 00:22:01.484 whole range of questions and concerns.
NOTE Confidence: 0.822118766363636

00:22:01.490 --> 00:22:03.296 And again I encourage patients to
NOTE Confidence: 0.822118766363636

00:22:03.296 --> 00:22:05.849 go back to let those people in your
NOTE Confidence: 0.822118766363636

00:22:05.849 --> 00:22:08.132 life who you feel you're going to

NOTE Confidence: 0.822118766363636
00:22:08.132 --> 00:22:10.197 need to turn to for support and
NOTE Confidence: 0.822118766363636
00:22:10.197 --> 00:22:11.472 help through this process.
NOTE Confidence: 0.822118766363636
00:22:11.472 --> 00:22:13.518 Those should be the ones who
NOTE Confidence: 0.822118766363636
00:22:13.518 --> 00:22:15.517 you who you let know again,
NOTE Confidence: 0.822118766363636
00:22:15.517 --> 00:22:18.079 you know when patients have young.
NOTE Confidence: 0.822118766363636
00:22:18.080 --> 00:22:21.794 Children we you know we have a
NOTE Confidence: 0.822118766363636
00:22:21.794 --> 00:22:23.945 variety of social workers are
NOTE Confidence: 0.822118766363636
00:22:23.945 --> 00:22:25.235 often trained in a model called
NOTE Confidence: 0.822118766363636
00:22:25.235 --> 00:22:26.670 pact and it's called parenting.
NOTE Confidence: 0.822118766363636
00:22:26.670 --> 00:22:28.896 Added challenging time and it's all about
NOTE Confidence: 0.822118766363636
00:22:28.896 --> 00:22:31.680 how to talk to your children based on
NOTE Confidence: 0.822118766363636
00:22:31.680 --> 00:22:33.870 their age and their developmental level.
NOTE Confidence: 0.822118766363636
00:22:33.870 --> 00:22:35.798 So clearly what you would tell like a
NOTE Confidence: 0.822118766363636
00:22:35.798 --> 00:22:37.972 four or five year old would be very
NOTE Confidence: 0.822118766363636
00:22:37.972 --> 00:22:40.028 different than what you would share with,
NOTE Confidence: 0.822118766363636

00:22:40.030 --> 00:22:42.010 say someone who's a teenager
NOTE Confidence: 0.822118766363636

00:22:42.010 --> 00:22:43.990 or in their early 20s.
NOTE Confidence: 0.822118766363636

00:22:43.990 --> 00:22:45.186 And really,
NOTE Confidence: 0.822118766363636

00:22:45.186 --> 00:22:48.774 you know the American Cancer Society.
NOTE Confidence: 0.822118766363636

00:22:48.780 --> 00:22:50.645 Has recommended that really you
NOTE Confidence: 0.822118766363636

00:22:50.645 --> 00:22:53.479 just share a couple of basic things.
NOTE Confidence: 0.822118766363636

00:22:53.480 --> 00:22:56.014 You let them know about your diagnosis.
NOTE Confidence: 0.822118766363636

00:22:56.020 --> 00:22:57.538 You let them know your children,
NOTE Confidence: 0.822118766363636

00:22:57.540 --> 00:23:01.356 know where the cancer is located.
NOTE Confidence: 0.822118766363636

00:23:01.360 --> 00:23:03.592 You share with them what the plan is like.
NOTE Confidence: 0.822118766363636

00:23:03.600 --> 00:23:04.240 For example,
NOTE Confidence: 0.822118766363636

00:23:04.240 --> 00:23:06.160 I'm going to have surgery then
NOTE Confidence: 0.822118766363636

00:23:06.160 --> 00:23:07.739 possibly radiation or I'm going
NOTE Confidence: 0.822118766363636

00:23:07.739 --> 00:23:08.919 to start with chemotherapy.
NOTE Confidence: 0.822118766363636

00:23:08.920 --> 00:23:10.968 And then we're going to go from there.
NOTE Confidence: 0.822118766363636

00:23:10.970 --> 00:23:13.570 And then you also share with your children

NOTE Confidence: 0.822118766363636

00:23:13.570 --> 00:23:15.719 how their life might be impacted.

NOTE Confidence: 0.822118766363636

00:23:15.720 --> 00:23:17.028 During this time.

NOTE Confidence: 0.92248058

00:23:17.160 --> 00:23:19.072 I I agree with you, you know.

NOTE Confidence: 0.92248058

00:23:19.072 --> 00:23:21.088 Tapping into the resources that are

NOTE Confidence: 0.92248058

00:23:21.088 --> 00:23:23.236 available, whether they're financial

NOTE Confidence: 0.92248058

00:23:23.236 --> 00:23:25.644 resources or human resources,

NOTE Confidence: 0.92248058

00:23:25.650 --> 00:23:26.998 talking to a chaplain,

NOTE Confidence: 0.92248058

00:23:26.998 --> 00:23:28.683 talking to a social worker.

NOTE Confidence: 0.92248058

00:23:28.690 --> 00:23:30.738 Oftentimes there's also other

NOTE Confidence: 0.92248058

00:23:30.738 --> 00:23:32.930 resources that can help.

NOTE Confidence: 0.92248058

00:23:32.930 --> 00:23:34.506 Just with you know,

NOTE Confidence: 0.92248058

00:23:34.506 --> 00:23:37.894 taking a load off and taking a breath

NOTE Confidence: 0.92248058

00:23:37.894 --> 00:23:40.702 and giving yourself permission to to

NOTE Confidence: 0.92248058

00:23:40.702 --> 00:23:44.800 breathe and to to get get through this.

NOTE Confidence: 0.92248058

00:23:44.800 --> 00:23:46.690 Angela the other, the other area

NOTE Confidence: 0.92248058

00:23:46.690 --> 00:23:49.220 where you spend a great deal of time,
NOTE Confidence: 0.92248058

00:23:49.220 --> 00:23:50.231 is in survivorship,
NOTE Confidence: 0.92248058

00:23:50.231 --> 00:23:51.579 and as you mentioned,
NOTE Confidence: 0.92248058

00:23:51.580 --> 00:23:53.476 at the top of the show,
NOTE Confidence: 0.92248058

00:23:53.480 --> 00:23:56.120 you know all of this fear and anxiety.
NOTE Confidence: 0.92248058

00:23:56.120 --> 00:23:57.900 Many people kind of anticipate
NOTE Confidence: 0.92248058

00:23:57.900 --> 00:24:00.155 that there would be fear and
NOTE Confidence: 0.92248058

00:24:00.155 --> 00:24:02.165 anxiety associated with the initial
NOTE Confidence: 0.92248058

00:24:02.165 --> 00:24:04.320 diagnosis and and even while
NOTE Confidence: 0.92248058

00:24:04.320 --> 00:24:06.240 you're going through treatment.
NOTE Confidence: 0.92248058

00:24:06.240 --> 00:24:07.950 But even after you've kind
NOTE Confidence: 0.92248058

00:24:07.950 --> 00:24:09.318 of gotten through that,
NOTE Confidence: 0.92248058

00:24:09.320 --> 00:24:11.552 you've done the surgery and the
NOTE Confidence: 0.92248058

00:24:11.552 --> 00:24:14.086 chemo and the radiation and your
NOTE Confidence: 0.92248058

00:24:14.086 --> 00:24:16.026 doctors have said congratulations.
NOTE Confidence: 0.92248058

00:24:16.030 --> 00:24:18.704 Uh, you know your scans look good.

NOTE Confidence: 0.92248058

00:24:18.710 --> 00:24:21.202 We'll just follow you.

NOTE Confidence: 0.92248058

00:24:21.202 --> 00:24:22.448 It's reassuring,

NOTE Confidence: 0.92248058

00:24:22.450 --> 00:24:24.490 but it's not entirely reassuring.

NOTE Confidence: 0.92248058

00:24:24.490 --> 00:24:26.562 So talk to us a little bit

NOTE Confidence: 0.92248058

00:24:26.562 --> 00:24:28.436 about the fear of recurrence

NOTE Confidence: 0.92248058

00:24:28.436 --> 00:24:30.706 that some patients might have,

NOTE Confidence: 0.92248058

00:24:30.710 --> 00:24:34.490 and whether it's justified or not justified,

NOTE Confidence: 0.92248058

00:24:34.490 --> 00:24:37.050 and how you approach that as a social

NOTE Confidence: 0.92248058

00:24:37.050 --> 00:24:39.398 worker in the survivorship clinic.

NOTE Confidence: 0.827450602

00:24:39.730 --> 00:24:41.750 Oh, absolutely, and you know,

NOTE Confidence: 0.827450602

00:24:41.750 --> 00:24:44.978 just to to clarify with everyone,

NOTE Confidence: 0.827450602

00:24:44.980 --> 00:24:46.810 a fear of cancer recurrence.

NOTE Confidence: 0.827450602

00:24:46.810 --> 00:24:48.578 What what? That means?

NOTE Confidence: 0.827450602

00:24:48.578 --> 00:24:51.840 It's when a patient has some worry,

NOTE Confidence: 0.827450602

00:24:51.840 --> 00:24:54.336 some fear a concern, you know,

NOTE Confidence: 0.827450602

00:24:54.340 --> 00:24:56.776 related to the possibility that their
NOTE Confidence: 0.827450602

00:24:56.776 --> 00:24:59.848 cancer will come back or or even progress,
NOTE Confidence: 0.827450602

00:24:59.850 --> 00:25:02.790 and you know it's important to know
NOTE Confidence: 0.827450602

00:25:02.790 --> 00:25:06.083 and understand that this is one of the
NOTE Confidence: 0.827450602

00:25:06.083 --> 00:25:07.776 most commonly reported psychological
NOTE Confidence: 0.827450602

00:25:07.776 --> 00:25:10.356 issues that are experienced among
NOTE Confidence: 0.827450602

00:25:10.356 --> 00:25:12.981 cancer survivors and the majority
NOTE Confidence: 0.827450602

00:25:12.981 --> 00:25:15.426 of cancer survivors in research,
NOTE Confidence: 0.827450602

00:25:15.430 --> 00:25:16.414 you know, report.
NOTE Confidence: 0.827450602

00:25:16.414 --> 00:25:19.212 That this is one of the most significant
NOTE Confidence: 0.827450602

00:25:19.212 --> 00:25:22.159 unmet needs in helping them learn how
NOTE Confidence: 0.827450602

00:25:22.159 --> 00:25:25.314 to manage fear of cancer recurrence.
NOTE Confidence: 0.827450602

00:25:25.314 --> 00:25:28.380 You know, in my work within the
NOTE Confidence: 0.827450602

00:25:28.380 --> 00:25:29.526 cancer survivorship clinic,
NOTE Confidence: 0.827450602

00:25:29.530 --> 00:25:32.610 I would say that the majority of the
NOTE Confidence: 0.827450602

00:25:32.610 --> 00:25:35.350 patients that I meet with do experience

NOTE Confidence: 0.827450602

00:25:35.350 --> 00:25:38.990 some level of fear of cancer recurrence.

NOTE Confidence: 0.827450602

00:25:38.990 --> 00:25:40.770 Most of them them do.

NOTE Confidence: 0.827450602

00:25:40.770 --> 00:25:43.500 And and I always will ask patients

NOTE Confidence: 0.827450602

00:25:43.500 --> 00:25:45.520 when I'm meeting with them.

NOTE Confidence: 0.827450602

00:25:45.520 --> 00:25:47.326 You know, I will say to them.

NOTE Confidence: 0.827450602

00:25:47.330 --> 00:25:49.770 You know one of the most common things

NOTE Confidence: 0.827450602

00:25:49.770 --> 00:25:51.540 that cancer survivors experience is

NOTE Confidence: 0.827450602

00:25:51.540 --> 00:25:54.102 this fear that the cancer could come

NOTE Confidence: 0.827450602

00:25:54.165 --> 00:25:56.174 back and could progress, you know,

NOTE Confidence: 0.827450602

00:25:56.174 --> 00:25:58.078 is that something that you are experiencing?

NOTE Confidence: 0.827450602

00:25:58.080 --> 00:25:59.500 Is that something that you've

NOTE Confidence: 0.827450602

00:25:59.500 --> 00:26:00.636 thought about and again,

NOTE Confidence: 0.827450602

00:26:00.640 --> 00:26:02.456 quite often they will.

NOTE Confidence: 0.827450602

00:26:02.456 --> 00:26:05.180 They will indicate that they have,

NOTE Confidence: 0.827450602

00:26:05.180 --> 00:26:09.002 and it's important to let survivors know

NOTE Confidence: 0.827450602

00:26:09.002 --> 00:26:13.216 that this is so common and so normal.

NOTE Confidence: 0.827450602

00:26:13.220 --> 00:26:16.447 In fact, it's so common and normal

NOTE Confidence: 0.827450602

00:26:16.447 --> 00:26:17.604 that it's surprising.

NOTE Confidence: 0.827450602

00:26:17.604 --> 00:26:18.298 To me,

NOTE Confidence: 0.827450602

00:26:18.298 --> 00:26:20.380 when somebody says that they don't

NOTE Confidence: 0.827450602

00:26:20.443 --> 00:26:22.238 experience some level of this,

NOTE Confidence: 0.827450602

00:26:22.240 --> 00:26:24.376 and when I'm meeting with patients

NOTE Confidence: 0.827450602

00:26:24.376 --> 00:26:27.650 I really like to get a sense of at

NOTE Confidence: 0.827450602

00:26:27.650 --> 00:26:29.430 what level are they experiencing?

NOTE Confidence: 0.827450602

00:26:29.430 --> 00:26:30.306 You know this.

NOTE Confidence: 0.827450602

00:26:30.306 --> 00:26:31.766 This fear of cancer recurrence,

NOTE Confidence: 0.827450602

00:26:31.770 --> 00:26:35.025 so I'll ask a variety of questions.

NOTE Confidence: 0.827450602

00:26:35.030 --> 00:26:36.658 You know, you know,

NOTE Confidence: 0.827450602

00:26:36.658 --> 00:26:38.693 in the literature it's anywhere

NOTE Confidence: 0.827450602

00:26:38.693 --> 00:26:41.950 between 50 and 70% of cancer survivors

NOTE Confidence: 0.827450602

00:26:41.950 --> 00:26:44.796 across all cancer subtypes experience

NOTE Confidence: 0.827450602

00:26:44.796 --> 00:26:48.198 some level of this fear of cancer.

NOTE Confidence: 0.827450602

00:26:48.200 --> 00:26:50.530 Recurrence.

NOTE Confidence: 0.827450602

00:26:50.530 --> 00:26:50.896 Also,

NOTE Confidence: 0.827450602

00:26:50.896 --> 00:26:53.458 it's important to point out that fear

NOTE Confidence: 0.827450602

00:26:53.458 --> 00:26:56.238 of cancer recurrence is not strongly

NOTE Confidence: 0.827450602

00:26:56.238 --> 00:26:58.210 linked to someone's prognosis,

NOTE Confidence: 0.827450602

00:26:58.210 --> 00:27:00.314 and it may even occur in an individual

NOTE Confidence: 0.827450602

00:27:00.314 --> 00:27:02.509 who has a relatively good prognosis.

NOTE Confidence: 0.827450602

00:27:02.510 --> 00:27:04.058 So it really doesn't matter what

NOTE Confidence: 0.827450602

00:27:04.058 --> 00:27:06.058 kind of cancer you had, the stage,

NOTE Confidence: 0.827450602

00:27:06.058 --> 00:27:07.828 the size of your tumor.

NOTE Confidence: 0.827450602

00:27:07.830 --> 00:27:09.110 Again, it it can,

NOTE Confidence: 0.827450602

00:27:09.110 --> 00:27:11.568 you know it can occur and have

NOTE Confidence: 0.827450602

00:27:11.568 --> 00:27:13.843 higher levels regardless of of

NOTE Confidence: 0.827450602

00:27:13.843 --> 00:27:16.466 the percentage of whether or not

NOTE Confidence: 0.827450602

00:27:16.466 --> 00:27:18.644 the cancer would even come back.

NOTE Confidence: 0.827450602

00:27:18.650 --> 00:27:20.800 And you know, it's interesting.

NOTE Confidence: 0.827450602

00:27:20.800 --> 00:27:22.781 Because some of the things that I

NOTE Confidence: 0.827450602

00:27:22.781 --> 00:27:25.201 like to pay attention to when I'm

NOTE Confidence: 0.827450602

00:27:25.201 --> 00:27:27.086 when I'm meeting with survivors.

NOTE Confidence: 0.827450602

00:27:27.090 --> 00:27:28.434 You know there are,

NOTE Confidence: 0.827450602

00:27:28.434 --> 00:27:30.450 there are things that would make

NOTE Confidence: 0.827450602

00:27:30.516 --> 00:27:32.841 somebody maybe more vulnerable for

NOTE Confidence: 0.827450602

00:27:32.841 --> 00:27:35.166 developing fear of cancer recurrence.

NOTE Confidence: 0.827450602

00:27:35.170 --> 00:27:38.306 For example, if someone is a young adult,

NOTE Confidence: 0.827450602

00:27:38.310 --> 00:27:41.229 and when we refer to young adults,

NOTE Confidence: 0.827450602

00:27:41.230 --> 00:27:44.386 the adolescent young adult population is

NOTE Confidence: 0.827450602

00:27:44.386 --> 00:27:47.648 anyone between the ages of 15 and 39.

NOTE Confidence: 0.827450602

00:27:47.650 --> 00:27:48.123 However,

NOTE Confidence: 0.827450602

00:27:48.123 --> 00:27:50.967 I work in the adults cancer.

NOTE Confidence: 0.827450602

00:27:50.967 --> 00:27:51.444 Community,

NOTE Confidence: 0.827450602

00:27:51.444 --> 00:27:54.306 so that's anyone between the ages

NOTE Confidence: 0.827450602

00:27:54.306 --> 00:27:55.920 of 18 and 39.

NOTE Confidence: 0.827450602

00:27:55.920 --> 00:27:58.720 So if you're a younger cancer survivor,

NOTE Confidence: 0.827450602

00:27:58.720 --> 00:28:00.295 if you're female,

NOTE Confidence: 0.827450602

00:28:00.295 --> 00:28:03.970 if you have a history of you

NOTE Confidence: 0.870716546923077

00:28:04.090 --> 00:28:08.050 know psychosocial distress at mental health,

NOTE Confidence: 0.870716546923077

00:28:08.050 --> 00:28:09.922 history of anxiety, or depression,

NOTE Confidence: 0.870716546923077

00:28:09.922 --> 00:28:12.568 maybe during our cancer treatment you

NOTE Confidence: 0.870716546923077

00:28:12.568 --> 00:28:15.509 had more severe side effects like pain

NOTE Confidence: 0.870716546923077

00:28:15.509 --> 00:28:18.080 and fatigue or even sleep issues.

NOTE Confidence: 0.870716546923077

00:28:18.080 --> 00:28:19.740 But also if you have

NOTE Confidence: 0.870716546923077

00:28:19.740 --> 00:28:21.068 family members or friends.

NOTE Confidence: 0.870716546923077

00:28:21.070 --> 00:28:23.405 Who have developed cancer gone

NOTE Confidence: 0.870716546923077

00:28:23.405 --> 00:28:25.740 through treatment or sadly have

NOTE Confidence: 0.870716546923077

00:28:25.823 --> 00:28:27.746 even passed away from cancer.

NOTE Confidence: 0.870716546923077

00:28:27.746 --> 00:28:29.894 Those are all things that could
NOTE Confidence: 0.870716546923077

00:28:29.894 --> 00:28:31.784 contribute to making you more
NOTE Confidence: 0.870716546923077

00:28:31.784 --> 00:28:33.264 vulnerable for developing the
NOTE Confidence: 0.870716546923077

00:28:33.264 --> 00:28:35.120 fear of cancer recurrence.
NOTE Confidence: 0.78733538875

00:28:35.610 --> 00:28:37.885 Angela Khairallah is a licensed
NOTE Confidence: 0.78733538875

00:28:37.885 --> 00:28:39.250 clinical social worker.
NOTE Confidence: 0.78733538875

00:28:39.250 --> 00:28:41.250 If you have questions,
NOTE Confidence: 0.78733538875

00:28:41.250 --> 00:28:43.198 the address is canceranswers@yale.edu
NOTE Confidence: 0.78733538875

00:28:43.198 --> 00:28:45.886 and past editions of the program
NOTE Confidence: 0.78733538875

00:28:45.886 --> 00:28:48.227 are available in audio and written
NOTE Confidence: 0.78733538875

00:28:48.227 --> 00:28:49.137 form at yalecancercenter.org.
NOTE Confidence: 0.78733538875

00:28:49.137 --> 00:28:51.146 We hope you'll join us next week
NOTE Confidence: 0.78733538875

00:28:51.150 --> 00:28:53.442 to learn more about the fight against
NOTE Confidence: 0.78733538875

00:28:53.442 --> 00:28:55.741 cancer here on Connecticut public radio.
NOTE Confidence: 0.78733538875

00:28:55.741 --> 00:28:57.853 Funding for Yale Cancer Answers is
NOTE Confidence: 0.78733538875

00:28:57.853 --> 00:28:59.999 provided by Smilow Cancer Hospital.