WEBVTT

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

NOTE Confidence: 0.807158138181818

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

NOTE Confidence: 0.8226733025

00:00:06.420 --> 00:00:08.430 Welcome to Yale Cancer Answers with

NOTE Confidence: 0.8226733025

00:00:08.430 --> 00:00:11.080 your host, Doctor Anees Chagpar.

NOTE Confidence: 0.8226733025

00:00:11.080 --> 00:00:12.916 Yale Cancer Answers features the

NOTE Confidence: 0.8226733025

00:00:12.916 --> 00:00:15.070 latest information on cancer care by

NOTE Confidence: 0.8226733025

00:00:15.132 --> 00:00:16.592 welcoming oncologists and specialists

NOTE Confidence: 0.8226733025

00:00:16.592 --> 00:00:19.131 who are on the forefront of the

NOTE Confidence: 0.8226733025

00:00:19.131 --> 00:00:21.016 battle to fight cancer. This week,

NOTE Confidence: 0.8226733025

00:00:21.016 --> 00:00:23.164 it's a conversation about wound healing

NOTE Confidence: 0.8226733025

00:00:23.164 --> 00:00:25.299 and cancer with Doctor Henry Hsia.

NOTE Confidence: 0.8226733025

00:00:25.300 --> 00:00:27.638 Doctor Hsia is an associate professor of

NOTE Confidence: 0.8226733025

00:00:27.638 --> 00:00:30.012 surgery and plastic surgery at the Yale

NOTE Confidence: 0.8226733025

00:00:30.012 --> 00:00:31.980 School of Medicine where Doctor Chagpar

NOTE Confidence: 0.8226733025

00:00:32.044 --> 00:00:34.048 is a professor of surgical oncology.

NOTE Confidence: 0.8814086788

00:00:35.230 --> 00:00:37.525 So Henry, maybe we can start off by you

NOTE Confidence: 0.8814086788

00:00:37.525 --> 00:00:39.625 telling us a little bit more about yourself

NOTE Confidence: 0.8814086788

00:00:39.625 --> 00:00:41.699 and what it is exactly that you do.

NOTE Confidence: 0.837360708181818

00:00:41.910 --> 00:00:44.112 I'm a plastic surgeon and I

NOTE Confidence: 0.837360708181818

00:00:44.112 --> 00:00:46.030 run the wound program here.

NOTE Confidence: 0.837360708181818

00:00:46.030 --> 00:00:48.634 And what that entails is that

NOTE Confidence: 0.837360708181818

00:00:48.634 --> 00:00:51.485 I see patients with wounds that

NOTE Confidence: 0.837360708181818

00:00:51.485 --> 00:00:53.960 are challenging for any reason.

NOTE Confidence: 0.837360708181818

00:00:53.960 --> 00:00:55.285 You know that might not

NOTE Confidence: 0.837360708181818

00:00:55.285 --> 00:00:56.610 be healing on its own,

NOTE Confidence: 0.837360708181818

00:00:56.610 --> 00:00:58.890 and the reasons for the wound

NOTE Confidence: 0.837360708181818

00:00:58.890 --> 00:01:01.350 can be any sort of reason.

NOTE Confidence: 0.837360708181818

00:01:01.350 --> 00:01:05.000 Whether it's wound after surgery.

NOTE Confidence: 0.837360708181818

00:01:05.000 --> 00:01:08.090 That is from cancer treatment or

NOTE Confidence: 0.837360708181818

00:01:08.090 --> 00:01:10.740 other causes like pressure sores,

NOTE Confidence: 0.837360708181818

00:01:10.740 --> 00:01:12.912 diabetic foot ulcers and and the

NOTE Confidence: 0.837360708181818

00:01:12.912 --> 00:01:15.503 one can be located anywhere in the

NOTE Confidence: 0.837360708181818

00:01:15.503 --> 00:01:19.206 body and it could be in any age

NOTE Confidence: 0.837360708181818

00:01:19.210 --> 00:01:20.956 or you know population of folks.

NOTE Confidence: 0.837360708181818

00:01:20.960 --> 00:01:23.648 I as a plastic surgeon I'm very

NOTE Confidence: 0.837360708181818

00:01:23.648 --> 00:01:25.288 comfortable seeing a wound in

NOTE Confidence: 0.837360708181818

00:01:25.288 --> 00:01:27.396 anywhere on the body for any reason

NOTE Confidence: 0.837360708181818

00:01:27.396 --> 00:01:29.441 as well as in any you know age

NOTE Confidence: 0.837360708181818

00:01:29.441 --> 00:01:31.585 group of you know from one day old

NOTE Confidence: 0.837360708181818

00:01:31.585 --> 00:01:34.890 babies up to 101 year old patients.

NOTE Confidence: 0.9201623275

00:01:35.800 --> 00:01:38.416 So let's talk a little bit about wounds,

NOTE Confidence: 0.9201623275

00:01:38.420 --> 00:01:41.405 specifically in the kind of

NOTE Confidence: 0.9201623275

00:01:41.405 --> 00:01:43.793 group of cancer patients.

NOTE Confidence: 0.9201623275

00:01:43.800 --> 00:01:45.500 When we think about surgery,

NOTE Confidence: 0.9201623275

00:01:45.500 --> 00:01:47.620 it's it's frequently a modality

NOTE Confidence: 0.9201623275

00:01:47.620 --> 00:01:49.740 used to treat cancer patients.

NOTE Confidence: 0.9201623275

00:01:49.740 --> 00:01:51.720 Our wounds, particularly more

NOTE Confidence: 0.9201623275

00:01:51.720 --> 00:01:53.700 difficult in cancer patients,

NOTE Confidence: 0.9201623275

00:01:53.700 --> 00:01:55.919 are there are things about cancer that

NOTE Confidence: 0.9201623275

00:01:55.919 --> 00:01:57.969 make wounds more difficult to heal.

NOTE Confidence: 0.7699562984

00:01:59.730 --> 00:02:02.970 It can because you know,

NOTE Confidence: 0.7699562984

00:02:02.970 --> 00:02:05.274 and this is what I tell every patient

NOTE Confidence: 0.7699562984

00:02:05.274 --> 00:02:07.350 that comes to see me in the clinic.

NOTE Confidence: 0.7699562984

00:02:07.350 --> 00:02:08.868 And that is that, you know,

NOTE Confidence: 0.7699562984

00:02:08.870 --> 00:02:10.846 taking care of a wound is a lot

NOTE Confidence: 0.7699562984

00:02:10.846 --> 00:02:12.282 more like a gardening project

NOTE Confidence: 0.7699562984

00:02:12.282 --> 00:02:14.300 than it is a home repair project.

NOTE Confidence: 0.7699562984

00:02:14.300 --> 00:02:15.550 And you're not just trying

NOTE Confidence: 0.7699562984

00:02:15.550 --> 00:02:17.208 to seal a hole in the wall,

NOTE Confidence: 0.7699562984

00:02:17.210 --> 00:02:19.149 you're trying to get something to grow.

NOTE Confidence: 0.7699562984

00:02:19.150 --> 00:02:22.118 And just as gardeners have no easy

NOTE Confidence: 0.7699562984

00:02:22.118 --> 00:02:25.239 way to make a plant grow right,

NOTE Confidence: 0.7699562984

00:02:25.240 --> 00:02:26.906 they can't just force them to bloom

NOTE Confidence: 0.7699562984

00:02:26.906 --> 00:02:28.690 or bear fruit when we want them to.

NOTE Confidence: 0.7699562984

00:02:28.690 --> 00:02:29.360 We, really.

NOTE Confidence: 0.7699562984

00:02:29.360 --> 00:02:31.370 Aren't able to force a wound

NOTE Confidence: 0.7699562984

00:02:31.370 --> 00:02:32.808 to heal on a body,

NOTE Confidence: 0.7699562984

00:02:32.810 --> 00:02:34.340 whether it's from surgery or

NOTE Confidence: 0.7699562984

00:02:34.340 --> 00:02:35.564 for some other reason.

NOTE Confidence: 0.7699562984

00:02:35.570 --> 00:02:37.714 And you know, in the case of cancer,

NOTE Confidence: 0.7699562984

00:02:37.720 --> 00:02:39.508 you know, as you might imagine,

NOTE Confidence: 0.7699562984

00:02:39.510 --> 00:02:41.643 there are a lot of other things going on.

NOTE Confidence: 0.7699562984

00:02:41.650 --> 00:02:43.330 You know the the tumor itself

NOTE Confidence: 0.7699562984

00:02:43.330 --> 00:02:45.180 is competing with the body for

NOTE Confidence: 0.7699562984

00:02:45.180 --> 00:02:46.520 nutrients and resources that

NOTE Confidence: 0.7699562984

00:02:46.520 --> 00:02:48.153 are important that your body

NOTE Confidence: 0.7699562984

00:02:48.153 --> 00:02:49.784 needs to get a wound to heel.

NOTE Confidence: 0.7699562984

00:02:49.790 --> 00:02:51.800 And then there are various treatments

NOTE Confidence: 0.7699562984

00:02:51.800 --> 00:02:53.942 like you know whether it's medications

NOTE Confidence: 0.7699562984

00:02:53.942 --> 00:02:55.787 like chemotherapy or radiation that

NOTE Confidence: 0.7699562984

00:02:55.787 --> 00:02:58.134 you know can actively inhibit the

NOTE Confidence: 0.7699562984

00:02:58.134 --> 00:02:59.718 body's ability to heal the wound.

NOTE Confidence: 0.839443117142857

00:03:01.020 --> 00:03:03.386 And so how do you manage that?

NOTE Confidence: 0.839443117142857

00:03:03.390 --> 00:03:05.798 I mean, when you think about the

NOTE Confidence: 0.839443117142857

00:03:05.798 --> 00:03:08.450 fact that cancer, as you say,

NOTE Confidence: 0.839443117142857

00:03:08.450 --> 00:03:11.166 can compete for for resources, right?

NOTE Confidence: 0.839443117142857

00:03:11.166 --> 00:03:14.250 It can compete for a blood supply.

NOTE Confidence: 0.839443117142857

00:03:14.250 --> 00:03:15.990 It can compete for nutrients

NOTE Confidence: 0.839443117142857

00:03:15.990 --> 00:03:18.130 which your body needs to heal.

NOTE Confidence: 0.839443117142857

00:03:18.130 --> 00:03:19.924 And yet the cancer if there's

NOTE Confidence: 0.839443117142857

00:03:19.924 --> 00:03:21.740 cancer in that same vicinity,

NOTE Confidence: 0.839443117142857

00:03:21.740 --> 00:03:25.240 it can actively inhibit wound healing so.

NOTE Confidence: 0.839443117142857

00:03:25.240 --> 00:03:27.438 Are there tips and tricks that you

NOTE Confidence: 0.839443117142857

00:03:27.438 --> 00:03:29.627 use that are in your armamentarium

NOTE Confidence: 0.839443117142857

00:03:29.627 --> 00:03:31.985 that help these wounds to heal?

NOTE Confidence: 0.86610952625

00:03:33.070 --> 00:03:36.438 Well, I would say that I you know,

NOTE Confidence: 0.86610952625

00:03:36.440 --> 00:03:39.310 I don't typically take the approach that

NOTE Confidence: 0.86610952625

00:03:39.310 --> 00:03:41.825 I learned during my surgical training

NOTE Confidence: 0.86610952625

00:03:41.825 --> 00:03:44.744 right where you you you, you know you.

NOTE Confidence: 0.86610952625

00:03:44.744 --> 00:03:46.830 I guess you know you try to

NOTE Confidence: 0.86610952625

00:03:46.903 --> 00:03:48.718 tackle a problem head on,

NOTE Confidence: 0.86610952625

00:03:48.720 --> 00:03:50.576 you know if if there is a tumor,

NOTE Confidence: 0.86610952625

00:03:50.580 --> 00:03:51.488 you take it out.

NOTE Confidence: 0.86610952625

00:03:51.488 --> 00:03:54.302 If if there is a a stab wound, you try to,

NOTE Confidence: 0.86610952625

00:03:54.302 --> 00:03:55.870 you know, stop the bleeding instead.

NOTE Confidence: 0.86610952625

00:03:55.870 --> 00:03:58.201 I I try to kind of like the

NOTE Confidence: 0.86610952625

00:03:58.201 --> 00:03:59.666 way a gardener you know,

NOTE Confidence: 0.86610952625

00:03:59.670 --> 00:04:01.590 Gardner can't make a plant grow

NOTE Confidence: 0.86610952625

00:04:01.590 --> 00:04:03.269 just by directly pulling on it.

NOTE Confidence: 0.86610952625

00:04:03.270 --> 00:04:05.814 Right, you try to understand the

NOTE Confidence: 0.86610952625

00:04:05.814 --> 00:04:07.854 circumstances that that plant or

NOTE Confidence: 0.86610952625

00:04:07.854 --> 00:04:09.765 garden is in and and see what

NOTE Confidence: 0.86610952625

00:04:09.765 --> 00:04:12.109 you can do to modify it or or to

NOTE Confidence: 0.86610952625

00:04:12.109 --> 00:04:13.639 you know to somehow tweak it.

NOTE Confidence: 0.86610952625

00:04:13.639 --> 00:04:15.858 And so I try a very similar approach

NOTE Confidence: 0.86610952625

00:04:15.858 --> 00:04:17.718 and so with patients you know

NOTE Confidence: 0.86610952625

00:04:17.718 --> 00:04:19.770 the very first time they meet me.

NOTE Confidence: 0.86610952625

00:04:19.770 --> 00:04:21.689 One of the first things I do is I I try to,

NOTE Confidence: 0.86610952625

00:04:21.690 --> 00:04:23.586 you know, in an efficient manner,

NOTE Confidence: 0.86610952625

00:04:23.590 --> 00:04:25.774 but go through a whole series

NOTE Confidence: 0.86610952625

00:04:25.774 --> 00:04:27.230 of questions about you.

NOTE Confidence: 0.86610952625

00:04:27.230 --> 00:04:29.100 Know whether they have comorbidities

NOTE Confidence: 0.86610952625

00:04:29.100 --> 00:04:30.596 like diabetes or smoking.

NOTE Confidence: 0.86610952625

00:04:30.600 --> 00:04:34.107 That might also be problematic for healing.

NOTE Confidence: 0.86610952625

00:04:34.110 --> 00:04:36.290 Whether they're eating adequately

NOTE Confidence: 0.86610952625

00:04:36.290 --> 00:04:38.470 to start with right,

NOTE Confidence: 0.86610952625

00:04:38.470 --> 00:04:41.368 and also to understand her social situation,

NOTE Confidence: 0.86610952625

00:04:41.370 --> 00:04:43.338 you know I've found that patients

NOTE Confidence: 0.86610952625

00:04:43.338 --> 00:04:45.582 who live on their own can find it

NOTE Confidence: 0.86610952625

00:04:45.582 --> 00:04:46.702 particularly challenging to get a

NOTE Confidence: 0.86610952625

00:04:46.702 --> 00:04:48.235 wound to heal because they they

NOTE Confidence: 0.86610952625

00:04:48.235 --> 00:04:49.530 have to do everything themselves.

NOTE Confidence: 0.86610952625

00:04:49.530 --> 00:04:51.936 They don't have any support to

NOTE Confidence: 0.86610952625

00:04:51.936 --> 00:04:54.832 to get rest and and then with in

NOTE Confidence: 0.86610952625

00:04:54.832 --> 00:04:56.087 the case of cancer patients,

NOTE Confidence: 0.86610952625

00:04:56.090 --> 00:04:58.530 I I try to pay attention to what,

NOTE Confidence: 0.86610952625

00:04:58.530 --> 00:04:59.506 what their you know?

NOTE Confidence: 0.86610952625

00:04:59.506 --> 00:05:00.970 What kind of therapies are getting

NOTE Confidence: 0.86610952625

00:05:01.016 --> 00:05:02.301 are or what they're anticipating

NOTE Confidence: 0.86610952625

00:05:02.301 --> 00:05:03.586 are they're going to are?

NOTE Confidence: 0.86610952625

00:05:03.590 --> 00:05:04.602 Have they gotten radiation?

NOTE Confidence: 0.86610952625

00:05:04.602 --> 00:05:06.700 Are they gonna need it in the future,

NOTE Confidence: 0.86610952625

00:05:06.700 --> 00:05:07.405 and how soon?

NOTE Confidence: 0.86610952625

00:05:07.405 --> 00:05:09.508 And and in that sense I I try

NOTE Confidence: 0.86610952625

00:05:09.508 --> 00:05:11.096 to work collaboratively with.

NOTE Confidence: 0.86610952625

00:05:11.100 --> 00:05:13.638 You know, all the other caregivers to try to,

NOTE Confidence: 0.86610952625

00:05:13.640 --> 00:05:15.656 you know, hopefully help you know,

NOTE Confidence: 0.86610952625

00:05:15.660 --> 00:05:17.417 help the patient here in terms of

NOTE Confidence: 0.86610952625

00:05:17.417 --> 00:05:19.201 the healing and and and and trying

NOTE Confidence: 0.86610952625

00:05:19.201 --> 00:05:20.671 to balance on one hand right?

NOTE Confidence: 0.86610952625

00:05:20.680 --> 00:05:22.570 Obviously the priority is to get

NOTE Confidence: 0.86610952625

00:05:22.570 --> 00:05:23.515 the cancer treated,

NOTE Confidence: 0.86610952625

00:05:23.520 --> 00:05:25.470 but to do it in a way so that it

NOTE Confidence: 0.86610952625

00:05:25.532 --> 00:05:27.890 will set them up in the best way to

NOTE Confidence: 0.86610952625

00:05:27.890 --> 00:05:30.344 recover and and heal in an optimal fashion.

NOTE Confidence: 0.79156952

00:05:31.260 --> 00:05:34.726 So you mentioned several things there that

NOTE Confidence: 0.79156952

00:05:34.726 --> 00:05:37.300 I think we can dive into a little bit more.

NOTE Confidence: 0.79156952

00:05:37.300 --> 00:05:40.380 So one is nutrition and we know that for some

NOTE Confidence: 0.79156952

00:05:40.449 --> 00:05:43.529 cancer patients that can be really difficult,

NOTE Confidence: 0.79156952

00:05:43.530 --> 00:05:46.210 especially for patients who may

NOTE Confidence: 0.79156952

00:05:46.210 --> 00:05:48.890 have cancers in the oropharynx

NOTE Confidence: 0.79156952

00:05:48.890 --> 00:05:51.760 or or in the the stomach region.

NOTE Confidence: 0.79156952

00:05:51.760 --> 00:05:53.290 We're getting enough.

NOTE Confidence: 0.79156952

00:05:53.290 --> 00:05:55.330 Nutrition is really difficult.

NOTE Confidence: 0.79156952

00:05:55.330 --> 00:05:57.418 So what advice do you have

NOTE Confidence: 0.79156952

00:05:57.418 --> 00:05:58.462 for these patients?

NOTE Confidence: 0.79156952

00:05:58.470 --> 00:06:00.930 I mean it it many patients,

NOTE Confidence: 0.79156952

00:06:00.930 --> 00:06:02.418 I'm sure ask you well doc,

NOTE Confidence: 0.79156952

00:06:02.420 --> 00:06:03.827 you know what should I be eating?

NOTE Confidence: 0.79156952

00:06:03.830 --> 00:06:05.948 Should I be taking more supplements?

NOTE Confidence: 0.79156952

00:06:05.950 --> 00:06:06.739 Should I be?

NOTE Confidence: 0.79156952

00:06:06.739 --> 00:06:08.054 Should I be eating more?

NOTE Confidence: 0.79156952

00:06:08.060 --> 00:06:09.458 Protein, you know?

NOTE Confidence: 0.79156952

00:06:09.458 --> 00:06:11.788 What do you think about

NOTE Confidence: 0.79156952

00:06:11.790 --> 00:06:13.730 supplemental drinks like ensure?

NOTE Confidence: 0.79156952

00:06:13.730 --> 00:06:15.670 I mean are those?

NOTE Confidence: 0.79156952

00:06:15.670 --> 00:06:18.613 Tell us a bit more about how you might

NOTE Confidence: 0.79156952

00:06:18.613 --> 00:06:20.618 optimize people's nutrition and.

NOTE Confidence: 0.79156952

00:06:20.620 --> 00:06:23.156 And whether in fact that has a real

NOTE Confidence: 0.79156952

00:06:23.156 --> 00:06:25.480 impact in terms of wound healing.

NOTE Confidence: 0.791458315714286

00:06:26.970 --> 00:06:29.571 Though I I drink, I'll try to meet the

NOTE Confidence: 0.791458315714286

00:06:29.571 --> 00:06:31.990 patient where they are right, you know.

NOTE Confidence: 0.791458315714286

00:06:31.990 --> 00:06:34.210 And just as with kids right?

NOTE Confidence: 0.791458315714286

00:06:34.210 --> 00:06:35.939 Even though they're you know with children,

NOTE Confidence: 0.791458315714286

00:06:35.940 --> 00:06:38.010 you want them to get a well balanced diet.

NOTE Confidence: 0.791458315714286

00:06:38.010 --> 00:06:40.180 But especially in this day and age.

NOTE Confidence: 0.791458315714286

00:06:40.180 --> 00:06:42.196 Certainly I'm this way as a parent

NOTE Confidence: 0.791458315714286

00:06:42.196 --> 00:06:44.238 I don't force my children, you know,

NOTE Confidence: 0.791458315714286

00:06:44.238 --> 00:06:45.790 to eat like if they don't like spinach,

NOTE Confidence: 0.791458315714286

00:06:45.790 --> 00:06:47.127 I don't force them to eat spinach,

NOTE Confidence: 0.791458315714286

00:06:47.130 --> 00:06:48.981 but I I try to find another way for them to

NOTE Confidence: 0.791458315714286

00:06:48.981 --> 00:06:50.589 get the same vitamins that they might get,

NOTE Confidence: 0.791458315714286

00:06:50.590 --> 00:06:53.326 and spinach and and so similar with patients.

NOTE Confidence: 0.791458315714286

00:06:53.330 --> 00:06:55.878 I tried to do my best to

NOTE Confidence: 0.791458315714286

00:06:55.878 --> 00:06:56.970 understand our situation.

NOTE Confidence: 0.791458315714286

00:06:56.970 --> 00:06:58.626 You know, if something like ensure

NOTE Confidence: 0.791458315714286

00:06:58.626 --> 00:07:00.620 works and helping them to get more

NOTE Confidence: 0.791458315714286

00:07:00.620 --> 00:07:02.300 protein than I certainly encourage that.

NOTE Confidence: 0.791458315714286

00:07:02.300 --> 00:07:04.332 If they don't like ensure if they you

NOTE Confidence: 0.791458315714286

00:07:04.332 --> 00:07:06.298 know they like carnation carnation

NOTE Confidence: 0.791458315714286

00:07:06.298 --> 00:07:07.672 instant breakfast, then great.

NOTE Confidence: 0.791458315714286

00:07:07.672 --> 00:07:09.219 If they don't like any of those

NOTE Confidence: 0.791458315714286

00:07:09.219 --> 00:07:10.238 things and I you know I,

NOTE Confidence: 0.791458315714286

00:07:10.240 --> 00:07:11.536 I really try to you know,

NOTE Confidence: 0.791458315714286

00:07:11.540 --> 00:07:13.740 let them understand you know what you know.

NOTE Confidence: 0.791458315714286

00:07:13.740 --> 00:07:15.756 Their priorities are so you know protein.

NOTE Confidence: 0.791458315714286

00:07:15.760 --> 00:07:17.602 As you mentioned protein and that

NOTE Confidence: 0.791458315714286

00:07:17.602 --> 00:07:18.546 is very important.

NOTE Confidence: 0.791458315714286

00:07:18.546 --> 00:07:21.154 I try to let have the patient understand

NOTE Confidence: 0.791458315714286

00:07:21.154 --> 00:07:22.946 that protein provides still building

NOTE Confidence: 0.791458315714286

00:07:22.946 --> 00:07:25.995 blocks that the body uses to heal a wound

NOTE Confidence: 0.791458315714286

00:07:25.995 --> 00:07:28.708 and so whatever foods that can provide that.

NOTE Confidence: 0.791458315714286

00:07:28.708 --> 00:07:31.848 Protein, whether it's meat or

NOTE Confidence: 0.791458315714286

00:07:31.850 --> 00:07:35.306 beans or or cheese or nuts,

NOTE Confidence: 0.791458315714286

00:07:35.310 --> 00:07:37.200 you know, or something like?

NOTE Confidence: 0.791458315714286

00:07:37.200 --> 00:07:38.720 Ensure I I tell them.

NOTE Confidence: 0.791458315714286

00:07:38.720 --> 00:07:40.304 The important thing is to get the protein.

NOTE Confidence: 0.791458315714286

00:07:40.310 --> 00:07:41.958 How they get it matters less to me

NOTE Confidence: 0.791458315714286

00:07:41.958 --> 00:07:43.810 than the fact that they're getting it,

NOTE Confidence: 0.791458315714286

00:07:43.810 --> 00:07:45.042 and I take it try to take the

NOTE Confidence: 0.791458315714286

00:07:45.042 --> 00:07:46.148 same path with all the other.

NOTE Confidence: 0.791458315714286

00:07:46.150 --> 00:07:49.390 The vitamins and calories I asked them to,

NOTE Confidence: 0.791458315714286

00:07:49.390 --> 00:07:51.280 you know, not just to you know

NOTE Confidence: 0.791458315714286

00:07:51.280 --> 00:07:53.259 to eat only potato chips, right?

NOTE Confidence: 0.791458315714286

00:07:53.259 --> 00:07:53.528 Obviously?

NOTE Confidence: 0.791458315714286

00:07:53.528 --> 00:07:56.070 But to try to be as balanced as I can,

NOTE Confidence: 0.791458315714286

00:07:56.070 --> 00:07:57.736 but they they need to get into

NOTE Confidence: 0.791458315714286

00:07:57.736 --> 00:07:58.942 something you know, I know.

NOTE Confidence: 0.791458315714286

00:07:58.942 --> 00:08:00.034 Especially in cancer, right?

NOTE Confidence: 0.791458315714286

00:08:00.034 --> 00:08:02.158 You know a lot of times

NOTE Confidence: 0.791458315714286

00:08:02.158 --> 00:08:03.547 appetite is suppressed, right?

NOTE Confidence: 0.791458315714286

00:08:03.547 --> 00:08:05.836 And so if that's a real issue,

NOTE Confidence: 0.791458315714286

00:08:05.840 --> 00:08:07.802 I try to work with the other caregivers or

NOTE Confidence: 0.791458315714286

00:08:07.802 --> 00:08:09.737 find some way to stimulate that appetite.

NOTE Confidence: 0.791458315714286

00:08:09.740 --> 00:08:10.795 Sometimes just a matter of

NOTE Confidence: 0.791458315714286

00:08:10.795 --> 00:08:11.928 finding the right foods, right?

NOTE Confidence: 0.791458315714286

00:08:11.928 --> 00:08:12.792 So I work,

NOTE Confidence: 0.791458315714286

00:08:12.792 --> 00:08:15.233 I work with the family to see what

NOTE Confidence: 0.791458315714286

00:08:15.233 --> 00:08:18.011 what can be done to somehow make you

NOTE Confidence: 0.791458315714286

00:08:18.011 --> 00:08:20.180 know the nutrition as as you know,

NOTE Confidence: 0.791458315714286

00:08:20.180 --> 00:08:21.720 something that's not like a feels like

NOTE Confidence: 0.791458315714286

00:08:21.771 --> 00:08:23.199 a prison sentence to the patient,

NOTE Confidence: 0.791458315714286

00:08:23.200 --> 00:08:24.170 but something that they you

NOTE Confidence: 0.791458315714286

00:08:24.170 --> 00:08:25.370 know they really want to have.

NOTE Confidence: 0.839278945555556

00:08:26.790 --> 00:08:28.195 Dietitians can likely help in

NOTE Confidence: 0.839278945555556

00:08:28.195 --> 00:08:29.620 that process as well, right?

NOTE Confidence: 0.7799168325

00:08:29.720 --> 00:08:30.653 Yes, exactly, yes.

NOTE Confidence: 0.7799168325

00:08:30.653 --> 00:08:33.108 So you know, we try to work with the,

NOTE Confidence: 0.7799168325

00:08:33.110 --> 00:08:34.158 you know, smile centers,

NOTE Confidence: 0.7799168325

00:08:34.158 --> 00:08:35.468 dietitians and try to communicate

NOTE Confidence: 0.7799168325

00:08:35.468 --> 00:08:37.058 with them to, you know, you know.

NOTE Confidence: 0.7799168325

00:08:37.058 --> 00:08:38.480 Usually they're already well plugged in

NOTE Confidence: 0.7799168325

00:08:38.522 --> 00:08:40.124 by the time the patients kind of see me.

NOTE Confidence: 0.7799168325

00:08:40.130 --> 00:08:41.770 They're usually well plugged into

NOTE Confidence: 0.7799168325

00:08:41.770 --> 00:08:43.622 the Smile Support network, but right?

NOTE Confidence: 0.7799168325

00:08:43.622 --> 00:08:45.484 I make sure I just confirmed that

NOTE Confidence: 0.7799168325

00:08:45.484 --> 00:08:47.270 they already spoken to a dietitian

NOTE Confidence: 0.7799168325

00:08:47.270 --> 00:08:49.275 and you know, are you know,

NOTE Confidence: 0.7799168325

00:08:49.275 --> 00:08:51.525 working towards that goal of whatever

NOTE Confidence: 0.7799168325

00:08:51.525 --> 00:08:53.652 calorie goal or or protein goal

NOTE Confidence: 0.7799168325

00:08:53.652 --> 00:08:55.720 that that dietitian has given them,

NOTE Confidence: 0.8894809825

00:08:56.490 --> 00:08:59.194 you know. The other thing that you mentioned,

NOTE Confidence: 0.8894809825

00:08:59.200 --> 00:09:02.260 which is prevalent for many cancer

NOTE Confidence: 0.8894809825

00:09:02.260 --> 00:09:04.740 survivors is is smoking and.

NOTE Confidence: 0.8894809825

00:09:04.740 --> 00:09:06.845 And that's because smoking really

NOTE Confidence: 0.8894809825

00:09:06.845 --> 00:09:09.660 leads to a number of cancers,

NOTE Confidence: 0.8894809825

00:09:09.660 --> 00:09:12.916 but at the same time smoking can be

NOTE Confidence: 0.8894809825

00:09:12.916 --> 00:09:16.119 really bad in terms of wound healing.

NOTE Confidence: 0.8894809825

00:09:16.120 --> 00:09:18.200 So can you talk to us a little

NOTE Confidence: 0.8894809825

00:09:18.200 --> 00:09:20.227 bit more about the effect that

NOTE Confidence: 0.8894809825

00:09:20.227 --> 00:09:22.387 smoking has on wound healing and

NOTE Confidence: 0.8894809825

00:09:22.453 --> 00:09:24.518 kind of what you do about that?

NOTE Confidence: 0.8894809825

00:09:24.520 --> 00:09:27.000 I mean, is it possible to get people?

NOTE Confidence: 0.8894809825

00:09:27.000 --> 00:09:29.268 To quit smoking and if they quit,

NOTE Confidence: 0.8894809825

00:09:29.270 --> 00:09:31.888 does that really impact their wound healing?

NOTE Confidence: 0.8894809825

00:09:31.890 --> 00:09:35.090 If they've been smoking for 20 years or?

NOTE Confidence: 0.8894809825

00:09:35.090 --> 00:09:36.586 You know, is the cat kind of already

NOTE Confidence: 0.8894809825

00:09:36.586 --> 00:09:38.375 out of the bag and it really doesn't

NOTE Confidence: 0.8894809825

00:09:38.375 --> 00:09:39.940 make any difference if they quit now.

NOTE Confidence: 0.495280786

00:09:40.770 --> 00:09:44.330 Well, yeah, unlike tumor pathology,

NOTE Confidence: 0.495280786

00:09:44.330 --> 00:09:47.865 smoking does have an immediate effect on

NOTE Confidence: 0.495280786

00:09:47.865 --> 00:09:50.757 healing and you don't need a whole lot

NOTE Confidence: 0.495280786

00:09:50.757 --> 00:09:54.230 in terms of the exposure to slow healing.

NOTE Confidence: 0.495280786

00:09:54.230 --> 00:09:57.294 I like to tell patients that in in

NOTE Confidence: 0.495280786

00:09:57.294 --> 00:10:01.273 like for certain other types of like

NOTE Confidence: 0.495280786

00:10:01.273 --> 00:10:03.769 cosmetic procedures like facelifts,

NOTE Confidence: 0.495280786

00:10:03.770 --> 00:10:05.036 many plastic surgeons.

NOTE Confidence: 0.495280786

00:10:05.036 --> 00:10:07.146 We're very hesitant to operate

NOTE Confidence: 0.495280786

00:10:07.146 --> 00:10:09.274 on someone who even smokes at

NOTE Confidence: 0.495280786

00:10:09.274 --> 00:10:11.092 like 1 puff of a cigarette.

NOTE Confidence: 0.495280786

00:10:11.100 --> 00:10:13.180 You know every six months,

NOTE Confidence: 0.495280786

00:10:13.180 --> 00:10:15.518 because even that small amount of exposure,

NOTE Confidence: 0.495280786

00:10:15.520 --> 00:10:16.435 at least empirically,

NOTE Confidence: 0.495280786

00:10:16.435 --> 00:10:18.570 we find that leads to a higher

NOTE Confidence: 0.495280786

00:10:18.632 --> 00:10:20.302 rate of healing problems after

NOTE Confidence: 0.495280786

00:10:20.302 --> 00:10:22.410 a cosmetic surgery and and also

NOTE Confidence: 0.495280786

00:10:22.410 --> 00:10:24.270 can affect the scarring outcomes.

NOTE Confidence: 0.495280786

00:10:24.270 --> 00:10:25.836 You know, in terms of the appearance, right?

NOTE Confidence: 0.495280786

00:10:25.836 --> 00:10:26.940 Which is so important.

NOTE Confidence: 0.495280786

00:10:26.940 --> 00:10:29.292 So I take that knowledge and in terms

NOTE Confidence: 0.495280786

00:10:29.292 --> 00:10:32.079 of my counseling cancer patients that

NOTE Confidence: 0.495280786

00:10:32.080 --> 00:10:34.588 that quitting smoking now right will

NOTE Confidence: 0.495280786

00:10:34.588 --> 00:10:36.800 immediately improve their ability to heal.

NOTE Confidence: 0.495280786

00:10:36.800 --> 00:10:39.397 I've certainly seen that with my own

NOTE Confidence: 0.495280786

00:10:39.397 --> 00:10:42.894 patients and and I and I actually consider

NOTE Confidence: 0.495280786

00:10:42.894 --> 00:10:45.204 myself relatively fortunate compared to,

NOTE Confidence: 0.495280786

00:10:45.210 --> 00:10:46.990 say, our primary care colleagues,

NOTE Confidence: 0.495280786

00:10:46.990 --> 00:10:48.448 who you know who will be.

NOTE Confidence: 0.495280786

00:10:48.450 --> 00:10:49.272 Oftentimes, you know,

NOTE Confidence: 0.495280786

00:10:49.272 --> 00:10:51.490 preaching the same message that you know that

NOTE Confidence: 0.495280786

00:10:51.490 --> 00:10:53.268 quitting smoking is good for your health.

NOTE Confidence: 0.495280786

00:10:53.270 --> 00:10:55.270 But in in my instance,

NOTE Confidence: 0.495280786

00:10:55.270 --> 00:10:56.566 all the patients are coming to

NOTE Confidence: 0.495280786

00:10:56.566 --> 00:10:57.830 me with a concrete problem,

NOTE Confidence: 0.495280786

00:10:57.830 --> 00:10:58.075 right?

NOTE Confidence: 0.495280786

00:10:58.075 --> 00:10:59.790 They have this wound that isn't healing,

NOTE Confidence: 0.495280786

00:10:59.790 --> 00:11:01.533 so it's not an abstract problem that

NOTE Confidence: 0.495280786

00:11:01.533 --> 00:11:03.651 that you know that where some of my

NOTE Confidence: 0.495280786

00:11:03.651 --> 00:11:05.270 other colleagues may be working with.

NOTE Confidence: 0.495280786

00:11:05.270 --> 00:11:06.920 For for me, I have a.

NOTE Confidence: 0.495280786

00:11:06.920 --> 00:11:08.762 This concrete problem that is very

NOTE Confidence: 0.495280786

00:11:08.762 --> 00:11:10.730 concrete and tangible to the patients,

NOTE Confidence: 0.495280786

00:11:10.730 --> 00:11:12.980 and so even if they you know the patients

NOTE Confidence: 0.495280786

00:11:12.980 --> 00:11:15.465 say that they've been smoking for 20 years,

NOTE Confidence: 0.495280786

00:11:15.470 --> 00:11:16.926 they find it very hard to quit.

NOTE Confidence: 0.495280786

00:11:16.930 --> 00:11:18.210 I I don't try to,

NOTE Confidence: 0.495280786

00:11:18.210 --> 00:11:19.550 you know, make it sound.

NOTE Confidence: 0.495280786

00:11:19.550 --> 00:11:20.930 I'm judging them for not quitting.

NOTE Confidence: 0.495280786

00:11:20.930 --> 00:11:22.620 I'm just giving them information

NOTE Confidence: 0.495280786

00:11:22.620 --> 00:11:23.972 and you'd be surprised.

NOTE Confidence: 0.495280786

00:11:23.980 --> 00:11:24.838 And he said,

NOTE Confidence: 0.495280786

00:11:24.838 --> 00:11:26.268 how often actually more often

NOTE Confidence: 0.495280786

00:11:26.268 --> 00:11:28.488 than I would have predicted that

NOTE Confidence: 0.495280786

00:11:28.488 --> 00:11:30.068 many patients actually quit,

NOTE Confidence: 0.495280786

00:11:30.070 --> 00:11:31.718 or at least in the time that they're

NOTE Confidence: 0.495280786

00:11:31.718 --> 00:11:32.887 following with me to just long

NOTE Confidence: 0.495280786

00:11:32.887 --> 00:11:34.200 enough to get their wound to heal?

NOTE Confidence: 0.71627821

00:11:34.930 --> 00:11:37.382 What about other social?

NOTE Confidence: 0.71627821

00:11:37.382 --> 00:11:39.960 Habits so you know alcohol can increase

NOTE Confidence: 0.71627821

00:11:39.960 --> 00:11:41.949 your risk of a number of cancers.

NOTE Confidence: 0.71627821

00:11:41.950 --> 00:11:44.174 Does that have an impact on wound healing?

NOTE Confidence: 0.82817541125

00:11:45.820 --> 00:11:48.972 There there's not a whole lot of science

NOTE Confidence: 0.82817541125

00:11:48.972 --> 00:11:52.113 in terms of the direct impact of alcohol

NOTE Confidence: 0.82817541125

00:11:52.113 --> 00:11:55.397 in terms of the biology of healing I,

NOTE Confidence: 0.82817541125

00:11:55.400 --> 00:11:56.849 I think it's more just in terms

NOTE Confidence: 0.82817541125

00:11:56.849 --> 00:11:58.433 of the impact on judgment, right?

NOTE Confidence: 0.82817541125

00:11:58.433 --> 00:12:00.904 So someone who's had a few drinks

NOTE Confidence: 0.82817541125

00:12:00.904 --> 00:12:03.073 probably may not make the best

NOTE Confidence: 0.82817541125

00:12:03.073 --> 00:12:05.155 decisions in terms of doing things

NOTE Confidence: 0.82817541125

00:12:05.224 --> 00:12:07.257 like like elevating a leg, right?

NOTE Confidence: 0.82817541125

00:12:07.257 --> 00:12:09.336 That which is very important for healing.

NOTE Confidence: 0.82817541125

00:12:09.340 --> 00:12:12.732 And so I, I, I personally don't tell

NOTE Confidence: 0.82817541125

00:12:12.732 --> 00:12:15.700 patients that they can't drink at all.

NOTE Confidence: 0.82817541125

00:12:15.700 --> 00:12:17.184 Right, but I I tell them, you know,

NOTE Confidence: 0.82817541125

00:12:17.184 --> 00:12:19.147 they you know use common sense, right?

NOTE Confidence: 0.82817541125

00:12:19.147 --> 00:12:20.932 You certainly don't want to

NOTE Confidence: 0.82817541125

00:12:20.932 --> 00:12:22.540 be getting drunk every night,

NOTE Confidence: 0.82817541125

00:12:22.540 --> 00:12:24.366 and that keeps you from, you know,

NOTE Confidence: 0.82817541125

00:12:24.366 --> 00:12:26.102 filling all the good habits you need

NOTE Confidence: 0.82817541125

00:12:26.102 --> 00:12:27.967 in order to make sure you recover.

NOTE Confidence: 0.82817541125

00:12:27.970 --> 00:12:28.980 Whether it's getting a wound

NOTE Confidence: 0.82817541125

00:12:28.980 --> 00:12:29.788 to heel or getting,

NOTE Confidence: 0.82817541125

00:12:29.790 --> 00:12:31.560 you know better from your

NOTE Confidence: 0.82817541125

00:12:31.560 --> 00:12:32.976 your your cancer diagnosis.

NOTE Confidence: 0.832371015555555

00:12:34.560 --> 00:12:37.512 And one final thing that is a risk

NOTE Confidence: 0.832371015555555

00:12:37.512 --> 00:12:39.904 factor for cancers is exposure

NOTE Confidence: 0.832371015555555

00:12:39.904 --> 00:12:42.519 to sunlight and tanning salons.

NOTE Confidence: 0.832371015555555

00:12:42.520 --> 00:12:44.695 We know that that increases

NOTE Confidence: 0.832371015555555

00:12:44.695 --> 00:12:46.435 the risk of Melanoma.

NOTE Confidence: 0.832371015555555

00:12:46.440 --> 00:12:50.408 Is there an impact of radiation in that

NOTE Confidence: 0.832371015555555

00:12:50.408 --> 00:12:53.440 way of sunlight getting out in the sun,

NOTE Confidence: 0.832371015555555

00:12:53.440 --> 00:12:55.925 going to tanning salons on wound healing?

NOTE Confidence: 0.834656798235294

00:12:57.490 --> 00:12:58.910 I think it's right.

NOTE Confidence: 0.834656798235294

00:12:58.910 --> 00:13:01.571 It's not as clear cut in terms

NOTE Confidence: 0.834656798235294

00:13:01.571 --> 00:13:04.265 of whether sunlight has a direct,

NOTE Confidence: 0.834656798235294

00:13:04.270 --> 00:13:06.230 harmful or beneficial effect, right?

NOTE Confidence: 0.834656798235294

00:13:06.230 --> 00:13:07.694 As you know, you know sunlike

NOTE Confidence: 0.834656798235294

00:13:07.694 --> 00:13:08.804 does kill bacteria, right?

NOTE Confidence: 0.834656798235294

00:13:08.804 --> 00:13:12.256 So exposing a wound to sunlight can help

NOTE Confidence: 0.834656798235294

00:13:12.256 --> 00:13:14.668 with decreasing bacterial overgrowth,

NOTE Confidence: 0.834656798235294

00:13:14.670 --> 00:13:16.625 which can become problematic in

NOTE Confidence: 0.834656798235294

00:13:16.625 --> 00:13:19.022 in in a wound, on the other hand,

NOTE Confidence: 0.834656798235294

00:13:19.022 --> 00:13:21.366 though, leaving it open to the sun

NOTE Confidence: 0.834656798235294

00:13:21.370 --> 00:13:23.050 can also cause the wind to dry out,

NOTE Confidence: 0.834656798235294

00:13:23.050 --> 00:13:25.689 which is not good for healing either.

NOTE Confidence: 0.834656798235294

00:13:25.690 --> 00:13:27.699 And in this case I again compare

NOTE Confidence: 0.834656798235294

00:13:27.699 --> 00:13:28.560 wounds to plants.

NOTE Confidence: 0.834656798235294

00:13:28.560 --> 00:13:30.486 To where that, just like plants,

NOTE Confidence: 0.834656798235294

00:13:30.490 --> 00:13:33.157 wounds need some moisture they don't like.

NOTE Confidence: 0.834656798235294

00:13:33.160 --> 00:13:33.787 Too much moisture,

NOTE Confidence: 0.834656798235294

00:13:33.787 --> 00:13:34.832 just like plants don't like

NOTE Confidence: 0.834656798235294

00:13:34.832 --> 00:13:35.780 to be overwatered,

NOTE Confidence: 0.834656798235294

00:13:35.780 --> 00:13:36.848 but they do need some moisture,

NOTE Confidence: 0.834656798235294

00:13:36.850 --> 00:13:38.726 so keeping it covered and not getting

NOTE Confidence: 0.834656798235294

00:13:38.726 --> 00:13:41.078 exposed to sun well keep it from drying out.

NOTE Confidence: 0.834656798235294

00:13:41.080 --> 00:13:42.784 I think where a sun where it's much

NOTE Confidence: 0.834656798235294

00:13:42.784 --> 00:13:44.543 more clear in terms of what the effect

NOTE Confidence: 0.834656798235294

00:13:44.543 --> 00:13:46.378 of sunlight has is on the healed wound.

NOTE Confidence: 0.834656798235294

00:13:46.380 --> 00:13:47.660 So like on scars, right?

NOTE Confidence: 0.834656798235294

00:13:47.660 --> 00:13:51.820 So sunlight does tend to make scars much

NOTE Confidence: 0.834656798235294

00:13:51.820 --> 00:13:54.240 more prominent after the wound has healed,

NOTE Confidence: 0.834656798235294

00:13:54.240 --> 00:13:56.192 and so I do recommend in patients who

NOTE Confidence: 0.834656798235294

00:13:56.192 --> 00:13:58.060 have who have successfully healed.

NOTE Confidence: 0.834656798235294

00:13:58.060 --> 00:13:59.806 It wants to really be mindful

NOTE Confidence: 0.834656798235294

00:13:59.806 --> 00:14:01.766 of how much direct sun exposure

NOTE Confidence: 0.834656798235294

00:14:01.766 --> 00:14:03.586 that area is getting because.

NOTE Confidence: 0.834656798235294

00:14:03.590 --> 00:14:05.018 By minimizing some exposure,

NOTE Confidence: 0.834656798235294

00:14:05.018 --> 00:14:07.940 make it easier for that scar to fade

NOTE Confidence: 0.834656798235294

00:14:07.940 --> 00:14:09.730 overtime and be less bothersome.

NOTE Confidence: 0.834656798235294

00:14:09.730 --> 00:14:11.890 Also, just and definitely avoiding sunburn,

NOTE Confidence: 0.834656798235294

00:14:11.890 --> 00:14:13.792 because sunburn can really make a

NOTE Confidence: 0.834656798235294

00:14:13.792 --> 00:14:15.987 scar much more likely to get chapped

NOTE Confidence: 0.834656798235294

00:14:15.987 --> 00:14:18.003 and break down again in the future.

NOTE Confidence: 0.809229986

00:14:18.420 --> 00:14:20.540 Yeah, so use that sunscreen.

NOTE Confidence: 0.809229986

00:14:20.540 --> 00:14:22.395 But for right now we're going to take

NOTE Confidence: 0.809229986

00:14:22.395 --> 00:14:24.430 a short break for a medical minute,

NOTE Confidence: 0.809229986

00:14:24.430 --> 00:14:26.062 but please stay tuned to learn

NOTE Confidence: 0.809229986

00:14:26.062 --> 00:14:27.719 more about wound healing and cancer

NOTE Confidence: 0.809229986

00:14:27.719 --> 00:14:29.273 with my guest Doctor Henry Hsia.

NOTE Confidence: 0.796172951

00:14:29.690 --> 00:14:31.725 Funding for Yale Cancer Answers

NOTE Confidence: 0.796172951

00:14:31.725 --> 00:14:33.760 comes from Smilow Cancer Hospital.

NOTE Confidence: 0.796172951

00:14:33.760 --> 00:14:35.644 Hosting a Smilow shares

NOTE Confidence: 0.796172951

00:14:35.644 --> 00:14:37.057 cancer survivors series.

NOTE Confidence: 0.796172951

00:14:37.060 --> 00:14:39.048 June 22nd and 29th.

NOTE Confidence: 0.796172951

00:14:39.048 --> 00:14:42.371 Register at Yale Cancer Center or

NOTE Confidence: 0.796172951

00:14:42.371 --> 00:14:46.526 e-mail cancer answers at yale dot edu.

NOTE Confidence: 0.796172951

00:14:46.530 --> 00:14:48.420 Genetic testing can be useful for

NOTE Confidence: 0.796172951

00:14:48.420 --> 00:14:50.270 people with certain types of cancer

NOTE Confidence: 0.796172951

00:14:50.270 --> 00:14:52.139 that seem to run in their families.

NOTE Confidence: 0.796172951

00:14:52.140 --> 00:14:54.045 Genetic counseling is a process

NOTE Confidence: 0.796172951

00:14:54.045 --> 00:14:55.950 that includes collecting a detailed

NOTE Confidence: 0.796172951

00:14:56.015 --> 00:14:57.607 personal and family history,

NOTE Confidence: 0.796172951

00:14:57.610 --> 00:14:58.948 a risk assessment,

NOTE Confidence: 0.796172951

00:14:58.948 --> 00:15:02.070 and a discussion of genetic testing options.

NOTE Confidence: 0.796172951

00:15:02.070 --> 00:15:04.342 Only about 5 to 10% of all

NOTE Confidence: 0.796172951

00:15:04.342 --> 00:15:05.350 cancers are inherited,

NOTE Confidence: 0.796172951

00:15:05.350 --> 00:15:07.410 and genetic testing is not

NOTE Confidence: 0.796172951

00:15:07.410 --> 00:15:08.646 recommended for everyone.

NOTE Confidence: 0.796172951

00:15:08.650 --> 00:15:10.615 Individuals who have a personal

NOTE Confidence: 0.796172951

00:15:10.615 --> 00:15:13.107 and or family history that includes

NOTE Confidence: 0.796172951

00:15:13.107 --> 00:15:15.367 cancer at unusually early ages.

NOTE Confidence: 0.796172951

00:15:15.370 --> 00:15:16.050 Multiple relatives.

NOTE Confidence: 0.796172951

00:15:16.050 --> 00:15:18.430 On the same side of the family

NOTE Confidence: 0.796172951

00:15:18.430 --> 00:15:19.829 with the same cancer,

NOTE Confidence: 0.796172951

00:15:19.830 --> 00:15:21.700 more than one diagnosis of

NOTE Confidence: 0.796172951

00:15:21.700 --> 00:15:23.570 cancer in the same individual.

NOTE Confidence: 0.796172951

00:15:23.570 --> 00:15:26.349 Rare cancers or family history of a

NOTE Confidence: 0.796172951

00:15:26.349 --> 00:15:28.643 known altered cancer predisposing gene

NOTE Confidence: 0.796172951

00:15:28.643 --> 00:15:31.727 could be candidates for genetic testing.

NOTE Confidence: 0.796172951

00:15:31.730 --> 00:15:33.815 Resources for genetic counseling and

NOTE Confidence: 0.796172951

00:15:33.815 --> 00:15:35.900 testing are available at federally

NOTE Confidence: 0.796172951

00:15:35.964 --> 00:15:37.197 designated comprehensive cancer

NOTE Confidence: 0.796172951

00:15:37.197 --> 00:15:39.663 centers such as Yale Cancer Center

NOTE Confidence: 0.796172951

00:15:39.663 --> 00:15:41.608 and Smilow Cancer Hospital.

NOTE Confidence: 0.796172951

00:15:41.610 --> 00:15:43.994 More information is available

NOTE Confidence: 0.796172951

00:15:43.994 --> 00:15:45.462 at yalecancercenter.org you're

NOTE Confidence: 0.796172951

00:15:45.462 --> 00:15:46.770 listening to Connecticut.

NOTE Confidence: 0.796172951

00:15:46.770 --> 00:15:47.620 Public radio

NOTE Confidence: 0.814779731666667

00:15:48.550 --> 00:15:50.608 welcome back to Yale Cancer Answers.

NOTE Confidence: 0.814779731666667

00:15:50.610 --> 00:15:53.151 I'm doctor Anees Chagpar and I'm joined

NOTE Confidence: 0.814779731666667

00:15:53.151 --> 00:15:55.930 tonight by my guest Doctor Henry Hsia.

NOTE Confidence: 0.814779731666667

00:15:55.930 --> 00:15:58.464 We're talking about wound healing and cancer,

NOTE Confidence: 0.814779731666667

00:15:58.470 --> 00:16:00.492 and Henry right before the break

NOTE Confidence: 0.814779731666667

00:16:00.492 --> 00:16:02.498 we were talking about a number

NOTE Confidence: 0.814779731666667

00:16:02.498 --> 00:16:04.556 of things that you kind of think

NOTE Confidence: 0.814779731666667

00:16:04.556 --> 00:16:06.590 about in terms of helping cancer

NOTE Confidence: 0.814779731666667

00:16:06.590 --> 00:16:08.710 patients get their wounds to heal,

NOTE Confidence: 0.814779731666667

00:16:08.710 --> 00:16:11.404 and one of the things that

NOTE Confidence: 0.814779731666667

00:16:11.404 --> 00:16:13.200 you mentioned was sleep,

NOTE Confidence: 0.814779731666667

00:16:13.200 --> 00:16:14.940 and that's something that I think

NOTE Confidence: 0.814779731666667

00:16:14.940 --> 00:16:17.099 a lot of patients might not really

NOTE Confidence: 0.814779731666667

00:16:17.099 --> 00:16:19.290 think about in terms of wound healing.

NOTE Confidence: 0.814779731666667

00:16:19.290 --> 00:16:21.070 Can you tell us a little bit more about that?

NOTE Confidence: 0.81664697173913

00:16:22.220 --> 00:16:24.956 Well, you know, I admit there isn't a

NOTE Confidence: 0.81664697173913

00:16:24.956 --> 00:16:27.528 whole lot of study specific studies

NOTE Confidence: 0.81664697173913

00:16:27.528 --> 00:16:29.788 specific to wound research about

NOTE Confidence: 0.81664697173913

00:16:29.788 --> 00:16:33.084 the impact of sleep, but I you know,

NOTE Confidence: 0.81664697173913

00:16:33.084 --> 00:16:34.688 there's certainly definitely evidence

NOTE Confidence: 0.81664697173913

00:16:34.688 --> 00:16:37.131 that you know if you don't get

NOTE Confidence: 0.81664697173913

00:16:37.131 --> 00:16:39.670 enough rest right and that impacts

NOTE Confidence: 0.81664697173913

00:16:39.670 --> 00:16:41.388 your overall body's Physiology,

NOTE Confidence: 0.81664697173913

00:16:41.388 --> 00:16:43.362 then that definitely has a negative

NOTE Confidence: 0.81664697173913

00:16:43.362 --> 00:16:45.518 impact on your body's ability to heal.

NOTE Confidence: 0.81664697173913

00:16:45.520 --> 00:16:49.530 I often see the the wound as sort of the.

NOTE Confidence: 0.81664697173913

00:16:49.530 --> 00:16:51.810 Canary in the coal mine about

NOTE Confidence: 0.81664697173913

00:16:51.810 --> 00:16:53.234 a potential issue, right?

NOTE Confidence: 0.81664697173913

00:16:53.234 --> 00:16:54.938 If a wound is not healing,

NOTE Confidence: 0.81664697173913

00:16:54.940 --> 00:16:57.131 then then there's that's a sense that

NOTE Confidence: 0.81664697173913

00:16:57.131 --> 00:16:58.628 there's something not quite right

NOTE Confidence: 0.81664697173913

00:16:58.628 --> 00:17:00.371 with the the balance of the body

NOTE Confidence: 0.81664697173913

00:17:00.371 --> 00:17:02.326 in terms of either amount of rest,

NOTE Confidence: 0.81664697173913

00:17:02.330 --> 00:17:04.346 it's getting or or some other aspect of it.

NOTE Confidence: 0.81664697173913

00:17:04.350 --> 00:17:07.350 So I definitely, you know,

NOTE Confidence: 0.81664697173913

00:17:07.350 --> 00:17:09.452 tell patients not to push themselves, right?

NOTE Confidence: 0.81664697173913

00:17:09.452 --> 00:17:10.020 I mean, you know,

NOTE Confidence: 0.81664697173913

00:17:10.020 --> 00:17:12.008 it's kind of like common sense after

NOTE Confidence: 0.81664697173913

00:17:12.008 --> 00:17:13.630 you're recovering from cancer surgery.

NOTE Confidence: 0.81664697173913

00:17:13.630 --> 00:17:16.216 But you know many, many patients, right?

NOTE Confidence: 0.81664697173913

00:17:16.216 --> 00:17:17.494 You know, understandably,

NOTE Confidence: 0.81664697173913

00:17:17.494 --> 00:17:18.642 take this, you know.

NOTE Confidence: 0.81664697173913

00:17:18.642 --> 00:17:20.070 View they, they want to get back to normal.

NOTE Confidence: 0.81664697173913

00:17:20.070 --> 00:17:21.120 Life as quickly as possible,

NOTE Confidence: 0.81664697173913

00:17:21.120 --> 00:17:22.500 which I certainly sympathize with,

NOTE Confidence: 0.81664697173913

00:17:22.500 --> 00:17:24.240 and I certainly don't like whenever

NOTE Confidence: 0.81664697173913

00:17:24.240 --> 00:17:26.319 I feel limited for whatever reason.

NOTE Confidence: 0.81664697173913

00:17:26.320 --> 00:17:27.787 But I try to get them to understand that

NOTE Confidence: 0.81664697173913

00:17:27.787 --> 00:17:29.397 you know that they need to pay themselves,

NOTE Confidence: 0.81664697173913

00:17:29.400 --> 00:17:29.662 right?

NOTE Confidence: 0.81664697173913

00:17:29.662 --> 00:17:30.972 And that includes making sure

NOTE Confidence: 0.81664697173913

00:17:30.972 --> 00:17:32.310 they get plenty of rest.

NOTE Confidence: 0.81664697173913

00:17:32.310 --> 00:17:33.624 Plenty of sleep,

NOTE Confidence: 0.81664697173913

00:17:33.624 --> 00:17:34.500 you know,

NOTE Confidence: 0.81664697173913

00:17:34.500 --> 00:17:35.460 if they really want to get

NOTE Confidence: 0.81664697173913

00:17:35.460 --> 00:17:36.530 back to where they were before

NOTE Confidence: 0.836170814833333

00:17:36.600 --> 00:17:39.232 and the other thing that you mentioned

NOTE Confidence: 0.836170814833333

00:17:39.232 --> 00:17:41.459 was having those social support,

NOTE Confidence: 0.836170814833333

00:17:41.460 --> 00:17:44.252 you know making sure that that people were

NOTE Confidence: 0.836170814833333

00:17:44.252 --> 00:17:46.898 around to to help you out with things.

NOTE Confidence: 0.836170814833333

00:17:46.900 --> 00:17:48.796 Can you talk a little bit about that?

NOTE Confidence: 0.836170814833333

00:17:48.800 --> 00:17:50.492 And also about.

NOTE Confidence: 0.836170814833333

00:17:50.492 --> 00:17:53.312 Living conditions you had mentioned

NOTE Confidence: 0.836170814833333

00:17:53.312 --> 00:17:55.788 that sometimes that really plays a role

NOTE Confidence: 0.836170814833333

00:17:55.788 --> 00:17:58.044 in terms of the resources around you

NOTE Confidence: 0.836170814833333

00:17:58.044 --> 00:18:00.760 to help you to take care of a wound.

NOTE Confidence: 0.836170814833333

00:18:00.760 --> 00:18:02.532 Whether those are people,

NOTE Confidence: 0.836170814833333

00:18:02.532 --> 00:18:04.747 resources or physical resources in

NOTE Confidence: 0.836170814833333

00:18:04.747 --> 00:18:07.070 terms of your living environment.

NOTE Confidence: 0.815235158392857

00:18:07.130 --> 00:18:08.906 Yes, actually, I'm glad you brought

NOTE Confidence: 0.815235158392857

00:18:08.906 --> 00:18:10.862 that up nice because that is an

NOTE Confidence: 0.815235158392857

00:18:10.862 --> 00:18:12.528 area where there hasn't been a lot

NOTE Confidence: 0.815235158392857

00:18:12.584 --> 00:18:14.408 of research done and and that's

NOTE Confidence: 0.815235158392857

00:18:14.408 --> 00:18:17.276 something that I've been working with.

NOTE Confidence: 0.815235158392857

00:18:17.276 --> 00:18:21.206 My fellow clinicians at the Wound clinic.

NOTE Confidence: 0.815235158392857

00:18:21.210 --> 00:18:22.810 To trying to better understand,

NOTE Confidence: 0.815235158392857

00:18:22.810 --> 00:18:25.816 establish the impact of the patients

NOTE Confidence: 0.815235158392857

00:18:25.816 --> 00:18:27.820 social situation you're living

NOTE Confidence: 0.815235158392857

00:18:27.904 --> 00:18:30.748 circumstance on their ability to heal,

NOTE Confidence: 0.815235158392857

00:18:30.750 --> 00:18:33.732 and it's it's particularly true for

NOTE Confidence: 0.815235158392857

00:18:33.732 --> 00:18:36.444 patients who completely live on their

NOTE Confidence: 0.815235158392857

00:18:36.444 --> 00:18:38.698 own and have you know no outside

NOTE Confidence: 0.815235158392857

00:18:38.698 --> 00:18:40.338 you know contacts whatsoever you

NOTE Confidence: 0.815235158392857

00:18:40.338 --> 00:18:42.641 know people who are checking in on

NOTE Confidence: 0.815235158392857

00:18:42.641 --> 00:18:44.507 them other than maybe perhaps the

NOTE Confidence: 0.815235158392857

00:18:44.507 --> 00:18:46.558 visiting nurses and so and then,

NOTE Confidence: 0.815235158392857

00:18:46.558 --> 00:18:48.580 that's where I I feel fortunate

NOTE Confidence: 0.815235158392857

00:18:48.654 --> 00:18:50.966 that you know with, you know.

NOTE Confidence: 0.815235158392857

00:18:50.966 --> 00:18:54.514 Being part of the Smilo network that that

NOTE Confidence: 0.815235158392857

00:18:54.514 --> 00:18:57.090 there are these resources that you know,

NOTE Confidence: 0.815235158392857

00:18:57.090 --> 00:18:58.420 many of our patients can turn to.

NOTE Confidence: 0.815235158392857

00:18:58.420 --> 00:19:02.060 Whether it's in terms of free care

NOTE Confidence: 0.815235158392857

00:19:02.060 --> 00:19:04.393 or other support mechanisms that

NOTE Confidence: 0.815235158392857

00:19:04.393 --> 00:19:06.546 that could help them, you know,

NOTE Confidence: 0.815235158392857

00:19:06.546 --> 00:19:07.398 heal better, you know,

NOTE Confidence: 0.815235158392857

00:19:07.400 --> 00:19:08.954 provide whatever they might need in order

NOTE Confidence: 0.815235158392857

00:19:08.954 --> 00:19:10.607 to feel like they have that support.

NOTE Confidence: 0.924554942

00:19:10.850 --> 00:19:12.740 Talk a little bit about,

NOTE Confidence: 0.924554942

00:19:12.740 --> 00:19:15.785 you know when I'm thinking about the

NOTE Confidence: 0.924554942

00:19:15.785 --> 00:19:18.518 the population who get Brett Cancer.

NOTE Confidence: 0.924554942

00:19:18.520 --> 00:19:20.328 I I was about to say breast cancer

NOTE Confidence: 0.924554942

00:19:20.328 --> 00:19:21.798 because that's my area of expertise.

NOTE Confidence: 0.924554942

00:19:21.800 --> 00:19:23.102 At any cancer,

NOTE Confidence: 0.924554942

00:19:23.102 --> 00:19:26.140 The thing is that it doesn't discriminate.

NOTE Confidence: 0.924554942

00:19:26.140 --> 00:19:28.408 It can affect very wealthy people.

NOTE Confidence: 0.924554942

00:19:28.410 --> 00:19:30.276 It can affect very poor people.

NOTE Confidence: 0.924554942

00:19:30.280 --> 00:19:32.650 It can affect the person living

NOTE Confidence: 0.924554942

00:19:32.650 --> 00:19:35.160 in a mansion in Greenwich.

NOTE Confidence: 0.924554942

00:19:35.160 --> 00:19:37.280 It can affect somebody who

NOTE Confidence: 0.924554942

00:19:37.280 --> 00:19:39.400 is homeless in New Haven.

NOTE Confidence: 0.924554942

00:19:39.400 --> 00:19:44.916 So talk to us about how you tailor

NOTE Confidence: 0.924554942

00:19:44.916 --> 00:19:47.532 your recommendations to people

NOTE Confidence: 0.924554942

00:19:47.532 --> 00:19:49.200 in different circumstances,

NOTE Confidence: 0.924554942

00:19:49.200 --> 00:19:52.028 because clearly that would make a difference.

NOTE Confidence: 0.924554942

00:19:52.030 --> 00:19:54.470 In terms of how they're able to follow

NOTE Confidence: 0.924554942

00:19:54.470 --> 00:19:56.270 through on the recommendations that

NOTE Confidence: 0.924554942

00:19:56.270 --> 00:19:58.888 you have in terms of wound healing,

NOTE Confidence: 0.671469298571428

00:19:59.460 --> 00:20:01.119 I know you're absolutely right and nice,

NOTE Confidence: 0.671469298571428

00:20:01.120 --> 00:20:03.784 and I meant that's one of the greatest

NOTE Confidence: 0.671469298571428

00:20:03.784 --> 00:20:06.180 challenges we face in our wound program.

NOTE Confidence: 0.671469298571428

00:20:06.180 --> 00:20:09.066 You know, because many of the

NOTE Confidence: 0.671469298571428

00:20:09.066 --> 00:20:12.221 dressings that we prefer that you know

NOTE Confidence: 0.671469298571428

00:20:12.221 --> 00:20:15.040 are that might help optimize that.

NOTE Confidence: 0.671469298571428

00:20:15.040 --> 00:20:18.736 That that balance between moisture and not,

NOTE Confidence: 0.671469298571428

00:20:18.740 --> 00:20:20.518 but without too much moisture right there,

NOTE Confidence: 0.671469298571428

00:20:20.520 --> 00:20:21.723 there are specialized

NOTE Confidence: 0.671469298571428

00:20:21.723 --> 00:20:23.327 dressings that are very.

NOTE Confidence: 0.671469298571428

00:20:23.330 --> 00:20:24.706 Good at doing that,

NOTE Confidence: 0.671469298571428

00:20:24.706 --> 00:20:26.426 but they're much more expensive,

NOTE Confidence: 0.671469298571428

00:20:26.430 --> 00:20:30.287 and while they are covered by insurance,

NOTE Confidence: 0.671469298571428

00:20:30.290 --> 00:20:31.398 you know sometimes right.

NOTE Confidence: 0.671469298571428

00:20:31.398 --> 00:20:32.506 As you mentioned there,

NOTE Confidence: 0.671469298571428

00:20:32.510 --> 00:20:34.566 you know someone's homeless a lot of times.

NOTE Confidence: 0.671469298571428

00:20:34.570 --> 00:20:35.930 They probably don't have that

NOTE Confidence: 0.671469298571428

00:20:35.930 --> 00:20:37.595 insurance and and even with the

NOTE Confidence: 0.671469298571428

00:20:37.595 --> 00:20:38.865 folks who do have insurance,

NOTE Confidence: 0.671469298571428

00:20:38.870 --> 00:20:41.061 there's a limit to what will be

NOTE Confidence: 0.671469298571428

00:20:41.061 --> 00:20:43.072 covered by in terms of supplies

NOTE Confidence: 0.671469298571428

00:20:43.072 --> 00:20:45.410 and and so that could be very,

NOTE Confidence: 0.671469298571428

00:20:45.410 --> 00:20:47.138 very difficult to tackle.

NOTE Confidence: 0.671469298571428

00:20:47.138 --> 00:20:50.649 And so and So what we you know.

NOTE Confidence: 0.671469298571428

00:20:50.650 --> 00:20:53.176 Again, I guess sort of similar.

NOTE Confidence: 0.671469298571428

00:20:53.180 --> 00:20:54.465 Approaching like in terms of

NOTE Confidence: 0.671469298571428

00:20:54.465 --> 00:20:55.750 what I mentioned with nutrition

NOTE Confidence: 0.671469298571428

00:20:55.800 --> 00:20:56.960 and other aspects you know,

NOTE Confidence: 0.671469298571428

00:20:56.960 --> 00:20:59.300 try not to do a one size fits all approach,

NOTE Confidence: 0.671469298571428

00:20:59.300 --> 00:21:01.708 but instead trying to meet the patient

NOTE Confidence: 0.671469298571428

00:21:01.708 --> 00:21:05.230 where they are so and it you know with.

NOTE Confidence: 0.671469298571428

00:21:05.230 --> 00:21:07.858 If a patient is having difficult,

NOTE Confidence: 0.671469298571428

00:21:07.860 --> 00:21:09.638 you know because of an insurance limiting.

NOTE Confidence: 0.671469298571428

00:21:09.640 --> 00:21:10.950 You know that certain dressing,

NOTE Confidence: 0.671469298571428

00:21:10.950 --> 00:21:12.868 then I'm willing to work with a

NOTE Confidence: 0.671469298571428

00:21:12.868 --> 00:21:14.680 different type of dressing that you

NOTE Confidence: 0.671469298571428

00:21:14.680 --> 00:21:16.460 know may you know it will be cheaper

NOTE Confidence: 0.671469298571428

00:21:16.460 --> 00:21:18.070 and and might be more comfortable,

NOTE Confidence: 0.671469298571428

00:21:18.070 --> 00:21:19.198 but hopefully we'll accomplish

NOTE Confidence: 0.671469298571428

00:21:19.198 --> 00:21:20.044 the same thing.

NOTE Confidence: 0.671469298571428

00:21:20.050 --> 00:21:21.472 Maybe they just need to change

NOTE Confidence: 0.671469298571428

00:21:21.472 --> 00:21:23.017 it a little more frequently or

NOTE Confidence: 0.671469298571428

00:21:23.017 --> 00:21:24.649 have a little more attention in

NOTE Confidence: 0.671469298571428

00:21:24.649 --> 00:21:26.310 order to have the same effect.

NOTE Confidence: 0.671469298571428

00:21:26.310 --> 00:21:27.540 In the worst case scenario,

NOTE Confidence: 0.671469298571428

00:21:27.540 --> 00:21:29.164 like in someone who actually has no

NOTE Confidence: 0.671469298571428

00:21:29.164 --> 00:21:30.090 resources whatsoever, they're homeless.

NOTE Confidence: 0.671469298571428

00:21:30.090 --> 00:21:31.010 They don't have home,

NOTE Confidence: 0.671469298571428

00:21:31.010 --> 00:21:32.030 they can't get any supplies.

NOTE Confidence: 0.671469298571428

00:21:32.030 --> 00:21:34.179 Then we do have them come to

NOTE Confidence: 0.671469298571428

00:21:34.179 --> 00:21:35.860 our wound clinic for their.

NOTE Confidence: 0.671469298571428

00:21:35.860 --> 00:21:36.788 Wound changes I met.

NOTE Confidence: 0.671469298571428

00:21:36.788 --> 00:21:37.948 It's something that can be

NOTE Confidence: 0.671469298571428

00:21:37.948 --> 00:21:38.924 challenging from a logistics

NOTE Confidence: 0.671469298571428

00:21:38.924 --> 00:21:40.316 standpoint because we are very busy,

NOTE Confidence: 0.671469298571428

00:21:40.320 --> 00:21:41.442 but we'll we'll,

NOTE Confidence: 0.671469298571428

00:21:41.442 --> 00:21:42.190 you know,

NOTE Confidence: 0.671469298571428

00:21:42.190 --> 00:21:44.176 we fortunately have a very dedicated

NOTE Confidence: 0.671469298571428

00:21:44.176 --> 00:21:46.095 wound nursing staff and they will

NOTE Confidence: 0.671469298571428

00:21:46.095 --> 00:21:47.709 set up wound nurse visits to,

NOTE Confidence: 0.671469298571428

00:21:47.710 --> 00:21:48.430 you know,

NOTE Confidence: 0.671469298571428

00:21:48.430 --> 00:21:50.590 at least in the short term,

NOTE Confidence: 0.671469298571428

00:21:50.590 --> 00:21:52.102 to make sure they get that care

NOTE Confidence: 0.671469298571428

00:21:52.102 --> 00:21:53.666 while you know we work with the

NOTE Confidence: 0.671469298571428

00:21:53.666 --> 00:21:54.962 hospital to figure out a good

NOTE Confidence: 0.671469298571428

00:21:55.013 --> 00:21:56.233 social support system so that

NOTE Confidence: 0.671469298571428

00:21:56.233 --> 00:21:58.294 they can get that care at home or

NOTE Confidence: 0.671469298571428

00:21:58.294 --> 00:21:59.962 wherever they happen to be staying.

NOTE Confidence: 0.851256654285714

00:22:01.740 --> 00:22:04.848 In terms of specialized things for wounds,

NOTE Confidence: 0.851256654285714

00:22:04.850 --> 00:22:06.978 some of the things that you might

NOTE Confidence: 0.851256654285714

00:22:06.978 --> 00:22:08.549 have patients ask you about,

NOTE Confidence: 0.851256654285714

00:22:08.550 --> 00:22:10.475 and certainly things that are

NOTE Confidence: 0.851256654285714

00:22:10.475 --> 00:22:12.966 popular in the lay media are

NOTE Confidence: 0.851256654285714

00:22:12.966 --> 00:22:14.910 things like hyperbaric oxygen.

NOTE Confidence: 0.851256654285714

00:22:14.910 --> 00:22:16.578 Can you talk a little bit

NOTE Confidence: 0.851256654285714

00:22:16.578 --> 00:22:18.130 about that and it's value,

NOTE Confidence: 0.851256654285714

00:22:18.130 --> 00:22:20.740 or or lack thereof in terms of wound healing?

NOTE Confidence: 0.84925478

00:22:21.950 --> 00:22:23.648 Well so you know full disclaimer.

NOTE Confidence: 0.84925478

00:22:23.650 --> 00:22:27.444 Our our wound program doesn't have a

NOTE Confidence: 0.84925478

00:22:27.444 --> 00:22:30.690 hyperbaric chamber in our New Haven clinic,

NOTE Confidence: 0.84925478

00:22:30.690 --> 00:22:33.245 and that's, you know more for these

NOTE Confidence: 0.84925478

00:22:33.245 --> 00:22:34.930 logistical and space reasons.

NOTE Confidence: 0.84925478

00:22:34.930 --> 00:22:35.586 Which is, you know,

NOTE Confidence: 0.84925478

00:22:35.586 --> 00:22:36.790 too long and boring to go into,

NOTE Confidence: 0.84925478

00:22:36.790 --> 00:22:39.359 but we do have chambers at our

NOTE Confidence: 0.84925478

00:22:39.359 --> 00:22:41.470 sister wound clinics in Greenwich,

NOTE Confidence: 0.84925478

00:22:41.470 --> 00:22:44.338 Bridgeport, Lawrence Memorial and

NOTE Confidence: 0.84925478

00:22:44.338 --> 00:22:47.923 and the literature does support,

NOTE Confidence: 0.84925478

00:22:47.930 --> 00:22:50.464 you know, does say that it has

NOTE Confidence: 0.84925478

00:22:50.464 --> 00:22:52.972 an adjunct role in in specific.

NOTE Confidence: 0.84925478

00:22:52.972 --> 00:22:53.446 Circumstances.

NOTE Confidence: 0.84925478

00:22:53.446 --> 00:22:58.100 So, for instance, diabetic foot wounds.

NOTE Confidence: 0.84925478

00:22:58.100 --> 00:23:00.866 Wounds that are due to radiation,

NOTE Confidence: 0.84925478

00:23:00.870 --> 00:23:03.500 or if there's osteomyelitis involved,

NOTE Confidence: 0.84925478

00:23:03.500 --> 00:23:06.440 so at least literature is fairly

NOTE Confidence: 0.84925478

00:23:06.440 --> 00:23:09.390 strong in in supporting those and

NOTE Confidence: 0.84925478

00:23:09.390 --> 00:23:13.070 and so when I have patients who are,

NOTE Confidence: 0.84925478

00:23:13.070 --> 00:23:13.616 you know,

NOTE Confidence: 0.84925478

00:23:13.616 --> 00:23:14.981 fit those circumstances and and

NOTE Confidence: 0.84925478

00:23:14.981 --> 00:23:16.438 if they you know geographically

NOTE Confidence: 0.84925478

00:23:16.438 --> 00:23:18.461 if it's convenient for them to go

NOTE Confidence: 0.84925478

00:23:18.461 --> 00:23:20.200 to one of our sister programs.

NOTE Confidence: 0.84925478

00:23:20.200 --> 00:23:21.838 And I I will refer them down

NOTE Confidence: 0.84925478

00:23:21.838 --> 00:23:23.666 there to be evaluated to see if

NOTE Confidence: 0.84925478

00:23:23.666 --> 00:23:25.709 they will be eligible for that,

NOTE Confidence: 0.84925478

00:23:25.709 --> 00:23:28.600 but I mean it is a controversial.

NOTE Confidence: 0.84925478

00:23:28.600 --> 00:23:30.766 Area because of certainly you know,

NOTE Confidence: 0.84925478

00:23:30.770 --> 00:23:32.174 not every wound response

NOTE Confidence: 0.84925478

00:23:32.174 --> 00:23:33.227 to hyperbaric oxygen,

NOTE Confidence: 0.84925478

00:23:33.230 --> 00:23:35.897 no matter how well they seem to

NOTE Confidence: 0.84925478

00:23:35.897 --> 00:23:38.478 fit the criteria and and I I mean,

NOTE Confidence: 0.84925478

00:23:38.480 --> 00:23:40.166 I've been able to get wounds

NOTE Confidence: 0.84925478

00:23:40.166 --> 00:23:41.290 heal without hyperbaric oxygen

NOTE Confidence: 0.84925478

00:23:41.347 --> 00:23:42.349 that might otherwise,

NOTE Confidence: 0.84925478

00:23:42.350 --> 00:23:45.325 you know fulfill that and I think

NOTE Confidence: 0.84925478

00:23:45.325 --> 00:23:47.490 we're hyperbaric auction is helpful.

NOTE Confidence: 0.84925478

00:23:47.490 --> 00:23:48.252 Is that it?

NOTE Confidence: 0.84925478

00:23:48.252 --> 00:23:50.030 I think it can help speed up

NOTE Confidence: 0.84925478

00:23:50.100 --> 00:23:51.904 the process in certain patients,

NOTE Confidence: 0.84925478

00:23:51.904 --> 00:23:54.480 but it is challenging to figure out

NOTE Confidence: 0.84925478

00:23:54.549 --> 00:23:56.715 exactly who will respond to that.

NOTE Confidence: 0.773380592

00:23:58.170 --> 00:24:01.260 What about certain types of

NOTE Confidence: 0.773380592

00:24:01.260 --> 00:24:03.052 complementary or alternative therapies?

NOTE Confidence: 0.773380592

00:24:03.052 --> 00:24:05.292 That's often something that many

NOTE Confidence: 0.773380592

00:24:05.292 --> 00:24:07.177 patients are really interested in.

NOTE Confidence: 0.773380592

00:24:07.180 --> 00:24:09.000 Whether it's you know,

NOTE Confidence: 0.773380592

00:24:09.000 --> 00:24:11.275 a potion or a save,

NOTE Confidence: 0.773380592

00:24:11.280 --> 00:24:13.485 or whether it's a cocktail

NOTE Confidence: 0.773380592

00:24:13.485 --> 00:24:15.249 of vitamins and supplements,

NOTE Confidence: 0.773380592

00:24:15.250 --> 00:24:17.074 tell us a little bit more

NOTE Confidence: 0.773380592

00:24:17.074 --> 00:24:18.675 about the science behind any

NOTE Confidence: 0.773380592

00:24:18.675 --> 00:24:20.250 of those and wound healing.

NOTE Confidence: 0.791810301111111

00:24:22.110 --> 00:24:24.603 Well, I guess you can say in in general.

NOTE Confidence: 0.791810301111111

00:24:24.610 --> 00:24:27.530 In broad terms, there isn't a whole lot

NOTE Confidence: 0.791810301111111

00:24:27.530 --> 00:24:30.340 of science among many of these treatments

NOTE Confidence: 0.791810301111111

00:24:30.340 --> 00:24:33.520 that are at least touted right that are.

NOTE Confidence: 0.791810301111111

00:24:33.520 --> 00:24:36.272 You know, kind of the equivalent of milk

NOTE Confidence: 0.791810301111111

00:24:36.272 --> 00:24:38.566 miracle grow for for your wound, right?

NOTE Confidence: 0.791810301111111

00:24:38.566 --> 00:24:41.014 And so the way I talk to patients

NOTE Confidence: 0.791810301111111

00:24:41.014 --> 00:24:42.980 about it just says, you know,

NOTE Confidence: 0.791810301111111

00:24:42.980 --> 00:24:44.251 they're in gardening, right?

NOTE Confidence: 0.791810301111111

00:24:44.251 --> 00:24:45.588 I guess I I do lean heavily

NOTE Confidence: 0.791810301111111

00:24:45.588 --> 00:24:46.860 on the gardening analogy,

NOTE Confidence: 0.791810301111111

00:24:46.860 --> 00:24:48.564 just as in gardening.

NOTE Confidence: 0.791810301111111

00:24:48.564 --> 00:24:51.350 You know there is no substitute for

NOTE Confidence: 0.791810301111111

00:24:51.350 --> 00:24:53.625 the basics in terms of making sure

NOTE Confidence: 0.791810301111111

00:24:53.625 --> 00:24:55.729 your your garden can thrive, right?

NOTE Confidence: 0.791810301111111

00:24:55.729 --> 00:24:57.374 Doesn't matter what special fertilizer

NOTE Confidence: 0.791810301111111

00:24:57.374 --> 00:24:59.756 you use you you're not going to get

NOTE Confidence: 0.791810301111111

00:24:59.756 --> 00:25:01.268 your garden to thrive unless you

NOTE Confidence: 0.791810301111111

00:25:01.324 --> 00:25:03.228 have the basics in terms of sunlight.

NOTE Confidence: 0.791810301111111

00:25:03.230 --> 00:25:04.358 The right soil,

NOTE Confidence: 0.791810301111111

00:25:04.358 --> 00:25:06.990 you know the right amount of water,

NOTE Confidence: 0.791810301111111

00:25:06.990 --> 00:25:08.650 the right environment, right?

NOTE Confidence: 0.791810301111111

00:25:08.650 --> 00:25:10.725 I say the same thing.

NOTE Confidence: 0.791810301111111

00:25:10.730 --> 00:25:13.457 You know I do Council caution and if it's

NOTE Confidence: 0.791810301111111

00:25:13.457 --> 00:25:15.426 something like some kind of you know,

NOTE Confidence: 0.791810301111111

00:25:15.430 --> 00:25:16.501 as you mentioned,

NOTE Confidence: 0.791810301111111

00:25:16.501 --> 00:25:18.286 a potion because many things

NOTE Confidence: 0.791810301111111

00:25:18.286 --> 00:25:20.410 that like supplements that are,

NOTE Confidence: 0.791810301111111

00:25:20.410 --> 00:25:24.136 you know, touted as natural right?

NOTE Confidence: 0.791810301111111

00:25:24.140 --> 00:25:26.330 And and by implication of supposedly

NOTE Confidence: 0.791810301111111

00:25:26.330 --> 00:25:28.100 beneficial or good for you,

NOTE Confidence: 0.791810301111111

00:25:28.100 --> 00:25:29.556 I do mention that you know there

NOTE Confidence: 0.791810301111111

00:25:29.556 --> 00:25:30.864 are many natural substances that

NOTE Confidence: 0.791810301111111

00:25:30.864 --> 00:25:32.140 actually can inhibit healing,

NOTE Confidence: 0.791810301111111

00:25:32.140 --> 00:25:35.066 just like the way steroids as drugs,

NOTE Confidence: 0.791810301111111

00:25:35.070 --> 00:25:37.538 which are, you know.

NOTE Confidence: 0.791810301111111

00:25:37.540 --> 00:25:39.234 Come in natural forms as well as

NOTE Confidence: 0.791810301111111

00:25:39.234 --> 00:25:41.010 synthetic forms that they can slow healing.

NOTE Confidence: 0.791810301111111

00:25:41.010 --> 00:25:44.542 So too can many of these so called

NOTE Confidence: 0.791810301111111

00:25:44.542 --> 00:25:46.246 natural additives and substances.

NOTE Confidence: 0.791810301111111

00:25:46.250 --> 00:25:49.018 In many of these.

NOTE Confidence: 0.791810301111111

00:25:49.020 --> 00:25:51.636 Treatments that are available out there,

NOTE Confidence: 0.791810301111111

00:25:51.640 --> 00:25:53.038 so I again,

NOTE Confidence: 0.791810301111111

00:25:53.038 --> 00:25:57.907 I you know I try not to be a a pro.

NOTE Confidence: 0.791810301111111

00:25:57.910 --> 00:26:00.208 You know I try not to completely

NOTE Confidence: 0.791810301111111

00:26:00.208 --> 00:26:01.192 prohibit things, right?

NOTE Confidence: 0.791810301111111

00:26:01.192 --> 00:26:03.160 I tell patients that you know.

NOTE Confidence: 0.791810301111111

00:26:03.160 --> 00:26:05.216 If you know I asked him to to

NOTE Confidence: 0.791810301111111

00:26:05.216 --> 00:26:06.512 communicate with me, to share with me.

NOTE Confidence: 0.791810301111111

00:26:06.512 --> 00:26:07.696 You know, if they know what's in it,

NOTE Confidence: 0.791810301111111

00:26:07.700 --> 00:26:09.989 let me know first before they try

NOTE Confidence: 0.791810301111111

00:26:09.989 --> 00:26:12.536 something and I'll do my best to look at.

NOTE Confidence: 0.791810301111111

00:26:12.540 --> 00:26:14.166 And if there's something you know,

NOTE Confidence: 0.791810301111111

00:26:14.170 --> 00:26:15.525 if there's nothing in there

NOTE Confidence: 0.791810301111111

00:26:15.525 --> 00:26:16.536 that's obviously harmful, right?

NOTE Confidence: 0.791810301111111

00:26:16.536 --> 00:26:17.320 If it's just a,

NOTE Confidence: 0.791810301111111

00:26:17.320 --> 00:26:19.220 you know several different vitamins.

NOTE Confidence: 0.791810301111111

00:26:19.220 --> 00:26:21.340 And and and things that I don't where

NOTE Confidence: 0.791810301111111

00:26:21.340 --> 00:26:23.528 I don't see a clear red flag that

NOTE Confidence: 0.791810301111111

00:26:23.528 --> 00:26:25.658 might be harmful in terms of healing.

NOTE Confidence: 0.791810301111111

00:26:25.660 --> 00:26:29.020 Then I generally let you know I work.

NOTE Confidence: 0.791810301111111

00:26:29.020 --> 00:26:30.644 I work with the patients too, you know,

NOTE Confidence: 0.791810301111111

00:26:30.644 --> 00:26:31.954 especially makes them feel better.

NOTE Confidence: 0.791810301111111

00:26:31.960 --> 00:26:35.460 But yeah, I do. I do tend to counsel caution.

NOTE Confidence: 0.791810301111111

00:26:35.460 --> 00:26:36.970 I tell them to be very careful and be very,

NOTE Confidence: 0.791810301111111

00:26:36.970 --> 00:26:37.360 you know,

NOTE Confidence: 0.791810301111111

00:26:37.360 --> 00:26:38.530 a very careful about what they

NOTE Confidence: 0.791810301111111

00:26:38.530 --> 00:26:39.649 hear about and ads out there.

NOTE Confidence: 0.885380893

00:26:40.660 --> 00:26:42.630 And then there's the whole

NOTE Confidence: 0.885380893

00:26:42.630 --> 00:26:44.600 issue of a cancer treatment.

NOTE Confidence: 0.885380893

00:26:44.600 --> 00:26:47.225 So you know, we've been talking a

NOTE Confidence: 0.885380893

00:26:47.225 --> 00:26:49.558 lot about wounds and and people,

NOTE Confidence: 0.885380893

00:26:49.560 --> 00:26:50.434 generally speaking.

NOTE Confidence: 0.885380893

00:26:50.434 --> 00:26:52.619 Think about wounds after surgery,

NOTE Confidence: 0.885380893

00:26:52.620 --> 00:26:55.458 but many patients require other treatments

NOTE Confidence: 0.885380893

00:26:55.458 --> 00:26:58.140 such as chemotherapy or radiation,

NOTE Confidence: 0.885380893

00:26:58.140 --> 00:27:00.378 which if you already have a

NOTE Confidence: 0.885380893

00:27:00.378 --> 00:27:01.870 wound that's not healing,

NOTE Confidence: 0.885380893

00:27:01.870 --> 00:27:04.050 might inhibit that wound from

NOTE Confidence: 0.885380893

00:27:04.050 --> 00:27:05.358 healing even further.

NOTE Confidence: 0.885380893

00:27:05.360 --> 00:27:08.168 So can you talk a little bit about

NOTE Confidence: 0.885380893

00:27:08.168 --> 00:27:11.242 how you kind of do this dance between

NOTE Confidence: 0.885380893

00:27:11.242 --> 00:27:14.374 getting a wound to heal before

NOTE Confidence: 0.885380893

00:27:14.374 --> 00:27:18.029 giving a therapy that might inhibit

NOTE Confidence: 0.885380893

00:27:18.029 --> 00:27:20.685 wound healing versus delaying?

NOTE Confidence: 0.885380893

00:27:20.690 --> 00:27:22.474 Really important cancer treatment?

NOTE Confidence: 0.885380893

00:27:22.474 --> 00:27:24.704 Because you've got a wound

NOTE Confidence: 0.885380893

00:27:24.704 --> 00:27:26.010 that's not healing.

NOTE Confidence: 0.795334154266667

00:27:26.840 --> 00:27:28.688 Yeah, so I think this is where

NOTE Confidence: 0.795334154266667

00:27:28.688 --> 00:27:29.930 communication with your fellow

NOTE Confidence: 0.795334154266667

00:27:29.930 --> 00:27:31.498 providers is extremely important.

NOTE Confidence: 0.795334154266667

00:27:31.500 --> 00:27:34.092 So I I try to again I I don't

NOTE Confidence: 0.795334154266667

00:27:34.092 --> 00:27:36.836 try to be the oncologist right?

NOTE Confidence: 0.795334154266667

00:27:36.840 --> 00:27:38.436 I'm not treating anything cancer itself,

NOTE Confidence: 0.795334154266667

00:27:38.440 --> 00:27:40.987 so I don't consider myself an expert in that.

NOTE Confidence: 0.795334154266667

00:27:40.990 --> 00:27:43.587 And so I I do my best

NOTE Confidence: 0.795334154266667

00:27:43.587 --> 00:27:44.700 to communicate directly,

NOTE Confidence: 0.795334154266667

00:27:44.700 --> 00:27:48.192 to educate myself in terms of you know how,

NOTE Confidence: 0.795334154266667

00:27:48.200 --> 00:27:51.904 how severe is this tumor if you know?

NOTE Confidence: 0.795334154266667

00:27:51.910 --> 00:27:53.290 Obviously that's always a priority.

NOTE Confidence: 0.795334154266667

00:27:53.290 --> 00:27:54.586 So if it's something that needs

NOTE Confidence: 0.795334154266667

00:27:54.586 --> 00:27:57.560 to be treated right away, then.

NOTE Confidence: 0.795334154266667

00:27:57.560 --> 00:27:59.420 Then the wound healing

NOTE Confidence: 0.795334154266667

00:27:59.420 --> 00:28:00.815 considerations become secondary.

NOTE Confidence: 0.795334154266667

00:28:00.820 --> 00:28:03.100 But if if there is something about the

NOTE Confidence: 0.795334154266667

00:28:03.100 --> 00:28:05.904 biology of tumor that allows a delay,

NOTE Confidence: 0.795334154266667

00:28:05.904 --> 00:28:08.666 then then of course then then I'll

NOTE Confidence: 0.795334154266667

00:28:08.666 --> 00:28:10.994 do my best to try to set up all the

NOTE Confidence: 0.795334154266667

00:28:10.994 --> 00:28:13.255 circumstances you know in terms of nutrition,

NOTE Confidence: 0.795334154266667

00:28:13.260 --> 00:28:15.156 you know. Counseling the patient to,

NOTE Confidence: 0.795334154266667

00:28:15.160 --> 00:28:17.160 or sometimes you know I'm a plastic surgeon,

NOTE Confidence: 0.795334154266667

00:28:17.160 --> 00:28:19.818 so sometimes I will, you know,

NOTE Confidence: 0.795334154266667

00:28:19.820 --> 00:28:22.662 try to do a direct revision and

NOTE Confidence: 0.795334154266667

00:28:22.662 --> 00:28:24.500 closure of the wound.

NOTE Confidence: 0.795334154266667

00:28:24.500 --> 00:28:26.236 If it feels that you know we

NOTE Confidence: 0.795334154266667

00:28:26.236 --> 00:28:27.769 can get that healed in a.

NOTE Confidence: 0.795334154266667

00:28:27.770 --> 00:28:28.226 Fast enough,

NOTE Confidence: 0.795334154266667

00:28:28.226 --> 00:28:29.366 short enough period of time

NOTE Confidence: 0.795334154266667

00:28:29.366 --> 00:28:30.440 to allow that patient.

NOTE Confidence: 0.795334154266667

00:28:30.440 --> 00:28:32.414 Get that therapy sooner rather than later.

NOTE Confidence: 0.898748795555556

00:28:32.930 --> 00:28:34.976 Doctor Henry Hsia is an associate

NOTE Confidence: 0.898748795555556

00:28:34.976 --> 00:28:36.748 professor of surgery and plastic

NOTE Confidence: 0.898748795555556

00:28:36.748 --> 00:28:39.163 surgery at the Yale School of Medicine.

NOTE Confidence: 0.898748795555556

00:28:39.170 --> 00:28:41.214 If you have questions,

NOTE Confidence: 0.898748795555556

00:28:41.214 --> 00:28:43.203 the address is canceranswers@yale.edu

NOTE Confidence: 0.898748795555556

00:28:43.203 --> 00:28:45.921 and past editions of the program

NOTE Confidence: 0.898748795555556

00:28:45.921 --> 00:28:48.288 are available in audio and written

NOTE Confidence: 0.898748795555556

00:28:48.288 --> 00:28:49.225 form at yalecancercenter.org.

NOTE Confidence: 0.898748795555556

00:28:49.225 --> 00:28:51.360 We hope you'll join us next week

NOTE Confidence: 0.898748795555556

00:28:51.360 --> 00:28:53.232 to learn more about the fight

NOTE Confidence: 0.898748795555556

00:28:53.232 --> 00:28:54.737 against cancer here on Connecticut

NOTE Confidence: 0.898748795555556

00:28:54.737 --> 00:28:56.320 Public radio funding for Yale

NOTE Confidence: 0.898748795555556

00:28:56.320 --> 00:28:57.970 Cancer Answers is provided by

NOTE Confidence: 0.898748795555556

00:28:57.970 --> 00:28:59.998 Smilow Cancer hospital