WEBVTT

00:00:00.000 --> 00:00:03.168 Funding for Yale Cancer Answers is

NOTE Confidence: 0.788267461454545

00:00:03.168 --> 00:00:06.170 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.788267461454545

00:00:06.170 --> 00:00:08.060 Welcome to Yale Cancer Answers with

NOTE Confidence: 0.788267461454545

00:00:08.060 --> 00:00:10.022 your host, Doctor Anees Chagpar.

NOTE Confidence: 0.788267461454545

00:00:10.022 --> 00:00:12.242 Yale Cancer Answers features the

NOTE Confidence: 0.788267461454545

00:00:12.242 --> 00:00:13.946 latest information on cancer

NOTE Confidence: 0.788267461454545

00:00:13.946 --> 00:00:15.836 care by welcoming oncologists and

NOTE Confidence: 0.788267461454545

00:00:15.836 --> 00:00:17.969 specialists who are on the forefront

NOTE Confidence: 0.788267461454545

00:00:17.969 --> 00:00:19.847 of the battle to fight cancer.

NOTE Confidence: 0.788267461454545

00:00:19.850 --> 00:00:22.082 This week, it's a conversation about

NOTE Confidence: 0.788267461454545

00:00:22.082 --> 00:00:24.270 prostate cancer with Doctor Joseph Kim.

NOTE Confidence: 0.788267461454545

00:00:24.270 --> 00:00:26.328 Doctor Kim is an associate professor

NOTE Confidence: 0.788267461454545

00:00:26.328 --> 00:00:28.103 of internal medicine and medical

NOTE Confidence: 0.788267461454545

00:00:28.103 --> 00:00:30.469 oncology at the Yale School of Medicine,

NOTE Confidence: 0.788267461454545

00:00:30.470 --> 00:00:32.600 where Doctor Chagpar is a professor

NOTE Confidence: 0.788267461454545

00:00:32.600 --> 00:00:33.665 of surgical oncology.

NOTE Confidence: 0.90415715375

00:00:35.460 --> 00:00:37.196 So Doctor Kim, maybe we can start off

NOTE Confidence: 0.90415715375

00:00:37.196 --> 00:00:39.228 by you telling us a little bit more

NOTE Confidence: 0.90415715375

00:00:39.228 --> 00:00:40.947 about yourself and what it is you do.

NOTE Confidence: 0.759054215714286

00:00:41.120 --> 00:00:44.480 I'm a medical oncologist.

NOTE Confidence: 0.759054215714286

00:00:44.480 --> 00:00:46.544 I specialize in taking care of

NOTE Confidence: 0.759054215714286

00:00:46.544 --> 00:00:47.920 patients with prostate cancer

NOTE Confidence: 0.759054215714286

00:00:47.983 --> 00:00:49.818 and other urinary tract cancers.

NOTE Confidence: 0.759054215714286

00:00:49.820 --> 00:00:51.175 I've been here at Yale for

NOTE Confidence: 0.759054215714286

00:00:51.175 --> 00:00:52.770 the last nine years or so.

NOTE Confidence: 0.759054215714286

00:00:52.770 --> 00:00:55.302 I received my training at the

NOTE Confidence: 0.759054215714286

00:00:55.302 --> 00:00:57.360 National Cancer Institute of NIH.

NOTE Confidence: 0.759054215714286

00:00:57.360 --> 00:00:59.060 Since I came to Yale,

NOTE Confidence: 0.759054215714286

00:00:59.060 --> 00:01:00.830 I have been taking care of

NOTE Confidence: 0.759054215714286

00:01:00.830 --> 00:01:02.010 patients with prostate cancer

NOTE Confidence: 0.759054215714286

00:01:02.063 --> 00:01:03.379 and other tumor agencies.

NOTE Confidence: 0.759054215714286

00:01:03.380 --> 00:01:06.300 I also specialize in clinical trials.

NOTE Confidence: 0.916755877647059

00:01:07.320 --> 00:01:09.648 It's prostate

NOTE Confidence: 0.916755877647059

00:01:09.648 --> 00:01:12.100 cancer awareness month and many people

NOTE Confidence: 0.916755877647059

00:01:12.100 --> 00:01:14.180 have heard about prostate cancer,

NOTE Confidence: 0.916755877647059

00:01:14.180 --> 00:01:15.818 but there's still a lot of questions.

NOTE Confidence: 0.916755877647059

00:01:15.820 --> 00:01:17.452 So I'm hoping that we can

NOTE Confidence: 0.916755877647059

00:01:17.452 --> 00:01:19.339 unpack a lot of that today.

NOTE Confidence: 0.916755877647059

00:01:19.340 --> 00:01:20.550 So to kick us off,

NOTE Confidence: 0.916755877647059

00:01:20.550 --> 00:01:23.091 why don't you tell us about the

NOTE Confidence: 0.916755877647059

00:01:23.091 --> 00:01:24.700 epidemiology of prostate cancer?

NOTE Confidence: 0.916755877647059

00:01:24.700 --> 00:01:28.300 How common is it, who gets it and

NOTE Confidence: 0.916755877647059

00:01:28.300 --> 00:01:31.349 how lethal or not lethal is it?

NOTE Confidence: 0.859214583333333

00:01:32.130 --> 00:01:33.528 So that's a very good question.

NOTE Confidence: 0.859214583333333

00:01:33.530 --> 00:01:36.770 So prostate cancer is a very common cancer.

NOTE Confidence: 0.859214583333333

00:01:36.770 --> 00:01:38.182 Other than skin cancer,

NOTE Confidence: 0.859214583333333

00:01:38.182 --> 00:01:39.947 prostate cancer is the most

NOTE Confidence: 0.859214583333333

00:01:39.947 --> 00:01:41.768 common cancer in American men.

NOTE Confidence: 0.859214583333333

00:01:41.770 --> 00:01:45.088 And according to the the epidemiology,

NOTE Confidence: 0.859214583333333

00:01:45.090 --> 00:01:47.198 they estimate about

NOTE Confidence: 0.866155209285714

00:01:49.390 --> 00:01:51.706 260,000 new cases of

NOTE Confidence: 0.866155209285714

00:01:51.706 --> 00:01:53.644 prostate cancer this

NOTE Confidence: 0.866155209285714

00:01:53.644 --> 00:01:55.915 year and about 34,000 men will

NOTE Confidence: 0.866155209285714

00:01:55.915 --> 00:01:58.090 unfortunately die of prostate cancer.

NOTE Confidence: 0.866155209285714

00:01:58.090 --> 00:01:59.250 As you see this number,

NOTE Confidence: 0.866155209285714

00:01:59.250 --> 00:02:02.238 not everyone dies of prostate cancer.

NOTE Confidence: 0.866155209285714

00:02:02.240 --> 00:02:04.586 Clearly there's a certain phenotype that

NOTE Confidence: 0.866155209285714

00:02:04.586 --> 00:02:06.724 is very lethal prostate cancer and this

NOTE Confidence: 0.866155209285714

00:02:06.724 --> 00:02:08.507 is very important for us to understand

NOTE Confidence: 0.866155209285714

00:02:08.507 --> 00:02:10.217 who are these group of patients,

NOTE Confidence: 0.866155209285714

00:02:10.220 --> 00:02:12.140 how aggressive it could be in

NOTE Confidence: 0.866155209285714

00:02:12.140 --> 00:02:13.852 identifying these patients and treating

NOTE Confidence: 0.866155209285714

00:02:13.852 --> 00:02:16.252 the patients and improving

NOTE Confidence: 0.866155209285714

00:02:16.252 --> 00:02:18.317 the outcomes of these patients.

NOTE Confidence: 0.866155209285714

00:02:18.320 --> 00:02:20.975 So who gets prostate cancer?

00:02:23.100 --> 00:02:24.997 A common risk factor is age.

NOTE Confidence: 0.866155209285714

00:02:25.000 --> 00:02:27.488 The older the man is, the more likely you

NOTE Confidence: 0.866155209285714

00:02:27.488 --> 00:02:29.799 will develop prostate cancer and also

NOTE Confidence: 0.866155209285714

00:02:29.799 --> 00:02:32.235 it appears that some ethnic backgrounds

NOTE Confidence: 0.866155209285714

00:02:32.303 --> 00:02:34.775 play a role for reasons unclear.

NOTE Confidence: 0.866155209285714

00:02:34.780 --> 00:02:36.300 African American men seem

NOTE Confidence: 0.866155209285714

00:02:36.300 --> 00:02:37.820 to have prostate cancer

NOTE Confidence: 0.866155209285714

00:02:37.820 --> 00:02:39.717 that is somewhat more aggressive.

NOTE Confidence: 0.866155209285714

00:02:39.720 --> 00:02:41.939 And also there are other risk factors

NOTE Confidence: 0.866155209285714

00:02:41.939 --> 00:02:44.669 too such as we'll describe.

NOTE Confidence: 0.866155209285714

00:02:44.669 --> 00:02:47.231 Genetic syndromes such as

NOTE Confidence: 0.866155209285714

00:02:47.240 --> 00:02:48.020 Lynch syndrome.

NOTE Confidence: 0.866155209285714

00:02:48.020 --> 00:02:49.970 Patients with this genetic syndrome

NOTE Confidence: 0.866155209285714

00:02:49.970 --> 00:02:51.844 tend to have prostate cancer

NOTE Confidence: 0.866155209285714

00:02:51.844 --> 00:02:53.776 in early age and also have

NOTE Confidence: 0.866155209285714

00:02:53.780 --> 00:02:55.289 somewhat aggressive biology.

NOTE Confidence: 0.902446177692308

00:02:57.360 --> 00:02:59.664 So tell us a little bit more about

NOTE Confidence: 0.902446177692308

00:02:59.664 --> 00:03:01.500 the screening for prostate cancer,

NOTE Confidence: 0.902446177692308

00:03:01.500 --> 00:03:04.524 because it seems to me that has

NOTE Confidence: 0.902446177692308

00:03:04.524 --> 00:03:08.156 had its ebbs and flows over the years

NOTE Confidence: 0.902446177692308

00:03:08.156 --> 00:03:11.184 from digital rectal exam to PSA to,

NOTE Confidence: 0.902446177692308

00:03:11.184 --> 00:03:14.004 you know, potentially even more

NOTE Confidence: 0.902446177692308

00:03:14.004 --> 00:03:16.260 sophisticated forms of screening.

NOTE Confidence: 0.902446177692308

00:03:16.260 --> 00:03:18.575 And yet not everybody requires

NOTE Confidence: 0.902446177692308

00:03:18.575 --> 00:03:20.427 screening, there are different ages for

NOTE Confidence: 0.902446177692308

00:03:20.427 --> 00:03:22.349 starting screening and stopping

NOTE Confidence: 0.902446177692308

00:03:22.349 --> 00:03:24.201 screening at different intervals

NOTE Confidence: 0.902446177692308

00:03:24.201 --> 00:03:27.088 at which one should get screening.

NOTE Confidence: 0.902446177692308

00:03:27.090 --> 00:03:28.962 What are the latest guidelines in

NOTE Confidence: 0.902446177692308

00:03:28.962 --> 00:03:31.160 terms of screening for prostate cancer?

NOTE Confidence: 0.897137445

00:03:31.210 --> 00:03:32.728 So that's a very good question.

NOTE Confidence: 0.897137445

00:03:32.730 --> 00:03:34.956 I think prostate cancer screening has

NOTE Confidence: 0.897137445

00:03:34.956 --> 00:03:37.286 evolved the last couple of decades or so.

NOTE Confidence: 0.897137445

00:03:37.290 --> 00:03:39.550 It's been very confusing because

NOTE Confidence: 0.897137445

00:03:39.550 --> 00:03:41.386 the guidelines change, you know,

NOTE Confidence: 0.897137445

00:03:41.386 --> 00:03:42.576 over the last few years.

NOTE Confidence: 0.897137445

00:03:42.580 --> 00:03:44.596 So the latest guideline is that you

NOTE Confidence: 0.897137445

00:03:44.596 --> 00:03:47.000 have to talk to your doctor and your

NOTE Confidence: 0.897137445

00:03:47.000 --> 00:03:49.450 doctor should have a very well involved

NOTE Confidence: 0.897137445

00:03:49.450 --> 00:03:51.725 discussion about the prescan screening.

NOTE Confidence: 0.897137445

00:03:51.730 --> 00:03:53.704 In other words, if you have a

NOTE Confidence: 0.897137445

00:03:53.710 --> 00:03:55.290 strong family history,

NOTE Confidence: 0.897137445

00:03:55.290 --> 00:03:57.378 if your father,

00:03:59.312 --> 00:04:01.077 your uncles, had prostate cancer in early age,

NOTE Confidence: 0.897137445

00:04:01.080 --> 00:04:02.838 you should be concerned about it,

NOTE Confidence: 0.897137445

00:04:02.840 --> 00:04:04.872 and you can talk to your doctor about

NOTE Confidence: 0.897137445

00:04:04.872 --> 00:04:07.031 this and see what other tests that you

NOTE Confidence: 0.897137445

00:04:07.031 --> 00:04:09.260 could do to screen for prostate cancer.

NOTE Confidence: 0.897137445

00:04:09.260 --> 00:04:11.468 The most commonly

NOTE Confidence: 0.897137445

00:04:11.468 --> 00:04:13.695 used test to screen for prostate

NOTE Confidence: 0.897137445

00:04:13.695 --> 00:04:16.096 cancer is a blood test called PSA.

NOTE Confidence: 0.897137445

00:04:16.100 --> 00:04:18.035 It's a simple blood draw

NOTE Confidence: 0.897137445

00:04:18.035 --> 00:04:20.220 and the normal value is 4.

NOTE Confidence: 0.897137445

00:04:20.220 --> 00:04:22.558 If your PSA is higher than four,

NOTE Confidence: 0.897137445

00:04:22.560 --> 00:04:24.280 this may raise some concern.

00:04:26.110 --> 00:04:27.377 And you may get referred to a urologist

NOTE Confidence: 0.897137445

00:04:27.380 --> 00:04:28.784 for further evaluations

NOTE Confidence: 0.897137445

00:04:28.784 --> 00:04:31.239 and the other method you can screen

NOTE Confidence: 0.897137445

00:04:31.239 --> 00:04:33.269 for prostate cancer will be doing a

NOTE Confidence: 0.897137445

00:04:33.269 --> 00:04:35.410 digital rectal examination,

NOTE Confidence: 0.897137445

00:04:35.410 --> 00:04:36.994 which should be done by your

NOTE Confidence: 0.897137445

00:04:36.994 --> 00:04:37.786 primary care physician.

00:04:38.181 --> 00:04:41.309 If you have any symptoms in your urination,

NOTE Confidence: 0.897137445

00:04:41.310 --> 00:04:44.908 such as weak stream urgency,

NOTE Confidence: 0.897137445

00:04:44.910 --> 00:04:47.976 urinary frequency or urinary tract infection,

NOTE Confidence: 0.897137445

00:04:47.980 --> 00:04:49.400 that's not going away

00:04:50.110 --> 00:04:51.534 your doctor should evaluate

NOTE Confidence: 0.897137445

00:04:51.534 --> 00:04:53.314 this further to evaluate for

NOTE Confidence: 0.897137445

00:04:53.314 --> 00:04:54.979 the underlying pathology.

NOTE Confidence: 0.838887868888889

00:04:56.480 --> 00:04:59.994 And so for patients who are at

NOTE Confidence: 0.838887868888889

00:04:59.994 --> 00:05:02.134 average risk, let's suppose that

NOTE Confidence: 0.838887868888889

00:05:02.134 --> 00:05:04.402 they don't have a family history,

NOTE Confidence: 0.838887868888889

00:05:04.410 --> 00:05:06.756 they don't have a genetic mutation.

NOTE Confidence: 0.838887868888889

00:05:06.760 --> 00:05:10.712 When should they start getting PSA testing

NOTE Confidence: 0.838887868888889

00:05:10.712 --> 00:05:13.449 and how frequently should that occur?

NOTE Confidence: 0.855369513703704

00:05:13.920 --> 00:05:15.864 So there's no general consensus about

NOTE Confidence: 0.855369513703704

00:05:15.864 --> 00:05:18.596 what age to start the PSA screening for

NOTE Confidence: 0.855369513703704

00:05:18.596 --> 00:05:20.648 general population and that has been

NOTE Confidence: 0.855369513703704

00:05:20.713 --> 00:05:22.778 the debate over the last few years.

NOTE Confidence: 0.855369513703704

00:05:22.780 --> 00:05:23.562 Generally speaking,

NOTE Confidence: 0.855369513703704

00:05:23.562 --> 00:05:26.299 age 55 is the age that they

NOTE Confidence: 0.855369513703704

00:05:26.300 --> 00:05:28.352 begin to talk about prostate cancer

NOTE Confidence: 0.855369513703704

00:05:28.352 --> 00:05:30.500 screening in patients with risk factors.

NOTE Confidence: 0.855369513703704

00:05:30.500 --> 00:05:33.167 So if you are 55 and older,

NOTE Confidence: 0.855369513703704

00:05:33.170 --> 00:05:34.825 if you have any concern

NOTE Confidence: 0.855369513703704

00:05:34.825 --> 00:05:36.149 about the prostate cancer,

NOTE Confidence: 0.855369513703704

00:05:36.150 --> 00:05:38.052 you can discuss your concern with

NOTE Confidence: 0.855369513703704

00:05:38.052 --> 00:05:39.431 your doctor, especially if you

NOTE Confidence: 0.855369513703704

00:05:39.431 --> 00:05:40.666 have a strong family history.

NOTE Confidence: 0.855369513703704

00:05:40.670 --> 00:05:41.774 If you don't,

NOTE Confidence: 0.855369513703704

00:05:41.774 --> 00:05:44.350 then you don't necessarily have to have

NOTE Confidence: 0.855369513703704

00:05:44.350 --> 00:05:45.670 pre cancer screening.

NOTE Confidence: 0.765960265

00:05:46.660 --> 00:05:49.336 What goes into that decision making?

NOTE Confidence: 0.765960265

00:05:49.340 --> 00:05:50.402 Because you know,

NOTE Confidence: 0.765960265

00:05:50.402 --> 00:05:52.880 when you start off by saying prostate

NOTE Confidence: 0.765960265

00:05:52.954 --> 00:05:55.594 cancer is one of the most common cancers,

NOTE Confidence: 0.765960265

00:05:55.600 --> 00:05:58.200 presumably not everybody has symptoms

NOTE Confidence: 0.765960265

00:05:58.200 --> 00:06:00.800 when they develop prostate cancer.

NOTE Confidence: 0.765960265

00:06:00.800 --> 00:06:02.816 So if you're at average risk

NOTE Confidence: 0.765960265

00:06:02.816 --> 00:06:04.880 and you don't have symptoms,

NOTE Confidence: 0.765960265

00:06:04.880 --> 00:06:07.508 what's the likelihood of you being

NOTE Confidence: 0.765960265

00:06:07.508 --> 00:06:09.600 diagnosed with prostate cancer and

00:06:11.580 --> 00:06:13.560 a relatively frequent event,

NOTE Confidence: 0.765960265

00:06:13.560 --> 00:06:15.510 why don't we have screening on

NOTE Confidence: 0.765960265

00:06:15.510 --> 00:06:17.850 a regular basis like we do for

NOTE Confidence: 0.765960265

00:06:17.850 --> 00:06:19.475 other kinds of cancers like

NOTE Confidence: 0.765960265

00:06:19.475 --> 00:06:21.210 breast cancer or colon cancer?

NOTE Confidence: 0.834880552

00:06:21.520 --> 00:06:22.720 That's a very good question.

NOTE Confidence: 0.834880552

00:06:22.720 --> 00:06:24.760 And that's in part because of

NOTE Confidence: 0.834880552

00:06:24.760 --> 00:06:26.866 the long Natural History of the

NOTE Confidence: 0.834880552

00:06:26.866 --> 00:06:28.566 prostate cancer and very diverse

NOTE Confidence: 0.834880552

00:06:28.566 --> 00:06:30.660 biology of the prostate cancer.

NOTE Confidence: 0.834880552

00:06:30.660 --> 00:06:33.078 And as I mentioned on epidemiology,

NOTE Confidence: 0.834880552

00:06:33.080 --> 00:06:34.280 as you see it,

NOTE Confidence: 0.834880552

00:06:34.280 --> 00:06:36.080 not everybody dies of prostate cancer.

NOTE Confidence: 0.834880552

00:06:36.080 --> 00:06:37.412 I think it's very important to

NOTE Confidence: 0.834880552

00:06:37.412 --> 00:06:38.995 identify this type,

NOTE Confidence: 0.834880552

00:06:38.995 --> 00:06:41.360 but the majority of prostate cancer can be

NOTE Confidence: 0.834880552

00:06:41.360 --> 00:06:42.840 very indolent in biology,

NOTE Confidence: 0.834880552

00:06:42.840 --> 00:06:44.690 meaning that yes you will

NOTE Confidence: 0.834880552

00:06:44.690 --> 00:06:46.300 have it, you may develop a

NOTE Confidence: 0.834880552

00:06:46.300 --> 00:06:47.690 prostate cancer in your lifetime,

NOTE Confidence: 0.834880552

00:06:47.690 --> 00:06:50.226 but you may not die of prostate cancer.

NOTE Confidence: 0.834880552

00:06:50.230 --> 00:06:52.450 So having a diagnosis and

NOTE Confidence: 0.834880552

00:06:52.450 --> 00:06:54.635 going through a procedures and

NOTE Confidence: 0.834880552

00:06:54.635 --> 00:06:56.820 treatments is another and whether

NOTE Confidence: 0.834880552

00:06:56.897 --> 00:06:58.949 you die of prostate cancer

NOTE Confidence: 0.834880552

00:06:58.950 --> 00:07:00.829 is what we are really afraid of, right.

NOTE Confidence: 0.834880552

00:07:00.829 --> 00:07:02.642 So really a lot of things go

NOTE Confidence: 0.834880552

00:07:02.642 --> 00:07:04.666 into making a decision.

NOTE Confidence: 0.834880552

00:07:04.670 --> 00:07:06.800 Now you know about the prostate

NOTE Confidence: 0.834880552

00:07:06.800 --> 00:07:07.510 cancer screening.

NOTE Confidence: 0.834880552

00:07:07.510 --> 00:07:09.596 I think the future of prostate

NOTE Confidence: 0.834880552

00:07:09.596 --> 00:07:11.600 cancer screening is really identifying

NOTE Confidence: 0.834880552

00:07:11.600 --> 00:07:12.812 those who are at

NOTE Confidence: 0.834880552

00:07:12.812 --> 00:07:15.080 risk of developing prostate cancer,

NOTE Confidence: 0.834880552

00:07:15.080 --> 00:07:16.584 not just prostate cancer,

NOTE Confidence: 0.834880552

00:07:16.584 --> 00:07:18.088 but lethal prostate cancer

NOTE Confidence: 0.834880552

00:07:18.088 --> 00:07:19.880 and indolent prostate cancer,

NOTE Confidence: 0.834880552

00:07:19.880 --> 00:07:22.424 they may not need to be diagnosed because,

NOTE Confidence: 0.834880552

00:07:22.430 --> 00:07:25.174 you know, they may live with the disease,

NOTE Confidence: 0.834880552

00:07:25.180 --> 00:07:28.060 but they may not die of the disease.

NOTE Confidence: 0.834880552

00:07:28.060 --> 00:07:29.224 So that's sort of the things

NOTE Confidence: 0.834880552

00:07:29.224 --> 00:07:30.409 that goes on behind the mind.

NOTE Confidence: 0.890432730555556

00:07:31.970 --> 00:07:34.146 And so you mentioned a few of the

NOTE Confidence: 0.890432730555556

00:07:34.146 --> 00:07:36.260 factors that tend to be associated

NOTE Confidence: 0.890432730555556

00:07:36.260 --> 00:07:37.768 with more aggressive disease,

NOTE Confidence: 0.890432730555556

00:07:37.770 --> 00:07:39.734 so being African American,

NOTE Confidence: 0.890432730555556

00:07:39.734 --> 00:07:41.698 having a family history,

NOTE Confidence: 0.890432730555556

00:07:41.700 --> 00:07:45.165 particularly a genetic mutation and so on.

NOTE Confidence: 0.890432730555556

00:07:45.170 --> 00:07:47.110 And so let's suppose

NOTE Confidence: 0.890432730555556

00:07:47.110 --> 00:07:49.868 did fit into that category and

NOTE Confidence: 0.890432730555556

00:07:49.868 --> 00:07:52.942 you went and you had a conversation

NOTE Confidence: 0.890432730555556

00:07:52.942 --> 00:07:56.148 with your Doctor who decided to screen

NOTE Confidence: 0.890432730555556

00:07:56.148 --> 00:07:58.962 you with a PSA and you mentioned

NOTE Confidence: 0.890432730555556

00:07:58.962 --> 00:08:02.110 that the normal value is 4.

NOTE Confidence: 0.890432730555556

00:08:02.110 --> 00:08:03.760 And let's suppose that your

NOTE Confidence: 0.890432730555556

00:08:03.760 --> 00:08:05.410 value was higher than four.

NOTE Confidence: 0.890432730555556

00:08:05.410 --> 00:08:06.830 What does that mean?

NOTE Confidence: 0.890432730555556

00:08:06.830 --> 00:08:08.250 Does that automatically mean

NOTE Confidence: 0.890432730555556

00:08:08.250 --> 00:08:10.123 that you have prostate cancer

NOTE Confidence: 0.890432730555556

00:08:10.123 --> 00:08:11.958 or what happens after that?

NOTE Confidence: 0.829301203333333

00:08:12.370 --> 00:08:13.963 So this will generate a lot of

NOTE Confidence: 0.829301203333333

00:08:13.970 --> 00:08:15.686 questions and

NOTE Confidence: 0.829301203333333

00:08:15.686 --> 00:08:16.830 discussions with your doctor.

NOTE Confidence: 0.829301203333333

00:08:16.830 --> 00:08:18.906 The first step is to be

NOTE Confidence: 0.829301203333333

00:08:18.906 --> 00:08:20.290 referred to a urologist,

NOTE Confidence: 0.829301203333333

00:08:20.290 --> 00:08:24.210 not all elevated PSA means prostate cancer,

NOTE Confidence: 0.829301203333333

00:08:24.210 --> 00:08:26.073 sometimes having inflammation in the

NOTE Confidence: 0.829301203333333

00:08:26.073 --> 00:08:29.178 prostate gland or having some,

NOTE Confidence: 0.829301203333333

00:08:29.180 --> 00:08:30.664 you know, some procedures done

NOTE Confidence: 0.829301203333333

00:08:30.664 --> 00:08:32.519 with the prostate gland,

NOTE Confidence: 0.829301203333333

00:08:32.520 --> 00:08:35.616 these conditions can raise the PSA value too,

NOTE Confidence: 0.829301203333333

00:08:35.620 --> 00:08:38.960 so you don't have to be too worried about it,

NOTE Confidence: 0.829301203333333

00:08:38.960 --> 00:08:40.860 but clearly deserve a conversation

NOTE Confidence: 0.829301203333333

00:08:40.860 --> 00:08:42.000 with the urologist.

NOTE Confidence: 0.829301203333333

00:08:42.000 --> 00:08:43.400 And he or she will guide you

NOTE Confidence: 0.829301203333333

00:08:43.400 --> 00:08:45.080 about the next steps.

NOTE Confidence: 0.829301203333333

00:08:45.080 --> 00:08:46.320 Usually what happens as the

NOTE Confidence: 0.829301203333333

00:08:46.320 --> 00:08:47.870 next step is that

NOTE Confidence: 0.829301203333333

00:08:47.870 --> 00:08:48.938 depending on the timeline,

NOTE Confidence: 0.829301203333333

00:08:48.938 --> 00:08:51.213 he or she may want to repeat the

NOTE Confidence: 0.829301203333333

00:08:51.213 --> 00:08:53.355 PSA value to see whether it's real

NOTE Confidence: 0.829301203333333

00:08:53.355 --> 00:08:54.780 elevation or false elevation.

NOTE Confidence: 0.829301203333333

00:08:54.780 --> 00:08:57.640 If it's confirmed to be elevated, then,

NOTE Confidence: 0.829301203333333

00:08:57.640 --> 00:08:59.540 depending on your medical conditions,

NOTE Confidence: 0.829301203333333

00:08:59.540 --> 00:09:01.297 your doctor will talk to you about

NOTE Confidence: 0.829301203333333

00:09:01.297 --> 00:09:02.810 whether you should get a prostate

NOTE Confidence: 0.829301203333333

00:09:02.810 --> 00:09:07.169 biopsy or not to monitor and

NOTE Confidence: 0.829301203333333

00:09:07.169 --> 00:09:08.414 those are the conversations you

NOTE Confidence: 0.829301203333333

00:09:08.414 --> 00:09:09.900 would have with your urologist.

NOTE Confidence: 0.8242476515

00:09:10.730 --> 00:09:13.898 And ultimately if you do end up

NOTE Confidence: 0.8242476515

00:09:13.898 --> 00:09:17.664 having a prostate biopsy and if that

NOTE Confidence: 0.8242476515

00:09:17.664 --> 00:09:20.549 biopsy indeed confirms prostate cancer,

NOTE Confidence: 0.8242476515

00:09:20.550 --> 00:09:22.818 there's a whole system of grading

NOTE Confidence: 0.8242476515

00:09:22.818 --> 00:09:24.563 of prostate cancer that really

NOTE Confidence: 0.8242476515

00:09:24.563 --> 00:09:26.687 influences whether we need to be

NOTE Confidence: 0.8242476515

00:09:26.687 --> 00:09:28.472 more aggressive or less aggressive

NOTE Confidence: 0.8242476515

00:09:28.472 --> 00:09:30.167 in terms of its management.

00:09:32.295 --> 00:09:34.640 So we use what we call Gleason

NOTE Confidence: 0.650258003285714

00:09:34.707 --> 00:09:36.347 score to create groups.

NOTE Confidence: 0.650258003285714

00:09:36.350 --> 00:09:38.618 These are the pathological

NOTE Confidence: 0.650258003285714

00:09:38.618 --> 00:09:40.886 terms to describe the

00:09:41.636 --> 00:09:43.128 logical assessment of the

NOTE Confidence: 0.650258003285714

00:09:43.128 --> 00:09:44.970 prostate cancer and you know,

NOTE Confidence: 0.650258003285714

00:09:44.970 --> 00:09:46.842 the higher the grade is more

NOTE Confidence: 0.650258003285714

00:09:46.842 --> 00:09:49.590 ugly looking the prostate cancer cells.

NOTE Confidence: 0.650258003285714

00:09:49.590 --> 00:09:50.442 In other words,

NOTE Confidence: 0.650258003285714

00:09:50.442 --> 00:09:52.146 this may predict more of aggressive

NOTE Confidence: 0.650258003285714

00:09:52.146 --> 00:09:53.590 biology of the prostate cancer,

NOTE Confidence: 0.650258003285714

00:09:53.590 --> 00:09:55.354 but they also are low grade

NOTE Confidence: 0.650258003285714

00:09:55.354 --> 00:09:56.530 prostate cancer as well.

NOTE Confidence: 0.650258003285714

00:09:56.530 --> 00:09:58.615 So these tumors may have

NOTE Confidence: 0.650258003285714

00:09:58.615 --> 00:09:59.866 more indolent biology.

NOTE Confidence: 0.923916936

00:10:01.230 --> 00:10:03.366 And so talk to us a little bit

NOTE Confidence: 0.923916936

00:10:03.366 --> 00:10:05.510 more about that because one of the

NOTE Confidence: 0.923916936

00:10:05.510 --> 00:10:07.790 things that I think may be confusing

NOTE Confidence: 0.923916936

00:10:07.790 --> 00:10:10.163 for people is the fact that some

NOTE Confidence: 0.923916936

00:10:10.163 --> 00:10:11.990 people may be diagnosed with a

NOTE Confidence: 0.923916936

00:10:11.990 --> 00:10:13.990 more indolent prostate cancer.

NOTE Confidence: 0.923916936

00:10:13.990 --> 00:10:17.324 And for them they may have

NOTE Confidence: 0.923916936

00:10:17.324 --> 00:10:20.084 watchful waiting or active surveillance,

NOTE Confidence: 0.923916936

00:10:20.090 --> 00:10:23.366 whereas others who may have a more

NOTE Confidence: 0.923916936

00:10:23.366 --> 00:10:25.400 aggressive prostate cancer may

NOTE Confidence: 0.923916936

00:10:25.400 --> 00:10:27.608 have other treatment modalities.

NOTE Confidence: 0.923916936

00:10:27.610 --> 00:10:31.507 So at what point is that decision made?

NOTE Confidence: 0.923916936

00:10:31.510 --> 00:10:32.986 Is there a particular

NOTE Confidence: 0.923916936

00:10:32.986 --> 00:10:35.200 Gleason score cutoff that helps us

NOTE Confidence: 0.923916936

00:10:35.265 --> 00:10:36.980 to decide which category people

NOTE Confidence: 0.923916936

00:10:36.980 --> 00:10:39.506 fall into or what are the factors

NOTE Confidence: 0.923916936

00:10:39.506 --> 00:10:41.738 that go into that decision making?

NOTE Confidence: 0.842413044

00:10:42.920 --> 00:10:45.332 When we make a decision on treatment

NOTE Confidence: 0.842413044

00:10:45.332 --> 00:10:47.396 there are multiple factors to consider.

NOTE Confidence: 0.842413044

00:10:47.400 --> 00:10:48.544 Gleason scores you mentioned

NOTE Confidence: 0.842413044

00:10:48.544 --> 00:10:50.260 are one of the critical one,

NOTE Confidence: 0.842413044

00:10:50.260 --> 00:10:52.820 but also we look at tumor

NOTE Confidence: 0.842413044

00:10:52.820 --> 00:10:54.657 staging, patients

NOTE Confidence: 0.842413044

00:10:54.657 --> 00:10:56.917 comorbidities and life expectancy.

NOTE Confidence: 0.842413044

00:10:56.920 --> 00:10:59.104 A lot of things factor into making

NOTE Confidence: 0.842413044

00:10:59.104 --> 00:11:01.181 a treatment decision to answer your

NOTE Confidence: 0.842413044

00:11:01.181 --> 00:11:03.016 questions about the Gleason score,

NOTE Confidence: 0.842413044

00:11:03.020 --> 00:11:05.424 generally you will hear

NOTE Confidence: 0.842413044

00:11:05.424 --> 00:11:07.923 Gleason score 6,7,8,9 or 10.

NOTE Confidence: 0.842413044

00:11:07.923 --> 00:11:10.940 So Gleason six is generally speaking or

NOTE Confidence: 0.842413044

00:11:11.023 --> 00:11:14.088 low grade prostate cancer oftentimes.

NOTE Confidence: 0.842413044

00:11:14.090 --> 00:11:15.830 A patient is very less likely

NOTE Confidence: 0.842413044

00:11:15.830 --> 00:11:17.570 to die of prostate cancer.

NOTE Confidence: 0.842413044

00:11:17.570 --> 00:11:18.830 So oftentimes patients

NOTE Confidence: 0.842413044

00:11:18.830 --> 00:11:20.510 with increasing 6 disease,

NOTE Confidence: 0.842413044

00:11:20.510 --> 00:11:23.702 they can be monitored with what we call

NOTE Confidence: 0.842413044

00:11:23.702 --> 00:11:25.928 active surveillance or watchful waiting.

NOTE Confidence: 0.842413044

00:11:25.930 --> 00:11:28.597 Score 7 is sort of like

NOTE Confidence: 0.842413044

00:11:28.597 --> 00:11:30.270 intermediate risk prostate cancer.

NOTE Confidence: 0.842413044

00:11:30.270 --> 00:11:33.330 Again depending on other conditions,

NOTE Confidence: 0.842413044

00:11:33.330 --> 00:11:35.316 you could talk to your doctor

NOTE Confidence: 0.842413044

00:11:35.316 --> 00:11:36.309 about being treated,

NOTE Confidence: 0.842413044

00:11:36.310 --> 00:11:38.498 whether surgery or radiation,

NOTE Confidence: 0.842413044

00:11:38.498 --> 00:11:42.160 but for Gleason score 8-9 or 10,

NOTE Confidence: 0.842413044

00:11:42.160 --> 00:11:44.180 these are rather higher grade

NOTE Confidence: 0.842413044

00:11:44.180 --> 00:11:46.105 prostate cancer and you

NOTE Confidence: 0.842413044

00:11:46.105 --> 00:11:48.030 really want to consider receiving

NOTE Confidence: 0.842413044

00:11:48.094 --> 00:11:49.399 more definitive treatments

NOTE Confidence: 0.842413044

00:11:49.399 --> 00:11:51.574 with the radiation or surgery.

NOTE Confidence: 0.842413044

00:11:51.580 --> 00:11:52.102 So again,

NOTE Confidence: 0.842413044

00:11:52.102 --> 00:11:54.190 Gleason score is one of the factors

NOTE Confidence: 0.842413044

00:11:54.244 --> 00:11:56.484 going in and making a treatment decision,

NOTE Confidence: 0.842413044

00:11:56.490 --> 00:11:57.780 but we should also

NOTE Confidence: 0.842413044

00:11:57.780 --> 00:11:59.478 think about other factors as well.

NOTE Confidence: 0.903276839

00:12:00.730 --> 00:12:03.178 And so when patients are

NOTE Confidence: 0.903276839

00:12:03.178 --> 00:12:04.810 treated with active surveillance,

NOTE Confidence: 0.903276839

00:12:04.810 --> 00:12:06.422 what does that mean?

NOTE Confidence: 0.903276839

00:12:06.422 --> 00:12:09.600 Does that mean that we just kind of

NOTE Confidence: 0.903276839

00:12:09.600 --> 00:12:10.977 close your eyes and say, well,

NOTE Confidence: 0.903276839

00:12:10.977 --> 00:12:12.639 you have indolent disease

NOTE Confidence: 0.903276839

00:12:12.639 --> 00:12:14.359 or are these people followed?

NOTE Confidence: 0.903276839

00:12:14.360 --> 00:12:16.048 And if they're followed

NOTE Confidence: 0.903276839

00:12:16.048 --> 00:12:17.314 with imaging modalities,

NOTE Confidence: 0.903276839

00:12:17.320 --> 00:12:19.707 what modality is that and how

NOTE Confidence: 0.903276839

00:12:19.707 --> 00:12:21.592 frequently are people monitored

NOTE Confidence: 0.903276839

00:12:21.592 --> 00:12:23.956 or are they monitored with PSA?

NOTE Confidence: 0.903276839

00:12:23.960 --> 00:12:25.520 What does active

NOTE Confidence: 0.903276839

00:12:25.520 --> 00:12:27.080 surveillance really look like?

00:12:27.420 --> 00:12:29.460 It's an active surveillance,

NOTE Confidence: 0.86234476

00:12:29.460 --> 00:12:30.740 not passive active surveillance.

NOTE Confidence: 0.86234476

00:12:30.740 --> 00:12:33.119 We go in with an active surveillance

NOTE Confidence: 0.86234476

00:12:33.119 --> 00:12:35.119 with the goal of intervening.

NOTE Confidence: 0.86234476

00:12:35.120 --> 00:12:37.388 At some point, again, this discussion

NOTE Confidence: 0.86234476

00:12:37.388 --> 00:12:39.610 would happen with the urologist.

NOTE Confidence: 0.86234476

00:12:39.610 --> 00:12:42.640 Primarily so during the active surveillance

NOTE Confidence: 0.86234476

00:12:42.640 --> 00:12:45.758 patient will follow with the PSA one

NOTE Confidence: 0.86234476

00:12:45.758 --> 00:12:48.145 summer once a year or prostate MRI

NOTE Confidence: 0.86234476

00:12:48.226 --> 00:12:50.896 to really understand the morphology,

NOTE Confidence: 0.86234476

00:12:50.900 --> 00:12:52.660 the how the prostate tumor

NOTE Confidence: 0.86234476

00:12:52.660 --> 00:12:54.420 looks in the prostate gland.

NOTE Confidence: 0.86234476

00:12:54.420 --> 00:12:56.380 They also follow with the

NOTE Confidence: 0.86234476

00:12:56.380 --> 00:12:57.556 digital rectal examinations.

NOTE Confidence: 0.86234476

00:12:57.560 --> 00:13:00.146 So they follow these patients very

NOTE Confidence: 0.86234476

00:13:00.146 --> 00:13:02.259 carefully and throughout the course

NOTE Confidence: 0.86234476

00:13:02.259 --> 00:13:04.779 to really make a decision as to when

NOTE Confidence: 0.86234476

00:13:04.779 --> 00:13:06.695 to intervene the prostate cancer.

NOTE Confidence: 0.86234476

00:13:06.695 --> 00:13:08.525 Oftentimes you may end up receiving

NOTE Confidence: 0.86234476

00:13:08.525 --> 00:13:10.408 a surgery or radiation therapy.

NOTE Confidence: 0.86234476

00:13:10.410 --> 00:13:12.414 But often other times you may

NOTE Confidence: 0.86234476

00:13:12.414 --> 00:13:14.849 not need to be intervened for

NOTE Confidence: 0.86234476

00:13:14.849 --> 00:13:16.877 low risk prostate cancer.

NOTE Confidence: 0.874819966153846

00:13:17.980 --> 00:13:20.024 Well, we're going to take a

NOTE Confidence: 0.874819966153846

00:13:20.024 --> 00:13:22.080 short break for our medical minute.

NOTE Confidence: 0.874819966153846

00:13:22.080 --> 00:13:23.220 And when we come back,

NOTE Confidence: 0.874819966153846

00:13:23.220 --> 00:13:25.369 we're going to learn more about the

NOTE Confidence: 0.874819966153846

00:13:25.369 --> 00:13:26.990 treatment of prostate cancer patients

NOTE Confidence: 0.874819966153846

00:13:26.990 --> 00:13:29.289 with my guest, Doctor Joseph Kim.

NOTE Confidence: 0.770307405

00:13:29.620 --> 00:13:31.600 Funding for Yale Cancer Answers

NOTE Confidence: 0.770307405

00:13:31.600 --> 00:13:33.580 comes from Smilow Cancer Hospital,

NOTE Confidence: 0.770307405

00:13:33.580 --> 00:13:35.505 where the gynecologic oncology program

NOTE Confidence: 0.770307405

00:13:35.505 --> 00:13:37.850 brings together a team of clinicians

NOTE Confidence: 0.770307405

00:13:37.850 --> 00:13:40.730 whose focus is to care for women with

NOTE Confidence: 0.770307405

00:13:40.730 --> 00:13:42.579 gynecologic cancers. Learn more at

NOTE Confidence: 0.86796355

00:13:46.120 --> 00:13:48.690 yalecancercenter.org.

NOTE Confidence: 0.86796355

00:13:48.690 --> 00:13:50.330 There are many obstacles to

NOTE Confidence: 0.86796355

00:13:50.330 --> 00:13:51.642 face when quitting smoking,

NOTE Confidence: 0.86796355

00:13:51.650 --> 00:13:54.688 as smoking involves the potent drug nicotine.

NOTE Confidence: 0.86796355

00:13:54.690 --> 00:13:56.465 Quitting smoking is a very

NOTE Confidence: 0.86796355

00:13:56.465 --> 00:13:57.530 important lifestyle change,

NOTE Confidence: 0.86796355

00:13:57.530 --> 00:13:59.009 especially for patients

NOTE Confidence: 0.86796355

00:13:59.009 --> 00:14:00.488 undergoing cancer treatment,

NOTE Confidence: 0.86796355

00:14:00.490 --> 00:14:02.770 as it's been shown to positively

NOTE Confidence: 0.86796355

00:14:02.770 --> 00:14:04.290 impact response to treatments,

NOTE Confidence: 0.86796355

00:14:04.290 --> 00:14:06.365 decrease the likelihood that patients

NOTE Confidence: 0.86796355

00:14:06.365 --> 00:14:08.025 will develop second malignancies,

NOTE Confidence: 0.86796355

00:14:08.030 --> 00:14:10.350 and increase rates of survival.

NOTE Confidence: 0.86796355

00:14:10.350 --> 00:14:12.550 Tobacco treatment programs are currently

NOTE Confidence: 0.86796355

00:14:12.550 --> 00:14:14.750 being offered at federally designated

NOTE Confidence: 0.86796355

00:14:14.812 --> 00:14:16.232 Comprehensive cancer centers such

NOTE Confidence: 0.86796355

00:14:16.232 --> 00:14:18.710 as Yale Cancer Center and Smilow

NOTE Confidence: 0.86796355

00:14:18.710 --> 00:14:20.542 Cancer Hospital all treatment

NOTE Confidence: 0.86796355

00:14:20.542 --> 00:14:22.832 components are evidence based and

NOTE Confidence: 0.86796355

00:14:22.832 --> 00:14:25.273 patients are treated with FDA approved

NOTE Confidence: 0.86796355

00:14:25.273 --> 00:14:27.760 first line medications as well as

NOTE Confidence: 0.86796355

00:14:27.760 --> 00:14:29.796 smoking cessation counseling that

NOTE Confidence: 0.86796355

00:14:29.796 --> 00:14:31.832 stresses appropriate coping skills.

NOTE Confidence: 0.86796355

00:14:31.840 --> 00:14:34.224 More information is available

NOTE Confidence: 0.86796355

00:14:34.224 --> 00:14:35.250 at yalecancercenter.org.

NOTE Confidence: 0.86796355

00:14:35.250 --> 00:14:37.830 You're listening to Connecticut public radio.

NOTE Confidence: 0.812817651666667

00:14:39.240 --> 00:14:41.340 Welcome back to Yale Cancer Answers.

NOTE Confidence: 0.812817651666667

00:14:41.340 --> 00:14:42.840 This is doctor Anees Chagpar

NOTE Confidence: 0.812817651666667

00:14:42.840 --> 00:14:44.856 and I'm joined tonight by my guest,

NOTE Confidence: 0.812817651666667

00:14:44.860 --> 00:14:46.009 Doctor Joseph Kim.

NOTE Confidence: 0.812817651666667

00:14:46.009 --> 00:14:48.690 We're talking about the care of patients

NOTE Confidence: 0.812817651666667

00:14:48.758 --> 00:14:51.248 with prostate cancer in honor of

NOTE Confidence: 0.812817651666667

00:14:51.248 --> 00:14:53.240 prostate Cancer Awareness Month.

NOTE Confidence: 0.812817651666667

00:14:53.240 --> 00:14:55.100 Right before the break, Doctor Kim,

NOTE Confidence: 0.812817651666667

00:14:55.100 --> 00:14:57.980 you were mentioning that many patients

NOTE Confidence: 0.812817651666667

00:14:57.980 --> 00:14:59.900 have indolent prostate cancer,

NOTE Confidence: 0.812817651666667

00:14:59.900 --> 00:15:01.996 which even if diagnosed,

NOTE Confidence: 0.812817651666667

00:15:01.996 --> 00:15:05.140 may be indolent in its course.

NOTE Confidence: 0.812817651666667

00:15:05.140 --> 00:15:08.044 And it may be followed with

NOTE Confidence: 0.812817651666667

00:15:08.044 --> 00:15:09.812 active surveillance with PSA's.

NOTE Confidence: 0.812817651666667

00:15:09.812 --> 00:15:11.684 And so on and so forth.

NOTE Confidence: 0.812817651666667

00:15:11.690 --> 00:15:13.825 For the patients who have

NOTE Confidence: 0.812817651666667

00:15:13.825 --> 00:15:15.106 more aggressive disease,

NOTE Confidence: 0.812817651666667

00:15:15.110 --> 00:15:16.822 can you talk to us a little bit

NOTE Confidence: 0.812817651666667

00:15:16.822 --> 00:15:18.169 more about their management?

NOTE Confidence: 0.812817651666667

00:15:18.170 --> 00:15:19.310 So first of all,

NOTE Confidence: 0.812817651666667

00:15:19.310 --> 00:15:21.020 how do you know if a patient is

NOTE Confidence: 0.812817651666667

00:15:21.087 --> 00:15:23.535 diagnosed and let's say that they

NOTE Confidence: 0.812817651666667

00:15:23.535 --> 00:15:25.167 have more aggressive disease?

NOTE Confidence: 0.812817651666667

00:15:25.170 --> 00:15:28.170 So we talked a little bit about the

NOTE Confidence: 0.812817651666667

00:15:28.170 --> 00:15:30.228 Gleason score and you mentioned that

NOTE Confidence: 0.812817651666667

00:15:30.228 --> 00:15:33.989 an 8-9 or a 10 is more aggressive if a

NOTE Confidence: 0.812817651666667

00:15:33.989 --> 00:15:36.749 patient is diagnosed with such disease,

NOTE Confidence: 0.812817651666667

00:15:36.750 --> 00:15:38.829 how do we know that this cancer

NOTE Confidence: 0.812817651666667

00:15:38.829 --> 00:15:40.778 is confined only to the prostate?

NOTE Confidence: 0.812817651666667

00:15:40.780 --> 00:15:43.160 And hasn't spread all over their body.

NOTE Confidence: 0.812817651666667

00:15:43.160 --> 00:15:45.182 Is there some sort of staging

NOTE Confidence: 0.812817651666667

00:15:45.182 --> 00:15:47.713 test that we need to do before

NOTE Confidence: 0.812817651666667

00:15:47.713 --> 00:15:49.189 we embark upon therapy?

NOTE Confidence: 0.792139385

00:15:50.750 --> 00:15:52.430 A very good question. So yes,

NOTE Confidence: 0.792139385

00:15:52.430 --> 00:15:54.914 we do several imaging modalities truly

NOTE Confidence: 0.792139385

00:15:54.914 --> 00:15:57.950 understand the extent of the prostate cancer.

NOTE Confidence: 0.792139385

00:15:57.950 --> 00:15:59.575 The most commonly used imaging

NOTE Confidence: 0.792139385

00:15:59.575 --> 00:16:02.109 modality we use is a prostate MRI.

NOTE Confidence: 0.792139385

00:16:02.110 --> 00:16:04.168 This will really give us a better

NOTE Confidence: 0.792139385

00:16:04.168 --> 00:16:06.192 description of what's going on with the

NOTE Confidence: 0.792139385

00:16:06.192 --> 00:16:08.616 prostate gland and the tumors and how the

NOTE Confidence: 0.792139385

00:16:08.616 --> 00:16:10.446 tumors invading around the surroundings,

NOTE Confidence: 0.792139385

00:16:10.450 --> 00:16:12.326 around the structures nearby.

NOTE Confidence: 0.792139385

00:16:12.326 --> 00:16:16.156 So we use a prostate MRI and if we are

NOTE Confidence: 0.792139385

00:16:16.156 --> 00:16:18.424 worried that this is a high risk disease

NOTE Confidence: 0.792139385

00:16:18.424 --> 00:16:20.790 then we often get stage and scanned.

NOTE Confidence: 0.792139385

00:16:20.790 --> 00:16:22.524 Now with a CT scan and

NOTE Confidence: 0.792139385

00:16:22.524 --> 00:16:24.100 the whole body bone scan,

NOTE Confidence: 0.792139385

00:16:24.100 --> 00:16:25.752 we get a whole body bone scan

NOTE Confidence: 0.792139385

00:16:25.752 --> 00:16:27.666 because bone is a very common site

NOTE Confidence: 0.792139385

00:16:27.666 --> 00:16:29.394 that prostate cancer can spread to.

NOTE Confidence: 0.792139385

00:16:29.400 --> 00:16:31.983 So we get a CT scan and the

NOTE Confidence: 0.792139385

00:16:31.983 --> 00:16:34.594 bone scan in the prostate MRI to

NOTE Confidence: 0.792139385

00:16:34.594 --> 00:16:36.980 understand the extent of the disease.

NOTE Confidence: 0.792139385

00:16:36.980 --> 00:16:39.962 In some settings when we

NOTE Confidence: 0.792139385

00:16:39.962 --> 00:16:42.267 are making decisions as to what

NOTE Confidence: 0.792139385

00:16:42.267 --> 00:16:44.792 kind of a local therapy to do and

NOTE Confidence: 0.792139385

00:16:44.792 --> 00:16:46.976 in a patient we highly suspect

NOTE Confidence: 0.792139385

00:16:46.976 --> 00:16:48.999 to have metastatic disease,

NOTE Confidence: 0.792139385

00:16:49.000 --> 00:16:50.800 we now use a new imaging.

NOTE Confidence: 0.792139385

00:16:50.800 --> 00:16:52.809 Or PSMA PET CT scan to see

NOTE Confidence: 0.792139385

00:16:52.809 --> 00:16:55.018 whether a patient in fact has a

NOTE Confidence: 0.792139385

00:16:55.018 --> 00:16:56.294 metastatic disease or not.

NOTE Confidence: 0.861265868333334

00:16:57.560 --> 00:16:59.738 Tell us more about this PSMA.

NOTE Confidence: 0.861265868333334

00:16:59.740 --> 00:17:03.205 Is that the same as a regular FDG pet

NOTE Confidence: 0.861265868333334

00:17:03.205 --> 00:17:06.680 or is it special for the prostate?

NOTE Confidence: 0.861265868333334

00:17:06.680 --> 00:17:08.801 Tell us more about that and in

NOTE Confidence: 0.861265868333334

00:17:08.801 --> 00:17:10.647 what patients you would use that

NOTE Confidence: 0.861265868333334

00:17:10.647 --> 00:17:12.677 as opposed to simply using a CT

NOTE Confidence: 0.861265868333334

00:17:12.747 --> 00:17:14.770 scan and a whole body bone scan.

NOTE Confidence: 0.849518728333333

00:17:15.520 --> 00:17:16.900 So that's a very good question.

NOTE Confidence: 0.849518728333333

00:17:16.900 --> 00:17:21.220 So PSMA stands for prostate specific

NOTE Confidence: 0.849518728333333

00:17:21.220 --> 00:17:23.804 membrane antigen as the name implies.

NOTE Confidence: 0.849518728333333

00:17:23.804 --> 00:17:25.234 It's supposed to be very

NOTE Confidence: 0.849518728333333

00:17:25.234 --> 00:17:26.579 specific to prostate cancer.

NOTE Confidence: 0.849518728333333

00:17:26.580 --> 00:17:27.900 So if you think about this,

NOTE Confidence: 0.849518728333333

00:17:27.900 --> 00:17:30.602 this is actually much

NOTE Confidence: 0.849518728333333

00:17:30.602 --> 00:17:32.956 more sensitive PET imaging than the

NOTE Confidence: 0.849518728333333

00:17:32.956 --> 00:17:35.770 conventional CT scan or the bone scan.

NOTE Confidence: 0.849518728333333

00:17:35.770 --> 00:17:38.003 This is different from FDG PET to

NOTE Confidence: 0.849518728333333

00:17:38.003 --> 00:17:40.743 scan after looking

NOTE Confidence: 0.849518728333333

00:17:40.743 --> 00:17:42.883 for hypermetabolism of the glucose.

NOTE Confidence: 0.849518728333333

00:17:42.890 --> 00:17:45.501 But here we are looking for the

NOTE Confidence: 0.849518728333333

00:17:45.501 --> 00:17:47.957 tumor cells that are expressing PSMA and

NOTE Confidence: 0.849518728333333

00:17:47.957 --> 00:17:50.996 we are trying to detect, you know,

NOTE Confidence: 0.849518728333333

00:17:50.996 --> 00:17:54.307 very low levels of prostate cancers

NOTE Confidence: 0.849518728333333

00:17:54.307 --> 00:17:57.590 by using this trace PSMA tracer,

NOTE Confidence: 0.849518728333333

00:17:57.590 --> 00:17:59.066 so this PSMA.

NOTE Confidence: 0.849518728333333

00:17:59.066 --> 00:18:02.018 has about 3 indications.

NOTE Confidence: 0.849518728333333

00:18:02.020 --> 00:18:04.180 So in a localized setting in patients

NOTE Confidence: 0.849518728333333

00:18:04.180 --> 00:18:06.107 who just received the diagnosis

NOTE Confidence: 0.849518728333333

00:18:06.107 --> 00:18:08.645 of high risk prostate cancer and

NOTE Confidence: 0.849518728333333

00:18:08.645 --> 00:18:10.280 your doctor's discussing NOTE Confidence: 0.849518728333333

00:18:10.280 --> 00:18:12.380 whether we need to do a surgery,

NOTE Confidence: 0.849518728333333

00:18:12.380 --> 00:18:15.264 radiation or whether we should do a

NOTE Confidence: 0.849518728333333

00:18:15.264 --> 00:18:17.852 systemic therapy based on

NOTE Confidence: 0.849518728333333

00:18:17.852 --> 00:18:20.834 parameters such as PSA level, Gleason score,

NOTE Confidence: 0.849518728333333

00:18:20.840 --> 00:18:22.175 which really raised our concern

NOTE Confidence: 0.849518728333333

00:18:22.175 --> 00:18:23.856 that this patient may in fact

NOTE Confidence: 0.849518728333333

00:18:23.856 --> 00:18:25.040 have a metastatic disease.

NOTE Confidence: 0.849518728333333

00:18:25.040 --> 00:18:26.600 Then we may actually get

NOTE Confidence: 0.849518728333333

00:18:26.600 --> 00:18:28.160 a PSMA to scan,

NOTE Confidence: 0.849518728333333

00:18:28.160 --> 00:18:30.050 to document and to prove that

NOTE Confidence: 0.849518728333333

00:18:30.050 --> 00:18:32.500 patient has a metastatic disease.

NOTE Confidence: 0.849518728333333

00:18:32.500 --> 00:18:34.884 So in such a setting we can avoid doing

NOTE Confidence: 0.849518728333333

00:18:34.884 --> 00:18:36.736 surgery or surgery or radiotherapy

NOTE Confidence: 0.849518728333333

00:18:36.736 --> 00:18:38.716 for that group of patients.

NOTE Confidence: 0.849518728333333

00:18:38.720 --> 00:18:41.728 So we use this scan in making a

NOTE Confidence: 0.849518728333333

00:18:41.728 --> 00:18:43.655 treatment decision for whether

NOTE Confidence: 0.849518728333333

00:18:43.655 --> 00:18:45.851 patients receive local

NOTE Confidence: 0.849518728333333

00:18:45.851 --> 00:18:48.047 therapy versus systemic therapy.

NOTE Confidence: 0.849518728333333

00:18:48.050 --> 00:18:50.283 And the caveat for this is that

NOTE Confidence: 0.849518728333333

00:18:50.283 --> 00:18:52.426 this can detect sometimes a false

NOTE Confidence: 0.849518728333333

00:18:52.426 --> 00:18:55.037 signals and false positives as well.

NOTE Confidence: 0.849518728333333

00:18:55.040 --> 00:18:57.720 So one has to look at the imaging

NOTE Confidence: 0.849518728333333

00:18:57.720 --> 00:19:00.189 data in the clinical context.

00:19:00.760 --> 00:19:03.462 Let's suppose a patient is diagnosed

NOTE Confidence: 0.817127267888889

00:19:03.462 --> 00:19:06.925 with a more aggressive prostate cancer

NOTE Confidence: 0.817127267888889

00:19:06.925 --> 00:19:10.255 and their doctor decides that they're

NOTE Confidence: 0.817127267888889

00:19:10.340 --> 00:19:13.637 going to get treatment and staging scans,

NOTE Confidence: 0.817127267888889

00:19:13.640 --> 00:19:16.115 whether a CT and bone scan or a PSMA and no

00:19:18.374 --> 00:19:19.840 metastatic disease is found.

NOTE Confidence: 0.817127267888889

00:19:19.840 --> 00:19:22.860 So this is localized to

NOTE Confidence: 0.817127267888889

00:19:22.860 --> 00:19:25.276 the prostate itself.

NOTE Confidence: 0.817127267888889

00:19:25.280 --> 00:19:27.352 Talk to us a little bit about

NOTE Confidence: 0.817127267888889

00:19:27.352 --> 00:19:28.240 how that's treated.

NOTE Confidence: 0.817127267888889

00:19:28.240 --> 00:19:30.550 You mentioned surgery, you mentioned

NOTE Confidence: 0.817127267888889

00:19:30.550 --> 00:19:31.131 radiotherapy,

NOTE Confidence: 0.817127267888889

00:19:31.131 --> 00:19:34.036 you also mentioned systemic therapy,

NOTE Confidence: 0.817127267888889

00:19:34.040 --> 00:19:36.959 how do you decide which modality a

NOTE Confidence: 0.817127267888889

00:19:36.959 --> 00:19:39.630 patient will be treated with

NOTE Confidence: 0.817127267888889

00:19:39.630 --> 00:19:42.300 or is a combination often used?

NOTE Confidence: 0.817127267888889

00:19:42.300 --> 00:19:44.034 Tell us more about how prostate

NOTE Confidence: 0.817127267888889

00:19:44.034 --> 00:19:45.969 cancer is treated in that setting.

NOTE Confidence: 0.7867083195

00:19:46.720 --> 00:19:49.069 So a lot of factors go into

NOTE Confidence: 0.7867083195

00:19:49.069 --> 00:19:50.785 treating patients with a localized

NOTE Confidence: 0.7867083195

00:19:50.785 --> 00:19:52.873 prostate cancer that is high risk.

NOTE Confidence: 0.7867083195

00:19:52.880 --> 00:19:55.688 The options are several as mentioned,

NOTE Confidence: 0.7867083195

00:19:55.688 --> 00:19:58.677 surgery is one, radiation therapy with

NOTE Confidence: 0.7867083195

00:19:58.677 --> 00:20:01.287 hormone therapy is another, sometimes

NOTE Confidence: 0.7867083195

00:20:01.290 --> 00:20:03.140 systemic therapy followed by radiotherapy

NOTE Confidence: 0.7867083195

00:20:03.140 --> 00:20:05.638 is another approach that we can take

NOTE Confidence: 0.7867083195

00:20:05.638 --> 00:20:07.408 in treating this group of patients.

NOTE Confidence: 0.7867083195

00:20:07.410 --> 00:20:10.114 And again you know in making a treatment

NOTE Confidence: 0.7867083195

00:20:10.114 --> 00:20:11.786 decision a lot of factors go into it

NOTE Confidence: 0.7867083195

00:20:11.790 --> 00:20:13.750 in terms of patients preference as well.

NOTE Confidence: 0.7867083195

00:20:13.750 --> 00:20:15.814 We counsel him about the potential

NOTE Confidence: 0.7867083195

00:20:15.814 --> 00:20:18.210 complications of each of these approaches.

NOTE Confidence: 0.7867083195

00:20:18.210 --> 00:20:20.226 Again our intent here is a cure,

NOTE Confidence: 0.7867083195

00:20:20.230 --> 00:20:21.386 the long term cure.

NOTE Confidence: 0.7867083195

00:20:21.386 --> 00:20:23.719 So whenever we make a decision on a

NOTE Confidence: 0.7867083195

00:20:23.719 --> 00:20:25.847 certain treatment we have to keep in mind

NOTE Confidence: 0.7867083195

00:20:25.913 --> 00:20:28.286 of their long term complications as well.

NOTE Confidence: 0.7867083195

00:20:28.290 --> 00:20:32.370 So generally speaking with the surgery,

NOTE Confidence: 0.7867083195

00:20:32.370 --> 00:20:35.274 we can cure some of these patients,

NOTE Confidence: 0.7867083195

00:20:35.280 --> 00:20:37.660 but some of these patients may end

NOTE Confidence: 0.7867083195

00:20:37.660 --> 00:20:40.731 up with the long term urinary issues

NOTE Confidence: 0.7867083195

00:20:40.731 --> 00:20:43.196 or erectile dysfunctions and other,

NOTE Confidence: 0.7867083195

00:20:43.200 --> 00:20:45.180 you know, long term complications.

NOTE Confidence: 0.7867083195

00:20:45.180 --> 00:20:46.800 The rates are relatively low.

NOTE Confidence: 0.7867083195

00:20:46.800 --> 00:20:48.432 But again, patients would have to

NOTE Confidence: 0.7867083195

00:20:48.432 --> 00:20:49.520 be concerned about that.

NOTE Confidence: 0.7867083195

00:20:49.520 --> 00:20:51.820 And with the radiation therapy,

NOTE Confidence: 0.7867083195

00:20:51.820 --> 00:20:52.209 again,

NOTE Confidence: 0.7867083195

00:20:52.209 --> 00:20:54.154 patients will receive radiation therapy

NOTE Confidence: 0.7867083195

00:20:54.154 --> 00:20:56.946 about five to six weeks of radiation

NOTE Confidence: 0.7867083195

00:20:56.946 --> 00:20:58.901 therapy along with the hormonal

NOTE Confidence: 0.7867083195

00:20:58.901 --> 00:21:00.730 therapy and these patients would have

NOTE Confidence: 0.7867083195

00:21:00.730 --> 00:21:02.759 a very nice response in their PSA.

NOTE Confidence: 0.7867083195

00:21:02.760 --> 00:21:04.280 And their clinical improvement,

NOTE Confidence: 0.7867083195

00:21:04.280 --> 00:21:06.972 but the long term complication of this

NOTE Confidence: 0.7867083195

00:21:06.972 --> 00:21:09.078 treatment would be sometimes this can

NOTE Confidence: 0.7867083195

00:21:09.078 --> 00:21:11.370 cause some issues in

NOTE Confidence: 0.7867083195

00:21:11.370 --> 00:21:12.210 bladder area,

NOTE Confidence: 0.7867083195

00:21:12.210 --> 00:21:14.730 some abnormal blood vessels and

NOTE Confidence: 0.7867083195

00:21:14.730 --> 00:21:16.688 sometimes this can cause second

NOTE Confidence: 0.7867083195

00:21:16.688 --> 00:21:18.896 malignancy as well in these organs.

NOTE Confidence: 0.852413608

00:21:19.010 --> 00:21:20.520 How often does that occur?

NOTE Confidence: 0.852413608

00:21:20.520 --> 00:21:22.308 Because I can imagine that patients

NOTE Confidence: 0.852413608

00:21:22.308 --> 00:21:24.179 who have just been diagnosed with

NOTE Confidence: 0.852413608

00:21:24.179 --> 00:21:26.342 prostate cancer may not want to hear

NOTE Confidence: 0.852413608

00:21:26.342 --> 00:21:28.876 that one of the potential risks of their

NOTE Confidence: 0.852413608

00:21:28.876 --> 00:21:31.130 treatment is getting yet another cancer.

NOTE Confidence: 0.852413608

00:21:31.130 --> 00:21:33.550 So is that pretty uncommon.

NOTE Confidence: 0.885917186

00:21:33.600 --> 00:21:35.040 That is a good question.

NOTE Confidence: 0.885917186

00:21:35.040 --> 00:21:36.180 Again, remember, we are going

NOTE Confidence: 0.885917186

00:21:36.180 --> 00:21:37.999 in with a curative treatment.

NOTE Confidence: 0.885917186

00:21:38.000 --> 00:21:39.632 In other words, we want to

NOTE Confidence: 0.885917186

00:21:39.632 --> 00:21:41.379 see our patients 10 years out,

NOTE Confidence: 0.885917186

00:21:41.380 --> 00:21:43.536 20 years out and 25 years out.

NOTE Confidence: 0.885917186

00:21:43.540 --> 00:21:46.466 So the risk of having these

NOTE Confidence: 0.885917186

00:21:46.466 --> 00:21:48.664 malignancies with the radiotherapy,

NOTE Confidence: 0.885917186

00:21:48.664 --> 00:21:51.674 there's a time factor so

NOTE Confidence: 0.885917186

00:21:51.680 --> 00:21:54.694 in patients who live long enough,

NOTE Confidence: 0.885917186

00:21:54.694 --> 00:21:57.420 after being treated with NOTE Confidence: 0.885917186

00:21:57.420 --> 00:21:59.500 radiotherapy for prostate cancer,

NOTE Confidence: 0.885917186

00:21:59.500 --> 00:22:01.700 I don't know the exact percentage of this,

NOTE Confidence: 0.885917186

00:22:01.700 --> 00:22:03.224 but we do see

NOTE Confidence: 0.885917186

00:22:03.224 --> 00:22:03.986 some malignancies,

NOTE Confidence: 0.885917186

00:22:03.990 --> 00:22:06.170 but relatively this is uncommon,

NOTE Confidence: 0.885917186

00:22:06.170 --> 00:22:07.976 I would say less than 5%.

NOTE Confidence: 0.83599357

00:22:08.230 --> 00:22:12.143 Now you also mentioned endocrine

NOTE Confidence: 0.83599357

00:22:12.143 --> 00:22:14.308 therapy or hormone therapy, for

NOTE Confidence: 0.83599357

00:22:14.308 --> 00:22:16.524 which patients is that recommended

NOTE Confidence: 0.83599357

00:22:16.524 --> 00:22:18.996 and what are the side effects.

NOTE Confidence: 0.764271872307692

00:22:19.830 --> 00:22:22.854 So hormone therapy is very commonly used as

NOTE Confidence: 0.764271872307692

00:22:22.854 --> 00:22:25.809 systemic therapy to treat prostate cancer.

NOTE Confidence: 0.764271872307692

00:22:25.810 --> 00:22:28.270 So when we say hormone therapy,

NOTE Confidence: 0.764271872307692

00:22:28.270 --> 00:22:29.425 we have to understand the

NOTE Confidence: 0.764271872307692

00:22:29.425 --> 00:22:30.580 biology of the prostate cancer.

NOTE Confidence: 0.764271872307692

00:22:30.580 --> 00:22:32.470 So prostate cancer is really

NOTE Confidence: 0.764271872307692

00:22:32.470 --> 00:22:33.982 a testosterone or androgen

NOTE Confidence: 0.764271872307692

00:22:33.990 --> 00:22:34.748 driven cancer.

NOTE Confidence: 0.764271872307692

00:22:34.748 --> 00:22:37.780 So what we do first to treat prostate

NOTE Confidence: 0.764271872307692

00:22:37.858 --> 00:22:40.973 cancer is to lower the testosterone by

NOTE Confidence: 0.764271872307692

00:22:40.973 --> 00:22:43.404 giving another hormone therapy called

NOTE Confidence: 0.764271872307692

00:22:43.404 --> 00:22:45.954 GNRH agonists or GNRH antagonists.

NOTE Confidence: 0.764271872307692

00:22:45.960 --> 00:22:48.032 This is what we call a shot that

NOTE Confidence: 0.764271872307692

00:22:48.032 --> 00:22:49.788 we give once every three months

NOTE Confidence: 0.764271872307692

00:22:49.788 --> 00:22:51.993 or four months or on a monthly

NOTE Confidence: 0.764271872307692

00:22:51.993 --> 00:22:53.938 basis depending on the dose.

NOTE Confidence: 0.764271872307692

00:22:53.940 --> 00:22:56.685 So when patients receive this

NOTE Confidence: 0.764271872307692

00:22:56.685 --> 00:22:58.881 hormone injection oftentimes patients

NOTE Confidence: 0.764271872307692

00:22:58.881 --> 00:23:01.509 will experience hot flashes,

NOTE Confidence: 0.764271872307692

00:23:01.509 --> 00:23:04.009 male menopause like symptoms.

NOTE Confidence: 0.764271872307692

00:23:04.010 --> 00:23:05.126 Some irritability,

NOTE Confidence: 0.764271872307692

00:23:05.126 --> 00:23:07.916 they may have some fatigue,

NOTE Confidence: 0.764271872307692

00:23:07.920 --> 00:23:09.606 losing muscle mass,

NOTE Confidence: 0.764271872307692

00:23:09.606 --> 00:23:10.730 gaining fat,

NOTE Confidence: 0.764271872307692

00:23:10.730 --> 00:23:12.458 and those are common side effects

NOTE Confidence: 0.764271872307692

00:23:12.458 --> 00:23:14.094 that we see with endocrine

NOTE Confidence: 0.764271872307692

00:23:14.094 --> 00:23:15.798 therapy in prostate cancer.

NOTE Confidence: 0.8430966825

00:23:16.510 --> 00:23:19.604 It sounds like many patients may

NOTE Confidence: 0.8430966825

00:23:19.604 --> 00:23:22.109 not particularly love those symptoms,

NOTE Confidence: 0.8430966825

00:23:22.110 --> 00:23:24.810 especially if they're young.

NOTE Confidence: 0.8430966825

00:23:24.810 --> 00:23:27.860 Are there other systemic therapy

NOTE Confidence: 0.8430966825

00:23:27.860 --> 00:23:30.300 options for young patients?

NOTE Confidence: 0.746587439230769

00:23:33.350 --> 00:23:35.672 So there are other systemic therapy

NOTE Confidence: 0.746587439230769

00:23:35.672 --> 00:23:38.970 that we use to treat prostate cancer,

NOTE Confidence: 0.746587439230769

00:23:38.970 --> 00:23:41.580 mostly still hormone therapy,

NOTE Confidence: 0.746587439230769

00:23:41.580 --> 00:23:43.965 hormonal therapy and we

NOTE Confidence: 0.746587439230769

00:23:43.965 --> 00:23:46.350 have other oral hormonal therapies,

NOTE Confidence: 0.746587439230769

00:23:46.350 --> 00:23:49.195 we have immunotherapies and other

NOTE Confidence: 0.746587439230769

00:23:49.195 --> 00:23:52.530 chemotherapies and novel therapies as well.

NOTE Confidence: 0.746587439230769

00:23:52.530 --> 00:23:54.214 But these systemic therapists

NOTE Confidence: 0.746587439230769

00:23:54.214 --> 00:23:56.319 are indicated for patients with

NOTE Confidence: 0.746587439230769

00:23:56.319 --> 00:23:57.739 metastatic prostate cancer.

NOTE Confidence: 0.924049077222222

00:23:58.900 --> 00:24:02.036 Let's talk a little bit

NOTE Confidence: 0.924049077222222

00:24:02.036 --> 00:24:05.871 more about that if a patient is

NOTE Confidence: 0.924049077222222

00:24:05.871 --> 00:24:08.259 diagnosed with metastatic cancer.

NOTE Confidence: 0.924049077222222

00:24:08.260 --> 00:24:10.130 The systemic therapy really the

NOTE Confidence: 0.924049077222222

00:24:10.130 --> 00:24:12.772 mainstay of therapy and what can they

NOTE Confidence: 0.924049077222222

00:24:12.772 --> 00:24:14.878 expect in terms of their management.

NOTE Confidence: 0.751096381111111

00:24:15.590 --> 00:24:18.128 So when patients hear the word

NOTE Confidence: 0.751096381111111

00:24:18.128 --> 00:24:20.641 metastatic disease it can be big

NOTE Confidence: 0.751096381111111

00:24:20.641 --> 00:24:22.867 shocker for many of our patients.

NOTE Confidence: 0.751096381111111

00:24:22.870 --> 00:24:25.054 But I would like to reassure our

NOTE Confidence: 0.751096381111111

00:24:25.054 --> 00:24:26.860 patients that these systemic therapies

NOTE Confidence: 0.751096381111111

00:24:26.860 --> 00:24:29.272 work especially with the hormonal

NOTE Confidence: 0.751096381111111

00:24:29.272 --> 00:24:31.293 therapy the chance of benefiting

NOTE Confidence: 0.751096381111111

00:24:31.293 --> 00:24:33.208 these patients is nearly 100%.

NOTE Confidence: 0.751096381111111

00:24:33.210 --> 00:24:36.120 So other than hormonal therapy

NOTE Confidence: 0.751096381111111

00:24:36.120 --> 00:24:38.541 we use you know other

NOTE Confidence: 0.751096381111111

00:24:38.541 --> 00:24:40.209 oral hormonal therapies and

NOTE Confidence: 0.751096381111111

00:24:40.209 --> 00:24:41.847 chemotherapies to maximize the

NOTE Confidence: 0.751096381111111

00:24:41.847 --> 00:24:43.809 benefit of the treatment to improve

NOTE Confidence: 0.751096381111111

00:24:43.809 --> 00:24:45.630 the outcomes of our patients.

NOTE Confidence: 0.745763100333333

00:24:46.750 --> 00:24:48.976 And when we think

NOTE Confidence: 0.745763100333333

00:24:48.976 --> 00:24:51.229 about all of these therapies,

NOTE Confidence: 0.745763100333333

00:24:51.230 --> 00:24:52.835 the endocrine therapies,

NOTE Confidence: 0.745763100333333

00:24:52.835 --> 00:24:54.440 the systemic chemotherapies

NOTE Confidence: 0.745763100333333

00:24:54.440 --> 00:24:57.345 immunotherapies and all of the side

NOTE Confidence: 0.745763100333333

00:24:57.345 --> 00:24:59.427 effects that go along with them,

NOTE Confidence: 0.745763100333333

00:24:59.430 --> 00:25:03.070 the list that you mentioned was

NOTE Confidence: 0.745763100333333

00:25:03.070 --> 00:25:04.626 not particularly something that

NOTE Confidence: 0.745763100333333

00:25:04.626 --> 00:25:07.433 I think a lot of patients would

NOTE Confidence: 0.745763100333333

00:25:07.433 --> 00:25:09.017 be very enthused about.

NOTE Confidence: 0.745763100333333

00:25:09.020 --> 00:25:11.344 Are there ways that you can help

NOTE Confidence: 0.745763100333333

00:25:11.344 --> 00:25:13.612 them get through those side effects

NOTE Confidence: 0.745763100333333

00:25:13.612 --> 00:25:16.012 or ameliorate those side effects so

NOTE Confidence: 0.745763100333333

00:25:16.012 --> 00:25:18.376 that they still can have

NOTE Confidence: 0.745763100333333

00:25:18.376 --> 00:25:20.611 a reasonably good quality of life,

NOTE Confidence: 0.745763100333333

00:25:20.611 --> 00:25:22.597 especially if they're going to live,

NOTE Confidence: 0.745763100333333

00:25:22.600 --> 00:25:25.349 as you mentioned 10,20,25 years out?

NOTE Confidence: 0.76906193

00:25:27.060 --> 00:25:29.395 You know, if the patients

NOTE Confidence: 0.76906193

00:25:29.395 --> 00:25:30.796 experience really significant

NOTE Confidence: 0.76906193

00:25:30.796 --> 00:25:33.337 hot flash or other side effects,

NOTE Confidence: 0.76906193

00:25:33.340 --> 00:25:36.574 we sometimes use other supplements

NOTE Confidence: 0.76906193

00:25:36.574 --> 00:25:39.353 to help with some of their side effects.

NOTE Confidence: 0.76906193

00:25:39.360 --> 00:25:41.445 But actually in patients with

NOTE Confidence: 0.76906193

00:25:41.445 --> 00:25:43.360 metastatic disease, these patients have

NOTE Confidence: 0.76906193

00:25:43.360 --> 00:25:45.880 symptoms of the cancer such as pain,

NOTE Confidence: 0.76906193

00:25:45.880 --> 00:25:48.760 fatigue and other cancer related symptoms.

NOTE Confidence: 0.76906193

00:25:48.760 --> 00:25:50.365 So actually when they start

NOTE Confidence: 0.76906193

00:25:50.365 --> 00:25:51.328 this hormonal therapy,

NOTE Confidence: 0.76906193

00:25:51.330 --> 00:25:52.760 they do feel better,

NOTE Confidence: 0.76906193

00:25:52.760 --> 00:25:54.956 their pain goes

NOTE Confidence: 0.76906193

00:25:54.956 --> 00:25:57.369 away and they regain their energy.

NOTE Confidence: 0.76906193

00:25:57.370 --> 00:25:58.720 Therefore they should feel

NOTE Confidence: 0.76906193

00:25:58.720 --> 00:26:00.630 better while they are on treatment.

NOTE Confidence: 0.76906193

00:26:00.630 --> 00:26:02.838 But for patients who have no

NOTE Confidence: 0.76906193

00:26:02.838 --> 00:26:04.271 symptoms at baseline, yes,

NOTE Confidence: 0.76906193

00:26:04.271 --> 00:26:06.197 these patients will experience some of

NOTE Confidence: 0.76906193

00:26:06.197 --> 00:26:08.459 the side effect and there are other

NOTE Confidence: 0.76906193

00:26:08.459 --> 00:26:10.009 supplements or medication that

NOTE Confidence: 0.76906193

00:26:10.009 --> 00:26:12.032 we can use to treat those endocrine

NOTE Confidence: 0.76906193

00:26:12.032 --> 00:26:13.596 therapy related side effects.

NOTE Confidence: 0.840354643913044

00:26:14.530 --> 00:26:16.866 So tell us about some of the new

NOTE Confidence: 0.840354643913044

00:26:16.866 --> 00:26:19.079 and novel things that are exciting

NOTE Confidence: 0.840354643913044

00:26:19.079 --> 00:26:21.413 in coming down the pipeline for

NOTE Confidence: 0.840354643913044

00:26:21.491 --> 00:26:23.369 prostate cancer management.

NOTE Confidence: 0.840354643913044

00:26:23.370 --> 00:26:25.503 You mentioned at the top of the show that

NOTE Confidence: 0.840354643913044

00:26:25.503 --> 00:26:27.527 you're very interested in clinical trials.

NOTE Confidence: 0.840354643913044

00:26:27.530 --> 00:26:29.474 Clinical trials always make us think

NOTE Confidence: 0.840354643913044

00:26:29.474 --> 00:26:31.093 about exciting new developments that

NOTE Confidence: 0.840354643913044

00:26:31.093 --> 00:26:32.689 might be helpful for our patients.

NOTE Confidence: 0.840354643913044

00:26:32.690 --> 00:26:34.868 So what's new in prostate cancer,

NOTE Confidence: 0.840354643913044

00:26:34.870 --> 00:26:36.774 what can we expect in the coming years?

NOTE Confidence: 0.66872695216

00:26:37.410 --> 00:26:40.332 So the latest development in prostate

NOTE Confidence: 0.66872695216

00:26:40.332 --> 00:26:43.686 cancer is a treatment called PSA

NOTE Confidence: 0.66872695216

00:26:43.686 --> 00:26:45.666 targeted radioligand therapy.

NOTE Confidence: 0.66872695216

00:26:45.670 --> 00:26:47.054 As I mentioned earlier,

NOTE Confidence: 0.66872695216

00:26:47.054 --> 00:26:49.768 this is in a way a targeted

NOTE Confidence: 0.66872695216

00:26:49.768 --> 00:26:52.533 radiation therapy in patients who

NOTE Confidence: 0.66872695216

00:26:52.533 --> 00:26:54.970 have PSA positive prostate cancer,

NOTE Confidence: 0.66872695216

00:26:54.970 --> 00:26:56.850 which have become refractory

NOTE Confidence: 0.66872695216

00:26:56.850 --> 00:26:58.270 to multiple lines.

NOTE Confidence: 0.66872695216

00:26:58.270 --> 00:26:59.974 This treatment can

NOTE Confidence: 0.66872695216

00:26:59.974 --> 00:27:01.998 be used for this group of patients

NOTE Confidence: 0.66872695216

00:27:01.998 --> 00:27:03.944 and the studies have shown that you

NOTE Confidence: 0.66872695216

00:27:04.005 --> 00:27:05.991 know patients receiving this class of

NOTE Confidence: 0.66872695216

00:27:05.991 --> 00:27:08.014 therapy actually did much better in

NOTE Confidence: 0.66872695216

00:27:08.014 --> 00:27:10.443 terms of their symptoms in terms of

NOTE Confidence: 0.66872695216

00:27:10.443 --> 00:27:13.029 disease control and the overall survival.

NOTE Confidence: 0.66872695216

00:27:13.030 --> 00:27:14.787 So that is one of the newest

NOTE Confidence: 0.66872695216

00:27:14.787 --> 00:27:16.440 treatment that we have and there

NOTE Confidence: 0.66872695216

00:27:16.440 --> 00:27:17.835 are other ongoing trials going

NOTE Confidence: 0.66872695216

00:27:17.835 --> 00:27:20.120 on to really use this therapy in

NOTE Confidence: 0.66872695216

00:27:20.120 --> 00:27:21.790 earlier setting and in combination

NOTE Confidence: 0.66872695216

00:27:21.790 --> 00:27:23.210 with other therapies as well.

NOTE Confidence: 0.66872695216

00:27:23.210 --> 00:27:24.836 So we are very excited about

NOTE Confidence: 0.66872695216

00:27:24.836 --> 00:27:26.460 this new class of therapy.

NOTE Confidence: 0.919998871666667

00:27:27.470 --> 00:27:29.836 Is this widely available or is this

NOTE Confidence: 0.919998871666667

00:27:29.836 --> 00:27:31.879 available only on clinical trial?

NOTE Confidence: 0.810078845

00:27:32.290 --> 00:27:34.522 So actually this therapy was

NOTE Confidence: 0.810078845

00:27:34.522 --> 00:27:36.657 recently approved by the FDA in

NOTE Confidence: 0.810078845

00:27:36.657 --> 00:27:38.476 April of this year, but then there

NOTE Confidence: 0.810078845

00:27:38.476 --> 00:27:39.808 was some issue with the supply.

NOTE Confidence: 0.810078845

00:27:39.810 --> 00:27:41.980 So there is a little bit of

NOTE Confidence: 0.810078845

00:27:41.980 --> 00:27:44.393 delay in using this therapy

NOTE Confidence: 0.810078845

00:27:44.393 --> 00:27:46.728 in operation in our clinics.

NOTE Confidence: 0.810078845

00:27:46.730 --> 00:27:48.879 But then there are other trials going

NOTE Confidence: 0.810078845

00:27:48.879 --> 00:27:50.553 on to investigate this treatment

NOTE Confidence: 0.810078845

00:27:50.553 --> 00:27:52.629 with other therapies to improve the

NOTE Confidence: 0.810078845

00:27:52.629 --> 00:27:55.740 outcomes of our patients.

NOTE Confidence: 0.871343783333333

00:27:55.830 --> 00:27:58.075 You also mentioned that immunotherapy

NOTE Confidence: 0.871343783333333

00:27:58.075 --> 00:28:01.200 was something that is is being used.

NOTE Confidence: 0.871343783333333

00:28:01.200 --> 00:28:03.010 Is that pretty standard now?

NOTE Confidence: 0.773730781818182

00:28:03.340 --> 00:28:06.196 Yes, there's two classes of

NOTE Confidence: 0.773730781818182

00:28:06.196 --> 00:28:08.000 immunotherapy for prostate cancer.

NOTE Confidence: 0.773730781818182

00:28:08.000 --> 00:28:10.250 One is a treatment called sipuleucel-T

NOTE Confidence: 0.773730781818182

00:28:10.250 --> 00:28:12.728 and this treatment was

NOTE Confidence: 0.773730781818182

00:28:12.728 --> 00:28:15.360 approved in 2010 and we also have

NOTE Confidence: 0.773730781818182

00:28:15.360 --> 00:28:17.090 another treatment called

NOTE Confidence: 0.773730781818182

00:28:17.155 --> 00:28:18.979 immune checkpoint inhibitors.

NOTE Confidence: 0.773730781818182

00:28:18.980 --> 00:28:20.975 This is really for patients

NOTE Confidence: 0.773730781818182

00:28:20.975 --> 00:28:22.955 with what we call mismatch repair

NOTE Confidence: 0.773730781818182

00:28:22.955 --> 00:28:25.085 deficiency which is seen in about

NOTE Confidence: 0.773730781818182

00:28:25.090 --> 00:28:27.302 5 to 10% of prostate cancer patients

NOTE Confidence: 0.773730781818182

00:28:27.302 --> 00:28:29.447 and these patients may be eligible

NOTE Confidence: 0.773730781818182

00:28:29.447 --> 00:28:30.959 to receive this immunotherapy.

NOTE Confidence: 0.939079582631579

00:28:31.960 --> 00:28:34.174 Doctor Joseph Kim is an associate

NOTE Confidence: 0.939079582631579

00:28:34.174 --> 00:28:36.382 professor of internal medicine and medical

NOTE Confidence: 0.939079582631579

00:28:36.382 --> 00:28:38.713 oncology at the Yale School of Medicine.

NOTE Confidence: 0.939079582631579

00:28:38.720 --> 00:28:40.736 If you have questions,

NOTE Confidence: 0.939079582631579

00:28:40.736 --> 00:28:42.713 the address is canceranswers@yale.edu,

NOTE Confidence: 0.939079582631579

00:28:42.713 --> 00:28:45.491 and past editions of the program

NOTE Confidence: 0.939079582631579

00:28:45.491 --> 00:28:47.903 are available in audio and written

NOTE Confidence: 0.939079582631579

00:28:47.903 --> 00:28:48.843 form at yalecancercenter.org.

NOTE Confidence: 0.939079582631579

00:28:48.843 --> 00:28:51.267 We hope you'll join us next week to

NOTE Confidence: 0.939079582631579

00:28:51.267 --> 00:28:53.115 learn more about the fight against

NOTE Confidence: 0.939079582631579

00:28:53.115 --> 00:28:54.950 cancer here on Connecticut Public Radio.

NOTE Confidence: 0.939079582631579

00:28:54.950 --> 00:28:57.536 Funding for Yale Cancer Answers is

NOTE Confidence: 0.939079582631579

00:28:57.536 --> 00:29:00.000 provided by Smilow Cancer Hospital.