

WEBVTT

00:00:00.000 --> 00:00:03.144 Funding for Yale Cancer Answers is

NOTE Confidence: 0.799296541818182

00:00:03.144 --> 00:00:06.120 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.799296541818182

00:00:06.120 --> 00:00:08.285 Welcome to Yale Cancer Answers

NOTE Confidence: 0.799296541818182

00:00:08.285 --> 00:00:10.017 with Doctor Anees Chagpar.

NOTE Confidence: 0.799296541818182

00:00:10.020 --> 00:00:12.135 Yale Cancer Answers features the latest

NOTE Confidence: 0.799296541818182

00:00:12.135 --> 00:00:14.282 information on cancer care by welcoming

NOTE Confidence: 0.799296541818182

00:00:14.282 --> 00:00:16.746 oncologists and specialists who are on the

NOTE Confidence: 0.799296541818182

00:00:16.746 --> 00:00:18.979 forefront of the battle to fight cancer.

NOTE Confidence: 0.799296541818182

00:00:18.980 --> 00:00:21.458 This week it's a conversation about prostate

NOTE Confidence: 0.799296541818182

00:00:21.458 --> 00:00:23.539 cancer with Doctor Preston Sprenkle.

NOTE Confidence: 0.799296541818182

00:00:23.540 --> 00:00:25.752 Dr Sprenkle is an associate professor of

NOTE Confidence: 0.799296541818182

00:00:25.752 --> 00:00:28.140 urology at the Yale School of Medicine,

NOTE Confidence: 0.799296541818182

00:00:28.140 --> 00:00:29.905 where Doctor Chagpar is a

NOTE Confidence: 0.799296541818182

00:00:29.905 --> 00:00:31.317 professor of surgical oncology.

NOTE Confidence: 0.901951585217391

00:00:32.970 --> 00:00:34.636 Preston, maybe we can start off

NOTE Confidence: 0.901951585217391

00:00:34.636 --> 00:00:36.567 by you telling us a little bit more  
NOTE Confidence: 0.901951585217391

00:00:36.567 --> 00:00:38.279 about yourself and what it is you do.  
NOTE Confidence: 0.83478667875

00:00:38.570 --> 00:00:40.520 I'm a urologic  
NOTE Confidence: 0.83478667875

00:00:40.520 --> 00:00:41.690 oncologist by training.  
NOTE Confidence: 0.83478667875

00:00:41.690 --> 00:00:44.546 So that means that I have done a  
NOTE Confidence: 0.83478667875

00:00:44.550 --> 00:00:46.938 urologic surgery residency and  
NOTE Confidence: 0.83478667875

00:00:46.938 --> 00:00:49.326 then an oncology fellowship.  
NOTE Confidence: 0.83478667875

00:00:49.330 --> 00:00:52.438 So I primarily take care of men  
NOTE Confidence: 0.83478667875

00:00:52.438 --> 00:00:55.510 and women with urologic cancers.  
NOTE Confidence: 0.83478667875

00:00:55.510 --> 00:00:58.030 My practice now primarily deals  
NOTE Confidence: 0.83478667875

00:00:58.030 --> 00:01:00.550 with men with prostate cancer  
NOTE Confidence: 0.83478667875

00:01:00.637 --> 00:01:02.869 and also testicular cancer.  
NOTE Confidence: 0.947239478

00:01:03.980 --> 00:01:05.930 So let's talk a little bit  
NOTE Confidence: 0.947239478

00:01:05.930 --> 00:01:07.230 more about prostate cancer.  
NOTE Confidence: 0.947239478

00:01:07.230 --> 00:01:10.526 It seems to be a pretty ubiquitous cancer.  
NOTE Confidence: 0.947239478

00:01:10.530 --> 00:01:12.917 Many, many men seem to get it,

NOTE Confidence: 0.947239478

00:01:12.920 --> 00:01:15.578 but it seems that it's

NOTE Confidence: 0.947239478

00:01:15.578 --> 00:01:17.350 a little bit heterogeneous

NOTE Confidence: 0.947239478

00:01:17.438 --> 00:01:19.820 in terms of how it's managed.

NOTE Confidence: 0.947239478

00:01:19.820 --> 00:01:21.932 So can you give us kind of the

NOTE Confidence: 0.947239478

00:01:21.932 --> 00:01:24.968 lay of the land in terms of the

NOTE Confidence: 0.947239478

00:01:24.968 --> 00:01:26.592 epidemiology of prostate cancer?

NOTE Confidence: 0.947239478

00:01:26.600 --> 00:01:27.428 Who gets it?

NOTE Confidence: 0.947239478

00:01:27.428 --> 00:01:30.120 When do they get it and how bad is it?

NOTE Confidence: 0.767664121428571

00:01:30.870 --> 00:01:33.145 Those are a great observations.

NOTE Confidence: 0.767664121428571

00:01:33.150 --> 00:01:36.125 Prostate cancer is very common,

NOTE Confidence: 0.767664121428571

00:01:36.130 --> 00:01:39.304 it's probably the most common

NOTE Confidence: 0.767664121428571

00:01:39.304 --> 00:01:41.870 solid organ malignancy in men.

NOTE Confidence: 0.767664121428571

00:01:41.870 --> 00:01:44.140 It will ultimately affect between

NOTE Confidence: 0.767664121428571

00:01:44.140 --> 00:01:47.106 one and seven and one in nine

NOTE Confidence: 0.767664121428571

00:01:47.106 --> 00:01:49.174 men throughout their life.

NOTE Confidence: 0.767664121428571

00:01:49.174 --> 00:01:52.210 It is however typically in older men.  
NOTE Confidence: 0.767664121428571

00:01:52.210 --> 00:01:55.650 So over the age of 50 is when we really  
NOTE Confidence: 0.767664121428571

00:01:55.744 --> 00:01:58.789 feel strongly about screening  
NOTE Confidence: 0.767664121428571

00:01:58.789 --> 00:02:01.834 and evaluating for prostate cancer.  
NOTE Confidence: 0.767664121428571

00:02:01.840 --> 00:02:04.185 Fortunately, most of the prostate  
NOTE Confidence: 0.767664121428571

00:02:04.185 --> 00:02:07.730 cancers that we find do not require  
NOTE Confidence: 0.767664121428571

00:02:07.730 --> 00:02:11.084 treatment though or at least require  
NOTE Confidence: 0.767664121428571

00:02:11.084 --> 00:02:13.605 immediate treatment and it tends to  
NOTE Confidence: 0.767664121428571

00:02:13.605 --> 00:02:16.531 be for most of the cases a very slow  
NOTE Confidence: 0.767664121428571

00:02:16.531 --> 00:02:18.116 growing and slow progressing disease.  
NOTE Confidence: 0.767664121428571

00:02:18.120 --> 00:02:20.544 So one that we can manage more as  
NOTE Confidence: 0.767664121428571

00:02:20.544 --> 00:02:23.033 a chronic disease than necessarily  
NOTE Confidence: 0.767664121428571

00:02:23.033 --> 00:02:25.449 requiring really intensive therapy.  
NOTE Confidence: 0.767664121428571

00:02:25.450 --> 00:02:28.082 There are some patients and men that do  
NOTE Confidence: 0.767664121428571

00:02:28.082 --> 00:02:30.524 require or we would recommend treatment  
NOTE Confidence: 0.767664121428571

00:02:30.524 --> 00:02:33.092 for because their cancer could cause

NOTE Confidence: 0.767664121428571

00:02:33.162 --> 00:02:35.922 them a problem in the next 15 or 20 years.

NOTE Confidence: 0.767664121428571

00:02:35.930 --> 00:02:38.195 But really prostate cancer, exceptionally

NOTE Confidence: 0.767664121428571

00:02:38.195 --> 00:02:41.131 rarely would cause problems for a man

NOTE Confidence: 0.767664121428571

00:02:41.131 --> 00:02:43.245 within 10 years of diagnosis unless it's

NOTE Confidence: 0.767664121428571

00:02:43.245 --> 00:02:45.874 a very high or very late stage cancer.

NOTE Confidence: 0.841267374285714

00:02:46.570 --> 00:02:49.858 So Preston, some of our listeners

NOTE Confidence: 0.841267374285714

00:02:49.858 --> 00:02:52.949 might be listening to that thinking,

NOTE Confidence: 0.841267374285714

00:02:52.950 --> 00:02:54.450 well then what's the purpose

NOTE Confidence: 0.841267374285714

00:02:54.450 --> 00:02:56.240 of screening if most men are

NOTE Confidence: 0.841267374285714

00:02:56.240 --> 00:02:59.404 going to do just fine with this,

NOTE Confidence: 0.841267374285714

00:02:59.410 --> 00:03:02.147 and for most people it's not going

NOTE Confidence: 0.841267374285714

00:03:02.147 --> 00:03:04.597 to really cause them any problems

NOTE Confidence: 0.841267374285714

00:03:04.597 --> 00:03:07.390 for at least another 10 years.

NOTE Confidence: 0.841267374285714

00:03:07.390 --> 00:03:09.210 Why should we be getting

NOTE Confidence: 0.841267374285714

00:03:09.210 --> 00:03:11.340 screened at the age of 50?

NOTE Confidence: 0.887238984666667

00:03:11.430 --> 00:03:12.654 That's a great question.  
NOTE Confidence: 0.887238984666667

00:03:12.654 --> 00:03:14.490 So the reason that we screen  
NOTE Confidence: 0.887238984666667

00:03:14.554 --> 00:03:16.289 is because our screening test,  
NOTE Confidence: 0.887238984666667

00:03:16.290 --> 00:03:19.027 which is typically a PSA blood test,  
NOTE Confidence: 0.887238984666667

00:03:19.030 --> 00:03:20.829 is a blood test that allows  
NOTE Confidence: 0.887238984666667

00:03:20.829 --> 00:03:22.808 us to screen for prostate cancer.  
NOTE Confidence: 0.887238984666667

00:03:22.810 --> 00:03:24.966 Just because the majority of men or  
NOTE Confidence: 0.887238984666667

00:03:24.966 --> 00:03:27.409 the vast majority of men will not have  
NOTE Confidence: 0.887238984666667

00:03:27.409 --> 00:03:29.330 a problem from their prostate cancer,  
NOTE Confidence: 0.887238984666667

00:03:29.330 --> 00:03:32.130 we can identify those who will and we  
NOTE Confidence: 0.887238984666667

00:03:32.130 --> 00:03:34.635 can treat them and interventions for  
NOTE Confidence: 0.887238984666667

00:03:34.635 --> 00:03:37.750 prostate cancer can and do save lives.  
NOTE Confidence: 0.887238984666667

00:03:37.750 --> 00:03:40.319 So we have studies that have shown  
NOTE Confidence: 0.887238984666667

00:03:40.319 --> 00:03:42.325 that screening does improve the  
NOTE Confidence: 0.887238984666667

00:03:42.325 --> 00:03:44.400 detection of prostate cancer and  
NOTE Confidence: 0.887238984666667

00:03:44.400 --> 00:03:46.850 does improve the survival of men

NOTE Confidence: 0.887238984666667

00:03:46.850 --> 00:03:49.118 in a population who were screened.

NOTE Confidence: 0.887238984666667

00:03:49.120 --> 00:03:50.620 So we do firmly believe that

NOTE Confidence: 0.887238984666667

00:03:50.620 --> 00:03:51.620 we should do that.

NOTE Confidence: 0.887238984666667

00:03:51.620 --> 00:03:54.908 It's an easy intervention to be

NOTE Confidence: 0.887238984666667

00:03:54.908 --> 00:03:59.960 screened and it definitely does save lives.

00:04:01.860 --> 00:04:04.432 Are there certain populations,

NOTE Confidence: 0.850634489333333

00:04:04.432 --> 00:04:08.290 either in a genetically or by

NOTE Confidence: 0.850634489333333

00:04:08.398 --> 00:04:11.718 race category or other factors,

NOTE Confidence: 0.850634489333333

00:04:11.720 --> 00:04:14.400 that might predispose a particular

NOTE Confidence: 0.850634489333333

00:04:14.400 --> 00:04:17.080 gentleman for getting worse prostate

NOTE Confidence: 0.850634489333333

00:04:17.164 --> 00:04:19.300 cancer than others?

NOTE Confidence: 0.8682049475

00:04:19.310 --> 00:04:21.613 This is an area that we are

NOTE Confidence: 0.8682049475

00:04:21.613 --> 00:04:23.440 continuing to learn more about,

NOTE Confidence: 0.8682049475

00:04:23.440 --> 00:04:27.637 but in general, men of black or African

NOTE Confidence: 0.8682049475

00:04:27.637 --> 00:04:30.990 heritage do seem to have a higher

NOTE Confidence: 0.8682049475

00:04:30.990 --> 00:04:33.461 rate of developing prostate cancer and higher

NOTE Confidence: 0.8682049475

00:04:33.461 --> 00:04:35.860 risk and higher grade prostate cancer.

NOTE Confidence: 0.8682049475

00:04:35.860 --> 00:04:38.548 So that is a population that we

NOTE Confidence: 0.8682049475

00:04:38.548 --> 00:04:41.050 recommend screening for men with certain

NOTE Confidence: 0.8682049475

00:04:41.050 --> 00:04:43.750 genomic and genetic mutations so that

NOTE Confidence: 0.8682049475

00:04:43.750 --> 00:04:46.882 the breast cancer or BR CA mutation

NOTE Confidence: 0.8682049475

00:04:46.882 --> 00:04:49.400 family is definitely one of those.

NOTE Confidence: 0.8682049475

00:04:49.400 --> 00:04:52.116 So in men who have multiple first

NOTE Confidence: 0.8682049475

00:04:52.116 --> 00:04:54.606 degree relatives or even a first

NOTE Confidence: 0.8682049475

00:04:54.606 --> 00:04:56.691 degree relative with prostate cancer

NOTE Confidence: 0.8682049475

00:04:56.691 --> 00:04:59.798 or they have women with breast cancer,

NOTE Confidence: 0.8682049475

00:04:59.800 --> 00:05:01.120 even some with pancreatic cancer.

NOTE Confidence: 0.8682049475

00:05:01.120 --> 00:05:04.738 So there are familial and genetic

NOTE Confidence: 0.8682049475

00:05:04.740 --> 00:05:07.897 risks that do increase and demands the

NOTE Confidence: 0.8682049475

00:05:07.897 --> 00:05:10.598 possibility of developing a prostate cancer.

NOTE Confidence: 0.8928248611111111

00:05:11.090 --> 00:05:13.472 And do men who have such

NOTE Confidence: 0.8928248611111111



00:05:13.472 --> 00:05:14.663 a genetic predisposition,  
NOTE Confidence: 0.8928248611111111

00:05:14.670 --> 00:05:18.734 let's say you have a  
NOTE Confidence: 0.8928248611111111

00:05:18.734 --> 00:05:23.406 sister who has a BRCA mutation.  
00:05:26.026 --> 00:05:28.284 We'll get into whether in fact you should get tested  
NOTE Confidence: 0.8928248611111111

00:05:28.284 --> 00:05:31.704 as a man if a woman in your family  
NOTE Confidence: 0.8928248611111111

00:05:31.704 --> 00:05:34.739 has a genetic mutation for for BRCA.  
NOTE Confidence: 0.8928248611111111

00:05:34.739 --> 00:05:36.754 So that's the first question,  
NOTE Confidence: 0.8928248611111111

00:05:36.760 --> 00:05:39.140 should you get genetic testing?  
NOTE Confidence: 0.8928248611111111

00:05:39.140 --> 00:05:40.870 And 2nd, regardless of whether  
NOTE Confidence: 0.8928248611111111

00:05:40.870 --> 00:05:42.600 you get tested or not,  
NOTE Confidence: 0.8928248611111111

00:05:42.600 --> 00:05:44.880 if you're from that family  
NOTE Confidence: 0.8928248611111111

00:05:44.880 --> 00:05:47.160 with a genetic mutation,  
NOTE Confidence: 0.8928248611111111

00:05:47.160 --> 00:05:48.520 granted it increases your  
NOTE Confidence: 0.8928248611111111

00:05:48.520 --> 00:05:49.880 risk of prostate cancer,  
NOTE Confidence: 0.8928248611111111

00:05:49.880 --> 00:05:51.630 but is the prostate cancer  
NOTE Confidence: 0.8928248611111111

00:05:51.630 --> 00:05:53.794 that you eventually get if you  
NOTE Confidence: 0.8928248611111111

00:05:53.794 --> 00:05:55.166 get a prostate cancer,  
NOTE Confidence: 0.8928248611111111

00:05:55.170 --> 00:05:56.746 is that prognostically worse?  
NOTE Confidence: 0.8928248611111111

00:05:56.746 --> 00:05:59.110 Is it a more aggressive cancer  
NOTE Confidence: 0.8928248611111111

00:05:59.180 --> 00:06:01.544 than if you did not have  
NOTE Confidence: 0.8928248611111111

00:06:01.544 --> 00:06:02.726 that familial predisposition?  
NOTE Confidence: 0.839801556875

00:06:04.330 --> 00:06:06.570 So the first question regarding  
NOTE Confidence: 0.839801556875

00:06:06.570 --> 00:06:08.601 should you get screened if you're  
NOTE Confidence: 0.839801556875

00:06:08.601 --> 00:06:10.790 in that family, I would say yes.  
NOTE Confidence: 0.839801556875

00:06:10.790 --> 00:06:13.517 I think I would at least recommend that  
NOTE Confidence: 0.839801556875

00:06:13.517 --> 00:06:16.597 you discuss it with a genetic counselor.  
NOTE Confidence: 0.839801556875

00:06:16.600 --> 00:06:18.472 And we have excellent genetic counselors  
NOTE Confidence: 0.839801556875

00:06:18.472 --> 00:06:21.225 here at Yale that can talk with you more  
NOTE Confidence: 0.839801556875

00:06:21.225 --> 00:06:23.250 specifically or talk with them  
NOTE Confidence: 0.839801556875

00:06:23.250 --> 00:06:24.960 more specifically about their risk and  
NOTE Confidence: 0.839801556875

00:06:24.960 --> 00:06:26.853 the benefits of determining  
NOTE Confidence: 0.839801556875

00:06:26.853 --> 00:06:29.081 that versus some of the drawbacks and

NOTE Confidence: 0.839801556875

00:06:29.081 --> 00:06:30.985 so they can make an informed decision.

NOTE Confidence: 0.839801556875

00:06:30.990 --> 00:06:31.962 But in general, yes,

NOTE Confidence: 0.839801556875

00:06:31.962 --> 00:06:33.420 I would say at least having

NOTE Confidence: 0.839801556875

00:06:33.475 --> 00:06:34.540 the discussion about

NOTE Confidence: 0.839801556875

00:06:34.540 --> 00:06:36.400 screening would be very important and

NOTE Confidence: 0.839801556875

00:06:36.400 --> 00:06:38.802 probably would be of benefit not only for

NOTE Confidence: 0.839801556875

00:06:38.802 --> 00:06:40.826 themselves but for any of their children

NOTE Confidence: 0.839801556875

00:06:40.826 --> 00:06:42.919 because it is something that can be

NOTE Confidence: 0.839801556875

00:06:42.919 --> 00:06:45.408 passed down through the generations.

NOTE Confidence: 0.839801556875

00:06:45.408 --> 00:06:49.177 In terms of BRCA 2 deletion

NOTE Confidence: 0.839801556875

00:06:49.177 --> 00:06:51.697 associated prostate cancers,

NOTE Confidence: 0.839801556875

00:06:51.700 --> 00:06:53.500 yes, those are more aggressive.

NOTE Confidence: 0.839801556875

00:06:53.500 --> 00:06:55.628 So they occur at an earlier age.

NOTE Confidence: 0.839801556875

00:06:55.630 --> 00:06:57.856 They appear to be associated with

NOTE Confidence: 0.839801556875

00:06:57.856 --> 00:06:59.722 more aggressive phenotype with a

NOTE Confidence: 0.839801556875

00:06:59.722 --> 00:07:01.660 higher likelihood of higher grade  
NOTE Confidence: 0.839801556875

00:07:01.660 --> 00:07:03.620 disease and developing metastases.  
NOTE Confidence: 0.839801556875

00:07:03.620 --> 00:07:05.490 So it is something that  
NOTE Confidence: 0.839801556875

00:07:05.490 --> 00:07:08.718 in those cohorts of those families,  
NOTE Confidence: 0.839801556875

00:07:08.720 --> 00:07:10.900 screening and testing is definitely  
NOTE Confidence: 0.839801556875

00:07:10.900 --> 00:07:14.250 one of our important evaluations and  
NOTE Confidence: 0.839801556875

00:07:14.250 --> 00:07:16.985 management plans for those patients.  
00:07:17.320 --> 00:07:19.588 So in terms of screening then  
NOTE Confidence: 0.892357486153846

00:07:19.588 --> 00:07:22.625 can you tell us a little bit more  
NOTE Confidence: 0.892357486153846

00:07:22.625 --> 00:07:24.610 about what screening protocols you  
NOTE Confidence: 0.892357486153846

00:07:24.682 --> 00:07:26.920 follow for men at average risk,  
NOTE Confidence: 0.892357486153846

00:07:26.920 --> 00:07:29.668 the general population and whether that's  
NOTE Confidence: 0.892357486153846

00:07:29.668 --> 00:07:33.120 different for men who may have a genetic  
NOTE Confidence: 0.892357486153846

00:07:33.120 --> 00:07:35.730 predisposition or men who might be of  
NOTE Confidence: 0.892357486153846

00:07:35.730 --> 00:07:37.800 African American ancestry.  
NOTE Confidence: 0.890868895714285

00:07:39.080 --> 00:07:41.495 So that's a very good question and  
NOTE Confidence: 0.890868895714285

00:07:41.495 --> 00:07:43.962 it's complex and one that we are  
NOTE Confidence: 0.890868895714285

00:07:43.962 --> 00:07:45.996 constantly seeking to find the  
NOTE Confidence: 0.890868895714285

00:07:46.064 --> 00:07:48.640 right answer to and and it is elusive.  
NOTE Confidence: 0.890868895714285

00:07:48.640 --> 00:07:50.593 So I would say that there's  
NOTE Confidence: 0.890868895714285

00:07:50.593 --> 00:07:51.979 an evolutionary process with that,  
NOTE Confidence: 0.890868895714285

00:07:51.980 --> 00:07:56.018 but the early detection for prostate  
NOTE Confidence: 0.890868895714285

00:07:56.018 --> 00:07:59.360 cancer guidelines from the NCCN,  
NOTE Confidence: 0.890868895714285

00:07:59.360 --> 00:08:01.346 and we actually are meeting this afternoon  
NOTE Confidence: 0.890868895714285

00:08:01.346 --> 00:08:03.490 to try to finalize exactly that.  
NOTE Confidence: 0.890868895714285

00:08:03.490 --> 00:08:09.196 Can we agree on a sort of risk stratified  
NOTE Confidence: 0.890868895714285

00:08:09.200 --> 00:08:11.120 protocol for who should be  
NOTE Confidence: 0.890868895714285

00:08:11.120 --> 00:08:13.040 getting tested at what frequency?  
NOTE Confidence: 0.890868895714285

00:08:13.040 --> 00:08:14.992 I would say we do agree that men  
NOTE Confidence: 0.890868895714285

00:08:14.992 --> 00:08:17.199 who are at higher risk should be  
NOTE Confidence: 0.890868895714285

00:08:17.199 --> 00:08:19.160 tested starting at an earlier age.  
NOTE Confidence: 0.890868895714285

00:08:19.160 --> 00:08:22.425 The frequency of testing depends

NOTE Confidence: 0.890868895714285

00:08:22.425 --> 00:08:25.690 on PSA blood testing results

00:08:28.980 --> 00:08:31.815 and it changes somewhat based on age.

NOTE Confidence: 0.890868895714285

00:08:31.820 --> 00:08:33.920 It's an open discussion of whether or

NOTE Confidence: 0.890868895714285

00:08:33.920 --> 00:08:36.267 not those at a higher risk based on

NOTE Confidence: 0.890868895714285

00:08:36.270 --> 00:08:38.535 genetic or racial characteristics we

NOTE Confidence: 0.890868895714285

00:08:38.535 --> 00:08:41.290 think should be screened more often.

NOTE Confidence: 0.890868895714285

00:08:41.290 --> 00:08:43.050 It's unclear if they should,

NOTE Confidence: 0.890868895714285

00:08:43.050 --> 00:08:45.378 but definitely we want to screen

NOTE Confidence: 0.890868895714285

00:08:45.378 --> 00:08:47.373 them earlier because they can

NOTE Confidence: 0.890868895714285

00:08:47.373 --> 00:08:49.213 potentially be diagnosed with a

NOTE Confidence: 0.890868895714285

00:08:49.213 --> 00:08:51.430 high risk cancer in their 40s,

NOTE Confidence: 0.890868895714285

00:08:51.430 --> 00:08:53.380 at which point intervention has

NOTE Confidence: 0.890868895714285

00:08:53.380 --> 00:08:56.097 a much longer benefit than if we

NOTE Confidence: 0.890868895714285

00:08:56.097 --> 00:08:57.827 can identify the cancer early.

NOTE Confidence: 0.7845676905

00:08:58.050 --> 00:09:00.858 One of the things that you had mentioned

NOTE Confidence: 0.7845676905

00:09:00.858 --> 00:09:03.658 earlier was that because so many of

NOTE Confidence: 0.7845676905

00:09:03.658 --> 00:09:05.683 these prostate cancers are indolent,

NOTE Confidence: 0.7845676905

00:09:05.690 --> 00:09:06.995 you still recommend

NOTE Confidence: 0.7845676905

00:09:06.995 --> 00:09:09.170 screening because PSA is a

NOTE Confidence: 0.7845676905

00:09:09.170 --> 00:09:10.869 relatively easy test to do.

NOTE Confidence: 0.7845676905

00:09:10.870 --> 00:09:12.426 It's a blood test.

NOTE Confidence: 0.7845676905

00:09:12.426 --> 00:09:16.366 And so the result of that blood test may

NOTE Confidence: 0.7845676905

00:09:16.366 --> 00:09:19.894 or may not actually cause an intervention.

NOTE Confidence: 0.7845676905

00:09:19.900 --> 00:09:22.390 At what point do you start

NOTE Confidence: 0.7845676905

00:09:22.390 --> 00:09:25.140 looking at that PSA and saying,

NOTE Confidence: 0.7845676905

00:09:25.140 --> 00:09:29.040 geez, now we really need to do

NOTE Confidence: 0.7845676905

00:09:29.040 --> 00:09:30.800 something to investigate further?

NOTE Confidence: 0.7845676905

00:09:30.800 --> 00:09:33.432 Is it a particular number of the

NOTE Confidence: 0.7845676905

00:09:33.432 --> 00:09:36.618 PSA or is it a trend in the PSA?

NOTE Confidence: 0.7845676905

00:09:36.620 --> 00:09:40.148 How do you make that distinction

NOTE Confidence: 0.7845676905

00:09:40.148 --> 00:09:42.730 and what's the next step?

NOTE Confidence: 0.7845676905

00:09:42.730 --> 00:09:45.442 For a man who might meet those  
NOTE Confidence: 0.7845676905

00:09:45.442 --> 00:09:48.069 criteria in terms of actually trying  
NOTE Confidence: 0.7845676905

00:09:48.069 --> 00:09:50.404 to find prostate cancer earlier,  
NOTE Confidence: 0.870376881111111

00:09:50.560 --> 00:09:53.062 we no longer use strict  
NOTE Confidence: 0.870376881111111

00:09:53.062 --> 00:09:54.750 cut offs for PSA's.  
NOTE Confidence: 0.870376881111111

00:09:54.750 --> 00:09:56.900 Traditionally we had used a  
NOTE Confidence: 0.870376881111111

00:09:56.900 --> 00:10:00.043 level of around 3 or a PSA of  
NOTE Confidence: 0.870376881111111

00:10:00.043 --> 00:10:02.059 four to indicate that a further  
NOTE Confidence: 0.870376881111111

00:10:02.140 --> 00:10:03.859 evaluation was needed.  
NOTE Confidence: 0.870376881111111

00:10:03.860 --> 00:10:06.692 We now really have what we call  
NOTE Confidence: 0.870376881111111

00:10:06.692 --> 00:10:08.305 shared decision making discussions  
NOTE Confidence: 0.870376881111111

00:10:08.305 --> 00:10:10.777 with the patients, with the men  
NOTE Confidence: 0.870376881111111

00:10:10.777 --> 00:10:13.130 and talk about the fact that  
NOTE Confidence: 0.870376881111111

00:10:13.130 --> 00:10:16.413 a higher PSA is associated with a  
NOTE Confidence: 0.870376881111111

00:10:16.413 --> 00:10:19.546 higher likelihood of having a prostate  
NOTE Confidence: 0.870376881111111

00:10:19.546 --> 00:10:22.728 cancer detected on biopsy, and what we



NOTE Confidence: 0.8703768811111111  
00:10:22.728 --> 00:10:25.722 usually consider a cutoff where we  
NOTE Confidence: 0.8703768811111111  
00:10:25.722 --> 00:10:28.493 would consider biopsy and start that  
NOTE Confidence: 0.8703768811111111  
00:10:28.493 --> 00:10:32.059 discussion is if the PSA is over three,  
NOTE Confidence: 0.8703768811111111  
00:10:32.060 --> 00:10:33.506 sometimes over 4.  
NOTE Confidence: 0.8703768811111111  
00:10:33.506 --> 00:10:35.434 It also depends somewhat  
NOTE Confidence: 0.8703768811111111  
00:10:35.434 --> 00:10:37.980 on the age of the man,  
NOTE Confidence: 0.8703768811111111  
00:10:37.980 --> 00:10:39.610 but you also mentioned the  
NOTE Confidence: 0.8703768811111111  
00:10:39.610 --> 00:10:41.600 rate of rise of the PSA.  
NOTE Confidence: 0.8703768811111111  
00:10:41.600 --> 00:10:44.120 If a PSA is completely stable  
NOTE Confidence: 0.8703768811111111  
00:10:44.120 --> 00:10:46.679 that is less often associated with  
NOTE Confidence: 0.8703768811111111  
00:10:46.679 --> 00:10:49.481 a prostate cancer versus one that  
NOTE Confidence: 0.8703768811111111  
00:10:49.481 --> 00:10:52.020 seems to be rising consistently,  
NOTE Confidence: 0.8703768811111111  
00:10:52.020 --> 00:10:54.490 that would be more concerning.  
NOTE Confidence: 0.8703768811111111  
00:10:54.490 --> 00:10:55.297 However, the  
NOTE Confidence: 0.8703768811111111  
00:10:55.297 --> 00:10:56.642 most predictive thing still  
NOTE Confidence: 0.8703768811111111

00:10:56.642 --> 00:10:58.260 is a PSA that is elevated.  
NOTE Confidence: 0.8703768811111111

00:10:58.260 --> 00:11:00.956 So a PSA is elevated over 4 statistically  
NOTE Confidence: 0.8703768811111111

00:11:00.956 --> 00:11:03.349 has the greatest predictive rate  
NOTE Confidence: 0.8703768811111111

00:11:03.350 --> 00:11:04.734 for their development identifying  
NOTE Confidence: 0.8703768811111111

00:11:04.734 --> 00:11:06.810 a prostate cancer in the future.  
NOTE Confidence: 0.8703768811111111

00:11:06.810 --> 00:11:08.784 So it's still a little bit complicated.  
NOTE Confidence: 0.8703768811111111

00:11:08.790 --> 00:11:09.888 We're trying to make it simple,  
NOTE Confidence: 0.8703768811111111

00:11:09.890 --> 00:11:11.556 but I think that the easiest way  
NOTE Confidence: 0.8703768811111111

00:11:11.556 --> 00:11:13.406 to think about it, if you have a  
NOTE Confidence: 0.8703768811111111

00:11:13.406 --> 00:11:14.650 PSA that has elevated over 4,  
NOTE Confidence: 0.8703768811111111

00:11:14.650 --> 00:11:16.565 it is worth further discussion  
NOTE Confidence: 0.8703768811111111

00:11:16.565 --> 00:11:18.480 with your primary care physician  
NOTE Confidence: 0.8703768811111111

00:11:18.550 --> 00:11:20.315 or urologist about what additional  
NOTE Confidence: 0.8703768811111111

00:11:20.315 --> 00:11:22.740 steps you may be taking and that  
NOTE Confidence: 0.8703768811111111

00:11:22.740 --> 00:11:24.528 typically for us at Yale includes  
NOTE Confidence: 0.8703768811111111

00:11:24.528 --> 00:11:26.105 an MRI of the prostate.

NOTE Confidence: 0.870376881111111

00:11:26.105 --> 00:11:28.380 And then very likely a prostate biopsy.

NOTE Confidence: 0.923920515

00:11:28.910 --> 00:11:31.780 So you mentioned this concept of shared

NOTE Confidence: 0.923920515

00:11:31.780 --> 00:11:34.197 decision making and talking to

NOTE Confidence: 0.923920515

00:11:34.197 --> 00:11:36.723 your doctor about your PSA because

NOTE Confidence: 0.923920515

00:11:36.723 --> 00:11:39.549 even if your PSA was elevated,

NOTE Confidence: 0.923920515

00:11:39.550 --> 00:11:42.366 if for example you were quite elderly or

NOTE Confidence: 0.923920515

00:11:42.366 --> 00:11:45.347 you had a million other comorbidities,

NOTE Confidence: 0.923920515

00:11:45.350 --> 00:11:48.310 we actually kind of weigh things all out.

NOTE Confidence: 0.923920515

00:11:48.310 --> 00:11:51.033 You know the risk of prostate cancer

NOTE Confidence: 0.923920515

00:11:51.033 --> 00:11:53.471 and the treatment of prostate cancer

NOTE Confidence: 0.923920515

00:11:53.471 --> 00:11:56.250 might actually be lower in terms of

NOTE Confidence: 0.923920515

00:11:56.250 --> 00:11:57.537 the disease itself,

NOTE Confidence: 0.923920515

00:11:57.537 --> 00:12:00.111 then the risks of the potential

NOTE Confidence: 0.923920515

00:12:00.111 --> 00:12:01.678 intervention and the treatment

NOTE Confidence: 0.923920515

00:12:01.678 --> 00:12:03.808 and the the competing risks of

NOTE Confidence: 0.923920515

00:12:03.808 --> 00:12:05.580 your other comorbidities.  
NOTE Confidence: 0.923920515

00:12:05.580 --> 00:12:07.960 Why wouldn't that discussion happen  
NOTE Confidence: 0.923920515

00:12:07.960 --> 00:12:10.340 before the PSA ever occurred?  
NOTE Confidence: 0.923920515

00:12:10.340 --> 00:12:11.345 In other words,  
NOTE Confidence: 0.923920515

00:12:11.345 --> 00:12:13.690 if you know that you're never going  
NOTE Confidence: 0.923920515

00:12:13.762 --> 00:12:15.995 to act on that PSA screening test,  
NOTE Confidence: 0.923920515

00:12:16.000 --> 00:12:17.040 why get the test?  
NOTE Confidence: 0.824893413809524

00:12:17.720 --> 00:12:19.838 You're absolutely right and it should  
NOTE Confidence: 0.824893413809524

00:12:19.838 --> 00:12:22.243 and so there's shared decision making is  
NOTE Confidence: 0.824893413809524

00:12:22.243 --> 00:12:24.840 supposed to occur before a PSA is drawn.  
NOTE Confidence: 0.824893413809524

00:12:24.840 --> 00:12:26.877 The problem is it is not all  
NOTE Confidence: 0.824893413809524

00:12:26.877 --> 00:12:28.498 physicians and that burden often  
NOTE Confidence: 0.824893413809524

00:12:28.498 --> 00:12:30.198 falls on primary care physicians  
NOTE Confidence: 0.824893413809524

00:12:30.198 --> 00:12:32.738 to be able to have that discussion.  
NOTE Confidence: 0.824893413809524

00:12:32.740 --> 00:12:34.408 But you're absolutely right.  
NOTE Confidence: 0.824893413809524

00:12:34.408 --> 00:12:37.365 So the first real sort of cutoff

NOTE Confidence: 0.824893413809524

00:12:37.365 --> 00:12:39.962 is unless someone has we think at

NOTE Confidence: 0.824893413809524

00:12:39.962 --> 00:12:42.640 least a 10 year life expectancy,

NOTE Confidence: 0.824893413809524

00:12:42.640 --> 00:12:45.072 we recommend strongly against

NOTE Confidence: 0.824893413809524

00:12:45.072 --> 00:12:46.896 initiating PSA testing.

00:12:47.606 --> 00:12:50.077 Where we're trying to trying to make

NOTE Confidence: 0.824893413809524

00:12:50.077 --> 00:12:52.458 that cut off because for those men

NOTE Confidence: 0.824893413809524

00:12:52.458 --> 00:12:54.919 who we do identify prostate cancer,

NOTE Confidence: 0.824893413809524

00:12:54.920 --> 00:12:56.915 we have lots of new novel treatments

NOTE Confidence: 0.824893413809524

00:12:56.920 --> 00:12:58.296 that have a lot

NOTE Confidence: 0.824893413809524

00:12:58.296 --> 00:12:59.953 less of the side effects that many

NOTE Confidence: 0.824893413809524

00:12:59.953 --> 00:13:01.213 men have been concerned about.

NOTE Confidence: 0.824893413809524

00:13:01.220 --> 00:13:03.818 Some of those include ablation therapies,

NOTE Confidence: 0.824893413809524

00:13:03.820 --> 00:13:04.536 focal therapies,

NOTE Confidence: 0.824893413809524

00:13:04.536 --> 00:13:06.684 things that have many fewer side

NOTE Confidence: 0.824893413809524

00:13:06.684 --> 00:13:08.341 effects than the traditional

NOTE Confidence: 0.824893413809524

00:13:08.341 --> 00:13:09.658 surgery and radiation.

NOTE Confidence: 0.874769088461538  
00:13:09.790 --> 00:13:11.470 So we're going to dive a little  
NOTE Confidence: 0.874769088461538  
00:13:11.470 --> 00:13:13.333 bit more into some of those novel  
NOTE Confidence: 0.874769088461538  
00:13:13.333 --> 00:13:14.965 therapies right after we take a  
NOTE Confidence: 0.874769088461538  
00:13:15.019 --> 00:13:16.777 short break for a medical minute.  
NOTE Confidence: 0.874769088461538  
00:13:16.780 --> 00:13:18.460 Please stay tuned to learn more about  
NOTE Confidence: 0.874769088461538  
00:13:18.460 --> 00:13:20.284 the care of prostate cancer patients  
NOTE Confidence: 0.874769088461538  
00:13:20.284 --> 00:13:22.469 with my guest Doctor Preston Sprenkle.  
NOTE Confidence: 0.784005092  
00:13:23.150 --> 00:13:25.170 Funding for Yale Cancer Answers  
NOTE Confidence: 0.784005092  
00:13:25.170 --> 00:13:27.190 comes from Smilow Cancer Hospital,  
NOTE Confidence: 0.784005092  
00:13:27.190 --> 00:13:29.105 where their liver cancer program  
NOTE Confidence: 0.784005092  
00:13:29.105 --> 00:13:31.020 brings together a dedicated group  
NOTE Confidence: 0.784005092  
00:13:31.083 --> 00:13:33.203 of specialists whose focus is  
NOTE Confidence: 0.784005092  
00:13:33.203 --> 00:13:34.899 determining the best personalized  
NOTE Confidence: 0.784005092  
00:13:34.899 --> 00:13:36.658 treatment plan for each patient.  
NOTE Confidence: 0.784005092  
00:13:36.660 --> 00:13:41.490 Learn more at [smilowcancerhospital.org](http://smilowcancerhospital.org).  
NOTE Confidence: 0.784005092

00:13:41.490 --> 00:13:43.590 The American Cancer Society  
NOTE Confidence: 0.784005092

00:13:43.590 --> 00:13:45.936 estimates that nearly 150,000 people  
NOTE Confidence: 0.784005092

00:13:45.936 --> 00:13:48.617 in the US will be diagnosed with  
NOTE Confidence: 0.784005092

00:13:48.617 --> 00:13:50.590 colorectal cancer this year alone.  
NOTE Confidence: 0.784005092

00:13:50.590 --> 00:13:51.838 When detected early,  
NOTE Confidence: 0.784005092

00:13:51.838 --> 00:13:53.502 colorectal cancer is easily  
NOTE Confidence: 0.784005092

00:13:53.502 --> 00:13:55.310 treated and highly curable,  
NOTE Confidence: 0.784005092

00:13:55.310 --> 00:13:57.677 and men and women over the age of 45  
NOTE Confidence: 0.784005092

00:13:57.677 --> 00:13:59.219 should have regular colonoscopies  
NOTE Confidence: 0.784005092

00:13:59.219 --> 00:14:01.244 to screen for the disease.  
NOTE Confidence: 0.784005092

00:14:01.250 --> 00:14:02.698 Patients with colorectal cancer  
NOTE Confidence: 0.784005092

00:14:02.698 --> 00:14:04.870 have more hope than ever before,  
NOTE Confidence: 0.784005092

00:14:04.870 --> 00:14:07.690 thanks to increased access to advanced  
NOTE Confidence: 0.784005092

00:14:07.690 --> 00:14:09.570 therapies and specialized care.  
NOTE Confidence: 0.784005092

00:14:09.570 --> 00:14:11.560 Clinical trials are currently underway  
NOTE Confidence: 0.784005092

00:14:11.560 --> 00:14:13.039 at Federally designated comprehensive

NOTE Confidence: 0.784005092

00:14:13.039 --> 00:14:15.997 cancer centers such as Yale Cancer

NOTE Confidence: 0.784005092

00:14:15.997 --> 00:14:18.566 Center and Smilow Cancer Hospital

NOTE Confidence: 0.784005092

00:14:18.566 --> 00:14:20.576 to test innovative new treatments

NOTE Confidence: 0.784005092

00:14:20.643 --> 00:14:22.459 for colorectal cancer tumors.

NOTE Confidence: 0.784005092

00:14:22.460 --> 00:14:24.640 Gene analysis has helped improve

NOTE Confidence: 0.784005092

00:14:24.640 --> 00:14:26.820 management of colorectal cancer by

NOTE Confidence: 0.784005092

00:14:26.892 --> 00:14:29.137 identifying the patients most likely

NOTE Confidence: 0.784005092

00:14:29.137 --> 00:14:31.382 to benefit from chemotherapy and

NOTE Confidence: 0.784005092

00:14:31.454 --> 00:14:33.879 newer targeted agents resulting in

NOTE Confidence: 0.784005092

00:14:33.879 --> 00:14:35.819 more patient specific treatment.

NOTE Confidence: 0.784005092

00:14:35.820 --> 00:14:38.188 More information is available

NOTE Confidence: 0.784005092

00:14:38.188 --> 00:14:39.218 at [yalecancercenter.org](http://yalecancercenter.org).

NOTE Confidence: 0.784005092

00:14:39.218 --> 00:14:41.846 You're listening to Connecticut public radio.

NOTE Confidence: 0.838783391666667

00:14:42.550 --> 00:14:44.728 Welcome back to Yale Cancer Answers.

NOTE Confidence: 0.838783391666667

00:14:44.730 --> 00:14:46.270 This is doctor Anees Chagpar

NOTE Confidence: 0.838783391666667



00:14:46.270 --> 00:14:48.426 and I'm joined tonight by my guest,  
NOTE Confidence: 0.838783391666667

00:14:48.430 --> 00:14:49.423 Doctor Preston Sprenkle.  
NOTE Confidence: 0.838783391666667

00:14:49.423 --> 00:14:51.409 We're talking about the care of  
NOTE Confidence: 0.838783391666667

00:14:51.409 --> 00:14:52.869 patients with prostate cancer.  
NOTE Confidence: 0.838783391666667

00:14:52.870 --> 00:14:54.450 And right before the break,  
NOTE Confidence: 0.838783391666667

00:14:54.450 --> 00:14:55.975 we were talking about the  
NOTE Confidence: 0.838783391666667

00:14:55.975 --> 00:14:57.890 fact that for the most part,  
NOTE Confidence: 0.838783391666667

00:14:57.890 --> 00:15:00.368 many men who get prostate cancer,  
NOTE Confidence: 0.838783391666667

00:15:00.370 --> 00:15:04.267 and in fact many men do get prostate cancer,  
NOTE Confidence: 0.838783391666667

00:15:04.270 --> 00:15:06.030 will have indolent disease.  
NOTE Confidence: 0.838783391666667

00:15:06.030 --> 00:15:08.234 Still, screening is recommended  
NOTE Confidence: 0.838783391666667

00:15:08.234 --> 00:15:11.762 because it's an easy screening test.  
NOTE Confidence: 0.838783391666667

00:15:11.770 --> 00:15:12.906 It's a blood test.  
NOTE Confidence: 0.838783391666667

00:15:12.906 --> 00:15:15.064 And it can pick up prostate cancer  
NOTE Confidence: 0.838783391666667

00:15:15.064 --> 00:15:17.019 early when it's most treatable.  
NOTE Confidence: 0.838783391666667

00:15:17.020 --> 00:15:20.917 And it's been shown in studies to save lives.

NOTE Confidence: 0.838783391666667  
00:15:20.920 --> 00:15:21.544 So Preston,  
NOTE Confidence: 0.838783391666667  
00:15:21.544 --> 00:15:22.792 we ended the conversation  
NOTE Confidence: 0.838783391666667  
00:15:22.792 --> 00:15:24.040 right before the break,  
NOTE Confidence: 0.838783391666667  
00:15:24.040 --> 00:15:25.868 talking about the fact  
NOTE Confidence: 0.838783391666667  
00:15:25.868 --> 00:15:27.696 that for many patients,  
NOTE Confidence: 0.838783391666667  
00:15:27.700 --> 00:15:32.430 prostate cancer is relatively indolent.  
00:15:33.520 --> 00:15:36.790 You oftentimes will not have problems  
NOTE Confidence: 0.838783391666667  
00:15:36.790 --> 00:15:40.157 from your prostate cancer and so  
NOTE Confidence: 0.838783391666667  
00:15:40.157 --> 00:15:42.882 weighing the risks and benefits  
NOTE Confidence: 0.838783391666667  
00:15:42.882 --> 00:15:46.284 of treatment versus doing nothing  
NOTE Confidence: 0.838783391666667  
00:15:46.284 --> 00:15:49.734 and certainly watchful waiting  
NOTE Confidence: 0.838783391666667  
00:15:49.740 --> 00:15:51.916 has been a strategy that has been  
NOTE Confidence: 0.838783391666667  
00:15:51.916 --> 00:15:54.638 used for some patients with prostate cancer.  
NOTE Confidence: 0.838783391666667  
00:15:54.640 --> 00:15:57.010 So can you walk us through  
NOTE Confidence: 0.838783391666667  
00:15:57.010 --> 00:15:58.950 a little bit more of  
NOTE Confidence: 0.838783391666667  
00:15:58.950 --> 00:16:03.066 what happens when that PSA comes back,

NOTE Confidence: 0.838783391666667  
00:16:03.070 --> 00:16:05.891 it is elevated and your doctor wants  
NOTE Confidence: 0.838783391666667  
00:16:05.891 --> 00:16:08.699 to start looking for prostate cancer?  
NOTE Confidence: 0.838783391666667  
00:16:08.700 --> 00:16:11.087 Start there and tell us a little  
NOTE Confidence: 0.838783391666667  
00:16:11.087 --> 00:16:13.349 bit about what men might expect  
NOTE Confidence: 0.838783391666667  
00:16:13.350 --> 00:16:14.460 in that situation.  
NOTE Confidence: 0.810686531111111  
00:16:15.730 --> 00:16:17.334 So when  
NOTE Confidence: 0.810686531111111  
00:16:17.334 --> 00:16:19.339 there is an elevated PSA,  
NOTE Confidence: 0.88924443375  
00:16:22.030 --> 00:16:25.406 the first step is to really recheck that,  
NOTE Confidence: 0.88924443375  
00:16:25.410 --> 00:16:27.714 to check another PSA test and  
NOTE Confidence: 0.88924443375  
00:16:27.714 --> 00:16:30.310 confirm that there is an elevation.  
NOTE Confidence: 0.88924443375  
00:16:30.310 --> 00:16:32.627 While the PSA is a very good  
NOTE Confidence: 0.88924443375  
00:16:32.627 --> 00:16:34.830 screening test for prostate cancer,  
NOTE Confidence: 0.88924443375  
00:16:34.830 --> 00:16:39.303 it is definitely not perfect.  
NOTE Confidence: 0.88924443375  
00:16:39.310 --> 00:16:41.102 So there are significant  
NOTE Confidence: 0.88924443375  
00:16:41.102 --> 00:16:43.342 limitations that the normal  
NOTE Confidence: 0.88924443375

00:16:43.342 --> 00:16:45.268 prostate tissue also makes PSA.  
NOTE Confidence: 0.88924443375

00:16:45.270 --> 00:16:47.839 So there can be a variety of  
NOTE Confidence: 0.88924443375

00:16:47.839 --> 00:16:51.522 reasons for a PSA blood test to be  
NOTE Confidence: 0.88924443375

00:16:51.522 --> 00:16:54.012 elevated other than prostate cancer.  
NOTE Confidence: 0.88924443375

00:16:54.020 --> 00:16:55.712 So the initial thing would be  
NOTE Confidence: 0.88924443375

00:16:55.712 --> 00:16:57.599 to repeat a PSA blood test.  
NOTE Confidence: 0.88924443375

00:16:57.600 --> 00:17:00.768 We have a lot of new  
NOTE Confidence: 0.88924443375

00:17:00.768 --> 00:17:03.616 biomarkers that can be used  
NOTE Confidence: 0.88924443375

00:17:03.616 --> 00:17:07.420 in that case as well once a PSA  
NOTE Confidence: 0.88924443375

00:17:07.420 --> 00:17:10.030 is found to be elevated that  
NOTE Confidence: 0.88924443375

00:17:10.030 --> 00:17:12.389 confirm whether the PSA is elevated but  
NOTE Confidence: 0.88924443375

00:17:12.389 --> 00:17:14.593 also can give more precise indications  
NOTE Confidence: 0.88924443375

00:17:14.593 --> 00:17:17.218 then try to control or correct for  
NOTE Confidence: 0.88924443375

00:17:17.288 --> 00:17:18.968 some of those benign reasons for  
NOTE Confidence: 0.88924443375

00:17:18.968 --> 00:17:22.034 a PSA to be elevated to evaluate  
NOTE Confidence: 0.88924443375

00:17:22.034 --> 00:17:26.570 someone's true PSA or prostate cancer risk.

NOTE Confidence: 0.88924443375

00:17:26.570 --> 00:17:28.794 There are a variety of them and I

NOTE Confidence: 0.88924443375

00:17:28.794 --> 00:17:30.928 don't really want to list all of them,

NOTE Confidence: 0.88924443375

00:17:30.930 --> 00:17:33.821 but your doctor should know and we

NOTE Confidence: 0.88924443375

00:17:33.821 --> 00:17:36.629 have quite a few available after

NOTE Confidence: 0.88924443375

00:17:36.629 --> 00:17:39.002 that if there still is felt to

NOTE Confidence: 0.88924443375

00:17:39.002 --> 00:17:40.998 be some risk.

NOTE Confidence: 0.88924443375

00:17:41.000 --> 00:17:44.156 Often, a prostate MRI will be completed.

NOTE Confidence: 0.88924443375

00:17:44.160 --> 00:17:46.062 The prostate MRI is a relatively

NOTE Confidence: 0.88924443375

00:17:46.062 --> 00:17:48.326 new thing within the last 10 years

NOTE Confidence: 0.88924443375

00:17:48.326 --> 00:17:50.192 where we've been using it routinely

NOTE Confidence: 0.88924443375

00:17:50.192 --> 00:17:52.180 or at a higher rate because it

NOTE Confidence: 0.88924443375

00:17:52.180 --> 00:17:54.148 allows us to look in the prostate.

NOTE Confidence: 0.88924443375

00:17:54.148 --> 00:17:56.220 So the prostate previously is one of

NOTE Confidence: 0.88924443375

00:17:56.285 --> 00:17:58.084 the few solid organs where we were

NOTE Confidence: 0.88924443375

00:17:58.084 --> 00:18:00.495 not able to really look into it to try

NOTE Confidence: 0.88924443375

00:18:00.495 --> 00:18:02.717 to identify if there were areas that  
NOTE Confidence: 0.88924443375

00:18:02.717 --> 00:18:05.440 were suspicious for tumor or a cancer.  
NOTE Confidence: 0.88924443375

00:18:05.440 --> 00:18:07.410 The prostate MRI has really  
NOTE Confidence: 0.88924443375

00:18:07.410 --> 00:18:08.986 revolutionized that and allows  
NOTE Confidence: 0.88924443375

00:18:08.986 --> 00:18:11.259 us to look inside the prostate,  
NOTE Confidence: 0.88924443375

00:18:11.260 --> 00:18:12.898 see if there are areas that appear  
NOTE Confidence: 0.88924443375

00:18:12.900 --> 00:18:13.287 suspicious,  
NOTE Confidence: 0.88924443375

00:18:13.287 --> 00:18:16.383 grade them on their risk and allow us  
NOTE Confidence: 0.88924443375

00:18:16.383 --> 00:18:19.419 to then perform a targeted biopsy so we  
NOTE Confidence: 0.88924443375

00:18:19.419 --> 00:18:21.720 can really, in a more selective way,  
NOTE Confidence: 0.88924443375

00:18:21.720 --> 00:18:24.555 sample those areas that are more suspicious.  
NOTE Confidence: 0.88924443375

00:18:24.560 --> 00:18:28.240 This has been tremendous because  
NOTE Confidence: 0.88924443375

00:18:28.240 --> 00:18:31.184 it allows us to  
NOTE Confidence: 0.88924443375

00:18:31.190 --> 00:18:33.770 more accurately identify prostate cancer  
NOTE Confidence: 0.88924443375

00:18:33.770 --> 00:18:35.366 sometimes in a hard to reach  
NOTE Confidence: 0.88924443375

00:18:35.366 --> 00:18:36.590 area of the prostate,

NOTE Confidence: 0.88924443375

00:18:36.590 --> 00:18:38.798 we would not biopsy at unless we

NOTE Confidence: 0.88924443375

00:18:38.798 --> 00:18:40.950 knew that there was something there.

NOTE Confidence: 0.88924443375

00:18:40.950 --> 00:18:42.497 This allows us to know that there's

NOTE Confidence: 0.88924443375

00:18:42.497 --> 00:18:44.187 an area that's higher risk and do

NOTE Confidence: 0.88924443375

00:18:44.187 --> 00:18:45.412 targeted biopsies at that area.

NOTE Confidence: 0.819163575714286

00:18:46.890 --> 00:18:52.126 And so once a biopsy is done,

NOTE Confidence: 0.819163575714286

00:18:52.130 --> 00:18:54.566 and it's sent to the pathologist,

NOTE Confidence: 0.819163575714286

00:18:54.570 --> 00:18:57.706 the pathologist can say it's prostate cancer,

NOTE Confidence: 0.819163575714286

00:18:57.710 --> 00:19:00.266 but for many men that prostate

NOTE Confidence: 0.819163575714286

00:19:00.266 --> 00:19:02.830 cancer is different from other men.

NOTE Confidence: 0.819163575714286

00:19:02.830 --> 00:19:06.006 In other words, it's not all the same.

NOTE Confidence: 0.819163575714286

00:19:06.010 --> 00:19:08.230 Some men, based on their prostate

NOTE Confidence: 0.819163575714286

00:19:08.230 --> 00:19:10.698 cancer biopsy, will be given a score

NOTE Confidence: 0.819163575714286

00:19:10.698 --> 00:19:13.028 and they're told,

NOTE Confidence: 0.819163575714286

00:19:13.028 --> 00:19:17.909 we can watch this and monitor you.

NOTE Confidence: 0.819163575714286

00:19:17.910 --> 00:19:20.610 Other men are given a biopsy,  
NOTE Confidence: 0.819163575714286

00:19:20.610 --> 00:19:23.090 it's still called prostate cancer,  
NOTE Confidence: 0.819163575714286

00:19:23.090 --> 00:19:24.830 but they're told that they  
NOTE Confidence: 0.819163575714286

00:19:24.830 --> 00:19:26.222 need more aggressive treatment.  
NOTE Confidence: 0.819163575714286

00:19:26.230 --> 00:19:27.322 So what gives?  
NOTE Confidence: 0.819163575714286

00:19:27.322 --> 00:19:29.506 How are you making this distinction?  
NOTE Confidence: 0.819163575714286

00:19:29.510 --> 00:19:31.766 Tell us more about the scoring of prostate  
NOTE Confidence: 0.819163575714286

00:19:31.766 --> 00:19:33.880 cancer and how that affects management.  
NOTE Confidence: 0.911225049444444

00:19:35.000 --> 00:19:36.828 Yeah, you're absolutely right.  
NOTE Confidence: 0.911225049444444

00:19:36.828 --> 00:19:40.635 So we actually have a 5 point scale  
NOTE Confidence: 0.911225049444444

00:19:40.635 --> 00:19:43.557 on which we grade prostate cancer.  
NOTE Confidence: 0.911225049444444

00:19:43.560 --> 00:19:47.550 That is the role of the pathologist  
NOTE Confidence: 0.911225049444444

00:19:47.550 --> 00:19:50.897 and having expert pathology helped  
NOTE Confidence: 0.911225049444444

00:19:50.897 --> 00:19:54.796 tremendously to be able to evaluate those.  
NOTE Confidence: 0.911225049444444

00:19:54.800 --> 00:19:55.715 Like you mentioned,  
NOTE Confidence: 0.911225049444444

00:19:55.715 --> 00:19:57.545 those pieces of tissue from the



NOTE Confidence: 0.911225049444444

00:19:57.545 --> 00:19:59.196 prostate go to a special Doctor

NOTE Confidence: 0.911225049444444

00:19:59.196 --> 00:20:00.823 who processes them and looks at

NOTE Confidence: 0.911225049444444

00:20:00.823 --> 00:20:02.497 them under a microscope and they

NOTE Confidence: 0.911225049444444

00:20:02.497 --> 00:20:04.132 have a standardized grading scale.

NOTE Confidence: 0.911225049444444

00:20:04.132 --> 00:20:06.904 And based on that grade that is

NOTE Confidence: 0.911225049444444

00:20:06.904 --> 00:20:09.807 the primary driver for most of

NOTE Confidence: 0.911225049444444

00:20:09.807 --> 00:20:11.743 our treatment decisions about

NOTE Confidence: 0.911225049444444

00:20:11.743 --> 00:20:14.367 what to do for prostate cancer.

NOTE Confidence: 0.911225049444444

00:20:14.370 --> 00:20:17.676 We also now use genomic testing.

NOTE Confidence: 0.911225049444444

00:20:17.680 --> 00:20:19.458 So this is different than what we

NOTE Confidence: 0.911225049444444

00:20:19.458 --> 00:20:21.198 were talking about before with testing

NOTE Confidence: 0.911225049444444

00:20:21.200 --> 00:20:23.078 someone's genetics and if they have

NOTE Confidence: 0.911225049444444

00:20:23.078 --> 00:20:25.141 a sort of mutation that's being

NOTE Confidence: 0.911225049444444

00:20:25.141 --> 00:20:27.006 passed down from family members,

NOTE Confidence: 0.911225049444444

00:20:27.010 --> 00:20:28.910 the genomic analysis is actually

NOTE Confidence: 0.911225049444444

00:20:28.910 --> 00:20:30.810 taking the prostate cancer cells  
NOTE Confidence: 0.911225049444444

00:20:30.877 --> 00:20:32.845 and doing analysis on those cancer  
NOTE Confidence: 0.911225049444444

00:20:32.845 --> 00:20:34.919 cells to determine if this cancer,  
NOTE Confidence: 0.911225049444444

00:20:34.920 --> 00:20:38.455 if it's more or less aggressive and I've  
NOTE Confidence: 0.911225049444444

00:20:38.455 --> 00:20:41.755 been using those tests for over 5  
NOTE Confidence: 0.911225049444444

00:20:41.755 --> 00:20:45.410 years now and find them very helpful in  
NOTE Confidence: 0.911225049444444

00:20:45.410 --> 00:20:47.140 discussing with patients what their  
NOTE Confidence: 0.911225049444444

00:20:47.140 --> 00:20:49.598 risk may be and helping them determine  
NOTE Confidence: 0.911225049444444

00:20:49.598 --> 00:20:51.922 if treatment is indicated and if so,  
NOTE Confidence: 0.911225049444444

00:20:51.930 --> 00:20:54.186 what are their best treatment options.  
NOTE Confidence: 0.857917315

00:20:55.600 --> 00:20:59.933 And so is there a particular cutoff  
NOTE Confidence: 0.857917315

00:20:59.933 --> 00:21:02.754 on that five point grading scale that  
NOTE Confidence: 0.857917315

00:21:02.754 --> 00:21:05.562 will tip your into one category versus  
NOTE Confidence: 0.857917315

00:21:05.562 --> 00:21:07.980 another in terms of how aggressive  
NOTE Confidence: 0.857917315

00:21:08.048 --> 00:21:10.370 you're going to be with management?  
NOTE Confidence: 0.857917315

00:21:10.370 --> 00:21:12.986 Similarly on on the genomic tests,

NOTE Confidence: 0.857917315

00:21:12.990 --> 00:21:15.166 is this something that's a

NOTE Confidence: 0.857917315

00:21:15.166 --> 00:21:17.311 little bit more amorphous, talk to your

NOTE Confidence: 0.857917315

00:21:17.311 --> 00:21:19.838 doctor and kind of figure it out together.

NOTE Confidence: 0.790307951111111

00:21:20.070 --> 00:21:22.140 Yeah, so I can definitely tell

NOTE Confidence: 0.932712785

00:21:22.150 --> 00:21:25.036 you how I approach it but

NOTE Confidence: 0.932712785

00:21:25.040 --> 00:21:28.392 I would say that this is a very

NOTE Confidence: 0.932712785

00:21:28.392 --> 00:21:30.070 personalized discussion with your

NOTE Confidence: 0.932712785

00:21:30.070 --> 00:21:32.078 urologist or your radiation

NOTE Confidence: 0.932712785

00:21:32.078 --> 00:21:34.588 oncologist or your doctor.

NOTE Confidence: 0.932712785

00:21:34.590 --> 00:21:36.003 But in general,

NOTE Confidence: 0.932712785

00:21:36.003 --> 00:21:39.262 grade one is considered low grade and

NOTE Confidence: 0.932712785

00:21:39.262 --> 00:21:41.854 almost universally all of the guidelines

NOTE Confidence: 0.932712785

00:21:41.854 --> 00:21:44.323 around the world recommend active

NOTE Confidence: 0.932712785

00:21:44.323 --> 00:21:47.058 surveillance or a deferred treatment,

NOTE Confidence: 0.932712785

00:21:47.060 --> 00:21:49.250 meaning the treatment is not

NOTE Confidence: 0.932712785

00:21:49.250 --> 00:21:51.210 needed right away. Grade 2,  
NOTE Confidence: 0.932712785

00:21:51.210 --> 00:21:53.770 some of those men can be on surveillance,  
NOTE Confidence: 0.932712785

00:21:53.770 --> 00:21:55.402 some of them should  
NOTE Confidence: 0.932712785

00:21:55.402 --> 00:21:56.626 probably consider treatment,  
NOTE Confidence: 0.932712785

00:21:56.630 --> 00:21:58.315 and that's where the genomic  
NOTE Confidence: 0.932712785

00:21:58.315 --> 00:22:00.629 testing in my practice comes in  
NOTE Confidence: 0.932712785

00:22:00.630 --> 00:22:02.670 handy because it helps us identify  
NOTE Confidence: 0.932712785

00:22:02.670 --> 00:22:05.516 which of those grade two is considered  
NOTE Confidence: 0.932712785

00:22:05.516 --> 00:22:06.938 favorable intermediate risk,  
NOTE Confidence: 0.932712785

00:22:06.940 --> 00:22:09.474 which of those patients we can continue  
NOTE Confidence: 0.932712785

00:22:09.474 --> 00:22:11.775 to observe versus which of them we  
NOTE Confidence: 0.932712785

00:22:11.775 --> 00:22:13.350 think their cancer will progress  
NOTE Confidence: 0.932712785

00:22:13.350 --> 00:22:15.300 and we should treat them early.  
NOTE Confidence: 0.932712785

00:22:15.300 --> 00:22:17.658 And then grade 3-4 and five,  
NOTE Confidence: 0.932712785

00:22:17.660 --> 00:22:20.205 those are our unfavorable intermediate  
NOTE Confidence: 0.932712785

00:22:20.205 --> 00:22:22.750 and higher risk prostate cancers.

NOTE Confidence: 0.932712785  
00:22:22.750 --> 00:22:25.274 Those typically require treatment  
NOTE Confidence: 0.932712785  
00:22:25.274 --> 00:22:27.167 with rare exception.  
NOTE Confidence: 0.906405042  
00:22:27.860 --> 00:22:29.528 And so let's talk a little  
NOTE Confidence: 0.906405042  
00:22:29.528 --> 00:22:30.640 bit more about treatment.  
NOTE Confidence: 0.906405042  
00:22:30.640 --> 00:22:33.136 I mean you had mentioned before  
NOTE Confidence: 0.906405042  
00:22:33.136 --> 00:22:35.299 the break that historically some  
NOTE Confidence: 0.906405042  
00:22:35.299 --> 00:22:37.414 of the treatments are associated  
NOTE Confidence: 0.906405042  
00:22:37.414 --> 00:22:40.451 with side effects that need to be  
NOTE Confidence: 0.906405042  
00:22:40.451 --> 00:22:42.143 considered when you're thinking  
NOTE Confidence: 0.906405042  
00:22:42.143 --> 00:22:44.540 about the risks and benefits  
NOTE Confidence: 0.906405042  
00:22:44.540 --> 00:22:46.510 of therapy for prostate cancer.  
NOTE Confidence: 0.906405042  
00:22:46.510 --> 00:22:48.100 And you also mentioned  
NOTE Confidence: 0.906405042  
00:22:48.100 --> 00:22:50.180 that now there are more novel  
NOTE Confidence: 0.906405042  
00:22:50.180 --> 00:22:52.990 therapies that are coming out  
NOTE Confidence: 0.906405042  
00:22:52.990 --> 00:22:54.830 that have fewer side effects.  
NOTE Confidence: 0.906405042

00:22:54.830 --> 00:22:58.006 So can you kind of walk us through  
NOTE Confidence: 0.906405042

00:22:58.006 --> 00:23:00.187 the potpourri of treatment  
NOTE Confidence: 0.906405042

00:23:00.187 --> 00:23:02.357 options that men who have  
NOTE Confidence: 0.906405042

00:23:02.360 --> 00:23:04.550 prostate cancer might think about?  
NOTE Confidence: 0.8547922245

00:23:05.610 --> 00:23:07.946 Sure. I will give you a very abridged  
NOTE Confidence: 0.8547922245

00:23:07.946 --> 00:23:10.169 version because this can be  
NOTE Confidence: 0.8547922245

00:23:10.169 --> 00:23:12.034 a very in-depth discussion. But yes,  
NOTE Confidence: 0.8547922245

00:23:12.034 --> 00:23:14.848 I think as I mentioned at the beginning,  
NOTE Confidence: 0.8547922245

00:23:14.850 --> 00:23:17.826 your prostate cancer is a disease  
NOTE Confidence: 0.8547922245

00:23:17.826 --> 00:23:19.810 that grows relatively slowly.  
NOTE Confidence: 0.8547922245

00:23:19.810 --> 00:23:22.146 Most of the time we are treating men  
NOTE Confidence: 0.8547922245

00:23:22.146 --> 00:23:24.317 for prostate cancer not because we are  
NOTE Confidence: 0.8547922245

00:23:24.317 --> 00:23:27.203 worried in most cases, and this is primarily  
NOTE Confidence: 0.8547922245

00:23:27.203 --> 00:23:29.368 talking about localized prostate cancer.  
NOTE Confidence: 0.8547922245

00:23:29.370 --> 00:23:31.610 So not high risk aggressive  
NOTE Confidence: 0.8547922245

00:23:31.610 --> 00:23:33.850 metastatic prostate cancer but for

NOTE Confidence: 0.8547922245

00:23:33.928 --> 00:23:36.458 men with localized prostate cancer

NOTE Confidence: 0.8547922245

00:23:36.460 --> 00:23:38.896 we are typically doing our treatments

NOTE Confidence: 0.8547922245

00:23:38.896 --> 00:23:41.190 to see a survival benefit

NOTE Confidence: 0.8547922245

00:23:41.190 --> 00:23:42.351 beyond ten years,

NOTE Confidence: 0.8547922245

00:23:42.351 --> 00:23:45.060 so most men will live 10 years.

NOTE Confidence: 0.8547922245

00:23:45.060 --> 00:23:46.968 So we're again talking about treating

NOTE Confidence: 0.8547922245

00:23:46.968 --> 00:23:49.042 those younger men or older men that

NOTE Confidence: 0.8547922245

00:23:49.042 --> 00:23:51.497 are healthy and have at least a 10

NOTE Confidence: 0.8547922245

00:23:51.497 --> 00:23:53.302 year life expectancy because the

NOTE Confidence: 0.8547922245

00:23:53.302 --> 00:23:55.160 survival benefit really materializes

NOTE Confidence: 0.8547922245

00:23:55.160 --> 00:23:56.330 10,15, 20 years in the future.

NOTE Confidence: 0.8547922245

00:23:56.330 --> 00:23:58.206 It's not something that happens right away,

NOTE Confidence: 0.8547922245

00:23:58.210 --> 00:24:00.626 but because of that it is very important

NOTE Confidence: 0.8547922245

00:24:00.626 --> 00:24:02.865 to consider what the side effects of

NOTE Confidence: 0.8547922245

00:24:02.865 --> 00:24:04.839 these treatments are and what the

NOTE Confidence: 0.8547922245

00:24:04.839 --> 00:24:06.897 impact of these treatments on someone's  
NOTE Confidence: 0.8547922245

00:24:06.897 --> 00:24:08.902 quality of life is going to be,  
NOTE Confidence: 0.8547922245

00:24:08.902 --> 00:24:10.117 because it is something that  
NOTE Confidence: 0.8547922245

00:24:10.117 --> 00:24:11.600 they will be living with for  
NOTE Confidence: 0.8547922245

00:24:11.600 --> 00:24:13.748 that extended duration of time that  
NOTE Confidence: 0.8547922245

00:24:13.748 --> 00:24:16.618 we are trying to achieve by doing  
NOTE Confidence: 0.8547922245

00:24:16.618 --> 00:24:18.898 treatment for their prostate cancer.  
NOTE Confidence: 0.8547922245

00:24:18.900 --> 00:24:22.071 So our gold standard therapies are surgery  
NOTE Confidence: 0.8547922245

00:24:22.071 --> 00:24:25.698 to remove the prostate, radiation therapy  
NOTE Confidence: 0.8547922245

00:24:25.700 --> 00:24:29.028 to really treat the cancer where it is,  
NOTE Confidence: 0.8547922245

00:24:29.030 --> 00:24:31.190 a non-surgical therapy  
NOTE Confidence: 0.8547922245

00:24:31.190 --> 00:24:33.350 and as you mentioned,  
NOTE Confidence: 0.8547922245

00:24:33.350 --> 00:24:37.389 we have these newer treatments or ablation  
NOTE Confidence: 0.8547922245

00:24:37.389 --> 00:24:41.488 therapies where we use energy of some sort,  
NOTE Confidence: 0.8547922245

00:24:41.490 --> 00:24:42.408 could be heat,  
NOTE Confidence: 0.8547922245

00:24:42.408 --> 00:24:43.326 could be cold,



NOTE Confidence: 0.8547922245

00:24:43.330 --> 00:24:48.146 could be electricity to try to destroy

NOTE Confidence: 0.8547922245

00:24:48.146 --> 00:24:50.954 the prostate tissue within the prostate.

NOTE Confidence: 0.8547922245

00:24:50.960 --> 00:24:53.228 So we leave the prostate in place and we

NOTE Confidence: 0.8547922245

00:24:53.228 --> 00:24:55.719 can then destroy the prostate tissue that.

NOTE Confidence: 0.8547922245

00:24:55.720 --> 00:24:58.042 With the revolution in

NOTE Confidence: 0.8547922245

00:24:58.042 --> 00:25:00.150 MRI imaging and targeted biopsy,

NOTE Confidence: 0.8547922245

00:25:00.150 --> 00:25:03.713 we now along with this have much

NOTE Confidence: 0.8547922245

00:25:03.713 --> 00:25:05.835 better information anatomically about

NOTE Confidence: 0.8547922245

00:25:05.835 --> 00:25:08.370 where prostate cancers

NOTE Confidence: 0.8547922245

00:25:08.370 --> 00:25:10.606 are located if they're located in

NOTE Confidence: 0.8547922245

00:25:10.606 --> 00:25:12.430 just one part of the prostate,

NOTE Confidence: 0.8547922245

00:25:12.430 --> 00:25:14.326 in multiple parts of the prostate.

NOTE Confidence: 0.8547922245

00:25:14.330 --> 00:25:16.794 And we can then tailor our treatment

NOTE Confidence: 0.8547922245

00:25:16.794 --> 00:25:18.625 using these ablation therapies to

NOTE Confidence: 0.8547922245

00:25:18.625 --> 00:25:21.089 potentially be just one part of the

NOTE Confidence: 0.8547922245

00:25:21.089 --> 00:25:23.930 prostate or even the whole.

NOTE Confidence: 0.8547922245

00:25:26.042 --> 00:25:30.266 The reason that these ablation therapies are

NOTE Confidence: 0.8547922245

00:25:30.270 --> 00:25:32.986 preferred in some cases is that they

NOTE Confidence: 0.8547922245

00:25:32.986 --> 00:25:35.726 are not associated with many of the

NOTE Confidence: 0.8547922245

00:25:35.726 --> 00:25:37.970 common side effects or definitely at

NOTE Confidence: 0.8547922245

00:25:38.048 --> 00:25:40.390 much lower levels than are that we

NOTE Confidence: 0.8547922245

00:25:40.390 --> 00:25:41.815 see with our traditional treatments

NOTE Confidence: 0.8547922245

00:25:41.815 --> 00:25:43.248 like surgery and radiation.

NOTE Confidence: 0.8547922245

00:25:43.250 --> 00:25:47.090 So much less urinary incontinence,

NOTE Confidence: 0.8547922245

00:25:47.090 --> 00:25:50.320 much better preservation of erections

NOTE Confidence: 0.8547922245

00:25:50.320 --> 00:25:53.550 and sexual function after treatment,

NOTE Confidence: 0.8547922245

00:25:53.550 --> 00:25:57.030 many fewer episodes of toxicity

NOTE Confidence: 0.8547922245

00:25:57.030 --> 00:25:59.894 or long term toxicities.

NOTE Confidence: 0.8547922245

00:25:59.894 --> 00:26:02.980 So I think it's a really great

NOTE Confidence: 0.8547922245

00:26:02.980 --> 00:26:04.548 new area of exploration.

NOTE Confidence: 0.8547922245

00:26:04.548 --> 00:26:08.560 I do have to put the caveat in that

NOTE Confidence: 0.8547922245

00:26:08.560 --> 00:26:11.175 these are relatively new technologies

NOTE Confidence: 0.8547922245

00:26:11.175 --> 00:26:14.089 and our national organizations do

NOTE Confidence: 0.8547922245

00:26:14.089 --> 00:26:17.054 recommend that these procedures be

NOTE Confidence: 0.8547922245

00:26:17.054 --> 00:26:21.194 done as part of a registry or a trial.

NOTE Confidence: 0.8547922245

00:26:21.200 --> 00:26:21.512 Fortunately,

NOTE Confidence: 0.8547922245

00:26:21.512 --> 00:26:23.384 we have several trials that are

NOTE Confidence: 0.8547922245

00:26:23.384 --> 00:26:25.040 open as well as registry.

NOTE Confidence: 0.8547922245

00:26:25.040 --> 00:26:26.990 So we have many of these treatments

NOTE Confidence: 0.8547922245

00:26:26.990 --> 00:26:28.630 available for our patients here.

NOTE Confidence: 0.800324835714286

00:26:29.930 --> 00:26:35.446 It sounds like

NOTE Confidence: 0.800324835714286

00:26:35.450 --> 00:26:38.290 these new therapies have

NOTE Confidence: 0.800324835714286

00:26:38.290 --> 00:26:40.562 significantly lower side effects.

NOTE Confidence: 0.800324835714286

00:26:40.570 --> 00:26:44.084 Do we have data to suggest that

NOTE Confidence: 0.800324835714286

00:26:44.084 --> 00:26:46.868 they are equivalent in terms of

NOTE Confidence: 0.800324835714286

00:26:46.870 --> 00:26:49.930 outcomes to our traditional surgery,

NOTE Confidence: 0.800324835714286

00:26:49.930 --> 00:26:50.812 radiation therapy,  
NOTE Confidence: 0.800324835714286

00:26:50.812 --> 00:26:54.340 et cetera or is that really why these  
NOTE Confidence: 0.800324835714286

00:26:54.424 --> 00:26:57.512 need to be done in a registry study  
NOTE Confidence: 0.800324835714286

00:26:57.512 --> 00:27:00.100 because those data are still lacking?  
NOTE Confidence: 0.625888236

00:27:00.890 --> 00:27:01.434 That's correct.  
NOTE Confidence: 0.625888236

00:27:01.434 --> 00:27:03.462 And so our short term,  
NOTE Confidence: 0.625888236

00:27:03.462 --> 00:27:05.280 we have short term follow-up data.  
NOTE Confidence: 0.625888236

00:27:05.280 --> 00:27:07.968 We are following these patients very closely.  
NOTE Confidence: 0.625888236

00:27:07.970 --> 00:27:11.106 So typically we are doing repeat biopsies  
NOTE Confidence: 0.625888236

00:27:11.106 --> 00:27:14.048 after treatment to evaluate for complete  
NOTE Confidence: 0.625888236

00:27:14.048 --> 00:27:17.084 treatment success and in those studies  
NOTE Confidence: 0.625888236

00:27:17.090 --> 00:27:21.234 there are small numbers of persistent cancer,  
NOTE Confidence: 0.625888236

00:27:21.240 --> 00:27:23.280 but we can then retreat them.  
NOTE Confidence: 0.625888236

00:27:23.280 --> 00:27:25.809 And so it is a trade off with an  
NOTE Confidence: 0.625888236

00:27:25.809 --> 00:27:28.764 improved quality of life and a very high  
NOTE Confidence: 0.625888236

00:27:28.764 --> 00:27:30.979 likelihood of complete cancer control.

NOTE Confidence: 0.625888236

00:27:30.980 --> 00:27:33.508 But it is a higher risk of

NOTE Confidence: 0.625888236

00:27:33.508 --> 00:27:34.932 needing additional therapy within

NOTE Confidence: 0.625888236

00:27:34.932 --> 00:27:37.104 a couple years than you would

NOTE Confidence: 0.625888236

00:27:37.104 --> 00:27:39.280 have after surgery or radiation.

NOTE Confidence: 0.625888236

00:27:39.280 --> 00:27:41.500 But interestingly, if we look

NOTE Confidence: 0.625888236

00:27:41.500 --> 00:27:43.276 at longer term studies,

NOTE Confidence: 0.625888236

00:27:43.280 --> 00:27:44.978 there are some studies in Europe

NOTE Confidence: 0.625888236

00:27:44.978 --> 00:27:46.668 that have been done now with

NOTE Confidence: 0.625888236

00:27:46.668 --> 00:27:48.174 about 10 years of follow up.

NOTE Confidence: 0.625888236

00:27:48.180 --> 00:27:50.238 And instead of looking at a

NOTE Confidence: 0.625888236

00:27:50.238 --> 00:27:52.110 biopsy a couple years later,

NOTE Confidence: 0.625888236

00:27:52.110 --> 00:27:54.931 they looked at what is the likelihood

NOTE Confidence: 0.625888236

00:27:54.931 --> 00:27:57.469 of requiring a salvage therapy,

NOTE Confidence: 0.625888236

00:27:57.470 --> 00:28:02.150 so a more significant therapy to treat

NOTE Confidence: 0.625888236

00:28:02.150 --> 00:28:04.650 recurrent or residual prostate cancer.

NOTE Confidence: 0.625888236

00:28:04.650 --> 00:28:06.576 And in those studies there was  
NOTE Confidence: 0.625888236

00:28:06.576 --> 00:28:07.860 not a significant difference  
NOTE Confidence: 0.625888236

00:28:07.923 --> 00:28:09.448 between men who had surgery,  
NOTE Confidence: 0.625888236

00:28:09.450 --> 00:28:11.136 men who had radiation or men  
NOTE Confidence: 0.625888236

00:28:11.136 --> 00:28:12.910 who had these focal therapies.  
NOTE Confidence: 0.625888236

00:28:12.910 --> 00:28:15.490 So that's definitely preliminary data.  
NOTE Confidence: 0.625888236

00:28:15.490 --> 00:28:17.092 This is an area that we  
NOTE Confidence: 0.625888236

00:28:17.092 --> 00:28:18.160 are learning more about.  
NOTE Confidence: 0.625888236

00:28:18.160 --> 00:28:20.576 But I think it's safe to say that  
NOTE Confidence: 0.625888236

00:28:20.576 --> 00:28:22.016 ablation therapies are not going  
NOTE Confidence: 0.625888236

00:28:22.016 --> 00:28:23.808 to be as effective as a single  
NOTE Confidence: 0.625888236

00:28:23.869 --> 00:28:25.849 treatment as radiation or surgery,  
NOTE Confidence: 0.625888236

00:28:25.850 --> 00:28:29.280 but they can be repeated and they  
NOTE Confidence: 0.625888236

00:28:29.280 --> 00:28:32.930 have a much lower risk profile.  
NOTE Confidence: 0.881715216666667

00:28:33.620 --> 00:28:35.495 Doctor Preston Sprenkle is an  
NOTE Confidence: 0.881715216666667

00:28:35.495 --> 00:28:36.995 associate professor of urology

NOTE Confidence: 0.881715216666667  
00:28:36.995 --> 00:28:39.097 at the Yale School of Medicine.  
NOTE Confidence: 0.881715216666667  
00:28:39.100 --> 00:28:41.108 If you have questions,  
NOTE Confidence: 0.881715216666667  
00:28:41.108 --> 00:28:43.069 the address is canceranswers@yale.edu,  
NOTE Confidence: 0.881715216666667  
00:28:43.069 --> 00:28:45.763 and past editions of the program  
NOTE Confidence: 0.881715216666667  
00:28:45.763 --> 00:28:48.104 are available in audio and written  
NOTE Confidence: 0.881715216666667  
00:28:48.104 --> 00:28:49.023 form at yalecancercenter.org.  
NOTE Confidence: 0.881715216666667  
00:28:49.023 --> 00:28:51.447 We hope you'll join us next week to  
NOTE Confidence: 0.881715216666667  
00:28:51.447 --> 00:28:53.290 learn more about the fight against  
NOTE Confidence: 0.881715216666667  
00:28:53.290 --> 00:28:55.120 cancer here on Connecticut Public Radio.  
NOTE Confidence: 0.881715216666667  
00:28:55.120 --> 00:28:57.628 Funding for Yale Cancer Answers is  
NOTE Confidence: 0.881715216666667  
00:28:57.628 --> 00:29:00.000 provided by Smilow Cancer Hospital.