

WEBVTT

00:00:00.000 --> 00:00:03.204 Funding for Yale Cancer Answers is

NOTE Confidence: 0.813665353636364

00:00:03.204 --> 00:00:06.240 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.813665353636364

00:00:06.240 --> 00:00:08.380 Welcome to Yale Cancer Answers

NOTE Confidence: 0.813665353636364

00:00:08.380 --> 00:00:10.092 with Doctor Anees Chagpar.

NOTE Confidence: 0.813665353636364

00:00:10.100 --> 00:00:11.930 Yale Cancer Answers features the

NOTE Confidence: 0.813665353636364

00:00:11.930 --> 00:00:13.394 latest information on cancer

NOTE Confidence: 0.813665353636364

00:00:13.394 --> 00:00:15.268 care by welcoming oncologists and

NOTE Confidence: 0.813665353636364

00:00:15.268 --> 00:00:17.434 specialists who are on the forefront

NOTE Confidence: 0.813665353636364

00:00:17.493 --> 00:00:19.155 of the battle to fight cancer.

NOTE Confidence: 0.813665353636364

00:00:19.160 --> 00:00:21.335 This week it's a conversation

NOTE Confidence: 0.813665353636364

00:00:21.335 --> 00:00:23.075 about oncology rehabilitation with

NOTE Confidence: 0.813665353636364

00:00:23.075 --> 00:00:25.259 Scott Capozza and Suzanne Burbank.

NOTE Confidence: 0.813665353636364

00:00:25.260 --> 00:00:27.612 Scott is a physical therapist for the

NOTE Confidence: 0.813665353636364

00:00:27.612 --> 00:00:29.799 Smilow Cancer Hospital survivorship Clinic,

NOTE Confidence: 0.813665353636364

00:00:29.800 --> 00:00:32.035 and Suzanne is an occupational

NOTE Confidence: 0.813665353636364

00:00:32.035 --> 00:00:33.376 and lymphedema therapist.

NOTE Confidence: 0.813665353636364

00:00:33.380 --> 00:00:35.235 Doctor Chagpar is a professor

NOTE Confidence: 0.813665353636364

00:00:35.235 --> 00:00:36.348 of surgical oncology.

00:00:39.220 --> 00:00:41.719 Maybe we'll start by each of you

NOTE Confidence: 0.933756954

00:00:41.719 --> 00:00:43.443 introducing yourself and telling us

NOTE Confidence: 0.933756954

00:00:43.443 --> 00:00:45.795 a little bit more about what you do.

NOTE Confidence: 0.933756954

00:00:45.800 --> 00:00:47.870 Scott. maybe we'll start with you.

NOTE Confidence: 0.646196495

00:00:48.140 --> 00:00:49.358 Sure. Thanks doctor Chagpar.

00:00:52.436 --> 00:00:55.220 I'm a physical therapist by trade.

NOTE Confidence: 0.646196495

00:00:55.220 --> 00:00:57.602 I started in the survivorship

NOTE Confidence: 0.646196495

00:00:57.602 --> 00:01:00.924 clinic way back when it started back in 2006.

NOTE Confidence: 0.646196495

00:01:00.924 --> 00:01:04.476 I work in the

NOTE Confidence: 0.646196495

00:01:04.476 --> 00:01:05.620 multidisciplinary clinic,

NOTE Confidence: 0.646196495

00:01:05.620 --> 00:01:07.629 and that's where I really got my

NOTE Confidence: 0.646196495

00:01:07.629 --> 00:01:09.160 experience working with individuals

NOTE Confidence: 0.646196495

00:01:09.160 --> 00:01:11.204 with cancer.

NOTE Confidence: 0.646196495

00:01:11.204 --> 00:01:13.244 And then several years ago,

NOTE Confidence: 0.646196495

00:01:13.244 --> 00:01:15.610 I realized that I was seeing these

NOTE Confidence: 0.646196495

00:01:15.673 --> 00:01:17.277 patients in survivorship clinic

NOTE Confidence: 0.646196495

00:01:17.277 --> 00:01:19.683 and realizing that some of them

NOTE Confidence: 0.646196495

00:01:19.754 --> 00:01:22.050 really needed to have more of a hands on

NOTE Confidence: 0.646196495

00:01:22.050 --> 00:01:24.479 rehab approach.

NOTE Confidence: 0.891142844117647

00:01:24.670 --> 00:01:25.766 Terrific. Suzanne, how about

NOTE Confidence: 0.891142844117647

00:01:25.766 --> 00:01:27.732 you tell us a little bit more

NOTE Confidence: 0.891142844117647

00:01:27.732 --> 00:01:29.328 about yourself and what you do.

NOTE Confidence: 0.891142844117647

00:01:29.330 --> 00:01:31.960 Thank you so much. I actually started

NOTE Confidence: 0.784003606

00:01:32.710 --> 00:01:34.630 11-12 years ago,

NOTE Confidence: 0.784003606

00:01:34.630 --> 00:01:36.884 I guess now as an occupational therapist

NOTE Confidence: 0.784003606

00:01:36.884 --> 00:01:39.409 with a completely different focus in my mind

NOTE Confidence: 0.784003606

00:01:39.410 --> 00:01:41.482 as to what I wanted to work

NOTE Confidence: 0.784003606

00:01:41.482 --> 00:01:43.160 with the patient population,

NOTE Confidence: 0.784003606

00:01:43.160 --> 00:01:45.818 but overtime I was exposed to

NOTE Confidence: 0.784003606

00:01:45.818 --> 00:01:48.186 lymphedema therapy which is a
NOTE Confidence: 0.784003606

00:01:48.186 --> 00:01:50.238 subspecialty of oncology rehab.
NOTE Confidence: 0.784003606

00:01:50.240 --> 00:01:52.608 And a friend of mine who is a
NOTE Confidence: 0.784003606

00:01:52.608 --> 00:01:54.135 physical therapist down in Florida
NOTE Confidence: 0.784003606

00:01:54.135 --> 00:01:56.165 at the time where I was working
NOTE Confidence: 0.784003606

00:01:56.229 --> 00:01:58.599 kept sharing stories of of recovery
NOTE Confidence: 0.784003606

00:01:58.599 --> 00:02:00.179 and improvement and patient NOTE Confidence:
0.784003606

00:02:00.180 --> 00:02:01.830 satisfaction with her
NOTE Confidence: 0.784003606

00:02:01.830 --> 00:02:03.906 lymphedema therapy and I had never
NOTE Confidence: 0.784003606

00:02:03.906 --> 00:02:05.726 heard of lymphedema therapy which
NOTE Confidence: 0.784003606

00:02:05.726 --> 00:02:07.800 is unfortunately a common situation,
NOTE Confidence: 0.784003606

00:02:07.800 --> 00:02:09.124 it's becoming more common and
NOTE Confidence: 0.784003606

00:02:09.124 --> 00:02:11.110 more understood not only by the
NOTE Confidence: 0.784003606

00:02:11.176 --> 00:02:13.091 patient population but also by
NOTE Confidence: 0.784003606

00:02:13.091 --> 00:02:15.006 providers themselves that people who
NOTE Confidence: 0.784003606

00:02:15.066 --> 00:02:16.666 are dealing with chronic swelling

NOTE Confidence: 0.784003606
00:02:16.666 --> 00:02:19.186 in their legs or their arms or
NOTE Confidence: 0.784003606
00:02:19.186 --> 00:02:21.934 their trunk from various
NOTE Confidence: 0.784003606
00:02:21.940 --> 00:02:23.910 conditions, head and neck,
NOTE Confidence: 0.784003606
00:02:23.910 --> 00:02:25.302 things like that,
NOTE Confidence: 0.784003606
00:02:25.302 --> 00:02:28.086 that those folks can get actual
NOTE Confidence: 0.784003606
00:02:28.086 --> 00:02:30.494 long-term and profound relief
NOTE Confidence: 0.784003606
00:02:30.494 --> 00:02:33.278 from the swelling that is affecting
NOTE Confidence: 0.784003606
00:02:33.365 --> 00:02:35.650 motion and pain and function.
NOTE Confidence: 0.784003606
00:02:35.650 --> 00:02:39.555 And so I got my certification 11 years ago.
NOTE Confidence: 0.784003606
00:02:39.555 --> 00:02:41.230 And went through the program
NOTE Confidence: 0.784003606
00:02:41.230 --> 00:02:43.270 to get that certification,
NOTE Confidence: 0.784003606
00:02:43.270 --> 00:02:45.774 which is a fairly lengthy and extensive one,
NOTE Confidence: 0.784003606
00:02:45.780 --> 00:02:47.152 which unfortunately is probably
NOTE Confidence: 0.784003606
00:02:47.152 --> 00:02:49.210 one of the reasons why many
NOTE Confidence: 0.784003606
00:02:49.270 --> 00:02:50.838 therapists don't pursue it.
NOTE Confidence: 0.784003606

00:02:50.840 --> 00:02:53.360 But there is such a desperate need
NOTE Confidence: 0.784003606

00:02:53.360 --> 00:02:55.329 in the oncological population as
NOTE Confidence: 0.784003606

00:02:55.329 --> 00:02:57.777 well as the non oncology patient
NOTE Confidence: 0.784003606

00:02:57.777 --> 00:03:00.090 population to address those issues.
NOTE Confidence: 0.784003606

00:03:00.090 --> 00:03:02.365 I had the good fortune of working
NOTE Confidence: 0.784003606

00:03:02.365 --> 00:03:04.428 with Yale a few years ago,
NOTE Confidence: 0.784003606

00:03:04.430 --> 00:03:06.290 about five years ago and was
NOTE Confidence: 0.784003606

00:03:06.290 --> 00:03:08.231 exposed to the Smilow Cancer Hospital
NOTE Confidence: 0.784003606

00:03:08.231 --> 00:03:10.139 and now I have an absolute passion
00:03:10.397 --> 00:03:12.453 as I know Scott does to work with
NOTE Confidence: 0.784003606

00:03:12.453 --> 00:03:13.943 this patient population because
NOTE Confidence: 0.784003606

00:03:13.943 --> 00:03:15.893 it's such an underserved need.
NOTE Confidence: 0.884800688571429

00:03:16.090 --> 00:03:18.484 So Scott, tell us a bit more
NOTE Confidence: 0.884800688571429

00:03:18.490 --> 00:03:20.723 it sounds like when Suzanne
NOTE Confidence: 0.884800688571429

00:03:20.723 --> 00:03:23.088 was kind of talking about the
NOTE Confidence: 0.884800688571429

00:03:23.088 --> 00:03:25.752 myriad of patients who benefit from
NOTE Confidence: 0.884800688571429

00:03:25.752 --> 00:03:28.009 lymphedema therapy and whether it's
NOTE Confidence: 0.884800688571429

00:03:28.010 --> 00:03:29.705 oftentimes we think
NOTE Confidence: 0.884800688571429

00:03:29.705 --> 00:03:31.400 about breast cancer patients and
NOTE Confidence: 0.884800688571429

00:03:31.461 --> 00:03:33.046 getting swelling in the arms,
NOTE Confidence: 0.884800688571429

00:03:33.050 --> 00:03:35.462 but it sounds like the patient
NOTE Confidence: 0.884800688571429

00:03:35.462 --> 00:03:38.227 population who benefit from both physical
NOTE Confidence: 0.884800688571429

00:03:38.227 --> 00:03:40.399 therapy and occupational therapy
NOTE Confidence: 0.884800688571429

00:03:40.400 --> 00:03:43.459 is really quite broad and quite diverse.
NOTE Confidence: 0.884800688571429

00:03:43.460 --> 00:03:45.581 Can you maybe talk a little bit
NOTE Confidence: 0.884800688571429

00:03:45.581 --> 00:03:47.366 about the patient population and
NOTE Confidence: 0.884800688571429

00:03:47.366 --> 00:03:49.396 the different kinds of cancers,
NOTE Confidence: 0.884800688571429

00:03:49.400 --> 00:03:51.048 the different kinds of
NOTE Confidence: 0.884800688571429

00:03:51.048 --> 00:03:52.696 therapies that are available?
NOTE Confidence: 0.866698622

00:03:53.850 --> 00:03:56.363 Sure. That's a great question
NOTE Confidence: 0.866698622

00:03:56.363 --> 00:03:58.479 because there's so much that we can
NOTE Confidence: 0.866698622

00:03:58.479 --> 00:04:00.823 do in rehab to work with patients

NOTE Confidence: 0.866698622

00:04:00.823 --> 00:04:02.483 really throughout the different

NOTE Confidence: 0.866698622

00:04:02.483 --> 00:04:04.746 stages of their cancer care.

NOTE Confidence: 0.866698622

00:04:04.746 --> 00:04:06.534 Probably the 1st place that we

NOTE Confidence: 0.866698622

00:04:06.534 --> 00:04:08.274 could start is something that we

NOTE Confidence: 0.866698622

00:04:08.274 --> 00:04:10.734 call in rehab, we call prehab.

NOTE Confidence: 0.866698622

00:04:10.734 --> 00:04:14.022 So the idea of seeing these

NOTE Confidence: 0.866698622

00:04:14.022 --> 00:04:16.469 patients prior to surgery,

NOTE Confidence: 0.866698622

00:04:16.470 --> 00:04:18.654 so whether it's somebody who's

NOTE Confidence: 0.866698622

00:04:18.654 --> 00:04:20.618 newly diagnosed with breast cancer or

NOTE Confidence: 0.866698622

00:04:20.618 --> 00:04:22.233 it's somebody who's newly diagnosed

NOTE Confidence: 0.866698622

00:04:22.233 --> 00:04:24.127 with pancreatic cancer or a

NOTE Confidence: 0.866698622

00:04:24.130 --> 00:04:27.532 GI cancer, we want to see these

NOTE Confidence: 0.866698622

00:04:27.532 --> 00:04:28.935 patients before they actually

NOTE Confidence: 0.866698622

00:04:28.935 --> 00:04:31.070 have surgery so that we can get

NOTE Confidence: 0.866698622

00:04:31.134 --> 00:04:33.227 baseline data so that we know where

NOTE Confidence: 0.866698622

00:04:33.227 --> 00:04:35.580 that patient is starting from,
NOTE Confidence: 0.866698622

00:04:35.580 --> 00:04:37.704 so that after surgery we know
NOTE Confidence: 0.866698622

00:04:37.704 --> 00:04:40.187 what we need to take that
NOTE Confidence: 0.866698622

00:04:40.187 --> 00:04:42.504 patient to try to return them to
NOTE Confidence: 0.866698622

00:04:42.587 --> 00:04:44.797 their prior level of function.
NOTE Confidence: 0.866698622

00:04:44.800 --> 00:04:46.824 It also can give us a little bit
NOTE Confidence: 0.866698622

00:04:46.824 --> 00:04:49.596 of a runway so to speak that if we
NOTE Confidence: 0.866698622

00:04:49.596 --> 00:04:51.704 see this patient early on and we
NOTE Confidence: 0.866698622

00:04:51.704 --> 00:04:53.952 have you know 3-5 weeks before
NOTE Confidence: 0.866698622

00:04:53.952 --> 00:04:56.256 surgery is scheduled that we could
NOTE Confidence: 0.866698622

00:04:56.256 --> 00:04:58.250 work on conditioning and to be
NOTE Confidence: 0.866698622

00:04:58.250 --> 00:05:00.743 able to try to help that patient
NOTE Confidence: 0.866698622

00:05:00.743 --> 00:05:03.343 not just physically get ready for
NOTE Confidence: 0.866698622

00:05:03.343 --> 00:05:05.558 surgery but also mentally right.
NOTE Confidence: 0.866698622

00:05:05.560 --> 00:05:07.576 I think we can all agree that the
NOTE Confidence: 0.866698622

00:05:07.576 --> 00:05:09.288 cancer diagnosis is a

NOTE Confidence: 0.866698622

00:05:09.288 --> 00:05:11.390 scary thing and it's a time

NOTE Confidence: 0.866698622

00:05:11.390 --> 00:05:12.880 when patients maybe don't feel

NOTE Confidence: 0.866698622

00:05:12.880 --> 00:05:14.935 like they have any control.

NOTE Confidence: 0.866698622

00:05:14.935 --> 00:05:17.360 But we as rehab professionals,

NOTE Confidence: 0.866698622

00:05:17.360 --> 00:05:20.375 we can help give some sense of control back,

NOTE Confidence: 0.866698622

00:05:20.380 --> 00:05:22.480 especially in those early

NOTE Confidence: 0.866698622

00:05:22.480 --> 00:05:25.238 phases to say we can teach you how

NOTE Confidence: 0.866698622

00:05:25.238 --> 00:05:27.800 to move your body going into surgery.

NOTE Confidence: 0.866698622

00:05:27.800 --> 00:05:29.900 Then there's the phase during

NOTE Confidence: 0.866698622

00:05:29.900 --> 00:05:30.740 active treatment,

NOTE Confidence: 0.866698622

00:05:30.740 --> 00:05:33.270 so during chemotherapy and during

NOTE Confidence: 0.866698622

00:05:33.270 --> 00:05:35.294 radiation therapy where you're

NOTE Confidence: 0.866698622

00:05:35.294 --> 00:05:37.757 trying to mitigate some of the

NOTE Confidence: 0.866698622

00:05:37.757 --> 00:05:39.642 side effects of of treatment,

NOTE Confidence: 0.866698622

00:05:39.650 --> 00:05:41.423 whether that's deconditioning

NOTE Confidence: 0.866698622

00:05:41.423 --> 00:05:43.787 or that's peripheral neuropathy
NOTE Confidence: 0.866698622

00:05:43.787 --> 00:05:46.630 that's caused by chemotherapy.
NOTE Confidence: 0.866698622

00:05:46.630 --> 00:05:48.562 Range of motion concerns that might
NOTE Confidence: 0.866698622

00:05:48.562 --> 00:05:50.669 arise from any of the different
NOTE Confidence: 0.866698622

00:05:50.669 --> 00:05:52.931 diagnosis that we see again in patients
NOTE Confidence: 0.866698622

00:05:52.931 --> 00:05:55.298 with breast cancer or a patient who's
NOTE Confidence: 0.866698622

00:05:55.298 --> 00:05:57.702 diagnosed with a head and neck cancer.
NOTE Confidence: 0.866698622

00:05:57.702 --> 00:06:00.258 We can see these patients while
NOTE Confidence: 0.866698622

00:06:00.258 --> 00:06:02.849 they're in active treatment
NOTE Confidence: 0.866698622

00:06:02.850 --> 00:06:04.922 and then we can continue to see
NOTE Confidence: 0.866698622

00:06:04.922 --> 00:06:06.557 these patients when they're done
NOTE Confidence: 0.866698622

00:06:06.557 --> 00:06:08.603 with active treatment in
NOTE Confidence: 0.866698622

00:06:08.610 --> 00:06:10.218 the supportive phase,
NOTE Confidence: 0.866698622

00:06:10.218 --> 00:06:13.110 the survivorship phase so to speak.
NOTE Confidence: 0.866698622

00:06:13.110 --> 00:06:15.222 We think of our
NOTE Confidence: 0.866698622

00:06:15.222 --> 00:06:16.629 patients with breast cancer who

NOTE Confidence: 0.866698622

00:06:16.630 --> 00:06:18.680 might be on hormone therapy.

NOTE Confidence: 0.866698622

00:06:18.680 --> 00:06:20.768 We know those hormone therapies have

NOTE Confidence: 0.866698622

00:06:20.768 --> 00:06:23.537 their own set of of side effects as

NOTE Confidence: 0.866698622

00:06:23.537 --> 00:06:26.229 far as joint pains or increased bone loss.

NOTE Confidence: 0.866698622

00:06:26.230 --> 00:06:28.974 So we can address all of that

NOTE Confidence: 0.866698622

00:06:28.974 --> 00:06:31.300 to design a structured,

NOTE Confidence: 0.866698622

00:06:31.300 --> 00:06:33.172 individualized exercise plan and

NOTE Confidence: 0.866698622

00:06:33.172 --> 00:06:36.545 really help serve as a bridge to

NOTE Confidence: 0.866698622

00:06:36.545 --> 00:06:38.489 help transition those patients

NOTE Confidence: 0.866698622

00:06:38.489 --> 00:06:40.433 back into the community,

NOTE Confidence: 0.866698622

00:06:40.440 --> 00:06:41.652 whatever that might be,

NOTE Confidence: 0.866698622

00:06:41.652 --> 00:06:43.167 if that's returning to the

NOTE Confidence: 0.866698622

00:06:43.167 --> 00:06:44.537 gym or doing you know,

NOTE Confidence: 0.866698622

00:06:44.540 --> 00:06:47.746 yoga videos or that sort of thing.

NOTE Confidence: 0.866698622

00:06:47.750 --> 00:06:50.053 And there's also a place for rehab

NOTE Confidence: 0.866698622

00:06:50.053 --> 00:06:52.788 in the the other phase of treatment
NOTE Confidence: 0.866698622

00:06:52.788 --> 00:06:55.290 which is more the the palliative
NOTE Confidence: 0.866698622

00:06:55.369 --> 00:06:57.419 and Hospice setting as well.
NOTE Confidence: 0.866698622

00:06:57.420 --> 00:06:59.850 Whether that's making sure that the patient
00:07:01.710 --> 00:07:03.570 is comfortable and
NOTE Confidence: 0.862560396333333

00:07:03.644 --> 00:07:05.856 helps reduce pain at that stage of
NOTE Confidence: 0.862560396333333

00:07:05.856 --> 00:07:09.066 of life to be able to do patient and
NOTE Confidence: 0.862560396333333

00:07:09.066 --> 00:07:11.162 caregiver education as far as proper
NOTE Confidence: 0.862560396333333

00:07:11.162 --> 00:07:13.058 body mechanics and making sure that
NOTE Confidence: 0.862560396333333

00:07:13.058 --> 00:07:15.362 the home is set up properly so that
NOTE Confidence: 0.862560396333333

00:07:15.362 --> 00:07:17.608 the patient and the caregivers are safe.
NOTE Confidence: 0.862560396333333

00:07:17.610 --> 00:07:20.501 There's never a bad time
NOTE Confidence: 0.862560396333333

00:07:20.501 --> 00:07:23.280 to initiate rehab for a patient
NOTE Confidence: 0.862560396333333

00:07:23.280 --> 00:07:25.705 who's been diagnosed with cancer.
NOTE Confidence: 0.8915466255

00:07:26.630 --> 00:07:29.366 And Suzanne, maybe you can chime in
NOTE Confidence: 0.8915466255

00:07:29.366 --> 00:07:32.862 and and tell us a little bit more about
NOTE Confidence: 0.8915466255

00:07:32.862 --> 00:07:35.044 the different modalities that are at play.

NOTE Confidence: 0.8915466255

00:07:35.044 --> 00:07:37.786 I mean, it sounds like physical

NOTE Confidence: 0.8915466255

00:07:37.786 --> 00:07:41.140 therapy is not just one thing.

NOTE Confidence: 0.8915466255

00:07:41.140 --> 00:07:43.275 It sounds to me like it's not

NOTE Confidence: 0.8915466255

00:07:43.275 --> 00:07:45.190 just exercise or strengthening.

NOTE Confidence: 0.8915466255

00:07:45.190 --> 00:07:47.956 It's also, you know, getting into

NOTE Confidence: 0.8915466255

00:07:47.956 --> 00:07:50.770 sleeves or garments for lymphedema,

NOTE Confidence: 0.8915466255

00:07:50.770 --> 00:07:53.674 maybe massage, learning about

NOTE Confidence: 0.8915466255

00:07:53.674 --> 00:07:56.578 different techniques or exercises

NOTE Confidence: 0.8915466255

00:07:56.580 --> 00:07:58.068 that might be helpful.

NOTE Confidence: 0.8915466255

00:07:58.068 --> 00:07:59.760 Can you tell us more?

NOTE Confidence: 0.8597738033333333

00:08:00.070 --> 00:08:02.202 Absolutely. And I couldn't

NOTE Confidence: 0.8597738033333333

00:08:02.202 --> 00:08:04.867 agree more with with Scott's

NOTE Confidence: 0.8597738033333333

00:08:04.870 --> 00:08:06.994 information and perspective

NOTE Confidence: 0.8597738033333333

00:08:06.994 --> 00:08:10.900 there are so many ways that people,

NOTE Confidence: 0.8597738033333333

00:08:10.900 --> 00:08:12.490 patients, caregivers, family,

NOTE Confidence: 0.859773803333333

00:08:12.490 --> 00:08:15.140 friends the support networks for

NOTE Confidence: 0.859773803333333

00:08:15.140 --> 00:08:17.448 these patients along their journey

NOTE Confidence: 0.859773803333333

00:08:17.448 --> 00:08:19.800 pre and post treatment and then

NOTE Confidence: 0.859773803333333

00:08:19.800 --> 00:08:21.919 long term survivorship that we

NOTE Confidence: 0.859773803333333

00:08:21.919 --> 00:08:24.397 can help with certainly the things

NOTE Confidence: 0.859773803333333

00:08:24.400 --> 00:08:26.872 that we do as therapists manual

NOTE Confidence: 0.859773803333333

00:08:26.872 --> 00:08:29.180 therapy utilization of cupping,

NOTE Confidence: 0.859773803333333

00:08:29.180 --> 00:08:31.454 dynamic cupping to help improve scar

NOTE Confidence: 0.859773803333333

00:08:31.454 --> 00:08:33.760 mobilization when the range of motion

NOTE Confidence: 0.859773803333333

00:08:33.760 --> 00:08:35.580 for instance after breast cancer

NOTE Confidence: 0.859773803333333

00:08:35.580 --> 00:08:37.596 really inhibits that lifting and

NOTE Confidence: 0.859773803333333

00:08:37.596 --> 00:08:39.864 raising of the arm even for putting

NOTE Confidence: 0.859773803333333

00:08:39.864 --> 00:08:41.880 on a coat or getting dressed or

NOTE Confidence: 0.859773803333333

00:08:41.940 --> 00:08:44.100 bathing something as simple as that.

NOTE Confidence: 0.859773803333333

00:08:44.100 --> 00:08:46.242 We we do exercise certainly

NOTE Confidence: 0.859773803333333

00:08:46.242 --> 00:08:48.200 we do education of course these
NOTE Confidence: 0.8597738033333333

00:08:48.200 --> 00:08:50.144 are all really important things
NOTE Confidence: 0.8597738033333333

00:08:50.144 --> 00:08:52.478 and they follow the path of
NOTE Confidence: 0.8597738033333333

00:08:52.478 --> 00:08:54.284 rehabilitation that we have followed
NOTE Confidence: 0.8597738033333333

00:08:54.284 --> 00:08:56.300 for other patient populations.
NOTE Confidence: 0.8597738033333333

00:08:56.300 --> 00:08:58.732 But there are other things as you just
NOTE Confidence: 0.8597738033333333

00:08:58.732 --> 00:09:00.650 mentioned briefly as far as even the
NOTE Confidence: 0.8597738033333333

00:09:00.650 --> 00:09:02.500 lymphedema side,
NOTE Confidence: 0.8597738033333333

00:09:02.500 --> 00:09:04.588 folks need to know
NOTE Confidence: 0.8597738033333333

00:09:04.588 --> 00:09:06.360 how do they manage
NOTE Confidence: 0.8597738033333333

00:09:06.360 --> 00:09:08.334 these symptoms that they are
NOTE Confidence: 0.8597738033333333

00:09:08.334 --> 00:09:09.980 sometimes left with sometimes long
NOTE Confidence: 0.8597738033333333

00:09:09.980 --> 00:09:11.877 term how do they manage the changes
NOTE Confidence: 0.8597738033333333

00:09:11.877 --> 00:09:13.316 that occur with those symptoms
NOTE Confidence: 0.8597738033333333

00:09:13.316 --> 00:09:15.002 and we can show them whether
NOTE Confidence: 0.8597738033333333

00:09:15.002 --> 00:09:16.630 it's compression bandaging,

NOTE Confidence: 0.8597738033333333
00:09:16.630 --> 00:09:19.310 a compression garment fitting,
NOTE Confidence: 0.8597738033333333
00:09:19.310 --> 00:09:20.990 compression pump uses.
NOTE Confidence: 0.8597738033333333
00:09:20.990 --> 00:09:23.370 This is just on the lymphedema side of
NOTE Confidence: 0.8597738033333333
00:09:23.370 --> 00:09:25.272 the subspecialty that we can offer
NOTE Confidence: 0.8597738033333333
00:09:25.272 --> 00:09:27.183 and it could be education and
NOTE Confidence: 0.8597738033333333
00:09:27.248 --> 00:09:28.948 learning the techniques for
NOTE Confidence: 0.8597738033333333
00:09:28.948 --> 00:09:31.346 kinesio tape use for not only scar
NOTE Confidence: 0.8597738033333333
00:09:31.346 --> 00:09:32.738 mobilization for wherever their
NOTE Confidence: 0.8597738033333333
00:09:32.738 --> 00:09:35.091 scars are but moving a dam
NOTE Confidence: 0.8597738033333333
00:09:35.091 --> 00:09:37.191 again if the lymphedema is a problem.
NOTE Confidence: 0.8597738033333333
00:09:37.200 --> 00:09:39.790 And those are just a very small
NOTE Confidence: 0.8597738033333333
00:09:39.790 --> 00:09:43.590 slice of the things that we do for
NOTE Confidence: 0.8597738033333333
00:09:43.590 --> 00:09:46.195 modalities besides the general exercise,
NOTE Confidence: 0.8597738033333333
00:09:46.200 --> 00:09:48.339 manual therapy, strengthening,
NOTE Confidence: 0.8597738033333333
00:09:48.339 --> 00:09:50.478 etcetera, activity tolerance.
NOTE Confidence: 0.8597738033333333

00:09:50.480 --> 00:09:52.342 I had an experience that I could
NOTE Confidence: 0.8597738033333333

00:09:52.342 --> 00:09:54.082 share briefly if we had the time.
NOTE Confidence: 0.8597738033333333

00:09:54.082 --> 00:09:55.772 When I was working with a client
NOTE Confidence: 0.8597738033333333

00:09:55.772 --> 00:09:57.858 and she was coming in after having
NOTE Confidence: 0.8597738033333333

00:09:57.858 --> 00:10:00.089 an inoperable brain tumor that
NOTE Confidence: 0.8597738033333333

00:10:00.089 --> 00:10:01.718 was benign, thankfully,
NOTE Confidence: 0.8597738033333333

00:10:01.720 --> 00:10:03.708 but she had two surgeries over
NOTE Confidence: 0.8597738033333333

00:10:03.708 --> 00:10:05.613 the course of 15 years that left
NOTE Confidence: 0.8597738033333333

00:10:05.613 --> 00:10:07.640 her as a single mom and a young
NOTE Confidence: 0.8597738033333333

00:10:07.640 --> 00:10:10.220 working person with great
NOTE Confidence: 0.8597738033333333

00:10:10.220 --> 00:10:11.510 attention difficulties,
NOTE Confidence: 0.8597738033333333

00:10:11.510 --> 00:10:12.556 multitasking difficulties.
NOTE Confidence: 0.8597738033333333

00:10:12.556 --> 00:10:14.648 So her primary focus,
NOTE Confidence: 0.8597738033333333

00:10:14.650 --> 00:10:17.051 even though she did have range of
NOTE Confidence: 0.8597738033333333

00:10:17.051 --> 00:10:18.929 motion and weakness on one side,
NOTE Confidence: 0.8597738033333333

00:10:18.930 --> 00:10:20.790 her primary interest and goal

NOTE Confidence: 0.8597738033333333
00:10:20.790 --> 00:10:22.669 when she first came to see me
NOTE Confidence: 0.8597738033333333
00:10:22.669 --> 00:10:24.430 was I need to get a job again.
NOTE Confidence: 0.8597738033333333
00:10:24.430 --> 00:10:26.102 I need to get back to work to
NOTE Confidence: 0.8597738033333333
00:10:26.102 --> 00:10:27.328 support myself and my daughter.
NOTE Confidence: 0.8597738033333333
00:10:27.330 --> 00:10:29.550 And so we spent from an
NOTE Confidence: 0.8597738033333333
00:10:29.550 --> 00:10:30.660 occupational therapy's perspective,
NOTE Confidence: 0.8597738033333333
00:10:30.660 --> 00:10:33.530 we spent most of her sessions basically
NOTE Confidence: 0.8597738033333333
00:10:33.530 --> 00:10:35.909 focused on functional cognitive rehab,
NOTE Confidence: 0.8597738033333333
00:10:35.910 --> 00:10:37.910 things that weren't more speech
NOTE Confidence: 0.8597738033333333
00:10:37.910 --> 00:10:38.693 language specific.
00:10:38.954 --> 00:10:41.256 But more how do I redo my resume and
NOTE Confidence: 0.8597738033333333
00:10:41.256 --> 00:10:43.120 figure out how I'm going to get a
NOTE Confidence: 0.8597738033333333
00:10:43.120 --> 00:10:44.928 job and what are the skills that I
NOTE Confidence: 0.8597738033333333
00:10:44.928 --> 00:10:47.362 actually have and how can I manage
NOTE Confidence: 0.8597738033333333
00:10:47.362 --> 00:10:49.301 multitasking or all this input
NOTE Confidence: 0.8597738033333333
00:10:49.301 --> 00:10:52.073 from a sensory or verbal or visual

NOTE Confidence: 0.859773803333333

00:10:52.073 --> 00:10:54.558 standpoint so I can focus on my job.

NOTE Confidence: 0.859773803333333

00:10:54.560 --> 00:10:56.378 So those kinds of things also

NOTE Confidence: 0.859773803333333

00:10:56.378 --> 00:10:57.287 are really critical.

NOTE Confidence: 0.884146951153846

00:10:57.640 --> 00:11:00.265 Wow. I mean, it sounds like physical

NOTE Confidence: 0.884146951153846

00:11:00.265 --> 00:11:03.123 therapy has a lot more than just

NOTE Confidence: 0.884146951153846

00:11:03.123 --> 00:11:05.601 perhaps what the general public

NOTE Confidence: 0.884146951153846

00:11:05.677 --> 00:11:07.927 might think about in terms of

NOTE Confidence: 0.884146951153846

00:11:07.930 --> 00:11:11.010 exercise and so on. Scott,

NOTE Confidence: 0.884146951153846

00:11:11.010 --> 00:11:12.930 when you mentioned the different phases,

NOTE Confidence: 0.884146951153846

00:11:12.930 --> 00:11:15.214 so getting people into

NOTE Confidence: 0.884146951153846

00:11:15.214 --> 00:11:16.927 physical therapy right,

NOTE Confidence: 0.884146951153846

00:11:16.930 --> 00:11:19.672 even before therapy begins in that

NOTE Confidence: 0.884146951153846

00:11:19.672 --> 00:11:23.113 kind of prehab all the way through

NOTE Confidence: 0.884146951153846

00:11:23.113 --> 00:11:25.648 to survivorship and getting

NOTE Confidence: 0.884146951153846

00:11:25.650 --> 00:11:27.794 caregivers involved as well.

NOTE Confidence: 0.884146951153846

00:11:27.794 --> 00:11:31.650 How do people access services?
NOTE Confidence: 0.884146951153846

00:11:31.650 --> 00:11:35.082 I mean if they're living in an area
NOTE Confidence: 0.884146951153846

00:11:35.082 --> 00:11:38.037 that might not be a major center.
NOTE Confidence: 0.884146951153846

00:11:38.040 --> 00:11:41.616 Is this something that people should ask for?
NOTE Confidence: 0.884146951153846

00:11:41.620 --> 00:11:43.685 Are there other resources that
NOTE Confidence: 0.884146951153846

00:11:43.685 --> 00:11:46.472 are available or do you have to go
NOTE Confidence: 0.884146951153846

00:11:46.472 --> 00:11:48.416 to a large academic center
NOTE Confidence: 0.884146951153846

00:11:48.416 --> 00:11:50.469 to avail yourself of these?
NOTE Confidence: 0.768674331428571

00:11:50.820 --> 00:11:52.696 Yeah, that's a great question.
NOTE Confidence: 0.768674331428571

00:11:52.700 --> 00:11:55.465 So if it is something
NOTE Confidence: 0.768674331428571

00:11:55.465 --> 00:11:58.140 that patients can advocate for,
NOTE Confidence: 0.768674331428571

00:11:58.140 --> 00:11:59.897 you know, they can bring that up
NOTE Confidence: 0.768674331428571

00:11:59.897 --> 00:12:02.150 to their to say, hey,
NOTE Confidence: 0.768674331428571

00:12:02.150 --> 00:12:04.610 you know I'm worried about developing
NOTE Confidence: 0.768674331428571

00:12:04.610 --> 00:12:07.040 lymphedema or I'm worried about
NOTE Confidence: 0.768674331428571

00:12:07.040 --> 00:12:08.640 being tired from chemotherapy.

00:12:09.736 --> 00:12:12.050 I have to work a full time job.
NOTE Confidence: 0.768674331428571

00:12:12.050 --> 00:12:14.813 I have children that I have to provide for.
NOTE Confidence: 0.768674331428571

00:12:14.820 --> 00:12:17.452 So patients can definitely
NOTE Confidence: 0.768674331428571

00:12:17.452 --> 00:12:20.498 advocate for that where they are.
NOTE Confidence: 0.768674331428571

00:12:20.498 --> 00:12:23.709 As far as being able to seek out
NOTE Confidence: 0.768674331428571

00:12:23.709 --> 00:12:25.620 qualified physical therapist
NOTE Confidence: 0.768674331428571

00:12:25.620 --> 00:12:28.168 and an occupational therapist,
NOTE Confidence: 0.768674331428571

00:12:28.170 --> 00:12:31.488 I know at least for physical therapist
NOTE Confidence: 0.768674331428571

00:12:31.490 --> 00:12:33.290 through the American Physical
NOTE Confidence: 0.768674331428571

00:12:33.290 --> 00:12:34.190 Therapy Association,
NOTE Confidence: 0.768674331428571

00:12:34.190 --> 00:12:35.098 there is a website
NOTE Confidence: 0.861789348333333

00:12:37.170 --> 00:12:39.750 called choosept.com and so if you don't
NOTE Confidence: 0.861789348333333

00:12:39.750 --> 00:12:43.169 live near a major academic institution,
NOTE Confidence: 0.861789348333333

00:12:43.170 --> 00:12:46.594 you can go to that website again it's
NOTE Confidence: 0.861789348333333

00:12:46.594 --> 00:12:49.994 choosept.com and you can put your
NOTE Confidence: 0.861789348333333

00:12:49.994 --> 00:12:53.310 state and you can put what discipline

NOTE Confidence: 0.861789348333333
00:12:53.310 --> 00:12:56.460 you're looking for and that would
NOTE Confidence: 0.861789348333333
00:12:56.460 --> 00:12:58.318 include oncology physical therapy
NOTE Confidence: 0.861789348333333
00:12:58.318 --> 00:13:01.419 and so that will connect you with
NOTE Confidence: 0.861789348333333
00:13:01.420 --> 00:13:04.676 a physical therapist who's in your area who
NOTE Confidence: 0.861789348333333
00:13:04.680 --> 00:13:07.170 has either extensive training
NOTE Confidence: 0.861789348333333
00:13:07.170 --> 00:13:09.660 in oncology physical therapy or
NOTE Confidence: 0.861789348333333
00:13:09.738 --> 00:13:11.998 is board certified in oncologic
NOTE Confidence: 0.861789348333333
00:13:11.998 --> 00:13:14.540 physical therapy like I am.
NOTE Confidence: 0.861789348333333
00:13:14.540 --> 00:13:16.220 So there are resources that are
NOTE Confidence: 0.861789348333333
00:13:16.220 --> 00:13:18.069 out there that patients can use.
NOTE Confidence: 0.836149726333333
00:13:18.380 --> 00:13:20.324 Fantastic. Well, we're going to take
NOTE Confidence: 0.836149726333333
00:13:20.324 --> 00:13:22.562 a short break for a medical minute
NOTE Confidence: 0.836149726333333
00:13:22.562 --> 00:13:25.106 and then when we come back we'll learn
NOTE Confidence: 0.836149726333333
00:13:25.106 --> 00:13:26.810 more about oncology rehabilitation
NOTE Confidence: 0.836149726333333
00:13:26.810 --> 00:13:29.570 with Scott Capozza and Suzanne Burbank.
NOTE Confidence: 0.74950798

00:13:29.920 --> 00:13:31.660 Funding for Yale Cancer Answers
NOTE Confidence: 0.74950798

00:13:31.660 --> 00:13:34.418 is provided by Smilow Cancer Hospital where
NOTE Confidence: 0.74950798

00:13:34.418 --> 00:13:36.401 their survivorship clinic is available
NOTE Confidence: 0.74950798

00:13:36.401 --> 00:13:38.627 to educate survivors on the prevention,
NOTE Confidence: 0.74950798

00:13:38.630 --> 00:13:41.050 detection, and treatment of complications
NOTE Confidence: 0.74950798

00:13:41.050 --> 00:13:42.986 resulting from cancer treatment.
NOTE Confidence: 0.74950798

00:13:42.990 --> 00:13:47.050 Smilowcancerhospital.org.
NOTE Confidence: 0.74950798

00:13:47.050 --> 00:13:48.826 Breast cancer is one of the
NOTE Confidence: 0.74950798

00:13:48.826 --> 00:13:50.430 most common cancers in women.
NOTE Confidence: 0.74950798

00:13:50.430 --> 00:13:51.747 In Connecticut alone,
NOTE Confidence: 0.74950798

00:13:51.747 --> 00:13:53.942 approximately 3500 women will be
NOTE Confidence: 0.74950798

00:13:53.942 --> 00:13:56.407 diagnosed with breast cancer this year,
NOTE Confidence: 0.74950798

00:13:56.410 --> 00:13:58.110 but there is hope thanks
NOTE Confidence: 0.74950798

00:13:58.110 --> 00:13:59.130 to earlier detection,
NOTE Confidence: 0.74950798

00:13:59.130 --> 00:13:59.924 noninvasive treatments,
NOTE Confidence: 0.74950798

00:13:59.924 --> 00:14:02.306 and the development of novel therapies

NOTE Confidence: 0.74950798

00:14:02.310 --> 00:14:03.930 to fight breast cancer.

NOTE Confidence: 0.74950798

00:14:03.930 --> 00:14:05.955 Women should schedule a baseline

NOTE Confidence: 0.74950798

00:14:05.955 --> 00:14:07.897 mammogram beginning at age 40 or

NOTE Confidence: 0.74950798

00:14:07.897 --> 00:14:09.880 earlier if they have risk factors

NOTE Confidence: 0.74950798

00:14:09.880 --> 00:14:11.648 associated with the disease.

NOTE Confidence: 0.74950798

00:14:11.650 --> 00:14:13.358 With screening, early detection,

NOTE Confidence: 0.74950798

00:14:13.358 --> 00:14:15.066 and a healthy lifestyle,

NOTE Confidence: 0.74950798

00:14:15.070 --> 00:14:17.220 breast cancer can be defeated.

NOTE Confidence: 0.74950798

00:14:17.220 --> 00:14:19.180 Clinical trials are currently

NOTE Confidence: 0.74950798

00:14:19.180 --> 00:14:21.140 underway at federally designated

NOTE Confidence: 0.74950798

00:14:21.140 --> 00:14:22.824 Comprehensive cancer centers such

NOTE Confidence: 0.74950798

00:14:22.824 --> 00:14:25.057 as Yale Cancer Center and Smilow

NOTE Confidence: 0.74950798

00:14:25.057 --> 00:14:27.145 Cancer Hospital to make innovative

NOTE Confidence: 0.74950798

00:14:27.145 --> 00:14:29.280 new treatments available to patients.

NOTE Confidence: 0.74950798

00:14:29.280 --> 00:14:30.999 Digital breast tomosynthesis,

NOTE Confidence: 0.74950798

00:14:30.999 --> 00:14:32.718 or 3D mammography,
NOTE Confidence: 0.74950798

00:14:32.720 --> 00:14:34.860 is also transforming breast
NOTE Confidence: 0.74950798

00:14:34.860 --> 00:14:37.000 cancer screening by significantly
NOTE Confidence: 0.74950798

00:14:37.000 --> 00:14:38.580 reducing unnecessary procedures
NOTE Confidence: 0.74950798

00:14:38.580 --> 00:14:40.805 while picking up more cancers.
NOTE Confidence: 0.74950798

00:14:40.810 --> 00:14:43.138 More information is available
NOTE Confidence: 0.74950798

00:14:43.138 --> 00:14:44.155 at yalecancercenter.org.
NOTE Confidence: 0.74950798

00:14:44.155 --> 00:14:46.765 You're listening to Connecticut public radio.
NOTE Confidence: 0.837957291666667

00:14:47.780 --> 00:14:49.916 Welcome back to Yale Cancer Answers.
NOTE Confidence: 0.837957291666667

00:14:49.920 --> 00:14:51.870 This is doctor Anees Chagpar and
NOTE Confidence: 0.837957291666667

00:14:51.870 --> 00:14:53.839 I'm joined tonight by my guests,
NOTE Confidence: 0.837957291666667

00:14:53.840 --> 00:14:56.880 Scott Capozza and Suzanne Burbank.
NOTE Confidence: 0.837957291666667

00:14:56.880 --> 00:14:59.260 We're talking about oncology rehabilitation
NOTE Confidence: 0.837957291666667

00:14:59.260 --> 00:15:02.414 and right before the break,
NOTE Confidence: 0.837957291666667

00:15:02.414 --> 00:15:05.123 Scott and Suzanne were both telling us
NOTE Confidence: 0.837957291666667

00:15:05.123 --> 00:15:07.886 about the really dramatic impact that

NOTE Confidence: 0.837957291666667

00:15:07.890 --> 00:15:11.275 getting rehabilitation services can have.

NOTE Confidence: 0.837957291666667

00:15:11.275 --> 00:15:13.983 Everything from strengthening exercises,

NOTE Confidence: 0.837957291666667

00:15:13.990 --> 00:15:15.556 which is what we normally think

NOTE Confidence: 0.837957291666667

00:15:15.556 --> 00:15:17.328 about for physical therapy,

NOTE Confidence: 0.837957291666667

00:15:17.330 --> 00:15:19.148 all the way to

NOTE Confidence: 0.837957291666667

00:15:19.150 --> 00:15:22.333 how do you buff up your CV and get back into

NOTE Confidence: 0.837957291666667

00:15:22.333 --> 00:15:25.077 the job market after a cancer diagnosis.

NOTE Confidence: 0.837957291666667

00:15:25.080 --> 00:15:27.948 And Suzanne, when Scott

NOTE Confidence: 0.837957291666667

00:15:27.948 --> 00:15:31.080 said you can advocate for yourself,

NOTE Confidence: 0.837957291666667

00:15:31.080 --> 00:15:33.000 you can seek out these services,

NOTE Confidence: 0.837957291666667

00:15:33.000 --> 00:15:35.856 one of the questions that people might

NOTE Confidence: 0.837957291666667

00:15:35.856 --> 00:15:38.500 have is, is this covered by insurance?

NOTE Confidence: 0.837957291666667

00:15:38.500 --> 00:15:40.498 I mean, is this something that

NOTE Confidence: 0.837957291666667

00:15:40.498 --> 00:15:43.550 I can truly avail myself of?

NOTE Confidence: 0.85072117125

00:15:43.550 --> 00:15:46.310 Absolutely. That's a great question and

NOTE Confidence: 0.85072117125

00:15:46.310 --> 00:15:48.146 I do get that question actually
NOTE Confidence: 0.85072117125

00:15:48.146 --> 00:15:49.730 from doctors as well.
NOTE Confidence: 0.85072117125

00:15:49.730 --> 00:15:52.124 What sort of codes
NOTE Confidence: 0.85072117125

00:15:52.124 --> 00:15:55.193 do I send a person to you folks for cancer rehab.
00:15:57.480 --> 00:15:58.452 As therapists,
NOTE Confidence: 0.85072117125

00:15:58.452 --> 00:16:00.882 we have historically worked on
NOTE Confidence: 0.85072117125

00:16:00.882 --> 00:16:04.002 things such as pain and endurance
NOTE Confidence: 0.85072117125

00:16:04.002 --> 00:16:07.158 and balance and cognitive decline or
NOTE Confidence: 0.85072117125

00:16:07.158 --> 00:16:09.556 cognitive issues and all of these
NOTE Confidence: 0.85072117125

00:16:09.556 --> 00:16:11.500 different things that really do apply
NOTE Confidence: 0.85072117125

00:16:11.560 --> 00:16:13.750 specifically also to the cancer
NOTE Confidence: 0.85072117125

00:16:13.750 --> 00:16:15.940 population to these oncological patients.
NOTE Confidence: 0.85072117125

00:16:15.940 --> 00:16:18.568 So I tell people which has been the
NOTE Confidence: 0.85072117125

00:16:18.568 --> 00:16:20.699 case of course since oncology
NOTE Confidence: 0.85072117125

00:16:20.699 --> 00:16:24.089 rehab has come to the forefront as a
NOTE Confidence: 0.85072117125

00:16:24.089 --> 00:16:26.411 new and developing specialty that yes,
NOTE Confidence: 0.85072117125

00:16:26.420 --> 00:16:27.533 insurance will cover
NOTE Confidence: 0.85072117125

00:16:27.533 --> 00:16:29.759 this services that we provide
NOTE Confidence: 0.85072117125

00:16:29.759 --> 00:16:31.615 because the services are the same
NOTE Confidence: 0.85072117125

00:16:31.615 --> 00:16:33.795 that we provide for all of the
NOTE Confidence: 0.85072117125

00:16:33.795 --> 00:16:35.187 different populations we see.
NOTE Confidence: 0.85072117125

00:16:35.190 --> 00:16:35.992 For instance,
NOTE Confidence: 0.85072117125

00:16:35.992 --> 00:16:39.200 if a cardiac patient has a cardiac event,
NOTE Confidence: 0.85072117125

00:16:39.200 --> 00:16:41.965 a heart attack or sometimes a stroke,
NOTE Confidence: 0.85072117125

00:16:41.970 --> 00:16:43.495 it's become common knowledge for
NOTE Confidence: 0.85072117125

00:16:43.495 --> 00:16:45.136 both the population, the patients,
NOTE Confidence: 0.85072117125

00:16:45.136 --> 00:16:47.314 families and doctors that that patient
NOTE Confidence: 0.85072117125

00:16:47.314 --> 00:16:49.567 probably would benefit from cardiac rehab.
NOTE Confidence: 0.85072117125

00:16:49.570 --> 00:16:50.668 That's a specialty.
NOTE Confidence: 0.85072117125

00:16:50.668 --> 00:16:53.230 But the codes that the doctors will
NOTE Confidence: 0.85072117125

00:16:53.296 --> 00:16:55.612 refer those patients for would be
NOTE Confidence: 0.85072117125

00:16:55.612 --> 00:16:58.419 things like activity and tolerance or pain.

NOTE Confidence: 0.85072117125

00:16:58.420 --> 00:17:00.406 For things like that balance and

NOTE Confidence: 0.85072117125

00:17:00.406 --> 00:17:03.554 so the case is the same for the

NOTE Confidence: 0.85072117125

00:17:03.554 --> 00:17:05.819 oncological rehab group as well for

NOTE Confidence: 0.85072117125

00:17:05.819 --> 00:17:07.989 patients that require our services

NOTE Confidence: 0.85072117125

00:17:07.989 --> 00:17:10.058 and insurance does cover it,

NOTE Confidence: 0.85072117125

00:17:10.058 --> 00:17:11.698 it's just a different population

NOTE Confidence: 0.85072117125

00:17:11.698 --> 00:17:12.682 coming to us.

NOTE Confidence: 0.85072117125

00:17:12.690 --> 00:17:14.460 But for similar deficits

NOTE Confidence: 0.85072117125

00:17:14.460 --> 00:17:16.720 if you will or functional issues,

NOTE Confidence: 0.85546444

00:17:17.490 --> 00:17:20.250 and Scott you had mentioned

NOTE Confidence: 0.85546444

00:17:20.250 --> 00:17:24.156 before the break the idea of both

NOTE Confidence: 0.85546444

00:17:24.156 --> 00:17:26.478 inpatient and outpatient kind of

NOTE Confidence: 0.85546444

00:17:26.478 --> 00:17:28.746 services and I wonder,

NOTE Confidence: 0.85546444

00:17:28.750 --> 00:17:31.900 for many oncology patients who might

NOTE Confidence: 0.85546444

00:17:31.900 --> 00:17:34.980 you know have their surgery and

NOTE Confidence: 0.85546444

00:17:34.980 --> 00:17:38.508 then be sent home and they may live
NOTE Confidence: 0.85546444

00:17:38.602 --> 00:17:41.978 quite a ways away from any
NOTE Confidence: 0.85546444

00:17:41.980 --> 00:17:46.300 major center or any center at all.
NOTE Confidence: 0.85546444

00:17:46.300 --> 00:17:48.800 These days, especially post COVID,
NOTE Confidence: 0.85546444

00:17:48.800 --> 00:17:51.470 we've kind of gotten into the
NOTE Confidence: 0.85546444

00:17:51.470 --> 00:17:52.360 virtual mindset.
NOTE Confidence: 0.85546444

00:17:52.360 --> 00:17:55.582 So can you talk a little bit about whether
NOTE Confidence: 0.85546444

00:17:55.582 --> 00:17:58.778 these services are available virtually and
NOTE Confidence: 0.85546444

00:17:58.780 --> 00:18:01.720 whether you equip patients with
NOTE Confidence: 0.85546444

00:18:01.720 --> 00:18:04.127 activities or exercises or things
NOTE Confidence: 0.85546444

00:18:04.127 --> 00:18:07.015 that they can do on their own in
NOTE Confidence: 0.85546444

00:18:07.015 --> 00:18:10.214 their home that might help them as
NOTE Confidence: 0.85546444

00:18:10.214 --> 00:18:13.193 well without actually having to be in
NOTE Confidence: 0.85546444

00:18:13.193 --> 00:18:15.479 the hospital to get these services.
NOTE Confidence: 0.777291476952381

00:18:15.890 --> 00:18:18.452 Yeah that's a great point.
NOTE Confidence: 0.777291476952381

00:18:18.452 --> 00:18:21.704 We want to be able to

NOTE Confidence: 0.777291476952381

00:18:21.704 --> 00:18:23.850 empower our patients through education.

NOTE Confidence: 0.777291476952381

00:18:23.850 --> 00:18:26.474 So yes there's a lot that we

NOTE Confidence: 0.777291476952381

00:18:26.474 --> 00:18:29.267 can do as far as making sure that

NOTE Confidence: 0.777291476952381

00:18:29.270 --> 00:18:32.155 we educate our patients on

NOTE Confidence: 0.777291476952381

00:18:32.155 --> 00:18:34.463 exercises and movement strategies

NOTE Confidence: 0.777291476952381

00:18:34.463 --> 00:18:37.526 that they can safely do at home.

00:18:40.590 --> 00:18:42.010 And for physical therapists, you know,

NOTE Confidence: 0.777291476952381

00:18:42.010 --> 00:18:43.858 as long as you live

NOTE Confidence: 0.777291476952381

00:18:43.858 --> 00:18:45.709 in the state of Connecticut,

00:18:46.702 --> 00:18:48.190 we can do a telehealth visit,

NOTE Confidence: 0.777291476952381

00:18:48.190 --> 00:18:49.510 you can live in the four corners of

NOTE Confidence: 0.777291476952381

00:18:49.510 --> 00:18:51.485 the state, but we could still connect

NOTE Confidence: 0.777291476952381

00:18:51.485 --> 00:18:53.989 with you and we can go through,

NOTE Confidence: 0.777291476952381

00:18:53.990 --> 00:18:56.590 you know, an exercise routine.

NOTE Confidence: 0.777291476952381

00:18:56.590 --> 00:18:57.598 And also make sure that we

NOTE Confidence: 0.777291476952381

00:18:57.598 --> 00:18:58.430 are trying to

NOTE Confidence: 0.777291476952381

00:18:58.430 --> 00:19:01.004 help you set up that home
NOTE Confidence: 0.777291476952381

00:19:01.004 --> 00:19:03.620 environment as best as possible.
NOTE Confidence: 0.777291476952381

00:19:06.085 --> 00:19:08.329 And with all of our talents and lymphedema therapists,
NOTE Confidence: 0.777291476952381

00:19:08.330 --> 00:19:09.955 they do something very similar
NOTE Confidence: 0.777291476952381

00:19:09.955 --> 00:19:11.554 where yes they
NOTE Confidence: 0.777291476952381

00:19:11.554 --> 00:19:13.528 like to be able to do the
NOTE Confidence: 0.777291476952381

00:19:13.530 --> 00:19:16.510 hands on manual techniques.
NOTE Confidence: 0.777291476952381

00:19:16.510 --> 00:19:18.316 They're also going to teach their
NOTE Confidence: 0.777291476952381

00:19:18.316 --> 00:19:20.191 patients how to do their own
NOTE Confidence: 0.777291476952381

00:19:20.191 --> 00:19:22.027 manual techniques to be able to
NOTE Confidence: 0.777291476952381

00:19:22.027 --> 00:19:23.690 help manage their lymphedema.
NOTE Confidence: 0.777291476952381

00:19:23.690 --> 00:19:27.204 So there's a big part of rehab that is education.
00:19:30.440 --> 00:19:32.088 We want to make sure that we are
NOTE Confidence: 0.777291476952381

00:19:32.088 --> 00:19:33.677 setting our patients up for success.
NOTE Confidence: 0.8278944633333333

00:19:34.700 --> 00:19:37.836 And Suzanne, the
NOTE Confidence: 0.8278944633333333

00:19:37.836 --> 00:19:41.100 question of setting up a home environment,

NOTE Confidence: 0.8278944633333333

00:19:41.100 --> 00:19:45.162 I mean I can imagine that there are patients

NOTE Confidence: 0.8278944633333333

00:19:45.162 --> 00:19:49.236 who after a cancer surgery or treatment

NOTE Confidence: 0.8278944633333333

00:19:49.236 --> 00:19:53.214 might have difficulty with basic things,

NOTE Confidence: 0.8278944633333333

00:19:53.220 --> 00:19:55.180 right, getting into their bathtub,

NOTE Confidence: 0.8278944633333333

00:19:55.180 --> 00:19:58.148 getting up the three flights

NOTE Confidence: 0.8278944633333333

00:19:58.148 --> 00:20:01.420 of stairs in their house and can you

NOTE Confidence: 0.8278944633333333

00:20:01.420 --> 00:20:04.320 talk a little bit about how

NOTE Confidence: 0.8278944633333333

00:20:04.320 --> 00:20:06.485 occupational therapy can actually

NOTE Confidence: 0.8278944633333333

00:20:06.485 --> 00:20:09.695 help to kind of make home environments

NOTE Confidence: 0.8278944633333333

00:20:09.695 --> 00:20:12.623 more livable after a cancer diagnosis?

00:20:13.824 --> 00:20:17.702 Is that an out of pocket cost or does

NOTE Confidence: 0.8278944633333333

00:20:17.702 --> 00:20:20.690 insurance help to make homes more

NOTE Confidence: 0.8278944633333333

00:20:20.690 --> 00:20:23.498 livable after a cancer diagnosis?

NOTE Confidence: 0.6257615533333333

00:20:24.620 --> 00:20:26.936 That's an excellent question.

NOTE Confidence: 0.6257615533333333

00:20:26.940 --> 00:20:30.237 I do know from my experience,

NOTE Confidence: 0.6257615533333333

00:20:30.240 --> 00:20:31.758 not only as an outpatient therapist,

NOTE Confidence: 0.6257615533333333
00:20:31.760 --> 00:20:33.000 but also in home health,
NOTE Confidence: 0.6257615533333333
00:20:33.000 --> 00:20:35.303 that sadly at this point to my
NOTE Confidence: 0.6257615533333333
00:20:35.303 --> 00:20:37.440 knowledge and I could be wrong,
NOTE Confidence: 0.6257615533333333
00:20:37.440 --> 00:20:38.355 so please, if anyone can
NOTE Confidence: 0.6257615533333333
00:20:38.355 --> 00:20:39.540 correct me that would be great.
NOTE Confidence: 0.6257615533333333
00:20:39.540 --> 00:20:41.736 I would love to know, but
NOTE Confidence: 0.6257615533333333
00:20:41.736 --> 00:20:43.932 insurance is not an option for this.
NOTE Confidence: 0.6257615533333333
00:20:43.932 --> 00:20:47.520 To my point I believe that most home health
changes,
00:20:48.502 --> 00:20:50.957 the shower bars,
NOTE Confidence: 0.6257615533333333
00:20:50.960 --> 00:20:53.152 the non skid mats,
NOTE Confidence: 0.6257615533333333
00:20:53.152 --> 00:20:54.940 the accessibility
NOTE Confidence: 0.6257615533333333
00:20:54.940 --> 00:20:57.420 options that are available,
NOTE Confidence: 0.6257615533333333
00:20:57.420 --> 00:20:59.244 even something as simple as a
NOTE Confidence: 0.6257615533333333
00:20:59.244 --> 00:21:01.890 sock aid or a long handled
NOTE Confidence: 0.6257615533333333
00:21:01.890 --> 00:21:03.585 sponge or things that make
NOTE Confidence: 0.6257615533333333

00:21:03.585 --> 00:21:05.817 just the basic self-care tasks
NOTE Confidence: 0.6257615533333333

00:21:05.817 --> 00:21:08.097 easier and more tolerable until
NOTE Confidence: 0.6257615533333333

00:21:08.097 --> 00:21:09.936 function is restored or improved.
NOTE Confidence: 0.6257615533333333

00:21:09.936 --> 00:21:12.505 Most of the times to my knowledge
NOTE Confidence: 0.6257615533333333

00:21:12.505 --> 00:21:15.515 those are not covered by insurance.
NOTE Confidence: 0.6257615533333333

00:21:15.515 --> 00:21:18.027 However there are ways to do things
NOTE Confidence: 0.6257615533333333

00:21:18.030 --> 00:21:20.590 that you can modify a home with that
NOTE Confidence: 0.6257615533333333

00:21:20.590 --> 00:21:22.449 sometimes are not as structural.
NOTE Confidence: 0.6257615533333333

00:21:22.450 --> 00:21:24.634 I do believe that safety bars you
NOTE Confidence: 0.6257615533333333

00:21:24.634 --> 00:21:26.942 know that the hand rails and the
NOTE Confidence: 0.6257615533333333

00:21:26.942 --> 00:21:28.892 safety bars to go in certainly
NOTE Confidence: 0.6257615533333333

00:21:28.968 --> 00:21:31.241 home ramps
NOTE Confidence: 0.6257615533333333

00:21:31.241 --> 00:21:33.707 and whatnot that is a different
NOTE Confidence: 0.6257615533333333

00:21:33.707 --> 00:21:36.249 area that certainly outside of
NOTE Confidence: 0.6257615533333333

00:21:36.249 --> 00:21:38.715 what you could consider smaller
NOTE Confidence: 0.6257615533333333

00:21:38.715 --> 00:21:40.789 financial investment of changes.

NOTE Confidence: 0.6257615533333333

00:21:40.790 --> 00:21:43.350 I believe that some of those things of

NOTE Confidence: 0.6257615533333333

00:21:43.350 --> 00:21:45.633 course can be covered like it could

NOTE Confidence: 0.6257615533333333

00:21:45.633 --> 00:21:47.990 be for any patient that has a need.

NOTE Confidence: 0.6257615533333333

00:21:47.990 --> 00:21:50.447 But that would be very insurance specific

NOTE Confidence: 0.6257615533333333

00:21:50.447 --> 00:21:52.689 and probably require a bit more research.

NOTE Confidence: 0.6257615533333333

00:21:52.690 --> 00:21:54.377 So I will be honest and saying

NOTE Confidence: 0.6257615533333333

00:21:54.377 --> 00:21:56.235 I'm not sure how much of those

NOTE Confidence: 0.6257615533333333

00:21:56.235 --> 00:21:58.212 kinds of things can be changed or

NOTE Confidence: 0.6257615533333333

00:21:58.212 --> 00:21:59.727 provided for by insurance except

NOTE Confidence: 0.6257615533333333

00:21:59.727 --> 00:22:03.151 for the larger lift chairs

NOTE Confidence: 0.6257615533333333

00:22:03.151 --> 00:22:05.146 and ramp access.

NOTE Confidence: 0.6257615533333333

00:22:05.146 --> 00:22:07.350 Those kinds of things I have seen

NOTE Confidence: 0.6257615533333333

00:22:07.350 --> 00:22:09.230 provided for by especially

NOTE Confidence: 0.6257615533333333

00:22:09.230 --> 00:22:11.110 with patients who are affiliated

NOTE Confidence: 0.6257615533333333

00:22:11.177 --> 00:22:12.906 with the VA and things like that

NOTE Confidence: 0.6257615533333333

00:22:12.906 --> 00:22:14.932 as far as modifications in this day
NOTE Confidence: 0.6257615533333333

00:22:14.932 --> 00:22:17.548 and age where we have such virtual
NOTE Confidence: 0.6257615533333333

00:22:17.548 --> 00:22:19.882 accessibility through telehealth
NOTE Confidence: 0.6257615533333333

00:22:19.882 --> 00:22:22.216 meetings or sessions.
NOTE Confidence: 0.6257615533333333

00:22:22.220 --> 00:22:24.836 And someone literally could be on the phone,
NOTE Confidence: 0.6257615533333333

00:22:24.840 --> 00:22:27.090 on their laptop or on their
NOTE Confidence: 0.6257615533333333

00:22:27.090 --> 00:22:28.952 video camera walking around the home
NOTE Confidence: 0.6257615533333333

00:22:28.952 --> 00:22:31.200 and we could talk them through OK,
NOTE Confidence: 0.6257615533333333

00:22:31.200 --> 00:22:32.412 show me your bathroom.
NOTE Confidence: 0.6257615533333333

00:22:32.412 --> 00:22:33.927 Literally turn that camera around
NOTE Confidence: 0.6257615533333333

00:22:33.927 --> 00:22:35.796 and let me turn that phone around.
NOTE Confidence: 0.6257615533333333

00:22:35.800 --> 00:22:37.480 Let me see what you have.
NOTE Confidence: 0.6257615533333333

00:22:37.480 --> 00:22:38.764 Let's see what kind of equipment
NOTE Confidence: 0.6257615533333333

00:22:38.764 --> 00:22:40.079 you may or may not need.
NOTE Confidence: 0.6257615533333333

00:22:40.080 --> 00:22:42.048 Let's see the height of that tub or
NOTE Confidence: 0.6257615533333333

00:22:42.048 --> 00:22:44.186 that walk in shower and looking at

NOTE Confidence: 0.6257615533333333

00:22:44.186 --> 00:22:45.771 their accessibility that they

NOTE Confidence: 0.6257615533333333

00:22:45.835 --> 00:22:47.580 currently have can be definitely

NOTE Confidence: 0.6257615533333333

00:22:47.580 --> 00:22:48.627 done virtually.

NOTE Confidence: 0.6257615533333333

00:22:48.630 --> 00:22:50.166 As far as the lymphedema side,

NOTE Confidence: 0.6257615533333333

00:22:50.170 --> 00:22:51.690 I'm just going to slip that in again.

00:22:53.163 --> 00:22:56.426 Scott is actually right to tell our

NOTE Confidence: 0.6257615533333333

00:22:56.426 --> 00:22:59.450 people and show them in person initially,

NOTE Confidence: 0.6257615533333333

00:22:59.450 --> 00:23:00.770 reduce their swelling and then

NOTE Confidence: 0.6257615533333333

00:23:00.770 --> 00:23:03.165 teach them how to do it long term so

NOTE Confidence: 0.6257615533333333

00:23:03.165 --> 00:23:04.689 they don't keep coming to therapy

NOTE Confidence: 0.6257615533333333

00:23:04.743 --> 00:23:06.591 for the rest of their lives is

NOTE Confidence: 0.6257615533333333

00:23:06.591 --> 00:23:08.146 actually an integral part of the

NOTE Confidence: 0.6257615533333333

00:23:08.146 --> 00:23:09.154 program for lymphedema side.

NOTE Confidence: 0.8575033022222222

00:23:10.660 --> 00:23:14.377 And Scott, the other question

NOTE Confidence: 0.8575033022222222

00:23:14.380 --> 00:23:17.229 I think people might be asking themselves

NOTE Confidence: 0.8575033022222222

00:23:17.229 --> 00:23:20.517 is #1 how much time does this take?

NOTE Confidence: 0.857503302222222

00:23:20.520 --> 00:23:23.796 And #2, can I really do this?

NOTE Confidence: 0.857503302222222

00:23:23.800 --> 00:23:26.056 I mean all of these exercises,

NOTE Confidence: 0.857503302222222

00:23:26.060 --> 00:23:27.448 these strength training things,

NOTE Confidence: 0.857503302222222

00:23:27.448 --> 00:23:29.894 all of the things that they're going

NOTE Confidence: 0.857503302222222

00:23:29.894 --> 00:23:31.718 to teach me at physical therapy.

NOTE Confidence: 0.857503302222222

00:23:31.720 --> 00:23:33.252 Can I do this?

NOTE Confidence: 0.857503302222222

00:23:33.252 --> 00:23:36.596 Can I do I actually know how to do it?

NOTE Confidence: 0.857503302222222

00:23:36.600 --> 00:23:38.574 Is it possible for me to do

NOTE Confidence: 0.857503302222222

00:23:38.574 --> 00:23:40.698 and how long does it take and

NOTE Confidence: 0.857503302222222

00:23:40.700 --> 00:23:43.538 finally, what are the tangible benefits?

NOTE Confidence: 0.857242832307692

00:23:44.770 --> 00:23:47.610 Yeah, I think o

NOTE Confidence: 0.857242832307692

00:23:47.610 --> 00:23:50.189 address the those questions

NOTE Confidence: 0.857242832307692

00:23:50.190 --> 00:23:52.998 as far as the time frame and

NOTE Confidence: 0.857242832307692

00:23:52.998 --> 00:23:55.730 the time commitment that is very

NOTE Confidence: 0.857242832307692

00:23:55.730 --> 00:23:59.134 individualized that you you can have two

NOTE Confidence: 0.857242832307692

00:23:59.134 --> 00:24:02.080 individuals with the same cancer diagnosis

NOTE Confidence: 0.857242832307692

00:24:02.080 --> 00:24:04.398 but they're going to have different

NOTE Confidence: 0.857242832307692

00:24:04.398 --> 00:24:06.390 treatments and

NOTE Confidence: 0.857242832307692

00:24:06.443 --> 00:24:08.369 so they're going to have different

NOTE Confidence: 0.857242832307692

00:24:08.369 --> 00:24:10.290 adverse effects from those treatments.

NOTE Confidence: 0.857242832307692

00:24:10.290 --> 00:24:12.891 So to be able to meet with an

NOTE Confidence: 0.857242832307692

00:24:12.891 --> 00:24:15.210 occupational therapist or physical therapist.

NOTE Confidence: 0.857242832307692

00:24:15.210 --> 00:24:17.653 Or a speech therapist for our

NOTE Confidence: 0.857242832307692

00:24:17.653 --> 00:24:20.269 patients with a head and neck cancer

00:24:21.498 --> 00:24:23.340 that's our role as the rehab

NOTE Confidence: 0.857242832307692

00:24:23.402 --> 00:24:25.122 professionals, to help figure out

NOTE Confidence: 0.857242832307692

00:24:25.122 --> 00:24:27.638 what that time frame is going to be.

00:24:28.816 --> 00:24:30.286 This is not cookie cutter,

NOTE Confidence: 0.857242832307692

00:24:30.290 --> 00:24:32.150 this is not a set protocol.

NOTE Confidence: 0.857242832307692

00:24:32.150 --> 00:24:36.080 It's very individualized to the person.

NOTE Confidence: 0.857242832307692

00:24:36.080 --> 00:24:39.013 But then to your point also about

NOTE Confidence: 0.857242832307692

00:24:39.013 --> 00:24:41.050 can the patient do this.

NOTE Confidence: 0.857242832307692
00:24:41.050 --> 00:24:42.145 Yes, you can.
NOTE Confidence: 0.857242832307692
00:24:42.145 --> 00:24:43.970 And that is our job,
NOTE Confidence: 0.857242832307692
00:24:43.970 --> 00:24:46.607 to be able to help teach you to be
NOTE Confidence: 0.857242832307692
00:24:46.607 --> 00:24:49.468 able to breakdown movement strategies,
NOTE Confidence: 0.857242832307692
00:24:49.470 --> 00:24:52.790 to be able to to listen to you and hear
NOTE Confidence: 0.857242832307692
00:24:52.875 --> 00:24:56.109 what's working and what's not working.
NOTE Confidence: 0.857242832307692
00:24:56.110 --> 00:24:59.074 And we can make changes, you know,
NOTE Confidence: 0.857242832307692
00:24:59.074 --> 00:25:00.978 to be able to change the different
NOTE Confidence: 0.857242832307692
00:25:00.978 --> 00:25:02.468 exercises that you're working on,
NOTE Confidence: 0.857242832307692
00:25:02.470 --> 00:25:05.130 to be able to change movement patterns.
NOTE Confidence: 0.857242832307692
00:25:05.130 --> 00:25:06.648 And ultimately, again,
NOTE Confidence: 0.857242832307692
00:25:06.648 --> 00:25:08.166 it's our responsibility,
NOTE Confidence: 0.857242832307692
00:25:08.170 --> 00:25:09.930 it's our goal to be able to empower
NOTE Confidence: 0.857242832307692
00:25:09.930 --> 00:25:11.467 you to be able to do these
NOTE Confidence: 0.857242832307692
00:25:11.470 --> 00:25:13.910 stretches and these exercises and
00:25:14.750 --> 00:25:17.369 these manual lymph drainage

NOTE Confidence: 0.857242832307692
00:25:17.369 --> 00:25:20.334 techniques all on your own.
NOTE Confidence: 0.857242832307692
00:25:20.340 --> 00:25:21.810 So that's what we're going to do.
NOTE Confidence: 0.857242832307692
00:25:21.810 --> 00:25:23.316 We're going to listen to you.
NOTE Confidence: 0.857242832307692
00:25:23.320 --> 00:25:25.712 I think one of the things that we
NOTE Confidence: 0.857242832307692
00:25:25.712 --> 00:25:28.353 do very well is that we do create
NOTE Confidence: 0.857242832307692
00:25:28.353 --> 00:25:30.614 this safe space for you to be
NOTE Confidence: 0.857242832307692
00:25:30.614 --> 00:25:32.845 able to listen to you and then be
NOTE Confidence: 0.857242832307692
00:25:32.845 --> 00:25:33.955 able to turn around and say,
NOTE Confidence: 0.857242832307692
00:25:33.960 --> 00:25:36.018 OK, I hear what you're saying.
NOTE Confidence: 0.857242832307692
00:25:36.020 --> 00:25:38.396 This is how we're going to take
NOTE Confidence: 0.857242832307692
00:25:38.400 --> 00:25:40.160 these exercises and help apply
NOTE Confidence: 0.857242832307692
00:25:40.160 --> 00:25:42.702 it to your life and make sure
NOTE Confidence: 0.857242832307692
00:25:42.702 --> 00:25:44.814 that it's all relevant to you.
NOTE Confidence: 0.885510509166667
00:25:46.290 --> 00:25:47.382 And Suzanne, you know,
NOTE Confidence: 0.885510509166667
00:25:47.382 --> 00:25:49.569 one of the questions that people might ask,
NOTE Confidence: 0.885510509166667

00:25:49.570 --> 00:25:53.776 particularly in the lymphedema world is
NOTE Confidence: 0.885510509166667

00:25:53.780 --> 00:25:56.139 if I do these exercises,
NOTE Confidence: 0.885510509166667

00:25:56.140 --> 00:25:58.386 I do the the massage,
NOTE Confidence: 0.885510509166667

00:25:58.386 --> 00:26:00.116 I wear the compression garment,
NOTE Confidence: 0.885510509166667

00:26:00.120 --> 00:26:03.524 if that's what's been prescribed, et cetera,
NOTE Confidence: 0.885510509166667

00:26:03.524 --> 00:26:05.936 will it actually make a difference?
NOTE Confidence: 0.885510509166667

00:26:05.940 --> 00:26:07.140 In other words,
NOTE Confidence: 0.885510509166667

00:26:07.140 --> 00:26:10.420 will the swelling go down and stay down?
NOTE Confidence: 0.885510509166667

00:26:10.420 --> 00:26:12.700 And what if it comes back?
NOTE Confidence: 0.885510509166667

00:26:12.700 --> 00:26:15.605 How often does that happen and what
NOTE Confidence: 0.885510509166667

00:26:15.605 --> 00:26:18.079 are the options at that point?
NOTE Confidence: 0.848573699166667

00:26:19.790 --> 00:26:21.392 Actually that is such a common question
NOTE Confidence: 0.848573699166667

00:26:21.392 --> 00:26:23.129 and I appreciate your asking that.
NOTE Confidence: 0.848573699166667

00:26:23.130 --> 00:26:25.244 It's such a common sentiment from the
NOTE Confidence: 0.848573699166667

00:26:25.244 --> 00:26:27.242 patients that I see for lymphedema
NOTE Confidence: 0.848573699166667

00:26:27.242 --> 00:26:29.294 regardless of where it's located in

NOTE Confidence: 0.848573699166667

00:26:29.294 --> 00:26:31.535 their body and and what was the reason

NOTE Confidence: 0.848573699166667

00:26:31.535 --> 00:26:34.446 they they got it or developed it.

NOTE Confidence: 0.848573699166667

00:26:34.446 --> 00:26:36.562 Absolutely the complete decongestive

NOTE Confidence: 0.848573699166667

00:26:36.562 --> 00:26:39.552 therapy program which is the four

NOTE Confidence: 0.848573699166667

00:26:39.552 --> 00:26:41.404 pronged approach to lymphedema

NOTE Confidence: 0.848573699166667

00:26:41.404 --> 00:26:43.070 management for patients

NOTE Confidence: 0.848573699166667

00:26:43.070 --> 00:26:44.150 has two phases.

NOTE Confidence: 0.848573699166667

00:26:44.150 --> 00:26:46.670 One is the in clinic reduction phase

NOTE Confidence: 0.848573699166667

00:26:46.742 --> 00:26:48.890 and our job as therapists

NOTE Confidence: 0.848573699166667

00:26:48.890 --> 00:26:50.675 is to look

NOTE Confidence: 0.848573699166667

00:26:50.675 --> 00:26:53.154 at the patient, as Scott said,

NOTE Confidence: 0.848573699166667

00:26:53.154 --> 00:26:55.026 be very patient specific.

NOTE Confidence: 0.848573699166667

00:26:55.030 --> 00:26:56.310 See what their needs are,

NOTE Confidence: 0.848573699166667

00:26:56.310 --> 00:26:59.034 what their swelling volume is as

NOTE Confidence: 0.848573699166667

00:26:59.034 --> 00:27:01.550 compared to the unaffected portion,

NOTE Confidence: 0.848573699166667

00:27:01.550 --> 00:27:03.916 whether it's a leg or trunk,
NOTE Confidence: 0.848573699166667

00:27:03.920 --> 00:27:05.648 and then look at their home,
NOTE Confidence: 0.848573699166667

00:27:05.650 --> 00:27:06.868 their home support.
NOTE Confidence: 0.848573699166667

00:27:06.868 --> 00:27:08.086 Are they alone?
NOTE Confidence: 0.848573699166667

00:27:08.090 --> 00:27:09.770 Can they even reach their feet
NOTE Confidence: 0.848573699166667

00:27:09.770 --> 00:27:11.755 if the swelling is in their legs
NOTE Confidence: 0.848573699166667

00:27:11.755 --> 00:27:13.357 after having some sort of a
NOTE Confidence: 0.848573699166667

00:27:13.360 --> 00:27:17.980 GYN or prostate cancer diagnosis and surgery.
NOTE Confidence: 0.848573699166667

00:27:17.980 --> 00:27:19.618 So we look at the patient and we say,
NOTE Confidence: 0.848573699166667

00:27:19.620 --> 00:27:21.492 OK, here is what we have and the
NOTE Confidence: 0.848573699166667

00:27:21.492 --> 00:27:23.470 tools that we have as lymphedema
NOTE Confidence: 0.848573699166667

00:27:23.470 --> 00:27:25.654 therapists are the manual lymphatic drainage,
NOTE Confidence: 0.848573699166667

00:27:25.660 --> 00:27:27.774 which is a very unique and specialized
NOTE Confidence: 0.848573699166667

00:27:27.774 --> 00:27:29.280 massage, very light,
NOTE Confidence: 0.848573699166667

00:27:29.280 --> 00:27:31.080 almost seems counterintuitive.
NOTE Confidence: 0.848573699166667

00:27:31.080 --> 00:27:32.648 And I can't tell you how many

NOTE Confidence: 0.848573699166667
00:27:32.648 --> 00:27:33.749 times people will tell me,
NOTE Confidence: 0.848573699166667
00:27:33.750 --> 00:27:34.332 are you kidding?
NOTE Confidence: 0.848573699166667
00:27:34.332 --> 00:27:36.778 Is this actually going to make a difference?
NOTE Confidence: 0.848573699166667
00:27:36.780 --> 00:27:37.704 And it does.
NOTE Confidence: 0.848573699166667
00:27:37.704 --> 00:27:39.860 I've seen it time and time again.
NOTE Confidence: 0.848573699166667
00:27:39.860 --> 00:27:41.925 I share with people the logic and
NOTE Confidence: 0.848573699166667
00:27:41.925 --> 00:27:43.579 the rationale behind that.
NOTE Confidence: 0.848573699166667
00:27:43.580 --> 00:27:45.416 We talk about the compression
NOTE Confidence: 0.848573699166667
00:27:45.416 --> 00:27:47.714 aspect of the complete
NOTE Confidence: 0.848573699166667
00:27:47.714 --> 00:27:49.226 decongestive therapy program.
NOTE Confidence: 0.848573699166667
00:27:49.230 --> 00:27:51.038 We say we're going to use the massage
NOTE Confidence: 0.848573699166667
00:27:51.038 --> 00:27:52.439 the manual lymphatic drainage.
NOTE Confidence: 0.848573699166667
00:27:52.440 --> 00:27:54.415 We're going to use compression
NOTE Confidence: 0.848573699166667
00:27:54.415 --> 00:27:56.750 bandages if possible to reduce the
NOTE Confidence: 0.848573699166667
00:27:56.750 --> 00:27:59.110 size of your area that is of concern.
NOTE Confidence: 0.848573699166667

00:27:59.110 --> 00:28:01.462 We will measure you and or send
NOTE Confidence: 0.848573699166667

00:28:01.462 --> 00:28:03.708 you to vendors within or without
NOTE Confidence: 0.848573699166667

00:28:03.708 --> 00:28:06.417 the Yale and YNH program and system
NOTE Confidence: 0.848573699166667

00:28:06.495 --> 00:28:09.767 to measure you to get you in the
NOTE Confidence: 0.848573699166667

00:28:09.767 --> 00:28:10.969 appropriate compressive garments.
NOTE Confidence: 0.848573699166667

00:28:10.969 --> 00:28:13.243 And then we show them exercises
NOTE Confidence: 0.848573699166667

00:28:13.243 --> 00:28:15.994 and we put all those four things
NOTE Confidence: 0.848573699166667

00:28:15.994 --> 00:28:17.915 together and we say, OK,
NOTE Confidence: 0.848573699166667

00:28:17.915 --> 00:28:20.610 now this is how you do this,
NOTE Confidence: 0.848573699166667

00:28:20.610 --> 00:28:22.930 this is how you manage this long term,
NOTE Confidence: 0.848573699166667

00:28:22.930 --> 00:28:24.002 it should reduce you.
NOTE Confidence: 0.848573699166667

00:28:24.002 --> 00:28:26.529 That's the goal.
NOTE Confidence: 0.848573699166667

00:28:26.530 --> 00:28:28.120 Then you are going to maintain
NOTE Confidence: 0.848573699166667

00:28:28.120 --> 00:28:29.900 that reduction as you move forward.
NOTE Confidence: 0.779627784090909

00:28:30.270 --> 00:28:32.730 Suzanne Burbank is an occupational and
NOTE Confidence: 0.779627784090909

00:28:32.730 --> 00:28:34.801 lymphedema therapist and Scott Capozza

NOTE Confidence: 0.779627784090909

00:28:34.801 --> 00:28:37.377 is a physical therapist for the Smilow

NOTE Confidence: 0.779627784090909

00:28:37.377 --> 00:28:39.370 Cancer Hospital survivorship clinic.

NOTE Confidence: 0.779627784090909

00:28:39.370 --> 00:28:41.154 If you have questions,

NOTE Confidence: 0.779627784090909

00:28:41.154 --> 00:28:42.938 the address is canceranswers@yale.edu

NOTE Confidence: 0.779627784090909

00:28:42.940 --> 00:28:45.155 and past editions of

NOTE Confidence: 0.779627784090909

00:28:45.155 --> 00:28:48.111 the program are available in audio and

NOTE Confidence: 0.779627784090909

00:28:48.111 --> 00:28:49.420 written form at yalecancercenter.org.

NOTE Confidence: 0.779627784090909

00:28:49.420 --> 00:28:51.820 We hope you'll join us next week to

NOTE Confidence: 0.779627784090909

00:28:51.820 --> 00:28:53.646 learn more about the fight against

NOTE Confidence: 0.779627784090909

00:28:53.646 --> 00:28:55.460 cancer here on Connecticut Public Radio.

NOTE Confidence: 0.779627784090909

00:28:55.460 --> 00:28:57.794 Funding for Yale Cancer Answers is

NOTE Confidence: 0.779627784090909

00:28:57.794 --> 00:29:00.000 provided by Smilow Cancer Hospital.