WEBVTT

00:00:00.000 --> 00:00:03.228 Funding for Yale Cancer Answers is

00:00:03.228 --> 00:00:06.280 provided by Smilow Cancer Hospital.

00:00:06.280 --> 00:00:08.520 Welcome to Yale Cancer Answers

00:00:08.520 --> 00:00:10.312 with Doctor Anees Chagpar.

00:00:10.320 --> 00:00:12.235 Yale Cancer Answers features the

00:00:12.235 --> 00:00:14.150 latest information on cancer care

00:00:14.208 --> 00:00:15.716 by welcoming oncologists and

00:00:15.716 --> 00:00:17.978 specialists who are on the forefront

00:00:18.039 --> 00:00:19.779 of the battle to fight cancer.

00:00:19.780 --> 00:00:22.072 This week, it's a conversation about

00:00:22.072 --> 00:00:24.299 colorectal cancer with Doctor Laura Baum.

00:00:24.300 --> 00:00:26.298 Dr. Baum is an assistant professor

00:00:26.298 --> 00:00:28.026 of medicine and medical oncology

00:00:28.026 --> 00:00:30.000 at the Yale School of Medicine,

00:00:30.000 --> 00:00:32.184 where Doctor Chagpar is a professor

00:00:32.184 --> 00:00:33.276 of surgical oncology.

NOTE Confidence: 0.914006304782609

00:00:34.460 --> 00:00:36.196 So Laura, maybe we can start off

NOTE Confidence: 0.914006304782609

00:00:36.196 --> 00:00:38.240 by you telling us a little bit more

NOTE Confidence: 0.914006304782609

00:00:38.240 --> 00:00:40.069 about yourself and what it is you do.

NOTE Confidence: 0.817931477142857

00:00:40.680 --> 00:00:43.739 I'm a medical oncologist and

NOTE Confidence: 0.817931477142857

00:00:43.740 --> 00:00:47.040 I'm also trained in palliative care.

NOTE Confidence: 0.817931477142857

00:00:47.040 --> 00:00:50.184 That means that initially I did an

NOTE Confidence: 0.817931477142857

00:00:50.184 --> 00:00:52.671 internal medicine residency and then I

NOTE Confidence: 0.817931477142857

00:00:52.671 --> 00:00:55.638 did a fellowship in palliative care as

NOTE Confidence: 0.817931477142857

00:00:55.638 --> 00:00:58.320 well as in medical oncology and hematology.

NOTE Confidence: 0.817931477142857

00:00:58.320 --> 00:01:03.400 So I came here to Yale to serve in

NOTE Confidence: 0.817931477142857

00:01:03.400 --> 00:01:05.320 the clinic taking care of patients

NOTE Confidence: 0.817931477142857

00:01:05.320 --> 00:01:08.330 with gastrointestinal cancers,

NOTE Confidence: 0.817931477142857

00:01:08.330 --> 00:01:10.181 which includes colorectal,

NOTE Confidence: 0.817931477142857

00:01:10.181 --> 00:01:13.883 the most common gastrointestinal cancer.

NOTE Confidence: 0.817931477142857

00:01:13.890 --> 00:01:14.802 In the clinic

NOTE Confidence: 0.817931477142857

00:01:14.802 --> 00:01:16.626 I also see palliative

NOTE Confidence: 0.817931477142857

00:01:16.626 --> 00:01:18.580 care consults in the hospital.

NOTE Confidence: 0.885245224

00:01:18.650 --> 00:01:22.285 Let's look at both of

NOTE Confidence: 0.885245224

00:01:22.285 --> 00:01:24.765 those kind of segments of your career.

NOTE Confidence: 0.885245224

00:01:24.770 --> 00:01:26.420 But let's start with colorectal

NOTE Confidence: 0.885245224

00:01:26.420 --> 00:01:28.640 cancer given that it is colorectal

NOTE Confidence: 0.885245224

00:01:28.640 --> 00:01:31.620 Cancer Awareness Month.

NOTE Confidence: 0.885245224

00:01:31.620 --> 00:01:34.147 Colorectal cancer is one of the most

NOTE Confidence: 0.885245224

00:01:34.147 --> 00:01:36.486 common cancers that we see here in the

NOTE Confidence: 0.885245224

00:01:36.486 --> 00:01:39.197 US, can you kind of give us a bit of

NOTE Confidence: 0.885245224

00:01:39.197 --> 00:01:41.260 the landscape about how many patients

NOTE Confidence: 0.885245224

00:01:41.260 --> 00:01:44.310 are diagnosed with colorectal cancer,

NOTE Confidence: 0.885245224

00:01:44.310 --> 00:01:46.529 how many patients pass away and have

NOTE Confidence: 0.885245224

00:01:46.529 --> 00:01:48.932 we seen any trends in improvement

NOTE Confidence: 0.885245224

00:01:48.932 --> 00:01:50.318 in those statistics?

NOTE Confidence: 0.812635841428571

00:01:50.490 --> 00:01:54.466 I would say that colorectal cancer,

00:01:54.470 --> 00:01:58.638 I believe, is the 4th most common cancer in

00:01:58.638 --> 00:02:01.630 the US maybe it's the third.

00:02:01.630 --> 00:02:03.855 It's one of the most

00:02:03.855 --> 00:02:06.080 common cancers we do see.

00:02:06.080 --> 00:02:08.138 I think it's the fourth most common

00:02:08.138 --> 00:02:10.098 cancer and the third most common

00:02:10.098 --> 00:02:12.132 cancer death in the United States.

00:02:12.140 --> 00:02:16.064 So the incidence meaning how many

00:02:16.064 --> 00:02:19.190 people get colorectal cancer

00:02:19.190 --> 00:02:21.230 has not significantly improved.

00:02:21.230 --> 00:02:22.745 In fact, we're seeing more

00:02:22.745 --> 00:02:23.957 younger people getting it,

00:02:23.960 --> 00:02:27.160 but the treatments and how long people are

00:02:27.160 --> 00:02:30.400 living with colorectal cancer has improved.

00:02:32.050 --> 00:02:35.396 It's a complicated question.

00:02:35.400 --> 00:02:37.518 It's going in both directions

NOTE Confidence: 0.812635841428571

00:02:37.518 --> 00:02:39.380 all at the same time.

NOTE Confidence: 0.812635841428571

00:02:39.380 --> 00:02:40.772 But you know,

NOTE Confidence: 0.812635841428571

00:02:40.772 --> 00:02:43.332 it is definitely one of the

NOTE Confidence: 0.812635841428571

00:02:43.332 --> 00:02:44.556 most common cancers,

NOTE Confidence: 0.812635841428571

00:02:44.560 --> 00:02:47.164 one of the most common fatal

NOTE Confidence: 0.812635841428571

00:02:47.164 --> 00:02:49.840 cancers both in the United States

NOTE Confidence: 0.812635841428571

00:02:49.840 --> 00:02:51.860 just as far as numbers,

NOTE Confidence: 0.812635841428571

00:02:51.860 --> 00:02:54.800 I think about 8% of all new

NOTE Confidence: 0.812635841428571

00:02:54.800 --> 00:02:58.045 cancer cases in the United States

NOTE Confidence: 0.812635841428571

00:02:58.045 --> 00:03:00.452 are colorectal and a similar

NOTE Confidence: 0.812635841428571

00:03:00.452 --> 00:03:02.568 about 8% of all cancer deaths.

NOTE Confidence: 0.910419957333333

00:03:03.070 --> 00:03:06.562 Yeah, I mean I think part of the reason

NOTE Confidence: 0.910419957333333

00:03:06.562 --> 00:03:10.027 why colorectal cancer perhaps is seen

NOTE Confidence: 0.910419957333333

00:03:10.030 --> 00:03:14.270 quite frequently is 2 pronged.

NOTE Confidence: 0.910419957333333

00:03:14.270 --> 00:03:17.546 First, I think that there is general awareness

NOTE Confidence: 0.910419957333333

00:03:17.546 --> 00:03:20.704 of colorectal cancer and the 2nd is

NOTE Confidence: 0.910419957333333

00:03:20.704 --> 00:03:23.320 that we have screening modalities.

NOTE Confidence: 0.910419957333333

00:03:23.320 --> 00:03:25.462 So let's talk about each of

NOTE Confidence: 0.910419957333333

00:03:25.462 --> 00:03:26.890 those things in turn.

NOTE Confidence: 0.910419957333333

00:03:26.890 --> 00:03:29.564 You know, in terms of colorectal cancer,

NOTE Confidence: 0.910419957333333

00:03:29.570 --> 00:03:32.468 if people are going to be symptomatic,

NOTE Confidence: 0.910419957333333

00:03:32.470 --> 00:03:34.060 if they're going to present

NOTE Confidence: 0.910419957333333

00:03:34.060 --> 00:03:34.674 with symptoms,

NOTE Confidence: 0.910419957333333

00:03:34.674 --> 00:03:36.823 can you talk a little bit about

NOTE Confidence: 0.910419957333333

00:03:36.823 --> 00:03:38.970 what are the common symptoms that

NOTE Confidence: 0.910419957333333

00:03:38.970 --> 00:03:40.745 patients may present with that

NOTE Confidence: 0.910419957333333

00:03:40.812 --> 00:03:43.158 leads to people wondering about a

NOTE Confidence: 0.910419957333333

00:03:43.158 --> 00:03:44.722 diagnosis of colorectal cancer?

NOTE Confidence: 0.886350766

00:03:45.780 --> 00:03:47.880 Well, I think those questions really go

NOTE Confidence: 0.886350766

00:03:47.880 --> 00:03:50.396 hand in hand because you know

NOTE Confidence: 0.886350766

00:03:50.400 --> 00:03:53.808 ideally the goal of a screening

NOTE Confidence: 0.886350766

00:03:53.808 --> 00:03:58.230 test is to find a cancer or a

NOTE Confidence: 0.886350766

00:03:58.230 --> 00:04:00.108 problem early enough that finding

NOTE Confidence: 0.886350766

00:04:00.108 --> 00:04:01.818 it earlier makes a difference,

NOTE Confidence: 0.886350766

00:04:01.820 --> 00:04:03.330 meaning that finding it earlier

NOTE Confidence: 0.886350766

00:04:03.330 --> 00:04:04.236 allows better treatment and

NOTE Confidence: 0.886350766

00:04:04.240 --> 00:04:06.000 longer survival for something

NOTE Confidence: 0.886350766

00:04:06.000 --> 00:04:08.377 that you would otherwise

NOTE Confidence: 0.886350766

00:04:08.377 --> 00:04:10.027 not find symptomatically.

NOTE Confidence: 0.886350766

00:04:10.030 --> 00:04:12.604 So many people with colorectal cancer

NOTE Confidence: 0.886350766

00:04:12.604 --> 00:04:15.634 will not have symptoms they will

NOTE Confidence: 0.886350766

00:04:15.634 --> 00:04:18.118 have a screening colonoscopy or

NOTE Confidence: 0.886350766

00:04:18.118 --> 00:04:20.837 whatever it is and that would allow

NOTE Confidence: 0.886350766

00:04:20.837 --> 00:04:22.914 diagnosis prior to having symptoms.

NOTE Confidence: 0.886350766

00:04:22.914 --> 00:04:25.834 If colorectal cancer is diagnosed

NOTE Confidence: 0.886350766

00:04:25.834 --> 00:04:27.586 based on symptoms,

NOTE Confidence: 0.886350766

00:04:27.590 --> 00:04:31.550 the most common is bleeding in the stool,

NOTE Confidence: 0.886350766

00:04:31.550 --> 00:04:36.032 so either red or black blood in the stool.

NOTE Confidence: 0.886350766

00:04:36.040 --> 00:04:38.458 That can present as overt like

NOTE Confidence: 0.886350766

00:04:38.458 --> 00:04:41.204 visible blood or as anemia.

NOTE Confidence: 0.886350766

00:04:41.204 --> 00:04:43.472 That may be the primary care doctor

NOTE Confidence: 0.886350766

00:04:43.472 --> 00:04:45.728 or somebody notices the patient has

NOTE Confidence: 0.886350766

00:04:45.728 --> 00:04:47.608 iron deficiency anemia even though

NOTE Confidence: 0.886350766

00:04:47.608 --> 00:04:49.679 they're not menstruating or they're

NOTE Confidence: 0.886350766

00:04:49.679 --> 00:04:52.187 not bleeding from another known issue.

NOTE Confidence: 0.886350766

00:04:52.190 --> 00:04:53.884 And I think that would be the

NOTE Confidence: 0.886350766

00:04:53.884 --> 00:04:55.310 most common way it presents.

NOTE Confidence: 0.886350766

00:04:55.310 --> 00:04:56.022 You know,

NOTE Confidence: 0.886350766

00:04:56.022 --> 00:04:58.870 it can present in more serious ways upfront.

NOTE Confidence: 0.886350766

00:04:58.870 --> 00:05:01.150 It can present as an obstruction

NOTE Confidence: 0.886350766

00:05:01.150 --> 00:05:02.290 of the colon.

NOTE Confidence: 0.886350766

00:05:02.290 --> 00:05:06.224 It can present with more advanced disease

NOTE Confidence: 0.886350766

00:05:06.224 --> 00:05:08.230 as symptoms outside of the colon,

NOTE Confidence: 0.886350766

00:05:08.230 --> 00:05:09.421 if it's spread,

NOTE Confidence: 0.886350766

00:05:09.421 --> 00:05:11.803 it can present with weight loss.

00:05:12.690 --> 00:05:15.186 If people are starting to lose

NOTE Confidence: 0.886350766

00:05:15.186 --> 00:05:17.146 weight from their cancer diagnosis.

NOTE Confidence: 0.886350766

00:05:17.150 --> 00:05:19.934 But ideally early colorectal cancer is

NOTE Confidence: 0.886350766

00:05:19.934 --> 00:05:22.190 either asymptomatic or diagnosed with

NOTE Confidence: 0.886350766

00:05:22.190 --> 00:05:25.284 a small amount of blood

00:05:25.822 --> 00:05:27.950 found on some kind of screening exam

NOTE Confidence: 0.886350766

00:05:28.006 --> 00:05:30.070 or noticed by the patient or a doctor.

00:05:30.643 --> 00:05:32.620 So certainly if this is going to

NOTE Confidence: 0.917462044

00:05:32.630 --> 00:05:35.045 be symptomatic, these are symptoms that a

NOTE Confidence: 0.917462044

00:05:35.045 --> 00:05:38.048 lot of people are not going to ignore, right.

NOTE Confidence: 0.917462044

00:05:38.048 --> 00:05:40.834 So if you certainly have blood in

NOTE Confidence: 0.917462044

00:05:40.834 --> 00:05:43.576 your stool or you find that

NOTE Confidence: 0.917462044

00:05:43.576 --> 00:05:45.886 you cannot pass stool, that you're

NOTE Confidence: 0.917462044

00:05:45.886 --> 00:05:47.926 having some bloating and obstruction,

NOTE Confidence: 0.917462044

00:05:47.930 --> 00:05:51.689 maybe you have weight loss or jaundice,

NOTE Confidence: 0.917462044

00:05:51.690 --> 00:05:53.478 those are things that oftentimes will

NOTE Confidence: 0.917462044

00:05:53.478 --> 00:05:55.670 prompt you to go and see a doctor.

NOTE Confidence: 0.917462044

00:05:55.670 --> 00:05:57.000 But as you say, Laura,

NOTE Confidence: 0.917462044

00:05:57.000 --> 00:06:00.220 it's ideal if colorectal cancer is picked

NOTE Confidence: 0.917462044

00:06:00.220 --> 00:06:03.862 up early with a screening test and we

NOTE Confidence: 0.917462044

00:06:03.862 --> 00:06:07.280 have so many screening tests now available.

NOTE Confidence: 0.917462044

00:06:07.280 --> 00:06:09.176 But that brings me to the next question,

NOTE Confidence: 0.917462044

00:06:09.180 --> 00:06:11.030 which is

NOTE Confidence: 0.917462044

00:06:11.030 --> 00:06:13.810 in terms of colorectal screening,

NOTE Confidence: 0.917462044

00:06:13.810 --> 00:06:17.167 given the fact that we have so many options,

NOTE Confidence: 0.917462044

00:06:17.170 --> 00:06:20.050 fecal occult blood tests,

NOTE Confidence: 0.917462044

00:06:20.050 --> 00:06:23.310 DNA tests like Cologuard, you know,

NOTE Confidence: 0.917462044

00:06:23.310 --> 00:06:25.082 sigmoidoscopy, colonoscopy,

NOTE Confidence: 0.917462044

00:06:25.082 --> 00:06:28.626 virtual colonoscopy, barium enema,

NOTE Confidence: 0.917462044

00:06:28.630 --> 00:06:30.790 I mean we can go on and on.

NOTE Confidence: 0.917462044

00:06:30.790 --> 00:06:34.038 There are so many options in terms of

NOTE Confidence: 0.917462044

00:06:34.038 --> 00:06:36.326 colorectal screening and different intervals

NOTE Confidence: 0.917462044

00:06:36.326 --> 00:06:39.128 at which these are each recommended.

00:06:39.712 --> 00:06:41.458 It can get kind of confusing.

NOTE Confidence: 0.917462044

00:06:41.460 --> 00:06:44.592 Can you layout kind

NOTE Confidence: 0.917462044

00:06:44.592 --> 00:06:46.680 of the screening guidelines?

NOTE Confidence: 0.917462044

00:06:46.680 --> 00:06:48.156 Who should get screened?

NOTE Confidence: 0.917462044

00:06:48.156 --> 00:06:50.001 When should they start screening

NOTE Confidence: 0.917462044

00:06:50.001 --> 00:06:51.870 with what and how frequently?

NOTE Confidence: 0.834974655

00:06:52.180 --> 00:06:54.294 Sure. And I will just say to

NOTE Confidence: 0.834974655

00:06:54.294 --> 00:06:57.230 your earlier point,

NOTE Confidence: 0.834974655

00:06:57.230 --> 00:06:59.780 I think people are very capable

NOTE Confidence: 0.834974655

00:06:59.780 --> 00:07:02.207 of ignoring even very serious

NOTE Confidence: 0.834974655

00:07:02.207 --> 00:07:04.107 symptoms because they're afraid.

NOTE Confidence: 0.834974655

00:07:04.107 --> 00:07:07.720 And so I would say that if you're

NOTE Confidence: 0.834974655

00:07:07.720 --> 00:07:10.108 having symptoms

NOTE Confidence: 0.834974655

00:07:10.108 --> 00:07:11.700 that you're worried about

NOTE Confidence: 0.834974655

00:07:11.700 --> 00:07:13.716 think of it as being reassuring and

NOTE Confidence: 0.834974655

00:07:13.716 --> 00:07:15.830 proactive to look into them rather than,

NOTE Confidence: 0.834974655

00:07:15.830 --> 00:07:18.140 you know, letting them continue to develop

NOTE Confidence: 0.834974655

00:07:18.140 --> 00:07:20.310 and presenting very late because of fear.

NOTE Confidence: 0.834974655

00:07:20.310 --> 00:07:21.612 And I think that also can

NOTE Confidence: 0.834974655

00:07:21.612 --> 00:07:22.800 hold true for screening tests.

NOTE Confidence: 0.834974655

00:07:22.800 --> 00:07:24.480 Some people think that they

NOTE Confidence: 0.834974655

00:07:24.480 --> 00:07:25.824 would rather not know.

NOTE Confidence: 0.834974655

00:07:25.830 --> 00:07:28.214 But the truth is,

NOTE Confidence: 0.834974655

00:07:28.214 --> 00:07:30.002 colorectal cancer screening

NOTE Confidence: 0.834974655

00:07:30.002 --> 00:07:32.957 allows diagnosis while the cancer

NOTE Confidence: 0.834974655

00:07:32.957 --> 00:07:35.117 is curable and manageable.

NOTE Confidence: 0.834974655

00:07:35.120 --> 00:07:37.997 And the screening itself has really evolved.

NOTE Confidence: 0.834974655

00:07:38.000 --> 00:07:40.492 So I'm going to confess a little

00:07:40.492 --> 00:07:42.424 bit of ignorance about some

00:07:42.424 --> 00:07:44.394 of the trends in screening.

00:07:44.400 --> 00:07:46.518 Before I became an oncologist,

00:07:46.520 --> 00:07:48.536 I was a primary care doctor.

00:07:48.540 --> 00:07:51.580 And so that is really in their realm.

00:07:51.580 --> 00:07:54.840 I think most oncologists have

00:07:54.840 --> 00:07:57.526 a bias towards the colonoscopy.

00:07:57.526 --> 00:07:59.704 I think most physicians that I

00:07:59.704 --> 00:08:01.960 know use that as their sort of

00:08:01.960 --> 00:08:04.200 what they would get for themselves.

00:08:04.200 --> 00:08:07.510 It's the most evidence based

00:08:07.510 --> 00:08:09.496 colorectal cancer screening.

00:08:10.380 --> 00:08:11.700 If it's normal,

00:08:11.700 --> 00:08:14.526 it's done approximately every 10 years.

00:08:14.530 --> 00:08:17.068 But I think a lot of patients have some

00:08:17.718 --> 00:08:19.986 fears about the bowel prep or having

NOTE Confidence: 0.834974655

00:08:19.986 --> 00:08:22.147 the colonoscopy done and there's

NOTE Confidence: 0.834974655

00:08:22.147 --> 00:08:24.793 been this development of other options.

NOTE Confidence: 0.834974655

00:08:24.800 --> 00:08:27.465 So the most frequently discussed

NOTE Confidence: 0.834974655

00:08:27.465 --> 00:08:29.597 is the high sensitivity

NOTE Confidence: 0.834974655

00:08:29.600 --> 00:08:32.448 fecal occult blood testing.

NOTE Confidence: 0.834974655

00:08:32.450 --> 00:08:34.410 That is a yearly test.

NOTE Confidence: 0.834974655

00:08:34.410 --> 00:08:36.510 It's very similar to the fit test,

NOTE Confidence: 0.834974655

00:08:36.510 --> 00:08:39.930 which is I think also done on the stool.

NOTE Confidence: 0.886487456666667

00:08:42.250 --> 00:08:44.400 Those are both done annually

NOTE Confidence: 0.886487456666667

00:08:44.400 --> 00:08:47.206 and the key I think is that

NOTE Confidence: 0.886487456666667

00:08:47.206 --> 00:08:49.774 it has to be followed up,

NOTE Confidence: 0.886487456666667

00:08:49.780 --> 00:08:53.430 you know if it's negative it has to be done

NOTE Confidence: 0.886487456666667

00:08:53.430 --> 00:08:55.499 the next year again and if it's positive,

NOTE Confidence: 0.886487456666667

00:08:55.500 --> 00:08:57.532 it has to be followed up with some

NOTE Confidence: 0.886487456666667

00:08:57.532 --> 00:08:59.870 kind of more direct visualizing test.

NOTE Confidence: 0.886487456666667

00:08:59.870 --> 00:09:02.236 So I don't remember the exact numbers,

NOTE Confidence: 0.886487456666667

00:09:02.240 --> 00:09:04.064 but some very large percentage of

NOTE Confidence: 0.886487456666667

00:09:04.064 --> 00:09:06.123 patients who get these fit tests or

NOTE Confidence: 0.886487456666667

00:09:06.123 --> 00:09:07.950 these FBT mailed to their homes and

NOTE Confidence: 0.886487456666667

00:09:08.005 --> 00:09:09.895 do them don't necessarily follow

NOTE Confidence: 0.886487456666667

00:09:09.895 --> 00:09:11.910 through on having the colonoscopy afterwards.

NOTE Confidence: 0.886487456666667

00:09:11.910 --> 00:09:14.535 So I think it's very important to

NOTE Confidence: 0.886487456666667

00:09:14.535 --> 00:09:16.380 realize that the test only works

NOTE Confidence: 0.886487456666667

00:09:16.380 --> 00:09:18.260 if you're going to react to the results.

00:09:20.570 --> 00:09:24.346 So both of those direct stool tests are

NOTE Confidence: 0.886487456666667

00:09:24.346 --> 00:09:28.184 annual and they require a colonoscopy if

NOTE Confidence: 0.886487456666667

00:09:28.184 --> 00:09:30.188 they're positive for blood,

NOTE Confidence: 0.886487456666667

00:09:30.190 --> 00:09:31.891 which also means if you have hemorrhoids

NOTE Confidence: 0.886487456666667

00:09:31.891 --> 00:09:33.389 or some other kind of problem,

NOTE Confidence: 0.886487456666667

00:09:33.390 --> 00:09:37.340 they're going to be less helpful as

NOTE Confidence: 0.935573216

00:09:37.350 --> 00:09:39.360 far as the virtual colonoscopy.

NOTE Confidence: 0.850503637142857

00:09:40.980 --> 00:09:43.430 I don't have a strong opinion.

NOTE Confidence: 0.850503637142857

00:09:43.430 --> 00:09:46.158 I know it can be comforting to people

NOTE Confidence: 0.850503637142857

00:09:46.158 --> 00:09:49.250 to not have the internal colonoscopy.

NOTE Confidence: 0.850503637142857

00:09:49.250 --> 00:09:53.885 I think it has shown to be pretty effective.

NOTE Confidence: 0.850503637142857

00:09:53.890 --> 00:09:55.648 But you know, obviously not the

NOTE Confidence: 0.850503637142857

00:09:55.648 --> 00:09:57.590 same as the direct colonoscopy.

NOTE Confidence: 0.850503637142857

00:09:57.590 --> 00:09:59.318 It doesn't allow for biopsy and

NOTE Confidence: 0.850503637142857

00:09:59.318 --> 00:10:01.250 it doesn't allow for intervention.

NOTE Confidence: 0.850503637142857

00:10:01.250 --> 00:10:04.155 So one goal of the colonoscopy is

NOTE Confidence: 0.850503637142857

00:10:04.155 --> 00:10:06.734 early diagnosis, but another goal is

NOTE Confidence: 0.850503637142857

00:10:06.734 --> 00:10:09.218 actually prevention, which is that

NOTE Confidence: 0.850503637142857

00:10:09.218 --> 00:10:12.434 colon cancer usually develops from polyps.

NOTE Confidence: 0.850503637142857

00:10:12.440 --> 00:10:16.436 So when a person has what's

NOTE Confidence: 0.850503637142857

00:10:16.436 --> 00:10:18.470 called an adenoma, a colonoscopy,

NOTE Confidence: 0.850503637142857

00:10:18.470 --> 00:10:20.210 if everything is normal,

NOTE Confidence: 0.850503637142857

00:10:20.210 --> 00:10:21.602 they say everything looks normal and

NOTE Confidence: 0.850503637142857

00:10:21.602 --> 00:10:23.060 you have another one in 10 years.

NOTE Confidence: 0.850503637142857

00:10:23.060 --> 00:10:24.740 But oftentimes they'll say, oh,

NOTE Confidence: 0.850503637142857

00:10:24.740 --> 00:10:25.422 we removed

NOTE Confidence: 0.850503637142857

00:10:25.422 --> 00:10:27.127 3 polyps, have another colonoscopy

NOTE Confidence: 0.850503637142857

00:10:27.127 --> 00:10:29.668 in three years or five years or

NOTE Confidence: 0.850503637142857

00:10:29.668 --> 00:10:30.760 whatever the gastroenterologist

NOTE Confidence: 0.850503637142857

00:10:30.760 --> 00:10:32.880 thinks based on their appearance,

NOTE Confidence: 0.850503637142857

00:10:32.880 --> 00:10:35.416 and then you're able to also remove those.

NOTE Confidence: 0.850503637142857

00:10:35.420 --> 00:10:37.366 So it prevents and it's almost like

NOTE Confidence: 0.850503637142857

00:10:37.366 --> 00:10:39.399 taking out a precancerous lesion,

NOTE Confidence: 0.850503637142857

00:10:39.400 --> 00:10:42.192 like if you go for a skin check

NOTE Confidence: 0.850503637142857

00:10:42.192 --> 00:10:44.678 and you did that virtually,

NOTE Confidence: 0.850503637142857

00:10:44.680 --> 00:10:46.500 they wouldn't also be able to

NOTE Confidence: 0.850503637142857

00:10:46.500 --> 00:10:48.327 biopsy what looks suspicious

NOTE Confidence: 0.850503637142857

00:10:48.327 --> 00:10:50.301 or to remove a precancerous sort

NOTE Confidence: 0.850503637142857

00:10:50.301 --> 00:10:51.619 of sun damage spot.

NOTE Confidence: 0.850503637142857

00:10:51.620 --> 00:10:53.096 It's the same with the colon.

NOTE Confidence: 0.850503637142857

00:10:53.100 --> 00:10:56.007 You want to be able to do the colonoscopy,

00:10:56.656 --> 00:10:59.886 and also do whatever biopsies or

NOTE Confidence: 0.850503637142857

00:10:59.890 --> 00:11:01.770 preventive removal of polyps is

NOTE Confidence: 0.850503637142857

00:11:01.770 --> 00:11:04.030 needed depending on what they find.

00:11:05.130 --> 00:11:07.550 I think that the benefit of

NOTE Confidence: 0.850503637142857

00:11:07.550 --> 00:11:09.650 the stool testing is that it's easy,

NOTE Confidence: 0.850503637142857

00:11:09.650 --> 00:11:12.626 it's at home, it's once a year.

NOTE Confidence: 0.850503637142857

00:11:12.630 --> 00:11:14.320 The benefit of the colonoscopy

NOTE Confidence: 0.850503637142857

00:11:14.320 --> 00:11:16.010 is that it's more thorough,

NOTE Confidence: 0.850503637142857

00:11:16.010 --> 00:11:18.061 and it really depends on what you

NOTE Confidence: 0.850503637142857

00:11:18.061 --> 00:11:19.828 feel you're capable of doing,

NOTE Confidence: 0.850503637142857

00:11:19.830 --> 00:11:22.658 and I think both are very useful.

NOTE Confidence: 0.850503637142857

00:11:22.660 --> 00:11:26.797 As far as timing, the old recommendations

NOTE Confidence: 0.850503637142857

00:11:26.800 --> 00:11:29.240 were starting at age 50.

00:11:29.578 --> 00:11:30.930 The new recommendations from

NOTE Confidence: 0.850503637142857

00:11:30.930 --> 00:11:32.620 the US Preventive Task Force,

NOTE Confidence: 0.850503637142857

00:11:34.652 --> 00:11:38.040 have recently gone down to age 45,

NOTE Confidence: 0.850503637142857

00:11:38.040 --> 00:11:40.574 and that's based on the new trends

NOTE Confidence: 0.850503637142857

00:11:40.574 --> 00:11:43.040 in colon cancer occurring earlier.

NOTE Confidence: 0.850503637142857

00:11:43.040 --> 00:11:45.330 So colorectal cancer screening is

NOTE Confidence: 0.850503637142857

00:11:45.330 --> 00:11:48.159 recommended for adults beginning at age 45.

NOTE Confidence: 0.850503637142857

00:11:48.160 --> 00:11:52.751 Some guidelines say continuing until age 75,

NOTE Confidence: 0.850503637142857

00:11:52.751 --> 00:11:55.817 but really the idea is that

NOTE Confidence: 0.850503637142857

00:11:55.820 --> 00:11:59.144 it should continue until

NOTE Confidence: 0.850503637142857

00:11:59.144 --> 00:12:03.059 somebody has like a life expectancy

NOTE Confidence: 0.850503637142857

00:12:03.060 --> 00:12:04.010 let's say of 10 years.

NOTE Confidence: 0.850503637142857

00:12:04.010 --> 00:12:06.068 Because you're looking to catch these

NOTE Confidence: 0.850503637142857

00:12:06.068 --> 00:12:08.084 adenomas or these polyps early enough and

NOTE Confidence: 0.850503637142857

00:12:08.084 --> 00:12:10.135 they take supposedly about

NOTE Confidence: 0.850503637142857

00:12:10.135 --> 00:12:12.179 10 years to develop into cancer and

NOTE Confidence: 0.850503637142857

00:12:12.179 --> 00:12:14.326 that's why they do it every 10 years.

NOTE Confidence: 0.850503637142857

00:12:14.326 --> 00:12:15.596 So you're looking to have

NOTE Confidence: 0.850503637142857

00:12:15.596 --> 00:12:17.180 for the screening test,

NOTE Confidence: 0.850503637142857

00:12:17.180 --> 00:12:18.720 not for a diagnostic colonoscopy,

NOTE Confidence: 0.850503637142857

00:12:18.720 --> 00:12:20.880 but for a screening test without

NOTE Confidence: 0.850503637142857

00:12:20.880 --> 00:12:22.515 symptoms to do this for somebody

NOTE Confidence: 0.850503637142857

00:12:22.515 --> 00:12:24.859 who has a 10 year life expectancy.

NOTE Confidence: 0.850503637142857

00:12:24.860 --> 00:12:26.756 So we're not looking for colonoscopies

NOTE Confidence: 0.850503637142857

00:12:26.760 --> 00:12:28.990 in the very, very elderly,

NOTE Confidence: 0.850503637142857

00:12:28.990 --> 00:12:30.700 and we're trying to start around

NOTE Confidence: 0.850503637142857

00:12:30.700 --> 00:12:32.265 the time that colorectal cancer

NOTE Confidence: 0.850503637142857

00:12:32.265 --> 00:12:34.144 incidence is beginning, preempting it.

NOTE Confidence: 0.850503637142857

00:12:34.144 --> 00:12:36.029 So starting around age 45,

NOTE Confidence: 0.850503637142857

00:12:36.030 --> 00:12:38.462 I will say that people who have a

NOTE Confidence: 0.850503637142857

00:12:38.462 --> 00:12:40.501 family history of colon cancer or

NOTE Confidence: 0.850503637142857

00:12:40.501 --> 00:12:42.553 some kind of hereditary syndrome do

NOTE Confidence: 0.850503637142857

20

00:12:42.617 --> 00:12:44.766 need to start earlier than age 45.

NOTE Confidence: 0.850503637142857

00:12:44.770 --> 00:12:46.681 They need to start 10 years prior

NOTE Confidence: 0.850503637142857

00:12:46.681 --> 00:12:47.500 to their youngest

NOTE Confidence: 0.856310864166666

00:12:47.559 --> 00:12:49.634 family member. So if there's a

NOTE Confidence: 0.856310864166666

00:12:49.634 --> 00:12:51.289 family history or a syndrome,

NOTE Confidence: 0.856310864166666

00:12:51.290 --> 00:12:52.762 you know, of cancer,

NOTE Confidence: 0.856310864166666

00:12:52.762 --> 00:12:54.602 colon cancer at age 37,

NOTE Confidence: 0.856310864166666

00:12:54.610 --> 00:12:57.766 then you would start at age

NOTE Confidence: 0.856310864166666

00:12:57.770 --> 00:13:01.019 27 and that's sort of the idea of screening

NOTE Confidence: 0.856310864166666

00:13:01.019 --> 00:13:04.368 is that you're catching something early.

NOTE Confidence: 0.856310864166666

00:13:04.370 --> 00:13:05.714 You're allowing early intervention

NOTE Confidence: 0.856310864166666

00:13:05.714 --> 00:13:07.730 to make a difference in both,

NOTE Confidence: 0.856310864166666

00:13:07.730 --> 00:13:10.130 in this case in both prevention

NOTE Confidence: 0.856310864166666

00:13:10.130 --> 00:13:12.258 and treatment and prognosis.

NOTE Confidence: 0.87804826625

00:13:12.630 --> 00:13:14.250 Yeah, such good information.

NOTE Confidence: 0.87804826625

00:13:14.250 --> 00:13:17.203 We are going to take a short

NOTE Confidence: 0.87804826625

00:13:17.203 --> 00:13:19.388 break for a medical minute.

NOTE Confidence: 0.87804826625

00:13:19.390 --> 00:13:21.847 When we come back, we'll learn more

NOTE Confidence: 0.87804826625

00:13:21.847 --> 00:13:23.800 about colorectal cancer with my guest,

NOTE Confidence: 0.834980993333333

00:13:23.850 --> 00:13:24.930 doctor Laura Baum.

NOTE Confidence: 0.783455157

00:13:25.600 --> 00:13:27.605 Funding for Yale Cancer Answers

NOTE Confidence: 0.783455157

00:13:27.605 --> 00:13:29.610 comes from Smilow Cancer Hospital,

NOTE Confidence: 0.783455157

00:13:29.610 --> 00:13:31.365 where their cancer genetics and

NOTE Confidence: 0.783455157

00:13:31.365 --> 00:13:33.616 prevention program includes a colon cancer

NOTE Confidence: 0.783455157

00:13:33.616 --> 00:13:35.791 genetics and prevention program that

NOTE Confidence: 0.783455157

00:13:35.791 --> 00:13:37.531 provides comprehensive risk assessment,

NOTE Confidence: 0.783455157

00:13:37.540 --> 00:13:40.246 education, and screening.

NOTE Confidence: 0.783455157

00:13:40.246 --> 00:13:43.360 Smilowcancerhospital.org.

NOTE Confidence: 0.783455157

00:13:43.360 --> 00:13:45.165 It's estimated that over 240,000

NOTE Confidence: 0.783455157

00:13:45.165 --> 00:13:47.933 men in the US will be diagnosed

NOTE Confidence: 0.783455157

00:13:47.933 --> 00:13:50.158 with prostate cancer this year.

NOTE Confidence: 0.783455157

00:13:50.160 --> 00:13:52.855 With over 3000 new cases being identified

NOTE Confidence: 0.783455157

00:13:52.860 --> 00:13:53.916 here in Connecticut,

NOTE Confidence: 0.783455157

00:13:53.916 --> 00:13:55.676 one in eight American men

NOTE Confidence: 0.783455157

00:13:55.676 --> 00:13:57.400 will develop prostate cancer

NOTE Confidence: 0.783455157

00:13:57.400 --> 00:13:59.320 in the course of his lifetime.

NOTE Confidence: 0.783455157

00:13:59.320 --> 00:14:01.378 Major advances in the detection and

NOTE Confidence: 0.783455157

00:14:01.378 --> 00:14:03.120 treatment of prostate cancer have

NOTE Confidence: 0.783455157

00:14:03.120 --> 00:14:04.364 dramatically decreased the number

NOTE Confidence: 0.783455157

00:14:04.364 --> 00:14:06.620 of men who die from the disease.

NOTE Confidence: 0.783455157

00:14:06.620 --> 00:14:08.400 Screening can be performed quickly

NOTE Confidence: 0.783455157

00:14:08.400 --> 00:14:10.205 and easily in a physician's

NOTE Confidence: 0.783455157

00:14:10.205 --> 00:14:12.080 office using two simple tests,

NOTE Confidence: 0.783455157

00:14:12.080 --> 00:14:14.586 a physical exam and a blood test.

NOTE Confidence: 0.783455157

00:14:14.590 --> 00:14:17.015 Clinical trials are currently underway

NOTE Confidence: 0.783455157

00:14:17.015 --> 00:14:18.955 at federally designated Comprehensive

NOTE Confidence: 0.783455157

00:14:18.955 --> 00:14:21.085 cancer centers such as Yale Cancer

NOTE Confidence: 0.783455157

00:14:21.085 --> 00:14:23.250 Center and Smilow Cancer Hospital,

NOTE Confidence: 0.783455157

00:14:23.250 --> 00:14:25.210 where doctors are also using

NOTE Confidence: 0.783455157

00:14:25.210 --> 00:14:26.386 the Artemis machine,

NOTE Confidence: 0.783455157

00:14:26.390 --> 00:14:28.298 which enables targeted biopsies

NOTE Confidence: 0.783455157

00:14:28.298 --> 00:14:29.729 to be performed.

NOTE Confidence: 0.783455157

00:14:29.730 --> 00:14:32.010 More information is available

NOTE Confidence: 0.783455157

00:14:32.010 --> 00:14:33.005 at yalecancercenter.org.

NOTE Confidence: 0.783455157

00:14:33.005 --> 00:14:35.555 You're listening to Connecticut public radio.

NOTE Confidence: 0.817133153333333

00:14:37.140 --> 00:14:39.198 Welcome back to Yale Cancer Answers.

NOTE Confidence: 0.817133153333333

00:14:39.200 --> 00:14:40.760 This is doctor Anees Chagpar

NOTE Confidence: 0.817133153333333

00:14:40.760 --> 00:14:42.895 and I'm joined tonight by my guest,

NOTE Confidence: 0.817133153333333

00:14:42.900 --> 00:14:44.178 doctor Laura Baum.

NOTE Confidence: 0.817133153333333

00:14:44.180 --> 00:14:47.050 We're talking about the care of patients

NOTE Confidence: 0.817133153333333

00:14:47.050 --> 00:14:49.627 with colorectal cancer in honor of

NOTE Confidence: 0.817133153333333

00:14:49.627 --> 00:14:51.335 Colorectal Cancer Awareness Month.

NOTE Confidence: 0.817133153333333

00:14:51.340 --> 00:14:52.450 And right before the break,

NOTE Confidence: 0.817133153333333

00:14:52.450 --> 00:14:54.300 Laura, you started talking about,

NOTE Confidence: 0.817133153333333

00:14:54.300 --> 00:14:55.785 we were talking about screening

NOTE Confidence: 0.817133153333333

00:14:55.785 --> 00:14:57.820 and the whole plethora of screening

NOTE Confidence: 0.817133153333333

00:14:57.820 --> 00:14:59.320 tests that are out there.

NOTE Confidence: 0.817133153333333

00:14:59.320 --> 00:15:02.729 You had mentioned that the USPSTF has

NOTE Confidence: 0.817133153333333

00:15:02.729 --> 00:15:06.106 moved the age down to 45 to start

NOTE Confidence: 0.817133153333333

00:15:06.106 --> 00:15:08.398 screening and certainly that can be

NOTE Confidence: 0.817133153333333

00:15:08.398 --> 00:15:11.153 even earlier if you have a family

NOTE Confidence: 0.817133153333333

00:15:11.153 --> 00:15:13.940 history of a colorectal cancer syndrome.

NOTE Confidence: 0.817133153333333

00:15:13.940 --> 00:15:16.635 So you want to start screening 10

NOTE Confidence: 0.817133153333333

00:15:16.635 --> 00:15:18.776 years younger than the youngest

NOTE Confidence: 0.817133153333333

00:15:18.776 --> 00:15:21.500 person in your family got diagnosed.

NOTE Confidence: 0.817133153333333

00:15:21.500 --> 00:15:23.537 Which leads us to the next question,

NOTE Confidence: 0.817133153333333

00:15:23.540 --> 00:15:24.400 which is,

NOTE Confidence: 0.817133153333333

00:15:24.400 --> 00:15:26.554 are there other risk factors aside

NOTE Confidence: 0.817133153333333

00:15:26.554 --> 00:15:29.130 from family history that put you at

NOTE Confidence: 0.817133153333333

00:15:29.130 --> 00:15:30.920 increased risk of colorectal cancer?

NOTE Confidence: 0.817133153333333

00:15:30.920 --> 00:15:33.104 So often I find that patients are

NOTE Confidence: 0.817133153333333

00:15:33.104 --> 00:15:34.940 always asking, what did I do,

00:15:35.736 --> 00:15:39.200 is this caused by smoking or alcohol,

NOTE Confidence: 0.817133153333333

00:15:39.200 --> 00:15:43.460 red meat, smoked meats, fats,

NOTE Confidence: 0.817133153333333

00:15:43.460 --> 00:15:44.756 all of those kinds of things.

NOTE Confidence: 0.817133153333333

00:15:44.760 --> 00:15:46.785 Can you talk a little bit about risk factors?

NOTE Confidence: 0.901062323636364

00:15:47.280 --> 00:15:49.824 Sure. So I think the answer

NOTE Confidence: 0.901062323636364

00:15:49.824 --> 00:15:51.980 to that question is yes.

NOTE Confidence: 0.901062323636364

00:15:51.980 --> 00:15:54.260 It's caused by everything you said,

NOTE Confidence: 0.901062323636364

00:15:54.260 --> 00:15:55.640 but the more important thing,

NOTE Confidence: 0.901062323636364

00:15:55.640 --> 00:15:56.796 I think is that

NOTE Confidence: 0.901062323636364

00:15:56.796 --> 00:15:58.898 so often when people are facing cancer

NOTE Confidence: 0.901062323636364

00:15:58.898 --> 00:16:01.005 and they're asking what did I do?

NOTE Confidence: 0.901062323636364

00:16:01.010 --> 00:16:04.475 To me that's like an

26

NOTE Confidence: 0.901062323636364

00:16:04.475 --> 00:16:06.670 existential distress question, you know,

NOTE Confidence: 0.901062323636364

00:16:06.670 --> 00:16:08.800 a feeling of guilt and stigma,

NOTE Confidence: 0.901062323636364

00:16:08.800 --> 00:16:11.056 a sense of the unfairness of it all.

NOTE Confidence: 0.901062323636364

00:16:11.060 --> 00:16:13.517 And I will say that it is

NOTE Confidence: 0.901062323636364

00:16:13.517 --> 00:16:15.819 very unfair and unpredictable.

NOTE Confidence: 0.901062323636364

00:16:15.820 --> 00:16:19.700 There are many people who eat high fat,

NOTE Confidence: 0.901062323636364

00:16:19.700 --> 00:16:20.654 smoked meat,

NOTE Confidence: 0.901062323636364

00:16:20.654 --> 00:16:23.993 red meat diets and drink a lot

NOTE Confidence: 0.901062323636364

00:16:23.993 --> 00:16:27.211 of alcohol and are sedentary and

NOTE Confidence: 0.901062323636364

00:16:27.211 --> 00:16:29.199 don't develop colorectal cancer.

NOTE Confidence: 0.901062323636364

00:16:29.200 --> 00:16:31.192 So I think it's very important

NOTE Confidence: 0.901062323636364

00:16:31.192 --> 00:16:33.533 to sort of think of this as once

NOTE Confidence: 0.901062323636364

00:16:33.533 --> 00:16:34.698 you're facing the disease to

NOTE Confidence: 0.901062323636364

00:16:34.698 --> 00:16:36.150 think of this as something

NOTE Confidence: 0.896840084285714

00:16:38.270 --> 00:16:39.929 that's not your fault.

NOTE Confidence: 0.896840084285714

00:16:39.930 --> 00:16:41.610 That's not stigmatized in that sense.

NOTE Confidence: 0.896840084285714

00:16:41.610 --> 00:16:44.046 As far as preventing colorectal cancer,

NOTE Confidence: 0.896840084285714

00:16:44.050 --> 00:16:48.369 though, it is aside from family syndromes,

NOTE Confidence: 0.896840084285714

00:16:48.370 --> 00:16:51.726 it is also associated with a lot

NOTE Confidence: 0.896840084285714

00:16:51.726 --> 00:16:52.794 of those things we just mentioned,

NOTE Confidence: 0.896840084285714

00:16:52.800 --> 00:16:55.840 particularly alcohol and obesity

NOTE Confidence: 0.896840084285714

00:16:55.840 --> 00:16:58.880 contribute to colorectal cancer.

NOTE Confidence: 0.8537232305

00:17:01.470 --> 00:17:04.011 As does you know, the concept

NOTE Confidence: 0.8537232305

00:17:04.011 --> 00:17:06.913 of a low fiber diet sort of

NOTE Confidence: 0.8537232305

00:17:06.913 --> 00:17:09.499 having a less healthy gut Biome,

NOTE Confidence: 0.8537232305

00:17:09.500 --> 00:17:11.360 interestingly, and this isn't super

NOTE Confidence: 0.8537232305

00:17:11.360 --> 00:17:14.009 relevant to a lot of our younger patients,

NOTE Confidence: 0.8537232305

00:17:14.010 --> 00:17:16.205 but long histories of starvation

NOTE Confidence: 0.8537232305

00:17:16.205 --> 00:17:17.961 and deprivation also contribute

NOTE Confidence: 0.8537232305

00:17:17.961 --> 00:17:19.650 to colorectal cancer.

NOTE Confidence: 0.8537232305

00:17:19.650 --> 00:17:22.075 For example, survivors of the

NOTE Confidence: 0.8537232305

00:17:22.075 --> 00:17:25.085 Holocaust in Nazi Germany have very

NOTE Confidence: 0.8537232305

00:17:25.085 --> 00:17:27.580 high rates of colorectal cancer.

NOTE Confidence: 0.928234735

00:17:27.650 --> 00:17:29.506 You know, the other thing that you had

NOTE Confidence: 0.928234735

00:17:29.506 --> 00:17:31.009 mentioned right at the top of the show,

NOTE Confidence: 0.928234735

00:17:31.010 --> 00:17:35.138 though, was that while the incidence

NOTE Confidence: 0.928234735

00:17:35.138 --> 00:17:38.766 of colorectal cancer is quite high.

NOTE Confidence: 0.928234735

00:17:38.766 --> 00:17:41.394 we're making strides in

NOTE Confidence: 0.928234735

00:17:41.394 --> 00:17:44.302 terms of increasing longevity after

NOTE Confidence: 0.928234735

00:17:44.302 --> 00:17:46.898 a colorectal cancer diagnosis.

NOTE Confidence: 0.928234735

00:17:46.900 --> 00:17:49.428 So can you talk to us a little

NOTE Confidence: 0.928234735

00:17:49.428 --> 00:17:51.597 bit more about why that is?

NOTE Confidence: 0.928234735

00:17:51.600 --> 00:17:54.192 I mean part of it might be that we're

NOTE Confidence: 0.928234735

00:17:54.192 --> 00:17:56.243 catching more colorectal cancers earlier

NOTE Confidence: 0.928234735

00:17:56.243 --> 00:17:58.793 with screening like we talked about,

NOTE Confidence: 0.928234735

00:17:58.800 --> 00:18:02.314 but another might be advances in treatment.

NOTE Confidence: 0.928234735

00:18:02.320 --> 00:18:04.620 So can you talk to us a little bit about

NOTE Confidence: 0.928234735

00:18:04.684 --> 00:18:06.988 where the state of the science is there?

NOTE Confidence: 0.838818968333333

00:18:07.400 --> 00:18:09.926 Yeah, it's definitely both. So catching

NOTE Confidence: 0.838818968333333

00:18:09.930 --> 00:18:12.126 cancer earlier allows for curative intent

NOTE Confidence: 0.838818968333333

00:18:12.126 --> 00:18:14.697 treatment and the state of the science

NOTE Confidence: 0.838818968333333

00:18:14.697 --> 00:18:16.797 has significantly improved there as well.

NOTE Confidence: 0.838818968333333

00:18:16.800 --> 00:18:18.636 For colon cancer

NOTE Confidence: 0.838818968333333

00:18:18.640 --> 00:18:22.360 that means surgery and likely chemotherapy

NOTE Confidence: 0.838818968333333

00:18:22.360 --> 00:18:24.010 subsequently afterward in order to make

NOTE Confidence: 0.838818968333333

00:18:24.010 --> 00:18:26.097 sure that there's a higher rate of cure.

NOTE Confidence: 0.838818968333333

00:18:26.100 --> 00:18:27.726 For rectal cancer,

NOTE Confidence: 0.838818968333333

00:18:27.726 --> 00:18:30.436 it means chemotherapy and radiation,

NOTE Confidence: 0.838818968333333

00:18:30.440 --> 00:18:32.852 sometimes even without surgery,

NOTE Confidence: 0.838818968333333

00:18:32.852 --> 00:18:34.540 but generally, you know,

NOTE Confidence: 0.838818968333333

00:18:34.540 --> 00:18:35.980 with the surgery as well and

NOTE Confidence: 0.838818968333333

00:18:35.980 --> 00:18:37.358 that has improved, right?

NOTE Confidence: 0.838818968333333

00:18:37.358 --> 00:18:39.626 Those cure rates of early stage

NOTE Confidence: 0.838818968333333

00:18:39.626 --> 00:18:41.310 colon and rectal cancer,

NOTE Confidence: 0.838818968333333

00:18:41.310 --> 00:18:43.026 the long term cure is improving.

NOTE Confidence: 0.838818968333333

00:18:43.030 --> 00:18:44.740 We're really perfecting the science

NOTE Confidence: 0.838818968333333

00:18:44.740 --> 00:18:46.792 thereof even now starting to think

NOTE Confidence: 0.838818968333333

00:18:46.792 --> 00:18:48.490 how do we not overtreat people?

NOTE Confidence: 0.838818968333333

00:18:48.490 --> 00:18:50.778 How do we treat somebody with an

NOTE Confidence: 0.838818968333333

00:18:50.778 --> 00:18:52.550 earlier stage colon or rectal cancer

NOTE Confidence: 0.838818968333333

00:18:52.550 --> 00:18:54.624 in a way where they're going to

NOTE Confidence: 0.838818968333333

00:18:54.624 --> 00:18:56.436 have the best long term survivorship

NOTE Confidence: 0.838818968333333

00:18:56.436 --> 00:18:58.160 with the least complications and

NOTE Confidence: 0.838818968333333

00:18:58.160 --> 00:18:59.780 the least surgical complications,

NOTE Confidence: 0.838818968333333

00:18:59.780 --> 00:19:02.024 the least radiation complications,

NOTE Confidence: 0.838818968333333

00:19:02.024 --> 00:19:04.268 the least chemotherapy complications.

NOTE Confidence: 0.838818968333333

00:19:04.270 --> 00:19:06.320 So that has improved significantly

NOTE Confidence: 0.838818968333333

00:19:06.320 --> 00:19:09.395 and then for patients who are being

NOTE Confidence: 0.838818968333333

00:19:09.395 --> 00:19:11.307 diagnosed with advanced disease,

NOTE Confidence: 0.838818968333333

00:19:11.310 --> 00:19:12.726 there's the NCI that says

NOTE Confidence: 0.838818968333333

00:19:15.855 --> 00:19:18.355 survivorship starts from diagnosis.

NOTE Confidence: 0.838818968333333

00:19:18.360 --> 00:19:20.075 There's this concept of metastatic

NOTE Confidence: 0.838818968333333

00:19:20.075 --> 00:19:20.418 survivorship,

NOTE Confidence: 0.838818968333333

00:19:20.420 --> 00:19:22.640 which some people find controversial.

NOTE Confidence: 0.838818968333333

00:19:22.640 --> 00:19:23.600 I don't love it,

00:19:23.840 --> 00:19:26.388 having followed a lot of patients with

NOTE Confidence: 0.838818968333333

00:19:26.388 --> 00:19:28.339 metastatic disease on social media,

NOTE Confidence: 0.838818968333333

00:19:28.340 --> 00:19:29.630 I think some people like it,

NOTE Confidence: 0.838818968333333

00:19:29.630 --> 00:19:30.455 some people don't.

NOTE Confidence: 0.838818968333333

00:19:30.455 --> 00:19:32.380 But the idea is that you can

NOTE Confidence: 0.838818968333333

00:19:32.442 --> 00:19:34.197 be living with advanced cancer

NOTE Confidence: 0.838818968333333

00:19:34.200 --> 00:19:35.360 for some amount of years,

NOTE Confidence: 0.838818968333333

00:19:35.360 --> 00:19:38.678 and that's certainly true in colon cancer.

NOTE Confidence: 0.838818968333333

00:19:38.680 --> 00:19:40.528 Unlike a lot of other gastrointestinal

NOTE Confidence: 0.838818968333333

00:19:40.528 --> 00:19:41.744 cancers, pancreas cancer,

NOTE Confidence: 0.838818968333333

00:19:41.744 --> 00:19:43.100 and so on,

NOTE Confidence: 0.838818968333333

00:19:43.100 --> 00:19:45.725 colon cancer is becoming a disease that

NOTE Confidence: 0.838818968333333

00:19:45.725 --> 00:19:48.697 even diagnosed in stage 4 metastatic without.

NOTE Confidence: 0.838818968333333

00:19:48.700 --> 00:19:49.732 surgical options,

NOTE Confidence: 0.838818968333333

00:19:49.732 --> 00:19:52.828 people are living for several years

NOTE Confidence: 0.838818968333333

00:19:52.830 --> 00:19:55.790 making it through initial chemotherapy,

NOTE Confidence: 0.838818968333333

00:19:55.790 --> 00:19:57.803 second line chemotherapy,

NOTE Confidence: 0.838818968333333

00:19:57.803 --> 00:19:59.816 third line chemotherapy.

NOTE Confidence: 0.838818968333333

00:19:59.820 --> 00:20:01.308 Just yesterday,

NOTE Confidence: 0.838818968333333

00:20:01.308 --> 00:20:02.300 for example,

NOTE Confidence: 0.838818968333333

00:20:02.300 --> 00:20:05.674 here we were reviewing the results of

NOTE Confidence: 0.838818968333333

00:20:05.674 --> 00:20:07.858 the gastrointestinal Annual Society

NOTE Confidence: 0.838818968333333

00:20:07.858 --> 00:20:10.042 of Clinical Oncology Abstracts,

NOTE Confidence: 0.838818968333333

00:20:10.042 --> 00:20:13.416 which showed some real movement even in

NOTE Confidence: 0.838818968333333

00:20:13.416 --> 00:20:16.640 the third and fourth line treatments,

00:20:17.930 --> 00:20:20.510 patients living several

NOTE Confidence: 0.838818968333333

00:20:20.510 --> 00:20:22.750 years after diagnosis.

NOTE Confidence: 0.76811344

00:20:23.460 --> 00:20:25.260 So just a quick question,

NOTE Confidence: 0.76811344

00:20:25.260 --> 00:20:27.432 why don't you like the term

NOTE Confidence: 0.76811344

00:20:27.432 --> 00:20:29.268 survivorship?

NOTE Confidence: 0.793525724545455

00:20:29.280 --> 00:20:31.545 I personally know

NOTE Confidence: 0.793525724545455

00:20:31.545 --> 00:20:33.810 it's very controversial this idea

NOTE Confidence: 0.793525724545455

00:20:33.878 --> 00:20:36.230 of calling yourself a a metastatic

NOTE Confidence: 0.793525724545455

00:20:36.230 --> 00:20:38.950 survivor or an advanced cancer survivor.

NOTE Confidence: 0.793525724545455

00:20:38.950 --> 00:20:40.575 Some people love this they

NOTE Confidence: 0.793525724545455

00:20:40.575 --> 00:20:41.550 find it empowering.

NOTE Confidence: 0.793525724545455

00:20:41.550 --> 00:20:43.635 The idea that survivorship starts

NOTE Confidence: 0.793525724545455

00:20:43.635 --> 00:20:46.165 from diagnosis and even though they

NOTE Confidence: 0.793525724545455

00:20:46.165 --> 00:20:48.415 have a terminal diagnosis they are

NOTE Confidence: 0.793525724545455

00:20:48.415 --> 00:20:50.238 living with advanced disease and

NOTE Confidence: 0.793525724545455

00:20:50.238 --> 00:20:52.048 they are a cancer survivor that

NOTE Confidence: 0.793525724545455

00:20:52.048 --> 00:20:53.671 they're surviving cancer for the

NOTE Confidence: 0.793525724545455

00:20:53.671 --> 00:20:55.829 two or three or however many years

NOTE Confidence: 0.793525724545455

00:20:55.829 --> 00:20:57.929 they're with us and I think

NOTE Confidence: 0.793525724545455

00:20:57.929 --> 00:20:59.574 some people and a lot of this is

NOTE Confidence: 0.793525724545455

00:20:59.574 --> 00:21:00.960 coming out of the breast cancer

NOTE Confidence: 0.793525724545455

00:21:00.960 --> 00:21:04.632 Twitter world feel that it's a

NOTE Confidence: 0.793525724545455

00:21:04.632 --> 00:21:07.080 completely different experience to

NOTE Confidence: 0.793525724545455

00:21:07.183 --> 00:21:09.358 have a terminal diagnosis regardless

NOTE Confidence: 0.793525724545455

00:21:09.358 --> 00:21:13.264 of the fact that you're living longer

NOTE Confidence: 0.793525724545455

00:21:13.264 --> 00:21:16.876 with it and that it minimizes or

NOTE Confidence: 0.793525724545455

00:21:16.880 --> 00:21:18.660 doesn't fully encompass their experience.

NOTE Confidence: 0.793525724545455

00:21:18.660 --> 00:21:21.299 Because even though they have quality of

NOTE Confidence: 0.793525724545455

00:21:21.299 --> 00:21:24.360 life and they're living with advanced cancer,

NOTE Confidence: 0.793525724545455

00:21:24.360 --> 00:21:26.369 they know that they are going to

NOTE Confidence: 0.793525724545455

00:21:26.369 --> 00:21:28.713 die from that cancer and they find

NOTE Confidence: 0.793525724545455

00:21:28.713 --> 00:21:30.488 it disingenuous to call themselves

NOTE Confidence: 0.793525724545455

00:21:30.488 --> 00:21:31.910 a cancer survivor.

NOTE Confidence: 0.793525724545455

00:21:31.910 --> 00:21:34.220 So I think both perspectives

NOTE Confidence: 0.793525724545455

00:21:34.220 --> 00:21:35.606 are really valid.

00:21:35.933 --> 00:21:38.517 It really depends on the person and the

NOTE Confidence: 0.793525724545455

00:21:38.517 --> 00:21:41.245 patient sort of centered perspective on that.

NOTE Confidence: 0.793525724545455

00:21:41.250 --> 00:21:43.530 I have personally been using the

NOTE Confidence: 0.793525724545455

00:21:43.530 --> 00:21:45.810 term living with advanced disease.

NOTE Confidence: 0.793525724545455

00:21:45.810 --> 00:21:47.710 More than saying somebody is

NOTE Confidence: 0.793525724545455

00:21:47.710 --> 00:21:49.395 a metastatic survivor.

NOTE Confidence: 0.793525724545455

00:21:49.395 --> 00:21:52.005 There's a bunch of different terminology

NOTE Confidence: 0.793525724545455

00:21:52.005 --> 00:21:55.306 for it for people who are sort of

00:21:55.866 --> 00:21:57.256 on chemotherapy for the rest

NOTE Confidence: 0.793525724545455

00:21:57.256 --> 00:21:59.322 of their life and going to die

NOTE Confidence: 0.793525724545455

00:21:59.322 --> 00:22:00.498 of their cancer eventually.

NOTE Confidence: 0.811024203

00:22:00.570 --> 00:22:02.970 Which brings me to

NOTE Confidence: 0.811024203

00:22:02.970 --> 00:22:05.370 the next kind of topic,

NOTE Confidence: 0.811024203

00:22:05.370 --> 00:22:08.810 which is you are also trained

NOTE Confidence: 0.811024203

00:22:08.810 --> 00:22:11.850 as a palliative care physician,

NOTE Confidence: 0.811024203

00:22:11.850 --> 00:22:15.600 and I find so often that

NOTE Confidence: 0.811024203

00:22:15.600 --> 00:22:17.277 for some people,

NOTE Confidence: 0.811024203

00:22:17.277 --> 00:22:20.631 that concept of palliative care is

NOTE Confidence: 0.811024203

00:22:20.631 --> 00:22:23.438 really scary because they equate it with

NOTE Confidence: 0.946459156

00:22:23.450 --> 00:22:25.920 I'm going to die

NOTE Confidence: 0.890521559

00:22:25.970 --> 00:22:30.030 and my care team has given up hope on me.

NOTE Confidence: 0.890521559

00:22:30.030 --> 00:22:32.095 Can you kind of speak to that?

NOTE Confidence: 0.915941319166667

00:22:32.690 --> 00:22:35.917 I think a lot of people don't

NOTE Confidence: 0.915941319166667

00:22:35.917 --> 00:22:38.050 understand what palliative care is.

NOTE Confidence: 0.915941319166667

00:22:38.050 --> 00:22:41.380 And what we're trying to tell people is that

NOTE Confidence: 0.915941319166667

00:22:41.380 --> 00:22:44.628 when you are living with advanced disease,

NOTE Confidence: 0.915941319166667

00:22:44.630 --> 00:22:46.174 you have a lot of good years left,

NOTE Confidence: 0.915941319166667

00:22:46.180 --> 00:22:49.820 let's say you may still need extra support

NOTE Confidence: 0.915941319166667

00:22:49.820 --> 00:22:52.764 so palliative care can start early on

NOTE Confidence: 0.915941319166667

00:22:52.764 --> 00:22:55.609 in a cancer diagnosis to help with

NOTE Confidence: 0.915941319166667

00:22:55.610 --> 00:22:57.035 prognostics, understanding their

NOTE Confidence: 0.915941319166667

00:22:57.035 --> 00:22:58.460 prognosis with treatment,

NOTE Confidence: 0.915941319166667

00:22:58.460 --> 00:23:01.238 decision making with an added layer

NOTE Confidence: 0.915941319166667

00:23:01.238 --> 00:23:03.352 of support, with spiritual support,

NOTE Confidence: 0.915941319166667

00:23:03.352 --> 00:23:05.716 with pain and symptom management or

NOTE Confidence: 0.915941319166667

00:23:05.716 --> 00:23:07.828 palliative care can come in later and

NOTE Confidence: 0.915941319166667

00:23:07.828 --> 00:23:10.230 really be helping with end of life questions.

NOTE Confidence: 0.915941319166667

00:23:10.230 --> 00:23:12.946 Palliative care is very much a spectrum

NOTE Confidence: 0.915941319166667

00:23:12.946 --> 00:23:15.390 it's given with cancer treatment,

NOTE Confidence: 0.915941319166667

00:23:15.390 --> 00:23:17.250 it's given you know,

NOTE Confidence: 0.915941319166667

00:23:17.250 --> 00:23:20.040 while curative intent therapies are being

NOTE Confidence: 0.915941319166667

00:23:20.119 --> 00:23:24.170 pursued if there's a lot of needs.

NOTE Confidence: 0.915941319166667

00:23:24.170 --> 00:23:25.720 So I think it's

00:23:25.720 --> 00:23:26.929 really a spectrum.

00:23:26.930 --> 00:23:28.278 It includes Hospice,

00:23:29.830 --> 00:23:32.050 Hospice is part of palliative care,

00:23:32.050 --> 00:23:34.030 but it's not the same.

00:23:34.030 --> 00:23:36.502 And I think a lot of patients

00:23:36.502 --> 00:23:38.347 think when they hear palliative

00:23:38.347 --> 00:23:41.028 care that it's like a bridge to

00:23:41.104 --> 00:23:43.828 Hospice and that can be intimidating.

00:23:43.830 --> 00:23:46.692 A lot of national surveys on

00:23:46.692 --> 00:23:48.550 perception have shown that,

00:23:48.550 --> 00:23:49.390 for example,

00:23:49.390 --> 00:23:50.230 with Hospice,

00:23:50.230 --> 00:23:52.309 it's very popular and has a very

00:23:52.309 --> 00:23:52.903 good reputation.

00:23:52.910 --> 00:23:54.870 People think very favorably of

00:23:54.870 --> 00:23:56.438 Hospice for other people.

00:23:56.440 --> 00:23:59.518 So they have a very positive idea of it,

00:23:59.520 --> 00:24:01.256 but they don't think that it should

00:24:01.256 --> 00:24:02.000 be for them.

00:24:02.000 --> 00:24:03.784 And so I think the idea of palliative

00:24:03.784 --> 00:24:05.815 care is that it's not just end of life,

00:24:05.820 --> 00:24:07.432 it's not just Hospice.

00:24:07.432 --> 00:24:10.220 And using palliative care only as sort

00:24:10.220 --> 00:24:12.580 of a bridge or a mini Hospice does

00:24:12.580 --> 00:24:15.071 a disservice to patients who might

00:24:15.071 --> 00:24:18.570 benefit from it earlier on in their

00:24:18.570 --> 00:24:21.995 treatment or with support issues,

00:24:22.000 --> 00:24:23.168 that kind of thing.

00:24:26.550 --> 00:24:29.320 So for many cancer centers,

00:24:29.320 --> 00:24:32.650 there's this kind of move to

00:24:32.650 --> 00:24:35.620 integrating palliative care into the

00:24:35.620 --> 00:24:38.257 curative treatment realm, right.

NOTE Confidence: 0.894400483333333

00:24:38.257 --> 00:24:41.542 So this idea that palliative

NOTE Confidence: 0.894400483333333

00:24:41.542 --> 00:24:45.033 care can actually start at

NOTE Confidence: 0.894400483333333

00:24:45.033 --> 00:24:47.603 diagnosis perhaps as

NOTE Confidence: 0.894400483333333

00:24:47.603 --> 00:24:49.408 that extra layer of support

NOTE Confidence: 0.894400483333333

00:24:49.408 --> 00:24:51.770 maybe in a more secondary role

NOTE Confidence: 0.894400483333333

00:24:51.770 --> 00:24:55.181 to the curative oncologist that

NOTE Confidence: 0.894400483333333

00:24:55.181 --> 00:24:57.047 kind of can grow over time.

NOTE Confidence: 0.894400483333333

00:24:57.050 --> 00:25:00.298 With you having

NOTE Confidence: 0.894400483333333

00:25:00.298 --> 00:25:03.106 two hats in the same person,

NOTE Confidence: 0.894400483333333

00:25:03.110 --> 00:25:06.683 do you find that is a more seamless

NOTE Confidence: 0.894400483333333

00:25:06.683 --> 00:25:09.258 transition for you with your patients?

NOTE Confidence: 0.864254276666667

00:25:10.430 --> 00:25:13.696 Well first

NOTE Confidence: 0.864254276666667

00:25:13.696 --> 00:25:15.100 of all I would separate palliative

NOTE Confidence: 0.864254276666667

00:25:15.100 --> 00:25:16.975 care from diagnosis from palliative

NOTE Confidence: 0.864254276666667

00:25:16.975 --> 00:25:18.510 care with curative intent.

NOTE Confidence: 0.864254276666667

00:25:18.510 --> 00:25:20.319 I think a lot of times when we talk

NOTE Confidence: 0.864254276666667

00:25:20.319 --> 00:25:22.090 about palliative care from diagnosis,

NOTE Confidence: 0.864254276666667

00:25:22.090 --> 00:25:24.304 we do really mean for patients

NOTE Confidence: 0.864254276666667

00:25:24.304 --> 00:25:25.780 diagnosed with advanced disease

NOTE Confidence: 0.864254276666667

00:25:25.842 --> 00:25:27.387 and to allow that gradual

NOTE Confidence: 0.864254276666667

00:25:27.390 --> 00:25:28.634 transition where the cancer

NOTE Confidence: 0.864254276666667

00:25:28.634 --> 00:25:30.899 doctors play a larger role and

NOTE Confidence: 0.864254276666667

00:25:30.899 --> 00:25:32.251 eventually the palliative care

NOTE Confidence: 0.864254276666667

00:25:32.251 --> 00:25:34.723 doctor will play the larger role with

NOTE Confidence: 0.864254276666667

00:25:34.723 --> 00:25:36.518 palliative care and curative intent.

NOTE Confidence: 0.864254276666667

00:25:36.520 --> 00:25:39.535 I think usually the goal is like a bridge,

NOTE Confidence: 0.864254276666667

00:25:39.540 --> 00:25:41.444 you know, a bridge to the cure

NOTE Confidence: 0.864254276666667

00:25:41.444 --> 00:25:43.040 or dealing with uncertainty,

NOTE Confidence: 0.864254276666667

00:25:43.040 --> 00:25:44.498 dealing with what it means to

NOTE Confidence: 0.864254276666667

00:25:44.498 --> 00:25:45.781 have a life threatening illness

NOTE Confidence: 0.864254276666667

00:25:45.781 --> 00:25:47.317 even if it's not life limiting.

NOTE Confidence: 0.864254276666667

00:25:47.320 --> 00:25:48.552 But to your question,

NOTE Confidence: 0.864254276666667

00:25:48.552 --> 00:25:50.908 I think with those patients who are

NOTE Confidence: 0.864254276666667

00:25:50.908 --> 00:25:53.400 getting curative intent treatment, when it

NOTE Confidence: 0.864254276666667

00:25:53.400 --> 00:25:55.920 doesn't go well,

NOTE Confidence: 0.864254276666667

00:25:55.920 --> 00:25:56.772 which happens occasionally,

NOTE Confidence: 0.864254276666667

00:25:56.772 --> 00:25:57.340 you know,

NOTE Confidence: 0.864254276666667

00:25:57.340 --> 00:25:59.560 when there's a recurrence or relapse

NOTE Confidence: 0.864254276666667

00:25:59.560 --> 00:26:01.918 some time after the presumed cure

NOTE Confidence: 0.864254276666667

00:26:01.918 --> 00:26:04.339 or when the treatment

NOTE Confidence: 0.864254276666667

00:26:04.339 --> 00:26:06.279 isn't going well.

NOTE Confidence: 0.864254276666667

00:26:06.280 --> 00:26:09.016 I think that's just very hard for people.

NOTE Confidence: 0.864254276666667

00:26:09.020 --> 00:26:11.740 It's a big disappointment.

NOTE Confidence: 0.864254276666667

00:26:11.740 --> 00:26:15.800 It's a change in expectations.

NOTE Confidence: 0.864254276666667

00:26:15.800 --> 00:26:18.560 Uncertainty is very hard for people.

NOTE Confidence: 0.864254276666667

00:26:18.560 --> 00:26:21.432 I try to make it a more seamless

NOTE Confidence: 0.864254276666667

00:26:21.432 --> 00:26:23.260 transition and to really be

NOTE Confidence: 0.864254276666667

00:26:23.260 --> 00:26:24.960 there for people through that.

NOTE Confidence: 0.864254276666667

00:26:24.960 --> 00:26:29.304 But it's not for everybody and

00:26:33.760 --> 00:26:34.534 understanding that,

00:26:35.308 --> 00:26:38.071 that is part of being human with

NOTE Confidence: 0.864254276666667

00:26:38.071 --> 00:26:40.273 them and realizing that it's not

NOTE Confidence: 0.864254276666667

00:26:40.273 --> 00:26:42.503 easy for anybody to think that

NOTE Confidence: 0.864254276666667

00:26:42.503 --> 00:26:44.621 they're achieving a cure and then

NOTE Confidence: 0.864254276666667

00:26:44.621 --> 00:26:46.890 find out that they didn't.

00:26:49.272 --> 00:26:51.862 I think having those difficult

NOTE Confidence: 0.847431978571429

00:26:51.862 --> 00:26:54.648 conversations is by definition difficult.

NOTE Confidence: 0.847431978571429

00:26:54.650 --> 00:26:57.520 And and so,

NOTE Confidence: 0.847431978571429

00:26:57.520 --> 00:26:59.000 in palliative care teams,

NOTE Confidence: 0.847431978571429

00:26:59.000 --> 00:27:01.331 there's often multiple people who

NOTE Confidence: 0.847431978571429

00:27:01.331 --> 00:27:03.833 are well trained to have those

NOTE Confidence: 0.847431978571429

00:27:03.840 --> 00:27:06.035 conversations and deal with

NOTE Confidence: 0.847431978571429

00:27:06.035 --> 00:27:08.828 various issues that come up whether

NOTE Confidence: 0.847431978571429

00:27:08.828 --> 00:27:11.959 it's physical symptoms or you know

NOTE Confidence: 0.847431978571429

00:27:11.959 --> 00:27:14.737 the emotional burden or the financial

NOTE Confidence: 0.847431978571429

00:27:14.737 --> 00:27:17.410 burden or the existential spiritual

NOTE Confidence: 0.847431978571429

00:27:17.410 --> 00:27:20.590 crises that people are having.

NOTE Confidence: 0.847431978571429

00:27:20.590 --> 00:27:23.342 Can you talk a little bit

NOTE Confidence: 0.847431978571429

00:27:23.342 --> 00:27:26.270 more about how that team aspect really

NOTE Confidence: 0.847431978571429

00:27:26.270 --> 00:27:28.990 helps in terms of palliative care?

NOTE Confidence: 0.847431978571429

00:27:28.990 --> 00:27:31.446 I mean you are a palliative care physician,

NOTE Confidence: 0.847431978571429

00:27:31.450 --> 00:27:32.678 but you're one person.

NOTE Confidence: 0.847431978571429

00:27:32.678 --> 00:27:34.520 I can imagine that sometimes you

NOTE Confidence: 0.847431978571429

00:27:34.520 --> 00:27:36.045 also benefit from having

NOTE Confidence: 0.847431978571429

00:27:36.045 --> 00:27:37.570 a palliative care team behind you?

NOTE Confidence: 0.89452187375

00:27:37.580 --> 00:27:38.340 Definitely.

NOTE Confidence: 0.89452187375

00:27:38.340 --> 00:27:40.620 And since I'm also working in

NOTE Confidence: 0.89452187375

00:27:40.620 --> 00:27:42.379 the outpatient setting primarily

NOTE Confidence: 0.89452187375

00:27:42.379 --> 00:27:44.239 as the medical oncologist,

NOTE Confidence: 0.89452187375

00:27:44.240 --> 00:27:46.478 I will often consult my palliative

NOTE Confidence: 0.89452187375

00:27:46.478 --> 00:27:48.352 care colleague whose

NOTE Confidence: 0.89452187375

00:27:48.352 --> 00:27:49.917 focus that is because I think sometimes

NOTE Confidence: 0.89452187375

00:27:49.917 --> 00:27:52.079 even when I have the skill set,

NOTE Confidence: 0.89452187375

00:27:52.080 --> 00:27:54.156 it's helpful to have him involved.

NOTE Confidence: 0.89452187375

00:27:54.160 --> 00:27:57.460 He's our GI palliative care oncologist.

NOTE Confidence: 0.89452187375

00:27:57.460 --> 00:27:58.670 Just because he has that

NOTE Confidence: 0.89452187375

different focus.

NOTE Confidence: 0.89452187375

00:27:59.830 --> 00:28:01.510 You sometimes see the different set of

NOTE Confidence: 0.89452187375

00:28:01.510 --> 00:28:03.409 eyes and ears in the room and somebody

NOTE Confidence: 0.89452187375

00:28:03.409 --> 00:28:05.283 to have a different kind of time frame

NOTE Confidence: 0.89452187375

00:28:05.283 --> 00:28:06.900 of what they're going to talk about.

NOTE Confidence: 0.89452187375

00:28:06.900 --> 00:28:09.384 So not only do I use my own palliative

NOTE Confidence: 0.89452187375

00:28:09.384 --> 00:28:11.906 care consult in the outpatient setting,

NOTE Confidence: 0.89452187375

00:28:11.910 --> 00:28:13.345 when I am working with

NOTE Confidence: 0.89452187375

00:28:13.345 --> 00:28:14.493 the palliative care team,

NOTE Confidence: 0.89452187375

00:28:14.500 --> 00:28:16.054 I find it very helpful that

NOTE Confidence: 0.89452187375

00:28:16.054 --> 00:28:17.090 there's a social worker,

NOTE Confidence: 0.89452187375

00:28:17.090 --> 00:28:19.882 that there's a chaplain

NOTE Confidence: 0.89452187375

00:28:19.882 --> 00:28:21.976 for spiritual distress.

NOTE Confidence: 0.89452187375

00:28:21.980 --> 00:28:23.102 At other institutions,

NOTE Confidence: 0.89452187375

00:28:23.102 --> 00:28:24.972 I think they'll have sometimes

NOTE Confidence: 0.89452187375

00:28:24.972 --> 00:28:27.163 an art therapist or various

NOTE Confidence: 0.89452187375

00:28:27.163 --> 00:28:29.221 different people can be a part

NOTE Confidence: 0.89452187375

00:28:29.290 --> 00:28:31.040 of the palliative care team.

NOTE Confidence: 0.913218333333333

00:28:31.690 --> 00:28:33.796 Doctor Laura Baum is an assistant

NOTE Confidence: 0.913218333333333

00:28:33.796 --> 00:28:35.625 professor of medicine and medical

NOTE Confidence: 0.913218333333333

00:28:35.625 --> 00:28:38.124 oncology at the Yale School of Medicine.

NOTE Confidence: 0.913218333333333

00:28:38.130 --> 00:28:40.178 If you have questions,

NOTE Confidence: 0.913218333333333

00:28:40.178 --> 00:28:42.190 the address is canceranswers@yale.edu

NOTE Confidence: 0.913218333333333

00:28:42.190 --> 00:28:45.010 and past editions of the program

NOTE Confidence: 0.913218333333333

00:28:45.010 --> 00:28:47.465 are available in audio and written

NOTE Confidence: 0.913218333333333

00:28:47.465 --> 00:28:48.431 form at yalecancercenter.org.

NOTE Confidence: 0.913218333333333

00:28:48.431 --> 00:28:50.919 We hope you'll join us next week to

NOTE Confidence: 0.913218333333333

00:28:50.919 --> 00:28:52.812 learn more about the fight against

NOTE Confidence: 0.913218333333333

00:28:52.812 --> 00:28:54.690 cancer here on Connecticut Public Radio.

NOTE Confidence: 0.913218333333333

00:28:54.690 --> 00:28:57.420 Funding for Yale Cancer Answers is

NOTE Confidence: 0.913218333333333

00:28:57.420 --> 00:29:00.000 provided by Smilow Cancer Hospital.