WEBVTT

00:00:00.000 --> 00:00:02.226 Funding for Yale Cancer Answers is

NOTE Confidence: 0.814035860909091

00:00:02.226 --> 00:00:04.330 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.683893617777778

00:00:06.430 --> 00:00:08.605 Welcome to Yale Cancer Answers

NOTE Confidence: 0.683893617777778

00:00:08.605 --> 00:00:10.345 with Doctor Anish Chagpar.

NOTE Confidence: 0.683893617777778

00:00:10.350 --> 00:00:12.225 Yale Cancer Answers features the

NOTE Confidence: 0.683893617777778

00:00:12.225 --> 00:00:14.100 latest information on cancer care

NOTE Confidence: 0.683893617777778

00:00:14.164 --> 00:00:15.644 by welcoming oncologists and

NOTE Confidence: 0.683893617777778

00:00:15.644 --> 00:00:17.864 specialists who are on the forefront

NOTE Confidence: 0.683893617777778

00:00:17.922 --> 00:00:19.626 of the battle to fight cancer.

NOTE Confidence: 0.683893617777778

00:00:19.630 --> 00:00:21.994 This week, it's a conversation about

NOTE Confidence: 0.683893617777778

00:00:21.994 --> 00:00:24.530 esophageal cancer with Doctor Harry Aslanian.

NOTE Confidence: 0.683893617777778

00:00:24.530 --> 00:00:26.826 Dr. Aslanian is a professor of medicine

NOTE Confidence: 0.683893617777778

00:00:26.826 --> 00:00:28.659 and director of endoscopic ultrasound

NOTE Confidence: 0.683893617777778

00:00:28.659 --> 00:00:31.029 at the Yale School of Medicine,

NOTE Confidence: 0.683893617777778

00:00:31.030 --> 00:00:33.250 where Doctor Chagpar is a professor

NOTE Confidence: 0.683893617777778

1

00:00:33.250 --> 00:00:34.360 of surgical oncology.

NOTE Confidence: 0.8878461196

00:00:35.160 --> 00:00:37.024 Doctor Aslanian, maybe we can start

NOTE Confidence: 0.8878461196

00:00:37.024 --> 00:00:39.363 off by you telling us a little bit more

NOTE Confidence: 0.8878461196

00:00:39.363 --> 00:00:41.110 about yourself and what it is you do.

NOTE Confidence: 0.811522089375

00:00:41.180 --> 00:00:43.030 I'm a gastroenterologist

NOTE Confidence: 0.811522089375

00:00:43.030 --> 00:00:45.810 and I work as part of the

NOTE Confidence: 0.811522089375

00:00:45.810 --> 00:00:47.518 Yale Advanced Endoscopy team.

NOTE Confidence: 0.811522089375

00:00:47.520 --> 00:00:51.286 So endoscopy is sort of its own

NOTE Confidence: 0.811522089375

00:00:51.286 --> 00:00:53.993 subspecialty in gastroenterology where we

NOTE Confidence: 0.811522089375

00:00:53.993 --> 00:00:57.029 perform a variety of specialized scope

NOTE Confidence: 0.811522089375

00:00:57.029 --> 00:00:59.540 procedures very commonly to diagnose

NOTE Confidence: 0.811522089375

00:00:59.540 --> 00:01:02.378 and stage and more frequently

NOTE Confidence: 0.811522089375

00:01:02.378 --> 00:01:05.710 also treat early cancers of the

NOTE Confidence: 0.811522089375

00:01:05.710 --> 00:01:06.984 esophagus, stomach,

NOTE Confidence: 0.811522089375

00:01:06.984 --> 00:01:10.806 small bowel, colon and we

NOTE Confidence: 0.811522089375

00:01:10.806 --> 00:01:13.728 can also diagnose and treat some

NOTE Confidence: 0.811522089375

00:01:13.728 --> 00:01:15.376 pancreas and biliary diseases.

NOTE Confidence: 0.848241874

00:01:16.040 --> 00:01:18.296 That sounds awesome.

NOTE Confidence: 0.848241874

00:01:18.296 --> 00:01:20.885 The question that I

NOTE Confidence: 0.848241874

00:01:20.885 --> 00:01:23.395 have for you is,

NOTE Confidence: 0.848241874

00:01:23.395 --> 00:01:26.219 we talk a lot about cancer on this show.

NOTE Confidence: 0.848241874

00:01:26.220 --> 00:01:28.428 Clearly it is Yale Cancer Answers, but

NOTE Confidence: 0.848241874

00:01:28.428 --> 00:01:31.740 we don't often talk about

NOTE Confidence: 0.848241874

00:01:31.740 --> 00:01:32.494 esophageal cancer.

NOTE Confidence: 0.848241874

00:01:32.494 --> 00:01:35.133 So can you paint

NOTE Confidence: 0.848241874

00:01:35.133 --> 00:01:37.439 the landscape for us on that?

NOTE Confidence: 0.848241874

00:01:37.440 --> 00:01:40.176 What exactly is this cancer?

NOTE Confidence: 0.848241874

00:01:40.180 --> 00:01:41.768 How common is it?

NOTE Confidence: 0.848241874

00:01:41.768 --> 00:01:43.820 Who gets it, that kind of stuff?

NOTE Confidence: 0.886510033333333

00:01:44.930 --> 00:01:47.126 Yeah, there's a lot of interesting features.

NOTE Confidence: 0.886510033333333

00:01:48.318 --> 00:01:50.519 We often take the esophagus

NOTE Confidence: 0.886510033333333

3

00:01:50.519 --> 00:01:52.289 for granted and think of

NOTE Confidence: 0.886510033333333

00:01:52.290 --> 00:01:54.082 just a tube that we

NOTE Confidence: 0.886510033333333

00:01:54.082 --> 00:01:56.050 are able to swallow something.

NOTE Confidence: 0.886510033333333

00:01:56.050 --> 00:01:58.558 And swallowing is quite a complex

NOTE Confidence: 0.886510033333333

00:01:58.558 --> 00:02:01.129 mechanism to get something to transfer

NOTE Confidence: 0.886510033333333

00:02:01.129 --> 00:02:03.589 from our mouths into the esophagus.

NOTE Confidence: 0.886510033333333

00:02:03.590 --> 00:02:05.930 But once it reaches the esophagus,

NOTE Confidence: 0.886510033333333

00:02:05.930 --> 00:02:09.188 the esophagus also has a

NOTE Confidence: 0.886510033333333

00:02:09.188 --> 00:02:12.218 musculature like an electrical

NOTE Confidence: 0.886510033333333

00:02:12.218 --> 00:02:15.490 motor that has a stripping wave

NOTE Confidence: 0.886510033333333

00:02:15.490 --> 00:02:18.784 that carries the food down from the

NOTE Confidence: 0.886510033333333

00:02:18.784 --> 00:02:21.266 upper esophagus towards the stomach

NOTE Confidence: 0.886510033333333

00:02:21.266 --> 00:02:24.570 and then there's a valve called the

NOTE Confidence: 0.886510033333333

00:02:24.665 --> 00:02:27.863 lower esophageal sphincter that

NOTE Confidence: 0.886510033333333

00:02:27.863 --> 00:02:30.528 coordinates with that electrical motor.

NOTE Confidence: 0.886510033333333

00:02:30.530 --> 00:02:32.794 So we want to open that Valve to

00:02:32.794 --> 00:02:35.207 let the food out of the esophagus

00:02:35.210 --> 00:02:37.380 at the right time because then the

00:02:37.380 --> 00:02:39.210 stomach does its important job.

00:02:39.210 --> 00:02:41.828 It's a very acidic environment and it's

00:02:41.828 --> 00:02:44.308 grinding up and digesting the food,

00:02:44.310 --> 00:02:45.566 so we don't want

00:02:45.566 --> 00:02:48.533 all of that acid and bile that's in the

00:02:48.533 --> 00:02:51.690 stomach to be coming up into the esophagus.

00:02:51.690 --> 00:02:55.290 So that lower valve will be shut most

00:02:55.290 --> 00:02:59.288 of the time and because bile, which

00:02:59.288 --> 00:03:02.221 happens to be alkaline and then stomach

00:03:02.221 --> 00:03:04.416 acid can be very irritating to the

00:03:04.416 --> 00:03:06.830 esophagus and cause a lot of inflammation.

00:03:06.830 --> 00:03:10.630 So the symptoms of heartburn are

00:03:10.630 --> 00:03:13.330 extremely common and we all experience

00:03:13.330 --> 00:03:16.739 that usually at some point or other and

NOTE Confidence: 0.886510033333333

00:03:16.740 --> 00:03:19.673 that's also why the medications to

NOTE Confidence: 0.886510033333333

00:03:19.673 --> 00:03:22.195 block stomach acid called proton pump

NOTE Confidence: 0.886510033333333

00:03:22.195 --> 00:03:25.710 inhibitors and the older ones H2 blockers,

NOTE Confidence: 0.886510033333333

00:03:25.710 --> 00:03:28.510 which would be like a brand names

NOTE Confidence: 0.886510033333333

00:03:28.510 --> 00:03:31.110 like Pepcid or Prilosec are extremely

NOTE Confidence: 0.886510033333333

00:03:31.110 --> 00:03:32.735 common and are

NOTE Confidence: 0.886510033333333

00:03:32.740 --> 00:03:35.005 multibillion dollar medications across the

NOTE Confidence: 0.886510033333333

00:03:35.005 --> 00:03:37.939 world because these symptoms are so common.

NOTE Confidence: 0.886510033333333

00:03:37.940 --> 00:03:39.515 And just a little more

NOTE Confidence: 0.886510033333333

00:03:39.515 --> 00:03:40.775 background about the esophagus.

NOTE Confidence: 0.886510033333333

00:03:40.780 --> 00:03:43.445 So the esophagus itself is

NOTE Confidence: 0.886510033333333

00:03:43.445 --> 00:03:46.110 normally lined by squamous mucosa.

NOTE Confidence: 0.886510033333333

00:03:46.110 --> 00:03:47.988 So those are the kind of

NOTE Confidence: 0.886510033333333

00:03:47.988 --> 00:03:49.670 cells that line our skin.

NOTE Confidence: 0.886510033333333

00:03:49.670 --> 00:03:52.267 And one type of cancer that

NOTE Confidence: 0.886510033333333

00:03:52.267 --> 00:03:54.497 arises from the squamous line

NOTE Confidence: 0.886510033333333

00:03:54.497 --> 00:03:57.087 is called squamous cell cancer.

NOTE Confidence: 0.886510033333333

00:03:57.090 --> 00:04:00.093 And that can occur anywhere throughout the

NOTE Confidence: 0.886510033333333

00:04:00.093 --> 00:04:03.349 esophagus and it can be multiple locations.

NOTE Confidence: 0.886510033333333

00:04:03.350 --> 00:04:05.660 And that's the cancer that's much

NOTE Confidence: 0.886510033333333

00:04:05.660 --> 00:04:07.690 more common around the world.

NOTE Confidence: 0.886510033333333

00:04:07.690 --> 00:04:10.329 So esophageal cancer overall is the 8th

NOTE Confidence: 0.886510033333333

00:04:10.329 --> 00:04:12.620 most common cancer worldwide and the

NOTE Confidence: 0.886510033333333

00:04:12.620 --> 00:04:15.168 6th most common cause of cancer death.

NOTE Confidence: 0.886510033333333

00:04:15.170 --> 00:04:19.188 But in countries across Africa and Asia,

NOTE Confidence: 0.886510033333333

00:04:19.190 --> 00:04:20.144 there's some

NOTE Confidence: 0.886510033333333

00:04:20.144 --> 00:04:23.006 areas where there's a lot

NOTE Confidence: 0.886510033333333

00:04:23.006 --> 00:04:25.649 of squamous cell cancer and

NOTE Confidence: 0.886510033333333

00:04:25.650 --> 00:04:27.234 factors that are thought to contribute

NOTE Confidence: 0.886510033333333

00:04:27.234 --> 00:04:28.700 to that include smoking,

NOTE Confidence: 0.886510033333333

00:04:28.700 --> 00:04:33.040 alcohol, and poor nutrition.

NOTE Confidence: 0.886510033333333

00:04:33.040 --> 00:04:35.020 But in the United States,

NOTE Confidence: 0.886510033333333

00:04:35.020 --> 00:04:37.939 in Western countries,

NOTE Confidence: 0.886510033333333

00:04:37.940 --> 00:04:41.153 a different type of cell is becoming the most

NOTE Confidence: 0.886510033333333

00:04:41.153 --> 00:04:44.076 common cancer that we call adenocarcinoma.

NOTE Confidence: 0.886510033333333

00:04:44.080 --> 00:04:46.250 So the cells lining the

NOTE Confidence: 0.886510033333333

00:04:46.250 --> 00:04:48.420 stomach are different types.

NOTE Confidence: 0.886510033333333

00:04:48.420 --> 00:04:50.874 And there's this process that's thought

NOTE Confidence: 0.886510033333333

00:04:50.874 --> 00:04:53.926 to be related to chronic acid reflux

NOTE Confidence: 0.886510033333333

00:04:53.926 --> 00:04:56.602 where the more resistant

NOTE Confidence: 0.886510033333333

00:04:56.602 --> 00:04:58.874 stomach lining called columnar cells

NOTE Confidence: 0.886510033333333

00:04:58.874 --> 00:05:01.502 grow upwards into the bottom of

NOTE Confidence: 0.886510033333333

00:05:01.510 --> 00:05:04.842 the esophagus to kind of make that

NOTE Confidence: 0.886510033333333

00:05:04.842 --> 00:05:07.560 more resistant to stomach acid.

NOTE Confidence: 0.886510033333333

00:05:07.560 --> 00:05:09.096 And some people think that might

NOTE Confidence: 0.886510033333333

00:05:09.096 --> 00:05:10.120 have been an evolutionary

NOTE Confidence: 0.886510033333333

00:05:10.120 --> 00:05:12.365 process as an adaptation to

NOTE Confidence: 0.886510033333333

00:05:12.365 --> 00:05:14.610 reduce the symptoms of heartburn.

NOTE Confidence: 0.886510033333333

00:05:14.610 --> 00:05:16.507 So it seems like a fine thing,

NOTE Confidence: 0.85772564

00:05:16.510 --> 00:05:18.990 but unfortunately there's a

NOTE Confidence: 0.85772564

00:05:18.990 --> 00:05:22.090 small risk that that lining,

NOTE Confidence: 0.85772564

00:05:22.090 --> 00:05:24.052 which is metaplasia when one cell

NOTE Confidence: 0.85772564

00:05:24.052 --> 00:05:26.110 moves from one spot to another,

NOTE Confidence: 0.85772564

00:05:26.110 --> 00:05:27.410 sometimes we call it Barretts

NOTE Confidence: 0.85772564

00:05:27.410 --> 00:05:29.985 Esophagus has a greater risk

NOTE Confidence: 0.85772564

00:05:29.985 --> 00:05:32.045 of getting precancerous changes,

NOTE Confidence: 0.85772564

00:05:32.050 --> 00:05:35.010 and that can lead to

NOTE Confidence: 0.85772564

00:05:35.010 --> 00:05:36.618 adenocarcinoma of the esophagus,

NOTE Confidence: 0.85772564

00:05:36.618 --> 00:05:39.030 which is the most common type

NOTE Confidence: 0.85772564

00:05:39.095 --> 00:05:40.907 we see in the United States.

NOTE Confidence: 0.885042108

00:05:43.130 --> 00:05:45.530 And so in the US,

NOTE Confidence: 0.885042108

00:05:45.530 --> 00:05:47.936 how many people every year get

NOTE Confidence: 0.885042108

00:05:47.936 --> 00:05:50.404 esophageal cancer and how would they

NOTE Confidence: 0.885042108

00:05:50.404 --> 00:05:52.768 know what the first symptoms are?

NOTE Confidence: 0.885042108

00:05:52.770 --> 00:05:54.470 I mean, is that heartburn?

NOTE Confidence: 0.885042108

00:05:54.470 --> 00:05:55.666 But as you mentioned,

NOTE Confidence: 0.885042108

00:05:55.666 --> 00:05:57.460 heartburn is really kind of common.

NOTE Confidence: 0.83731740875

00:05:57.910 --> 00:05:58.732 Yes, absolutely.

NOTE Confidence: 0.83731740875

00:05:58.732 --> 00:06:02.126 So that is part of the challenge.

NOTE Confidence: 0.83731740875

00:06:02.126 --> 00:06:04.441 I think esophageal cancer accounts

NOTE Confidence: 0.83731740875

00:06:04.441 --> 00:06:07.890 for about 1% of all cancers in the

NOTE Confidence: 0.83731740875

00:06:07.890 --> 00:06:09.950 United States which amounts

NOTE Confidence: 0.83731740875

00:06:10.037 --> 00:06:13.044 to about 16,000 people a year.

NOTE Confidence: 0.83731740875

00:06:13.044 --> 00:06:16.400 And like many situations

NOTE Confidence: 0.83731740875

00:06:16.400 --> 00:06:18.056 with cancer screening,

NOTE Confidence: 0.83731740875

00:06:18.060 --> 00:06:20.268 the symptoms either develop too late

NOTE Confidence: 0.83731740875

00:06:20.268 --> 00:06:23.884 and if we go by symptoms then the

NOTE Confidence: 0.83731740875

00:06:23.884 --> 00:06:26.480 cancer is already in advanced stage.

NOTE Confidence: 0.83731740875

00:06:26.480 --> 00:06:28.412 But the early symptoms may be

NOTE Confidence: 0.83731740875

00:06:28.412 --> 00:06:30.645 so common that very few people

NOTE Confidence: 0.83731740875

00:06:30.645 --> 00:06:32.397 actually have those symptoms.

NOTE Confidence: 0.83731740875

00:06:32.400 --> 00:06:36.929 So the late symptoms of esophageal cancer

NOTE Confidence: 0.83731740875

00:06:36.929 --> 00:06:40.780 would be difficulty swallowing so

NOTE Confidence: 0.83731740875

00:06:40.780 --> 00:06:42.644 if a cancer grows

NOTE Confidence: 0.83731740875

00:06:42.644 --> 00:06:44.417 in the tube of the esophagus,

NOTE Confidence: 0.83731740875

00:06:44.420 --> 00:06:46.464 it starts to take up space and

NOTE Confidence: 0.83731740875

00:06:46.464 --> 00:06:48.418 it'll block the transit of food.

NOTE Confidence: 0.83731740875

00:06:48.420 --> 00:06:51.096 So certainly if someone had

NOTE Confidence: 0.83731740875

00:06:51.096 --> 00:06:53.048 new onset difficulty swallowing,

NOTE Confidence: 0.83731740875

00:06:53.050 --> 00:06:57.054 that's very important to see your doctor

NOTE Confidence: 0.83731740875

00:06:57.054 --> 00:07:02.299 and investigate that and then

NOTE Confidence: 0.83731740875

00:07:02.300 --> 00:07:05.495 we know that acid reflux is a risk factor

NOTE Confidence: 0.83731740875

00:07:05.495 --> 00:07:08.335 for developing Barretts esophagus and

NOTE Confidence: 0.83731740875

00:07:08.335 --> 00:07:11.935 for chronic inflammation of the esophagus.

NOTE Confidence: 0.83731740875

00:07:11.940 --> 00:07:13.320 And like anywhere in the body,

NOTE Confidence: 0.83731740875

00:07:13.320 --> 00:07:14.965 if you have chronic inflammation

NOTE Confidence: 0.83731740875

00:07:14.965 --> 00:07:16.998 that puts stress on the cells

NOTE Confidence: 0.83731740875

00:07:16.998 --> 00:07:19.301 and may lead to the cells having

NOTE Confidence: 0.83731740875

00:07:19.301 --> 00:07:20.745 trouble repairing themselves and

NOTE Confidence: 0.83731740875

00:07:20.745 --> 00:07:23.293 in some type of abnormality like a

NOTE Confidence: 0.83731740875

00:07:23.293 --> 00:07:24.442 precancerous condition developing.

00:07:24.833 --> 00:07:27.570 So that is the challenge then if

NOTE Confidence: 0.83731740875

00:07:27.642 --> 00:07:30.330 we have a very common symptom like

NOTE Confidence: 0.83731740875

00:07:30.330 --> 00:07:32.298 heartburn or sometimes we call it

NOTE Confidence: 0.83731740875

00:07:32.300 --> 00:07:34.588 gastroesophageal reflux disease.

NOTE Confidence: 0.83731740875

00:07:34.588 --> 00:07:38.560 How do we then identify amongst all

NOTE Confidence: 0.83731740875

00:07:38.560 --> 00:07:41.260 of that large group which people

NOTE Confidence: 0.83731740875

00:07:41.260 --> 00:07:43.510 would benefit from screening?

NOTE Confidence: 0.83731740875

00:07:43.510 --> 00:07:45.230 And that's been looked at,

NOTE Confidence: 0.83731740875

00:07:45.230 --> 00:07:48.320 and like many areas

NOTE Confidence: 0.88395417

00:07:50.490 --> 00:07:52.614 it's not still not entirely clear

NOTE Confidence: 0.88395417

00:07:52.614 --> 00:07:54.899 because only a small proportion of

NOTE Confidence: 0.88395417

00:07:54.899 --> 00:07:57.299 people that have acid reflux will

NOTE Confidence: 0.88395417

00:07:57.299 --> 00:07:59.935 have Barretts esophagus or will be

NOTE Confidence: 0.88395417

00:07:59.935 --> 00:08:01.703 predisposed to esophageal cancer.

NOTE Confidence: 0.88395417

00:08:01.710 --> 00:08:03.852 But typically the most effective

NOTE Confidence: 0.88395417

00:08:03.852 --> 00:08:06.469 way we do that is by endoscopy.

NOTE Confidence: 0.88395417

00:08:06.470 --> 00:08:09.278 So that's a scope procedure with a light

NOTE Confidence: 0.88395417

00:08:09.278 --> 00:08:11.906 and a camera at the end of the scope,

NOTE Confidence: 0.88395417

00:08:11.910 --> 00:08:14.416 and we can carefully examine the lining,

NOTE Confidence: 0.88395417

00:08:14.420 --> 00:08:16.770 the mucosal lining of the

NOTE Confidence: 0.88395417

00:08:16.770 --> 00:08:18.650 esophagus and the junction,

NOTE Confidence: 0.88395417

00:08:18.650 --> 00:08:21.130 that Valve or the stomach and the esophagus.

00:08:23.460 --> 00:08:26.617 So we're looking for signs of inflammation.

NOTE Confidence: 0.88395417

00:08:26.620 --> 00:08:28.448 We call that esophagitis

NOTE Confidence: 0.88395417

00:08:28.448 --> 00:08:30.276 or a Barretts esophagus,

NOTE Confidence: 0.88395417

00:08:30.280 --> 00:08:33.311 which is that cell type that's acid

NOTE Confidence: 0.88395417

00:08:33.311 --> 00:08:35.900 resistant growing upwards from the stomach.

NOTE Confidence: 0.88395417

00:08:35.900 --> 00:08:37.860 And then also most importantly,

NOTE Confidence: 0.88395417

00:08:37.860 --> 00:08:41.828 we then can take biopsies if there's a

NOTE Confidence: 0.88395417

00:08:41.828 --> 00:08:44.796 Barretts esophagus to make sure there's

NOTE Confidence: 0.88395417

00:08:44.796 --> 00:08:47.266 no dysplasia or precancerous change.

NOTE Confidence: 0.88395417

00:08:47.270 --> 00:08:50.427 And so the population that seems

NOTE Confidence: 0.88395417

00:08:50.427 --> 00:08:54.000 to benefit the most from screening

NOTE Confidence: 0.88395417

00:08:54.000 --> 00:08:56.385 for Barrett's esophagus includes

NOTE Confidence: 0.88395417

00:08:56.385 --> 00:08:59.460 people with chronic reflux, age

NOTE Confidence: 0.88395417

00:08:59.460 --> 00:09:02.418 over 50 in the case of Barretts,

NOTE Confidence: 0.88395417

00:09:02.420 --> 00:09:02.982 males,

NOTE Confidence: 0.88395417

00:09:02.982 --> 00:09:07.114 more common than females and more common

NOTE Confidence: 0.88395417

00:09:07.114 --> 00:09:10.490 in those who are Caucasian versus when

14

NOTE Confidence: 0.88395417

00:09:10.490 --> 00:09:13.190 we talked about squamous cell cancer.

NOTE Confidence: 0.88395417

00:09:13.190 --> 00:09:14.888 We see that more commonly in

NOTE Confidence: 0.88395417

00:09:14.888 --> 00:09:16.360 regions of Africa and Asia.

NOTE Confidence: 0.913087098888889

00:09:17.570 --> 00:09:20.144 So just a couple of questions to clarify.

NOTE Confidence: 0.913087098888889

00:09:20.150 --> 00:09:23.490 When you say chronic reflux,

NOTE Confidence: 0.913087098888889

00:09:23.490 --> 00:09:26.721 how long does reflux need to go on

NOTE Confidence: 0.913087098888889

00:09:26.721 --> 00:09:30.169 for it to be classified as chronic?

NOTE Confidence: 0.913087098888889

00:09:30.170 --> 00:09:32.221 Or is it a matter

NOTE Confidence: 0.913087098888889

00:09:32.221 --> 00:09:34.330 of more the frequency?

NOTE Confidence: 0.913087098888889

00:09:34.330 --> 00:09:36.269 In other words, if you get heartburn,

NOTE Confidence: 0.913087098888889

00:09:36.270 --> 00:09:38.346 you know once in a while,

NOTE Confidence: 0.913087098888889

00:09:38.350 --> 00:09:40.264 you know after a large meal

NOTE Confidence: 0.913087098888889

00:09:40.264 --> 00:09:41.540 that really doesn't count,

NOTE Confidence: 0.913087098888889

00:09:41.540 --> 00:09:43.034 but if you get reflux every

NOTE Confidence: 0.913087098888889

00:09:43.034 --> 00:09:44.030 day then that counts.

NOTE Confidence: 0.913087098888889

00:09:44.030 --> 00:09:47.423 So can you kind of tell us what classifies

NOTE Confidence: 0.913087098888889

00:09:47.430 --> 00:09:49.302 as chronic reflux.

NOTE Confidence: 0.913087098888889

00:09:49.302 --> 00:09:51.365 And then for the people

NOTE Confidence: 0.913087098888889

00:09:51.365 --> 00:09:53.240 who do fit that criteria,

NOTE Confidence: 0.913087098888889

00:09:53.240 --> 00:09:56.160 who are over 50 who have chronic reflux,

NOTE Confidence: 0.913087098888889

00:09:56.160 --> 00:09:57.770 how often should they be

NOTE Confidence: 0.913087098888889

00:09:57.770 --> 00:09:58.736 getting an endoscopy?

NOTE Confidence: 0.871393626

00:09:59.750 --> 00:10:01.430 Yeah, all very good questions.

NOTE Confidence: 0.871393626

00:10:01.430 --> 00:10:05.091 And so for length of time as

NOTE Confidence: 0.871393626

00:10:05.091 --> 00:10:09.828 sort of a general rule of thumb,

NOTE Confidence: 0.871393626

00:10:09.830 --> 00:10:13.056 some medical organizations have

NOTE Confidence: 0.871393626

00:10:13.056 --> 00:10:16.188 suggested five years or longer of

NOTE Confidence: 0.871393626

00:10:16.188 --> 00:10:18.910 symptoms as defining chronic,

NOTE Confidence: 0.871393626

00:10:18.910 --> 00:10:19.672 but you're right,

NOTE Confidence: 0.871393626

00:10:19.672 --> 00:10:21.784 pretty much everyone we know if we eat

NOTE Confidence: 0.871393626

00:10:21.784 --> 00:10:23.458 certain foods or drinks certain things

NOTE Confidence: 0.871393626

00:10:23.458 --> 00:10:25.570 we're going to have reflux that evening.

NOTE Confidence: 0.871393626

00:10:25.570 --> 00:10:27.525 So it's really looking at

NOTE Confidence: 0.871393626

00:10:27.525 --> 00:10:29.537 the frequency as well, so

NOTE Confidence: 0.871393626

00:10:29.537 --> 00:10:31.772 symptoms that are perhaps occurring

NOTE Confidence: 0.871393626

00:10:31.772 --> 00:10:34.840 on a daily basis or several times

NOTE Confidence: 0.871393626

00:10:34.840 --> 00:10:38.860 per week over five years or longer

NOTE Confidence: 0.871393626

00:10:38.860 --> 00:10:41.680 period would certainly,

NOTE Confidence: 0.871393626

00:10:41.680 --> 00:10:43.808 you know, raise concern.

NOTE Confidence: 0.871393626

00:10:43.808 --> 00:10:46.629 And again this is where it gets

NOTE Confidence: 0.871393626

00:10:46.629 --> 00:10:49.815 tricky is that in the esophagus you can have

00:10:50.772 --> 00:10:52.200 significant regular reflux,

NOTE Confidence: 0.871393626

00:10:52.200 --> 00:10:54.105 but it doesn't necessarily mean

NOTE Confidence: 0.871393626

00:10:54.105 --> 00:10:56.444 you have actual tissue damage or

NOTE Confidence: 0.871393626

00:10:56.444 --> 00:10:58.259 inflammation or that you're

NOTE Confidence: 0.871393626

00:10:58.259 --> 00:11:00.400 going to have Barretts esophagus.

NOTE Confidence: 0.871393626

00:11:00.400 --> 00:11:04.944 So even amongst those higher sort of

17

NOTE Confidence: 0.871393626

00:11:04.944 --> 00:11:07.416 risk group to have Barretts esophagus,

NOTE Confidence: 0.871393626

00:11:07.420 --> 00:11:09.864 it might only be about 20% of that

NOTE Confidence: 0.871393626

00:11:09.864 --> 00:11:11.376 group that will ultimately have it.

NOTE Confidence: 0.871393626

00:11:11.380 --> 00:11:14.116 And then another

NOTE Confidence: 0.871393626

00:11:14.116 --> 00:11:16.517 sort of risk stratification is

NOTE Confidence: 0.871393626

00:11:16.517 --> 00:11:19.445 that if there's at the initial

NOTE Confidence: 0.871393626

00:11:19.445 --> 00:11:21.800 identification of Barrett's esophagus,

NOTE Confidence: 0.871393626

00:11:21.800 --> 00:11:23.364 if there's no dysplasia

NOTE Confidence: 0.871393626

00:11:23.364 --> 00:11:24.537 or precancerous change,

NOTE Confidence: 0.871393626

00:11:24.540 --> 00:11:28.326 the risk is very low and so that's

NOTE Confidence: 0.871393626

00:11:28.326 --> 00:11:29.618 a very important distinction.

00:11:30.799 --> 00:11:32.764 The medical term for precancerous changes

NOTE Confidence: 0.871393626

00:11:32.764 --> 00:11:35.022 is dysplasia and we can grade that

NOTE Confidence: 0.871393626

00:11:35.022 --> 00:11:37.202 as lower and high grade and if that's

NOTE Confidence: 0.871393626

00:11:37.202 --> 00:11:39.338 present then we now have technology

NOTE Confidence: 0.871393626

00:11:39.338 --> 00:11:41.575 through the scope to kind of ablate

18

NOTE Confidence: 0.871393626

00:11:41.575 --> 00:11:43.564 the lining of the Barretts esophagus

NOTE Confidence: 0.871393626

00:11:43.564 --> 00:11:45.549 in a very controlled fashion.

NOTE Confidence: 0.871393626

00:11:45.550 --> 00:11:47.886 So with a series of scope procedures

NOTE Confidence: 0.871393626

00:11:47.886 --> 00:11:50.074 we could actually convert that Barrett's

NOTE Confidence: 0.871393626

00:11:50.074 --> 00:11:52.730 lining back to a normal lining in

NOTE Confidence: 0.871393626

00:11:52.730 --> 00:11:55.108 most cases and about 80% of the time.

NOTE Confidence: 0.871393626

00:11:55.108 --> 00:11:56.738 But it's really only worth

NOTE Confidence: 0.871393626

00:11:56.738 --> 00:11:59.051 doing that if there's dysplasia

NOTE Confidence: 0.871393626

00:11:59.051 --> 00:12:00.647 without precancerous change,

NOTE Confidence: 0.871393626

00:12:00.650 --> 00:12:02.450 the Barretts is so low risk

00:12:03.182 --> 00:12:05.378 it's not really beneficial to pursue

NOTE Confidence: 0.871393626

00:12:05.378 --> 00:12:07.493 that series of scope procedures and

NOTE Confidence: 0.871393626

00:12:07.493 --> 00:12:10.090 then if no dysplasia with the Barretts,

NOTE Confidence: 0.871393626

00:12:10.090 --> 00:12:11.632 we would repeat the scope in

NOTE Confidence: 0.871393626

00:12:11.632 --> 00:12:13.020 roughly three to five years.

NOTE Confidence: 0.927536681111111

00:12:13.760 --> 00:12:16.514 So getting back to one of the things

NOTE Confidence: 0.927536681111111

00:12:16.514 --> 00:12:19.417 that you mentioned at the top of the show,

NOTE Confidence: 0.927536681111111

00:12:19.420 --> 00:12:21.436 which is that there's these two forms,

NOTE Confidence: 0.927536681111111

00:12:21.440 --> 00:12:23.185 right, the squamous cell carcinoma

NOTE Confidence: 0.927536681111111

00:12:23.185 --> 00:12:25.694 and the adeno and the Barretts is

NOTE Confidence: 0.927536681111111

00:12:25.694 --> 00:12:27.794 really more in that latter group.

NOTE Confidence: 0.927536681111111

00:12:27.800 --> 00:12:30.516 But the squamous tends to be really

NOTE Confidence: 0.927536681111111

00:12:30.516 --> 00:12:33.150 frequent in parts of Asia and Africa.

NOTE Confidence: 0.927536681111111

00:12:33.150 --> 00:12:34.938 And you mentioned that there were

NOTE Confidence: 0.927536681111111

00:12:34.938 --> 00:12:36.699 a number of reasons for that,

NOTE Confidence: 0.927536681111111

00:12:36.700 --> 00:12:39.790 smoking and alcohol and poor nutrition.

NOTE Confidence: 0.927536681111111

00:12:39.790 --> 00:12:42.010 So couple of questions on that.

NOTE Confidence: 0.927536681111111

00:12:42.010 --> 00:12:43.906 If people are in the US,

NOTE Confidence: 0.927536681111111

00:12:43.910 --> 00:12:45.728 but they smoke and they drink,

NOTE Confidence: 0.927536681111111

00:12:45.730 --> 00:12:48.210 and maybe they have poor nutrition as well,

NOTE Confidence: 0.927536681111111

00:12:48.210 --> 00:12:49.820 there are plenty of food

NOTE Confidence: 0.927536681111111

00:12:49.820 --> 00:12:51.430 deserts in this country too,

NOTE Confidence: 0.927536681111111

00:12:51.430 --> 00:12:54.054 are they at risk of squamous cell carcinoma?

NOTE Confidence: 0.927536681111111

00:12:54.060 --> 00:12:57.570 And if so, does screening apply to them too?

NOTE Confidence: 0.927536681111111

00:12:57.570 --> 00:13:00.146 And the second part of the question is,

NOTE Confidence: 0.927536681111111

00:13:00.150 --> 00:13:02.676 is there a genetic link for

NOTE Confidence: 0.927536681111111

00:13:02.676 --> 00:13:04.810 esophageal cancers that might make

NOTE Confidence: 0.927536681111111

00:13:04.810 --> 00:13:07.066 this more common in certain parts

NOTE Confidence: 0.927536681111111

00:13:07.066 --> 00:13:09.900 of the world rather than in the US?

NOTE Confidence: 0.893577395666667

00:13:10.910 --> 00:13:12.206 Yes, very interesting.

NOTE Confidence: 0.893577395666667

00:13:12.206 --> 00:13:15.116 And as you know well

NOTE Confidence: 0.893577395666667

00:13:15.116 --> 00:13:17.687 these themes kind of show up in many

NOTE Confidence: 0.893577395666667

00:13:17.687 --> 00:13:19.752 different sort of cancer questions

NOTE Confidence: 0.893577395666667

00:13:19.752 --> 00:13:21.931 across different types of cancers.

NOTE Confidence: 0.893577395666667

00:13:21.931 --> 00:13:26.099 So it seems to be multifactorial that

NOTE Confidence: 0.893577395666667

00:13:26.099 --> 00:13:29.547 there is some genetic predisposition

NOTE Confidence: 0.893577395666667

00:13:29.550 --> 00:13:32.430 towards either getting

NOTE Confidence: 0.893577395666667

00:13:32.430 --> 00:13:34.660 squamous cancer versus

NOTE Confidence: 0.893577395666667

00:13:34.660 --> 00:13:38.440 the adenocarcinoma and then also

NOTE Confidence: 0.893577395666667

00:13:38.440 --> 00:13:40.960 some behavioral or environmental

NOTE Confidence: 0.893577395666667

00:13:41.055 --> 00:13:42.699 exposures as well.

NOTE Confidence: 0.893577395666667

00:13:42.700 --> 00:13:44.940 So like we see in other settings

NOTE Confidence: 0.893577395666667

00:13:44.940 --> 00:13:45.900 like colon cancer,

NOTE Confidence: 0.893577395666667

00:13:45.900 --> 00:13:47.538 when you move say from one country

NOTE Confidence: 0.893577395666667

00:13:47.538 --> 00:13:49.158 like Japan and the United States,

NOTE Confidence: 0.893577395666667

00:13:49.160 --> 00:13:52.758 your cancer profile shifts.

NOTE Confidence: 0.893577395666667

00:13:52.760 --> 00:13:55.448 So there are some dietary and

NOTE Confidence: 0.893577395666667

00:13:55.448 --> 00:13:57.240 environmental exposures that likely

NOTE Confidence: 0.893577395666667

00:13:57.316 --> 00:13:59.868 are a factor and that are often

NOTE Confidence: 0.893577395666667

00:13:59.870 --> 00:14:02.971 very difficult to kind of tease out

NOTE Confidence: 0.893577395666667

00:14:02.971 --> 00:14:05.592 exactly what are the greatest factors in

NOTE Confidence: 0.893577395666667

00:14:05.592 --> 00:14:08.120 addition to a genetic predisposition,

NOTE Confidence: 0.893577395666667

00:14:08.120 --> 00:14:10.610 but one thing that's interesting that

NOTE Confidence: 0.893577395666667

00:14:10.610 --> 00:14:13.442 has been identified in studies for

NOTE Confidence: 0.893577395666667

00:14:13.442 --> 00:14:16.290 squamous cell cancer in Africa and Asia is

NOTE Confidence: 0.855606250714286

00:14:19.270 --> 00:14:22.474 the practice of drinking very hot

NOTE Confidence: 0.855606250714286

00:14:22.474 --> 00:14:25.005 liquids often drinking frequent very

NOTE Confidence: 0.855606250714286

00:14:25.005 --> 00:14:28.960 hot tea is part of the culture and

NOTE Confidence: 0.855606250714286

00:14:28.960 --> 00:14:31.661 and that's been thought to irritate

NOTE Confidence: 0.855606250714286

00:14:31.661 --> 00:14:33.887 the esophagus and stress the esophagus.

NOTE Confidence: 0.855606250714286

00:14:33.890 --> 00:14:36.510 So that's an interesting environmental

NOTE Confidence: 0.855606250714286

00:14:36.510 --> 00:14:39.620 sort of cultural factor as well.

NOTE Confidence: 0.879655568

00:14:40.470 --> 00:14:42.353 Well, we're going to pick

NOTE Confidence: 0.879655568

00:14:42.353 --> 00:14:43.958 up this conversation right after we

NOTE Confidence: 0.879655568

00:14:43.958 --> 00:14:45.708 take a short break for medical minute.

NOTE Confidence: 0.879655568

00:14:45.710 --> 00:14:47.705 Please stay tuned to learn more about

NOTE Confidence: 0.879655568

00:14:47.710 --> 00:14:49.570 esophageal cancer with my

NOTE Confidence: 0.879655568

00:14:49.570 --> 00:14:51.430 guest doctor Harry Aslanian.

NOTE Confidence: 0.795965673

00:14:52.000 --> 00:14:54.010 Funding for Yale Cancer Answers

NOTE Confidence: 0.795965673

00:14:54.010 --> 00:14:56.020 comes from Smilow Cancer Hospital,

NOTE Confidence: 0.795965673

00:14:56.020 --> 00:14:57.775 where their cancer genetics and

NOTE Confidence: 0.795965673

00:14:57.775 --> 00:15:00.022 prevention program includes a colon cancer

NOTE Confidence: 0.795965673

00:15:00.022 --> 00:15:02.197 genetics and prevention program that

NOTE Confidence: 0.795965673

00:15:02.197 --> 00:15:03.937 provides comprehensive risk assessment,

NOTE Confidence: 0.795965673

00:15:03.940 --> 00:15:06.655 education, and screening.

NOTE Confidence: 0.795965673

00:15:06.655 --> 00:15:09.930 Smilowcancerhospital.org.

NOTE Confidence: 0.795965673

00:15:09.930 --> 00:15:11.570 There are many obstacles to

NOTE Confidence: 0.795965673

00:15:11.570 --> 00:15:12.882 face when quitting smoking,

NOTE Confidence: 0.795965673

00:15:12.890 --> 00:15:15.928 as smoking involves the potent drug nicotine.

NOTE Confidence: 0.795965673

00:15:15.930 --> 00:15:17.705 Quitting smoking is a very

NOTE Confidence: 0.795965673

00:15:17.705 --> 00:15:18.770 important lifestyle change,

NOTE Confidence: 0.795965673

00:15:18.770 --> 00:15:20.240 especially for patients

NOTE Confidence: 0.795965673

00:15:20.240 --> 00:15:21.710 undergoing cancer treatment,

NOTE Confidence: 0.795965673

00:15:21.710 --> 00:15:24.002 as it's been shown to positively

NOTE Confidence: 0.795965673

00:15:24.002 --> 00:15:25.530 impact response to treatments,

NOTE Confidence: 0.795965673

00:15:25.530 --> 00:15:27.615 decrease the likelihood that patients

NOTE Confidence: 0.795965673

00:15:27.615 --> 00:15:29.283 will develop second malignancies,

NOTE Confidence: 0.795965673

00:15:29.290 --> 00:15:31.590 and increase rates of survival.

NOTE Confidence: 0.795965673

00:15:31.590 --> 00:15:33.790 Tobacco treatment programs are currently

NOTE Confidence: 0.795965673

00:15:33.790 --> 00:15:35.990 being offered at federally designated

NOTE Confidence: 0.795965673

00:15:36.052 --> 00:15:37.472 Comprehensive cancer centers such

NOTE Confidence: 0.795965673

00:15:37.472 --> 00:15:39.950 as Yale Cancer Center and Smilow

NOTE Confidence: 0.795965673

00:15:39.950 --> 00:15:40.876 Cancer Hospital.

NOTE Confidence: 0.795965673

00:15:40.876 --> 00:15:43.191 All treatment components are evidence

NOTE Confidence: 0.795965673

00:15:43.191 --> 00:15:45.784 based and patients are treated with

NOTE Confidence: 0.795965673

00:15:45.784 --> 00:15:48.064 FDA approved first line medications as

NOTE Confidence: 0.795965673

00:15:48.064 --> 00:15:50.541 well as smoking cessation counseling

NOTE Confidence: 0.795965673

00:15:50.541 --> 00:15:53.076 that stresses appropriate coping skills.

NOTE Confidence: 0.795965673

00:15:53.080 --> 00:15:55.464 More information is available

00:15:55.464 --> 00:15:56.494 at yalecancercenter.org.

00:15:56.494 --> 00:15:59.098 You're listening to Connecticut public radio.

00:16:00.240 --> 00:16:02.238 Welcome back to Yale Cancer Answers.

00:16:02.240 --> 00:16:03.914 This is doctor Anees Chagpar and

00:16:03.914 --> 00:16:05.579 I'm joined today by my guest,

00:16:05.580 --> 00:16:06.858 Doctor Harry Aslanian.

00:16:06.858 --> 00:16:09.840 We're learning about the care of patients

00:16:09.907 --> 00:16:12.661 with esophageal cancer in honor of

00:16:12.661 --> 00:16:14.497 esophageal cancer Awareness Month.

00:16:14.500 --> 00:16:16.600 Now before the break, Harry,

00:16:16.600 --> 00:16:19.174 you were telling us about two

00:16:19.174 --> 00:16:21.480 different kinds of esophageal cancer,

00:16:21.480 --> 00:16:22.716 squamous cell carcinoma,

00:16:22.716 --> 00:16:25.600 which tends to be very common in

00:16:25.681 --> 00:16:27.754 Asia and Africa, and adenocarcinoma,

00:16:27.754 --> 00:16:30.496 which tends to be more frequent

NOTE Confidence: 0.830786923333333

00:16:30.500 --> 00:16:35.396 here in the US, often caused by

NOTE Confidence: 0.830786923333333

00:16:35.400 --> 00:16:37.104 Gastroesophageal reflux,

NOTE Confidence: 0.830786923333333

00:16:37.104 --> 00:16:42.216 which can lead to this precancerous

NOTE Confidence: 0.830786923333333

00:16:42.220 --> 00:16:45.248 lesion with dysplasia found

NOTE Confidence: 0.830786923333333

00:16:45.248 --> 00:16:47.519 in Barrett's esophagus.

NOTE Confidence: 0.830786923333333

00:16:47.520 --> 00:16:49.578 So when you were telling us a

NOTE Confidence: 0.830786923333333

00:16:49.578 --> 00:16:51.120 bit about Barrett's esophagus,

NOTE Confidence: 0.830786923333333

00:16:51.120 --> 00:16:54.080 you started to tell us a bit more

NOTE Confidence: 0.830786923333333

00:16:54.080 --> 00:16:57.056 about how this could be treated

NOTE Confidence: 0.830786923333333

00:16:57.056 --> 00:17:00.268 endoscopically such that you can

NOTE Confidence: 0.830786923333333

00:17:00.268 --> 00:17:02.908 actually ablate the lining of that

NOTE Confidence: 0.830786923333333

00:17:02.908 --> 00:17:05.316 Barrett and turn it back into normal.

00:17:05.643 --> 00:17:07.904 I was wondering if you could

NOTE Confidence: 0.830786923333333

00:17:07.904 --> 00:17:10.277 tell us a little bit more about

NOTE Confidence: 0.830786923333333

00:17:10.277 --> 00:17:12.692 that and whether in fact do those

NOTE Confidence: 0.830786923333333

00:17:12.692 --> 00:17:14.756 patients in whom you do ablate,

NOTE Confidence: 0.830786923333333

00:17:14.760 --> 00:17:15.633 is there risk,

NOTE Confidence: 0.830786923333333

00:17:15.633 --> 00:17:17.670 does their risk go back to baseline?

NOTE Confidence: 0.886166352222222

00:17:18.620 --> 00:17:20.150 Yeah, it's been an

NOTE Confidence: 0.886166352222222

00:17:20.150 --> 00:17:21.374 exciting development for us.

NOTE Confidence: 0.886166352222222

00:17:21.380 --> 00:17:23.648 We have very highly calibrated

NOTE Confidence: 0.886166352222222

00:17:23.648 --> 00:17:26.036 tools now that can ablate the

NOTE Confidence: 0.886166352222222

00:17:26.036 --> 00:17:28.430 thin mucosal lining which is the

NOTE Confidence: 0.886166352222222

00:17:28.430 --> 00:17:30.498 inner surface of the esophagus, with

NOTE Confidence: 0.886166352222222

00:17:30.500 --> 00:17:34.005 just enough energy called radiofrequency

NOTE Confidence: 0.886166352222222

00:17:34.005 --> 00:17:36.772 ablation to treat that without

NOTE Confidence: 0.886166352222222

00:17:36.772 --> 00:17:39.496 damaging the wall of the esophagus.

NOTE Confidence: 0.886166352222222

00:17:39.500 --> 00:17:43.300 And in about 80% of cases we can

NOTE Confidence: 0.886166352222222

00:17:43.300 --> 00:17:45.770 remove the precancerous change

NOTE Confidence: 0.886166352222222

00:17:45.770 --> 00:17:48.939 and also clear out all of the

NOTE Confidence: 0.886166352222222

00:17:48.940 --> 00:17:52.330 Barrett's and the durability of those

NOTE Confidence: 0.886166352222222

00:17:52.330 --> 00:17:55.679 treatments appears to be very good

NOTE Confidence: 0.886166352222222

00:17:55.679 --> 00:17:58.773 where there's only about 2% per

NOTE Confidence: 0.886166352222222

00:17:58.773 --> 00:18:02.391 year recurrence of Barretts and it's

NOTE Confidence: 0.886166352222222

00:18:02.391 --> 00:18:04.804 typically non dysplastic barriers

NOTE Confidence: 0.886166352222222

00:18:04.804 --> 00:18:07.828 that can just be a retreated.

NOTE Confidence: 0.886166352222222

00:18:07.830 --> 00:18:14.765 So this rate of conversion has been very

NOTE Confidence: 0.886166352222222

00:18:14.765 --> 00:18:18.085 reliable and very safe and long lasting.

NOTE Confidence: 0.842574002142857

00:18:19.400 --> 00:18:21.680 Now, not all patients will present

NOTE Confidence: 0.842574002142857

00:18:21.680 --> 00:18:24.377 with Barretts. At the top of the show

NOTE Confidence: 0.842574002142857

00:18:24.380 --> 00:18:27.818 you were mentioning that

NOTE Confidence: 0.842574002142857

00:18:27.820 --> 00:18:29.770 esophageal cancer is one of these

NOTE Confidence: 0.842574002142857

00:18:29.770 --> 00:18:32.482 that's really tricky in the sense

NOTE Confidence: 0.842574002142857

00:18:32.482 --> 00:18:34.350 that if you don't have symptoms

NOTE Confidence: 0.842574002142857

00:18:34.350 --> 00:18:36.220 or you have things like reflux,

NOTE Confidence: 0.842574002142857

00:18:36.220 --> 00:18:39.012 many of us get that and it has

NOTE Confidence: 0.842574002142857

00:18:39.012 --> 00:18:42.008 nothing to do with esophageal cancer.

NOTE Confidence: 0.842574002142857

00:18:42.010 --> 00:18:43.051 Unless

NOTE Confidence: 0.842574002142857

00:18:43.051 --> 00:18:44.786 it leads to something like

NOTE Confidence: 0.842574002142857

00:18:44.786 --> 00:18:46.170 Barretts and dysplasia.

NOTE Confidence: 0.842574002142857

00:18:46.170 --> 00:18:49.200 And so oftentimes patients may present

NOTE Confidence: 0.842574002142857

00:18:49.200 --> 00:18:52.608 late with symptoms like I can't swallow.

NOTE Confidence: 0.842574002142857

00:18:52.610 --> 00:18:55.809 So in those patients who

NOTE Confidence: 0.842574002142857

00:18:55.810 --> 00:18:58.786 go to their doctor because they're

NOTE Confidence: 0.842574002142857

00:18:58.786 --> 00:19:00.274 having difficulty swallowing.

NOTE Confidence: 0.842574002142857

00:19:00.280 --> 00:19:02.984 And they have a scope test which finds

NOTE Confidence: 0.842574002142857

00:19:02.984 --> 00:19:06.038 a mass as opposed to simply a little

NOTE Confidence: 0.842574002142857

00:19:06.038 --> 00:19:08.780 bit of dysplasia that you can ablate.

NOTE Confidence: 0.842574002142857

00:19:08.780 --> 00:19:11.116 One would think that the treatment of

NOTE Confidence: 0.842574002142857

00:19:11.116 --> 00:19:13.138 those cancers is a little bit different.

NOTE Confidence: 0.842574002142857

00:19:13.140 --> 00:19:13.719 Is that right?

NOTE Confidence: 0.8428668025

00:19:14.400 --> 00:19:19.026 Yes, so the the sort of warning signs

NOTE Confidence: 0.8428668025

00:19:19.026 --> 00:19:22.307 of something more serious like

NOTE Confidence: 0.8428668025

00:19:22.307 --> 00:19:23.863 you mentioned difficulty swallowing

NOTE Confidence: 0.8428668025

00:19:23.863 --> 00:19:25.785 is something that you would

NOTE Confidence: 0.8428668025

00:19:25.785 --> 00:19:28.111 want to be aware of and talk to

NOTE Confidence: 0.8428668025

00:19:28.111 --> 00:19:29.696 your doctor about very promptly.

NOTE Confidence: 0.8428668025

00:19:29.700 --> 00:19:32.256 And other signs would be bleeding.

NOTE Confidence: 0.8428668025

00:19:32.260 --> 00:19:34.450 So bleeding from the esophagus or

NOTE Confidence: 0.8428668025

00:19:34.450 --> 00:19:36.292 stomach typically would present as

NOTE Confidence: 0.8428668025

00:19:36.292 --> 00:19:38.212 very dark black stools because the

NOTE Confidence: 0.8428668025

00:19:38.212 --> 00:19:40.007 blood gets digested by the stomach

NOTE Confidence: 0.8428668025

00:19:40.007 --> 00:19:41.813 acid and then turns a very dark

NOTE Confidence: 0.8428668025

00:19:41.820 --> 00:19:44.494 color as it passes out through the

NOTE Confidence: 0.8428668025

00:19:44.500 --> 00:19:47.332 Colon and through the bottom and

NOTE Confidence: 0.8428668025

00:19:47.332 --> 00:19:51.350 also weight loss would be another

NOTE Confidence: 0.8428668025

00:19:51.350 --> 00:19:54.250 concerning symptom or vomiting

NOTE Confidence: 0.8428668025

00:19:54.250 --> 00:19:57.528 or feeling like food is getting

NOTE Confidence: 0.8428668025

00:19:57.528 --> 00:19:59.774 stuck or having to regurgitate food.

NOTE Confidence: 0.8428668025

00:19:59.774 --> 00:20:02.770 So these are all signs of something larger

NOTE Confidence: 0.8428668025

00:20:02.770 --> 00:20:05.410 that could be blocking the esophagus.

NOTE Confidence: 0.8428668025

00:20:05.410 --> 00:20:08.700 And early detection as in many other

NOTE Confidence: 0.8428668025

00:20:08.700 --> 00:20:11.973 cancers is very important because we know

NOTE Confidence: 0.8428668025

00:20:11.973 --> 00:20:15.173 that the earlier stages have much better

NOTE Confidence: 0.8428668025

00:20:15.173 --> 00:20:18.400 treatment options and much better chance of

NOTE Confidence: 0.8428668025

00:20:18.478 --> 00:20:23.300 a curative and long-lasting therapy.

NOTE Confidence: 0.8428668025

00:20:23.300 --> 00:20:25.964 So endoscopy is the mainstay of

NOTE Confidence: 0.8428668025

00:20:25.964 --> 00:20:28.967 the initial sort of assessment and

NOTE Confidence: 0.8428668025

00:20:28.967 --> 00:20:32.363 diagnosis of these kinds of symptoms.

NOTE Confidence: 0.8428668025

00:20:32.370 --> 00:20:35.470 And so we can

NOTE Confidence: 0.8428668025

00:20:36.290 --> 00:20:38.750 very comfortably pass a scope through

NOTE Confidence: 0.8428668025

00:20:38.750 --> 00:20:41.367 the mouth under anesthesia and examine

NOTE Confidence: 0.8428668025

00:20:41.367 --> 00:20:44.391 the lining of the esophagus and the

NOTE Confidence: 0.8428668025

00:20:44.391 --> 00:20:46.545 stomach and then get biopsies of

NOTE Confidence: 0.8428668025

00:20:46.545 --> 00:20:49.320 the esophagus and stomach.

NOTE Confidence: 0.8428668025

00:20:49.320 --> 00:20:53.272 And then if there is a growth or tumor

NOTE Confidence: 0.8428668025

00:20:53.272 --> 00:20:56.896 in the esophagus or upper stomach,

NOTE Confidence: 0.8428668025

00:20:56.900 --> 00:20:59.948 we use a combination of tools

NOTE Confidence: 0.8428668025

00:20:59.948 --> 00:21:01.980 like in other cancers.

NOTE Confidence: 0.8428668025

00:21:01.980 --> 00:21:04.094 CAT scans to determine and make

NOTE Confidence: 0.8428668025

00:21:04.094 --> 00:21:06.662 sure that none of the cancer cells have

NOTE Confidence: 0.8428668025

00:21:06.662 --> 00:21:08.870 spread to other areas around the body.

NOTE Confidence: 0.8428668025

00:21:08.870 --> 00:21:11.144 And then we use this combination

NOTE Confidence: 0.8428668025

00:21:11.144 --> 00:21:12.660 of ultrasound and endoscopy

NOTE Confidence: 0.8428668025

00:21:12.727 --> 00:21:14.560 called endoscopic ultrasound,

NOTE Confidence: 0.8428668025

00:21:14.560 --> 00:21:16.840 where we do an ultrasound right

NOTE Confidence: 0.8428668025

00:21:16.840 --> 00:21:19.097 inside the esophagus and right next

NOTE Confidence: 0.8428668025

00:21:19.097 --> 00:21:21.421 to the tumor and we determine how

NOTE Confidence: 0.8428668025

00:21:21.421 --> 00:21:23.798 deep into the wall the tumor goes.

NOTE Confidence: 0.8428668025

00:21:23.800 --> 00:21:25.360 We call that at stage.

NOTE Confidence: 0.8428668025

00:21:25.360 --> 00:21:27.022 And then we determine if there's

NOTE Confidence: 0.8428668025

00:21:27.022 --> 00:21:28.860 any lymph nodes that look like

NOTE Confidence: 0.8428668025

00:21:28.860 --> 00:21:30.216 they're involved with cancer,

NOTE Confidence: 0.8428668025

00:21:30.220 --> 00:21:32.540 which is the end stage.

NOTE Confidence: 0.8428668025

00:21:32.540 --> 00:21:34.430 We call that local staging,

NOTE Confidence: 0.8428668025

00:21:34.430 --> 00:21:38.742 and the depth that the cancer goes

NOTE Confidence: 0.8428668025

00:21:38.742 --> 00:21:42.090 into the esophageal wall determines the

NOTE Confidence: 0.8428668025

00:21:42.090 --> 00:21:44.390 stage and determines what treatments

NOTE Confidence: 0.8428668025

00:21:44.390 --> 00:21:47.689 would be most effective and appropriate.

NOTE Confidence: 0.8428668025

00:21:47.690 --> 00:21:49.466 If we catch something really early

NOTE Confidence: 0.8428668025

00:21:49.466 --> 00:21:51.239 where it's just sitting on the

NOTE Confidence: 0.8428668025

00:21:51.239 --> 00:21:52.584 mucosal surface more and more,

NOTE Confidence: 0.8428668025

00:21:52.590 --> 00:21:55.260 we can treat those very early

NOTE Confidence: 0.8428668025

00:21:55.260 --> 00:21:57.497 cancers right through the scope

00:21:57.497 --> 00:21:59.717 where we can cut them out.

00:21:59.720 --> 00:22:01.540 Either by placing a band

00:22:01.540 --> 00:22:03.161 around the tissue and grabbing it

00:22:03.161 --> 00:22:04.981 away from the wall and cutting it,

00:22:04.990 --> 00:22:09.568 or a specialized technique that we can

00:22:09.568 --> 00:22:11.404 perform called endoscopic submucosal

00:22:11.404 --> 00:22:14.360 dissection or ESD where we cut around

00:22:14.360 --> 00:22:16.454 the cancer and then cut underneath

00:22:16.454 --> 00:22:19.606 it to separate it from the wall.

00:22:19.610 --> 00:22:22.310 But as the cancer grows deeper into the wall,

00:22:22.310 --> 00:22:23.900 there's a fat layer and a

00:22:23.900 --> 00:22:25.410 muscle layer below the mucosa.

00:22:25.410 --> 00:22:29.466 Then it requires more extensive therapy.

00:22:29.470 --> 00:22:30.349 So if it's

00:22:30.349 --> 00:22:32.107 very early just into the wall,

00:22:32.110 --> 00:22:34.539 then surgery can be pursued and as

NOTE Confidence: 0.8428668025

00:22:34.539 --> 00:22:37.073 it goes through the wall or spreads

NOTE Confidence: 0.8428668025

00:22:37.073 --> 00:22:38.843 to other areas then typically

NOTE Confidence: 0.8428668025

00:22:38.843 --> 00:22:41.337 a combination of radiation and

NOTE Confidence: 0.8428668025

00:22:41.337 --> 00:22:42.885 chemotherapy is pursued

NOTE Confidence: 0.834576598571429

00:22:42.890 --> 00:22:45.585 and then after the tumor is shrunken,

NOTE Confidence: 0.834576598571429

00:22:45.590 --> 00:22:48.299 which is can be done very effectively

NOTE Confidence: 0.834576598571429

00:22:48.299 --> 00:22:50.285 with those medications then surgery

NOTE Confidence: 0.834576598571429

00:22:50.285 --> 00:22:52.559 is considered to remove that area.

NOTE Confidence: 0.893914826

00:22:53.670 --> 00:22:55.450 And so with that surgery,

NOTE Confidence: 0.893914826

00:22:55.450 --> 00:22:57.262 would that surgery at that point

NOTE Confidence: 0.893914826

00:22:57.262 --> 00:22:59.533 be done through a scope or would

NOTE Confidence: 0.893914826

00:22:59.533 --> 00:23:01.193 that mean a bigger operation?

NOTE Confidence: 0.725260306666667

00:23:02.050 --> 00:23:06.534 Yes, that surgery is done most

NOTE Confidence: 0.725260306666667

00:23:06.534 --> 00:23:10.330 typically by thoracic surgeons and

NOTE Confidence: 0.725260306666667

00:23:10.330 --> 00:23:13.726 it involves cutting out the affected

NOTE Confidence: 0.725260306666667

00:23:13.726 --> 00:23:16.360 piece of the esophagus and they

NOTE Confidence: 0.725260306666667

00:23:16.443 --> 00:23:18.939 do a special kind of lengthening

NOTE Confidence: 0.725260306666667

00:23:18.939 --> 00:23:21.499 procedure to pull up the stomach

NOTE Confidence: 0.725260306666667

00:23:21.499 --> 00:23:24.362 and connect it up to the esophagus

NOTE Confidence: 0.725260306666667

00:23:24.370 --> 00:23:29.570 higher up in the in the chest.

NOTE Confidence: 0.725260306666667

00:23:29.570 --> 00:23:31.856 So it's in expert hands

NOTE Confidence: 0.725260306666667

00:23:31.856 --> 00:23:34.259 the outcomes are very good,

NOTE Confidence: 0.725260306666667

00:23:34.260 --> 00:23:36.836 but it's a rather large operation.

NOTE Confidence: 0.90117452375

00:23:37.070 --> 00:23:40.094 Yeah, it certainly sounds like it would

NOTE Confidence: 0.90117452375

00:23:40.094 --> 00:23:42.686 be a lot better to catch this early

NOTE Confidence: 0.90117452375

00:23:42.686 --> 00:23:45.233 and have what sounds like a fairly

NOTE Confidence: 0.90117452375

00:23:45.233 --> 00:23:47.561 minor surgery done through the scope.

NOTE Confidence: 0.90117452375

00:23:47.570 --> 00:23:51.607 Would that be like a day surgery?

NOTE Confidence: 0.90117452375

00:23:51.610 --> 00:23:54.410 Do you even have to stay in hospital

NOTE Confidence: 0.90117452375

00:23:54.410 --> 00:23:56.912 after you do one of these

NOTE Confidence: 0.90117452375

00:23:56.912 --> 00:23:59.240 resections through the scope?

NOTE Confidence: 0.884383444166667

00:23:59.530 --> 00:24:01.378 Yeah, most commonly we're able to

NOTE Confidence: 0.884383444166667

00:24:01.378 --> 00:24:03.189 send people home the same day.

NOTE Confidence: 0.884383444166667

00:24:03.190 --> 00:24:05.218 Occasionally we'll observe someone

NOTE Confidence: 0.884383444166667

00:24:05.218 --> 00:24:07.640 overnight in the hospital, but

00:24:13.090 --> 00:24:15.988 it is very remarkable how

NOTE Confidence: 0.724627428333333

00:24:15.990 --> 00:24:18.525 the necessary treatment

NOTE Confidence: 0.724627428333333

00:24:18.525 --> 00:24:21.544 changes as the cancer becomes more

NOTE Confidence: 0.724627428333333

00:24:21.544 --> 00:24:24.034 involved and and grows deeper.

NOTE Confidence: 0.884797958461538

00:24:24.590 --> 00:24:26.838 So talk a little bit about how you

NOTE Confidence: 0.884797958461538

00:24:26.838 --> 00:24:28.479 really evaluate these lymph nodes.

NOTE Confidence: 0.884797958461538

00:24:28.480 --> 00:24:30.696 I mean one can understand that if you

NOTE Confidence: 0.884797958461538

00:24:30.696 --> 00:24:33.579 have a scope and you put it down the

NOTE Confidence: 0.884797958461538

00:24:33.579 --> 00:24:35.847 esophagus and you see the little cancer,

NOTE Confidence: 0.884797958461538

00:24:35.850 --> 00:24:38.990 you can take it out or ablate it or resect it.

00:24:41.180 --> 00:24:43.964 But the lymph nodes aren't in the esophagus,

NOTE Confidence: 0.884797958461538

00:24:43.970 --> 00:24:46.409 so how do you really assess them and how

38

NOTE Confidence: 0.884797958461538

00:24:46.409 --> 00:24:49.138 do you tell whether those harbor cancers?

NOTE Confidence: 0.884797958461538

00:24:49.140 --> 00:24:51.556 So many of our listeners may be familiar

NOTE Confidence: 0.884797958461538

00:24:51.556 --> 00:24:53.736 with other kinds of cancers where you

NOTE Confidence: 0.884797958461538

00:24:53.736 --> 00:24:56.182 actually need to kind of look at those

NOTE Confidence: 0.884797958461538

00:24:56.182 --> 00:24:58.212 lymph nodes and often take a biopsy

NOTE Confidence: 0.884797958461538

00:24:58.220 --> 00:25:00.440 to know that those aren't involved.

NOTE Confidence: 0.884797958461538

00:25:00.440 --> 00:25:02.519 How does that work in esophageal cancer?

NOTE Confidence: 0.701466006666667

00:25:03.860 --> 00:25:08.199 Lymph nodes, as you know,

NOTE Confidence: 0.701466006666667

00:25:08.199 --> 00:25:10.390 live in various spots throughout the

NOTE Confidence: 0.701466006666667

00:25:10.457 --> 00:25:12.900 body and they're kind of like filters

NOTE Confidence: 0.701466006666667

00:25:12.900 --> 00:25:14.718 for different regions of the body.

NOTE Confidence: 0.701466006666667

00:25:14.720 --> 00:25:18.450 So when we get like a sore throat,

NOTE Confidence: 0.701466006666667

00:25:18.450 --> 00:25:20.165 your doctor might feel your neck to

NOTE Confidence: 0.701466006666667

00:25:20.165 --> 00:25:22.218 see if there's any swollen lymph nodes.

NOTE Confidence: 0.701466006666667

00:25:22.220 --> 00:25:24.796 And so those lymph nodes are always there.

NOTE Confidence: 0.701466006666667

00:25:24.800 --> 00:25:26.978 But if they're swollen and enlarged,

NOTE Confidence: 0.701466006666667

00:25:26.980 --> 00:25:29.028 they're reacting to something.

NOTE Confidence: 0.701466006666667

00:25:29.028 --> 00:25:32.100 And that often is inflammation

NOTE Confidence: 0.701466006666667

00:25:32.178 --> 00:25:33.730 due to an infection.

NOTE Confidence: 0.701466006666667

00:25:33.730 --> 00:25:37.076 Or sometimes they they can be responding

NOTE Confidence: 0.701466006666667

00:25:37.076 --> 00:25:40.730 to the spread of cancer cells and so

NOTE Confidence: 0.701466006666667

00:25:40.730 --> 00:25:43.568 that often is a challenge throughout

NOTE Confidence: 0.701466006666667

00:25:43.568 --> 00:25:46.668 cancer staging is to determine,

NOTE Confidence: 0.701466006666667

00:25:46.670 --> 00:25:49.807 how do we know if cancers in

NOTE Confidence: 0.701466006666667

00:25:49.807 --> 00:25:51.709 these might be very microscopic amounts

NOTE Confidence: 0.701466006666667

00:25:51.709 --> 00:25:54.251 of cells that have traveled from the site of

NOTE Confidence: 0.701466006666667

00:25:54.251 --> 00:25:56.349 the original cancer and then have sort

NOTE Confidence: 0.701466006666667

00:25:56.349 --> 00:25:58.876 of been filtered by a lymph node nearby.

NOTE Confidence: 0.701466006666667

00:25:58.876 --> 00:26:00.820 So in esophageal cancer

NOTE Confidence: 0.701466006666667

00:26:00.820 --> 00:26:03.250 when we use the ultrasound

NOTE Confidence: 0.701466006666667

00:26:03.250 --> 00:26:05.294 probe at the tip of the scope,

NOTE Confidence: 0.701466006666667

00:26:05.300 --> 00:26:07.468 we can see through the wall of the

NOTE Confidence: 0.701466006666667

00:26:07.468 --> 00:26:09.788 esophagus and we can see the surrounding

NOTE Confidence: 0.701466006666667

00:26:09.788 --> 00:26:11.910 structures and those include lymph nodes.

NOTE Confidence: 0.701466006666667

00:26:11.910 --> 00:26:15.240 So we look at the node and as it gets larger,

NOTE Confidence: 0.701466006666667

00:26:15.240 --> 00:26:17.600 darker or rounder on ultrasound,

NOTE Confidence: 0.701466006666667

00:26:17.600 --> 00:26:19.598 then we become concerned that it

NOTE Confidence: 0.701466006666667

00:26:19.598 --> 00:26:21.751 may be involved with the cancer and

NOTE Confidence: 0.701466006666667

00:26:21.751 --> 00:26:24.017 in some cases we can do a biopsy

NOTE Confidence: 0.701466006666667

00:26:24.017 --> 00:26:26.217 right through the ultrasound scope.

NOTE Confidence: 0.701466006666667

00:26:26.220 --> 00:26:28.338 We can pass this flexible long

NOTE Confidence: 0.701466006666667

00:26:28.338 --> 00:26:30.424 needle through the scope and then

NOTE Confidence: 0.701466006666667

00:26:30.424 --> 00:26:32.538 safely pass it through the wall of

NOTE Confidence: 0.701466006666667

00:26:32.538 --> 00:26:34.766 the esophagus and stomach to get

NOTE Confidence: 0.701466006666667

00:26:34.770 --> 00:26:35.998 samples of lymph nodes.

NOTE Confidence: 0.701466006666667

00:26:35.998 --> 00:26:38.220 We don't typically do that for lymph

NOTE Confidence: 0.701466006666667

00:26:38.220 --> 00:26:40.128 nodes right next to the cancer

NOTE Confidence: 0.701466006666667

00:26:40.128 --> 00:26:42.172 because we wouldn't be able to tell

NOTE Confidence: 0.701466006666667

00:26:42.172 --> 00:26:44.002 if the cancer cells came from the

NOTE Confidence: 0.701466006666667

00:26:44.002 --> 00:26:46.046 primary tumor or from the lymph node.

NOTE Confidence: 0.701466006666667

00:26:46.050 --> 00:26:48.642 But if there's lymph nodes further

NOTE Confidence: 0.701466006666667

00:26:48.642 --> 00:26:50.370 away from the cancer,

NOTE Confidence: 0.701466006666667

00:26:50.370 --> 00:26:54.954 then we can directly sample them in other

NOTE Confidence: 0.701466006666667

00:26:54.960 --> 00:26:57.210 Imaging modalities like CAT scan,

NOTE Confidence: 0.701466006666667

00:26:57.210 --> 00:26:59.576 they also look for the size and

NOTE Confidence: 0.701466006666667

00:26:59.576 --> 00:27:01.657 features of lymph node and then

NOTE Confidence: 0.701466006666667

00:27:01.657 --> 00:27:03.974 there's pet scans that look at the

NOTE Confidence: 0.701466006666667

00:27:04.048 --> 00:27:06.202 sort of metabolic activity of the

NOTE Confidence: 0.701466006666667

00:27:06.202 --> 00:27:08.984 lymph nodes and as it gets very

NOTE Confidence: 0.701466006666667

00:27:08.984 --> 00:27:11.224 active can also help distinguish

NOTE Confidence: 0.701466006666667

00:27:11.224 --> 00:27:12.939 between inflammation and cancer.

NOTE Confidence: 0.886827814545455

00:27:14.320 --> 00:27:16.966 How often do we do cat scans and PET

NOTE Confidence: 0.886827814545455

00:27:16.966 --> 00:27:19.388 scans and so on in esophageal cancer

NOTE Confidence: 0.886827814545455

00:27:19.388 --> 00:27:22.160 to look at distant metastatic disease?

NOTE Confidence: 0.9120661425

00:27:22.860 --> 00:27:24.888 Yeah, it's very important

NOTE Confidence: 0.9120661425

00:27:24.888 --> 00:27:27.419 as part of the initial staging.

NOTE Confidence: 0.9120661425

00:27:27.420 --> 00:27:31.870 And so the accuracy of that initial

NOTE Confidence: 0.9120661425

00:27:31.870 --> 00:27:34.338 staging is very important so that we

NOTE Confidence: 0.9120661425

00:27:34.338 --> 00:27:36.980 can fit the treatment to the problem.

NOTE Confidence: 0.9120661425

00:27:36.980 --> 00:27:38.359 So we don't want to under treat,

NOTE Confidence: 0.9120661425

00:27:38.360 --> 00:27:40.160 we don't want to over treat.

NOTE Confidence: 0.9120661425

00:27:40.160 --> 00:27:44.894 So that initial staging including CAT scans,

NOTE Confidence: 0.9120661425

00:27:44.894 --> 00:27:47.729 sometimes PET scan for esophageal

NOTE Confidence: 0.9120661425

00:27:47.729 --> 00:27:51.254 cancer will almost always do that

NOTE Confidence: 0.9120661425

00:27:51.254 --> 00:27:53.566 endoscopic ultrasound as well.

NOTE Confidence: 0.9120661425

00:27:53.570 --> 00:27:56.770 And then from there,

NOTE Confidence: 0.9120661425

00:27:56.770 --> 00:27:59.338 we work as a multidisciplinary team

NOTE Confidence: 0.9120661425

00:27:59.338 --> 00:28:02.105 with the radiologist who look at the scans,

NOTE Confidence: 0.9120661425

00:28:02.110 --> 00:28:02.720 the pathologists,

NOTE Confidence: 0.9120661425

00:28:02.720 --> 00:28:04.245 who look at the biopsies,

NOTE Confidence: 0.9120661425

00:28:04.250 --> 00:28:07.466 the surgeons and the oncologist and

NOTE Confidence: 0.9120661425

00:28:07.466 --> 00:28:10.096 the radiation oncologist and then

NOTE Confidence: 0.9120661425

00:28:10.096 --> 00:28:12.910 make a treatment plan and then

NOTE Confidence: 0.9120661425

00:28:12.910 --> 00:28:15.640 once the treatment begins then

NOTE Confidence: 0.816114438181818

00:28:17.670 --> 00:28:19.458 the oncologists typically would

NOTE Confidence: 0.816114438181818

00:28:19.458 --> 00:28:22.830 have a set protocol where they'll

NOTE Confidence: 0.816114438181818

00:28:22.830 --> 00:28:25.119 get periodic scans as the

NOTE Confidence: 0.816114438181818

00:28:25.119 --> 00:28:26.836 treatments progress and then again

NOTE Confidence: 0.816114438181818

00:28:26.836 --> 00:28:28.536 once the treatment is completed.

NOTE Confidence: 0.817459095263158

00:28:29.150 --> 00:28:31.382 Doctor Harry Aslanian is a professor

NOTE Confidence: 0.817459095263158

00:28:31.382 --> 00:28:33.691 of medicine and director of endoscopic

NOTE Confidence: 0.817459095263158

00:28:33.691 --> 00:28:36.344 ultrasound at the Yale School of Medicine.

NOTE Confidence: 0.817459095263158

00:28:36.350 --> 00:28:38.394 If you have questions,

NOTE Confidence: 0.817459095263158

00:28:38.394 --> 00:28:40.396 the address is canceranswers@yale.edu,

NOTE Confidence: 0.817459095263158

00:28:40.396 --> 00:28:43.192 and past editions of the program

NOTE Confidence: 0.817459095263158

00:28:43.192 --> 00:28:45.611 are available in audio and written

NOTE Confidence: 0.817459095263158

00:28:45.611 --> 00:28:46.565 form at yalecancercenter.org.

NOTE Confidence: 0.817459095263158

00:28:46.565 --> 00:28:49.085 We hope you'll join us next week to

NOTE Confidence: 0.817459095263158

00:28:49.085 --> 00:28:51.000 learn more about the fight against

NOTE Confidence: 0.817459095263158

00:28:51.000 --> 00:28:52.900 cancer here on Connecticut Public Radio.

NOTE Confidence: 0.817459095263158

00:28:52.900 --> 00:28:55.018 Funding for Yale Cancer Answers is

NOTE Confidence: 0.817459095263158

00:28:55.018 --> 00:28:57.030 provided by Smilow Cancer Hospital.