WEBVTT

00:00:00.000 --> 00:00:02.178 Funding for Yale Cancer Answers is

NOTE Confidence: 0.922052363636364

00:00:02.178 --> 00:00:04.240 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.874204

00:00:06.600 --> 00:00:08.755 Welcome to Yale Cancer Answers

NOTE Confidence: 0.874204

00:00:08.755 --> 00:00:10.479 with Doctor Anees Chagpar.

NOTE Confidence: 0.874204

00:00:10.480 --> 00:00:12.315 Yale Cancer Answers features the

NOTE Confidence: 0.874204

00:00:12.315 --> 00:00:14.150 latest information on cancer care

NOTE Confidence: 0.874204

00:00:14.212 --> 00:00:15.660 by welcoming oncologists and

NOTE Confidence: 0.874204

00:00:15.660 --> 00:00:17.832 specialists who are on the forefront

NOTE Confidence: 0.874204

00:00:17.889 --> 00:00:19.557 of the battle to fight cancer.

NOTE Confidence: 0.874204

00:00:19.560 --> 00:00:21.310 This week it's a conversation

NOTE Confidence: 0.874204

00:00:21.310 --> 00:00:23.060 about Melanoma and other skin

NOTE Confidence: 0.874204

00:00:23.121 --> 00:00:25.076 cancers with doctor Christine Ko.

NOTE Confidence: 0.874204

00:00:25.080 --> 00:00:27.024 Doctor Ko is a professor of

NOTE Confidence: 0.874204

00:00:27.024 --> 00:00:28.703 dermatology and pathology at the

NOTE Confidence: 0.874204

00:00:28.703 --> 00:00:29.999 Yale School of Medicine.

NOTE Confidence: 0.874204

00:00:30.000 --> 00:00:31.896 Where Doctor Chagpar is a

NOTE Confidence: 0.874204

00:00:31.896 --> 00:00:33.160 professor of surgical oncology.

NOTE Confidence: 0.937628299565218

00:00:34.480 --> 00:00:36.321 So Christine, maybe we can start off

NOTE Confidence: 0.937628299565218

00:00:36.321 --> 00:00:38.375 by you telling us a little bit more

NOTE Confidence: 0.937628299565218

00:00:38.375 --> 00:00:40.160 about yourself and what it is you do.

NOTE Confidence: 0.946962475

00:00:40.840 --> 00:00:43.705 Yes, I'm a dermatologist and

NOTE Confidence: 0.946962475

00:00:43.705 --> 00:00:45.660 dermatopathologist, so a lot of people

NOTE Confidence: 0.946962475

00:00:45.660 --> 00:00:47.240 might understand what a dermatologist is.

NOTE Confidence: 0.946962475

00:00:47.240 --> 00:00:49.616 But just in case, a dermatologist

NOTE Confidence: 0.946962475

00:00:49.616 --> 00:00:52.344 is a physician who studies and

NOTE Confidence: 0.946962475

00:00:52.344 --> 00:00:55.071 examines patients skin, hair, and nails.

NOTE Confidence: 0.946962475

00:00:55.071 --> 00:00:57.895 Sort of the outer part of your

NOTE Confidence: 0.946962475

00:00:57.895 --> 00:01:00.576 body and your scalp and your nails.

NOTE Confidence: 0.946962475

00:01:00.580 --> 00:01:02.320 And a dermatopathologist is

NOTE Confidence: 0.946962475

00:01:02.320 --> 00:01:04.495 someone who looks at tissue,

NOTE Confidence: 0.946962475

00:01:04.500 --> 00:01:06.620 so the tissue from your

NOTE Confidence: 0.946962475

00:01:06.620 --> 00:01:08.420 scalp, hair, nails,

NOTE Confidence: 0.946962475

00:01:08.420 --> 00:01:10.820 under the microscope.

NOTE Confidence: 0.946962475

00:01:10.820 --> 00:01:12.881 So if you've ever gone to a doctor and

NOTE Confidence: 0.946962475

00:01:12.881 --> 00:01:14.855 had a piece of your skin taken off,

NOTE Confidence: 0.946962475

00:01:14.860 --> 00:01:16.300 which is called a biopsy,

NOTE Confidence: 0.946962475

00:01:16.300 --> 00:01:17.658 and had that sent to a laboratory,

NOTE Confidence: 0.946962475

00:01:17.660 --> 00:01:19.095 and then you get a report back,

NOTE Confidence: 0.946962475

00:01:19.100 --> 00:01:21.272 that report was created by a

NOTE Confidence: 0.946962475

00:01:21.272 --> 00:01:22.358 dermatopathologist or sometimes

NOTE Confidence: 0.946962475

00:01:22.358 --> 00:01:24.212 a pathologist without specialized

NOTE Confidence: 0.946962475

00:01:24.212 --> 00:01:25.460 expertise in the skin.

NOTE Confidence: 0.946962475

00:01:25.460 --> 00:01:27.180 But those are the two main things that I do.

NOTE Confidence: 0.93135236

00:01:28.100 --> 00:01:29.780 So you do both.

NOTE Confidence: 0.93135236

00:01:29.780 --> 00:01:31.880 You're a dermatologist and a

NOTE Confidence: 0.93135236

00:01:31.880 --> 00:01:33.098 dermatopathologist, is that right?

NOTE Confidence: 0.93135236

00:01:33.100 --> 00:01:36.060 That's fantastic.

NOTE Confidence: 0.93135236

00:01:36.060 --> 00:01:40.332 So tell us a bit more about skin cancers.

NOTE Confidence: 0.93135236

00:01:40.332 --> 00:01:43.420 I mean, it seems like you do skin

NOTE Confidence: 0.93135236

00:01:43.503 --> 00:01:46.737 cancer all the time and we're now

NOTE Confidence: 0.93135236

00:01:46.737 --> 00:01:48.704 celebrating Skin Cancer Awareness Month.

NOTE Confidence: 0.93135236

00:01:48.704 --> 00:01:51.355 Talk a little bit about what that

NOTE Confidence: 0.93135236

00:01:51.355 --> 00:01:53.616 landscape kind of looks like in terms

NOTE Confidence: 0.93135236

00:01:53.616 --> 00:01:55.919 of how common are skin cancers.

NOTE Confidence: 0.93135236

00:01:55.920 --> 00:01:58.140 What's the most common type

NOTE Confidence: 0.93135236

00:01:58.140 --> 00:02:01.114 of skin cancer we see and how

NOTE Confidence: 0.93135236

00:02:01.114 --> 00:02:02.999 is that diagnosed and treated?

NOTE Confidence: 0.939718945454545

00:02:03.910 --> 00:02:06.941 Yes. So skin cancer is really important

NOTE Confidence: 0.939718945454545

00:02:06.941 --> 00:02:09.933 because one in five Americans will have

NOTE Confidence: 0.939718945454545

00:02:09.933 --> 00:02:13.310 a skin cancer by the time they're 70.

NOTE Confidence: 0.939718945454545

00:02:13.310 --> 00:02:17.234 So that's 20%. And so in a nuclear family

NOTE Confidence: 0.939718945454545

00:02:17.234 --> 00:02:20.150 that may typically be that one of those

NOTE Confidence: 0.939718945454545

00:02:21.790 --> 00:02:23.590 people will have a skin cancer.

NOTE Confidence: 0.939718945454545

00:02:23.590 --> 00:02:25.744 The most common type of skin

NOTE Confidence: 0.939718945454545

00:02:25.744 --> 00:02:27.990 cancer is basal cell carcinoma.

NOTE Confidence: 0.939718945454545

00:02:27.990 --> 00:02:29.950 And I know that's a lot of words.

NOTE Confidence: 0.939718945454545

00:02:29.950 --> 00:02:30.706 It's 3 words.

NOTE Confidence: 0.939718945454545

00:02:30.706 --> 00:02:32.815 But I abbreviate it to my patients and

NOTE Confidence: 0.939718945454545

00:02:32.815 --> 00:02:34.567 we abbreviate it among doctors too.

NOTE Confidence: 0.939718945454545

00:02:34.570 --> 00:02:38.688 We just call it B like boy, and 2 C's, BCC.

NOTE Confidence: 0.939718945454545

00:02:38.688 --> 00:02:40.921 And so you can call it that

NOTE Confidence: 0.939718945454545

00:02:40.921 --> 00:02:42.610 even as a patient, BCC.

NOTE Confidence: 0.939718945454545

00:02:42.610 --> 00:02:45.298 And so that's BCC is the most

NOTE Confidence: 0.939718945454545

00:02:45.298 --> 00:02:47.800 common skin cancer for Americans,

NOTE Confidence: 0.939718945454545

00:02:47.800 --> 00:02:49.825 especially lighter or

NOTE Confidence: 0.939718945454545

00:02:49.825 --> 00:02:51.850 fairer skinned Americans.

NOTE Confidence: 0.939718945454545

00:02:51.850 --> 00:02:54.030 And that usually presents,

NOTE Confidence: 0.939718945454545

00:02:54.030 --> 00:02:56.582 as we call it, pearly.

NOTE Confidence: 0.939718945454545

00:02:56.582 --> 00:02:59.930 It might look a little shiny or

NOTE Confidence: 0.939718945454545

00:02:59.930 --> 00:03:02.324 that kind of oyster like Translucence,

NOTE Confidence: 0.939718945454545

00:03:02.330 --> 00:03:04.632 if you think of shellfish with

NOTE Confidence: 0.939718945454545

00:03:04.632 --> 00:03:07.164 sort of blood vessels like red

NOTE Confidence: 0.939718945454545

00:03:07.164 --> 00:03:09.370 little lines going through it.

NOTE Confidence: 0.939718945454545

00:03:09.370 --> 00:03:11.800 And one thing that I often tell my patients

NOTE Confidence: 0.939718945454545

00:03:11.800 --> 00:03:14.245 is that it can bleed relatively easily.

NOTE Confidence: 0.939718945454545

00:03:14.250 --> 00:03:15.470 Like you're just sort of

NOTE Confidence: 0.939718945454545

00:03:15.470 --> 00:03:16.890 washing your face or

NOTE Confidence: 0.939718945454545

00:03:16.890 --> 00:03:18.955 it gets brushed with your clothing

NOTE Confidence: 0.939718945454545

00:03:18.955 --> 00:03:20.850 or something and it

NOTE Confidence: 0.939718945454545

00:03:20.850 --> 00:03:22.649 bleeds a tiny bit or sometimes a lot.

NOTE Confidence: 0.939718945454545

00:03:22.650 --> 00:03:24.904 So that's the most common skin cancer.

NOTE Confidence: 0.939718945454545

00:03:24.910 --> 00:03:27.066 The one cancer that of the

NOTE Confidence: 0.939718945454545

00:03:27.066 --> 00:03:29.703 skin that a lot of people are

NOTE Confidence: 0.939718945454545

00:03:29.703 --> 00:03:31.748 more familiar with is Melanoma.

NOTE Confidence: 0.939718945454545

00:03:31.750 --> 00:03:33.712 And I think that's because of

NOTE Confidence: 0.939718945454545

00:03:33.712 --> 00:03:35.710 really good skin cancer campaigns.

NOTE Confidence: 0.939718945454545

00:03:35.710 --> 00:03:37.894 And people know that it's often a dark

NOTE Confidence: 0.939718945454545

00:03:37.894 --> 00:03:40.040 spot and it might be changing or it

NOTE Confidence: 0.939718945454545

00:03:40.040 --> 00:03:42.228 might be a little irregular in shape.

NOTE Confidence: 0.939718945454545

00:03:42.230 --> 00:03:44.990 And that also I think people are aware

NOTE Confidence: 0.939718945454545

00:03:44.990 --> 00:03:47.227 of because it can really affect

NOTE Confidence: 0.939718945454545

00:03:47.230 --> 00:03:48.502 even younger individuals,

NOTE Confidence: 0.939718945454545

00:03:48.502 --> 00:03:51.310 in their 20s and above.

NOTE Confidence: 0.939718945454545

00:03:51.310 --> 00:03:53.396 So it can affect all ages and

NOTE Confidence: 0.939718945454545

00:03:53.396 --> 00:03:54.910 it can be deadly.

NOTE Confidence: 0.939718945454545

00:03:54.910 --> 00:03:56.630 So I think for good reason

NOTE Confidence: 0.939718945454545

00:03:56.630 --> 00:03:57.985 there have been awareness campaigns

NOTE Confidence: 0.939718945454545

00:03:57.985 --> 00:03:59.725 and people are becoming more and

NOTE Confidence: 0.939718945454545

00:03:59.725 --> 00:04:01.148 more familiar with Melanoma.

NOTE Confidence: 0.935608884615385

00:04:01.830 --> 00:04:04.518 And so let's talk a little bit

NOTE Confidence: 0.935608884615385

00:04:04.518 --> 00:04:06.990 about each of those in turn,

NOTE Confidence: 0.935608884615385

00:04:06.990 --> 00:04:09.138 maybe starting with Melanoma

NOTE Confidence: 0.935608884615385

00:04:09.138 --> 00:04:11.823 since that's the most deadly.

NOTE Confidence: 0.935608884615385

00:04:11.830 --> 00:04:13.762 Tell us a bit more about

NOTE Confidence: 0.935608884615385

00:04:13.762 --> 00:04:15.740 what are the risk factors

NOTE Confidence: 0.935608884615385

00:04:15.740 --> 00:04:17.411 for developing Melanoma,

NOTE Confidence: 0.935608884615385

00:04:17.411 --> 00:04:20.196 is there a screening protocol

NOTE Confidence: 0.935608884615385

00:04:20.196 --> 00:04:22.580 that people should follow,

NOTE Confidence: 0.935608884615385

00:04:22.580 --> 00:04:25.219 who should follow it and so on?

NOTE Confidence: 0.9402536

00:04:26.100 --> 00:04:28.416 Yes. So Melanoma is one of

NOTE Confidence: 0.9402536

00:04:28.416 --> 00:04:30.700 the most deadly skin cancers.

NOTE Confidence: 0.9402536

00:04:30.700 --> 00:04:32.541 There are others that are much more

NOTE Confidence: 0.9402536

00:04:32.541 --> 00:04:34.139 rare like Merkel cell carcinoma,

NOTE Confidence: 0.9402536

00:04:34.140 --> 00:04:35.976 so I won't talk about those.

NOTE Confidence: 0.9402536

00:04:35.980 --> 00:04:39.898 But Melanoma skin cancer screening programs,

NOTE Confidence: 0.9402536

00:04:39.900 --> 00:04:43.380 the general recommendation is for

NOTE Confidence: 0.9402536

00:04:43.380 --> 00:04:45.552 each individual person to look at

NOTE Confidence: 0.9402536

00:04:45.552 --> 00:04:48.337 your skin to do a self skin exam,

NOTE Confidence: 0.9402536

00:04:48.340 --> 00:04:50.993 just like women and men are told

NOTE Confidence: 0.9402536

00:04:50.993 --> 00:04:53.898 to do breast exams on themselves.

NOTE Confidence: 0.9402536

00:04:53.900 --> 00:04:56.339 And so a skin exam actually I tell my patients,

NOTE Confidence: 0.9402536

00:04:56.340 --> 00:04:59.616 is relatively easy once you get used to it.

NOTE Confidence: 0.9402536

00:04:59.620 --> 00:05:01.652 And all you really have to do is

NOTE Confidence: 0.9402536

00:05:01.652 --> 00:05:03.198 ideally have a full length mirror

NOTE Confidence: 0.9402536

00:05:03.198 --> 00:05:05.465 but a waist up one

NOTE Confidence: 0.9402536

00:05:05.465 --> 00:05:07.208 will do if that's all you have.

NOTE Confidence: 0.9402536

00:05:07.210 --> 00:05:10.130 And when you come out of the shower or bath,

NOTE Confidence: 0.9402536

00:05:10.130 --> 00:05:11.746 maybe choose the 1st of the month or

NOTE Confidence: 0.9402536

00:05:11.746 --> 00:05:13.325 the last of the month or

NOTE Confidence: 0.9402536

00:05:13.330 --> 00:05:16.090 the 15th or whatever day works for you.

NOTE Confidence: 0.9402536

00:05:16.090 --> 00:05:17.610 And ideally, once a month,

NOTE Confidence: 0.9402536

00:05:17.610 --> 00:05:20.865 just look at your skin, all of it,

NOTE Confidence: 0.9402536

00:05:20.865 --> 00:05:22.165 including the genital area.

NOTE Confidence: 0.9402536

00:05:22.170 --> 00:05:23.370 It's a little harder for women,

NOTE Confidence: 0.9402536

00:05:23.370 --> 00:05:25.658 but we can take a mirror and look

NOTE Confidence: 0.9402536

00:05:25.658 --> 00:05:28.087 at the genital area as well and

NOTE Confidence: 0.9402536

00:05:28.090 --> 00:05:31.168 get used to what spots you really have.

NOTE Confidence: 0.9402536

00:05:31.170 --> 00:05:32.450 Some people have very few,

NOTE Confidence: 0.9402536

00:05:32.450 --> 00:05:33.962 Some people have a lot and just

NOTE Confidence: 0.9402536

00:05:33.962 --> 00:05:35.648 get used to it and anything that

NOTE Confidence: 0.9402536

00:05:35.648 --> 00:05:37.124 looks a little weird to you,

NOTE Confidence: 0.9402536

00:05:37.130 --> 00:05:38.650 ask your doctor about it.

NOTE Confidence: 0.9402536

00:05:38.650 --> 00:05:40.170 So that's a big component.

NOTE Confidence: 0.9402536

00:05:40.170 --> 00:05:41.990 I think I advocate that

NOTE Confidence: 0.9402536

00:05:41.990 --> 00:05:43.810 people do self skin exams.

NOTE Confidence: 0.9402536

00:05:43.810 --> 00:05:46.294 The other thing you can do is you can

NOTE Confidence: 0.9402536

00:05:46.294 --> 00:05:49.095 go to your doctor or your dermatologist

NOTE Confidence: 0.9402536

00:05:49.095 --> 00:05:51.773 and have the physician do a skin

NOTE Confidence: 0.9402536

00:05:51.773 --> 00:05:54.048 exam in which ideally they would look

NOTE Confidence: 0.9402536

00:05:54.050 --> 00:05:57.298 at every single part of your body.

NOTE Confidence: 0.9402536

00:05:57.300 --> 00:05:59.617 So I will examine under the hair,

NOTE Confidence: 0.9402536

00:05:59.620 --> 00:06:00.780 you know, between the hairs.

NOTE Confidence: 0.9402536

00:06:00.780 --> 00:06:01.940 If I can do it,

NOTE Confidence: 0.9402536

00:06:01.940 --> 00:06:03.820 I will tell people to

NOTE Confidence: 0.9402536

00:06:03.820 --> 00:06:05.487 enlist the hairdresser's help if

NOTE Confidence: 0.9402536

00:06:05.487 --> 00:06:07.620 they go to a hairdresser or Barber.

NOTE Confidence: 0.9402536

00:06:07.620 --> 00:06:09.228 For people that have a good

NOTE Confidence: 0.9402536

00:06:09.228 --> 00:06:10.300 healthy amount of hair,

NOTE Confidence: 0.9402536

00:06:10.300 --> 00:06:11.854 it can be hard to look in

NOTE Confidence: 0.9402536

00:06:11.854 --> 00:06:13.139 between all of that hair,

NOTE Confidence: 0.9402536

00:06:13.140 --> 00:06:14.700 and it's easier when it's wet.

NOTE Confidence: 0.9402536

00:06:14.700 --> 00:06:16.572 So I'll ask people if they do go to

NOTE Confidence: 0.9402536

00:06:16.572 --> 00:06:18.577 a Barber or hairdresser

NOTE Confidence: 0.9402536

00:06:18.580 --> 00:06:20.414 if they ever notice anything,

NOTE Confidence: 0.9402536

00:06:20.420 --> 00:06:21.656 ask them to take a photo,

NOTE Confidence: 0.9402536

00:06:21.660 --> 00:06:23.620 kind of have a general sense of where it is,

NOTE Confidence: 0.9402536

00:06:23.620 --> 00:06:25.933 and they can even upload that photo to me

00:06:26.856 --> 00:06:30.062 in an electronic medical record.

NOTE Confidence: 0.9402536

00:06:30.070 --> 00:06:32.149 And so then ideally the physician

NOTE Confidence: 0.9402536

00:06:32.149 --> 00:06:34.827 will look under the hair,

NOTE Confidence: 0.9402536

00:06:34.830 --> 00:06:36.747 in between the hair, the rest of the body,

NOTE Confidence: 0.9402536

00:06:36.750 --> 00:06:38.450 the general nails,

NOTE Confidence: 0.9402536

00:06:38.450 --> 00:06:40.150 bottoms of the feet,

NOTE Confidence: 0.9402536

00:06:40.150 --> 00:06:43.066 so the socks and shoes come off as well.

00:06:46.030 --> 00:06:49.494 Thank you for that really

NOTE Confidence: 0.936899133333333

00:06:49.494 --> 00:06:51.554 thorough description because I think

NOTE Confidence: 0.936899133333333

00:06:51.554 --> 00:06:54.226 that well many of us may have heard,

NOTE Confidence: 0.936899133333333

00:06:54.230 --> 00:06:57.155 yeah, we should look at our skin.

NOTE Confidence: 0.936899133333333

00:06:57.160 --> 00:06:58.800 We don't really think about

NOTE Confidence: 0.936899133333333

00:06:58.800 --> 00:07:00.440 some of those other areas.

NOTE Confidence: 0.936899133333333

00:07:00.440 --> 00:07:02.840 Taking a mirror and looking

NOTE Confidence: 0.936899133333333

00:07:02.840 --> 00:07:05.112 at the genital area is something that

NOTE Confidence: 0.936899133333333

00:07:05.112 --> 00:07:07.799 a lot of people may not think about,

NOTE Confidence: 0.936899133333333

00:07:07.800 --> 00:07:10.518 especially because so much of us

NOTE Confidence: 0.936899133333333

00:07:10.518 --> 00:07:13.332 think about skin cancers and Melanoma

NOTE Confidence: 0.936899133333333

00:07:13.332 --> 00:07:16.074 as being related to sun exposure.

NOTE Confidence: 0.936899133333333

00:07:16.080 --> 00:07:19.132 So in that area, if you haven't

NOTE Confidence: 0.936899133333333

00:07:19.132 --> 00:07:21.558 gone skinny dipping for a while,

NOTE Confidence: 0.936899133333333

00:07:21.560 --> 00:07:24.080 it generally isn't exposed to sunlight,

NOTE Confidence: 0.936899133333333

00:07:24.080 --> 00:07:26.320 but is it still at risk for Melanoma?

NOTE Confidence: 0.947441742857143

00:07:26.960 --> 00:07:27.820 Yes, absolutely.

NOTE Confidence: 0.947441742857143

00:07:27.820 --> 00:07:30.830 I'm glad that you made that comment

NOTE Confidence: 0.947441742857143

00:07:30.830 --> 00:07:33.508 because often my patients and

NOTE Confidence: 0.947441742857143

00:07:33.508 --> 00:07:35.512 friends, family who talk to me

NOTE Confidence: 0.947441742857143

00:07:35.512 --> 00:07:37.406 about skin and skin cancer and

NOTE Confidence: 0.947441742857143

00:07:37.406 --> 00:07:39.534 how and when they should

NOTE Confidence: 0.947441742857143

00:07:39.534 --> 00:07:41.478 be looking at their own skin,

NOTE Confidence: 0.947441742857143

00:07:41.480 --> 00:07:42.638 they often say,

NOTE Confidence: 0.947441742857143

00:07:42.640 --> 00:07:44.859 but I don't go to nude beaches

NOTE Confidence: 0.947441742857143

00:07:44.859 --> 00:07:47.280 or I don't go skinny dipping.

NOTE Confidence: 0.947441742857143

00:07:47.280 --> 00:07:50.832 And absolutely it's a myth and

NOTE Confidence: 0.947441742857143

00:07:50.832 --> 00:07:53.678 that misconception comes from partial truth,

NOTE Confidence: 0.947441742857143

00:07:53.680 --> 00:07:56.296 which is often the case.

NOTE Confidence: 0.947441742857143

00:07:56.300 --> 00:07:57.214 Ultraviolet light,

NOTE Confidence: 0.947441742857143

00:07:57.214 --> 00:07:59.956 sunlight, is a major contributor to

NOTE Confidence: 0.947441742857143

00:07:59.956 --> 00:08:02.766 skin cancer and that's a major reason

NOTE Confidence: 0.947441742857143

00:08:02.766 --> 00:08:05.020 why fairer skin or lighter skin,

NOTE Confidence: 0.947441742857143

00:08:05.020 --> 00:08:07.116 especially skin types that

NOTE Confidence: 0.947441742857143

00:08:07.116 --> 00:08:09.736 burn and virtually don't tan,

NOTE Confidence: 0.947441742857143

00:08:10.254 --> 00:08:12.053 they burn and then they go

NOTE Confidence: 0.947441742857143

00:08:12.053 --> 00:08:13.917 back to the fair skin that they

NOTE Confidence: 0.947441742857143

00:08:13.917 --> 00:08:15.811 had before the burn and they

NOTE Confidence: 0.947441742857143

00:08:15.811 --> 00:08:17.415 don't really become significantly

NOTE Confidence: 0.947441742857143

00:08:17.420 --> 00:08:19.100 darker or tan in any way.

NOTE Confidence: 0.947441742857143

00:08:19.100 --> 00:08:21.140 That's the highest risk skin type

NOTE Confidence: 0.947441742857143

00:08:21.140 --> 00:08:23.034 for skin cancer because there's

NOTE Confidence: 0.947441742857143

00:08:23.034 --> 00:08:24.898 essentially no melanin pigment.

NOTE Confidence: 0.947441742857143

00:08:24.900 --> 00:08:25.863 Melanin is the

NOTE Confidence: 0.947441742857143

00:08:25.863 --> 00:08:28.110 Pigment in the skin that

NOTE Confidence: 0.947441742857143

00:08:28.182 --> 00:08:30.958 creates color that can create a tan and

NOTE Confidence: 0.947441742857143

00:08:30.958 --> 00:08:33.458 with virtually no protection from melanin

NOTE Confidence: 0.947441742857143

00:08:33.460 --> 00:08:35.966 you are at highest risk for skin

NOTE Confidence: 0.947441742857143

00:08:35.966 --> 00:08:38.135 cancer compared to skin that's has

NOTE Confidence: 0.947441742857143

00:08:38.135 --> 00:08:40.922 more melanin in it, but ultraviolet

NOTE Confidence: 0.947441742857143

00:08:40.922 --> 00:08:44.240 light is not the

NOTE Confidence: 0.947441742857143

00:08:44.337 --> 00:08:47.235 only risk factor and another risk

NOTE Confidence: 0.947441742857143

00:08:47.235 --> 00:08:50.250 factor is for example human papilloma

NOTE Confidence: 0.947441742857143

00:08:50.250 --> 00:08:53.595 virus and

NOTE Confidence: 0.947441742857143

00:08:53.595 --> 00:08:55.845 I think that can make sense.

NOTE Confidence: 0.947441742857143

00:08:55.850 --> 00:08:57.722 The way I often translate it to patients is

00:08:58.004 --> 00:08:59.922 you know that cervical cancer or a

NOTE Confidence: 0.947441742857143

00:08:59.922 --> 00:09:02.042 lot of people understand that and

NOTE Confidence: 0.947441742857143

00:09:02.042 --> 00:09:03.922 they know about vaccination of

00:09:04.480 --> 00:09:06.680 younger kids and even up to age 45

NOTE Confidence: 0.947441742857143

00:09:06.751 --> 00:09:08.893 against HPV virus to prevent

NOTE Confidence: 0.947441742857143

00:09:08.893 --> 00:09:11.150 cervical cancer as well as other

NOTE Confidence: 0.947441742857143

00:09:11.150 --> 00:09:13.060 especially genital cancers and oral

NOTE Confidence: 0.947441742857143

00:09:13.060 --> 00:09:15.202 cancers that are related to HPV virus.

NOTE Confidence: 0.947441742857143

00:09:15.202 --> 00:09:16.690 But it's same for the skin.

NOTE Confidence: 0.947441742857143

00:09:16.690 --> 00:09:18.552 And so that genital area or the

NOTE Confidence: 0.947441742857143

00:09:18.552 --> 00:09:20.455 sort of near genital area,

NOTE Confidence: 0.947441742857143

00:09:20.455 --> 00:09:23.185 a risk factor is human papilloma

NOTE Confidence: 0.947441742857143

00:09:23.185 --> 00:09:24.838 virus.

NOTE Confidence: 0.947441742857143

00:09:24.840 --> 00:09:26.730 And so that can be a reason why you

NOTE Confidence: 0.947441742857143

00:09:26.730 --> 00:09:28.718 may have never gone to a nude beach,

NOTE Confidence: 0.947441742857143

00:09:28.720 --> 00:09:30.448 but you can have skin cancer

NOTE Confidence: 0.947441742857143

00:09:30.448 --> 00:09:32.000 in that area as well.

NOTE Confidence: 0.938150621666667

00:09:33.520 --> 00:09:36.316 So does HPV vaccine protect you

NOTE Confidence: 0.938150621666667

00:09:36.316 --> 00:09:39.120 against skin cancers in that area?

NOTE Confidence: 0.928177628

00:09:40.040 --> 00:09:41.480 Yes, I think it can.

NOTE Confidence: 0.928177628

00:09:41.480 --> 00:09:45.320 And so one thing for example is that

NOTE Confidence: 0.928177628

00:09:45.320 --> 00:09:47.400 transplant patients who are

NOTE Confidence: 0.928177628

00:09:47.400 --> 00:09:48.440 immunosuppressed because,

NOTE Confidence: 0.928177628

00:09:48.440 --> 00:09:50.600 you know, to help them not

NOTE Confidence: 0.928177628

00:09:50.600 --> 00:09:52.040 reject the transplanted organ,

NOTE Confidence: 0.928177628

00:09:52.040 --> 00:09:54.136 they are at higher risk of skin cancer

NOTE Confidence: 0.928177628

00:09:54.136 --> 00:09:56.574 as well as other cancers due to that

NOTE Confidence: 0.928177628

00:09:56.574 --> 00:09:58.591 suppression of the immune system that's

NOTE Confidence: 0.928177628

00:09:58.591 --> 00:10:01.162 appropriate to keep the

NOTE Confidence: 0.928177628

00:10:01.162 --> 00:10:03.406 transplanted organ doing well.

NOTE Confidence: 0.928177628

00:10:03.410 --> 00:10:07.288 But especially patients with sort of darker,

NOTE Confidence: 0.928177628

00:10:07.290 --> 00:10:08.295 higher skin types,

NOTE Confidence: 0.928177628

00:10:08.295 --> 00:10:10.640 they have higher risk of skin cancer

NOTE Confidence: 0.928177628

00:10:10.701 --> 00:10:12.745 in those sort of more sun protected

NOTE Confidence: 0.928177628

00:10:12.745 --> 00:10:15.037 areas and it is thought to be

NOTE Confidence: 0.928177628

00:10:15.037 --> 00:10:16.727 because of human papilloma virus.

NOTE Confidence: 0.928177628

00:10:16.730 --> 00:10:19.586 And there are efforts to see if

NOTE Confidence: 0.928177628

00:10:19.586 --> 00:10:21.805 vaccination against HPV can reduce

NOTE Confidence: 0.928177628

00:10:21.805 --> 00:10:24.085 skin cancers in that population.

NOTE Confidence: 0.928177628

00:10:24.090 --> 00:10:26.568 So yes, you're absolutely right that

NOTE Confidence: 0.928177628

00:10:26.570 --> 00:10:29.156 HPV induced skin cancers should be

NOTE Confidence: 0.928177628

00:10:29.156 --> 00:10:32.168 prevented as well from the HPV vaccine.

NOTE Confidence: 0.954342466

00:10:33.040 --> 00:10:35.792 Interesting. So you mentioned

NOTE Confidence: 0.954342466

00:10:35.792 --> 00:10:40.135 that people with darker skin with

NOTE Confidence: 0.954342466

00:10:40.135 --> 00:10:43.968 more melanin are more likely to

NOTE Confidence: 0.954342466

00:10:43.968 --> 00:10:48.760 get these HPV type skin cancers.

NOTE Confidence: 0.954342466

00:10:48.760 --> 00:10:51.730 Do we see other differences based

NOTE Confidence: 0.954342466

00:10:51.730 --> 00:10:56.010 on race or or skin color in terms

NOTE Confidence: 0.954342466

00:10:56.010 --> 00:10:58.835 of how skin cancers present?

NOTE Confidence: 0.946291558

00:10:59.600 --> 00:11:01.600 Yes, that's a great question.

NOTE Confidence: 0.946291558

00:11:01.600 --> 00:11:04.820 I'm not sure that they're more susceptible

NOTE Confidence: 0.946291558

00:11:04.820 --> 00:11:07.212 to HPV induced cancers if they have

NOTE Confidence: 0.946291558

00:11:07.212 --> 00:11:09.957 darker skin or you know higher type skin.

NOTE Confidence: 0.946291558

00:11:09.960 --> 00:11:13.530 But just that since they have fewer

NOTE Confidence: 0.946291558

00:11:13.530 --> 00:11:16.960 skin cancers in sun exposed areas,

NOTE Confidence: 0.946291558

00:11:16.960 --> 00:11:19.252 that is an important

NOTE Confidence: 0.946291558

00:11:19.252 --> 00:11:21.420 place to check for higher and

NOTE Confidence: 0.946291558

00:11:21.420 --> 00:11:23.462 darker skin types including mine.

NOTE Confidence: 0.946291558

00:11:23.462 --> 00:11:27.039 So but what I would say is,

NOTE Confidence: 0.946291558

00:11:27.040 --> 00:11:30.208 that there are major differences

NOTE Confidence: 0.946291558

00:11:30.208 --> 00:11:33.553 and so another major difference is

NOTE Confidence: 0.946291558

00:11:33.553 --> 00:11:36.238 that higher or darker skin types and

NOTE Confidence: 0.946291558

00:11:36.238 --> 00:11:39.448 I say higher because we kind of have a

NOTE Confidence: 0.946291558

00:11:39.448 --> 00:11:41.726 Fitzpatrick skin color scale which kind

NOTE Confidence: 0.946291558

00:11:41.726 --> 00:11:45.960 of gives you a number for the skin color,

NOTE Confidence: 0.946291558

00:11:45.960 --> 00:11:48.850 the skin type that you have and

NOTE Confidence: 0.946291558

00:11:48.921 --> 00:11:51.553 lightest or fairest is close to 0

NOTE Confidence: 0.946291558

00:11:51.560 --> 00:11:52.535 Melanin and pigment.

NOTE Confidence: 0.946291558

00:11:52.535 --> 00:11:54.810 That color that makes brown in the

NOTE Confidence: 0.946291558

00:11:54.877 --> 00:11:56.717 skin or tan in the skin is A1.

NOTE Confidence: 0.946291558

00:11:56.720 --> 00:11:59.058 And then the higher skin type is

NOTE Confidence: 0.946291558

00:11:59.058 --> 00:12:02.036 6 it goes up to six is darker skin,

NOTE Confidence: 0.946291558

00:12:02.040 --> 00:12:04.794 the darkest that has the most melanin in it.

NOTE Confidence: 0.946291558

00:12:04.800 --> 00:12:06.893 And it's also based on how your

NOTE Confidence: 0.946291558

00:12:06.893 --> 00:12:08.440 skin reacts to sunlight.

NOTE Confidence: 0.946291558

00:12:08.440 --> 00:12:10.561 So if you basically burn and hardly

NOTE Confidence: 0.946291558

00:12:10.561 --> 00:12:12.839 really tan at all don't get darker,

NOTE Confidence: 0.946291558

00:12:12.840 --> 00:12:14.144 you're a one.

NOTE Confidence: 0.946291558

00:12:14.144 --> 00:12:15.774 And if you essentially never,

NOTE Confidence: 0.946291558

00:12:15.780 --> 00:12:16.512 never ever burn,

NOTE Confidence: 0.946291558

00:12:16.512 --> 00:12:18.728 but you do get a little darker from the

NOTE Confidence: 0.946291558

00:12:18.728 --> 00:12:20.780 sun that's a six and in the middle 3-4,

NOTE Confidence: 0.946291558

00:12:20.780 --> 00:12:22.460 it's like you generally tan

NOTE Confidence: 0.946291558

00:12:22.460 --> 00:12:23.500 but you can burn.

NOTE Confidence: 0.946291558

00:12:23.500 --> 00:12:25.060 And so that's the scale

NOTE Confidence: 0.946291558

00:12:25.116 --> 00:12:26.772 that I'm talking about and why

NOTE Confidence: 0.946291558

00:12:26.772 --> 00:12:28.260 I'll say higher skin types.

NOTE Confidence: 0.946291558

00:12:28.260 --> 00:12:31.122 And so if you have higher skin types

NOTE Confidence: 0.946291558

00:12:31.122 --> 00:12:35.339 we'll think like 4-5 and six,

NOTE Confidence: 0.946291558

00:12:35.340 --> 00:12:38.665 you tend to get Melanoma for example

NOTE Confidence: 0.946291558

00:12:38.670 --> 00:12:40.812 under your nails more so than if

NOTE Confidence: 0.946291558

00:12:40.812 --> 00:12:43.204 you have lower skin types or on the

NOTE Confidence: 0.946291558

00:12:43.204 --> 00:12:45.538 bottoms of the feet or on the palms

NOTE Confidence: 0.946291558

00:12:45.538 --> 00:12:47.547 or you know for example in that

NOTE Confidence: 0.946291558

00:12:47.550 --> 00:12:49.746 genital area as we talked about.

NOTE Confidence: 0.946291558

00:12:49.750 --> 00:12:52.284 So I really emphasize to my patients

NOTE Confidence: 0.946291558

00:12:52.284 --> 00:12:54.648 with higher skin types to definitely

NOTE Confidence: 0.946291558

00:12:54.648 --> 00:12:57.469 definitely look in those areas as well.

NOTE Confidence: 0.946291558

00:12:57.470 --> 00:13:00.726 And so I think that sort of myth

NOTE Confidence: 0.946291558

00:13:00.726 --> 00:13:03.117 or misconception that it's sun

NOTE Confidence: 0.946291558

00:13:03.117 --> 00:13:05.607 exposed areas may also contribute

NOTE Confidence: 0.946291558

00:13:05.610 --> 00:13:07.410 to the statistics that we know

NOTE Confidence: 0.946291558

00:13:07.410 --> 00:13:09.424 that are true that patients with

NOTE Confidence: 0.946291558

00:13:09.424 --> 00:13:11.668 higher skin types often have their

NOTE Confidence: 0.946291558

00:13:11.668 --> 00:13:13.089 skin cancers not often,

NOTE Confidence: 0.946291558

00:13:13.090 --> 00:13:16.450 but maybe can have for sure their skin

NOTE Confidence: 0.946291558

00:13:16.450 --> 00:13:19.610 cancers detected later than fair skin types.

NOTE Confidence: 0.946291558

00:13:19.610 --> 00:13:21.290 And I think it might be because

NOTE Confidence: 0.946291558

00:13:21.290 --> 00:13:22.967 of that myth or misconception that

NOTE Confidence: 0.946291558

00:13:22.967 --> 00:13:24.767 people don't think you can have

NOTE Confidence: 0.946291558

00:13:24.767 --> 00:13:26.660 a skin cancer under your nail or

NOTE Confidence: 0.946291558

00:13:26.660 --> 00:13:28.258 on the bottom of your feet,

NOTE Confidence: 0.946291558

00:13:28.258 --> 00:13:29.394 which generally isn't being

NOTE Confidence: 0.946291558

00:13:29.394 --> 00:13:30.930 exposed to the sun either,

NOTE Confidence: 0.946291558

00:13:30.930 --> 00:13:33.010 or the genital perigenital area.

NOTE Confidence: 0.937544339615384

00:13:33.580 --> 00:13:35.412 Yeah, I was going to ask you that

NOTE Confidence: 0.937544339615384

00:13:35.412 --> 00:13:36.881 question in terms of

NOTE Confidence: 0.937544339615384

00:13:36.881 --> 00:13:38.315 the fact that we simply don't

NOTE Confidence: 0.937544339615384

00:13:38.371 --> 00:13:39.895 think to check in those areas.

NOTE Confidence: 0.937544339615384

00:13:39.900 --> 00:13:41.820 So that may contribute to

NOTE Confidence: 0.937544339615384

00:13:41.820 --> 00:13:43.740 these being picked up later.

NOTE Confidence: 0.937544339615384

00:13:43.740 --> 00:13:46.456 We are going to continue this very

NOTE Confidence: 0.937544339615384

00:13:46.456 --> 00:13:48.275 interesting conversation right after we

NOTE Confidence: 0.937544339615384

00:13:48.275 --> 00:13:50.619 take a short break for a medical minute.

NOTE Confidence: 0.937544339615384

00:13:50.620 --> 00:13:52.552 Please stay tuned to learn more about

NOTE Confidence: 0.937544339615384

00:13:52.552 --> 00:13:54.400 the care of patients with Melanoma

NOTE Confidence: 0.937544339615384

00:13:54.400 --> 00:13:56.647 and other skin cancers in honor of

NOTE Confidence: 0.937544339615384

00:13:56.704 --> 00:13:58.762 Melanoma and skin cancer awareness Month

NOTE Confidence: 0.937544339615384

00:13:58.762 --> 00:14:00.940 with my guest Doctor Christine Ko.

NOTE Confidence: 0.902940025

00:14:01.670 --> 00:14:03.650 Funding for Yale Cancer Answers

NOTE Confidence: 0.902940025

00:14:03.650 --> 00:14:05.630 comes from Smilow Cancer Hospital,

NOTE Confidence: 0.902940025

00:14:05.630 --> 00:14:07.474 where their Melanoma program

NOTE Confidence: 0.902940025

00:14:07.474 --> 00:14:09.318 brings together an extensive

NOTE Confidence: 0.902940025

00:14:09.318 --> 00:14:10.990 multidisciplinary team to diagnose,

NOTE Confidence: 0.902940025

00:14:10.990 --> 00:14:13.162 treat, and care for patients with

NOTE Confidence: 0.902940025

00:14:13.162 --> 00:14:15.190 Melanoma and other skin cancers.

NOTE Confidence: 0.902940025

00:14:15.190 --> 00:14:19.270 Smilowcancerhospital.org.

NOTE Confidence: 0.902940025

00:14:19.270 --> 00:14:21.075 It's estimated that over 240,000

NOTE Confidence: 0.902940025

00:14:21.075 --> 00:14:23.843 men in the US will be diagnosed

NOTE Confidence: 0.902940025

00:14:23.843 --> 00:14:26.068 with prostate cancer this year,

NOTE Confidence: 0.902940025

00:14:26.070 --> 00:14:28.608 with over 3000 new cases being

NOTE Confidence: 0.902940025

00:14:28.608 --> 00:14:30.300 identified here in Connecticut.

NOTE Confidence: 0.902940025

00:14:30.300 --> 00:14:32.292 One in eight American men will

NOTE Confidence: 0.902940025

00:14:32.292 --> 00:14:33.620 develop prostate cancer in

NOTE Confidence: 0.902940025

00:14:33.684 --> 00:14:35.259 the course of his lifetime.

NOTE Confidence: 0.902940025

00:14:35.260 --> 00:14:37.312 Major advances in the detection and

NOTE Confidence: 0.902940025

00:14:37.312 --> 00:14:39.049 treatment of prostate cancer have

NOTE Confidence: 0.902940025

00:14:39.049 --> 00:14:40.289 dramatically decreased the number

NOTE Confidence: 0.902940025

00:14:40.289 --> 00:14:42.540 of men who die from the disease.

NOTE Confidence: 0.902940025

00:14:42.540 --> 00:14:44.380 Screening can be performed quickly

NOTE Confidence: 0.902940025

00:14:44.380 --> 00:14:46.220 and easily in a physician's

NOTE Confidence: 0.902940025

00:14:46.279 --> 00:14:48.059 office using two simple tests,

NOTE Confidence: 0.902940025

00:14:48.060 --> 00:14:50.496 a physical exam and a blood test.

NOTE Confidence: 0.902940025

00:14:50.500 --> 00:14:52.880 Clinical trials are currently underway

NOTE Confidence: 0.902940025

00:14:52.880 --> 00:14:54.784 at federally designated Comprehensive

NOTE Confidence: 0.902940025

00:14:54.784 --> 00:14:57.114 Cancer centers such as Yale Cancer

NOTE Confidence: 0.902940025

00:14:57.114 --> 00:14:59.289 Center and Smilow Cancer Hospital

NOTE Confidence: 0.902940025

00:14:59.290 --> 00:15:01.140 where doctors are also using

NOTE Confidence: 0.902940025

00:15:01.140 --> 00:15:02.250 the Artemis machine,

NOTE Confidence: 0.902940025

00:15:02.250 --> 00:15:04.190 which enables targeted biopsies

NOTE Confidence: 0.902940025

00:15:04.190 --> 00:15:05.645 to be performed.

NOTE Confidence: 0.902940025

00:15:05.650 --> 00:15:07.890 More information is available

NOTE Confidence: 0.902940025

00:15:07.890 --> 00:15:09.124 at yalecancercenter.org.

NOTE Confidence: 0.902940025

00:15:09.124 --> 00:15:13.168 You're listening to Connecticut Public Radio.

NOTE Confidence: 0.902940025

00:15:13.170 --> 00:15:13.570 Welcome

NOTE Confidence: 0.94629164

00:15:13.570 --> 00:15:15.330 back to Yale Cancer Answers.

NOTE Confidence: 0.94629164

00:15:15.330 --> 00:15:17.010 This is Doctor Anees Chagpar,

NOTE Confidence: 0.94629164

00:15:17.010 --> 00:15:19.285 and I'm joined tonight by my guest,

NOTE Confidence: 0.94629164

00:15:19.290 --> 00:15:20.484 Doctor Christine Ko.

NOTE Confidence: 0.94629164

00:15:20.484 --> 00:15:23.698 We're talking about the care of patients with

NOTE Confidence: 0.94629164

00:15:23.698 --> 00:15:26.578 Melanoma and other skin cancers in honor of

NOTE Confidence: 0.94629164

00:15:26.578 --> 00:15:29.026 Melanoma and Skin Cancer Awareness Month.

NOTE Confidence: 0.94629164

00:15:29.030 --> 00:15:30.670 Now, right before the break, Christine,

NOTE Confidence: 0.94629164

00:15:30.670 --> 00:15:34.302 you were mentioning that some people,

NOTE Confidence: 0.94629164

00:15:34.302 --> 00:15:36.390 particularly those who

NOTE Confidence: 0.94629164

00:15:36.390 --> 00:15:38.210 have higher skin types,

NOTE Confidence: 0.94629164

00:15:38.210 --> 00:15:42.670 that is to say darker skin with more melanin,

NOTE Confidence: 0.94629164

00:15:42.670 --> 00:15:44.986 tend to get fewer skin cancers,

NOTE Confidence: 0.94629164

00:15:44.990 --> 00:15:48.470 but may have proportionately more in

NOTE Confidence: 0.94629164

00:15:48.470 --> 00:15:51.250 places that people often don't look.

NOTE Confidence: 0.94629164

00:15:51.250 --> 00:15:52.870 So under the nails,

NOTE Confidence: 0.94629164

00:15:52.870 --> 00:15:54.310 the bottom of the feet,

NOTE Confidence: 0.94629164

00:15:54.310 --> 00:15:55.801 the genital areas.

NOTE Confidence: 0.94629164

00:15:55.801 --> 00:15:58.286 Non skin exposed areas that

NOTE Confidence: 0.94629164

00:15:58.286 --> 00:16:00.880 still can get skin cancers.

NOTE Confidence: 0.94629164

00:16:00.880 --> 00:16:03.491 And so really important for people to

NOTE Confidence: 0.94629164

00:16:03.491 --> 00:16:06.071 look because one of the very important

NOTE Confidence: 0.94629164

00:16:06.071 --> 00:16:08.534 points that I think you made right

NOTE Confidence: 0.94629164

00:16:08.534 --> 00:16:11.078 as we were going to break was that

NOTE Confidence: 0.94629164

00:16:11.078 --> 00:16:15.635 these can be found at a later stage.

NOTE Confidence: 0.94629164

00:16:15.640 --> 00:16:17.910 And so the question that

NOTE Confidence: 0.94629164

00:16:17.910 --> 00:16:20.180 then leads into is

NOTE Confidence: 0.94629164

00:16:20.180 --> 00:16:22.455 can you talk a little bit more

NOTE Confidence: 0.94629164

00:16:22.455 --> 00:16:24.018 about the treatment algorithms

NOTE Confidence: 0.94629164

00:16:24.018 --> 00:16:25.578 for treating Melanoma?

NOTE Confidence: 0.91826305

00:16:25.660 --> 00:16:28.180 Stage is something that we'll use to

NOTE Confidence: 0.91826305

00:16:28.180 --> 00:16:31.059 refer to how advanced a cancer is.

NOTE Confidence: 0.91826305

00:16:31.060 --> 00:16:35.260 And really the goal of I think

NOTE Confidence: 0.91826305

00:16:35.260 --> 00:16:36.228 physicians, dermatologists,

NOTE Confidence: 0.91826305

00:16:36.228 --> 00:16:39.616 anyone who deals with cancer is to

NOTE Confidence: 0.91826305

00:16:39.616 --> 00:16:42.018 detect it as early as possible and

NOTE Confidence: 0.91826305

00:16:42.018 --> 00:16:44.659 so that you have early stage cancer,

NOTE Confidence: 0.91826305

00:16:44.660 --> 00:16:46.604 people might be more

NOTE Confidence: 0.91826305

00:16:46.604 --> 00:16:47.900 familiar with breast cancer.

NOTE Confidence: 0.91826305

00:16:47.900 --> 00:16:49.868 But same thing applies to

NOTE Confidence: 0.91826305

00:16:49.868 --> 00:16:51.180 Melanoma or other cancers.

NOTE Confidence: 0.91826305

00:16:51.180 --> 00:16:53.889 And stage one cancer or even

NOTE Confidence: 0.91826305

00:16:53.889 --> 00:16:56.697 to stage zero

NOTE Confidence: 0.91826305

00:16:56.697 --> 00:16:59.492 is the best to have rather than

NOTE Confidence: 0.91826305

00:16:59.492 --> 00:17:01.752 stage 4 which means that you have

NOTE Confidence: 0.91826305

00:17:01.752 --> 00:17:04.475 cancer that has spread and so Melanoma

NOTE Confidence: 0.91826305

00:17:04.475 --> 00:17:07.480 can definitely be stage 4, stage 3,

NOTE Confidence: 0.91826305

00:17:07.480 --> 00:17:09.820 these higher stages that suggest that

NOTE Confidence: 0.91826305

00:17:09.820 --> 00:17:12.548 you're going to have a worse prognosis

NOTE Confidence: 0.91826305

00:17:12.548 --> 00:17:14.428 meaning that cancer really

NOTE Confidence: 0.91826305

00:17:14.503 --> 00:17:16.946 might affect the course of your life.

NOTE Confidence: 0.91826305

00:17:16.950 --> 00:17:20.412 And so ideally when we catch skin cancer

NOTE Confidence: 0.91826305

00:17:20.412 --> 00:17:22.267 including Melanoma at stage zero,

NOTE Confidence: 0.91826305

00:17:22.270 --> 00:17:24.190 stage 1 or even stage two,

NOTE Confidence: 0.91826305

00:17:24.190 --> 00:17:26.750 we can cure the patient.

NOTE Confidence: 0.91826305

00:17:26.750 --> 00:17:30.870 Usually the best way is just to cut it out.

NOTE Confidence: 0.91826305

00:17:30.870 --> 00:17:33.784 And so it sort of

NOTE Confidence: 0.91826305

00:17:33.784 --> 00:17:35.663 comes down to math, right?

NOTE Confidence: 0.91826305

00:17:35.663 --> 00:17:38.628 If you imagine something smaller,

NOTE Confidence: 0.91826305

00:17:38.630 --> 00:17:40.166 it's much easier to cut it

NOTE Confidence: 0.91826305

00:17:40.166 --> 00:17:41.589 out no matter where it is,

NOTE Confidence: 0.91826305

00:17:41.590 --> 00:17:43.907 even if it's in a sensitive area.

NOTE Confidence: 0.91826305

00:17:43.910 --> 00:17:47.186 Like the genital area and the bigger it is,

00:17:47.734 --> 00:17:49.366 the harder it is to cut

NOTE Confidence: 0.91826305

00:17:49.366 --> 00:17:50.590 that larger thing out.

NOTE Confidence: 0.91826305

00:17:50.590 --> 00:17:52.756 So excision or cutting something out

NOTE Confidence: 0.91826305

00:17:52.756 --> 00:17:55.607 is the main way we treat things and

NOTE Confidence: 0.91826305

00:17:55.607 --> 00:17:58.030 it works often very well and many,

NOTE Confidence: 0.91826305

00:17:58.030 --> 00:17:59.430 many people have a cure.

NOTE Confidence: 0.91826305

00:17:59.430 --> 00:18:01.264 And so I'll often tell people that,

NOTE Confidence: 0.91826305

00:18:01.270 --> 00:18:02.341 for example BCC,

NOTE Confidence: 0.91826305

00:18:02.341 --> 00:18:04.126 the basal cell carcinoma that

NOTE Confidence: 0.91826305

00:18:04.126 --> 00:18:05.989 we mentioned in the first part,

NOTE Confidence: 0.91826305

00:18:05.990 --> 00:18:08.426 that often is cured very easily,

NOTE Confidence: 0.91826305

00:18:08.430 --> 00:18:10.530 relatively easily compared to other

NOTE Confidence: 0.91826305

00:18:10.530 --> 00:18:13.310 skin cancers with a simple excision.

NOTE Confidence: 0.91826305

00:18:13.310 --> 00:18:14.470 And people do very well.

NOTE Confidence: 0.91826305

00:18:14.470 --> 00:18:16.297 And so it's the best cancer to

NOTE Confidence: 0.91826305

00:18:16.297 --> 00:18:18.010 have is what I'll tell patients

NOTE Confidence: 0.91826305

00:18:18.010 --> 00:18:19.750 if you have to have one.

NOTE Confidence: 0.91826305

00:18:19.750 --> 00:18:21.650 Melanoma often can also be

NOTE Confidence: 0.91826305

00:18:21.650 --> 00:18:22.790 cured with excision.

NOTE Confidence: 0.91826305

00:18:22.790 --> 00:18:24.914 Other ways especially for

NOTE Confidence: 0.91826305

00:18:24.914 --> 00:18:27.542 higher stages is

NOTE Confidence: 0.91826305

00:18:27.542 --> 00:18:28.574 newer modalities,

NOTE Confidence: 0.91826305

00:18:28.574 --> 00:18:30.638 there's been an explosion,

NOTE Confidence: 0.91826305

00:18:30.640 --> 00:18:32.760 a really wonderful explosion in

NOTE Confidence: 0.91826305

00:18:32.760 --> 00:18:34.880 cancer treatment for all cancers,

NOTE Confidence: 0.91826305

00:18:34.880 --> 00:18:36.236 but also including Melanoma.

NOTE Confidence: 0.91826305

00:18:36.236 --> 00:18:38.830 And we used to not have great

NOTE Confidence: 0.91826305

00:18:38.830 --> 00:18:41.275 treatments for advanced stage Melanoma,

NOTE Confidence: 0.91826305

00:18:41.280 --> 00:18:43.160 stage 3 or stage 4.

NOTE Confidence: 0.91826305

00:18:43.160 --> 00:18:45.660 But increasingly we have new

NOTE Confidence: 0.91826305

00:18:45.660 --> 00:18:47.160 treatments including something

NOTE Confidence: 0.91826305

00:18:47.160 --> 00:18:49.999 called BRAF inhibitor treatment,

NOTE Confidence: 0.91826305

00:18:50.000 --> 00:18:51.552 also MECH inhibitor treatment.

NOTE Confidence: 0.91826305

00:18:51.552 --> 00:18:53.880 And they all have fancy names

00:18:55.440 --> 00:18:58.140 but the important thing to remember

NOTE Confidence: 0.91826305

00:18:58.140 --> 00:19:01.024 is that increasingly with help of

NOTE Confidence: 0.91826305

00:19:01.024 --> 00:19:03.008 researchers and scientists and

NOTE Confidence: 0.91826305

00:19:03.008 --> 00:19:05.241 physicians who dedicate their time

NOTE Confidence: 0.91826305

00:19:05.241 --> 00:19:08.044 to research as well in laboratories

NOTE Confidence: 0.91826305

00:19:08.044 --> 00:19:11.154 that there are molecular alterations,

NOTE Confidence: 0.91826305

00:19:11.160 --> 00:19:13.500 there's alterations on that inside

NOTE Confidence: 0.91826305

00:19:13.500 --> 00:19:15.840 cell level that are detected.

NOTE Confidence: 0.91826305

00:19:15.840 --> 00:19:17.080 And so for Melanoma,

NOTE Confidence: 0.91826305

00:19:17.080 --> 00:19:19.680 an example is a BRAF mutation,

NOTE Confidence: 0.91826305

00:19:19.680 --> 00:19:22.176 BRAF is a particular gene

NOTE Confidence: 0.91826305

00:19:22.180 --> 00:19:24.022 in our genetic code that can

NOTE Confidence: 0.91826305

00:19:24.022 --> 00:19:25.780 be changed in skin cancer,

NOTE Confidence: 0.91826305

00:19:25.780 --> 00:19:28.270 in Melanoma and a drug

NOTE Confidence: 0.91826305

00:19:28.270 --> 00:19:30.454 targets that

NOTE Confidence: 0.91826305

00:19:30.454 --> 00:19:32.258 particular BRAF mutation.

NOTE Confidence: 0.91826305

00:19:32.260 --> 00:19:34.294 And so we have these advances

NOTE Confidence: 0.91826305

00:19:34.294 --> 00:19:36.572 that can do wonders even with

NOTE Confidence: 0.91826305

00:19:36.572 --> 00:19:38.697 stage 4 with metastatic Melanoma.

NOTE Confidence: 0.91826305

00:19:38.700 --> 00:19:41.759 And so I would just say work

NOTE Confidence: 0.91826305

00:19:41.759 --> 00:19:43.070 carefully and closely

NOTE Confidence: 0.943847612857143

00:19:43.163 --> 00:19:45.347 with your oncologist and

NOTE Confidence: 0.943847612857143

00:19:45.350 --> 00:19:46.770 you'll see that oftentimes there

NOTE Confidence: 0.943847612857143

00:19:46.770 --> 00:19:48.190 can be really great treatments.

NOTE Confidence: 0.90073830375

00:19:48.310 --> 00:19:50.590 So you know, when you talk about these

NOTE Confidence: 0.90073830375

00:19:50.590 --> 00:19:53.790 fancy drugs that are

NOTE Confidence: 0.90073830375

00:19:53.790 --> 00:19:56.350 inhibitors of various mutations,

NOTE Confidence: 0.90073830375

00:19:56.350 --> 00:19:58.912 it certainly sounds a lot like

NOTE Confidence: 0.90073830375

00:19:58.912 --> 00:20:00.620 the precision medicine that

NOTE Confidence: 0.90073830375

00:20:00.696 --> 00:20:03.390 we've talked about on this show

NOTE Confidence: 0.90073830375

00:20:03.390 --> 00:20:05.186 previously for other cancers.

NOTE Confidence: 0.90073830375

00:20:05.190 --> 00:20:07.646 Can you tell us a little bit more

NOTE Confidence: 0.90073830375

00:20:07.646 --> 00:20:10.072 about how common these mutations are

NOTE Confidence: 0.90073830375

00:20:10.072 --> 00:20:12.682 in Melanoma because it's still the

NOTE Confidence: 0.90073830375

00:20:12.759 --> 00:20:15.327 perception of many that Melanoma is

NOTE Confidence: 0.90073830375

00:20:15.330 --> 00:20:18.490 the most deadly skin cancer.

NOTE Confidence: 0.90073830375

00:20:18.490 --> 00:20:21.724 But if the majority of these have

NOTE Confidence: 0.90073830375

00:20:21.730 --> 00:20:26.080 a targetable mutation and if those

NOTE Confidence: 0.90073830375

00:20:26.080 --> 00:20:28.930 drugs that are inhibitors of those

NOTE Confidence: 0.90073830375

00:20:28.930 --> 00:20:31.050 targetable mutations are very effective,

NOTE Confidence: 0.90073830375

00:20:31.050 --> 00:20:33.080 one can imagine that it might not

NOTE Confidence: 0.90073830375

00:20:33.080 --> 00:20:35.290 actually be as deadly as some think.

NOTE Confidence: 0.930566833846154

00:20:36.330 --> 00:20:38.796 Absolutely. And that's why I said

NOTE Confidence: 0.930566833846154

00:20:38.796 --> 00:20:41.216 there's this wonderful explosion of new

NOTE Confidence: 0.930566833846154

00:20:41.216 --> 00:20:44.430 treatments because we are seeing that.

NOTE Confidence: 0.930566833846154

00:20:44.430 --> 00:20:46.350 When I started out,

NOTE Confidence: 0.930566833846154

00:20:46.350 --> 00:20:48.261 and even probably for a good half

NOTE Confidence: 0.930566833846154

00:20:48.261 --> 00:20:50.270 of my career as a dermatologist,

NOTE Confidence: 0.930566833846154

00:20:50.270 --> 00:20:53.054 if someone was diagnosed

NOTE Confidence: 0.930566833846154

00:20:53.054 --> 00:20:54.690 with advanced Melanoma,

NOTE Confidence: 0.930566833846154

00:20:54.690 --> 00:20:57.510 Stage 4 Melanoma that had spread,

NOTE Confidence: 0.930566833846154

00:20:57.510 --> 00:21:01.184 that was pretty much a fatal diagnosis.

NOTE Confidence: 0.930566833846154

00:21:01.184 --> 00:21:04.166 A really difficult conversation to have

NOTE Confidence: 0.930566833846154

00:21:04.166 --> 00:21:07.053 with that patient about what was sort

NOTE Confidence: 0.930566833846154

00:21:07.053 --> 00:21:10.070 of in store in terms of that cancer.

NOTE Confidence: 0.930566833846154

00:21:10.070 --> 00:21:11.483 There were treatments,

NOTE Confidence: 0.930566833846154

00:21:11.483 --> 00:21:13.367 say like interferon alpha.

NOTE Confidence: 0.930566833846154

00:21:13.370 --> 00:21:16.770 But they didn't work that well and in

NOTE Confidence: 0.930566833846154

00:21:16.770 --> 00:21:19.045 the vast majority of patients.

NOTE Confidence: 0.930566833846154

00:21:19.050 --> 00:21:21.426 So now what we're seeing is

NOTE Confidence: 0.930566833846154

00:21:21.426 --> 00:21:23.010 with that personalized medicine,

NOTE Confidence: 0.930566833846154

00:21:23.010 --> 00:21:24.540 absolutely your cancer,

NOTE Confidence: 0.930566833846154

00:21:24.540 --> 00:21:27.090 your Melanoma can be sequenced

NOTE Confidence: 0.930566833846154

00:21:27.090 --> 00:21:29.250 and even just stained.

NOTE Confidence: 0.930566833846154

00:21:29.250 --> 00:21:32.202 So now for that BRAF gene for example,

NOTE Confidence: 0.930566833846154

00:21:32.210 --> 00:21:34.302 we have an immunohistochemical

NOTE Confidence: 0.930566833846154

00:21:34.302 --> 00:21:37.440 stain which just means that your

NOTE Confidence: 0.930566833846154

00:21:37.531 --> 00:21:40.687 pathologist or dramatopathologist can

NOTE Confidence: 0.930566833846154

00:21:40.690 --> 00:21:42.844 stain the tissue with a particular

NOTE Confidence: 0.930566833846154

00:21:42.844 --> 00:21:45.385 antibody and just see if the tissue

NOTE Confidence: 0.930566833846154

00:21:45.385 --> 00:21:47.807 lights up a different color showing that

NOTE Confidence: 0.930566833846154

00:21:47.876 --> 00:21:50.246 the antibody, that protein, is stained.

NOTE Confidence: 0.930566833846154

00:21:50.250 --> 00:21:52.910 And so then that would suggest that

NOTE Confidence: 0.930566833846154

00:21:52.910 --> 00:21:54.982 that personalized treatment with a

NOTE Confidence: 0.930566833846154

00:21:54.982 --> 00:21:57.005 BRAF inhibitor would work versus if your

NOTE Confidence: 0.930566833846154

00:21:57.074 --> 00:21:59.489 tissue doesn't stain,

NOTE Confidence: 0.930566833846154

00:21:59.490 --> 00:22:00.345 it wouldn't work.

NOTE Confidence: 0.930566833846154

00:22:00.345 --> 00:22:03.155 So we can get more and more precise and

NOTE Confidence: 0.930566833846154

00:22:03.155 --> 00:22:05.399 personalized for the best treatment

NOTE Confidence: 0.930566833846154

00:22:05.399 --> 00:22:08.430 to use on patients and so there are these

NOTE Confidence: 0.930566833846154

00:22:08.430 --> 00:22:10.460 really stunning curves in science

NOTE Confidence: 0.930566833846154

00:22:10.460 --> 00:22:12.992 journals that will show survival curves

NOTE Confidence: 0.930566833846154

00:22:12.992 --> 00:22:15.147 and they're called waterfall plots.

NOTE Confidence: 0.930566833846154

00:22:15.150 --> 00:22:17.334 It's kind of a pretty fancy

NOTE Confidence: 0.930566833846154

00:22:17.334 --> 00:22:18.790 kind of picturesque term,

NOTE Confidence: 0.930566833846154

00:22:18.790 --> 00:22:21.758 but it really shows that survival has really

NOTE Confidence: 0.930566833846154

00:22:21.758 --> 00:22:24.270 changed with newer medicines like that.

NOTE Confidence: 0.930566833846154

00:22:24.270 --> 00:22:26.846 And I just want to again emphasize though

NOTE Confidence: 0.930566833846154

00:22:26.846 --> 00:22:29.454 that early detection is still better because

NOTE Confidence: 0.930566833846154

00:22:29.454 --> 00:22:32.150 what happens with some of these medicines,

NOTE Confidence: 0.930566833846154

00:22:32.150 --> 00:22:33.034 for example,

NOTE Confidence: 0.930566833846154

00:22:33.034 --> 00:22:35.244 that BRAF inhibitor medicine

00:22:36.738 --> 00:22:38.970 it's tricky and it's growing fast

NOTE Confidence: 0.930566833846154

00:22:39.040 --> 00:22:41.178 because it's out of control, right?

NOTE Confidence: 0.930566833846154

00:22:41.178 --> 00:22:42.010 That's what cancer is,

NOTE Confidence: 0.930566833846154

00:22:42.010 --> 00:22:44.926 uncontrolled growth and it can bypass,

NOTE Confidence: 0.930566833846154

00:22:44.930 --> 00:22:48.250 it can start to bypass around that treatment.

NOTE Confidence: 0.930566833846154

00:22:48.250 --> 00:22:50.007 So the earlier we can detect it,

NOTE Confidence: 0.930566833846154

00:22:50.010 --> 00:22:52.930 the fewer cells of cancer that there are,

NOTE Confidence: 0.930566833846154

00:22:52.930 --> 00:22:55.499 there's less chance of that kind of

NOTE Confidence: 0.930566833846154

00:22:55.499 --> 00:22:57.290 resistance to treatment developing.

00:23:03.010 --> 00:23:06.105 Most melanomas have these mutations

NOTE Confidence: 0.929193264285714

00:23:06.105 --> 00:23:09.490 such that they are targetable or

NOTE Confidence: 0.929193264285714

00:23:09.490 --> 00:23:12.255 are many of them without a target

NOTE Confidence: 0.929193264285714

00:23:12.255 --> 00:23:15.766 such that they need to be treated

NOTE Confidence: 0.929193264285714

00:23:15.766 --> 00:23:18.566 with more generalized therapies like

NOTE Confidence: 0.929193264285714

00:23:18.566 --> 00:23:21.090 chemotherapy or immunotherapy, yes.

NOTE Confidence: 0.936899063333334

00:23:21.450 --> 00:23:23.406 So I would say the majority,

NOTE Confidence: 0.936899063333334

00:23:23.410 --> 00:23:26.608 maybe 60% plus of melanomas can

NOTE Confidence: 0.936899063333334

00:23:26.608 --> 00:23:30.210 have a targetable BRAF mutation.

00:23:33.024 --> 00:23:35.096 Studies showed

NOTE Confidence: 0.936899063333334

00:23:35.096 --> 00:23:37.466 relatively early on that treatment with

NOTE Confidence: 0.936899063333334

00:23:37.466 --> 00:23:40.105 a BRAF inhibitor alone resistance

NOTE Confidence: 0.936899063333334

00:23:40.105 --> 00:23:42.763 would often develop within sort of

NOTE Confidence: 0.936899063333334

00:23:42.770 --> 00:23:44.688 less than a year's time in patients.

NOTE Confidence: 0.936899063333334

00:23:44.690 --> 00:23:48.254 So now immunotherapy and

NOTE Confidence: 0.936899063333334

00:23:48.254 --> 00:23:51.877 adding on other medicines on top of a

NOTE Confidence: 0.936899063333334

00:23:51.877 --> 00:23:54.745 BRAF inhibitor is commonly used and

NOTE Confidence: 0.936899063333334

00:23:54.745 --> 00:23:57.780 is very effective and can prevent

NOTE Confidence: 0.936899063333334

00:23:57.780 --> 00:23:59.665 that kind of resistance from

NOTE Confidence: 0.936899063333334

00:23:59.665 --> 00:24:00.419 forming, absolutely.

NOTE Confidence: 0.938815911428571

00:24:01.300 --> 00:24:04.338 And so how many of these patients

NOTE Confidence: 0.938815911428571

00:24:04.340 --> 00:24:08.036 who have a BRAF mutation who are

NOTE Confidence: 0.938815911428571

00:24:08.036 --> 00:24:12.660 treated with targeted therapies then

NOTE Confidence: 0.938815911428571

00:24:12.660 --> 00:24:16.357 relapse and I mean do we see

NOTE Confidence: 0.938815911428571

00:24:16.357 --> 00:24:18.018 you mentioned that if they relapse,

NOTE Confidence: 0.938815911428571

00:24:18.020 --> 00:24:20.624 they generally relapse within a year

NOTE Confidence: 0.938815911428571

00:24:20.624 --> 00:24:23.776 but do many of them never relapse,

NOTE Confidence: 0.938815911428571

00:24:23.780 --> 00:24:26.419 I mean is this truly curative treatment?

NOTE Confidence: 0.95232968

00:24:27.410 --> 00:24:30.010 Yeah, there are definitely success

NOTE Confidence: 0.95232968

00:24:30.010 --> 00:24:32.610 stories where there's a cure.

NOTE Confidence: 0.95232968

00:24:32.610 --> 00:24:35.106 Some patients do need to stay

NOTE Confidence: 0.95232968

00:24:35.106 --> 00:24:37.728 on that immunotherapy that inhibitor,

NOTE Confidence: 0.95232968

00:24:37.730 --> 00:24:40.298 but it can keep

NOTE Confidence: 0.95232968

00:24:40.298 --> 00:24:43.490 the cancer in check basically.

NOTE Confidence: 0.95232968

00:24:43.490 --> 00:24:45.530 So yes, there are cures,

NOTE Confidence: 0.95232968

00:24:45.530 --> 00:24:47.630 close to being cures or sort

NOTE Confidence: 0.95232968

00:24:47.630 --> 00:24:49.629 of control of the disease,

NOTE Confidence: 0.95232968

00:24:49.629 --> 00:24:51.658 yes and they're stunning.

NOTE Confidence: 0.95232968

00:24:51.658 --> 00:24:53.478 Other patients may not have

NOTE Confidence: 0.95232968

00:24:53.478 --> 00:24:55.840 as good a response rate and

NOTE Confidence: 0.95232968

00:24:55.840 --> 00:24:59.040 I would say it is still to me

NOTE Confidence: 0.95232968

00:24:59.040 --> 00:25:01.040 also part of personalized medicine

NOTE Confidence: 0.95232968

00:25:01.040 --> 00:25:02.790 entails that your response

NOTE Confidence: 0.95232968

00:25:02.790 --> 00:25:05.640 becomes what it is for you.

NOTE Confidence: 0.95232968

00:25:05.640 --> 00:25:07.036 So there are statistics,

NOTE Confidence: 0.95232968

00:25:07.036 --> 00:25:09.699 but good careful follow up and

NOTE Confidence: 0.95232968

00:25:09.699 --> 00:25:12.080 follow up of any scans if you have them.

NOTE Confidence: 0.95232968

00:25:12.080 --> 00:25:14.580 That kind of periodic monitoring

NOTE Confidence: 0.95232968

00:25:14.580 --> 00:25:17.073 is probably at least right

NOTE Confidence: 0.95232968

00:25:17.073 --> 00:25:18.397 now still always important.

NOTE Confidence: 0.914172468181818

00:25:19.520 --> 00:25:21.866 And when you mention that some

NOTE Confidence: 0.914172468181818

00:25:21.866 --> 00:25:24.570 patients need to take immunotherapy

NOTE Confidence: 0.914172468181818

00:25:24.570 --> 00:25:27.426 to kind of keep this cancer under control

NOTE Confidence: 0.914172468181818

00:25:27.426 --> 00:25:30.308 is that given orally and how long do

NOTE Confidence: 0.914172468181818

00:25:30.308 --> 00:25:33.168 patients need to be on those therapies?

NOTE Confidence: 0.950317

00:25:34.450 --> 00:25:35.302 Yes, immunotherapy.

NOTE Confidence: 0.950317

00:25:35.302 --> 00:25:37.890 There are things like PD1 inhibitors

NOTE Confidence: 0.950317

00:25:37.890 --> 00:25:41.410 which are used for other cancers as well.

NOTE Confidence: 0.950317

00:25:41.410 --> 00:25:43.804 So people may be familiar with them

NOTE Confidence: 0.950317

00:25:43.804 --> 00:25:46.476 in other in the context of other

NOTE Confidence: 0.950317

00:25:46.476 --> 00:25:48.834 cancers like colon cancer or lung

NOTE Confidence: 0.950317

00:25:48.907 --> 00:25:51.087 cancer or other organ systems.

NOTE Confidence: 0.950317

00:25:51.090 --> 00:25:53.410 And they're generally infusions, yes.

NOTE Confidence: 0.950317

00:25:53.410 --> 00:25:56.570 So you would still go

NOTE Confidence: 0.950317

00:25:59.314 --> 00:26:02.243 get an IV put in and it would be

NOTE Confidence: 0.950317

00:26:02.250 --> 00:26:04.368 infused through your vein.

NOTE Confidence: 0.950317

00:26:05.090 --> 00:26:08.180 Getting back to where we started

NOTE Confidence: 0.950317

00:26:08.180 --> 00:26:09.800 this conversation, you know,

NOTE Confidence: 0.950317

00:26:09.800 --> 00:26:12.653 we talked to at the top of the show

NOTE Confidence: 0.950317

00:26:12.653 --> 00:26:15.593 about the spectrum of cancers and you

NOTE Confidence: 0.950317

00:26:15.593 --> 00:26:18.342 mentioned that the majority of cancers

NOTE Confidence: 0.950317

00:26:18.342 --> 00:26:20.632 are actually basal cell cancers.

NOTE Confidence: 0.950317

00:26:20.640 --> 00:26:23.241 And many of us may not talk a lot

NOTE Confidence: 0.950317

00:26:23.241 --> 00:26:25.834 about basal cell cancers because they

NOTE Confidence: 0.950317

00:26:25.834 --> 00:26:28.880 generally have a really good prognosis.

NOTE Confidence: 0.950317

00:26:28.880 --> 00:26:29.519 Is that right?

NOTE Confidence: 0.9553487

00:26:30.600 --> 00:26:33.300 Yes. Basal cell cancer especially

NOTE Confidence: 0.9553487

00:26:33.300 --> 00:26:35.660 when detected early, it's less

NOTE Confidence: 0.9553487

00:26:35.660 --> 00:26:37.880 than you know say a centimeter,

NOTE Confidence: 0.9553487

00:26:37.880 --> 00:26:41.360 it's highly curable with excision.

NOTE Confidence: 0.949198844444445

00:26:41.360 --> 00:26:43.760 Then they don't require

NOTE Confidence: 0.949198844444445

00:26:43.760 --> 00:26:44.960 any further treatment?

NOTE Confidence: 0.949198844444445

00:26:44.960 --> 00:26:48.260 Generally not.

NOTE Confidence: 0.949198844444445

00:26:48.260 --> 00:26:51.096 And so how can yoy

NOTE Confidence: 0.949198844444445

00:26:51.096 --> 00:26:53.322 kind of guide our audience

NOTE Confidence: 0.949198844444445

00:26:53.322 --> 00:26:55.434 when we're doing those very thorough

NOTE Confidence: 0.949198844444445

00:26:55.434 --> 00:26:57.730 skin exams once a month that you had

NOTE Confidence: 0.949198844444445

00:26:57.797 --> 00:27:00.093 mentioned in the first half of the show,

NOTE Confidence: 0.949198844444445

00:27:00.100 --> 00:27:02.991 what should we be looking for in

NOTE Confidence: 0.949198844444445

00:27:02.991 --> 00:27:06.559 terms of a basal cell versus a

NOTE Confidence: 0.949198844444445

00:27:06.559 --> 00:27:09.339 squamous cell versus a Melanoma?

NOTE Confidence: 0.949198844444445

00:27:09.340 --> 00:27:10.972 And when should we really be

NOTE Confidence: 0.949198844444445

00:27:10.972 --> 00:27:12.739 going to our doctor and saying,

NOTE Confidence: 0.949198844444445

00:27:12.740 --> 00:27:14.560 hey, look at this because,

NOTE Confidence: 0.949198844444445

00:27:14.560 --> 00:27:17.038 many of us will have little spots,

NOTE Confidence: 0.949198844444445

00:27:17.040 --> 00:27:18.225 moles, you know,

NOTE Confidence: 0.949198844444445

00:27:18.225 --> 00:27:20.200 maybe a freckle or two.

NOTE Confidence: 0.949198844444445

00:27:20.200 --> 00:27:22.188 And we really don't want to bother

NOTE Confidence: 0.949198844444445

00:27:22.188 --> 00:27:24.441 our doctor if we don't think it's

NOTE Confidence: 0.949198844444445

00:27:24.441 --> 00:27:26.116 anything to be concerned about.

NOTE Confidence: 0.949198844444445

00:27:26.120 --> 00:27:28.040 But at the same time,

NOTE Confidence: 0.949198844444445

00:27:28.040 --> 00:27:30.968 we want to be sure that we're detecting

NOTE Confidence: 0.949198844444445

00:27:30.968 --> 00:27:33.438 anything that might be a cancer early.

NOTE Confidence: 0.949198844444445

00:27:33.440 --> 00:27:35.195 So can you kind of give us some tips?

NOTE Confidence: 0.941765391111111

00:27:36.080 --> 00:27:38.212 It's interesting because Melanoma,

NOTE Confidence: 0.941765391111111

00:27:38.212 --> 00:27:41.573 which people are more aware, most aware of,

NOTE Confidence: 0.941765391111111

00:27:41.573 --> 00:27:43.899 it seems like when I talk to my patients

NOTE Confidence: 0.941765391111111

00:27:43.900 --> 00:27:45.258 it's great that they're aware of that,

NOTE Confidence: 0.941765391111111

00:27:45.260 --> 00:27:48.764 but in the sense that Melanoma often

NOTE Confidence: 0.941765391111111

00:27:48.764 --> 00:27:52.152 looks very different than other skin cancers,

NOTE Confidence: 0.941765391111111

00:27:52.152 --> 00:27:53.814 especially BCC, basal cell carcinoma,

NOTE Confidence: 0.941765391111111

00:27:53.814 --> 00:27:55.482 which is the most common as

NOTE Confidence: 0.941765391111111

00:27:55.482 --> 00:27:56.780 we've been talking about.

NOTE Confidence: 0.941765391111111

00:27:56.780 --> 00:27:58.420 And so basal cell carcinoma,

NOTE Confidence: 0.941765391111111

00:27:58.420 --> 00:28:02.340 what you want to look for that

NOTE Confidence: 0.941765391111111

00:28:02.340 --> 00:28:04.690 pink to sort of translucent

NOTE Confidence: 0.941765391111111

00:28:04.690 --> 00:28:06.100 to sometimes dark,

NOTE Confidence: 0.941765391111111

00:28:06.100 --> 00:28:08.417 it can sometimes be Gray or black,

NOTE Confidence: 0.941765391111111

00:28:08.420 --> 00:28:09.653 especially in patients

NOTE Confidence: 0.941765391111111

00:28:09.653 --> 00:28:11.297 with higher skin types.

NOTE Confidence: 0.941765391111111

00:28:11.300 --> 00:28:14.780 That 4-5 or six Fitzpatrick scale,

NOTE Confidence: 0.941765391111111

00:28:14.780 --> 00:28:15.836 it can be Gray.

NOTE Confidence: 0.941765391111111

00:28:15.836 --> 00:28:17.156 So not everything that's dark

NOTE Confidence: 0.941765391111111

00:28:17.156 --> 00:28:18.659 and irregular is Melanoma.

NOTE Confidence: 0.941765391111111

00:28:18.660 --> 00:28:22.055 Sometimes it is BCC basal cell carcinoma.

NOTE Confidence: 0.941765391111111

00:28:22.060 --> 00:28:24.484 So a general rule of thumb

NOTE Confidence: 0.941765391111111

00:28:24.484 --> 00:28:26.430 that I'll tell patients is

NOTE Confidence: 0.941765391111111

00:28:26.430 --> 00:28:28.936 let me know about, let your dermatologist

NOTE Confidence: 0.941765391111111

00:28:28.936 --> 00:28:30.736 know your physician know about

NOTE Confidence: 0.941765391111111

00:28:30.736 --> 00:28:32.710 anything that looks weird to you.

NOTE Confidence: 0.9163579

00:28:33.470 --> 00:28:35.804 Doctor Christine Ko is a professor

NOTE Confidence: 0.9163579

00:28:35.804 --> 00:28:37.750 of dermatology and pathology at

NOTE Confidence: 0.9163579

00:28:37.750 --> 00:28:39.345 the Yale School of Medicine.

NOTE Confidence: 0.9163579

00:28:39.350 --> 00:28:41.450 If you have questions, the address

NOTE Confidence: 0.9163579

00:28:41.450 --> 00:28:43.749 is Cancer Answers at Yale dot Edu,

NOTE Confidence: 0.9163579

00:28:43.750 --> 00:28:46.036 and past editions of the program

NOTE Confidence: 0.9163579

00:28:46.036 --> 00:28:48.291 are available in audio and written

NOTE Confidence: 0.9163579

00:28:48.291 --> 00:28:49.253 form at yalecancercenter.org.

NOTE Confidence: 0.9163579

00:28:49.253 --> 00:28:51.677 We hope you'll join us next week to

NOTE Confidence: 0.9163579

00:28:51.677 --> 00:28:53.520 learn more about the fight against

NOTE Confidence: 0.9163579

00:28:53.520 --> 00:28:55.350 cancer here on Connecticut Public Radio.

NOTE Confidence: 0.9163579

00:28:55.350 --> 00:28:57.732 Funding for Yale Cancer Answers is

NOTE Confidence: 0.9163579

00:28:57.732 --> 00:29:00.000 provided by Smilow Cancer Hospital.