

WEBVTT

00:00:00.000 --> 00:00:03.180 Funding for Yale Cancer Answers is

NOTE Confidence: 0.929353973636364

00:00:03.180 --> 00:00:06.200 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.929353973636364

00:00:06.200 --> 00:00:08.400 Welcome to Yale Cancer Answers

NOTE Confidence: 0.929353973636364

00:00:08.400 --> 00:00:10.160 with Doctor Anees Chagpar.

NOTE Confidence: 0.929353973636364

00:00:10.160 --> 00:00:11.856 Yale Cancer Answers features the

NOTE Confidence: 0.929353973636364

00:00:11.856 --> 00:00:13.626 latest information on cancer care

NOTE Confidence: 0.929353973636364

00:00:13.626 --> 00:00:15.124 by welcoming oncologists and

NOTE Confidence: 0.929353973636364

00:00:15.124 --> 00:00:17.284 specialists who are on the forefront

NOTE Confidence: 0.929353973636364

00:00:17.284 --> 00:00:19.198 of the battle to fight cancer.

NOTE Confidence: 0.929353973636364

00:00:19.200 --> 00:00:21.895 This week, it's a conversation about cancer

NOTE Confidence: 0.929353973636364

00:00:21.895 --> 00:00:23.960 survivorship with Doctor Neal Fischbach.

NOTE Confidence: 0.929353973636364

00:00:23.960 --> 00:00:26.096 Dr. Fischbach is an assistant professor

NOTE Confidence: 0.929353973636364

00:00:26.096 --> 00:00:27.901 of medicine and medical oncology

NOTE Confidence: 0.929353973636364

00:00:27.901 --> 00:00:29.839 at the Yale School of Medicine,

NOTE Confidence: 0.929353973636364

00:00:29.840 --> 00:00:31.946 where Doctor Chagpar is a professor

NOTE Confidence: 0.929353973636364

00:00:31.946 --> 00:00:32.999 of surgical oncology.  
NOTE Confidence: 0.897604889130435

00:00:34.320 --> 00:00:36.448 Neal, maybe we can start off  
NOTE Confidence: 0.897604889130435

00:00:36.448 --> 00:00:38.891 by you telling us a little bit more  
NOTE Confidence: 0.897604889130435

00:00:38.891 --> 00:00:41.039 about yourself and what it is you do.  
NOTE Confidence: 0.915458926666667

00:00:41.360 --> 00:00:44.960 I am a medical oncologist  
NOTE Confidence: 0.915458926666667

00:00:44.960 --> 00:00:48.080 and I specialize in breast cancer.  
NOTE Confidence: 0.915458926666667

00:00:48.080 --> 00:00:50.612 I came to Yale via Northern  
NOTE Confidence: 0.915458926666667

00:00:50.612 --> 00:00:51.878 California at UCSF,  
NOTE Confidence: 0.915458926666667

00:00:51.880 --> 00:00:54.646 where I started as a molecular  
NOTE Confidence: 0.915458926666667

00:00:54.646 --> 00:00:57.082 biologist involved in what makes  
NOTE Confidence: 0.915458926666667

00:00:57.082 --> 00:01:00.019 leukemia cells grow and morphed into  
NOTE Confidence: 0.915458926666667

00:01:00.019 --> 00:01:02.384 a general clinical oncologist and  
NOTE Confidence: 0.915458926666667

00:01:02.384 --> 00:01:04.840 ultimately into a breast oncologist.  
NOTE Confidence: 0.915458926666667

00:01:04.840 --> 00:01:07.227 So that's given me a pretty wide  
NOTE Confidence: 0.915458926666667

00:01:07.227 --> 00:01:09.998 spectrum for all the aspects of oncology.  
NOTE Confidence: 0.93947492

00:01:11.280 --> 00:01:14.000 And so at the top of the show,

NOTE Confidence: 0.93947492

00:01:14.000 --> 00:01:17.580 you gave a shout out

NOTE Confidence: 0.93947492

00:01:17.580 --> 00:01:19.640 to all thrivers out there.

NOTE Confidence: 0.93947492

00:01:21.840 --> 00:01:24.996 We talk about survivorship.

NOTE Confidence: 0.93947492

00:01:25.000 --> 00:01:27.130 Has the term survivor been

NOTE Confidence: 0.93947492

00:01:27.130 --> 00:01:28.834 now replaced with thrivers?

NOTE Confidence: 0.93947492

00:01:28.840 --> 00:01:30.275 Can you talk

NOTE Confidence: 0.93947492

00:01:30.275 --> 00:01:31.480 a little bit about that?

00:01:34.378 --> 00:01:36.119 I hear the word survivor,

NOTE Confidence: 0.849244465833333

00:01:36.120 --> 00:01:37.960 it really implies a catastrophic

NOTE Confidence: 0.849244465833333

00:01:37.960 --> 00:01:40.236 thing that occurred in your life

NOTE Confidence: 0.849244465833333

00:01:40.236 --> 00:01:42.076 that you've managed to survive.

NOTE Confidence: 0.849244465833333

00:01:42.080 --> 00:01:44.872 And I think we're moving more towards a

NOTE Confidence: 0.849244465833333

00:01:44.872 --> 00:01:47.520 model that for many cancer is

NOTE Confidence: 0.849244465833333

00:01:47.520 --> 00:01:50.040 a very profound thing that happens in life,

00:01:52.280 --> 00:01:55.160 and from that profound thing,

NOTE Confidence: 0.849244465833333

00:01:55.160 --> 00:01:57.520 a positive change can occur.

NOTE Confidence: 0.849244465833333

00:01:57.520 --> 00:02:01.552 And I think what thrivership is about is

NOTE Confidence: 0.849244465833333

00:02:01.552 --> 00:02:04.720 exploring tools to live your best life.

NOTE Confidence: 0.849244465833333

00:02:04.720 --> 00:02:06.480 And that encompasses a very,

NOTE Confidence: 0.849244465833333

00:02:06.480 --> 00:02:08.808 very wide breadth of

NOTE Confidence: 0.849244465833333

00:02:08.808 --> 00:02:10.554 services and exploration.

NOTE Confidence: 0.89708547

00:02:11.480 --> 00:02:14.518 Yeah, I agree with you.

NOTE Confidence: 0.89708547

00:02:14.520 --> 00:02:18.880 I think that for many patients

NOTE Confidence: 0.89708547

00:02:18.880 --> 00:02:22.317 after you get that diagnosis,

NOTE Confidence: 0.89708547

00:02:22.320 --> 00:02:25.092 many patients actually find that it

NOTE Confidence: 0.89708547

00:02:25.092 --> 00:02:27.145 was not something that they would

NOTE Confidence: 0.89708547

00:02:27.145 --> 00:02:29.120 necessarily ever want to do again,

NOTE Confidence: 0.89708547

00:02:29.120 --> 00:02:32.944 but something that gives them a reset and

NOTE Confidence: 0.89708547

00:02:32.944 --> 00:02:36.768 a refresh and a new way to think about

NOTE Confidence: 0.89708547

00:02:36.768 --> 00:02:42.480 life that really can be energetic

NOTE Confidence: 0.89708547

00:02:42.480 --> 00:02:44.928 and a really positive thing.

NOTE Confidence: 0.89708547

00:02:44.928 --> 00:02:46.880 Can you talk a little bit about that?

NOTE Confidence: 0.89708547

00:02:46.880 --> 00:02:48.536 Have you seen that in your

NOTE Confidence: 0.89708547

00:02:48.536 --> 00:02:49.640 patient population as well?

NOTE Confidence: 0.89708547

00:02:49.640 --> 00:02:52.160 And can you maybe give us

NOTE Confidence: 0.89708547

00:02:52.160 --> 00:02:54.680 some stories as to how

NOTE Confidence: 0.89708547

00:02:54.680 --> 00:02:56.190 that's kind of played

NOTE Confidence: 0.89708547

00:02:56.190 --> 00:02:57.398 out in your practice?

NOTE Confidence: 0.51929599

00:02:58.160 --> 00:03:00.640 Absolutely.

NOTE Confidence: 0.51929599

00:03:00.640 --> 00:03:02.752 I think this is one of the reasons

NOTE Confidence: 0.51929599

00:03:02.752 --> 00:03:05.226 why many people choose to go into

NOTE Confidence: 0.51929599

00:03:05.226 --> 00:03:07.776 medical oncology because this is not

NOTE Confidence: 0.51929599

00:03:07.776 --> 00:03:08.838 a rare phenomenon.

NOTE Confidence: 0.51929599

00:03:08.840 --> 00:03:10.865 And I think anyone who's

NOTE Confidence: 0.51929599

00:03:10.865 --> 00:03:12.485 experienced something very profound

NOTE Confidence: 0.51929599

00:03:12.485 --> 00:03:14.479 and difficult in their life,

NOTE Confidence: 0.51929599

00:03:14.480 --> 00:03:16.720 whether that be confronting cancer,

NOTE Confidence: 0.51929599

00:03:16.720 --> 00:03:17.830 another illness,  
NOTE Confidence: 0.51929599

00:03:17.830 --> 00:03:21.160 a major challenge growing up,  
NOTE Confidence: 0.51929599

00:03:21.160 --> 00:03:23.032 all find that it can change  
NOTE Confidence: 0.51929599

00:03:23.032 --> 00:03:24.680 us in some positive ways.  
NOTE Confidence: 0.51929599

00:03:24.680 --> 00:03:25.568 And in truth,  
NOTE Confidence: 0.51929599

00:03:25.568 --> 00:03:27.640 that's really what's drawn me to oncology,  
NOTE Confidence: 0.51929599

00:03:27.640 --> 00:03:29.800 because witnessing this  
NOTE Confidence: 0.51929599

00:03:29.800 --> 00:03:32.680 transition and transformation  
NOTE Confidence: 0.51929599

00:03:32.680 --> 00:03:37.252 is something that I gain a lot of energy  
NOTE Confidence: 0.51929599

00:03:37.252 --> 00:03:38.796 and joy from seeing.  
NOTE Confidence: 0.51929599

00:03:38.800 --> 00:03:41.168 So in my profession,  
NOTE Confidence: 0.51929599

00:03:41.168 --> 00:03:45.120 I've seen people who have had cancer  
NOTE Confidence: 0.51929599

00:03:45.120 --> 00:03:47.688 enter their life and have decided as part  
NOTE Confidence: 0.51929599

00:03:47.688 --> 00:03:49.676 of their assessment that the job they're in,  
NOTE Confidence: 0.51929599

00:03:49.680 --> 00:03:51.520 they are not satisfied.  
NOTE Confidence: 0.51929599

00:03:51.520 --> 00:03:53.995 They want to go on to do something different.

NOTE Confidence: 0.51929599

00:03:54.000 --> 00:03:58.077 And people have gone on to open their own

NOTE Confidence: 0.51929599

00:03:58.077 --> 00:04:02.000 businesses or start a career in advocacy,

NOTE Confidence: 0.51929599

00:04:02.000 --> 00:04:04.000 things which bring them in

NOTE Confidence: 0.51929599

00:04:04.000 --> 00:04:06.400 their workplace a ton of joy.

NOTE Confidence: 0.51929599

00:04:06.400 --> 00:04:09.039 And it's cliché that people might say,

00:04:09.343 --> 00:04:11.767 I really lost tolerance for all the

NOTE Confidence: 0.51929599

00:04:11.767 --> 00:04:14.320 BS and found what's important to me.

NOTE Confidence: 0.51929599

00:04:14.320 --> 00:04:17.317 But I think that really does ring true.

NOTE Confidence: 0.51929599

00:04:17.320 --> 00:04:19.903 And while that covers a lot of

NOTE Confidence: 0.51929599

00:04:19.903 --> 00:04:21.719 professional life and in truth,

NOTE Confidence: 0.51929599

00:04:21.720 --> 00:04:23.700 in personal life too,

NOTE Confidence: 0.51929599

00:04:23.700 --> 00:04:26.800 I think that the healthy habits

NOTE Confidence: 0.51929599

00:04:26.800 --> 00:04:29.040 that people can adopt,

NOTE Confidence: 0.51929599

00:04:29.040 --> 00:04:31.840 just discovering the world of

NOTE Confidence: 0.51929599

00:04:31.840 --> 00:04:34.248 mindfulness and how the brain

NOTE Confidence: 0.51929599

00:04:34.248 --> 00:04:36.744 and being present can have

NOTE Confidence: 0.51929599

00:04:36.744 --> 00:04:38.952 a really dramatic impact on

NOTE Confidence: 0.51929599

00:04:38.960 --> 00:04:42.952 our mood and life is pretty remarkable.

NOTE Confidence: 0.51929599

00:04:42.952 --> 00:04:45.418 In addition to the exercise,

NOTE Confidence: 0.51929599

00:04:45.418 --> 00:04:46.156 nutrition,

NOTE Confidence: 0.51929599

00:04:46.156 --> 00:04:49.118 and all of the services that we are

NOTE Confidence: 0.51929599

00:04:49.118 --> 00:04:51.158 trying to make available to people.

NOTE Confidence: 0.51929599

00:04:51.160 --> 00:04:53.960 So as they're going through this process,

NOTE Confidence: 0.51929599

00:04:53.960 --> 00:04:56.240 they can have all the opportunities

NOTE Confidence: 0.51929599

00:04:56.240 --> 00:04:57.000 to explore.

NOTE Confidence: 0.51929599

00:04:57.000 --> 00:04:57.765 And I also,

NOTE Confidence: 0.51929599

00:04:57.765 --> 00:04:59.550 want to make clear that

NOTE Confidence: 0.51929599

00:04:59.618 --> 00:05:01.318 the term survivorship in survivor

NOTE Confidence: 0.51929599

00:05:01.318 --> 00:05:03.401 does not apply only to people

NOTE Confidence: 0.51929599

00:05:03.401 --> 00:05:05.279 who had cancer in their past.

NOTE Confidence: 0.51929599

00:05:05.280 --> 00:05:07.300 This includes people living with

NOTE Confidence: 0.51929599

00:05:07.300 --> 00:05:08.916 cancer during their treatment,  
NOTE Confidence: 0.51929599

00:05:08.920 --> 00:05:10.712 living with metastatic cancer,  
NOTE Confidence: 0.51929599

00:05:10.712 --> 00:05:12.660 and those have been some of  
NOTE Confidence: 0.51929599

00:05:12.660 --> 00:05:13.560 the most profound,  
NOTE Confidence: 0.51929599

00:05:13.560 --> 00:05:14.342 I think,  
NOTE Confidence: 0.51929599

00:05:14.342 --> 00:05:16.297 experiences that I've had with  
NOTE Confidence: 0.51929599

00:05:16.297 --> 00:05:18.160 people who find that  
NOTE Confidence: 0.51929599

00:05:18.160 --> 00:05:20.080 their life has changed in ways  
NOTE Confidence: 0.51929599

00:05:20.080 --> 00:05:21.640 that you've never imagined.  
NOTE Confidence: 0.51929599

00:05:21.640 --> 00:05:23.992 But there's positive even  
NOTE Confidence: 0.51929599

00:05:23.992 --> 00:05:26.120 when living with chronic cancer.  
NOTE Confidence: 0.889166554285714

00:05:26.720 --> 00:05:28.505 You know, I've seen the  
NOTE Confidence: 0.889166554285714

00:05:28.505 --> 00:05:30.438 same thing in my practice as well.  
NOTE Confidence: 0.889166554285714

00:05:30.440 --> 00:05:32.354 People with this diagnosis  
NOTE Confidence: 0.889166554285714

00:05:32.354 --> 00:05:34.799 all of a sudden start reassessing  
NOTE Confidence: 0.889166554285714

00:05:34.800 --> 00:05:36.756 not only their jobs,

NOTE Confidence: 0.889166554285714  
00:05:36.760 --> 00:05:37.792 but their relationships.  
NOTE Confidence: 0.889166554285714  
00:05:37.792 --> 00:05:39.856 They get out of bad relationships  
NOTE Confidence: 0.889166554285714  
00:05:39.856 --> 00:05:41.840 or into new good relationships.  
00:05:43.420 --> 00:05:46.216 They have never travelled in their life and  
NOTE Confidence: 0.889166554285714  
00:05:46.216 --> 00:05:49.032 they end up going and getting a passport.  
NOTE Confidence: 0.889166554285714  
00:05:49.040 --> 00:05:51.896 I had a patient who had always wanted  
NOTE Confidence: 0.889166554285714  
00:05:51.896 --> 00:05:54.790 to go skydiving but never did.  
NOTE Confidence: 0.889166554285714  
00:05:54.790 --> 00:05:57.040 She was always too afraid.  
NOTE Confidence: 0.889166554285714  
00:05:57.040 --> 00:06:00.351 And then after she got her diagnosis  
NOTE Confidence: 0.889166554285714  
00:06:00.351 --> 00:06:03.520 on her fifth year anniversary,  
NOTE Confidence: 0.889166554285714  
00:06:03.520 --> 00:06:07.040 she went skydiving and had a blast.  
NOTE Confidence: 0.889166554285714  
00:06:07.040 --> 00:06:08.520 So I agree with you.  
NOTE Confidence: 0.889166554285714  
00:06:08.520 --> 00:06:10.880 I think it it can be so positive.  
NOTE Confidence: 0.889166554285714  
00:06:10.880 --> 00:06:15.120 But if we take a step back,  
NOTE Confidence: 0.889166554285714  
00:06:15.120 --> 00:06:18.466 I can only imagine that people  
NOTE Confidence: 0.889166554285714  
00:06:18.466 --> 00:06:20.196 who are just newly diagnosed,

NOTE Confidence: 0.889166554285714  
00:06:20.200 --> 00:06:23.320 hearing us talk about  
NOTE Confidence: 0.889166554285714  
00:06:23.320 --> 00:06:25.900 these wonderful, magical,  
NOTE Confidence: 0.889166554285714  
00:06:25.900 --> 00:06:29.352 positive kind of reformations of  
NOTE Confidence: 0.889166554285714  
00:06:29.352 --> 00:06:31.968 people and the journeys that  
NOTE Confidence: 0.889166554285714  
00:06:31.968 --> 00:06:34.112 they've had might be thinking,  
NOTE Confidence: 0.889166554285714  
00:06:34.112 --> 00:06:35.367 you know, jeez,  
NOTE Confidence: 0.889166554285714  
00:06:35.367 --> 00:06:37.809 this is a really scary diagnosis  
NOTE Confidence: 0.889166554285714  
00:06:37.809 --> 00:06:40.040 that I've just been handed.  
NOTE Confidence: 0.889166554285714  
00:06:40.040 --> 00:06:42.160 And especially as you say,  
NOTE Confidence: 0.889166554285714  
00:06:42.160 --> 00:06:45.758 for people who have had metastatic disease,  
NOTE Confidence: 0.889166554285714  
00:06:45.760 --> 00:06:48.000 it can be particularly scary.  
NOTE Confidence: 0.889166554285714  
00:06:48.000 --> 00:06:49.856 And they may not be thinking about how  
NOTE Confidence: 0.889166554285714  
00:06:49.856 --> 00:06:51.839 this is a really positive experience.  
NOTE Confidence: 0.889166554285714  
00:06:51.840 --> 00:06:53.080 They may be thinking like,  
NOTE Confidence: 0.889166554285714  
00:06:53.080 --> 00:06:55.677 Oh my God, I'm going to die.  
NOTE Confidence: 0.889166554285714

00:06:55.680 --> 00:06:58.221 Can you talk a little bit about  
NOTE Confidence: 0.889166554285714

00:06:58.221 --> 00:07:00.835 how you hold patient's hands and  
NOTE Confidence: 0.889166554285714

00:07:00.835 --> 00:07:03.384 get them through that scary part  
NOTE Confidence: 0.889166554285714

00:07:03.384 --> 00:07:06.300 so that they can get to the  
NOTE Confidence: 0.889166554285714

00:07:06.300 --> 00:07:08.000 not so scary, positive part?  
NOTE Confidence: 0.8432920925

00:07:09.040 --> 00:07:11.920 Well, I think that is the real art  
NOTE Confidence: 0.8432920925

00:07:11.920 --> 00:07:14.876 of medicine and it takes a village.  
NOTE Confidence: 0.8432920925

00:07:14.880 --> 00:07:17.640 As you said, I think that one of  
NOTE Confidence: 0.8432920925

00:07:17.640 --> 00:07:20.297 the biggest issues that people face  
NOTE Confidence: 0.8432920925

00:07:20.297 --> 00:07:22.500 when they're given a diagnosis of  
NOTE Confidence: 0.8432920925

00:07:22.500 --> 00:07:24.960 cancer is simply fear of the unknown.  
NOTE Confidence: 0.8432920925

00:07:24.960 --> 00:07:27.718 And that includes fear of the physical  
NOTE Confidence: 0.8432920925

00:07:27.718 --> 00:07:30.239 aspects of cancer and its treatment.  
NOTE Confidence: 0.8432920925

00:07:30.240 --> 00:07:31.038 What am I going to go through?  
NOTE Confidence: 0.8432920925

00:07:31.040 --> 00:07:32.398 What's my body going to be like?  
NOTE Confidence: 0.8432920925

00:07:32.400 --> 00:07:33.756 What am I going to lose?

NOTE Confidence: 0.8432920925

00:07:33.760 --> 00:07:36.630 How am I going to live with

NOTE Confidence: 0.8432920925

00:07:36.630 --> 00:07:38.944 those limitations, restrictions,

NOTE Confidence: 0.8432920925

00:07:38.944 --> 00:07:41.800 the emotional fear,

NOTE Confidence: 0.8432920925

00:07:41.800 --> 00:07:44.398 the emotional strain of diagnosis that

NOTE Confidence: 0.8432920925

00:07:44.398 --> 00:07:47.959 impacts not only the person with cancer,

00:07:48.480 --> 00:07:50.040 but their family and their loved ones.

NOTE Confidence: 0.8432920925

00:07:50.040 --> 00:07:51.480 And lastly, of course,

NOTE Confidence: 0.8432920925

00:07:51.480 --> 00:07:53.352 one that's starting to garner more

NOTE Confidence: 0.8432920925

00:07:53.352 --> 00:07:55.259 attention is just the

NOTE Confidence: 0.8432920925

00:07:55.259 --> 00:07:56.759 fear of the financial unknown.

NOTE Confidence: 0.8432920925

00:07:56.760 --> 00:07:59.058 How's this gonna impact my finances

NOTE Confidence: 0.8432920925

00:07:59.058 --> 00:08:01.872 and my plan that I was to retire

NOTE Confidence: 0.8432920925

00:08:01.872 --> 00:08:04.200 10 years from now kind of thing.

NOTE Confidence: 0.8432920925

00:08:04.200 --> 00:08:07.208 And I think the best way to get

NOTE Confidence: 0.8432920925

00:08:07.208 --> 00:08:09.600 people through that is to name it,

NOTE Confidence: 0.8432920925

00:08:09.600 --> 00:08:13.008 to help people identify.

NOTE Confidence: 0.8432920925

00:08:13.008 --> 00:08:13.464 Yes,

NOTE Confidence: 0.8432920925

00:08:13.464 --> 00:08:15.744 we understand your concern that

NOTE Confidence: 0.8432920925

00:08:15.744 --> 00:08:18.448 you may lose your breasts or

NOTE Confidence: 0.8432920925

00:08:18.448 --> 00:08:21.072 you may lose part of your colon or

NOTE Confidence: 0.8432920925

00:08:21.072 --> 00:08:22.708 whatever cancer treatment may bring.

NOTE Confidence: 0.8432920925

00:08:22.708 --> 00:08:24.975 And this is exactly what that's going

NOTE Confidence: 0.8432920925

00:08:24.975 --> 00:08:26.927 to be like and this is how we're

NOTE Confidence: 0.8432920925

00:08:26.927 --> 00:08:28.840 going to help you live a full life.

NOTE Confidence: 0.8432920925

00:08:28.840 --> 00:08:31.410 I found back in the day when I was doing

NOTE Confidence: 0.8432920925

00:08:31.481 --> 00:08:33.797 general oncology and colon cancer,

NOTE Confidence: 0.8432920925

00:08:33.800 --> 00:08:36.608 just directing people to a site

NOTE Confidence: 0.8432920925

00:08:36.608 --> 00:08:38.500 for swimwear for those with

NOTE Confidence: 0.8432920925

00:08:38.500 --> 00:08:39.920 colostomies,

NOTE Confidence: 0.8432920925

00:08:39.920 --> 00:08:40.684 you can be swimming,

NOTE Confidence: 0.8432920925

00:08:40.684 --> 00:08:41.639 you can be scuba diving,

00:08:42.252 --> 00:08:43.476 helping people realize that,

NOTE Confidence: 0.8432920925

00:08:43.480 --> 00:08:45.880 you know, they are not the first

NOTE Confidence: 0.8432920925

00:08:45.880 --> 00:08:46.720 to go through this problem.

NOTE Confidence: 0.8432920925

00:08:46.720 --> 00:08:48.400 There are resources available to

NOTE Confidence: 0.8432920925

00:08:48.400 --> 00:08:50.080 help them navigate these things.

NOTE Confidence: 0.8432920925

00:08:50.080 --> 00:08:51.360 And not only the physical,

NOTE Confidence: 0.8432920925

00:08:51.360 --> 00:08:54.237 but now one of the most wonderful

NOTE Confidence: 0.8432920925

00:08:54.237 --> 00:08:56.417 things about practicing at Yale and

NOTE Confidence: 0.8432920925

00:08:56.417 --> 00:08:59.182 Yale New Haven is we do have a really

NOTE Confidence: 0.8432920925

00:08:59.182 --> 00:09:01.453 broad range of services to help.

NOTE Confidence: 0.8432920925

00:09:01.453 --> 00:09:03.518 Once we have enumerated

NOTE Confidence: 0.8432920925

00:09:03.520 --> 00:09:05.200 the emotional and financial stuff,

NOTE Confidence: 0.8432920925

00:09:05.200 --> 00:09:07.006 direct people to the resources

NOTE Confidence: 0.8432920925

00:09:07.006 --> 00:09:09.319 that can help them with those things.

NOTE Confidence: 0.8432920925

00:09:09.320 --> 00:09:10.718 But again, I think

NOTE Confidence: 0.8432920925

00:09:10.720 --> 00:09:13.037 for me, I think fear of the unknown.

00:09:13.232 --> 00:09:14.192 I think we're more scared

NOTE Confidence: 0.8432920925

00:09:14.192 --> 00:09:15.200 of what we don't know.

NOTE Confidence: 0.8432920925

00:09:15.200 --> 00:09:17.360 And once we know it and can name it,

NOTE Confidence: 0.8432920925

00:09:17.360 --> 00:09:19.056 we can overcome it.

00:09:20.120 --> 00:09:23.000 And I think that's so important because

NOTE Confidence: 0.943461834333333

00:09:23.000 --> 00:09:26.369 I think that when you're looking at this

NOTE Confidence: 0.943461834333333

00:09:26.369 --> 00:09:28.841 diagnosis and you're thinking this is

NOTE Confidence: 0.943461834333333

00:09:28.841 --> 00:09:31.553 going to really turn my life upside down,

NOTE Confidence: 0.943461834333333

00:09:31.560 --> 00:09:34.120 it is not going to be the way it was.

NOTE Confidence: 0.943461834333333

00:09:34.120 --> 00:09:36.387 But I think what you're saying is, OK.

NOTE Confidence: 0.943461834333333

00:09:36.387 --> 00:09:39.656 So it might not be exactly how

NOTE Confidence: 0.943461834333333

00:09:39.656 --> 00:09:42.610 it was because yes, you know,

NOTE Confidence: 0.943461834333333

00:09:42.610 --> 00:09:44.200 we have to get through this,

NOTE Confidence: 0.943461834333333

00:09:44.200 --> 00:09:47.716 this cancer diagnosis and the treatment,

NOTE Confidence: 0.943461834333333

00:09:47.720 --> 00:09:50.272 but there are ways that we can make

NOTE Confidence: 0.943461834333333

00:09:50.272 --> 00:09:52.754 this better and there are resources

NOTE Confidence: 0.943461834333333

00:09:52.754 --> 00:09:54.230 available that

NOTE Confidence: 0.943461834333333

00:09:54.230 --> 00:09:56.590 can make it such that you actually

NOTE Confidence: 0.943461834333333

00:09:56.654 --> 00:09:59.358 can enjoy the things that you otherwise did.

NOTE Confidence: 0.943461834333333

00:09:59.360 --> 00:10:02.600 I love the example of the

NOTE Confidence: 0.943461834333333

00:10:02.600 --> 00:10:04.760 swimwear for colostomy patients.

NOTE Confidence: 0.943461834333333

00:10:04.760 --> 00:10:07.912 You know, can you talk a little bit about

NOTE Confidence: 0.943461834333333

00:10:07.912 --> 00:10:12.176 the fear factor of the existential?

NOTE Confidence: 0.943461834333333

00:10:12.176 --> 00:10:15.760 You know, I think that especially for

NOTE Confidence: 0.943461834333333

00:10:15.760 --> 00:10:18.400 patients who have metastatic disease,

NOTE Confidence: 0.943461834333333

00:10:18.400 --> 00:10:22.158 it's in part OK,

NOTE Confidence: 0.943461834333333

00:10:22.160 --> 00:10:23.637 am I going to lose my hair?

NOTE Confidence: 0.943461834333333

00:10:23.640 --> 00:10:25.800 But I think it's more,

NOTE Confidence: 0.943461834333333

00:10:25.800 --> 00:10:27.235 am I going to lose my life?

NOTE Confidence: 0.943461834333333

00:10:27.240 --> 00:10:28.916 Or perhaps more pointedly,

NOTE Confidence: 0.943461834333333

00:10:28.916 --> 00:10:32.226 when is that going to happen and how

NOTE Confidence: 0.943461834333333

00:10:32.226 --> 00:10:34.718 is that going to impact my family?

NOTE Confidence: 0.943461834333333

00:10:34.720 --> 00:10:38.672 And I think that those scary moments make

NOTE Confidence: 0.943461834333333

00:10:38.672 --> 00:10:43.716 it really hard to kind of in the moment.

NOTE Confidence: 0.943461834333333

00:10:43.720 --> 00:10:46.079 And when you're talking to those patients,

00:10:46.752 --> 00:10:49.440 they may be kind of like, Doctor Fischbach,

00:10:50.250 --> 00:10:52.680 I get the whole mindfulness thing,

NOTE Confidence: 0.943461834333333

00:10:52.680 --> 00:10:55.560 but right now I'm just,

NOTE Confidence: 0.943461834333333

00:10:55.560 --> 00:10:58.220 really scared about what's going

NOTE Confidence: 0.943461834333333

00:10:58.220 --> 00:11:01.480 to happen to me and my family and my life.

NOTE Confidence: 0.943461834333333

00:11:01.480 --> 00:11:02.957 What do you say to those patients?

NOTE Confidence: 0.96533096

00:11:03.440 --> 00:11:07.388 Well, I think the first thing to

NOTE Confidence: 0.96533096

00:11:07.388 --> 00:11:10.769 recognize is that everybody is different.

NOTE Confidence: 0.96533096

00:11:10.769 --> 00:11:14.147 Everybody has their own coping mechanisms

NOTE Confidence: 0.96533096

00:11:14.147 --> 00:11:17.355 for dealing with this kind of fear.

NOTE Confidence: 0.96533096

00:11:17.360 --> 00:11:19.838 I think this is where family and

NOTE Confidence: 0.96533096

00:11:19.838 --> 00:11:22.191 caregivers are really important to help

NOTE Confidence: 0.96533096

00:11:22.191 --> 00:11:24.639 understand what's best for one person.

NOTE Confidence: 0.96533096

00:11:24.640 --> 00:11:27.468 I think for some people having a

NOTE Confidence: 0.96533096

00:11:27.468 --> 00:11:29.074 very quantitative discussion about

NOTE Confidence: 0.96533096

00:11:29.074 --> 00:11:31.832 statistics and what we expect in the

NOTE Confidence: 0.96533096

00:11:31.832 --> 00:11:34.440 future is helpful and reassuring.

NOTE Confidence: 0.96533096

00:11:34.440 --> 00:11:37.422 And for other people that can

NOTE Confidence: 0.96533096

00:11:37.422 --> 00:11:38.913 be really distressing.

NOTE Confidence: 0.96533096

00:11:38.920 --> 00:11:41.200 But with that in mind,

NOTE Confidence: 0.96533096

00:11:41.200 --> 00:11:45.120 I think that what I try and stress

NOTE Confidence: 0.96533096

00:11:45.120 --> 00:11:49.562 is that the brain is a amazing thing

NOTE Confidence: 0.96533096

00:11:49.562 --> 00:11:54.940 and it handles big world shifting

NOTE Confidence: 0.96533096

00:11:54.940 --> 00:11:58.240 information like this in small bites.

NOTE Confidence: 0.96533096

00:11:58.240 --> 00:11:59.518 It's sort of like the aphorism

NOTE Confidence: 0.96533096

00:11:59.518 --> 00:12:00.999 of how to eat an elephant,

NOTE Confidence: 0.96533096

00:12:01.000 --> 00:12:02.435 you know, one bite at a time.

NOTE Confidence: 0.96533096

00:12:02.440 --> 00:12:04.638 That's the way the brain works.

NOTE Confidence: 0.96533096

00:12:04.640 --> 00:12:08.240 And so starting with just

NOTE Confidence: 0.96533096

00:12:08.240 --> 00:12:10.040 a small broad overview about  
NOTE Confidence: 0.96533096

00:12:10.040 --> 00:12:11.840 what concerns you the most,  
NOTE Confidence: 0.96533096

00:12:11.840 --> 00:12:14.808 thinking about what is now as opposed  
NOTE Confidence: 0.96533096

00:12:14.808 --> 00:12:18.067 to what may be in the future and  
NOTE Confidence: 0.96533096

00:12:18.067 --> 00:12:21.358 trying to bring it back to what is now.  
NOTE Confidence: 0.96533096

00:12:21.360 --> 00:12:22.837 I think that is one of  
NOTE Confidence: 0.96533096

00:12:22.840 --> 00:12:25.640 the real strengths of mindfulness  
NOTE Confidence: 0.96533096

00:12:25.640 --> 00:12:30.280 and getting people to open up.  
NOTE Confidence: 0.96533096

00:12:30.280 --> 00:12:35.720 I think cancer and in some respects  
NOTE Confidence: 0.96533096

00:12:35.720 --> 00:12:39.071 suffering and worry about outcome  
NOTE Confidence: 0.96533096

00:12:39.071 --> 00:12:42.857 and treatment side effects is a  
NOTE Confidence: 0.96533096

00:12:42.857 --> 00:12:45.650 very internal kind of process.  
NOTE Confidence: 0.96533096

00:12:45.650 --> 00:12:49.026 And we can sometimes spend too much  
NOTE Confidence: 0.96533096

00:12:49.026 --> 00:12:51.091 time internally and helping people  
NOTE Confidence: 0.96533096

00:12:51.091 --> 00:12:53.213 start thinking again about opening  
NOTE Confidence: 0.96533096

00:12:53.213 --> 00:12:55.678 up and exploring the external,

NOTE Confidence: 0.96533096

00:12:55.680 --> 00:12:58.000 whether that's via, you know,

NOTE Confidence: 0.96533096

00:12:58.000 --> 00:12:59.836 exercise or getting involved in advocacy,

NOTE Confidence: 0.96533096

00:12:59.840 --> 00:13:01.358 that type of thing.

00:13:01.850 --> 00:13:04.790 I think it's a pretty extraordinary

NOTE Confidence: 0.96533096

00:13:04.790 --> 00:13:05.760 transformation.

NOTE Confidence: 0.951690787692308

00:13:06.520 --> 00:13:08.291 And I think the other piece that

NOTE Confidence: 0.951690787692308

00:13:08.291 --> 00:13:10.078 makes things a little less scary,

NOTE Confidence: 0.951690787692308

00:13:10.080 --> 00:13:12.520 at least for me,

NOTE Confidence: 0.951690787692308

00:13:12.520 --> 00:13:15.594 is the whole idea that, you know,

NOTE Confidence: 0.951690787692308

00:13:15.594 --> 00:13:17.479 cancer treatment has changed a

NOTE Confidence: 0.951690787692308

00:13:17.479 --> 00:13:20.348 lot and it continues to move and

NOTE Confidence: 0.951690787692308

00:13:20.348 --> 00:13:22.832 develop and get better and better.

NOTE Confidence: 0.951690787692308

00:13:22.840 --> 00:13:25.384 So the side effects that your Aunt Mary

NOTE Confidence: 0.951690787692308

00:13:25.384 --> 00:13:27.844 may have faced may be very different

NOTE Confidence: 0.951690787692308

00:13:27.844 --> 00:13:30.000 than what you're going to face.

NOTE Confidence: 0.951690787692308

00:13:30.000 --> 00:13:32.680 We'll talk about all of that.

NOTE Confidence: 0.951690787692308  
00:13:32.680 --> 00:13:34.856 But first, we do need to take a  
NOTE Confidence: 0.951690787692308  
00:13:34.856 --> 00:13:36.797 short break for a medical minute.  
NOTE Confidence: 0.951690787692308  
00:13:36.800 --> 00:13:39.187 So please stay tuned to learn more  
NOTE Confidence: 0.951690787692308  
00:13:39.187 --> 00:13:41.325 about survivorship in honor of Cancer  
NOTE Confidence: 0.951690787692308  
00:13:41.325 --> 00:13:43.075 Survivors Month with my guest,  
NOTE Confidence: 0.951690787692308  
00:13:43.080 --> 00:13:44.199 doctor Neal Fischbach.  
NOTE Confidence: 0.88734203  
00:13:44.880 --> 00:13:46.940 Funding for Yale Cancer Answers  
NOTE Confidence: 0.88734203  
00:13:46.940 --> 00:13:49.000 comes from Smilow Cancer Hospital,  
NOTE Confidence: 0.88734203  
00:13:49.000 --> 00:13:50.770 where their survivorship clinic is  
NOTE Confidence: 0.88734203  
00:13:50.770 --> 00:13:52.540 a resource for cancer survivors  
NOTE Confidence: 0.88734203  
00:13:52.598 --> 00:13:54.393 and provides patients and their  
NOTE Confidence: 0.88734203  
00:13:54.393 --> 00:13:55.829 families with information on  
NOTE Confidence: 0.88734203  
00:13:55.829 --> 00:13:57.366 cancer prevention, wellness,  
NOTE Confidence: 0.88734203  
00:13:57.366 --> 00:13:59.996 supportive services and health research.  
NOTE Confidence: 0.9158031  
00:14:02.200 --> 00:14:02.560 [smilocancerhospital.org](http://smilocancerhospital.org).  
NOTE Confidence: 0.952447619473684

00:14:04.720 --> 00:14:06.592 Genetic testing can be useful for  
NOTE Confidence: 0.952447619473684

00:14:06.592 --> 00:14:08.425 people with certain types of cancer  
NOTE Confidence: 0.952447619473684

00:14:08.425 --> 00:14:10.273 that seem to run in their families.  
NOTE Confidence: 0.952447619473684

00:14:10.280 --> 00:14:12.190 Genetic counseling is a process  
NOTE Confidence: 0.952447619473684

00:14:12.190 --> 00:14:14.100 that includes collecting a detailed  
NOTE Confidence: 0.952447619473684

00:14:14.162 --> 00:14:15.758 personal and family history,  
NOTE Confidence: 0.952447619473684

00:14:15.760 --> 00:14:17.104 a risk assessment,  
NOTE Confidence: 0.952447619473684

00:14:17.104 --> 00:14:20.240 and a discussion of genetic testing options.  
NOTE Confidence: 0.952447619473684

00:14:20.240 --> 00:14:22.872 Only about 5 to 10% of all cancers  
NOTE Confidence: 0.952447619473684

00:14:22.872 --> 00:14:24.592 are inherited and genetic testing  
NOTE Confidence: 0.952447619473684

00:14:24.592 --> 00:14:26.918 is not recommended for everyone.  
NOTE Confidence: 0.952447619473684

00:14:26.920 --> 00:14:28.865 Individuals who have a personal  
NOTE Confidence: 0.952447619473684

00:14:28.865 --> 00:14:31.324 and or family history that includes  
NOTE Confidence: 0.952447619473684

00:14:31.324 --> 00:14:33.559 cancer at unusually early ages,  
NOTE Confidence: 0.952447619473684

00:14:33.560 --> 00:14:35.582 multiple relatives on the same side  
NOTE Confidence: 0.952447619473684

00:14:35.582 --> 00:14:37.998 of the family with the same cancer,

NOTE Confidence: 0.952447619473684  
00:14:38.000 --> 00:14:40.256 more than one diagnosis of cancer  
NOTE Confidence: 0.952447619473684  
00:14:40.256 --> 00:14:41.760 in the same individual,  
NOTE Confidence: 0.952447619473684  
00:14:41.760 --> 00:14:42.564 rare cancers,  
NOTE Confidence: 0.952447619473684  
00:14:42.564 --> 00:14:45.378 or family history of a known altered  
NOTE Confidence: 0.952447619473684  
00:14:45.378 --> 00:14:47.908 cancer predisposing gene could be  
NOTE Confidence: 0.952447619473684  
00:14:47.908 --> 00:14:49.956 candidates for genetic testing.  
NOTE Confidence: 0.952447619473684  
00:14:49.960 --> 00:14:52.025 Resources for genetic counseling and  
NOTE Confidence: 0.952447619473684  
00:14:52.025 --> 00:14:54.090 testing are available at federally  
NOTE Confidence: 0.952447619473684  
00:14:54.152 --> 00:14:55.373 designated comprehensive Cancer  
NOTE Confidence: 0.952447619473684  
00:14:55.373 --> 00:14:57.815 Centers such as Yale Cancer Center  
NOTE Confidence: 0.952447619473684  
00:14:57.815 --> 00:14:59.798 and Smilow Cancer Hospital.  
NOTE Confidence: 0.952447619473684  
00:14:59.800 --> 00:15:02.168 More information is available  
NOTE Confidence: 0.952447619473684  
00:15:02.168 --> 00:15:03.194 at [yalecancercenter.org](http://yalecancercenter.org).  
NOTE Confidence: 0.952447619473684  
00:15:03.194 --> 00:15:05.798 You're listening to Connecticut Public Radio.  
NOTE Confidence: 0.945547671666667  
00:15:06.440 --> 00:15:08.678 Welcome back to Yale Cancer Answers.  
NOTE Confidence: 0.945547671666667

00:15:08.680 --> 00:15:10.636 This is doctor in Anees Chagpar.  
NOTE Confidence: 0.945547671666667

00:15:10.640 --> 00:15:12.474 And I'm joined tonight by my guest,  
NOTE Confidence: 0.945547671666667

00:15:12.480 --> 00:15:13.620 doctor Neal Fishbach.  
NOTE Confidence: 0.945547671666667

00:15:13.620 --> 00:15:16.280 We're discussing the care of patients with  
NOTE Confidence: 0.945547671666667

00:15:16.344 --> 00:15:18.836 cancer in honor of Cancer Survivors Month.  
NOTE Confidence: 0.945547671666667

00:15:18.840 --> 00:15:20.480 And right before the break,  
NOTE Confidence: 0.945547671666667

00:15:20.480 --> 00:15:24.128 we were talking about how, you know,  
NOTE Confidence: 0.945547671666667

00:15:24.128 --> 00:15:27.248 sometimes we as clinicians see  
NOTE Confidence: 0.945547671666667

00:15:27.248 --> 00:15:29.120 these absolutely beautiful,  
NOTE Confidence: 0.945547671666667

00:15:29.120 --> 00:15:31.456 wonderful transformations of patients  
NOTE Confidence: 0.945547671666667

00:15:31.456 --> 00:15:34.960 into the best versions of themselves.  
NOTE Confidence: 0.945547671666667

00:15:34.960 --> 00:15:37.984 And while we can try to  
NOTE Confidence: 0.945547671666667

00:15:37.984 --> 00:15:40.000 intimate that to patients,  
NOTE Confidence: 0.945547671666667

00:15:40.000 --> 00:15:42.045 sometimes it's still really scary  
NOTE Confidence: 0.945547671666667

00:15:42.045 --> 00:15:44.542 when you're faced with a new  
NOTE Confidence: 0.945547671666667

00:15:44.542 --> 00:15:46.834 diagnosis of cancer and you think,

NOTE Confidence: 0.945547671666667  
00:15:46.840 --> 00:15:48.872 perhaps rightly in part,  
NOTE Confidence: 0.945547671666667  
00:15:48.872 --> 00:15:51.920 that your world is falling apart.  
NOTE Confidence: 0.945547671666667  
00:15:51.920 --> 00:15:53.360 But it doesn't have to be that way.  
NOTE Confidence: 0.945547671666667  
00:15:53.360 --> 00:15:57.772 And I think part of it has  
NOTE Confidence: 0.945547671666667  
00:15:57.772 --> 00:15:59.956 changed in terms of cancer therapies.  
NOTE Confidence: 0.945547671666667  
00:15:59.960 --> 00:16:01.932 We're moving forward at  
NOTE Confidence: 0.945547671666667  
00:16:02.920 --> 00:16:05.560 rocket speed in terms of finding  
NOTE Confidence: 0.945547671666667  
00:16:05.560 --> 00:16:06.440 new therapies,  
NOTE Confidence: 0.945547671666667  
00:16:06.440 --> 00:16:08.295 better therapies that have fewer  
NOTE Confidence: 0.945547671666667  
00:16:08.295 --> 00:16:09.037 side effects.  
NOTE Confidence: 0.945547671666667  
00:16:09.040 --> 00:16:12.337 And so sometimes the fear that many  
NOTE Confidence: 0.945547671666667  
00:16:12.337 --> 00:16:15.108 patients have is based on information  
NOTE Confidence: 0.945547671666667  
00:16:15.108 --> 00:16:17.393 that they've seen from friends,  
NOTE Confidence: 0.945547671666667  
00:16:17.400 --> 00:16:18.528 from family members.  
NOTE Confidence: 0.945547671666667  
00:16:18.528 --> 00:16:19.280 And so,  
00:16:19.671 --> 00:16:22.408 can you talk a little bit more

NOTE Confidence: 0.945547671666667  
00:16:22.408 --> 00:16:24.720 about this concept that your  
NOTE Confidence: 0.945547671666667  
00:16:24.720 --> 00:16:26.549 cancer isn't your grandmother's  
NOTE Confidence: 0.945547671666667  
00:16:26.549 --> 00:16:28.883 cancer and how things are changing  
NOTE Confidence: 0.945547671666667  
00:16:28.883 --> 00:16:30.878 in terms of cancer therapies  
NOTE Confidence: 0.945547671666667  
00:16:30.878 --> 00:16:33.170 today that might make things a  
NOTE Confidence: 0.945547671666667  
00:16:33.170 --> 00:16:35.528 little less scary for people who  
NOTE Confidence: 0.945547671666667  
00:16:35.528 --> 00:16:37.433 are newly diagnosed with cancer?  
NOTE Confidence: 0.908159891111111  
00:16:38.160 --> 00:16:40.645 I think that is such an  
NOTE Confidence: 0.908159891111111  
00:16:40.645 --> 00:16:42.390 important point Anees.  
NOTE Confidence: 0.908159891111111  
00:16:42.390 --> 00:16:45.995 I think that conveying to people that  
NOTE Confidence: 0.908159891111111  
00:16:46.000 --> 00:16:50.188 one of the biggest sources or areas of  
NOTE Confidence: 0.908159891111111  
00:16:50.188 --> 00:16:52.680 investigation over the last 10 years anyway,  
NOTE Confidence: 0.908159891111111  
00:16:52.680 --> 00:16:54.156 in my experience in breast cancer,  
NOTE Confidence: 0.908159891111111  
00:16:54.160 --> 00:16:56.446 somewhat other breast cancers is how  
NOTE Confidence: 0.908159891111111  
00:16:56.446 --> 00:16:59.079 can we achieve the same spectacular  
NOTE Confidence: 0.908159891111111

00:16:59.079 --> 00:17:01.155 outcomes with less toxicity.  
NOTE Confidence: 0.9081598911111111

00:17:01.160 --> 00:17:03.246 And that includes even in the  
NOTE Confidence: 0.9081598911111111

00:17:03.246 --> 00:17:05.000 case of metastatic breast cancer,  
NOTE Confidence: 0.9081598911111111

00:17:05.000 --> 00:17:07.513 how do we help people live longer  
NOTE Confidence: 0.9081598911111111

00:17:07.513 --> 00:17:09.920 and live better at the same time?  
NOTE Confidence: 0.9081598911111111

00:17:09.920 --> 00:17:10.943 And, fortunately,  
NOTE Confidence: 0.9081598911111111

00:17:10.943 --> 00:17:13.767 we are more and more able to realize  
NOTE Confidence: 0.9081598911111111

00:17:13.767 --> 00:17:16.280 both those goals at the same time.  
NOTE Confidence: 0.9081598911111111

00:17:16.280 --> 00:17:19.542 And so that's just again an  
NOTE Confidence: 0.9081598911111111

00:17:19.542 --> 00:17:21.859 exercise in trying to evoke what  
NOTE Confidence: 0.9081598911111111

00:17:21.859 --> 00:17:23.878 worries you about the treatment,  
NOTE Confidence: 0.9081598911111111

00:17:23.880 --> 00:17:26.478 what have your past experiences been?  
NOTE Confidence: 0.9081598911111111

00:17:26.480 --> 00:17:30.392 And then trying to convey what  
NOTE Confidence: 0.9081598911111111

00:17:30.392 --> 00:17:33.000 the modern approaches are.  
NOTE Confidence: 0.9081598911111111

00:17:33.000 --> 00:17:34.320 And again, emphasizing  
NOTE Confidence: 0.9081598911111111

00:17:34.320 --> 00:17:34.941 in my mind,

NOTE Confidence: 0.908159891111111  
00:17:34.941 --> 00:17:35.976 one of the most wonderful  
NOTE Confidence: 0.908159891111111  
00:17:35.976 --> 00:17:36.919 things that's happened  
NOTE Confidence: 0.908159891111111  
00:17:36.920 --> 00:17:39.586 in medical oncology is deciding who  
NOTE Confidence: 0.908159891111111  
00:17:39.586 --> 00:17:41.316 needs treatment and who doesn't,  
NOTE Confidence: 0.908159891111111  
00:17:41.320 --> 00:17:44.122 who may safely be observed after  
NOTE Confidence: 0.908159891111111  
00:17:44.122 --> 00:17:46.676 a curative cancer surgery without  
NOTE Confidence: 0.908159891111111  
00:17:46.676 --> 00:17:48.678 needing any systemic treatment.  
NOTE Confidence: 0.908159891111111  
00:17:48.678 --> 00:17:51.474 And in the breast cancer world,  
NOTE Confidence: 0.908159891111111  
00:17:51.480 --> 00:17:52.688 who with breast cancer,  
NOTE Confidence: 0.908159891111111  
00:17:52.688 --> 00:17:54.198 which may have occurred and  
NOTE Confidence: 0.908159891111111  
00:17:54.198 --> 00:17:56.077 be spread throughout the body,  
NOTE Confidence: 0.908159891111111  
00:17:56.080 --> 00:17:58.066 who can be managed now with  
NOTE Confidence: 0.908159891111111  
00:17:58.066 --> 00:18:00.960 pills only very gentle endocrine  
NOTE Confidence: 0.908159891111111  
00:18:00.960 --> 00:18:03.480 and targeted therapies and the  
NOTE Confidence: 0.908159891111111  
00:18:03.480 --> 00:18:04.680 era of personalized medicine,  
NOTE Confidence: 0.908159891111111

00:18:04.680 --> 00:18:08.080 which we may discuss in more depth later.

NOTE Confidence: 0.908159891111111

00:18:08.080 --> 00:18:10.288 I think that's something that

NOTE Confidence: 0.908159891111111

00:18:10.288 --> 00:18:11.760 has really transformed oncology.

NOTE Confidence: 0.911312105

00:18:12.080 --> 00:18:13.556 Yeah, I agree with you.

NOTE Confidence: 0.911312105

00:18:13.560 --> 00:18:16.960 But, you know, I think for some people,

NOTE Confidence: 0.911312105

00:18:16.960 --> 00:18:19.956 they may be under the impression that,

NOTE Confidence: 0.911312105

00:18:19.960 --> 00:18:23.355 you know, cancer being such a scary

NOTE Confidence: 0.911312105

00:18:23.355 --> 00:18:26.405 diagnosis, they may approach the whole

NOTE Confidence: 0.911312105

00:18:26.405 --> 00:18:28.970 conversation of watchful waiting or

NOTE Confidence: 0.911312105

00:18:29.055 --> 00:18:31.495 being treated with less aggressive

NOTE Confidence: 0.911312105

00:18:31.495 --> 00:18:34.839 therapies as scary in and of itself.

NOTE Confidence: 0.911312105

00:18:34.840 --> 00:18:36.352 Like, what do you mean you're

NOTE Confidence: 0.911312105

00:18:36.352 --> 00:18:38.454 not going to treat me with like

NOTE Confidence: 0.911312105

00:18:38.454 --> 00:18:39.834 the most aggressive chemotherapy?

NOTE Confidence: 0.911312105

00:18:39.840 --> 00:18:42.236 We want to fight this cancer, don't we?

NOTE Confidence: 0.911312105

00:18:42.236 --> 00:18:44.322 How do you approach

NOTE Confidence: 0.911312105

00:18:44.322 --> 00:18:45.600 those conversations?

NOTE Confidence: 0.91461510625

00:18:46.040 --> 00:18:49.560 First, it depends a bit on the situation.

NOTE Confidence: 0.91461510625

00:18:49.560 --> 00:18:52.728 So in one instance, if we are dealing

NOTE Confidence: 0.91461510625

00:18:52.728 --> 00:18:55.430 with a cancer that we cannot cure

NOTE Confidence: 0.91461510625

00:18:55.430 --> 00:18:56.958 with currently available tools,

NOTE Confidence: 0.91461510625

00:18:56.960 --> 00:19:00.612 but we try and have the marathon

NOTE Confidence: 0.91461510625

00:19:00.612 --> 00:19:03.314 approach, our goal is to keep you

NOTE Confidence: 0.91461510625

00:19:03.314 --> 00:19:05.754 healthy and living well in a joyful

NOTE Confidence: 0.91461510625

00:19:05.754 --> 00:19:08.607 life until we have a cure or an

NOTE Confidence: 0.91461510625

00:19:08.607 --> 00:19:10.797 indefinite way to control your cancer.

NOTE Confidence: 0.91461510625

00:19:10.800 --> 00:19:15.154 And doing more upfront in fact

NOTE Confidence: 0.91461510625

00:19:15.154 --> 00:19:17.759 is counterproductive for those who

NOTE Confidence: 0.91461510625

00:19:17.759 --> 00:19:20.930 have early cancer for whom we are

NOTE Confidence: 0.91461510625

00:19:21.032 --> 00:19:23.792 quite confident that less is more.

NOTE Confidence: 0.91461510625

00:19:23.792 --> 00:19:26.328 I think focusing on some of the

NOTE Confidence: 0.91461510625

00:19:26.328 --> 00:19:28.788 toxicities of late toxicities of  
NOTE Confidence: 0.91461510625

00:19:28.788 --> 00:19:30.756 treatment which we've identified  
NOTE Confidence: 0.91461510625

00:19:30.835 --> 00:19:33.831 and the confidence we have with our  
NOTE Confidence: 0.91461510625

00:19:33.831 --> 00:19:35.934 new molecular techniques in risk  
NOTE Confidence: 0.91461510625

00:19:35.934 --> 00:19:37.562 stratifying people and deciding  
NOTE Confidence: 0.91461510625

00:19:37.562 --> 00:19:39.827 who needs more treatment and who  
NOTE Confidence: 0.91461510625

00:19:39.827 --> 00:19:42.512 needs less is really one of the  
NOTE Confidence: 0.91461510625

00:19:42.512 --> 00:19:45.440 main tasks of the physician helping  
NOTE Confidence: 0.91461510625

00:19:45.440 --> 00:19:48.212 recognize what is the person sitting  
NOTE Confidence: 0.91461510625

00:19:48.212 --> 00:19:50.682 across from you healthcare values.  
NOTE Confidence: 0.91461510625

00:19:50.682 --> 00:19:53.387 Are they maximizing risk reduction  
NOTE Confidence: 0.91461510625

00:19:53.387 --> 00:19:55.800 over short term toxicity?  
NOTE Confidence: 0.91461510625

00:19:55.800 --> 00:19:59.082 Do they maximize avoiding a toxicity  
NOTE Confidence: 0.91461510625

00:19:59.082 --> 00:20:02.159 medicine and then helping meld  
NOTE Confidence: 0.91461510625

00:20:02.160 --> 00:20:04.278 their own healthcare values with the  
NOTE Confidence: 0.91461510625

00:20:04.278 --> 00:20:06.327 treatments we have available and

NOTE Confidence: 0.91461510625

00:20:06.327 --> 00:20:08.073 that's really the fun of oncology.

NOTE Confidence: 0.881776115925926

00:20:08.480 --> 00:20:10.342 Can you talk a little

NOTE Confidence: 0.881776115925926

00:20:10.342 --> 00:20:12.290 bit more about some of the advances

NOTE Confidence: 0.881776115925926

00:20:12.290 --> 00:20:14.303 that we've made? I think that

NOTE Confidence: 0.881776115925926

00:20:14.303 --> 00:20:16.235 you mentioned several of them.

NOTE Confidence: 0.881776115925926

00:20:16.240 --> 00:20:19.968 So one is limiting toxicities, 2 is

NOTE Confidence: 0.881776115925926

00:20:19.968 --> 00:20:21.840 potentially, you know,

NOTE Confidence: 0.881776115925926

00:20:21.840 --> 00:20:24.717 figuring out who needs treatment versus not.

NOTE Confidence: 0.881776115925926

00:20:24.720 --> 00:20:26.386 A lot of that work has not

NOTE Confidence: 0.881776115925926

00:20:26.386 --> 00:20:27.719 been done in a vacuum.

NOTE Confidence: 0.881776115925926

00:20:27.720 --> 00:20:30.268 A lot of that work has actually

NOTE Confidence: 0.881776115925926

00:20:30.268 --> 00:20:33.563 been done on the back of really

NOTE Confidence: 0.881776115925926

00:20:33.563 --> 00:20:35.675 rigorous robust clinical trials.

NOTE Confidence: 0.85724915

00:20:35.960 --> 00:20:38.020 So this of course

NOTE Confidence: 0.85724915

00:20:38.020 --> 00:20:40.080 is one of my passions.

NOTE Confidence: 0.85724915

00:20:40.080 --> 00:20:43.251 And what I try to impress upon  
NOTE Confidence: 0.85724915

00:20:43.251 --> 00:20:47.184 people is we are walking a well trod  
NOTE Confidence: 0.85724915

00:20:47.184 --> 00:20:50.065 path and all of the recommendations  
NOTE Confidence: 0.85724915

00:20:50.065 --> 00:20:53.349 that we make for standard care are  
NOTE Confidence: 0.85724915

00:20:53.349 --> 00:20:55.694 based on this extraordinary altruism  
NOTE Confidence: 0.85724915

00:20:55.694 --> 00:20:58.528 of people who have come before  
NOTE Confidence: 0.85724915

00:20:58.528 --> 00:21:00.776 and who have decided, you know,  
NOTE Confidence: 0.85724915

00:21:00.776 --> 00:21:02.760 I also want to help those behind me.  
NOTE Confidence: 0.85724915

00:21:02.760 --> 00:21:05.768 And so if there's uncertainty as to what  
NOTE Confidence: 0.85724915

00:21:05.768 --> 00:21:09.156 is the best course of treatment for me,  
NOTE Confidence: 0.85724915

00:21:09.160 --> 00:21:12.240 I want to be part of finding out.  
NOTE Confidence: 0.85724915

00:21:12.240 --> 00:21:14.946 And that's the selfless part  
NOTE Confidence: 0.85724915

00:21:14.946 --> 00:21:17.300 of participating in a clinical  
NOTE Confidence: 0.85724915

00:21:17.300 --> 00:21:20.520 trial that you are helping the next  
NOTE Confidence: 0.85724915

00:21:20.520 --> 00:21:22.680 generation of people coming behind.  
NOTE Confidence: 0.85724915

00:21:22.680 --> 00:21:26.832 There's also a real self immediate

NOTE Confidence: 0.85724915

00:21:26.832 --> 00:21:29.392 interest part of participating in

NOTE Confidence: 0.85724915

00:21:29.392 --> 00:21:32.633 clinical trials in that many of our

NOTE Confidence: 0.85724915

00:21:32.633 --> 00:21:34.968 studies these days are standard of

NOTE Confidence: 0.85724915

00:21:34.968 --> 00:21:37.936 care plus a treatment which we have

NOTE Confidence: 0.85724915

00:21:37.936 --> 00:21:40.716 reason to suspect may really improve

NOTE Confidence: 0.85724915

00:21:40.716 --> 00:21:43.492 efficacy or standard of care versus

NOTE Confidence: 0.85724915

00:21:43.492 --> 00:21:46.404 something a little bit less which we

NOTE Confidence: 0.85724915

00:21:46.404 --> 00:21:49.640 suspect is safe to do and less toxic.

NOTE Confidence: 0.85724915

00:21:49.640 --> 00:21:52.622 And that can translate into real benefits

NOTE Confidence: 0.85724915

00:21:52.622 --> 00:21:55.078 for the individual themselves as well

NOTE Confidence: 0.85724915

00:21:55.078 --> 00:21:58.160 as for those coming down the path after.

NOTE Confidence: 0.858897474285714

00:21:58.320 --> 00:22:01.064 And I think that's so important that

NOTE Confidence: 0.858897474285714

00:22:01.064 --> 00:22:03.880 patients know that because that way NOTE Confidence: 0.858897474285714

00:22:03.880 --> 00:22:06.106 the whole idea of participating in

NOTE Confidence: 0.858897474285714

00:22:06.106 --> 00:22:08.284 clinical trials might be a little

NOTE Confidence: 0.858897474285714

00:22:08.284 --> 00:22:10.482 less scary because I think there are  
NOTE Confidence: 0.858897474285714

00:22:10.482 --> 00:22:12.530 still some who feel like clinical  
NOTE Confidence: 0.858897474285714

00:22:12.530 --> 00:22:15.256 trials are only for those who have no  
NOTE Confidence: 0.858897474285714

00:22:15.256 --> 00:22:18.224 other option or clinical trials are,  
NOTE Confidence: 0.858897474285714

00:22:18.224 --> 00:22:21.238 you know, really human experimentation  
NOTE Confidence: 0.858897474285714

00:22:21.238 --> 00:22:24.994 and being a human Guinea pig.  
NOTE Confidence: 0.858897474285714

00:22:25.000 --> 00:22:27.420 And I think that the way you phrased it kind  
NOTE Confidence: 0.858897474285714

00:22:27.475 --> 00:22:30.056 of alleviate some of the fears.  
NOTE Confidence: 0.858897474285714

00:22:30.056 --> 00:22:33.184 Do you find that patients are  
NOTE Confidence: 0.858897474285714

00:22:33.184 --> 00:22:34.720 more receptive now  
NOTE Confidence: 0.858897474285714

00:22:34.720 --> 00:22:37.800 to participating in clinical trials?  
NOTE Confidence: 0.747396477

00:22:37.840 --> 00:22:40.784 Yes, and I think there still is a  
NOTE Confidence: 0.747396477

00:22:40.784 --> 00:22:43.896 lot of prevalent belief that clinical  
NOTE Confidence: 0.747396477

00:22:43.896 --> 00:22:46.622 trials are experimentation and that  
NOTE Confidence: 0.747396477

00:22:46.622 --> 00:22:49.919 they they involve a lot of uncertainty.  
NOTE Confidence: 0.747396477

00:22:49.920 --> 00:22:52.808 And here this is the most

NOTE Confidence: 0.747396477

00:22:52.808 --> 00:22:55.752 fertile ground for me in helping people

NOTE Confidence: 0.747396477

00:22:55.752 --> 00:22:58.559 understand that just the opposite is true.

NOTE Confidence: 0.747396477

00:22:58.560 --> 00:23:01.240 So there was a time where we reached

NOTE Confidence: 0.747396477

00:23:01.240 --> 00:23:03.541 for clinical trials when people were

NOTE Confidence: 0.747396477

00:23:03.541 --> 00:23:06.386 resistant to all of the currently available

NOTE Confidence: 0.747396477

00:23:06.386 --> 00:23:09.438 treatments and we had a new chemotherapy,

NOTE Confidence: 0.747396477

00:23:09.440 --> 00:23:10.880 which we were trying to test.

NOTE Confidence: 0.747396477

00:23:10.880 --> 00:23:12.074 And not surprisingly,

NOTE Confidence: 0.747396477

00:23:12.074 --> 00:23:14.860 when giving a new chemotherapy to someone

NOTE Confidence: 0.747396477

00:23:14.927 --> 00:23:17.517 who'd been through a lot of chemotherapy,

NOTE Confidence: 0.747396477

00:23:17.520 --> 00:23:19.220 the success rates were low

NOTE Confidence: 0.747396477

00:23:19.220 --> 00:23:20.920 and the toxicities were high.

NOTE Confidence: 0.747396477

00:23:20.920 --> 00:23:22.700 Well, things have transformed

NOTE Confidence: 0.747396477

00:23:22.700 --> 00:23:24.035 in clinical trials.

NOTE Confidence: 0.747396477

00:23:24.040 --> 00:23:27.184 Now where we're actually using targeted

NOTE Confidence: 0.747396477

00:23:27.184 --> 00:23:29.964 treatments based on our understanding  
NOTE Confidence: 0.747396477

00:23:29.964 --> 00:23:33.210 of what's driving that person's cancer,  
NOTE Confidence: 0.747396477

00:23:33.210 --> 00:23:35.760 often unique to just the molecular  
NOTE Confidence: 0.747396477

00:23:35.760 --> 00:23:37.736 abnormalities in their own cancer  
NOTE Confidence: 0.747396477

00:23:37.736 --> 00:23:38.798 as an individual.  
NOTE Confidence: 0.747396477

00:23:38.800 --> 00:23:42.355 And we've developed rationally designed  
NOTE Confidence: 0.747396477

00:23:42.355 --> 00:23:45.199 treatments for those abnormalities.  
NOTE Confidence: 0.747396477

00:23:45.200 --> 00:23:47.410 And so we've seen a kind of flip flop in  
NOTE Confidence: 0.747396477

00:23:47.465 --> 00:23:49.810 our developmental therapeutics where now  
NOTE Confidence: 0.747396477

00:23:49.810 --> 00:23:52.155 those getting these experimental treatments,  
NOTE Confidence: 0.747396477

00:23:52.160 --> 00:23:54.560 the response rates are higher  
NOTE Confidence: 0.747396477

00:23:54.560 --> 00:23:56.960 and the toxicities are lower.  
NOTE Confidence: 0.747396477

00:23:56.960 --> 00:24:00.285 And this not only applies to people  
NOTE Confidence: 0.747396477

00:24:00.285 --> 00:24:03.438 who've been through a lot of therapies.  
NOTE Confidence: 0.747396477

00:24:03.440 --> 00:24:05.834 My greatest joy at the end of this week,  
NOTE Confidence: 0.747396477

00:24:05.840 --> 00:24:08.770 I'm seeing a woman who is 6 years out from

NOTE Confidence: 0.747396477

00:24:08.845 --> 00:24:11.917 her diagnosis with metastatic breast cancer,

NOTE Confidence: 0.747396477

00:24:11.920 --> 00:24:15.070 has no evidence of cancer in her body 'cause

NOTE Confidence: 0.747396477

00:24:15.070 --> 00:24:18.440 she went on a first line trial with a

NOTE Confidence: 0.747396477

00:24:18.440 --> 00:24:19.536 at the time,

NOTE Confidence: 0.747396477

00:24:19.536 --> 00:24:21.180 a newer kind of medicine called

NOTE Confidence: 0.747396477

00:24:21.245 --> 00:24:23.862 a PARP inhibitor for her breast

NOTE Confidence: 0.747396477

00:24:23.862 --> 00:24:26.078 cancer with immune therapy.

NOTE Confidence: 0.747396477

00:24:26.080 --> 00:24:27.540 And instead of getting

NOTE Confidence: 0.747396477

00:24:27.540 --> 00:24:28.635 the standard treatment,

NOTE Confidence: 0.747396477

00:24:28.640 --> 00:24:30.593 she got this treatment with which her

NOTE Confidence: 0.747396477

00:24:30.593 --> 00:24:32.599 cancer has really responded beautifully.

NOTE Confidence: 0.747396477

00:24:32.600 --> 00:24:33.440 Will it ever come back?

NOTE Confidence: 0.747396477

00:24:33.440 --> 00:24:35.252 We don't know.

NOTE Confidence: 0.747396477

00:24:35.252 --> 00:24:38.272 But even for those just

NOTE Confidence: 0.747396477

00:24:38.272 --> 00:24:40.125 diagnosed with advanced cancer,

NOTE Confidence: 0.747396477

00:24:40.125 --> 00:24:41.785 I think considering clinical  
NOTE Confidence: 0.747396477

00:24:41.785 --> 00:24:43.864 trials is important to do.  
NOTE Confidence: 0.747396477

00:24:43.864 --> 00:24:45.558 And when we do in that setting,  
NOTE Confidence: 0.747396477

00:24:45.560 --> 00:24:47.079 we recognize we're in the driver's seat.  
NOTE Confidence: 0.747396477

00:24:47.080 --> 00:24:49.240 We don't have to do a clinical trial.  
NOTE Confidence: 0.747396477

00:24:49.240 --> 00:24:51.360 There's something really compelling  
NOTE Confidence: 0.747396477

00:24:51.360 --> 00:24:53.480 and exciting that's available.  
NOTE Confidence: 0.747396477

00:24:53.480 --> 00:24:54.320 We're going to do it.  
NOTE Confidence: 0.747396477

00:24:54.320 --> 00:24:55.450 But we have these great  
NOTE Confidence: 0.747396477

00:24:55.450 --> 00:24:56.354 standard of care therapies,  
NOTE Confidence: 0.747396477

00:24:56.360 --> 00:24:57.560 which we can also do.  
00:25:00.160 --> 00:25:02.288 I think the other point that you  
NOTE Confidence: 0.661474596666667

00:25:02.288 --> 00:25:04.607 just made that I think is really  
NOTE Confidence: 0.661474596666667

00:25:04.607 --> 00:25:06.708 important for patients to understand,  
NOTE Confidence: 0.661474596666667

00:25:06.708 --> 00:25:08.612 especially when they're diagnosed  
NOTE Confidence: 0.661474596666667

00:25:08.612 --> 00:25:10.040 with metastatic disease.  
NOTE Confidence: 0.661474596666667

00:25:10.040 --> 00:25:12.176 I think so many patients when  
NOTE Confidence: 0.661474596666667

00:25:12.176 --> 00:25:13.600 they hear metastatic disease,  
NOTE Confidence: 0.661474596666667

00:25:13.600 --> 00:25:15.265 they think cancer has spread  
NOTE Confidence: 0.661474596666667

00:25:15.265 --> 00:25:16.597 all over my body,  
NOTE Confidence: 0.661474596666667

00:25:16.600 --> 00:25:19.636 which might in fact be true.  
NOTE Confidence: 0.661474596666667

00:25:19.640 --> 00:25:22.804 But the leap that they then make  
NOTE Confidence: 0.661474596666667

00:25:22.804 --> 00:25:25.878 is I'm going to die tomorrow,  
NOTE Confidence: 0.661474596666667

00:25:25.880 --> 00:25:28.556 but tomorrow might not be tomorrow.  
NOTE Confidence: 0.661474596666667

00:25:28.560 --> 00:25:31.520 Tomorrow might be six years down the line,  
NOTE Confidence: 0.661474596666667

00:25:31.520 --> 00:25:34.800 it might be 20 years down the line.  
NOTE Confidence: 0.661474596666667

00:25:34.800 --> 00:25:38.410 And we have made a great deal of progress  
NOTE Confidence: 0.661474596666667

00:25:38.410 --> 00:25:40.680 in terms of the therapies that we have.  
NOTE Confidence: 0.661474596666667

00:25:40.680 --> 00:25:42.832 Can you talk a little bit about  
NOTE Confidence: 0.661474596666667

00:25:42.832 --> 00:25:45.241 that in terms of the longevity that  
NOTE Confidence: 0.661474596666667

00:25:45.241 --> 00:25:47.600 people can have with metastatic disease?  
NOTE Confidence: 0.939213608666666

00:25:48.560 --> 00:25:49.720 Absolutely,

NOTE Confidence: 0.939213608666666  
00:25:49.720 --> 00:25:53.780 and this is really true almost across  
NOTE Confidence: 0.939213608666666  
00:25:53.780 --> 00:25:57.360 the board in oncology these days.  
NOTE Confidence: 0.939213608666666  
00:25:57.360 --> 00:26:01.725 There are so many new  
NOTE Confidence: 0.939213608666666  
00:26:01.725 --> 00:26:03.873 compelling classes of medications.  
NOTE Confidence: 0.939213608666666  
00:26:03.880 --> 00:26:05.890 I'll just list a couple off  
NOTE Confidence: 0.939213608666666  
00:26:05.890 --> 00:26:07.720 the top of my head.  
NOTE Confidence: 0.939213608666666  
00:26:07.720 --> 00:26:09.848 One is a whole family of drugs  
NOTE Confidence: 0.939213608666666  
00:26:09.848 --> 00:26:11.800 called the antibody drug conjugates,  
NOTE Confidence: 0.939213608666666  
00:26:11.800 --> 00:26:14.005 ways to bring cancer killing  
NOTE Confidence: 0.939213608666666  
00:26:14.005 --> 00:26:16.759 medicines directly to the the cancer  
NOTE Confidence: 0.939213608666666  
00:26:16.759 --> 00:26:18.643 cells themselves while limiting  
NOTE Confidence: 0.939213608666666  
00:26:18.643 --> 00:26:21.839 exposure to the rest of your body.  
NOTE Confidence: 0.939213608666666  
00:26:21.840 --> 00:26:23.430 And this has really transformed  
NOTE Confidence: 0.939213608666666  
00:26:23.430 --> 00:26:25.020 the treatment of certain types  
NOTE Confidence: 0.939213608666666  
00:26:25.080 --> 00:26:26.520 of metastatic breast cancer.  
NOTE Confidence: 0.939213608666666

00:26:26.520 --> 00:26:28.578 And it's the same technologies being  
NOTE Confidence: 0.939213608666666

00:26:28.578 --> 00:26:31.199 employed in a wide variety of cancers.  
NOTE Confidence: 0.939213608666666

00:26:31.200 --> 00:26:33.654 We have new and different ways  
NOTE Confidence: 0.939213608666666

00:26:33.654 --> 00:26:35.920 to harness the immune system.  
NOTE Confidence: 0.939213608666666

00:26:35.920 --> 00:26:38.650 The bioengineering that is going  
NOTE Confidence: 0.939213608666666

00:26:38.650 --> 00:26:41.190 into how to engage our immune  
NOTE Confidence: 0.939213608666666

00:26:41.190 --> 00:26:43.734 system is mind blowing and it's  
NOTE Confidence: 0.939213608666666

00:26:43.734 --> 00:26:46.079 happening on a molecular scale.  
NOTE Confidence: 0.939213608666666

00:26:46.080 --> 00:26:49.062 Ways to tether your immune cells to  
NOTE Confidence: 0.939213608666666

00:26:49.062 --> 00:26:52.408 your tumor and turn the tumors on which  
NOTE Confidence: 0.939213608666666

00:26:52.408 --> 00:26:55.096 are leading to dramatic responses in  
NOTE Confidence: 0.939213608666666

00:26:55.096 --> 00:26:58.359 now largely lymphomas and leukemia.  
NOTE Confidence: 0.939213608666666

00:26:58.360 --> 00:27:00.568 But this technology is now being  
NOTE Confidence: 0.939213608666666

00:27:00.568 --> 00:27:02.910 expanded to solid tumors and taking  
NOTE Confidence: 0.939213608666666

00:27:02.910 --> 00:27:05.520 our own immune cells and reprogramming  
NOTE Confidence: 0.939213608666666

00:27:05.520 --> 00:27:08.864 them to fight our cancers is again

NOTE Confidence: 0.939213608666666  
00:27:08.864 --> 00:27:10.848 something that has transformed  
NOTE Confidence: 0.939213608666666  
00:27:10.848 --> 00:27:14.544 leukemia and lymphoma and now is making  
NOTE Confidence: 0.939213608666666  
00:27:14.544 --> 00:27:16.800 serious inroads into solid tumors  
NOTE Confidence: 0.939213608666666  
00:27:16.800 --> 00:27:19.200 we never thought would be immune  
NOTE Confidence: 0.939213608666666  
00:27:19.200 --> 00:27:21.120 responsive like pancreas cancer.  
NOTE Confidence: 0.939213608666666  
00:27:21.120 --> 00:27:24.998 So this is a really extraordinary time.  
NOTE Confidence: 0.939213608666666  
00:27:25.000 --> 00:27:26.760 And the vignette  
NOTE Confidence: 0.939213608666666  
00:27:26.760 --> 00:27:29.595 I share with people just on a personal level,  
NOTE Confidence: 0.939213608666666  
00:27:29.600 --> 00:27:31.350 I'd like to think I'm not so, so old.  
NOTE Confidence: 0.939213608666666  
00:27:31.350 --> 00:27:33.000 I will share with the audience.  
NOTE Confidence: 0.939213608666666  
00:27:33.000 --> 00:27:35.958 I've been practicing for 20 years,  
NOTE Confidence: 0.939213608666666  
00:27:35.960 --> 00:27:37.880 but just at the tender age of 56,  
NOTE Confidence: 0.939213608666666  
00:27:37.880 --> 00:27:40.460 I have lived already through  
NOTE Confidence: 0.939213608666666  
00:27:40.460 --> 00:27:41.320 two transformations,  
NOTE Confidence: 0.939213608666666  
00:27:41.320 --> 00:27:44.344 the era of targeted pill treatments  
NOTE Confidence: 0.939213608666666

00:27:44.344 --> 00:27:47.071 for cancers like chronic myelogenous  
NOTE Confidence: 0.939213608666666

00:27:47.071 --> 00:27:49.559 leukemia and lung cancer,  
NOTE Confidence: 0.939213608666666

00:27:49.560 --> 00:27:51.555 which have completely altered the  
NOTE Confidence: 0.939213608666666

00:27:51.555 --> 00:27:53.550 Natural History of those cancer  
NOTE Confidence: 0.939213608666666

00:27:53.611 --> 00:27:55.909 and people are living for decades  
NOTE Confidence: 0.939213608666666

00:27:55.909 --> 00:27:56.675 or indefinitely.  
NOTE Confidence: 0.939213608666666

00:27:56.680 --> 00:27:59.800 And a second quantum leap,  
NOTE Confidence: 0.939213608666666

00:27:59.800 --> 00:28:01.588 the early days of our immune  
NOTE Confidence: 0.939213608666666

00:28:01.588 --> 00:28:03.645 therapy where now some people even  
NOTE Confidence: 0.939213608666666

00:28:03.645 --> 00:28:05.237 with metastatic lung cancer,  
NOTE Confidence: 0.939213608666666

00:28:05.240 --> 00:28:07.680 we're saying have been cured.  
NOTE Confidence: 0.939213608666666

00:28:07.680 --> 00:28:11.680 So these changes are coming fast and furious.  
NOTE Confidence: 0.939213608666666

00:28:11.680 --> 00:28:13.624 The way these changes happen is  
NOTE Confidence: 0.939213608666666

00:28:13.624 --> 00:28:15.400 via access to clinical trials.  
NOTE Confidence: 0.939213608666666

00:28:15.400 --> 00:28:17.234 And I would urge people to  
NOTE Confidence: 0.939213608666666

00:28:17.234 --> 00:28:19.279 think of your medical oncologist,

NOTE Confidence: 0.939213608666666  
00:28:19.280 --> 00:28:21.758 your treating team as your concierge.  
NOTE Confidence: 0.939213608666666  
00:28:21.760 --> 00:28:25.224 Their job is to help you find  
NOTE Confidence: 0.939213608666666  
00:28:25.224 --> 00:28:27.240 the best treatment,  
NOTE Confidence: 0.939213608666666  
00:28:27.240 --> 00:28:29.220 including thinking about are  
NOTE Confidence: 0.939213608666666  
00:28:29.220 --> 00:28:31.200 there clinical trials available,  
NOTE Confidence: 0.939213608666666  
00:28:31.200 --> 00:28:32.610 which you might want to consider  
NOTE Confidence: 0.939213608666666  
00:28:32.610 --> 00:28:33.315 at all phases  
NOTE Confidence: 0.836091347619048  
00:28:33.320 --> 00:28:34.484 of your treatment.  
NOTE Confidence: 0.836091347619048  
00:28:34.484 --> 00:28:36.812 Doctor Neal Fischbach is an assistant  
NOTE Confidence: 0.836091347619048  
00:28:36.812 --> 00:28:38.540 professor of medicine and medical  
NOTE Confidence: 0.836091347619048  
00:28:38.540 --> 00:28:41.040 oncology at the Yale School of Medicine.  
NOTE Confidence: 0.836091347619048  
00:28:41.040 --> 00:28:43.004 If you have questions,  
NOTE Confidence: 0.836091347619048  
00:28:43.004 --> 00:28:44.931 the address is canceranswers@yale.edu,  
NOTE Confidence: 0.836091347619048  
00:28:44.931 --> 00:28:47.637 and past editions of the program  
NOTE Confidence: 0.836091347619048  
00:28:47.637 --> 00:28:49.982 are available in audio and written  
NOTE Confidence: 0.836091347619048

00:28:49.982 --> 00:28:50.884 form at [yalecancercenter.org](http://yalecancercenter.org).

NOTE Confidence: 0.836091347619048

00:28:50.884 --> 00:28:53.440 We hope you'll join us next time to learn

NOTE Confidence: 0.836091347619048

00:28:53.493 --> 00:28:55.119 more about the fight against cancer.

NOTE Confidence: 0.836091347619048

00:28:55.120 --> 00:28:57.622 Funding for Yale Cancer Answers is

NOTE Confidence: 0.836091347619048

00:28:57.622 --> 00:29:00.000 provided by Smilow Cancer Hospital.