WEBVTT

NOTE duration: "01:51:39.477"

NOTE Confidence: 0.9956942

00:00:00.560 --> 00:00:02.080 Great. Good evening, everyone. It's

NOTE Confidence: 0.9956942

00:00:02.080 --> 00:00:03.040 really nice to see you

NOTE Confidence: 0.9956942

00:00:03.040 --> 00:00:03.540 tonight.

NOTE Confidence: 0.97671944

00:00:04.240 --> 00:00:05.680 So, before we get started,

NOTE Confidence: 0.97671944

00:00:05.680 --> 00:00:06.799 I'd love to do a

NOTE Confidence: 0.97671944

00:00:06.879 --> 00:00:08.000 get a quick sense of

NOTE Confidence: 0.97671944

00:00:08.000 --> 00:00:09.119 who is in the room,

NOTE Confidence: 0.97671944

00:00:09.119 --> 00:00:10.000 if you are willing and

NOTE Confidence: 0.97671944

00:00:10.000 --> 00:00:11.200 if you are comfortable. So

NOTE Confidence: 0.97671944

00:00:11.200 --> 00:00:12.160 by a quick show of

NOTE Confidence: 0.97671944

00:00:12.160 --> 00:00:13.759 hands, how many of you

NOTE Confidence: 0.97671944

00:00:13.759 --> 00:00:14.500 are patients?

NOTE Confidence: 0.951416

00:00:17.825 --> 00:00:18.325 Both.

NOTE Confidence: 0.9581299

00:00:18.704 --> 00:00:20.404 Yep. Wonderful. Thank you.

NOTE Confidence: 0.9985623

00:00:20.864 --> 00:00:22.565 And how many are caregivers,

NOTE Confidence: 0.9985623

00:00:22.864 --> 00:00:24.485 family members, or supporters?

NOTE Confidence: 0.9698181

00:00:26.945 --> 00:00:27.744 How many of you are

NOTE Confidence: 0.9698181

00:00:27.744 --> 00:00:28.724 health care providers?

NOTE Confidence: 0.99960047

00:00:30.410 --> 00:00:31.370 And how many are here

NOTE Confidence: 0.99960047

00:00:31.370 --> 00:00:32.970 from the pharmaceutical or research

NOTE Confidence: 0.99960047

00:00:32.970 --> 00:00:33.470 industry?

NOTE Confidence: 0.992513

00:00:34.490 --> 00:00:35.850 Great. Thank you. We have

NOTE Confidence: 0.992513

00:00:35.850 --> 00:00:36.350 representation

NOTE Confidence: 0.9602051

00:00:36.729 --> 00:00:37.550 from everyone.

NOTE Confidence: 0.9985962

00:00:38.170 --> 00:00:39.370 So thank you. It's really

NOTE Confidence: 0.9985962

00:00:39.370 --> 00:00:41.210 meaningful for me, to see

NOTE Confidence: 0.9985962

00:00:41.210 --> 00:00:42.170 all of these groups here

NOTE Confidence: 0.9985962

00:00:42.170 --> 00:00:42.670 together.

NOTE Confidence: 0.99886066

00:00:43.050 --> 00:00:44.430 I think, as

NOTE Confidence: 0.983667

00:00:44.954 --> 00:00:47.274 Deepika and Raghav said, this

NOTE Confidence: 0.983667

00:00:47.274 --> 00:00:48.894 is really a shared journey.

NOTE Confidence: 0.99553955

00:00:49.434 --> 00:00:50.475 And I'm honored to be

NOTE Confidence: 0.99553955

00:00:50.475 --> 00:00:51.914 here as the division chief

NOTE Confidence: 0.99553955

00:00:51.914 --> 00:00:53.354 of GI oncology at Yale

NOTE Confidence: 0.99553955

00:00:53.354 --> 00:00:54.714 Cancer Center. And in my

NOTE Confidence: 0.99553955

00:00:54.714 --> 00:00:55.214 role,

NOTE Confidence: 0.9951172

00:00:55.515 --> 00:00:56.475 I spend a lot of

NOTE Confidence: 0.9951172

00:00:56.475 --> 00:00:57.914 time thinking about how we

NOTE Confidence: 0.9951172

00:00:57.914 --> 00:00:58.894 advance treatments

NOTE Confidence: 0.99311525

00:00:59.510 --> 00:01:01.050 and how we improve outcomes.

NOTE Confidence: 0.99459136

00:01:01.910 --> 00:01:03.350 But evenings like this are

NOTE Confidence: 0.99459136

00:01:03.350 --> 00:01:05.430 really a powerful reminder of

NOTE Confidence: 0.99459136

00:01:05.430 --> 00:01:06.650 what truly matters,

NOTE Confidence: 0.986921

00:01:07.030 --> 00:01:08.470 and it's really the people,

NOTE Confidence: 0.986921

00:01:08.470 --> 00:01:09.270 all of you who are

NOTE Confidence: 0.986921

00:01:09.270 --> 00:01:09.910 in the room who are

NOTE Confidence: 0.986921

00:01:09.910 --> 00:01:10.870 at the center of what

NOTE Confidence: 0.986921

00:01:10.870 --> 00:01:11.370 matters.

NOTE Confidence: 0.939798

00:01:12.095 --> 00:01:12.735 And I wanna take a

NOTE Confidence: 0.939798

00:01:12.735 --> 00:01:14.495 moment to thank doctor Raghav

NOTE Confidence: 0.939798

00:01:14.495 --> 00:01:16.435 Sundar and doctor Deepak Gakarki

NOTE Confidence: 0.939798

00:01:16.575 --> 00:01:18.095 and and others certainly for

NOTE Confidence: 0.939798

00:01:18.095 --> 00:01:19.075 helping to,

NOTE Confidence: 0.9996745

00:01:19.775 --> 00:01:21.534 initiate this and plan this

NOTE Confidence: 0.9996745

00:01:21.534 --> 00:01:22.034 event.

NOTE Confidence: 0.99401855

00:01:23.935 --> 00:01:25.075 So bringing a community

NOTE Confidence: 0.99934894

00:01:25.375 --> 00:01:27.680 like this together takes incredible

NOTE Confidence: 0.99934894

00:01:27.740 --> 00:01:28.240 dedication.

NOTE Confidence: 0.9988281

00:01:29.020 --> 00:01:30.780 It reflects on their deep

NOTE Confidence: 0.9988281

00:01:30.780 --> 00:01:32.720 commitment to patients and families

NOTE Confidence: 0.98083496

00:01:33.020 --> 00:01:34.940 navigating this journey. And while

NOTE Confidence: 0.98083496

00:01:34.940 --> 00:01:35.900 I have not a had

NOTE Confidence: 0.98083496

00:01:35.900 --> 00:01:36.860 a chance to meet all

NOTE Confidence: 0.98083496

00:01:36.860 --> 00:01:37.995 of you personally, I hope

NOTE Confidence: 0.98083496

00:01:38.075 --> 00:01:38.875 to be able to talk

NOTE Confidence: 0.98083496

00:01:38.875 --> 00:01:39.694 with you later.

NOTE Confidence: 0.9920726

00:01:39.995 --> 00:01:40.715 I want you to know

NOTE Confidence: 0.9920726

00:01:40.715 --> 00:01:42.475 that your experiences really shape

NOTE Confidence: 0.9920726

00:01:42.475 --> 00:01:43.675 and inform the work that

NOTE Confidence: 0.9920726

00:01:43.675 --> 00:01:44.415 we do.

NOTE Confidence: 0.99975586

00:01:44.875 --> 00:01:45.775 So survivorship

NOTE Confidence: 0.99522984

00:01:46.075 --> 00:01:47.675 is not just about the

NOTE Confidence: 0.99522984

00:01:47.675 --> 00:01:49.195 end of a treatment or

NOTE Confidence: 0.99522984

00:01:49.195 --> 00:01:50.095 reaching a milestone.

NOTE Confidence: 1

00:01:50.910 --> 00:01:52.850 It's about the entire experience

NOTE Confidence: 0.99492186

00:01:53.390 --> 00:01:54.510 and the strength that it

NOTE Confidence: 0.99492186

00:01:54.510 --> 00:01:56.210 takes to face that uncertainty,

NOTE Confidence: 0.99698895

00:01:57.230 --> 00:01:59.310 the resilience on difficult days,

NOTE Confidence: 0.99698895

00:01:59.310 --> 00:02:00.910 and the courage to keep

NOTE Confidence: 0.99698895

00:02:00.910 --> 00:02:01.730 moving forward.

NOTE Confidence: 0.9491061

00:02:02.445 --> 00:02:03.425 So I want to acknowledge

NOTE Confidence: 0.9491061

00:02:03.565 --> 00:02:05.165 that this journey is certainly

NOTE Confidence: 0.9491061

00:02:05.165 --> 00:02:06.305 not easy easy.

NOTE Confidence: 0.9992676

00:02:06.765 --> 00:02:08.285 I can certainly imagine that.

NOTE Confidence: 0.9992676

00:02:08.285 --> 00:02:08.785 Gastroesophageal

NOTE Confidence: 0.999163

00:02:09.245 --> 00:02:11.005 cancers can bring physical and

NOTE Confidence: 0.999163

00:02:11.005 --> 00:02:12.065 emotional challenges.

NOTE Confidence: 0.98429364

00:02:12.605 --> 00:02:14.285 There are moments that feel

NOTE Confidence: 0.98429364

00:02:14.285 --> 00:02:14.785 overwhelming.

NOTE Confidence: 0.9907715

00:02:15.490 --> 00:02:16.790 But what I've seen something,

NOTE Confidence: 0.9733015

00:02:17.169 --> 00:02:19.169 that's very power powerful is

NOTE Confidence: 0.9733015

00:02:19.169 --> 00:02:20.770 that people find strength they

NOTE Confidence: 0.9733015

00:02:20.770 --> 00:02:21.910 didn't know they had.

NOTE Confidence: 0.994439

00:02:22.770 --> 00:02:24.210 Families show up for each

NOTE Confidence: 0.994439

00:02:24.210 --> 00:02:25.910 other in incredible ways,

NOTE Confidence: 1

00:02:26.450 --> 00:02:27.110 and individuals

NOTE Confidence: 0.9986165

00:02:27.410 --> 00:02:29.385 continue to build meaningful lives

NOTE Confidence: 0.9986165

00:02:29.385 --> 00:02:30.584 even in the face of

NOTE Confidence: 0.9986165

00:02:30.584 --> 00:02:31.405 this uncertainty.

NOTE Confidence: 0.9914551

00:02:32.745 --> 00:02:33.785 So here at Yale, we're

NOTE Confidence: 0.9914551

00:02:33.785 --> 00:02:35.005 deeply committed

NOTE Confidence: 1

00:02:35.465 --> 00:02:36.285 to really

NOTE Confidence: 0.9863661

00:02:36.665 --> 00:02:38.925 growing and evolving our survivorship

NOTE Confidence: 0.9863661

00:02:39.145 --> 00:02:40.185 program, and I think this

NOTE Confidence: 0.9863661

00:02:40.185 --> 00:02:41.385 is one part of that

NOTE Confidence: 0.9863661

00:02:41.385 --> 00:02:43.225 specifically in GI oncology, and

NOTE Confidence: 0.9863661

00:02:43.225 --> 00:02:44.185 we hope that you can

NOTE Confidence: 0.9863661

00:02:44.185 --> 00:02:45.730 be part of that. We're

NOTE Confidence: 0.9863661

00:02:45.730 --> 00:02:46.930 fortunate to have a wide

NOTE Confidence: 0.9863661

00:02:46.930 --> 00:02:48.290 range of resources that you'll

NOTE Confidence: 0.9863661

00:02:48.290 --> 00:02:49.910 hear about tonight that include

NOTE Confidence: 0.98611885

00:02:50.210 --> 00:02:52.290 nutrition and physical therapy and

NOTE Confidence: 0.98611885

00:02:52.290 --> 00:02:54.370 symptom management and mental health

NOTE Confidence: 0.98611885

00:02:54.370 --> 00:02:56.150 support and integrative medicine

NOTE Confidence: 0.9902344

00:02:56.690 --> 00:02:58.290 and access to trials and

NOTE Confidence: 0.9902344

00:02:58.290 --> 00:02:58.950 new therapies.

NOTE Confidence: 0.99810714

00:03:01.085 --> 00:03:02.444 But just as importantly, we

NOTE Confidence: 0.99810714

00:03:02.444 --> 00:03:03.965 recognize that there's no one

NOTE Confidence: 0.99810714

00:03:03.965 --> 00:03:05.885 size fits all approach. Just

NOTE Confidence: 0.99810714

00:03:05.885 --> 00:03:07.185 as we talk about precision

NOTE Confidence: 0.99810714

00:03:07.245 --> 00:03:08.685 medicine, there really should be

NOTE Confidence: 0.99810714

00:03:08.685 --> 00:03:09.905 precision survivorship.

NOTE Confidence: 0.9806685

00:03:11.005 --> 00:03:12.285 So another quick show of

NOTE Confidence: 0.9806685

00:03:12.285 --> 00:03:13.405 hands. How many of you

NOTE Confidence: 0.9806685

00:03:13.405 --> 00:03:15.000 feel that your needs have

NOTE Confidence: 0.9806685

00:03:15.240 --> 00:03:16.840 changed over the time of

NOTE Confidence: 0.9806685

00:03:16.840 --> 00:03:17.580 your journey?

NOTE Confidence: 0.9995117

00:03:20.120 --> 00:03:20.620 Thanks.

NOTE Confidence: 0.9845042

00:03:21.240 --> 00:03:22.760 So that's exactly why we're

NOTE Confidence: 0.9845042

00:03:22.760 --> 00:03:24.919 focusing on tailoring survivorship care,

NOTE Confidence: 0.9845042

00:03:24.919 --> 00:03:25.720 to meet you where you're

NOTE Confidence: 0.9845042

00:03:25.720 --> 00:03:26.460 at now,

NOTE Confidence: 0.9809946

00:03:27.665 --> 00:03:28.544 not just where you were

NOTE Confidence: 0.9809946

00:03:28.544 --> 00:03:29.905 at diagnosis or where you

NOTE Confidence: 0.9809946

00:03:29.905 --> 00:03:30.885 were during treatment.

NOTE Confidence: 0.99853516

00:03:31.505 --> 00:03:32.645 So to the caregivers,

NOTE Confidence: 0.9963823

00:03:33.264 --> 00:03:34.725 you are a really essential

NOTE Confidence: 0.9963823

00:03:34.785 --> 00:03:36.065 part of this journey. Your

NOTE Confidence: 0.9963823

00:03:36.065 --> 00:03:36.565 presence

NOTE Confidence: 0.9918213

00:03:36.945 --> 00:03:38.385 and support matter more than

NOTE Confidence: 0.9918213

00:03:38.385 --> 00:03:39.605 you probably hear.

NOTE Confidence: 0.99880147

00:03:39.905 --> 00:03:41.345 And to our patients, you

NOTE Confidence: 0.99880147

00:03:41.345 --> 00:03:42.680 are not defined by your

NOTE Confidence: 0.99880147

00:03:42.680 --> 00:03:43.180 diagnosis.

NOTE Confidence: 0.99816895

00:03:43.800 --> 00:03:45.640 So tonight's about community and

NOTE Confidence: 0.99816895

00:03:45.640 --> 00:03:46.140 connection.

NOTE Confidence: 0.99021405

00:03:46.520 --> 00:03:47.480 I encourage you to talk

NOTE Confidence: 0.99021405

00:03:47.480 --> 00:03:48.680 with one another, talk with

NOTE Confidence: 0.99021405

00:03:48.680 --> 00:03:49.340 your neighbor.

NOTE Confidence: 0.97881526

00:03:49.800 --> 00:03:51.080 Please come up and introduce

NOTE Confidence: 0.97881526

00:03:51.080 --> 00:03:52.380 yourself to all of us.

NOTE Confidence: 0.97881526

00:03:52.520 --> 00:03:54.520 Ask questions, share your experience,

NOTE Confidence: 0.97881526

00:03:54.520 --> 00:03:55.640 and more importantly, we want

NOTE Confidence: 0.97881526

00:03:55.640 --> 00:03:56.380 your ideas.

NOTE Confidence: 0.99469864

00:03:56.805 --> 00:03:57.765 So thank you for being

NOTE Confidence: 0.99469864

00:03:57.765 --> 00:03:59.125 here, allowing us to be

NOTE Confidence: 0.99469864

00:03:59.125 --> 00:04:00.185 part of your journey,

NOTE Confidence: 0.9894409

00:04:00.485 --> 00:04:01.785 and it's really a privilege

NOTE Confidence: 0.9894409

00:04:01.925 --> 00:04:02.885 for all of us as

NOTE Confidence: 0.9894409

00:04:02.885 --> 00:04:04.805 medical providers to walk alongside

NOTE Confidence: 0.9894409

00:04:04.805 --> 00:04:06.645 you. We're committed not just

NOTE Confidence: 0.9894409

00:04:06.645 --> 00:04:07.845 to treating your cancer, but

NOTE Confidence: 0.9894409

00:04:07.845 --> 00:04:09.205 to supporting your life beyond

NOTE Confidence: 0.9894409

00:04:09.205 --> 00:04:10.165 it. So thank you so

NOTE Confidence: 0.9894409

00:04:10.165 --> 00:04:11.625 much. I'm excited for tonight.

NOTE Confidence: 0.78782827

00:04:20.640 --> 00:04:22.000 Thanks, doctor Coon. So that

NOTE Confidence: 0.78782827

00:04:22.000 --> 00:04:22.400 really,

NOTE Confidence: 0.98168945

00:04:22.800 --> 00:04:23.300 touching,

NOTE Confidence: 0.92875534

00:04:23.760 --> 00:04:26.345 opening remarks. So I'm hoping

NOTE Confidence: 0.92875534

00:04:26.345 --> 00:04:27.225 for this to be an

NOTE Confidence: 0.92875534

00:04:27.225 --> 00:04:27.725 interactive

NOTE Confidence: 0.9211914

00:04:28.585 --> 00:04:30.205 session and not really have

NOTE Confidence: 0.9998372

00:04:30.745 --> 00:04:31.884 too many didactic

NOTE Confidence: 0.97475857

00:04:32.185 --> 00:04:33.485 talks and things like that.

NOTE Confidence: 0.97475857

00:04:33.705 --> 00:04:35.305 And, would really encourage all

NOTE Confidence: 0.97475857

00:04:35.305 --> 00:04:36.025 of you to reach out

NOTE Confidence: 0.97475857

00:04:36.025 --> 00:04:36.845 to us and,

NOTE Confidence: 0.9950684

00:04:37.384 --> 00:04:39.404 share your experiences, ask questions.

NOTE Confidence: 0.9987793

00:04:40.349 --> 00:04:41.089 More importantly,

NOTE Confidence: 0.97216797

00:04:41.469 --> 00:04:41.949 while we

NOTE Confidence: 0.97778744

00:04:42.830 --> 00:04:43.629 like I said, this is

NOTE Confidence: 0.97778744

00:04:43.629 --> 00:04:44.830 kind of the start of

NOTE Confidence: 0.97778744

00:04:44.830 --> 00:04:45.710 the way we're trying to

NOTE Confidence: 0.97778744

00:04:45.710 --> 00:04:46.990 set up this program. I'm

NOTE Confidence: 0.97778744

00:04:46.990 --> 00:04:48.110 really hoping that some of

NOTE Confidence: 0.97778744

00:04:48.110 --> 00:04:49.629 you will help us walk

NOTE Confidence: 0.97778744

00:04:49.629 --> 00:04:51.150 the next generation of patients

NOTE Confidence: 0.97778744

00:04:51.150 --> 00:04:52.765 that are coming through Yale

NOTE Confidence: 0.97778744

00:04:52.765 --> 00:04:53.885 through this journey. We know

NOTE Confidence: 0.97778744

00:04:53.885 --> 00:04:55.005 how scary some of these

NOTE Confidence: 0.97778744

00:04:55.005 --> 00:04:56.285 things are when you first

NOTE Confidence: 0.97778744

00:04:56.285 --> 00:04:57.645 hear about this diagnosis of

NOTE Confidence: 0.97778744

00:04:57.645 --> 00:04:59.245 cancer, when you first hear

NOTE Confidence: 0.97778744

00:04:59.245 --> 00:05:01.085 about what chemotherapy is and

NOTE Confidence: 0.97778744

00:05:01.085 --> 00:05:03.165 surgery and radiation and all

NOTE Confidence: 0.97778744

00:05:03.165 --> 00:05:04.525 these big scary words and

NOTE Confidence: 0.97778744

00:05:04.525 --> 00:05:06.045 what it means, but also

NOTE Confidence: 0.97778744

00:05:06.045 --> 00:05:08.080 why each part of it

NOTE Confidence: 0.97778744

00:05:08.080 --> 00:05:09.520 actually plays an important role

NOTE Confidence: 0.97778744

00:05:09.520 --> 00:05:10.880 in getting through what is

NOTE Confidence: 0.97778744

00:05:10.880 --> 00:05:12.800 truly devastating cancer, not just

NOTE Confidence: 0.97778744

00:05:12.800 --> 00:05:13.760 for yourself, but for your

NOTE Confidence: 0.97778744

00:05:13.760 --> 00:05:14.960 family and for everything else.

NOTE Confidence: 0.97778744

00:05:14.960 --> 00:05:15.460 And,

NOTE Confidence: 0.9639235

00:05:16.160 --> 00:05:17.360 so for this group here,

NOTE Confidence: 0.9639235

00:05:17.360 --> 00:05:18.800 I'm really hoping that you

NOTE Confidence: 0.9639235

00:05:18.800 --> 00:05:20.000 all can continue to join

NOTE Confidence: 0.9639235

00:05:20.000 --> 00:05:21.520 us and grow this this

NOTE Confidence: 0.9639235

00:05:21.520 --> 00:05:23.205 community that we're growing. The

NOTE Confidence: 0.9639235

00:05:23.205 --> 00:05:24.404 other aspect of this, and

NOTE Confidence: 0.9639235

00:05:24.404 --> 00:05:25.945 some of you have also

NOTE Confidence: 0.9639235

00:05:26.005 --> 00:05:27.544 have experiences, is the

NOTE Confidence: 0.96621954

00:05:28.404 --> 00:05:29.685 rapid change in the way

NOTE Confidence: 0.96621954

00:05:29.685 --> 00:05:31.365 we're treating our patients. Even

NOTE Confidence: 0.96621954

00:05:31.365 --> 00:05:32.645 how some of you who

NOTE Confidence: 0.96621954

00:05:32.645 --> 00:05:33.604 have gone through this cancer

NOTE Confidence: 0.96621954

00:05:33.604 --> 00:05:34.885 journey ten, fifteen years ago

NOTE Confidence: 0.96621954

00:05:34.885 --> 00:05:35.845 and the way we're thinking

NOTE Confidence: 0.96621954

00:05:35.845 --> 00:05:37.525 about it now, our cure

NOTE Confidence: 0.96621954

00:05:37.525 --> 00:05:38.345 rates, our

NOTE Confidence: 0.9873657

00:05:39.410 --> 00:05:41.110 rates of reducing side effects,

NOTE Confidence: 0.9873657

00:05:41.169 --> 00:05:42.550 trying to get things precise,

NOTE Confidence: 0.9873657

00:05:42.690 --> 00:05:44.290 not just trying to hit

NOTE Confidence: 0.9873657

00:05:44.290 --> 00:05:45.570 everyone with the same drugs

NOTE Confidence: 0.9873657

00:05:45.570 --> 00:05:46.550 and the same treatments.

NOTE Confidence: 0.9897313

00:05:46.930 --> 00:05:48.370 That's kind of the biggest

NOTE Confidence: 0.9897313

00:05:48.370 --> 00:05:49.990 advances that we're making, and

NOTE Confidence: 0.9897313

00:05:50.050 --> 00:05:51.650 that's where, again, we want

NOTE Confidence: 0.9897313

00:05:51.650 --> 00:05:52.690 you to be a part

NOTE Confidence: 0.9897313

00:05:52.690 --> 00:05:53.729 of this journey with us.

NOTE Confidence: 0.9897313

00:05:53.729 --> 00:05:55.085 And as we try to

NOTE Confidence: 0.9897313

00:05:55.085 --> 00:05:56.305 advance these different

NOTE Confidence: 0.99825615

00:05:56.925 --> 00:05:58.365 aspects of fighting this really

NOTE Confidence: 0.99825615

00:05:58.365 --> 00:05:59.265 deadly cancer.

NOTE Confidence: 0.98765236

00:06:00.125 --> 00:06:01.485 And while I said I

NOTE Confidence: 0.98765236

00:06:01.485 --> 00:06:02.845 don't have I'm not gonna

NOTE Confidence: 0.98765236

00:06:02.845 --> 00:06:03.805 make this didactic. I do

NOTE Confidence: 0.98765236

00:06:03.805 --> 00:06:04.845 have a few slides to

NOTE Confidence: 0.98765236

00:06:04.845 --> 00:06:05.585 just set

NOTE Confidence: 0.99464846

00:06:05.885 --> 00:06:07.085 just set the stage. But

NOTE Confidence: 0.99464846

00:06:07.085 --> 00:06:08.125 before we start, I just

NOTE Confidence: 0.99464846

00:06:08.125 --> 00:06:09.085 wanted to give a bit

NOTE Confidence: 0.99464846

00:06:09.085 --> 00:06:10.150 of context of the kind

NOTE Confidence: 0.99464846

00:06:10.150 --> 00:06:11.449 of talks we're gonna have.

NOTE Confidence: 0.9691976

00:06:12.150 --> 00:06:12.949 I I will give a

NOTE Confidence: 0.9691976

00:06:12.949 --> 00:06:13.910 little bit of an outline

NOTE Confidence: 0.9691976

00:06:13.910 --> 00:06:14.650 of what

NOTE Confidence: 0.9705514

00:06:15.110 --> 00:06:16.150 this cancer is gonna be

NOTE Confidence: 0.9705514

00:06:16.150 --> 00:06:17.190 like. We do have doctor

NOTE Confidence: 0.9705514

00:06:17.190 --> 00:06:18.310 Boffa here who's gonna talk

NOTE Confidence: 0.9705514

00:06:18.310 --> 00:06:19.750 about the surgical aspects of

NOTE Confidence: 0.9705514

00:06:19.750 --> 00:06:20.630 it. A lot of you

NOTE Confidence: 0.9705514

00:06:20.630 --> 00:06:21.830 here have been operated, have

NOTE Confidence: 0.9705514

00:06:21.830 --> 00:06:23.255 been seen by him. We

NOTE Confidence: 0.9705514

00:06:23.255 --> 00:06:25.014 have doctor Du from radiation

NOTE Confidence: 0.9705514

00:06:25.014 --> 00:06:26.214 oncology who's gonna talk about

NOTE Confidence: 0.9705514

00:06:26.214 --> 00:06:27.735 the radiation side of things.

NOTE Confidence: 0.9705514

00:06:27.735 --> 00:06:28.395 And then

NOTE Confidence: 0.9597455

00:06:28.695 --> 00:06:30.375 probably the most important component

NOTE Confidence: 0.9597455

00:06:30.375 --> 00:06:31.654 of this is everyone else

NOTE Confidence: 0.9597455

00:06:31.654 --> 00:06:33.014 who's helping support. We're gonna

NOTE Confidence: 0.9597455

00:06:33.014 --> 00:06:34.235 have Scott,

NOTE Confidence: 0.94447607

00:06:34.615 --> 00:06:36.455 Capoza and Natalie Smith from

NOTE Confidence: 0.94447607

00:06:36.455 --> 00:06:38.055 physio physical therapy as well

NOTE Confidence: 0.94447607

00:06:38.055 --> 00:06:39.200 as nutrition talking to you

NOTE Confidence: 0.94447607

00:06:39.200 --> 00:06:41.279 about the equally important aspects

NOTE Confidence: 0.94447607

00:06:41.279 --> 00:06:42.560 of staying healthy through this

NOTE Confidence: 0.94447607

00:06:42.560 --> 00:06:43.460 cancer journey.

NOTE Confidence: 0.99609375

00:06:44.000 --> 00:06:44.480 And,

NOTE Confidence: 0.9804001

00:06:44.960 --> 00:06:46.320 again, we're not gonna have

NOTE Confidence: 0.9804001

00:06:46.320 --> 00:06:47.600 lots of slides. Many of

NOTE Confidence: 0.9804001

00:06:47.600 --> 00:06:48.640 us don't even have slides,

NOTE Confidence: 0.9804001

00:06:48.640 --> 00:06:49.520 and we're just gonna have

NOTE Confidence: 0.9804001

00:06:49.520 --> 00:06:50.160 a little bit of a

NOTE Confidence: 0.9804001

00:06:50.160 --> 00:06:51.455 chat and then, talk to

NOTE Confidence: 0.9804001

00:06:51.455 --> 00:06:52.035 you about

NOTE Confidence: 0.9204644

00:06:52.414 --> 00:06:53.775 and then most importantly is

NOTE Confidence: 0.9204644

00:06:53.775 --> 00:06:54.995 we're gonna have two,

NOTE Confidence: 0.9449515

00:06:56.014 --> 00:06:57.055 people talking to you about

NOTE Confidence: 0.9449515

00:06:57.055 --> 00:06:58.095 their own cancer journeys, and

NOTE Confidence: 0.9449515

00:06:58.095 --> 00:06:59.134 they're both very special. We

NOTE Confidence: 0.9449515

00:06:59.134 --> 00:07:00.815 spoke about Deepika who's gone

NOTE Confidence: 0.9449515

00:07:00.815 --> 00:07:01.854 through this journey. We also

NOTE Confidence: 0.9449515

00:07:01.854 --> 00:07:03.300 have doctor Derek Yac who's

NOTE Confidence: 0.9449515

00:07:03.460 --> 00:07:04.819 also a physician and also

NOTE Confidence: 0.9449515

00:07:04.819 --> 00:07:06.659 survived esophageal cancer, and they're

NOTE Confidence: 0.9449515

00:07:06.659 --> 00:07:07.960 gonna give you both their

NOTE Confidence: 0.9449515

00:07:08.020 --> 00:07:09.220 aspects of the story their

NOTE Confidence: 0.9449515

00:07:09.220 --> 00:07:11.300 journey. But, hopefully, in future

NOTE Confidence: 0.9449515

00:07:11.300 --> 00:07:12.180 versions, I'll have some of

NOTE Confidence: 0.9449515

00:07:12.180 --> 00:07:13.220 you come down and have

NOTE Confidence: 0.9449515

00:07:13.220 --> 00:07:14.819 this take this, role as

NOTE Confidence: 0.9449515

00:07:14.819 --> 00:07:15.319 well.

NOTE Confidence: 0.97280484

00:07:16.020 --> 00:07:16.900 Again, it's meant to be

NOTE Confidence: 0.97280484

00:07:16.900 --> 00:07:17.860 direct it's meant to be

NOTE Confidence: 0.97280484

00:07:17.860 --> 00:07:19.695 interactive, so please stop us

NOTE Confidence: 0.97280484

00:07:19.695 --> 00:07:21.375 and ask questions or share

NOTE Confidence: 0.97280484

00:07:21.375 --> 00:07:22.275 your own experiences.

NOTE Confidence: 0.9859619

00:07:23.455 --> 00:07:24.415 With that, I'm gonna get

NOTE Confidence: 0.9859619

00:07:24.415 --> 00:07:24.915 started.

NOTE Confidence: 0.9949544

00:07:26.095 --> 00:07:27.455 So one of the things

NOTE Confidence: 0.9949544

00:07:27.455 --> 00:07:27.955 that

NOTE Confidence: 0.99384767

00:07:28.415 --> 00:07:29.794 I would like to bring,

NOTE Confidence: 0.96185017

00:07:30.495 --> 00:07:31.775 to context is this thing

NOTE Confidence: 0.96185017

00:07:31.775 --> 00:07:33.830 about stomach cancer and esophageal

NOTE Confidence: 0.96185017

00:07:33.830 --> 00:07:35.030 cancer and the diet the

NOTE Confidence: 0.96185017

00:07:35.030 --> 00:07:37.050 dichotomy that sometimes is created.

NOTE Confidence: 0.96185017

00:07:37.270 --> 00:07:38.790 This actually is very different

NOTE Confidence: 0.96185017

00:07:38.790 --> 00:07:40.310 from the view of who

NOTE Confidence: 0.96185017

00:07:40.310 --> 00:07:41.350 you're meeting and what you're

NOTE Confidence: 0.96185017

00:07:41.350 --> 00:07:42.870 meeting them for. For someone

NOTE Confidence: 0.96185017

00:07:42.870 --> 00:07:44.150 like doctor Buffa or doctor

NOTE Confidence: 0.96185017

00:07:44.150 --> 00:07:45.805 Du who think of the

NOTE Confidence: 0.96185017

00:07:45.805 --> 00:07:47.165 specific region that they need

NOTE Confidence: 0.96185017

00:07:47.165 --> 00:07:48.205 to treat from a surgical

NOTE Confidence: 0.96185017

00:07:48.205 --> 00:07:50.705 perspective, radiation perspective, the esophagus

NOTE Confidence: 0.96185017

00:07:50.765 --> 00:07:52.225 and stomach kind of make

NOTE Confidence: 0.96185017

00:07:52.365 --> 00:07:53.405 a big difference on how

NOTE Confidence: 0.96185017

00:07:53.405 --> 00:07:54.605 they're gonna approach it. But

NOTE Confidence: 0.96185017

00:07:54.605 --> 00:07:56.045 for an oncologist my like

NOTE Confidence: 0.96185017

00:07:56.045 --> 00:07:57.645 myself, actually, a lot of

NOTE Confidence: 0.96185017

00:07:57.645 --> 00:07:59.430 esophageal cancers behave like stomach

NOTE Confidence: 0.96185017

00:07:59.430 --> 00:08:00.470 cancers. It depends on the

NOTE Confidence: 0.96185017

00:08:00.470 --> 00:08:02.490 histological subtype. And

NOTE Confidence: 0.96765137

00:08:02.870 --> 00:08:03.750 I think of it more

NOTE Confidence: 0.96765137

00:08:03.750 --> 00:08:04.870 of the the biology of

NOTE Confidence: 0.96765137

00:08:04.870 --> 00:08:05.830 the cancer. And so for

NOTE Confidence: 0.96765137

00:08:05.830 --> 00:08:06.949 today, we're gonna talk about

NOTE Confidence: 0.96765137

00:08:06.949 --> 00:08:08.410 gastric esophageal cancers.

NOTE Confidence: 0.96812266

00:08:08.789 --> 00:08:09.990 The problem with the data

NOTE Confidence: 0.96812266

00:08:09.990 --> 00:08:10.870 that we see here is

NOTE Confidence: 0.96812266

00:08:10.870 --> 00:08:12.310 that even the data is

NOTE Confidence: 0.96812266

00:08:12.310 --> 00:08:13.910 split up between esophageal and

NOTE Confidence: 0.96812266

00:08:13.910 --> 00:08:15.110 stomach cancer. You can see

NOTE Confidence: 0.96812266

00:08:15.110 --> 00:08:17.325 that esophagus over here is

NOTE Confidence: 0.96812266

00:08:17.325 --> 00:08:18.605 number seven and stomachs over

NOTE Confidence: 0.96812266

00:08:18.605 --> 00:08:20.125 here at number five. But

NOTE Confidence: 0.96812266

00:08:20.125 --> 00:08:21.185 if you add gastroesophageal

NOTE Confidence: 0.9939662

00:08:21.565 --> 00:08:23.325 cancers of point six and

NOTE Confidence: 0.9939662

00:08:23.325 --> 00:08:24.145 point four,

NOTE Confidence: 0.9991821

00:08:24.525 --> 00:08:26.044 we have one million people

NOTE Confidence: 0.9991821

00:08:26.044 --> 00:08:27.105 dying from gastroesophageal

NOTE Confidence: 0.98800576

00:08:27.565 --> 00:08:28.764 cancers every year. That's even

NOTE Confidence: 0.98800576

00:08:28.764 --> 00:08:30.205 more than colorectal cancer. That's,

NOTE Confidence: 0.98800576

00:08:30.205 --> 00:08:31.185 like, number two

NOTE Confidence: 0.9808722

00:08:31.780 --> 00:08:33.220 cause of death with upper

NOTE Confidence: 0.9808722

00:08:33.220 --> 00:08:34.179 GI cancer. So this is

NOTE Confidence: 0.9808722

00:08:34.179 --> 00:08:35.780 a really, really serious cancer,

NOTE Confidence: 0.9808722

00:08:35.780 --> 00:08:37.220 and the journey that we're

NOTE Confidence: 0.9808722

00:08:37.220 --> 00:08:38.260 fighting here for all of

NOTE Confidence: 0.9808722

00:08:38.260 --> 00:08:40.020 you is something that there

NOTE Confidence: 0.9808722

00:08:40.020 --> 00:08:40.900 are a lot of problems

NOTE Confidence: 0.9808722

00:08:40.900 --> 00:08:41.860 that we have not really

NOTE Confidence: 0.9808722

00:08:41.860 --> 00:08:43.395 solved. We're getting there, but

NOTE Confidence: 0.9808722

00:08:43.554 --> 00:08:44.915 that's kind of the sets

NOTE Confidence: 0.9808722

00:08:44.915 --> 00:08:46.035 the stage on the tone

NOTE Confidence: 0.9808722

00:08:46.035 --> 00:08:47.335 of what we're dealing with.

NOTE Confidence: 0.9808722

00:08:47.475 --> 00:08:48.755 It is an Asian predominant

NOTE Confidence: 0.9808722

00:08:48.755 --> 00:08:49.955 illness, which means the number

NOTE Confidence: 0.9808722

00:08:49.955 --> 00:08:51.155 of patients being diagnosed with

NOTE Confidence: 0.9808722

00:08:51.155 --> 00:08:52.515 these cancers tend to be

NOTE Confidence: 0.9808722

00:08:52.515 --> 00:08:53.875 heavier in the United States.

NOTE Confidence: 0.9808722

00:08:53.875 --> 00:08:54.915 But I mean, tend to

NOTE Confidence: 0.9808722

00:08:54.915 --> 00:08:55.875 be heavier in Asia, but

NOTE Confidence: 0.9808722

00:08:55.875 --> 00:08:56.915 we still have a lot

NOTE Confidence: 0.9808722

00:08:56.915 --> 00:08:58.110 of people in the United

NOTE Confidence: 0.9808722

00:08:58.110 --> 00:08:59.230 States and other parts of

NOTE Confidence: 0.9808722

00:08:59.230 --> 00:09:00.350 the world who are suffering

NOTE Confidence: 0.9808722

00:09:00.350 --> 00:09:01.250 from this cancer.

NOTE Confidence: 0.98554146

00:09:02.670 --> 00:09:04.450 We also know that with

NOTE Confidence: 0.98554146

00:09:04.510 --> 00:09:06.030 this being a global population,

NOTE Confidence: 0.98554146

00:09:06.030 --> 00:09:07.790 that movement and where you

NOTE Confidence: 0.98554146

00:09:07.790 --> 00:09:08.990 come from may affect the

NOTE Confidence: 0.98554146

00:09:08.990 --> 00:09:10.270 risk of getting these sort

NOTE Confidence: 0.98554146

00:09:10.270 --> 00:09:10.850 of cancers.

NOTE Confidence: 0.9550781

00:09:11.634 --> 00:09:12.774 And most importantly

NOTE Confidence: 0.96003836

00:09:13.315 --> 00:09:14.595 is if you read Google

NOTE Confidence: 0.96003836

00:09:14.595 --> 00:09:15.554 and AI and stuff like

NOTE Confidence: 0.96003836

00:09:15.554 --> 00:09:16.274 that, some people will be

NOTE Confidence: 0.96003836

00:09:16.274 --> 00:09:17.475 like, oh, gastric cancer is

NOTE Confidence: 0.96003836

00:09:17.475 --> 00:09:18.434 coming down. It's not an

NOTE Confidence: 0.96003836

00:09:18.434 --> 00:09:20.434 important cancer. What is true

NOTE Confidence: 0.96003836

00:09:20.434 --> 00:09:22.274 is that, actually, as we

NOTE Confidence: 0.96003836

00:09:22.274 --> 00:09:23.954 have a growing and larger

NOTE Confidence: 0.96003836

00:09:23.954 --> 00:09:24.454 population,

NOTE Confidence: 0.9935547

00:09:24.800 --> 00:09:26.319 the burden of this illness

NOTE Confidence: 0.9935547

00:09:26.319 --> 00:09:27.279 is gonna go up over

NOTE Confidence: 0.9935547

00:09:27.279 --> 00:09:28.319 the next twenty to five

NOTE Confidence: 0.9935547

00:09:28.480 --> 00:09:29.839 thirty years. So we are

NOTE Confidence: 0.9935547

00:09:29.839 --> 00:09:31.379 gonna be dealing with this

NOTE Confidence: 0.9371745

00:09:31.679 --> 00:09:32.959 in a big way. And

NOTE Confidence: 0.9371745

00:09:32.959 --> 00:09:33.459 especially,

NOTE Confidence: 0.9835205

00:09:36.079 --> 00:09:37.279 in in many parts of

NOTE Confidence: 0.9835205

00:09:37.279 --> 00:09:38.735 the world, we're actually looking

NOTE Confidence: 0.9835205

00:09:38.735 --> 00:09:39.695 for these cancers more, and

NOTE Confidence: 0.9835205

00:09:39.695 --> 00:09:40.735 we're picking up more of

NOTE Confidence: 0.9835205

00:09:40.735 --> 00:09:41.395 this stuff.

NOTE Confidence: 0.9520459

00:09:43.295 --> 00:09:44.815 And sorry. I just talk

NOTE Confidence: 0.9520459

00:09:44.815 --> 00:09:46.335 about that. But what is

NOTE Confidence: 0.9520459

00:09:46.335 --> 00:09:47.934 most scary for us is

NOTE Confidence: 0.9520459

00:09:47.934 --> 00:09:49.554 we are seeing a striking

NOTE Confidence: 0.9520459

00:09:49.615 --> 00:09:51.054 number of folks getting diagnosed

NOTE Confidence: 0.9520459

00:09:51.054 --> 00:09:52.175 with this cancer at younger,

NOTE Confidence: 0.9520459

00:09:52.175 --> 00:09:53.610 younger age. Some of you

NOTE Confidence: 0.9520459

00:09:53.610 --> 00:09:54.910 here are in that group.

NOTE Confidence: 0.9520459

00:09:55.130 --> 00:09:56.570 Deepika got her cancer at

NOTE Confidence: 0.9520459

00:09:56.570 --> 00:09:57.790 the age of twenty something.

NOTE Confidence: 0.85908204

00:09:58.170 --> 00:09:58.670 Nonsmoker.

NOTE Confidence: 0.97850037

00:09:59.130 --> 00:10:01.050 Nothing that has a risk

NOTE Confidence: 0.97850037

00:10:01.050 --> 00:10:02.010 factor for this, and we

NOTE Confidence: 0.97850037

00:10:02.010 --> 00:10:03.790 have no way to explain

NOTE Confidence: 0.97850037

00:10:03.929 --> 00:10:04.429 why

NOTE Confidence: 0.9726931

00:10:05.095 --> 00:10:06.054 young people are getting these

NOTE Confidence: 0.9726931

00:10:06.054 --> 00:10:07.255 GI cancers. There's lots of

NOTE Confidence: 0.9726931

00:10:07.255 --> 00:10:09.015 hypothesis floating around there. We

NOTE Confidence: 0.9726931

00:10:09.015 --> 00:10:09.735 at Yale are doing a

NOTE Confidence: 0.9726931

00:10:09.735 --> 00:10:10.775 lot of research trying to

NOTE Confidence: 0.9726931

00:10:10.775 --> 00:10:11.975 figure this out. There's no

NOTE Confidence: 0.9726931

00:10:11.975 --> 00:10:13.175 clear answers, but this is

NOTE Confidence: 0.9726931

00:10:13.175 --> 00:10:14.934 the scariest part about what

NOTE Confidence: 0.9726931

00:10:14.934 --> 00:10:15.735 we are seeing. This is

NOTE Confidence: 0.9726931

00:10:15.735 --> 00:10:17.515 an epidemic in GI cancers

NOTE Confidence: 0.9726931

00:10:17.654 --> 00:10:18.635 of young onset.

NOTE Confidence: 0.97302246

00:10:20.170 --> 00:10:21.130 Here at Yale, we do

NOTE Confidence: 0.97302246

00:10:21.130 --> 00:10:23.070 have a large team with,

NOTE Confidence: 0.99487305

00:10:23.770 --> 00:10:24.910 surgeons, oncologists,

NOTE Confidence: 0.9995117

00:10:25.290 --> 00:10:25.790 radiation,

NOTE Confidence: 0.97391766

00:10:26.410 --> 00:10:28.429 supportive care, palliative care.

NOTE Confidence: 0.9991455

00:10:28.970 --> 00:10:29.850 And so you can see

NOTE Confidence: 0.9991455

00:10:29.850 --> 00:10:30.670 that it takes

NOTE Confidence: 0.9783906

00:10:31.290 --> 00:10:32.565 an army of folks to

NOTE Confidence: 0.9783906

00:10:32.565 --> 00:10:33.765 help fight this cancer. But

NOTE Confidence: 0.9783906

00:10:33.765 --> 00:10:35.045 more importantly, which is not

NOTE Confidence: 0.9783906

00:10:35.045 --> 00:10:35.765 on the slide, is the

NOTE Confidence: 0.9783906

00:10:35.765 --> 00:10:37.065 army of folks at home

NOTE Confidence: 0.9783906

00:10:37.205 --> 00:10:38.485 helping all of us fight

NOTE Confidence: 0.9783906

00:10:38.485 --> 00:10:40.005 this cancer, which is gonna

NOTE Confidence: 0.9783906

00:10:40.005 --> 00:10:40.885 be an important part of

NOTE Confidence: 0.9783906

00:10:40.885 --> 00:10:41.385 this.

NOTE Confidence: 0.9566406

00:10:43.205 --> 00:10:44.885 Another part that's pretty exciting

NOTE Confidence: 0.9566406

00:10:44.885 --> 00:10:45.605 at this point of time

NOTE Confidence: 0.9566406

00:10:45.605 --> 00:10:46.405 is the fact that we

NOTE Confidence: 0.9566406

00:10:46.405 --> 00:10:48.184 are actually helping having more

NOTE Confidence: 0.9572584

00:10:48.699 --> 00:10:50.059 therapeutic options for our patients.

NOTE Confidence: 0.9572584

00:10:50.059 --> 00:10:50.779 A lot of you, we

NOTE Confidence: 0.9572584

00:10:50.779 --> 00:10:52.139 have talked about this concept

NOTE Confidence: 0.9572584

00:10:52.139 --> 00:10:53.740 of precision oncology where we're

NOTE Confidence: 0.9572584

00:10:53.740 --> 00:10:54.620 trying to find the right

NOTE Confidence: 0.9572584

00:10:54.620 --> 00:10:55.820 targets and the right drugs

NOTE Confidence: 0.9572584

00:10:55.820 --> 00:10:57.179 to the right patients. And

NOTE Confidence: 0.9572584

00:10:57.179 --> 00:10:58.179 that's something that we have

NOTE Confidence: 0.9572584

00:10:58.179 --> 00:10:59.259 a lot of focus at

NOTE Confidence: 0.9572584

00:10:59.259 --> 00:11:00.240 here trying to,

NOTE Confidence: 0.9669073

00:11:01.100 --> 00:11:02.220 without going into too much

NOTE Confidence: 0.9669073

00:11:02.220 --> 00:11:04.079 of the semantics is we

NOTE Confidence: 0.9669073

00:11:04.235 --> 00:11:05.995 straightaway profile all the tumors

NOTE Confidence: 0.9669073

00:11:05.995 --> 00:11:07.195 and from the patients that

NOTE Confidence: 0.9669073

00:11:07.195 --> 00:11:08.315 we get, get the right

NOTE Confidence: 0.9669073

00:11:08.315 --> 00:11:10.075 biomarkers to straightaway decide on

NOTE Confidence: 0.9669073

00:11:10.075 --> 00:11:11.675 what is the right treatment

NOTE Confidence: 0.9669073

00:11:11.675 --> 00:11:12.875 strategies that will be best

NOTE Confidence: 0.9669073

00:11:12.875 --> 00:11:13.535 for them.

NOTE Confidence: 0.9755232

00:11:15.515 --> 00:11:17.035 And we do have multiple

NOTE Confidence: 0.9755232

00:11:17.035 --> 00:11:18.449 clinical trials and a lot

NOTE Confidence: 0.9755232

00:11:18.449 --> 00:11:19.809 of research that is kicking

NOTE Confidence: 0.9755232

00:11:19.809 --> 00:11:21.569 off within this place. And

NOTE Confidence: 0.9755232

00:11:21.569 --> 00:11:23.009 we encourage you to ask

NOTE Confidence: 0.9755232

00:11:23.009 --> 00:11:24.050 more about this and be

NOTE Confidence: 0.9755232

00:11:24.050 --> 00:11:25.189 a part of this journey.

NOTE Confidence: 0.94240755

00:11:25.889 --> 00:11:27.569 And with that, I'm gonna

NOTE Confidence: 0.94240755

00:11:27.569 --> 00:11:30.129 introduce doctor Boffa, who's here.

NOTE Confidence: 0.94240755

00:11:30.129 --> 00:11:31.329 So doctor Boffa is gonna

NOTE Confidence: 0.94240755

00:11:31.329 --> 00:11:32.449 talk to talk to us

NOTE Confidence: 0.94240755

00:11:32.449 --> 00:11:33.269 about the surgical

NOTE Confidence: 0.9293213

00:11:33.934 --> 00:11:34.675 aspects of,

NOTE Confidence: 0.99392366

00:11:35.615 --> 00:11:37.695 this cancer. Doctor Buffa, please.

NOTE Confidence: 0.99392366

00:11:37.695 --> 00:11:38.195 Great.

NOTE Confidence: 0.9595308

00:11:39.375 --> 00:11:40.575 Well, thank you guys for

NOTE Confidence: 0.9595308

00:11:40.575 --> 00:11:42.755 coming. I don't have slides.

NOTE Confidence: 0.9595308

00:11:42.815 --> 00:11:44.255 I could act some things

NOTE Confidence: 0.9595308

00:11:44.255 --> 00:11:46.175 out or I you guys

NOTE Confidence: 0.9595308

00:11:46.175 --> 00:11:46.675 probably

NOTE Confidence: 0.9849935

00:11:48.179 --> 00:11:49.380 know more about the the

NOTE Confidence: 0.9849935

00:11:49.460 --> 00:11:50.740 this experience than I do.

NOTE Confidence: 0.9849935

00:11:50.740 --> 00:11:52.040 I I will say that,

NOTE Confidence: 0.9991862

00:11:53.940 --> 00:11:55.400 there's been quite an evolution

NOTE Confidence: 0.9991862

00:11:55.700 --> 00:11:56.200 in

NOTE Confidence: 0.98327637

00:11:56.660 --> 00:11:59.220 the surgery for esophageal cancer.

NOTE Confidence: 0.98327637

00:11:59.220 --> 00:12:00.834 And, you know, not too

NOTE Confidence: 0.98327637

00:12:00.834 --> 00:12:01.654 long ago,

NOTE Confidence: 0.99821776

00:12:02.035 --> 00:12:03.315 thirty or forty years ago,

NOTE Confidence: 0.99821776

00:12:03.315 --> 00:12:04.595 there really wasn't a great

NOTE Confidence: 0.99821776

00:12:04.595 --> 00:12:06.035 option. I mean, there there

NOTE Confidence: 0.99821776

00:12:06.035 --> 00:12:07.495 really wasn't a way to

NOTE Confidence: 0.998291

00:12:07.875 --> 00:12:09.014 make a new esophagus

NOTE Confidence: 0.9886719

00:12:09.315 --> 00:12:11.095 out of the existing plumbing.

NOTE Confidence: 0.9718262

00:12:11.929 --> 00:12:13.290 And that really is the

NOTE Confidence: 0.9718262

00:12:13.290 --> 00:12:14.750 challenge is how do you,

NOTE Confidence: 0.9916705

00:12:15.690 --> 00:12:17.209 how do you reconstruct somebody?

NOTE Confidence: 0.9916705

00:12:17.209 --> 00:12:17.929 How do you get rid

NOTE Confidence: 0.9916705

00:12:17.929 --> 00:12:19.929 of everything that is involved

NOTE Confidence: 0.9916705

00:12:19.929 --> 00:12:20.670 in cancer

NOTE Confidence: 0.90478516

00:12:21.290 --> 00:12:21.790 and,

NOTE Confidence: 0.99902344

00:12:22.250 --> 00:12:23.149 then restore

NOTE Confidence: 0.99077815

00:12:23.529 --> 00:12:24.970 the anatomy so that they

NOTE Confidence: 0.99077815

00:12:24.970 --> 00:12:26.635 could, so that people can

NOTE Confidence: 0.99077815

00:12:26.635 --> 00:12:28.475 return to an acceptable quality

NOTE Confidence: 0.99077815

00:12:28.475 --> 00:12:29.915 of life. And it it's

NOTE Confidence: 0.99077815

00:12:29.915 --> 00:12:31.135 challenging. And

NOTE Confidence: 0.9863959

00:12:31.755 --> 00:12:33.535 right now, our best option

NOTE Confidence: 0.9863959

00:12:33.675 --> 00:12:35.115 for most patients is to

NOTE Confidence: 0.9863959

00:12:35.115 --> 00:12:36.335 take part of the stomach.

NOTE Confidence: 0.9863959

00:12:36.555 --> 00:12:37.595 And so we get rid

NOTE Confidence: 0.9863959

00:12:37.595 --> 00:12:38.870 of about, for most patients,

NOTE Confidence: 0.9863959

00:12:38.870 --> 00:12:39.670 we get rid of about

NOTE Confidence: 0.9863959

00:12:39.670 --> 00:12:41.030 two thirds of the esophagus

NOTE Confidence: 0.9863959

00:12:41.030 --> 00:12:41.750 and a third of the

NOTE Confidence: 0.9863959

00:12:41.750 --> 00:12:43.030 stomach and make a tube

NOTE Confidence: 0.9863959

00:12:43.030 --> 00:12:43.929 out of the,

NOTE Confidence: 0.99191624

00:12:44.630 --> 00:12:45.670 stomach and pull it up

NOTE Confidence: 0.99191624

00:12:45.670 --> 00:12:47.050 through the chest. And,

NOTE Confidence: 0.99677736

00:12:47.590 --> 00:12:48.470 we're able to do that

NOTE Confidence: 0.99677736

00:12:48.470 --> 00:12:50.070 minimally invasively. That's sort of

NOTE Confidence: 0.99677736

00:12:50.070 --> 00:12:52.250 an innovation that happened maybe

NOTE Confidence: 0.95532227

00:12:52.635 --> 00:12:53.775 twenty years ago,

NOTE Confidence: 0.9667969

00:12:55.035 --> 00:12:56.235 and has just gotten better

NOTE Confidence: 0.9667969

00:12:56.235 --> 00:12:56.895 and better,

NOTE Confidence: 0.9727376

00:12:57.275 --> 00:12:58.495 over time. But,

NOTE Confidence: 0.99975586

00:12:59.355 --> 00:13:00.175 it's definitely

NOTE Confidence: 0.9836426

00:13:00.554 --> 00:13:01.835 an operation that if you

NOTE Confidence: 0.9836426

00:13:01.835 --> 00:13:03.355 can avoid it, you, you

NOTE Confidence: 0.9836426

00:13:03.355 --> 00:13:04.795 know, you should avoid it.

NOTE Confidence: 0.9836426

00:13:04.795 --> 00:13:06.335 And so I think that

NOTE Confidence: 0.9534389

00:13:07.050 --> 00:13:09.050 where the biggest areas for

NOTE Confidence: 0.9534389

00:13:09.050 --> 00:13:11.870 innovation are are finding people

NOTE Confidence: 0.9534389

00:13:12.170 --> 00:13:13.710 where it's earlier because

NOTE Confidence: 0.97368306

00:13:14.090 --> 00:13:16.330 unlike, say, pancreatic cancer, where

NOTE Confidence: 0.97368306

00:13:16.330 --> 00:13:17.210 if you have a small

NOTE Confidence: 0.97368306

00:13:17.210 --> 00:13:18.090 tumor in the middle of

NOTE Confidence: 0.97368306

00:13:18.090 --> 00:13:18.825 your pancreas,

NOTE Confidence: 0.99375767

00:13:19.465 --> 00:13:21.145 there's not a radically different

NOTE Confidence: 0.99375767

00:13:21.145 --> 00:13:22.585 operation that we can do.

NOTE Confidence: 0.99375767

00:13:22.585 --> 00:13:23.865 But finding it really early

NOTE Confidence: 0.99375767

00:13:23.865 --> 00:13:25.804 in the esophagus, there's actually

NOTE Confidence: 0.99375767

00:13:25.945 --> 00:13:26.745 there are a lot of

NOTE Confidence: 0.99375767

00:13:26.745 --> 00:13:28.505 options. And so, you know,

NOTE Confidence: 0.99375767

00:13:28.505 --> 00:13:29.625 when we think of, like,

NOTE Confidence: 0.99375767

00:13:29.625 --> 00:13:30.905 AI and what it's gonna

NOTE Confidence: 0.99375767

00:13:30.905 --> 00:13:32.025 do for us, I I

NOTE Confidence: 0.99375767

00:13:32.025 --> 00:13:33.449 really think that there's very

NOTE Confidence: 0.99375767

00:13:33.449 --> 00:13:33.949 few

NOTE Confidence: 0.9448353

00:13:34.569 --> 00:13:36.649 esophageal cancer and gastric cancer

NOTE Confidence: 0.9448353

00:13:36.649 --> 00:13:38.730 in particular have a real

NOTE Confidence: 0.9448353

00:13:38.730 --> 00:13:39.230 unique,

NOTE Confidence: 0.9793701

00:13:39.689 --> 00:13:41.209 potential to find the right

NOTE Confidence: 0.9793701

00:13:41.209 --> 00:13:42.410 people because a lot of

NOTE Confidence: 0.9793701

00:13:42.410 --> 00:13:43.069 the symptoms,

NOTE Confidence: 0.97302246

00:13:44.009 --> 00:13:45.129 that people have and a

NOTE Confidence: 0.97302246

00:13:45.129 --> 00:13:46.649 lot of the conditions that

NOTE Confidence: 0.97302246

00:13:46.649 --> 00:13:48.825 lead to esophageal cancer are

NOTE Confidence: 0.97302246

00:13:48.825 --> 00:13:50.765 really common. You know, heartburn,

NOTE Confidence: 0.98542434

00:13:51.385 --> 00:13:52.825 reflux, you know, who doesn't

NOTE Confidence: 0.98542434

00:13:52.825 --> 00:13:53.945 or who hasn't had that

NOTE Confidence: 0.98542434

00:13:53.945 --> 00:13:55.065 at one time or another.

NOTE Confidence: 0.98542434

00:13:55.065 --> 00:13:56.425 And so you can't give

NOTE Confidence: 0.98542434

00:13:56.425 --> 00:13:57.865 everybody an upper endoscopy, you

NOTE Confidence: 0.98542434

00:13:57.865 --> 00:13:59.145 know, every six months. And

NOTE Confidence: 0.98542434

00:13:59.145 --> 00:14:00.345 so how do you use

NOTE Confidence: 0.98542434

00:14:00.345 --> 00:14:01.325 this to really

NOTE Confidence: 0.9654635

00:14:01.899 --> 00:14:03.260 find the people? Because if

NOTE Confidence: 0.9654635

00:14:03.260 --> 00:14:04.140 if you find it really

NOTE Confidence: 0.9654635

00:14:04.140 --> 00:14:05.740 early, there's there's a lot

NOTE Confidence: 0.9654635

00:14:05.740 --> 00:14:07.020 more options and that are

NOTE Confidence: 0.9654635

00:14:07.020 --> 00:14:08.380 a lot easier on patients.

NOTE Confidence: 0.9654635

00:14:08.380 --> 00:14:08.880 So,

NOTE Confidence: 0.9960205

00:14:10.940 --> 00:14:12.800 it's I think we're constantly

NOTE Confidence: 0.9960205

00:14:13.020 --> 00:14:15.115 trying to understand ways of

NOTE Confidence: 0.9573364

00:14:15.495 --> 00:14:17.274 making this less impactful.

NOTE Confidence: 0.9917399

00:14:17.654 --> 00:14:18.774 And and I would say

NOTE Confidence: 0.9917399

00:14:18.774 --> 00:14:19.274 that,

NOTE Confidence: 0.9981445

00:14:20.214 --> 00:14:21.495 there's not a lot of

NOTE Confidence: 0.9981445

00:14:21.495 --> 00:14:23.495 operations that I personally do

NOTE Confidence: 0.9981445

00:14:23.495 --> 00:14:24.454 that I don't think you

NOTE Confidence: 0.9981445

00:14:24.454 --> 00:14:26.475 can have done somewhere else.

NOTE Confidence: 0.9814812

00:14:26.820 --> 00:14:27.700 I think some of the

NOTE Confidence: 0.9814812

00:14:27.700 --> 00:14:29.940 esophageal cancer operations, we just

NOTE Confidence: 0.9814812

00:14:29.940 --> 00:14:30.980 have such a great team

NOTE Confidence: 0.9814812

00:14:30.980 --> 00:14:31.800 here, and,

NOTE Confidence: 0.97784424

00:14:32.580 --> 00:14:34.020 we've we've been doing this

NOTE Confidence: 0.97784424

00:14:34.020 --> 00:14:35.060 a long time. And I

NOTE Confidence: 0.97784424

00:14:35.060 --> 00:14:35.800 think that,

NOTE Confidence: 0.9998047

00:14:36.340 --> 00:14:38.360 the difference between our outcomes

NOTE Confidence: 0.9705034

00:14:38.740 --> 00:14:40.020 and and a lot of

NOTE Confidence: 0.9705034

00:14:40.020 --> 00:14:41.935 other places' outcomes are not

NOTE Confidence: 0.9705034

00:14:41.935 --> 00:14:43.375 me. It's just we have

NOTE Confidence: 0.9705034

00:14:43.375 --> 00:14:44.415 a great team. You know?

NOTE Confidence: 0.9705034

00:14:44.415 --> 00:14:45.075 Our nurses,

NOTE Confidence: 0.98939943

00:14:45.615 --> 00:14:47.135 you know, it's not easy

NOTE Confidence: 0.98939943

00:14:47.135 --> 00:14:48.435 to recover from an esophageectomy.

NOTE Confidence: 0.963839

00:14:48.895 --> 00:14:50.415 They you know? Our nurses

NOTE Confidence: 0.963839

00:14:50.415 --> 00:14:51.455 will kick your butt and

NOTE Confidence: 0.963839

00:14:51.455 --> 00:14:52.575 get you up and moving

NOTE Confidence: 0.963839

00:14:52.575 --> 00:14:53.855 and do everything that needs

NOTE Confidence: 0.963839

00:14:53.855 --> 00:14:54.895 to happen to keep you

NOTE Confidence: 0.963839

00:14:54.895 --> 00:14:55.350 safe.

NOTE Confidence: 0.97718185

00:14:56.230 --> 00:14:57.509 But whenever I whenever I

NOTE Confidence: 0.97718185

00:14:57.509 --> 00:14:59.029 hear somebody, you know, is

NOTE Confidence: 0.97718185

00:14:59.029 --> 00:14:59.990 seeing us as a second

NOTE Confidence: 0.97718185

00:14:59.990 --> 00:15:01.430 or third opinion and is

NOTE Confidence: 0.97718185

00:15:01.430 --> 00:15:03.110 choosing somewhere else, I I

NOTE Confidence: 0.97718185

00:15:03.110 --> 00:15:03.990 just say, you know, our

NOTE Confidence: 0.97718185

00:15:03.990 --> 00:15:05.029 nurses that you're you're not

NOTE Confidence: 0.97718185

00:15:05.110 --> 00:15:05.829 I don't care what you

NOTE Confidence: 0.97718185

00:15:05.829 --> 00:15:07.029 think about me, but our

NOTE Confidence: 0.97718185

00:15:07.029 --> 00:15:08.389 nurses are so great and

NOTE Confidence: 0.97718185

00:15:08.389 --> 00:15:10.235 our PAs, and they just

NOTE Confidence: 0.97718185

00:15:10.235 --> 00:15:11.535 spend so much time

NOTE Confidence: 0.998291

00:15:12.395 --> 00:15:13.675 trying to make this very

NOTE Confidence: 0.998291

00:15:13.675 --> 00:15:14.575 difficult journey,

NOTE Confidence: 0.8680827

00:15:15.595 --> 00:15:17.215 more manageable. So,

NOTE Confidence: 0.9528198

00:15:19.275 --> 00:15:20.795 I'm happy to answer any

NOTE Confidence: 0.9528198

00:15:20.795 --> 00:15:22.955 questions about anything if anybody

NOTE Confidence: 0.9528198

00:15:22.955 --> 00:15:23.695 has any,

NOTE Confidence: 0.99497765

00:15:24.590 --> 00:15:25.870 about things that are new,

NOTE Confidence: 0.99497765

00:15:25.870 --> 00:15:26.670 things that,

NOTE Confidence: 0.95452476

00:15:27.150 --> 00:15:28.190 you could say, why is

NOTE Confidence: 0.95452476

00:15:28.190 --> 00:15:29.310 it that x, y, or

NOTE Confidence: 0.95452476

00:15:29.310 --> 00:15:30.930 z? I'll I'll answer anything.

NOTE Confidence: 0.9194743

00:15:31.550 --> 00:15:32.270 I mean, don't ask me

NOTE Confidence: 0.9194743

00:15:32.270 --> 00:15:33.630 about my taxes or anything

NOTE Confidence: 0.9194743

00:15:33.630 --> 00:15:34.590 like that. I'm not I

NOTE Confidence: 0.9194743

00:15:34.590 --> 00:15:35.710 I I'm not at liberty

NOTE Confidence: 0.9194743

00:15:35.710 --> 00:15:36.930 to disclose that, but

NOTE Confidence: 0.9916992

00:15:37.800 --> 00:15:38.300 yeah.

NOTE Confidence: 0.38659668

00:15:42.165 --> 00:15:42.745 I was

NOTE Confidence: 0.46917725

00:15:43.685 --> 00:15:44.265 fifty nine.

NOTE Confidence: 0.6828613

00:15:45.925 --> 00:15:46.485 And within

NOTE Confidence: 0.9917806

00:15:47.125 --> 00:15:48.665 oh, sorry. Within,

NOTE Confidence: 0.98807466

00:15:49.445 --> 00:15:50.805 let's see. That was September

NOTE Confidence: 0.98807466

00:15:50.805 --> 00:15:52.085 of twenty three that she

NOTE Confidence: 0.98807466

00:15:52.085 --> 00:15:53.225 had the surgery.

NOTE Confidence: 0.9943034

00:15:54.000 --> 00:15:55.600 And the following year, I

NOTE Confidence: 0.9943034

00:15:55.600 --> 00:15:56.740 could hear my husband

NOTE Confidence: 0.9637207

00:15:57.360 --> 00:15:59.540 making sounds that concerned me.

NOTE Confidence: 0.9946289

00:16:00.240 --> 00:16:00.740 And,

NOTE Confidence: 0.9996745

00:16:01.200 --> 00:16:02.260 he was diagnosed

NOTE Confidence: 0.9177246

00:16:03.040 --> 00:16:04.880 about a year and about

NOTE Confidence: 0.9177246

00:16:04.880 --> 00:16:06.900 fifteen months later. Immediately,

NOTE Confidence: 0.9757865

00:16:07.884 --> 00:16:09.345 surgery was not an option.

NOTE Confidence: 0.9757865

00:16:09.404 --> 00:16:11.665 Is there some criteria that,

NOTE Confidence: 0.9757865

00:16:11.725 --> 00:16:12.865 I mean, other than

NOTE Confidence: 0.7064616

00:16:13.644 --> 00:16:14.464 he was age

NOTE Confidence: 0.9481337

00:16:14.845 --> 00:16:16.285 eighty five at that point

NOTE Confidence: 0.9481337

00:16:16.285 --> 00:16:17.964 versus her fifty nine, do

NOTE Confidence: 0.9481337

00:16:17.964 --> 00:16:19.985 you consider age an immediate

NOTE Confidence: 0.9481337

00:16:20.045 --> 00:16:21.425 exclusion for surgery?

NOTE Confidence: 0.95043945

00:16:22.444 --> 00:16:24.330 No. So what what I

NOTE Confidence: 0.95043945

00:16:24.330 --> 00:16:25.150 would say

NOTE Confidence: 0.8623047

00:16:25.930 --> 00:16:27.230 is really any

NOTE Confidence: 0.9964425

00:16:28.090 --> 00:16:29.850 person that takes care of

NOTE Confidence: 0.9964425

00:16:29.850 --> 00:16:30.750 cancer patients,

NOTE Confidence: 0.98211914

00:16:31.690 --> 00:16:32.890 the first job is to

NOTE Confidence: 0.98211914

00:16:32.890 --> 00:16:34.010 say, what's gonna get you

NOTE Confidence: 0.98211914

00:16:34.010 --> 00:16:35.450 into trouble? And it's one

NOTE Confidence: 0.98211914

00:16:35.450 --> 00:16:36.890 of three things. It's either

NOTE Confidence: 0.98211914

00:16:36.890 --> 00:16:38.350 the tumor we can see,

NOTE Confidence: 0.9958089

00:16:38.725 --> 00:16:40.085 it's the tumor we can't

NOTE Confidence: 0.9958089

00:16:40.085 --> 00:16:40.585 see,

NOTE Confidence: 0.9969727

00:16:41.045 --> 00:16:43.205 or it's something unrelated to

NOTE Confidence: 0.9969727

00:16:43.205 --> 00:16:44.645 tumor. So if somebody has

NOTE Confidence: 0.9969727

00:16:44.645 --> 00:16:46.025 a lot of medical problems,

NOTE Confidence: 0.99822444

00:16:46.725 --> 00:16:48.245 honestly, the cancer may not

NOTE Confidence: 0.99822444

00:16:48.245 --> 00:16:49.445 be the front of the

NOTE Confidence: 0.99822444

00:16:49.445 --> 00:16:49.945 stove.

NOTE Confidence: 0.99902344

00:16:50.645 --> 00:16:52.165 If it's contained in the

NOTE Confidence: 0.99902344

00:16:52.165 --> 00:16:52.665 esophagus,

NOTE Confidence: 0.96994853

00:16:53.139 --> 00:16:54.660 then it's usually the tumor

NOTE Confidence: 0.96994853

00:16:54.660 --> 00:16:55.699 we can see and we

NOTE Confidence: 0.96994853

00:16:55.699 --> 00:16:56.199 go

NOTE Confidence: 0.95911324

00:16:56.579 --> 00:16:58.660 big on trying to get

NOTE Confidence: 0.95911324

00:16:58.660 --> 00:16:59.779 that taken care of. And

NOTE Confidence: 0.95911324

00:16:59.779 --> 00:17:00.660 it can be surgery, it

NOTE Confidence: 0.95911324

00:17:00.660 --> 00:17:01.480 can be radiation,

NOTE Confidence: 0.9977722

00:17:02.019 --> 00:17:03.380 but that's attacking it where

NOTE Confidence: 0.9977722

00:17:03.380 --> 00:17:04.280 we can see.

NOTE Confidence: 0.9836968

00:17:04.900 --> 00:17:05.859 If it's spread to a

NOTE Confidence: 0.9836968

00:17:05.859 --> 00:17:07.080 bunch of lymph nodes

NOTE Confidence: 0.9998169

00:17:07.445 --> 00:17:08.965 or it has spread to

NOTE Confidence: 0.9998169

00:17:08.965 --> 00:17:09.945 a vital organ,

NOTE Confidence: 0.97169363

00:17:10.725 --> 00:17:12.825 you're much more at risk

NOTE Confidence: 0.97169363

00:17:12.965 --> 00:17:14.165 for the cancer we can't

NOTE Confidence: 0.97169363

00:17:14.165 --> 00:17:15.365 see. And so the the

NOTE Confidence: 0.97169363

00:17:15.445 --> 00:17:16.725 what I will tell patients

NOTE Confidence: 0.97169363

00:17:16.725 --> 00:17:17.925 is it's kind of like

NOTE Confidence: 0.97169363

00:17:17.925 --> 00:17:19.045 if your house is on

NOTE Confidence: 0.97169363

00:17:19.045 --> 00:17:20.505 fire because of the furnace,

NOTE Confidence: 0.9889664

00:17:21.150 --> 00:17:22.109 you don't risk your life

NOTE Confidence: 0.9889664

00:17:22.109 --> 00:17:22.670 to get rid of the

NOTE Confidence: 0.9889664

00:17:22.670 --> 00:17:24.030 furnace. You you put out

NOTE Confidence: 0.9889664

00:17:24.109 --> 00:17:25.230 you treat the whole house,

NOTE Confidence: 0.9889664

00:17:25.230 --> 00:17:26.830 and that's your priority. And

NOTE Confidence: 0.9889664

00:17:26.830 --> 00:17:29.230 so that's really the the

NOTE Confidence: 0.9889664

00:17:29.230 --> 00:17:29.730 issue.

NOTE Confidence: 0.9899205

00:17:30.109 --> 00:17:31.550 But age, you know, in

NOTE Confidence: 0.9899205

00:17:31.550 --> 00:17:32.750 the United States, if you

NOTE Confidence: 0.9899205

00:17:32.750 --> 00:17:33.810 make it to eighty,

NOTE Confidence: 0.9892126

00:17:34.484 --> 00:17:36.405 on average, people live another

NOTE Confidence: 0.9892126

00:17:36.405 --> 00:17:38.005 nine years. So once you

NOTE Confidence: 0.9892126

00:17:38.005 --> 00:17:39.045 make it to eighty, you've

NOTE Confidence: 0.9892126

00:17:39.045 --> 00:17:39.925 actually gone over a lot

NOTE Confidence: 0.9892126

00:17:39.925 --> 00:17:41.045 of hurdles. So I've definitely

NOTE Confidence: 0.9892126

00:17:41.045 --> 00:17:41.785 done esophagectomies

NOTE Confidence: 0.9985026

00:17:42.244 --> 00:17:43.465 on people in their eighties.

NOTE Confidence: 0.9780939

00:17:46.859 --> 00:17:48.059 It is funny that people

NOTE Confidence: 0.9780939

00:17:48.059 --> 00:17:49.340 interpret it that way. On

NOTE Confidence: 0.9780939

00:17:49.340 --> 00:17:49.840 average

NOTE Confidence: 0.9235026

00:17:58.700 --> 00:17:59.679 I just wonder

NOTE Confidence: 0.8540344

00:18:00.554 --> 00:18:02.234 about that up because it

NOTE Confidence: 0.8540344

00:18:02.234 --> 00:18:03.534 was at the very same.

NOTE Confidence: 0.9970703

00:18:05.034 --> 00:18:05.534 Yeah.

NOTE Confidence: 0.97772217

00:18:39.910 --> 00:18:41.290 Yeah. I think that,

NOTE Confidence: 0.98940706

00:18:42.230 --> 00:18:42.869 so I have a lot

NOTE Confidence: 0.98940706

00:18:42.869 --> 00:18:44.150 of sayings. They kind of

NOTE Confidence: 0.98940706

00:18:44.150 --> 00:18:44.890 are my,

NOTE Confidence: 0.94125086

00:18:45.750 --> 00:18:46.790 my way of kind of

NOTE Confidence: 0.94125086

00:18:46.790 --> 00:18:49.190 framing things. And so I

NOTE Confidence: 0.94125086

00:18:49.190 --> 00:18:49.690 think,

NOTE Confidence: 0.9723162

00:18:50.150 --> 00:18:52.035 doing high risk surgery is

NOTE Confidence: 0.9723162

00:18:52.035 --> 00:18:53.575 very reasonable. I mean, sometimes,

NOTE Confidence: 0.9723162

00:18:53.635 --> 00:18:54.435 we you know, that's just

NOTE Confidence: 0.9723162

00:18:54.435 --> 00:18:55.155 what we do, and a

NOTE Confidence: 0.9723162

00:18:55.155 --> 00:18:56.115 lot of what I do

NOTE Confidence: 0.9723162

00:18:56.115 --> 00:18:57.095 is high risk.

NOTE Confidence: 0.9992676

00:18:57.555 --> 00:18:59.015 I think doing surgery

NOTE Confidence: 0.9946289

00:18:59.315 --> 00:19:00.215 that you're not

NOTE Confidence: 0.965198

00:19:01.315 --> 00:19:02.595 confident is gonna help the

NOTE Confidence: 0.965198

00:19:02.595 --> 00:19:04.675 person is also reasonable because

NOTE Confidence: 0.965198

00:19:04.675 --> 00:19:06.115 sometimes there is no other

NOTE Confidence: 0.965198

00:19:06.115 --> 00:19:07.480 option. I just don't do

NOTE Confidence: 0.965198

00:19:07.480 --> 00:19:08.679 those in the same patient.

NOTE Confidence: 0.965198

00:19:08.679 --> 00:19:09.720 So if I'm not a

NOTE Confidence: 0.965198

00:19:09.720 --> 00:19:10.840 hundred if I'm not really

NOTE Confidence: 0.965198

00:19:10.840 --> 00:19:11.960 sure so I if I'm

NOTE Confidence: 0.965198

00:19:11.960 --> 00:19:13.000 gonna do a big surgery,

NOTE Confidence: 0.965198

00:19:13.000 --> 00:19:14.700 I better be pretty confident

NOTE Confidence: 0.965198

00:19:14.919 --> 00:19:15.419 that

NOTE Confidence: 0.98864746

00:19:15.799 --> 00:19:17.160 that I'm gonna help them

NOTE Confidence: 0.98864746

00:19:17.160 --> 00:19:17.660 because,

NOTE Confidence: 0.98791504

00:19:18.359 --> 00:19:19.660 you know, it's otherwise,

NOTE Confidence: 0.9544922

00:19:20.200 --> 00:19:21.580 there there are other consequences.

NOTE Confidence: 0.99853516

00:19:25.615 --> 00:19:26.014 Yeah.

NOTE Confidence: 0.96139157

00:19:26.734 --> 00:19:27.534 I think I'll add to

NOTE Confidence: 0.96139157

00:19:27.534 --> 00:19:29.375 doctor Buffet's comment about this

NOTE Confidence: 0.96139157

00:19:29.375 --> 00:19:30.975 fact that couple of things

NOTE Confidence: 0.96139157

00:19:30.975 --> 00:19:32.434 about surgery. One is

NOTE Confidence: 0.99119735

00:19:35.720 --> 00:19:37.480 the key for surgery still

NOTE Confidence: 0.99119735

00:19:37.480 --> 00:19:39.080 remains one of the main

NOTE Confidence: 0.99119735

00:19:39.080 --> 00:19:40.040 ways in which we can

NOTE Confidence: 0.99119735

00:19:40.040 --> 00:19:41.100 cure the cancer.

NOTE Confidence: 0.9539264

00:19:41.400 --> 00:19:42.760 But one of the key

NOTE Confidence: 0.9539264

00:19:42.760 --> 00:19:44.460 things about the surgery is

NOTE Confidence: 0.9539264

00:19:44.520 --> 00:19:45.880 doctor Boffa, the surgeon, has

NOTE Confidence: 0.9539264

00:19:45.880 --> 00:19:46.840 to be able to take

NOTE Confidence: 0.9539264

00:19:46.840 --> 00:19:48.359 everything out, and the first

NOTE Confidence: 0.9539264

00:19:48.359 --> 00:19:49.800 patient has to survive taking

NOTE Confidence: 0.9539264

00:19:49.800 --> 00:19:51.175 everything out. There's no point

NOTE Confidence: 0.9539264

00:19:51.175 --> 00:19:52.375 in taking out fifty percent

NOTE Confidence: 0.9539264

00:19:52.375 --> 00:19:53.655 of the cancer, sixty percent

NOTE Confidence: 0.9539264

00:19:53.655 --> 00:19:55.015 of the cancer, eighty percent.

NOTE Confidence: 0.9539264

00:19:55.015 --> 00:19:56.395 It's hundred or nothing.

NOTE Confidence: 0.98466796

00:19:56.775 --> 00:19:57.815 Lots of studies have shown

NOTE Confidence: 0.98466796

00:19:57.815 --> 00:19:59.255 that even if ninety five

NOTE Confidence: 0.98466796

00:19:59.255 --> 00:20:01.095 percent is taken out, it's

NOTE Confidence: 0.98466796

00:20:01.095 --> 00:20:02.295 the remaining five percent that

NOTE Confidence: 0.98466796

00:20:02.295 --> 00:20:03.675 will take life. And often,

NOTE Confidence: 0.96522844

00:20:04.100 --> 00:20:05.300 the ninety five percent sort

NOTE Confidence: 0.96522844

00:20:05.300 --> 00:20:06.420 of surgeries are the ones

NOTE Confidence: 0.96522844

00:20:06.420 --> 00:20:08.020 that actually have poorer outcomes

NOTE Confidence: 0.96522844

00:20:08.020 --> 00:20:09.780 and you actually do worse

NOTE Confidence: 0.96522844

00:20:09.780 --> 00:20:11.460 than not doing surgery at

NOTE Confidence: 0.96522844

00:20:11.460 --> 00:20:12.660 all and just going through

NOTE Confidence: 0.96522844

00:20:12.660 --> 00:20:13.720 chemo or radiation.

NOTE Confidence: 0.92645675

00:20:14.180 --> 00:20:15.380 And so that's kind of

NOTE Confidence: 0.92645675

00:20:15.380 --> 00:20:17.080 why it's always a multidisciplinary

NOTE Confidence: 0.96605587

00:20:17.994 --> 00:20:19.355 discussion between the surgeons, the

NOTE Confidence: 0.96605587

00:20:19.355 --> 00:20:21.375 radiation, and the medical oncologist

NOTE Confidence: 0.96605587

00:20:21.515 --> 00:20:23.515 on what is the best

NOTE Confidence: 0.96605587

00:20:23.515 --> 00:20:25.934 approach for each individual patient,

NOTE Confidence: 0.96605587

00:20:25.994 --> 00:20:27.755 not just can I cut

NOTE Confidence: 0.96605587

00:20:27.755 --> 00:20:28.635 that tumor out, but how

NOTE Confidence: 0.96605587

00:20:28.635 --> 00:20:29.674 does that fit within the

NOTE Confidence: 0.96605587

00:20:29.674 --> 00:20:30.554 rest of the body? How

NOTE Confidence: 0.96605587

00:20:30.554 --> 00:20:31.855 are the other medical conditions?

NOTE Confidence: 0.96605587

00:20:31.914 --> 00:20:32.875 Are there ways in which

NOTE Confidence: 0.96605587

00:20:32.875 --> 00:20:34.450 we can shrink the tumor

NOTE Confidence: 0.96605587

00:20:34.450 --> 00:20:35.250 down so that we can

NOTE Confidence: 0.96605587

00:20:35.250 --> 00:20:36.630 get it to surgery? The

NOTE Confidence: 0.96605587

00:20:36.769 --> 00:20:36.850 the

NOTE Confidence: 0.99609375

00:20:37.570 --> 00:20:38.850 we always get the surgeons

NOTE Confidence: 0.99609375

00:20:38.850 --> 00:20:40.470 involved because we know that

NOTE Confidence: 0.95926857

00:20:40.929 --> 00:20:42.369 surgery is often the only

NOTE Confidence: 0.95926857

00:20:42.369 --> 00:20:43.730 way to cure the cancer.

NOTE Confidence: 0.95926857

00:20:43.730 --> 00:20:45.570 There are emerging ways in

NOTE Confidence: 0.95926857

00:20:45.570 --> 00:20:46.529 which we can try and

NOTE Confidence: 0.95926857

00:20:46.529 --> 00:20:47.730 avoid the surgery, but that's

NOTE Confidence: 0.95926857

00:20:47.730 --> 00:20:49.755 still very carefully thought through.

NOTE Confidence: 0.95926857

00:20:49.755 --> 00:20:51.275 It's not something we just

NOTE Confidence: 0.95926857

00:20:51.275 --> 00:20:52.234 throw out of the bat

NOTE Confidence: 0.95926857

00:20:52.234 --> 00:20:53.275 and be like, okay. Don't

NOTE Confidence: 0.95926857

00:20:53.275 --> 00:20:54.795 do surgery and you're cured

NOTE Confidence: 0.95926857

00:20:54.795 --> 00:20:55.675 from your cancer. That's a

NOTE Confidence: 0.95926857

00:20:55.675 --> 00:20:57.115 very, very carefully thought through

NOTE Confidence: 0.95926857

00:20:57.115 --> 00:20:58.895 this decision that's very individualized.

NOTE Confidence: 0.935791

00:20:59.195 --> 00:20:59.695 And,

NOTE Confidence: 0.9682002

00:21:01.115 --> 00:21:02.555 if you've made that decision

NOTE Confidence: 0.9682002

00:21:02.555 --> 00:21:03.835 to not offer surgery, it's

NOTE Confidence: 0.9682002

00:21:03.835 --> 00:21:05.140 not a flippant, oh, we

NOTE Confidence: 0.9682002

00:21:05.140 --> 00:21:05.940 think you're too old for

NOTE Confidence: 0.9682002

00:21:05.940 --> 00:21:06.900 it, and therefore, we're not

NOTE Confidence: 0.9682002

00:21:06.900 --> 00:21:07.859 offering it to you. It's

NOTE Confidence: 0.9682002

00:21:07.859 --> 00:21:08.900 it's a very thought through

NOTE Confidence: 0.9682002

00:21:08.900 --> 00:21:10.340 decision because at the end

NOTE Confidence: 0.9682002

00:21:10.340 --> 00:21:11.380 of the day, the other

NOTE Confidence: 0.9682002

00:21:11.380 --> 00:21:13.300 rule about cancer treatment in

NOTE Confidence: 0.9682002

00:21:13.300 --> 00:21:14.260 general is we know we're

NOTE Confidence: 0.9682002

00:21:14.260 --> 00:21:15.880 dealing with a deadly disease,

NOTE Confidence: 0.9682002

00:21:16.100 --> 00:21:17.140 but the rule is do

NOTE Confidence: 0.9682002

00:21:17.140 --> 00:21:18.734 no harm first. The last

NOTE Confidence: 0.9682002

00:21:18.734 --> 00:21:20.035 thing we wanna do is

NOTE Confidence: 0.9682002

00:21:20.175 --> 00:21:21.295 do something that's gonna end

NOTE Confidence: 0.9682002

00:21:21.295 --> 00:21:22.494 up shortening life or making

NOTE Confidence: 0.9682002

00:21:22.494 --> 00:21:24.175 things worse than we know

NOTE Confidence: 0.9682002

00:21:24.175 --> 00:21:25.135 the cancer's bad and we

NOTE Confidence: 0.9682002

00:21:25.135 --> 00:21:25.935 know it's gonna do bad

NOTE Confidence: 0.9682002

00:21:25.935 --> 00:21:26.895 things. But if we do

NOTE Confidence: 0.9682002

00:21:26.895 --> 00:21:28.175 something that makes things worse,

NOTE Confidence: 0.9682002

00:21:28.175 --> 00:21:29.135 that's the worst thing to

NOTE Confidence: 0.9682002

00:21:29.135 --> 00:21:30.415 do. And so that's a

NOTE Confidence: 0.9682002

00:21:30.415 --> 00:21:32.130 very nuanced decision, and it's

NOTE Confidence: 0.9682002

00:21:32.130 --> 00:21:33.410 hard in an audience to

NOTE Confidence: 0.9682002

00:21:33.410 --> 00:21:35.270 go through specific sort of

NOTE Confidence: 0.9728597

00:21:35.890 --> 00:21:37.890 decisions. But it's not something

NOTE Confidence: 0.9728597

00:21:37.890 --> 00:21:38.390 we

NOTE Confidence: 0.9473315

00:21:38.770 --> 00:21:40.609 just often very flippantly rule

NOTE Confidence: 0.9473315

00:21:40.609 --> 00:21:41.410 out and say there's no

NOTE Confidence: 0.9473315

00:21:41.410 --> 00:21:42.930 surgery. We we do think

NOTE Confidence: 0.9473315

00:21:42.930 --> 00:21:44.145 these things through. And this

NOTE Confidence: 0.9473315

00:21:44.145 --> 00:21:45.585 is not just Yale. Most

NOTE Confidence: 0.9473315

00:21:45.585 --> 00:21:46.785 groups would think this stuff

NOTE Confidence: 0.9473315

00:21:46.785 --> 00:21:48.065 through before we say that

NOTE Confidence: 0.9473315

00:21:48.065 --> 00:21:49.665 we're ruling a certain treatment

NOTE Confidence: 0.9473315

00:21:49.665 --> 00:21:50.484 option out.

NOTE Confidence: 0.9144043

00:21:52.225 --> 00:21:53.765 Other questions for doctor Buffa?

NOTE Confidence: 0.9652507

00:21:56.960 --> 00:21:58.800 Well, we heard about radiation,

NOTE Confidence: 0.9652507

00:21:58.800 --> 00:21:59.300 and

NOTE Confidence: 0.9699707

00:21:59.840 --> 00:22:01.119 while there may be side

NOTE Confidence: 0.9699707

00:22:01.119 --> 00:22:02.160 effects from radiation, it's still

NOTE Confidence: 0.9699707

00:22:02.160 --> 00:22:03.359 a very, very important part

NOTE Confidence: 0.9699707

00:22:03.359 --> 00:22:04.400 and a curative part

NOTE Confidence: 0.99053955

00:22:05.200 --> 00:22:06.740 very curative part of,

NOTE Confidence: 0.946704

00:22:07.920 --> 00:22:09.359 gastric esophageal cancer treatment. And

NOTE Confidence: 0.946704

00:22:09.359 --> 00:22:10.480 with that, I'm gonna invite

NOTE Confidence: 0.946704

00:22:10.480 --> 00:22:11.600 doctor Du to give us

NOTE Confidence: 0.946704

00:22:11.600 --> 00:22:12.320 a talk. But thank you,

NOTE Confidence: 0.946704

00:22:12.320 --> 00:22:13.434 doctor Buffa. Yeah.

NOTE Confidence: 0.97635907

00:22:19.255 --> 00:22:20.635 Thank you, doctor Sundar.

NOTE Confidence: 0.9987703

00:22:21.015 --> 00:22:21.895 My name is Kevin Du.

NOTE Confidence: 0.9987703

00:22:21.895 --> 00:22:23.115 I'm a radiation oncologist

NOTE Confidence: 0.9627511

00:22:23.415 --> 00:22:26.155 treating, GI cancers, including esophageal

NOTE Confidence: 0.9627511

00:22:26.375 --> 00:22:27.494 cancers. And,

NOTE Confidence: 0.9807129

00:22:29.650 --> 00:22:30.869 I oh, thank you.

NOTE Confidence: 0.9318034

00:22:31.330 --> 00:22:32.150 I I've been

NOTE Confidence: 0.984092

00:22:32.450 --> 00:22:34.130 I I think what I'll

NOTE Confidence: 0.984092

00:22:34.210 --> 00:22:35.810 I did I think I'm

NOTE Confidence: 0.984092

00:22:35.810 --> 00:22:36.770 one of the few people

NOTE Confidence: 0.984092

00:22:36.770 --> 00:22:38.130 maybe to to put together

NOTE Confidence: 0.984092

00:22:38.130 --> 00:22:39.490 a slide deck, but I'm

NOTE Confidence: 0.984092

00:22:39.490 --> 00:22:40.690 going to try not to

NOTE Confidence: 0.984092

00:22:40.690 --> 00:22:42.044 use it too much. And,

NOTE Confidence: 0.984092

00:22:42.524 --> 00:22:44.125 I'm realizing as I'm sitting

NOTE Confidence: 0.984092

00:22:44.125 --> 00:22:45.024 here in the room,

NOTE Confidence: 0.9677469

00:22:45.884 --> 00:22:48.125 surrounded by esophageal cancer patients.

NOTE Confidence: 0.9677469

00:22:48.125 --> 00:22:49.004 And, you know, as a

NOTE Confidence: 0.9677469

00:22:49.004 --> 00:22:50.684 cancer doctor, I always think

NOTE Confidence: 0.9677469

00:22:50.684 --> 00:22:52.605 of that, I learn more

NOTE Confidence: 0.9677469

00:22:52.605 --> 00:22:53.424 from my patients,

NOTE Confidence: 0.9941406

00:22:53.804 --> 00:22:54.304 actually,

NOTE Confidence: 0.9900716

00:22:54.764 --> 00:22:56.470 than than I can teach

NOTE Confidence: 0.9900716

00:22:56.470 --> 00:22:56.970 them.

NOTE Confidence: 0.9943197

00:22:57.509 --> 00:22:59.590 So, I would actually maybe

NOTE Confidence: 0.9943197

00:22:59.590 --> 00:23:00.869 like to start with, the

NOTE Confidence: 0.9943197

00:23:00.869 --> 00:23:02.070 comment you made, which I

NOTE Confidence: 0.9943197

00:23:02.070 --> 00:23:03.350 think is very important when

NOTE Confidence: 0.9943197

00:23:03.350 --> 00:23:04.789 we think about how long

NOTE Confidence: 0.9943197

00:23:04.789 --> 00:23:06.809 term wellness after radiation treatment,

NOTE Confidence: 0.9486084

00:23:07.269 --> 00:23:09.109 which is that, radiation was

NOTE Confidence: 0.9486084

00:23:09.109 --> 00:23:09.609 torture.

NOTE Confidence: 0.885791

00:23:10.435 --> 00:23:11.795 You know? And and that's,

NOTE Confidence: 0.9394531

00:23:12.195 --> 00:23:12.935 that's very,

NOTE Confidence: 0.980127

00:23:13.395 --> 00:23:15.475 that's very important to to

NOTE Confidence: 0.980127

00:23:15.475 --> 00:23:16.935 think about and talk about.

NOTE Confidence: 0.9723145

00:23:17.315 --> 00:23:18.675 How many patients in this

NOTE Confidence: 0.9723145

00:23:18.675 --> 00:23:20.295 room have have had radiation?

NOTE Confidence: 0.9614258

00:23:21.155 --> 00:23:22.115 So a good number of

NOTE Confidence: 0.9614258

00:23:22.115 --> 00:23:22.615 patients.

NOTE Confidence: 0.99438477

00:23:23.955 --> 00:23:24.960 Is there is there pretty

NOTE Confidence: 0.99438477

00:23:24.960 --> 00:23:26.320 much agreement that it was

NOTE Confidence: 0.99438477

00:23:26.320 --> 00:23:26.640 torture?

NOTE Confidence: 0.901062

00:23:28.240 --> 00:23:29.760 Yeah. Okay. Yeah. Yeah. And

NOTE Confidence: 0.901062

00:23:29.760 --> 00:23:31.140 still yeah. Yeah.

NOTE Confidence: 0.9821167

00:23:32.000 --> 00:23:33.540 So this is where,

NOTE Confidence: 0.9808268

00:23:34.480 --> 00:23:35.440 I can talk a little

NOTE Confidence: 0.9808268

00:23:35.440 --> 00:23:37.359 bit about radiation, the role

NOTE Confidence: 0.9808268

00:23:37.359 --> 00:23:39.460 in treatment of esophageal cancer.

NOTE Confidence: 0.9907837

00:23:40.125 --> 00:23:41.805 And, I think it's very

NOTE Confidence: 0.9907837

00:23:41.805 --> 00:23:43.244 important to talk about this

NOTE Confidence: 0.9907837

00:23:43.244 --> 00:23:44.285 concept that,

NOTE Confidence: 0.8938802

00:23:45.805 --> 00:23:47.085 in when we talk about

NOTE Confidence: 0.8938802

00:23:47.085 --> 00:23:48.385 first do no harm,

NOTE Confidence: 0.9980469

00:23:49.405 --> 00:23:49.905 that

NOTE Confidence: 0.97218156

00:23:50.685 --> 00:23:51.645 a lot of our cancer

NOTE Confidence: 0.97218156

00:23:51.645 --> 00:23:53.405 treatments can cause harm, and

NOTE Confidence: 0.97218156

00:23:53.405 --> 00:23:54.365 we need to help our

NOTE Confidence: 0.97218156

00:23:54.365 --> 00:23:55.320 patients with this.

NOTE Confidence: 0.9984538

00:23:55.799 --> 00:23:56.679 So the first thing to

NOTE Confidence: 0.9984538

00:23:56.679 --> 00:23:58.220 think about is that,

NOTE Confidence: 0.96606445

00:23:59.240 --> 00:24:00.119 you know, as you know,

NOTE Confidence: 0.96606445

00:24:00.119 --> 00:24:01.980 we think a lot about

NOTE Confidence: 0.8872884

00:24:03.080 --> 00:24:05.159 radiation treatment as, I would

NOTE Confidence: 0.8872884

00:24:05.159 --> 00:24:05.659 say,

NOTE Confidence: 0.9761393

00:24:06.279 --> 00:24:07.820 even though there are significant

NOTE Confidence: 0.9761393

00:24:08.039 --> 00:24:09.320 side effects that we do

NOTE Confidence: 0.9761393

00:24:09.320 --> 00:24:10.700 think about it as a

NOTE Confidence: 0.9886998

00:24:11.025 --> 00:24:12.625 precision treatment and a carefully

NOTE Confidence: 0.9886998

00:24:12.625 --> 00:24:13.605 delivered treatment.

NOTE Confidence: 0.96069336

00:24:14.145 --> 00:24:14.645 And,

NOTE Confidence: 0.99263823

00:24:15.505 --> 00:24:16.785 we use a lot of

NOTE Confidence: 0.99263823

00:24:16.785 --> 00:24:17.665 what we learned in the

NOTE Confidence: 0.99263823

00:24:17.665 --> 00:24:19.105 past century with,

NOTE Confidence: 0.9963379

00:24:19.505 --> 00:24:20.484 physics, biology,

NOTE Confidence: 0.9785822

00:24:20.785 --> 00:24:22.545 computer technology to really try

NOTE Confidence: 0.9785822

00:24:22.545 --> 00:24:24.299 to separate out the therapeutic

NOTE Confidence: 0.9785822

00:24:24.299 --> 00:24:24.799 index,

NOTE Confidence: 0.99440694

00:24:25.659 --> 00:24:27.260 that is the side effects

NOTE Confidence: 0.99440694

00:24:27.260 --> 00:24:29.119 from the effectiveness of radiation

NOTE Confidence: 0.99440694

00:24:29.260 --> 00:24:29.760 treatment.

NOTE Confidence: 0.9654338

00:24:30.940 --> 00:24:32.619 This is an example, though,

NOTE Confidence: 0.9654338

00:24:32.619 --> 00:24:34.140 of what a radiation treatment

NOTE Confidence: 0.9654338

00:24:34.140 --> 00:24:34.880 looks like,

NOTE Confidence: 0.9461263

00:24:36.385 --> 00:24:37.665 generated by AI, by the

NOTE Confidence: 0.9461263

00:24:37.665 --> 00:24:38.785 way, not not one of

NOTE Confidence: 0.9461263

00:24:38.785 --> 00:24:39.445 my patients.

NOTE Confidence: 0.9841797

00:24:40.225 --> 00:24:41.345 But you can tell in

NOTE Confidence: 0.9841797

00:24:41.345 --> 00:24:42.625 the red colors, and I

NOTE Confidence: 0.9841797

00:24:42.625 --> 00:24:43.585 don't know if any of

NOTE Confidence: 0.9841797

00:24:43.585 --> 00:24:45.425 your radiation doctors have shown

NOTE Confidence: 0.9841797

00:24:45.425 --> 00:24:47.045 you your own radiation plans.

NOTE Confidence: 0.99251884

00:24:47.425 --> 00:24:48.645 But, you know, we customize

NOTE Confidence: 0.99251884

00:24:48.705 --> 00:24:50.645 these radiation plans based on

NOTE Confidence: 0.99251884

00:24:50.830 --> 00:24:52.530 an individual patient's anatomy.

NOTE Confidence: 0.9899414

00:24:53.070 --> 00:24:54.430 But you can see that,

NOTE Confidence: 0.97436523

00:24:55.550 --> 00:24:56.510 a lot of a lot

NOTE Confidence: 0.97436523

00:24:56.510 --> 00:24:56.910 of the,

NOTE Confidence: 0.9818217

00:24:58.030 --> 00:24:58.990 a lot of times we're

NOTE Confidence: 0.9818217

00:24:58.990 --> 00:25:00.350 treating very large areas of

NOTE Confidence: 0.9818217

00:25:00.350 --> 00:25:01.090 the esophagus.

NOTE Confidence: 0.9760132

00:25:02.109 --> 00:25:03.890 And, that leads to

NOTE Confidence: 0.9735884

00:25:04.205 --> 00:25:05.484 a lot of the, side

NOTE Confidence: 0.9735884

00:25:05.484 --> 00:25:07.984 effects during treatment, including sometimes

NOTE Confidence: 0.9735884

00:25:08.125 --> 00:25:08.625 hospitalizations

NOTE Confidence: 0.74853516

00:25:09.085 --> 00:25:09.585 because,

NOTE Confidence: 0.9341634

00:25:09.885 --> 00:25:11.105 of difficulty swallowing,

NOTE Confidence: 0.92822266

00:25:12.285 --> 00:25:13.505 and, weight loss.

NOTE Confidence: 0.98291016

00:25:14.205 --> 00:25:14.605 And,

NOTE Confidence: 0.99262154

00:25:15.165 --> 00:25:16.445 and then in addition, you

NOTE Confidence: 0.99262154

00:25:16.445 --> 00:25:17.825 know, we're aiming right

NOTE Confidence: 0.9609863

00:25:18.359 --> 00:25:20.119 between the lungs, and we're

NOTE Confidence: 0.9609863

00:25:20.119 --> 00:25:22.140 aiming right behind the heart.

NOTE Confidence: 0.98498535

00:25:22.680 --> 00:25:23.880 So the heart and lungs

NOTE Confidence: 0.98498535

00:25:23.880 --> 00:25:26.059 are very important vital organs.

NOTE Confidence: 0.94873047

00:25:26.840 --> 00:25:27.160 And,

NOTE Confidence: 0.9995117

00:25:27.960 --> 00:25:29.500 the exposure of radiation

NOTE Confidence: 0.99670994

00:25:29.880 --> 00:25:31.320 to these organs is really

NOTE Confidence: 0.99670994

00:25:31.320 --> 00:25:32.280 where a lot of the

NOTE Confidence: 0.99670994

00:25:32.280 --> 00:25:33.375 side effects come from in

NOTE Confidence: 0.99670994

00:25:33.375 --> 00:25:35.315 the long term, from radiation

NOTE Confidence: 0.99670994

00:25:35.375 --> 00:25:35.875 treatment.

NOTE Confidence: 0.96181643

00:25:36.655 --> 00:25:37.935 The good news is that

NOTE Confidence: 0.96181643

00:25:37.935 --> 00:25:39.855 over time, and, I guess,

NOTE Confidence: 0.96181643

00:25:39.855 --> 00:25:41.535 I would say that, certainly

NOTE Confidence: 0.96181643

00:25:41.535 --> 00:25:42.755 in the last ten years,

NOTE Confidence: 0.97436523

00:25:43.215 --> 00:25:45.615 our computer technology has actually

NOTE Confidence: 0.97436523

00:25:45.615 --> 00:25:46.115 advanced

NOTE Confidence: 0.99850464

00:25:47.119 --> 00:25:49.119 greatly. So the radiation treatment

NOTE Confidence: 0.99850464

00:25:49.119 --> 00:25:50.100 that we give

NOTE Confidence: 0.99902344

00:25:50.800 --> 00:25:51.300 now

NOTE Confidence: 0.976237

00:25:51.600 --> 00:25:53.140 is a lot more precise.

NOTE Confidence: 0.976237

00:25:53.359 --> 00:25:53.859 And,

NOTE Confidence: 0.99295896

00:25:54.640 --> 00:25:55.840 not only that, but we've

NOTE Confidence: 0.99295896

00:25:55.840 --> 00:25:58.240 learned from previous experience to

NOTE Confidence: 0.99295896

00:25:58.240 --> 00:25:59.920 really try to reduce the

NOTE Confidence: 0.99295896

00:25:59.920 --> 00:26:01.840 dose of radiation exposure to

NOTE Confidence: 0.99295896

00:26:01.840 --> 00:26:03.585 the heart, to the lungs,

NOTE Confidence: 0.9998915

00:26:04.045 --> 00:26:05.005 in order to try to

NOTE Confidence: 0.9998915

00:26:05.005 --> 00:26:06.385 mitigate some of these

NOTE Confidence: 0.84472656

00:26:06.685 --> 00:26:07.825 long term issues.

NOTE Confidence: 0.63305664

00:26:09.805 --> 00:26:10.305 So,

NOTE Confidence: 0.99365234

00:26:11.005 --> 00:26:11.505 ultimately,

NOTE Confidence: 0.9991455

00:26:12.445 --> 00:26:13.825 you know, after radiation,

NOTE Confidence: 0.99869794

00:26:14.525 --> 00:26:15.645 weight loss is a very

NOTE Confidence: 0.99869794

00:26:15.645 --> 00:26:16.145 important

NOTE Confidence: 0.9760742

00:26:16.710 --> 00:26:18.230 thing to think about, and,

NOTE Confidence: 0.9760742

00:26:18.710 --> 00:26:19.910 I'm really pleased that we

NOTE Confidence: 0.9760742

00:26:19.910 --> 00:26:21.910 have our nutritionist here to

NOTE Confidence: 0.9760742

00:26:21.910 --> 00:26:23.290 talk to you about this.

NOTE Confidence: 0.9832519

00:26:23.669 --> 00:26:25.609 You know, we actually think,

NOTE Confidence: 0.99820966

00:26:26.390 --> 00:26:27.850 that early nutritionist

NOTE Confidence: 0.98339844

00:26:28.230 --> 00:26:28.730 intervention,

NOTE Confidence: 0.98890907

00:26:29.350 --> 00:26:30.630 having a meeting with a

NOTE Confidence: 0.98890907

00:26:30.630 --> 00:26:31.690 registered dietitian

NOTE Confidence: 0.92944336

00:26:32.605 --> 00:26:33.105 improves,

NOTE Confidence: 0.98154294

00:26:33.725 --> 00:26:35.244 how patients get through treatment

NOTE Confidence: 0.98154294

00:26:35.244 --> 00:26:37.184 and also survival after treatment.

NOTE Confidence: 0.9170619

00:26:37.965 --> 00:26:39.744 Weight loss is associated with

NOTE Confidence: 0.9170619

00:26:39.965 --> 00:26:40.865 poor outcomes.

NOTE Confidence: 0.9797045

00:26:41.404 --> 00:26:43.105 And so every single patient

NOTE Confidence: 0.9797045

00:26:43.325 --> 00:26:44.205 that I see in my

NOTE Confidence: 0.9797045

00:26:44.205 --> 00:26:45.885 clinic sees a nutritionist. We

NOTE Confidence: 0.9797045

00:26:45.885 --> 00:26:47.085 have a nutritious come to

NOTE Confidence: 0.9797045

00:26:47.085 --> 00:26:48.065 our clinic and

NOTE Confidence: 0.9861857

00:26:48.440 --> 00:26:49.400 meet with them in our

NOTE Confidence: 0.9861857

00:26:49.400 --> 00:26:51.160 clinic rooms, and that's very

NOTE Confidence: 0.9861857

00:26:51.160 --> 00:26:52.280 important. And,

NOTE Confidence: 0.98547363

00:26:52.680 --> 00:26:53.820 I I would recommend,

NOTE Confidence: 0.9858127

00:26:55.080 --> 00:26:56.359 you know, that this is

NOTE Confidence: 0.9858127

00:26:56.359 --> 00:26:57.640 an essential part of,

NOTE Confidence: 0.9983724

00:26:58.119 --> 00:26:59.340 recovering from radiation.

NOTE Confidence: 0.8970703

00:27:00.215 --> 00:27:00.715 Deconditioning,

NOTE Confidence: 0.7470703

00:27:01.095 --> 00:27:01.595 fatigue.

NOTE Confidence: 0.99820966

00:27:02.295 --> 00:27:03.275 It's been demonstrated

NOTE Confidence: 0.9626953

00:27:03.655 --> 00:27:06.395 that, after chemotherapy and radiation,

NOTE Confidence: 0.9582723

00:27:06.775 --> 00:27:08.555 patients actually lose muscle mass,

NOTE Confidence: 0.9582723

00:27:08.855 --> 00:27:09.355 sarcopenia,

NOTE Confidence: 0.9972331

00:27:09.734 --> 00:27:10.635 they call it.

NOTE Confidence: 0.9910458

00:27:11.494 --> 00:27:12.535 As you can imagine, if

NOTE Confidence: 0.9910458

00:27:12.535 --> 00:27:14.055 you lose muscle mass, you

NOTE Confidence: 0.9910458

00:27:14.055 --> 00:27:16.019 get weaker. It's harder to

NOTE Confidence: 0.9910458

00:27:16.019 --> 00:27:17.380 get back into shape, harder

NOTE Confidence: 0.9910458

00:27:17.380 --> 00:27:18.659 to recover, harder to get

NOTE Confidence: 0.9910458

00:27:18.659 --> 00:27:20.019 back to your normal activities

NOTE Confidence: 0.9910458

00:27:20.019 --> 00:27:21.240 and your daily routine,

NOTE Confidence: 0.99750435

00:27:22.100 --> 00:27:23.619 easier to just feel like

NOTE Confidence: 0.99750435

00:27:23.619 --> 00:27:24.840 sitting around all day.

NOTE Confidence: 0.97021484

00:27:25.539 --> 00:27:25.940 And,

NOTE Confidence: 0.9433594

00:27:26.340 --> 00:27:26.840 so,

NOTE Confidence: 0.98966473

00:27:27.220 --> 00:27:28.419 this is something that has

NOTE Confidence: 0.98966473

00:27:28.419 --> 00:27:28.919 been

NOTE Confidence: 0.9682617

00:27:29.545 --> 00:27:30.365 more and more,

NOTE Confidence: 0.99902344

00:27:30.665 --> 00:27:31.165 that

NOTE Confidence: 0.89127606

00:27:32.585 --> 00:27:33.565 mild to moderate

NOTE Confidence: 0.911155

00:27:34.025 --> 00:27:36.425 exercise, regimented exercise has been

NOTE Confidence: 0.911155

00:27:36.425 --> 00:27:37.705 shown to be important in

NOTE Confidence: 0.911155

00:27:37.705 --> 00:27:38.205 cancer

NOTE Confidence: 0.99121094

00:27:38.505 --> 00:27:39.005 recovery.

NOTE Confidence: 0.9747925

00:27:39.545 --> 00:27:40.585 And, the way I talk

NOTE Confidence: 0.9747925

00:27:40.585 --> 00:27:41.385 to my patients about it,

NOTE Confidence: 0.9747925

00:27:41.385 --> 00:27:42.425 it's really about building up

NOTE Confidence: 0.9747925

00:27:42.425 --> 00:27:43.950 muscle mass. You know? Nutrition,

NOTE Confidence: 0.9885254

00:27:44.490 --> 00:27:44.990 exercise,

NOTE Confidence: 0.9736328

00:27:45.850 --> 00:27:47.290 trying to get back into

NOTE Confidence: 0.9736328

00:27:47.290 --> 00:27:48.890 shape after all this,

NOTE Confidence: 0.954895

00:27:49.369 --> 00:27:51.130 torture. You know? And,

NOTE Confidence: 0.97952706

00:27:51.610 --> 00:27:52.990 and this is very important,

NOTE Confidence: 0.97952706

00:27:53.210 --> 00:27:53.950 for recovery.

NOTE Confidence: 0.984375

00:27:57.335 --> 00:27:57.835 Something

NOTE Confidence: 0.9733887

00:27:58.215 --> 00:27:58.715 which,

NOTE Confidence: 0.99016315

00:27:59.575 --> 00:28:00.775 you know, I think is

NOTE Confidence: 0.99016315

00:28:00.775 --> 00:28:02.375 very important about what you

NOTE Confidence: 0.99016315

00:28:02.375 --> 00:28:03.575 shared, which is that your

NOTE Confidence: 0.99016315

00:28:03.575 --> 00:28:04.695 family had and, by the

NOTE Confidence: 0.99016315

00:28:04.695 --> 00:28:05.755 way, I'm really sorry

NOTE Confidence: 0.9392578

00:28:06.615 --> 00:28:07.815 about what your family has

NOTE Confidence: 0.9392578

00:28:07.815 --> 00:28:10.080 gone through. It's it's heartbreaking.

NOTE Confidence: 0.96839905

00:28:11.580 --> 00:28:12.859 But one thing which really

NOTE Confidence: 0.96839905

00:28:12.859 --> 00:28:14.460 resonated was this idea of

NOTE Confidence: 0.96839905

00:28:14.460 --> 00:28:16.220 a, of needing a feeding

NOTE Confidence: 0.96839905

00:28:16.220 --> 00:28:16.720 tube

NOTE Confidence: 0.6907552

00:28:17.340 --> 00:28:18.240 after a treatment.

NOTE Confidence: 0.9674656

00:28:19.580 --> 00:28:21.820 Sometimes after radiation, there can

NOTE Confidence: 0.9674656

00:28:21.820 --> 00:28:23.440 be, what are called esophageal

NOTE Confidence: 0.9674656

00:28:23.660 --> 00:28:25.335 strictures. So this is something

NOTE Confidence: 0.9674656

00:28:25.335 --> 00:28:26.455 that can happen even a

NOTE Confidence: 0.9674656

00:28:26.455 --> 00:28:28.135 few months after radiation is

NOTE Confidence: 0.9674656

00:28:28.135 --> 00:28:29.575 over, where there can be

NOTE Confidence: 0.9674656

00:28:29.575 --> 00:28:31.175 enough scar tissue that the

NOTE Confidence: 0.9674656

00:28:31.175 --> 00:28:32.395 esophagus narrows

NOTE Confidence: 0.84765625

00:28:32.855 --> 00:28:33.335 and,

NOTE Confidence: 0.9676615

00:28:33.815 --> 00:28:35.575 and and constricts and makes

NOTE Confidence: 0.9676615

00:28:35.575 --> 00:28:37.355 difficult, swallowing difficult.

NOTE Confidence: 0.88549805

00:28:38.799 --> 00:28:39.279 So,

NOTE Confidence: 0.9697998

00:28:39.600 --> 00:28:41.440 I would encourage if, folks

NOTE Confidence: 0.9697998

00:28:41.440 --> 00:28:43.279 are having difficulty with this,

NOTE Confidence: 0.9353977

00:28:43.600 --> 00:28:46.179 that, a speech language pathology

NOTE Confidence: 0.9353977

00:28:46.320 --> 00:28:48.019 consultation is very important,

NOTE Confidence: 0.9987488

00:28:48.799 --> 00:28:49.919 to try to learn how

NOTE Confidence: 0.9987488

00:28:49.919 --> 00:28:51.059 to swallow better.

NOTE Confidence: 0.89697266

00:28:51.855 --> 00:28:52.675 And then also,

NOTE Confidence: 0.98714775

00:28:53.055 --> 00:28:55.055 we have excellent endoscopists who

NOTE Confidence: 0.98714775

00:28:55.055 --> 00:28:55.715 can actually,

NOTE Confidence: 0.9756483

00:28:56.255 --> 00:28:57.695 with an endoscopy, go in

NOTE Confidence: 0.9756483

00:28:57.695 --> 00:28:58.995 and open up the stricture,

NOTE Confidence: 0.9756483

00:28:59.055 --> 00:29:00.435 break up the scar tissue,

NOTE Confidence: 0.98335636

00:29:00.815 --> 00:29:01.775 to try to open that

NOTE Confidence: 0.98335636

00:29:01.775 --> 00:29:03.395 up and make swallowing easier.

NOTE Confidence: 0.98335636

00:29:03.660 --> 00:29:05.580 So that's another, important thing.

NOTE Confidence: 0.98335636

00:29:05.580 --> 00:29:06.940 This is probably the the

NOTE Confidence: 0.98335636

00:29:06.940 --> 00:29:08.540 most common long term side

NOTE Confidence: 0.98335636

00:29:08.540 --> 00:29:10.160 effect of radiation. Actually,

NOTE Confidence: 0.9982639

00:29:10.540 --> 00:29:12.060 about five percent of patients

NOTE Confidence: 0.9982639

00:29:12.060 --> 00:29:13.440 can can see this.

NOTE Confidence: 0.9794573

00:29:14.220 --> 00:29:15.900 And then, the lungs are

NOTE Confidence: 0.9794573

00:29:15.900 --> 00:29:16.720 very important.

NOTE Confidence: 0.94638294

00:29:17.445 --> 00:29:18.485 You know, as I'm talking

NOTE Confidence: 0.94638294

00:29:18.485 --> 00:29:19.684 about, trying to get back

NOTE Confidence: 0.94638294

00:29:19.684 --> 00:29:20.825 to physical activity,

NOTE Confidence: 0.7850952

00:29:21.445 --> 00:29:23.065 sometimes there can be a

NOTE Confidence: 0.7850952

00:29:23.125 --> 00:29:23.865 a a inflammation

NOTE Confidence: 1

00:29:24.485 --> 00:29:26.105 of the lungs from radiation

NOTE Confidence: 1

00:29:26.245 --> 00:29:26.745 treatment.

NOTE Confidence: 0.9885254

00:29:27.284 --> 00:29:28.485 These pictures are actually not

NOTE Confidence: 0.9885254

00:29:28.485 --> 00:29:30.645 from esophageal cancer patient. They're

NOTE Confidence: 0.9885254

00:29:30.645 --> 00:29:31.845 actually from a lung cancer

NOTE Confidence: 0.9885254

00:29:31.845 --> 00:29:32.250 patient.

NOTE Confidence: 0.81901044

00:29:33.130 --> 00:29:33.370 I I actually,

NOTE Confidence: 0.9864502

00:29:35.210 --> 00:29:36.650 fortunately, I think with how

NOTE Confidence: 0.9864502

00:29:36.650 --> 00:29:37.870 we're reducing the

NOTE Confidence: 0.98746747

00:29:38.250 --> 00:29:40.170 the, the lung exposure to

NOTE Confidence: 0.98746747

00:29:40.170 --> 00:29:40.670 radiation

NOTE Confidence: 0.95458984

00:29:41.290 --> 00:29:42.010 these days,

NOTE Confidence: 0.99991864

00:29:42.410 --> 00:29:43.850 this is not something that

NOTE Confidence: 0.99991864

00:29:43.850 --> 00:29:45.050 I have really seen in

NOTE Confidence: 0.99991864

00:29:45.050 --> 00:29:45.710 my patients.

NOTE Confidence: 0.99902344

00:29:46.415 --> 00:29:47.635 However, about

NOTE Confidence: 0.9541391

00:29:49.215 --> 00:29:50.975 twenty percent of patients may

NOTE Confidence: 0.9541391

00:29:50.975 --> 00:29:52.335 have an inflammation of lungs,

NOTE Confidence: 0.9541391

00:29:52.335 --> 00:29:53.375 about five percent,

NOTE Confidence: 0.99853516

00:29:53.775 --> 00:29:54.515 very severe

NOTE Confidence: 0.78564453

00:29:55.215 --> 00:29:55.715 fibrosis

NOTE Confidence: 0.9958496

00:29:56.015 --> 00:29:57.135 or scar tissue in the

NOTE Confidence: 0.9958496

00:29:57.135 --> 00:29:57.635 lungs.

NOTE Confidence: 0.9930013

00:29:59.179 --> 00:30:00.080 If that happens,

NOTE Confidence: 0.86083984

00:30:00.539 --> 00:30:02.700 steroids may be needed. And,

NOTE Confidence: 0.89375

00:30:03.100 --> 00:30:04.380 I I would say that,

NOTE Confidence: 0.9664612

00:30:04.940 --> 00:30:06.700 antioxidant therapy has been shown

NOTE Confidence: 0.9664612

00:30:06.700 --> 00:30:08.299 to help to mitigate the

NOTE Confidence: 0.9664612

00:30:08.299 --> 00:30:10.000 scar tissue effect with radiation.

NOTE Confidence: 0.9664612

00:30:10.140 --> 00:30:10.640 So,

NOTE Confidence: 0.9719904

00:30:11.179 --> 00:30:12.559 many times, I may recommend

NOTE Confidence: 0.9719904

00:30:12.620 --> 00:30:14.160 for my patients a combination

NOTE Confidence: 0.9719904

00:30:14.220 --> 00:30:14.720 of

NOTE Confidence: 0.86450195

00:30:15.475 --> 00:30:17.335 of, of medications to help

NOTE Confidence: 0.9399763

00:30:18.195 --> 00:30:19.554 improve and soften up the

NOTE Confidence: 0.9399763

00:30:19.554 --> 00:30:20.294 scar tissue.

NOTE Confidence: 0.8742676

00:30:21.635 --> 00:30:22.294 And then,

NOTE Confidence: 0.9963379

00:30:22.595 --> 00:30:23.335 very importantly,

NOTE Confidence: 0.9547991

00:30:23.875 --> 00:30:25.794 cardiac toxicity. So we know

NOTE Confidence: 0.9547991

00:30:25.794 --> 00:30:26.835 actually that,

NOTE Confidence: 0.99921876

00:30:27.235 --> 00:30:29.220 the more radiation the heart

NOTE Confidence: 0.9484253

00:30:30.179 --> 00:30:31.860 sees, actually, the the,

NOTE Confidence: 0.94124347

00:30:32.419 --> 00:30:33.780 the the poorer the patient

NOTE Confidence: 0.94124347

00:30:33.780 --> 00:30:34.280 does.

NOTE Confidence: 0.9637402

00:30:34.659 --> 00:30:36.260 And so, again, these days,

NOTE Confidence: 0.9637402

00:30:36.260 --> 00:30:37.559 now that we're very cognizant

NOTE Confidence: 0.9637402

00:30:37.620 --> 00:30:38.580 of this, we really try

NOTE Confidence: 0.9637402

00:30:38.580 --> 00:30:40.520 to reduce the radiation exposure

NOTE Confidence: 0.9637402

00:30:40.580 --> 00:30:42.600 to the to the, heart,

NOTE Confidence: 0.97946507

00:30:43.700 --> 00:30:46.095 about, one percent serious cardiac

NOTE Confidence: 0.97946507

00:30:46.095 --> 00:30:47.535 events in patients after,

NOTE Confidence: 0.9926758

00:30:47.935 --> 00:30:49.395 after radiation treatment.

NOTE Confidence: 0.93188477

00:30:49.855 --> 00:30:50.095 And,

NOTE Confidence: 0.929718

00:30:51.215 --> 00:30:52.975 this is again where, not

NOTE Confidence: 0.929718

00:30:52.975 --> 00:30:55.295 just in, treating esophageal cancer,

NOTE Confidence: 0.929718

00:30:55.295 --> 00:30:57.295 but across the board, cardio

NOTE Confidence: 0.929718

00:30:57.295 --> 00:30:57.795 oncology

NOTE Confidence: 0.99139404

00:30:58.300 --> 00:31:00.000 is actually a very important

NOTE Confidence: 0.99139404

00:31:00.060 --> 00:31:01.260 thing for any,

NOTE Confidence: 0.9820801

00:31:01.660 --> 00:31:03.660 cancer survivor to think about.

NOTE Confidence: 0.9820801

00:31:03.660 --> 00:31:05.100 And we have an excellent,

NOTE Confidence: 0.8913439

00:31:05.420 --> 00:31:07.740 cardio oncology programs, cardiologists who

NOTE Confidence: 0.8913439

00:31:07.740 --> 00:31:08.240 specialize

NOTE Confidence: 0.9913737

00:31:08.700 --> 00:31:11.100 in, taking care of cancer

NOTE Confidence: 0.9913737

00:31:11.100 --> 00:31:11.600 survivors.

NOTE Confidence: 0.95410156

00:31:13.095 --> 00:31:14.775 This is something where, the

NOTE Confidence: 0.95410156

00:31:14.775 --> 00:31:16.375 primary effect of radiation is

NOTE Confidence: 0.95410156

00:31:16.375 --> 00:31:18.054 really in terms of a

NOTE Confidence: 0.95410156

00:31:18.054 --> 00:31:19.495 long term change to the

NOTE Confidence: 0.95410156

00:31:19.495 --> 00:31:20.875 blood vessels of the heart,

NOTE Confidence: 0.9756775

00:31:21.575 --> 00:31:23.655 similar to how, high blood

NOTE Confidence: 0.9756775

00:31:23.655 --> 00:31:24.955 pressure, high cholesterol,

NOTE Confidence: 0.99161786

00:31:25.495 --> 00:31:26.775 you know, it can all

NOTE Confidence: 0.99161786

00:31:26.775 --> 00:31:28.260 affect the blood vessels of

NOTE Confidence: 0.99161786

00:31:28.260 --> 00:31:28.840 the heart.

NOTE Confidence: 0.9875488

00:31:29.300 --> 00:31:29.940 And so,

NOTE Confidence: 0.9168213

00:31:30.340 --> 00:31:32.200 these are modifiable risk factors.

NOTE Confidence: 0.9168213

00:31:32.500 --> 00:31:34.900 And, being as, up on,

NOTE Confidence: 0.9562613

00:31:35.460 --> 00:31:37.380 making sure you're exercising, good

NOTE Confidence: 0.9562613

00:31:37.380 --> 00:31:39.140 diets, low cholesterol, your blood

NOTE Confidence: 0.9562613

00:31:39.140 --> 00:31:40.035 pressure is under

NOTE Confidence: 0.9827104

00:31:40.515 --> 00:31:41.795 control. All that is very,

NOTE Confidence: 0.9827104

00:31:41.795 --> 00:31:43.875 very important for esophageal cancer

NOTE Confidence: 0.9827104

00:31:43.875 --> 00:31:44.375 survivors.

NOTE Confidence: 0.9276123

00:31:46.675 --> 00:31:47.795 And then, of course, the

NOTE Confidence: 0.9276123

00:31:47.795 --> 00:31:48.295 psychosocial

NOTE Confidence: 0.8984375

00:31:49.075 --> 00:31:49.575 burden.

NOTE Confidence: 0.96643066

00:31:50.355 --> 00:31:51.015 You know,

NOTE Confidence: 0.898291

00:31:51.555 --> 00:31:52.995 I think going back to

NOTE Confidence: 0.898291

00:31:52.995 --> 00:31:54.375 this idea of being tortured,

NOTE Confidence: 0.9520671

00:31:55.430 --> 00:31:57.270 these are things that folks

NOTE Confidence: 0.9520671

00:31:57.270 --> 00:31:58.570 need to recover from.

NOTE Confidence: 0.85595703

00:31:58.950 --> 00:31:59.270 And,

NOTE Confidence: 0.96407473

00:31:59.990 --> 00:32:02.070 sometimes patients really may need

NOTE Confidence: 0.96407473

00:32:02.070 --> 00:32:04.250 help, with recovering from this.

NOTE Confidence: 0.96407473

00:32:04.310 --> 00:32:05.430 And, again, that's where we

NOTE Confidence: 0.96407473

00:32:05.430 --> 00:32:07.210 have a excellent psycho oncology

NOTE Confidence: 0.7182617

00:32:07.670 --> 00:32:08.410 team here,

NOTE Confidence: 0.92510986

00:32:08.975 --> 00:32:10.355 folks who can actually,

NOTE Confidence: 0.756958

00:32:11.695 --> 00:32:12.335 help with,

NOTE Confidence: 0.95406085

00:32:12.735 --> 00:32:14.335 guiding patients toward a better

NOTE Confidence: 0.95406085

00:32:14.335 --> 00:32:14.835 recovery.

NOTE Confidence: 0.9675293

00:32:15.375 --> 00:32:15.875 And,

NOTE Confidence: 0.9475431

00:32:16.335 --> 00:32:17.375 all of you here today

NOTE Confidence: 0.9475431

00:32:17.375 --> 00:32:18.655 as well talking about your

NOTE Confidence: 0.9475431

00:32:18.655 --> 00:32:19.155 experiences,

NOTE Confidence: 0.9338989

00:32:19.775 --> 00:32:21.295 a very important thing, to

NOTE Confidence: 0.9338989

00:32:21.295 --> 00:32:22.355 think about afterwards.

NOTE Confidence: 0.8796387

00:32:23.700 --> 00:32:24.919 So, ultimately,

NOTE Confidence: 0.9574788

00:32:25.620 --> 00:32:26.580 I would say as I'm

NOTE Confidence: 0.9574788

00:32:26.580 --> 00:32:27.940 running out of time or

NOTE Confidence: 0.9574788

00:32:27.940 --> 00:32:28.760 past time,

NOTE Confidence: 0.99902344

00:32:29.539 --> 00:32:30.039 that

NOTE Confidence: 0.9343262

00:32:31.140 --> 00:32:32.440 we do think about

NOTE Confidence: 0.9428168

00:32:33.220 --> 00:32:34.740 long term follow-up and care

NOTE Confidence: 0.9428168

00:32:34.740 --> 00:32:36.179 as being very important in

NOTE Confidence: 0.9428168

00:32:36.179 --> 00:32:36.919 my field.

NOTE Confidence: 0.96836346

00:32:38.595 --> 00:32:40.915 If you are noticing new

NOTE Confidence: 0.96836346

00:32:40.915 --> 00:32:43.235 difficulty swallowing, weight loss, shortness

NOTE Confidence: 0.96836346

00:32:43.235 --> 00:32:43.895 of breath,

NOTE Confidence: 0.9998372

00:32:44.355 --> 00:32:45.655 chest pain, fatigue,

NOTE Confidence: 0.96648973

00:32:46.755 --> 00:32:48.995 emotional distress, you know, these

NOTE Confidence: 0.96648973

00:32:48.995 --> 00:32:50.835 are all reasons and things

NOTE Confidence: 0.96648973

00:32:50.835 --> 00:32:51.875 that we talk about when

NOTE Confidence: 0.96648973

00:32:51.875 --> 00:32:53.309 we see you after the

NOTE Confidence: 0.96648973

00:32:53.309 --> 00:32:54.990 treatment. And, we have a

NOTE Confidence: 0.96648973

00:32:54.990 --> 00:32:56.510 team here to help. You

NOTE Confidence: 0.96648973

00:32:56.510 --> 00:32:57.010 know,

NOTE Confidence: 0.97780246

00:32:57.470 --> 00:32:58.590 I'm not an expert in

NOTE Confidence: 0.97780246

00:32:58.590 --> 00:32:59.789 all of these things, but

NOTE Confidence: 0.97780246

00:32:59.789 --> 00:33:00.990 I know who the experts

NOTE Confidence: 0.97780246

00:33:00.990 --> 00:33:03.010 are, and, your doctors

NOTE Confidence: 0.9987305

00:33:03.470 --> 00:33:05.090 know who the experts are.

NOTE Confidence: 0.9691051

00:33:05.710 --> 00:33:06.669 Make sure you talk to

NOTE Confidence: 0.9691051

00:33:06.669 --> 00:33:08.485 your doctors about these things.

NOTE Confidence: 0.9691051

00:33:08.485 --> 00:33:10.645 They're very important, and, there

NOTE Confidence: 0.9691051

00:33:10.645 --> 00:33:11.605 are things we can do

NOTE Confidence: 0.9691051

00:33:11.605 --> 00:33:12.185 to help.

NOTE Confidence: 0.9423625

00:33:14.725 --> 00:33:16.965 So, I'll just finish I'll

NOTE Confidence: 0.9423625

00:33:16.965 --> 00:33:18.325 I'll actually skip over this

NOTE Confidence: 0.9423625

00:33:18.325 --> 00:33:19.145 part, and

NOTE Confidence: 0.93098956

00:33:20.700 --> 00:33:22.220 maybe turn this, open it

NOTE Confidence: 0.93098956

00:33:22.220 --> 00:33:23.619 up for any comments,

NOTE Confidence: 0.9941406

00:33:24.059 --> 00:33:24.559 questions.

NOTE Confidence: 0.984375

00:33:24.860 --> 00:33:25.360 Yeah.

NOTE Confidence: 0.2401123

00:33:27.260 --> 00:33:27.760 Is

NOTE Confidence: 0.97685176

00:33:30.220 --> 00:33:31.440 there any way to distinguish

NOTE Confidence: 0.97685176

00:33:31.500 --> 00:33:33.280 whether it's, caused by

NOTE Confidence: 0.9271973

00:33:34.105 --> 00:33:35.625 the radiation or the immuno

NOTE Confidence: 0.9271973

00:33:35.784 --> 00:33:37.565 Yeah. Yeah. I think, so,

NOTE Confidence: 0.9243326

00:33:37.945 --> 00:33:39.644 doctor Yock, as you know,

NOTE Confidence: 0.98380536

00:33:39.945 --> 00:33:41.625 I'm I'm very familiar with

NOTE Confidence: 0.98380536

00:33:41.625 --> 00:33:43.164 your with your, care.

NOTE Confidence: 0.9871826

00:33:44.184 --> 00:33:45.565 This is something where,

NOTE Confidence: 0.96691895

00:33:46.985 --> 00:33:48.445 you you had immunotherapy

NOTE Confidence: 0.8417969

00:33:49.250 --> 00:33:49.750 after,

NOTE Confidence: 0.93652344

00:33:50.130 --> 00:33:51.350 after your surgery.

NOTE Confidence: 0.9862584

00:33:51.890 --> 00:33:53.650 And that's actually an important

NOTE Confidence: 0.9862584

00:33:53.650 --> 00:33:54.390 part of,

NOTE Confidence: 0.98950195

00:33:54.770 --> 00:33:56.130 what doctor Raga was talking

NOTE Confidence: 0.98950195

00:33:56.130 --> 00:33:57.510 about in terms of newer,

NOTE Confidence: 0.9660034

00:33:57.970 --> 00:33:59.510 more innovative, more effective,

NOTE Confidence: 0.999312

00:33:59.970 --> 00:34:01.890 cancer treatments for esophageal cancers

NOTE Confidence: 0.999312

00:34:01.890 --> 00:34:03.570 that are shown to improve

NOTE Confidence: 0.999312

00:34:03.570 --> 00:34:04.070 outcomes.

NOTE Confidence: 0.97580296

00:34:04.610 --> 00:34:06.215 So So immunotherapy by itself

NOTE Confidence: 0.97580296

00:34:06.215 --> 00:34:07.434 can also cause pneumonitis.

NOTE Confidence: 0.98620605

00:34:07.815 --> 00:34:08.635 And so,

NOTE Confidence: 0.99420166

00:34:09.094 --> 00:34:10.315 I would say that,

NOTE Confidence: 0.99467075

00:34:10.935 --> 00:34:12.214 you know, when when a

NOTE Confidence: 0.99467075

00:34:12.214 --> 00:34:13.734 patient gets pneumonitis that I've

NOTE Confidence: 0.99467075

00:34:13.734 --> 00:34:14.775 treated, the first thing that

NOTE Confidence: 0.99467075

00:34:14.775 --> 00:34:16.295 the medical oncologist or the

NOTE Confidence: 0.99467075

00:34:16.295 --> 00:34:17.700 surgeon does is call me

NOTE Confidence: 0.99467075

00:34:17.859 --> 00:34:18.980 and say, does this look

NOTE Confidence: 0.99467075

00:34:18.980 --> 00:34:20.280 like radiation pneumonitis?

NOTE Confidence: 0.99214363

00:34:21.219 --> 00:34:22.180 The things we look for

NOTE Confidence: 0.99214363

00:34:22.180 --> 00:34:24.020 in radiation pneumonitis are really,

NOTE Confidence: 0.99214363

00:34:24.339 --> 00:34:25.800 is the inflammation

NOTE Confidence: 1

00:34:26.339 --> 00:34:27.400 in our field

NOTE Confidence: 0.93151855

00:34:28.020 --> 00:34:28.839 of radiation,

NOTE Confidence: 0.99053484

00:34:29.540 --> 00:34:30.900 or is it really distant

NOTE Confidence: 0.99053484

00:34:30.900 --> 00:34:32.339 and outside of where we've

NOTE Confidence: 0.99053484

00:34:32.339 --> 00:34:33.405 exposed to radiation?

NOTE Confidence: 0.97409666

00:34:34.665 --> 00:34:35.705 And, you know, there's all

NOTE Confidence: 0.97409666

00:34:35.705 --> 00:34:37.005 these things that we can,

NOTE Confidence: 0.91733396

00:34:38.105 --> 00:34:39.625 think about in terms of,

NOTE Confidence: 0.99780273

00:34:40.025 --> 00:34:41.565 how focal, how patchy,

NOTE Confidence: 0.9625651

00:34:41.865 --> 00:34:43.245 you know, how their inflammation

NOTE Confidence: 0.9625651

00:34:43.465 --> 00:34:43.965 tracks,

NOTE Confidence: 0.9975586

00:34:44.825 --> 00:34:45.565 and things

NOTE Confidence: 0.97875977

00:34:45.865 --> 00:34:47.145 about how the how it

NOTE Confidence: 0.97875977

00:34:47.145 --> 00:34:48.719 looks on the CT scan.

NOTE Confidence: 0.82714844

00:34:49.200 --> 00:34:49.700 So,

NOTE Confidence: 0.9921875

00:34:50.560 --> 00:34:51.060 ultimately,

NOTE Confidence: 0.9393921

00:34:51.760 --> 00:34:52.980 I would say that,

NOTE Confidence: 0.8895874

00:34:55.760 --> 00:34:57.119 many times as a judgment

NOTE Confidence: 0.8895874

00:34:57.119 --> 00:34:58.400 call whether or not it's

NOTE Confidence: 0.8895874

00:34:58.400 --> 00:34:59.619 from, immunotherapy

NOTE Confidence: 0.9619629

00:35:00.080 --> 00:35:02.180 or drug or from radiation.

NOTE Confidence: 0.95700073

00:35:03.635 --> 00:35:04.675 I I think in your

NOTE Confidence: 0.95700073

00:35:04.675 --> 00:35:05.795 case, we did think about

NOTE Confidence: 0.95700073

00:35:05.795 --> 00:35:06.675 it as more of an

NOTE Confidence: 0.95700073

00:35:06.675 --> 00:35:07.175 immunotherapy

NOTE Confidence: 0.9995117

00:35:07.875 --> 00:35:08.375 reaction.

NOTE Confidence: 0.9786784

00:35:08.915 --> 00:35:10.275 I would say that, this

NOTE Confidence: 0.9786784

00:35:10.275 --> 00:35:11.474 is also very important in

NOTE Confidence: 0.9786784

00:35:11.474 --> 00:35:12.994 terms of modern radiation and

NOTE Confidence: 0.9786784

00:35:12.994 --> 00:35:14.755 how we, reduce the lung

NOTE Confidence: 0.9786784

00:35:14.755 --> 00:35:16.140 dose, which is that as

NOTE Confidence: 0.9786784

00:35:16.140 --> 00:35:17.660 we start stacking on all

NOTE Confidence: 0.9786784

00:35:17.660 --> 00:35:19.440 these treatments that increase inflammation

NOTE Confidence: 0.9786784

00:35:19.500 --> 00:35:20.400 like immunotherapy,

NOTE Confidence: 0.99768066

00:35:21.579 --> 00:35:23.020 trying to reduce the lung

NOTE Confidence: 0.99768066

00:35:23.020 --> 00:35:25.180 exposure to radiation with radiation

NOTE Confidence: 0.99768066

00:35:25.180 --> 00:35:26.940 really becomes more important as

NOTE Confidence: 0.99768066

00:35:26.940 --> 00:35:27.440 well.

NOTE Confidence: 0.89127606

00:35:29.255 --> 00:35:30.235 Any other questions?

NOTE Confidence: 0.9698181

00:35:31.415 --> 00:35:32.695 I will add to what

NOTE Confidence: 0.9698181

00:35:32.695 --> 00:35:33.735 doctor Du said,

NOTE Confidence: 0.95988584

00:35:34.135 --> 00:35:35.835 about this. While we're talking

NOTE Confidence: 0.95988584

00:35:35.975 --> 00:35:36.855 a fair bit about the

NOTE Confidence: 0.95988584

00:35:36.855 --> 00:35:38.235 side effects and,

NOTE Confidence: 0.9968872

00:35:39.495 --> 00:35:40.935 the the complications that we're

NOTE Confidence: 0.9968872

00:35:40.935 --> 00:35:42.155 dealing with with

NOTE Confidence: 0.8808594

00:35:42.549 --> 00:35:43.690 radiation that

NOTE Confidence: 0.8967285

00:35:44.390 --> 00:35:45.769 the reason we subject

NOTE Confidence: 0.9752308

00:35:46.150 --> 00:35:47.349 or ask you to be

NOTE Confidence: 0.9752308

00:35:47.349 --> 00:35:48.950 subjected to the radiation is

NOTE Confidence: 0.9752308

00:35:48.950 --> 00:35:49.450 because,

NOTE Confidence: 0.98095703

00:35:50.950 --> 00:35:51.450 if

NOTE Confidence: 0.9803409

00:35:51.989 --> 00:35:53.269 it often does one of

NOTE Confidence: 0.9803409

00:35:53.269 --> 00:35:54.630 two things. Right? One is

NOTE Confidence: 0.9803409

00:35:54.630 --> 00:35:56.315 if you can't get surgery,

NOTE Confidence: 0.9803409

00:35:56.535 --> 00:35:58.474 then the only directed treatment

NOTE Confidence: 0.9803409

00:35:58.535 --> 00:35:59.895 to the esophagus is gonna

NOTE Confidence: 0.9803409

00:35:59.895 --> 00:36:01.035 be radiation. Otherwise,

NOTE Confidence: 0.96643454

00:36:01.575 --> 00:36:02.855 all the drugs that medical

NOTE Confidence: 0.96643454

00:36:02.855 --> 00:36:04.775 oncologists give, systemic therapies, all

NOTE Confidence: 0.96643454

00:36:04.775 --> 00:36:05.895 just go everywhere, and we

NOTE Confidence: 0.96643454

00:36:05.895 --> 00:36:06.775 just hope it gets to

NOTE Confidence: 0.96643454

00:36:06.775 --> 00:36:08.135 the esophagus. Right? But if

NOTE Confidence: 0.96643454

00:36:08.135 --> 00:36:09.094 you wanna really get to

NOTE Confidence: 0.96643454

00:36:09.094 --> 00:36:10.454 the esophagus and kill everything

NOTE Confidence: 0.96643454

00:36:10.454 --> 00:36:12.300 off there, radiation tends to

NOTE Confidence: 0.96643454

00:36:12.300 --> 00:36:13.739 still be one of the

NOTE Confidence: 0.96643454

00:36:13.739 --> 00:36:15.420 most important components to the

NOTE Confidence: 0.96643454

00:36:15.420 --> 00:36:17.340 treatment there. And therein goes

NOTE Confidence: 0.96643454

00:36:17.340 --> 00:36:18.700 back this balance of risks

NOTE Confidence: 0.96643454

00:36:18.700 --> 00:36:19.760 and benefits. And

NOTE Confidence: 0.98291016

00:36:20.540 --> 00:36:21.420 at least in this sort

NOTE Confidence: 0.98291016

00:36:21.420 --> 00:36:23.020 of situation, if surgery is

NOTE Confidence: 0.98291016

00:36:23.020 --> 00:36:24.239 not a curative option,

NOTE Confidence: 0.979272

00:36:25.075 --> 00:36:27.395 generally speaking, just chemotherapy or

NOTE Confidence: 0.979272

00:36:27.395 --> 00:36:28.835 systemic therapy is not a

NOTE Confidence: 0.979272

00:36:28.835 --> 00:36:30.035 cure will not cure the

NOTE Confidence: 0.979272

00:36:30.035 --> 00:36:31.395 cancer. You kind of need

NOTE Confidence: 0.979272

00:36:31.395 --> 00:36:33.155 the radiation in there to

NOTE Confidence: 0.979272

00:36:33.155 --> 00:36:34.035 give you that shot of

NOTE Confidence: 0.979272

00:36:34.035 --> 00:36:35.315 long term control and cure,

NOTE Confidence: 0.979272

00:36:35.315 --> 00:36:36.835 and that's kind of why

NOTE Confidence: 0.979272

00:36:36.835 --> 00:36:38.035 we have this balance of

NOTE Confidence: 0.979272

00:36:38.035 --> 00:36:39.395 the benefits and risks of

NOTE Confidence: 0.979272

00:36:39.395 --> 00:36:39.895 radiation.

NOTE Confidence: 0.9499512

00:36:40.380 --> 00:36:42.219 We subject we ask you

NOTE Confidence: 0.9499512

00:36:42.219 --> 00:36:43.660 to be subjected to this

NOTE Confidence: 0.9499512

00:36:43.660 --> 00:36:44.859 stuff is because of that

NOTE Confidence: 0.9499512

00:36:44.859 --> 00:36:45.359 benefit.

NOTE Confidence: 0.95986074

00:36:45.739 --> 00:36:47.500 Or the alternative is if

NOTE Confidence: 0.95986074

00:36:47.500 --> 00:36:48.539 you're using the chemo and

NOTE Confidence: 0.95986074

00:36:48.539 --> 00:36:50.059 radiation to get the tumors

NOTE Confidence: 0.95986074

00:36:50.059 --> 00:36:51.200 to get you to surgery,

NOTE Confidence: 0.95986074

00:36:51.260 --> 00:36:52.299 which is also a cure.

NOTE Confidence: 0.95986074

00:36:52.299 --> 00:36:53.579 So very often, the radiation

NOTE Confidence: 0.95986074

00:36:53.579 --> 00:36:54.940 is very much trying to

NOTE Confidence: 0.95986074

00:36:54.940 --> 00:36:55.815 get you to that cure

NOTE Confidence: 0.95986074

00:36:55.815 --> 00:36:56.775 that we are aiming for,

NOTE Confidence: 0.95986074

00:36:56.775 --> 00:36:58.614 and that kinda sets the

NOTE Confidence: 0.95986074

00:36:58.614 --> 00:37:00.295 context to why then we

NOTE Confidence: 0.95986074

00:37:00.295 --> 00:37:01.175 may still have to deal

NOTE Confidence: 0.95986074

00:37:01.175 --> 00:37:02.214 with the side effects from

NOTE Confidence: 0.95986074

00:37:02.214 --> 00:37:02.954 it, but

NOTE Confidence: 0.9831261

00:37:03.494 --> 00:37:05.175 that that's the background to

NOTE Confidence: 0.9831261

00:37:05.175 --> 00:37:06.295 this. Right? Yeah. I think

NOTE Confidence: 0.9831261

00:37:06.295 --> 00:37:08.135 that's a very fair point.

NOTE Confidence: 0.9831261

00:37:08.375 --> 00:37:09.415 Thank you for coming to

NOTE Confidence: 0.9831261

00:37:09.415 --> 00:37:11.355 the defense of radiation, doctor

NOTE Confidence: 0.9831261

00:37:11.370 --> 00:37:11.770 Sundar.

NOTE Confidence: 0.96337306

00:37:12.810 --> 00:37:14.430 I I think this is

NOTE Confidence: 0.96337306

00:37:14.490 --> 00:37:15.690 really interesting. You know, we

NOTE Confidence: 0.96337306

00:37:15.690 --> 00:37:17.210 use radiation to help make

NOTE Confidence: 0.96337306

00:37:17.210 --> 00:37:19.310 doctor Boffa's surgery more successful

NOTE Confidence: 0.96337306

00:37:19.370 --> 00:37:20.830 many times. You know? Sometimes

NOTE Confidence: 0.96337306

00:37:21.050 --> 00:37:22.570 if, you're only able to

NOTE Confidence: 0.96337306

00:37:22.570 --> 00:37:23.745 get ninety five percent of

NOTE Confidence: 0.96337306

00:37:23.745 --> 00:37:25.065 the tumor, as you were

NOTE Confidence: 0.96337306

00:37:25.065 --> 00:37:25.805 saying earlier,

NOTE Confidence: 0.998291

00:37:26.105 --> 00:37:26.844 with surgery,

NOTE Confidence: 0.9998047

00:37:27.385 --> 00:37:28.825 radiation can help convert that

NOTE Confidence: 0.9998047

00:37:28.825 --> 00:37:30.425 to a hundred percent. Right?

NOTE Confidence: 0.9473758

00:37:30.825 --> 00:37:32.685 Sometimes, if a patient may,

NOTE Confidence: 0.9473758

00:37:32.825 --> 00:37:34.265 because of other reasons, not

NOTE Confidence: 0.9473758

00:37:34.265 --> 00:37:35.864 be eligible for a big

NOTE Confidence: 0.9473758

00:37:35.864 --> 00:37:37.005 thoracic surgery,

NOTE Confidence: 0.9585405

00:37:37.830 --> 00:37:39.270 Radiation can be a curative

NOTE Confidence: 0.9585405

00:37:39.270 --> 00:37:40.870 treatment just by itself with

NOTE Confidence: 0.9585405

00:37:40.870 --> 00:37:41.370 chemotherapy.

NOTE Confidence: 0.99645996

00:37:42.470 --> 00:37:43.350 You know, we're not as

NOTE Confidence: 0.99645996

00:37:43.350 --> 00:37:44.330 good as surgery.

NOTE Confidence: 0.9879761

00:37:44.870 --> 00:37:46.890 The complete response rates with

NOTE Confidence: 0.9879761

00:37:46.950 --> 00:37:47.450 chemoradiation

NOTE Confidence: 0.9734497

00:37:48.070 --> 00:37:49.510 range from thirty to fifty

NOTE Confidence: 0.9734497

00:37:49.510 --> 00:37:50.570 percent of patients.

NOTE Confidence: 0.98598635

00:37:51.614 --> 00:37:53.055 Although, for those thirty to

NOTE Confidence: 0.98598635

00:37:53.055 --> 00:37:54.175 fifty percent of patients, if

NOTE Confidence: 0.98598635

00:37:54.175 --> 00:37:55.395 they have a complete response,

NOTE Confidence: 0.9600342

00:37:56.015 --> 00:37:57.135 we may actually be able

NOTE Confidence: 0.9600342

00:37:57.135 --> 00:37:58.815 to avoid a a big

NOTE Confidence: 0.9600342

00:37:58.815 --> 00:38:00.975 surgery, and, sometimes that actually

NOTE Confidence: 0.9600342

00:38:00.975 --> 00:38:02.735 improves patients' quality of life

NOTE Confidence: 0.9600342

00:38:02.735 --> 00:38:04.355 to to keep their esophagus.

NOTE Confidence: 0.99343693

00:38:05.580 --> 00:38:06.540 You know, that's an active

NOTE Confidence: 0.99343693

00:38:06.540 --> 00:38:07.820 area of research in my

NOTE Confidence: 0.99343693

00:38:07.820 --> 00:38:09.180 field, which is how can

NOTE Confidence: 0.99343693

00:38:09.180 --> 00:38:10.320 we, one,

NOTE Confidence: 0.9863933

00:38:10.780 --> 00:38:12.140 as I've been talking about,

NOTE Confidence: 0.9863933

00:38:12.140 --> 00:38:14.480 make radiation safer, more tolerable,

NOTE Confidence: 0.9556441

00:38:14.940 --> 00:38:16.380 less long term side effects.

NOTE Confidence: 0.9556441

00:38:16.380 --> 00:38:17.500 But two, also, how can

NOTE Confidence: 0.9556441

00:38:17.500 --> 00:38:18.780 we convert how can we

NOTE Confidence: 0.9556441

00:38:18.780 --> 00:38:20.625 get more complete responses, more

NOTE Confidence: 0.9556441

00:38:20.625 --> 00:38:21.525 cures with,

NOTE Confidence: 0.9493408

00:38:21.985 --> 00:38:23.125 chemotherapy radiation,

NOTE Confidence: 0.83813477

00:38:23.425 --> 00:38:23.925 potentially,

NOTE Confidence: 0.9862305

00:38:24.305 --> 00:38:25.685 combining it with all the,

NOTE Confidence: 0.967951

00:38:25.985 --> 00:38:27.185 new drugs that are coming

NOTE Confidence: 0.967951

00:38:27.185 --> 00:38:28.945 out? So these are important

NOTE Confidence: 0.967951

00:38:28.945 --> 00:38:29.445 questions,

NOTE Confidence: 0.9946167

00:38:29.825 --> 00:38:30.864 and we think about the

NOTE Confidence: 0.9946167

00:38:30.864 --> 00:38:33.285 combination of surgery, chemotherapy, radiation,

NOTE Confidence: 0.9946167

00:38:33.344 --> 00:38:34.305 and trying to find that

NOTE Confidence: 0.9946167

00:38:34.305 --> 00:38:35.880 right balance of side effects.

NOTE Confidence: 0.96536535

00:38:37.880 --> 00:38:39.079 Thanks, doctor Lu. That's great.

NOTE Confidence: 0.96536535

00:38:39.079 --> 00:38:40.440 Any other questions for doctor

NOTE Confidence: 0.96536535

00:38:40.440 --> 00:38:40.940 Lu?

NOTE Confidence: 0.9753418

00:38:41.960 --> 00:38:43.160 If not, we'll move on.

NOTE Confidence: 0.9753418

00:38:43.160 --> 00:38:44.200 Thank you, doctor Lu. And

NOTE Confidence: 0.9753418

00:38:44.200 --> 00:38:45.160 we'll we'll move on to

NOTE Confidence: 0.9753418

00:38:45.160 --> 00:38:45.739 the next

NOTE Confidence: 0.94357824

00:38:47.319 --> 00:38:48.359 part which we have been

NOTE Confidence: 0.94357824

00:38:48.359 --> 00:38:50.085 focusing very bit about and

NOTE Confidence: 0.94357824

00:38:50.244 --> 00:38:51.445 which actually will play a

NOTE Confidence: 0.94357824

00:38:51.445 --> 00:38:52.645 big role here is actually

NOTE Confidence: 0.94357824

00:38:52.645 --> 00:38:54.085 the whole idea that you

NOTE Confidence: 0.94357824

00:38:54.085 --> 00:38:55.305 need more than just,

NOTE Confidence: 0.92763674

00:38:56.565 --> 00:38:58.085 drugs and surgery to try

NOTE Confidence: 0.92763674

00:38:58.085 --> 00:38:59.445 and to fight this cancer.

NOTE Confidence: 0.92763674

00:38:59.445 --> 00:39:01.125 And so we're gonna have,

NOTE Confidence: 0.961069

00:39:01.925 --> 00:39:04.420 Scott Kapoza from physical physiotherapy

NOTE Confidence: 0.961069

00:39:04.560 --> 00:39:05.760 as well as Natalie Smith

NOTE Confidence: 0.961069

00:39:05.760 --> 00:39:07.360 from nutrition giving us a

NOTE Confidence: 0.961069

00:39:07.360 --> 00:39:08.800 little bit about how we

NOTE Confidence: 0.961069

00:39:08.800 --> 00:39:10.239 support our patients through this

NOTE Confidence: 0.961069

00:39:10.239 --> 00:39:10.739 journey,

NOTE Confidence: 0.99658203

00:39:11.040 --> 00:39:11.940 Scott and Natalie.

NOTE Confidence: 0.79174805

00:39:13.760 --> 00:39:14.260 Alright.

NOTE Confidence: 0.982666

00:39:17.075 --> 00:39:17.575 Sure.

NOTE Confidence: 0.9859064

00:39:19.474 --> 00:39:21.234 Alright. So we also said

NOTE Confidence: 0.9859064

00:39:21.234 --> 00:39:22.434 we weren't gonna do a

NOTE Confidence: 0.9859064

00:39:22.434 --> 00:39:22.934 PowerPoint,

NOTE Confidence: 0.99768066

00:39:23.395 --> 00:39:24.674 but to keep us on

NOTE Confidence: 0.99768066

00:39:24.674 --> 00:39:25.895 track, we did.

NOTE Confidence: 0.9871732

00:39:27.395 --> 00:39:28.434 To start off, my name

NOTE Confidence: 0.9871732

00:39:28.434 --> 00:39:29.635 is Natalie Smith. I'm an

NOTE Confidence: 0.9871732

00:39:29.635 --> 00:39:30.855 oncology certified dietitian.

NOTE Confidence: 0.9633345

00:39:31.739 --> 00:39:32.880 I've been working in oncology

NOTE Confidence: 0.9633345

00:39:33.020 --> 00:39:34.219 for a little over twelve

NOTE Confidence: 0.9633345

00:39:34.219 --> 00:39:34.719 years.

NOTE Confidence: 0.99139696

00:39:35.500 --> 00:39:36.620 For the first ten years

NOTE Confidence: 0.99139696

00:39:36.620 --> 00:39:37.500 of my career, I was

NOTE Confidence: 0.99139696

00:39:37.500 --> 00:39:39.420 really managing active treatment patients

NOTE Confidence: 0.99139696

00:39:39.420 --> 00:39:40.719 that were going through concurrent

NOTE Confidence: 0.99139696

00:39:40.780 --> 00:39:41.280 chemoradiation

NOTE Confidence: 0.9970215

00:39:41.660 --> 00:39:42.400 for esophageal,

NOTE Confidence: 0.9876302

00:39:43.580 --> 00:39:45.120 colon, breast, ovarian,

NOTE Confidence: 0.99741906

00:39:45.935 --> 00:39:46.815 a lot of head and

NOTE Confidence: 0.99741906

00:39:46.815 --> 00:39:47.555 neck patients,

NOTE Confidence: 0.96293944

00:39:48.175 --> 00:39:49.875 tongue cancer, base of tongue.

NOTE Confidence: 0.97509766

00:39:50.494 --> 00:39:52.255 So the experience I've I've

NOTE Confidence: 0.97509766

00:39:52.255 --> 00:39:53.375 had really helps me in

NOTE Confidence: 0.97509766

00:39:53.375 --> 00:39:54.835 this survivorship realm,

NOTE Confidence: 0.98275596

00:39:55.135 --> 00:39:56.255 which we're gonna go into

NOTE Confidence: 0.98275596

00:39:56.255 --> 00:39:57.455 the specifics of what we

NOTE Confidence: 0.98275596

00:39:57.455 --> 00:39:59.234 do and where we fit,

NOTE Confidence: 0.98275596

00:39:59.455 --> 00:40:00.915 in your treatment journey.

NOTE Confidence: 0.9880371

00:40:02.219 --> 00:40:02.719 Also,

NOTE Confidence: 0.97436523

00:40:03.340 --> 00:40:04.540 really, we me and Scott

NOTE Confidence: 0.97436523

00:40:04.540 --> 00:40:05.900 try to educate patients on

NOTE Confidence: 0.97436523

00:40:05.900 --> 00:40:07.200 the importance of the credentials

NOTE Confidence: 0.97436523

00:40:07.260 --> 00:40:08.860 after our name. So, obviously,

NOTE Confidence: 0.97436523

00:40:08.860 --> 00:40:10.880 nowadays, everybody's a nutrition professional

NOTE Confidence: 0.97436523

00:40:10.940 --> 00:40:12.780 online. So it's really important

NOTE Confidence: 0.97436523

00:40:12.780 --> 00:40:13.980 when you're watching videos, when

NOTE Confidence: 0.97436523

00:40:13.980 --> 00:40:15.920 you're getting oncology information,

NOTE Confidence: 0.9980469

00:40:16.385 --> 00:40:17.765 especially nutrition information,

NOTE Confidence: 0.9498698

00:40:18.065 --> 00:40:19.285 physical therapy information.

NOTE Confidence: 0.99890137

00:40:19.585 --> 00:40:20.785 You're getting it from people

NOTE Confidence: 0.99890137

00:40:20.785 --> 00:40:22.565 with the right credentials. So

NOTE Confidence: 0.99244523

00:40:22.944 --> 00:40:24.944 CSO is that certified specialist

NOTE Confidence: 0.99244523

00:40:24.944 --> 00:40:26.244 in oncology for dietitians.

NOTE Confidence: 0.9780939

00:40:26.545 --> 00:40:27.585 I think there's twenty of

NOTE Confidence: 0.9780939

00:40:27.585 --> 00:40:28.785 us in Connecticut, and twelve

NOTE Confidence: 0.9780939

00:40:28.785 --> 00:40:29.820 of us are at Yale.

NOTE Confidence: 0.9780939

00:40:30.060 --> 00:40:31.100 So you have a really

NOTE Confidence: 0.9780939

00:40:31.100 --> 00:40:31.980 good chance of meeting a

NOTE Confidence: 0.9780939

00:40:31.980 --> 00:40:33.739 CSO here. So I'll let

NOTE Confidence: 0.9780939

00:40:33.739 --> 00:40:34.880 Scott introduce himself.

NOTE Confidence: 0.86067706

00:40:35.500 --> 00:40:36.780 Thanks, Adam. Yeah. I'm I'm

NOTE Confidence: 0.86067706

00:40:36.780 --> 00:40:38.080 Scott. Are you on?

NOTE Confidence: 0.9993164

00:40:39.180 --> 00:40:40.400 I think I'm on now.

NOTE Confidence: 0.95625186

00:40:40.940 --> 00:40:42.300 I'm Scott Capoza. I'm a

NOTE Confidence: 0.95625186

00:40:42.300 --> 00:40:43.739 I'm a physical therapist here

NOTE Confidence: 0.95625186

00:40:43.739 --> 00:40:44.864 as Natalie said.

NOTE Confidence: 0.9635511

00:40:45.505 --> 00:40:47.185 I got my start at

NOTE Confidence: 0.9635511

00:40:47.185 --> 00:40:49.185 Smilow in survivorship back when

NOTE Confidence: 0.9635511

00:40:49.185 --> 00:40:51.025 the survivorship clinic first opened

NOTE Confidence: 0.9635511

00:40:51.025 --> 00:40:52.485 back in two thousand six.

NOTE Confidence: 0.9635511

00:40:52.785 --> 00:40:54.625 So the survivorship clinic actually

NOTE Confidence: 0.9635511

00:40:54.625 --> 00:40:55.125 predates

NOTE Confidence: 0.94679356

00:40:55.744 --> 00:40:57.765 the Smilow Cancer Hospital building.

NOTE Confidence: 0.9482422

00:40:58.980 --> 00:41:00.260 And and that's how I

NOTE Confidence: 0.9482422

00:41:00.260 --> 00:41:01.719 got my start. And,

NOTE Confidence: 0.9963379

00:41:02.580 --> 00:41:04.120 when we started our survivorship

NOTE Confidence: 0.9963379

00:41:04.340 --> 00:41:05.620 program back in two thousand

NOTE Confidence: 0.9963379

00:41:05.620 --> 00:41:06.120 six,

NOTE Confidence: 0.9979655

00:41:06.739 --> 00:41:07.640 it was a multidisciplinary

NOTE Confidence: 0.94820464

00:41:08.260 --> 00:41:10.180 approach because we recognized that

NOTE Confidence: 0.94820464

00:41:10.180 --> 00:41:11.219 that the needs of cancer

NOTE Confidence: 0.94820464

00:41:11.219 --> 00:41:12.520 survivors are complex.

NOTE Confidence: 0.9964464

00:41:13.135 --> 00:41:14.415 And so you needed a

NOTE Confidence: 0.9964464

00:41:14.415 --> 00:41:14.915 multidisciplinary

NOTE Confidence: 1

00:41:15.455 --> 00:41:15.955 approach

NOTE Confidence: 0.9906277

00:41:16.415 --> 00:41:18.275 to address the nutritional concerns

NOTE Confidence: 0.9906277

00:41:18.415 --> 00:41:20.015 of of cancer survivors, of

NOTE Confidence: 0.9906277

00:41:20.015 --> 00:41:20.915 the psychosocial

NOTE Confidence: 0.99869794

00:41:21.855 --> 00:41:23.315 concerns of survivors

NOTE Confidence: 0.9715712

00:41:23.695 --> 00:41:25.455 as well as the the

NOTE Confidence: 0.9715712

00:41:25.455 --> 00:41:27.555 medical concerns of survivors

NOTE Confidence: 0.96761066

00:41:27.935 --> 00:41:28.755 and the physical

NOTE Confidence: 0.9978841

00:41:29.210 --> 00:41:30.269 aspects of that.

NOTE Confidence: 0.99658203

00:41:31.049 --> 00:41:31.789 And so

NOTE Confidence: 0.98525393

00:41:32.329 --> 00:41:33.549 so I worked in survivorship

NOTE Confidence: 0.95744556

00:41:33.849 --> 00:41:35.529 for for years, and I

NOTE Confidence: 0.95744556

00:41:35.529 --> 00:41:36.569 would see these patients and

NOTE Confidence: 0.95744556

00:41:36.569 --> 00:41:37.769 I would say, oh, you

NOTE Confidence: 0.95744556

00:41:37.769 --> 00:41:39.609 need physical therapy because you

NOTE Confidence: 0.95744556

00:41:39.609 --> 00:41:41.390 have neuropathy from your chemotherapy,

NOTE Confidence: 0.95744556

00:41:41.529 --> 00:41:42.395 or or you have range

NOTE Confidence: 0.95744556

00:41:42.395 --> 00:41:43.495 of motion restrictions

NOTE Confidence: 0.9901123

00:41:43.795 --> 00:41:45.415 because of radiation therapy.

NOTE Confidence: 0.98915166

00:41:45.795 --> 00:41:46.675 And then we were I

NOTE Confidence: 0.98915166

00:41:46.675 --> 00:41:48.035 found that we were referring

NOTE Confidence: 0.98915166

00:41:48.035 --> 00:41:49.395 out because we didn't have

NOTE Confidence: 0.98915166

00:41:49.395 --> 00:41:51.335 a certified specialist in oncology

NOTE Confidence: 0.98915166

00:41:51.475 --> 00:41:52.935 here at Smilo.

NOTE Confidence: 0.98165894

00:41:53.235 --> 00:41:54.114 And so I went ahead

NOTE Confidence: 0.98165894

00:41:54.114 --> 00:41:55.415 and I got board certification.

NOTE Confidence: 0.98165894

00:41:55.555 --> 00:41:56.835 And so as you were

NOTE Confidence: 0.98165894

00:41:56.835 --> 00:41:57.335 saying,

NOTE Confidence: 0.9996745

00:41:57.660 --> 00:41:58.640 there are currently

NOTE Confidence: 0.9683431

00:41:59.020 --> 00:42:00.239 six board certified,

NOTE Confidence: 0.9996745

00:42:01.420 --> 00:42:01.920 oncology

NOTE Confidence: 0.9841181

00:42:02.460 --> 00:42:03.660 physical therapists in the state

NOTE Confidence: 0.9841181

00:42:03.660 --> 00:42:04.780 of Connecticut, and two of

NOTE Confidence: 0.9841181

00:42:04.780 --> 00:42:06.559 them are here at Smilo.

NOTE Confidence: 0.9841181

00:42:06.619 --> 00:42:08.140 So, again, I feel like

NOTE Confidence: 0.9841181

00:42:08.140 --> 00:42:08.940 we do a pretty good

NOTE Confidence: 0.9841181

00:42:08.940 --> 00:42:10.480 job of having highly qualified

NOTE Confidence: 0.9841181

00:42:10.700 --> 00:42:11.599 people here.

NOTE Confidence: 0.948673

00:42:14.565 --> 00:42:15.605 But what what we wanna

NOTE Confidence: 0.948673

00:42:15.765 --> 00:42:16.725 where we wanna start and,

NOTE Confidence: 0.948673

00:42:16.725 --> 00:42:18.485 actually, again, doctor Du, wherever

NOTE Confidence: 0.948673

00:42:18.485 --> 00:42:19.145 you want.

NOTE Confidence: 0.99853516

00:42:19.445 --> 00:42:20.325 Thank you so much for

NOTE Confidence: 0.99853516

00:42:20.325 --> 00:42:21.225 laying the groundwork

NOTE Confidence: 0.9694336

00:42:21.525 --> 00:42:22.645 for all the work that

NOTE Confidence: 0.9694336

00:42:22.645 --> 00:42:24.325 that Natalie and I and

NOTE Confidence: 0.9694336

00:42:24.325 --> 00:42:25.785 and our social work colleagues,

NOTE Confidence: 0.98695594

00:42:26.325 --> 00:42:28.160 do, as far as what

NOTE Confidence: 0.98695594

00:42:28.160 --> 00:42:28.800 we do,

NOTE Confidence: 0.99399036

00:42:29.120 --> 00:42:30.800 to help our patients, you

NOTE Confidence: 0.99399036

00:42:30.800 --> 00:42:32.980 know, after surgery, after chemotherapy,

NOTE Confidence: 0.99399036

00:42:33.200 --> 00:42:34.660 after radiation therapy.

NOTE Confidence: 0.9728516

00:42:35.840 --> 00:42:37.540 But I think it is,

NOTE Confidence: 0.9449917

00:42:38.400 --> 00:42:40.239 important to, you know, first

NOTE Confidence: 0.9449917

00:42:40.239 --> 00:42:41.760 talk about actually, if we

NOTE Confidence: 0.9449917

00:42:41.760 --> 00:42:43.585 can go, yeah, of what

NOTE Confidence: 0.9449917

00:42:43.585 --> 00:42:44.325 is survivorship.

NOTE Confidence: 0.97279096

00:42:45.745 --> 00:42:46.945 And because you might be

NOTE Confidence: 0.97279096

00:42:46.945 --> 00:42:47.985 wondering, well, what does that

NOTE Confidence: 0.97279096

00:42:47.985 --> 00:42:50.465 even mean? And, really, you

NOTE Confidence: 0.97279096

00:42:50.465 --> 00:42:51.505 know, we like to go

NOTE Confidence: 0.97279096

00:42:51.505 --> 00:42:52.545 by this definition from the

NOTE Confidence: 0.97279096

00:42:52.545 --> 00:42:54.325 Nasdaq National Cancer Institute,

NOTE Confidence: 0.9982422

00:42:55.029 --> 00:42:56.150 which talks about the health

NOTE Confidence: 0.9982422

00:42:56.150 --> 00:42:57.609 and well-being of a person,

NOTE Confidence: 0.9934082

00:42:58.230 --> 00:42:59.670 with cancer from the time

NOTE Confidence: 0.9934082

00:42:59.670 --> 00:43:01.109 of diagnosis to the end

NOTE Confidence: 0.9934082

00:43:01.109 --> 00:43:02.549 of their life. And this

NOTE Confidence: 0.9934082

00:43:02.549 --> 00:43:03.049 includes

NOTE Confidence: 0.9980469

00:43:03.430 --> 00:43:04.569 the physical aspects,

NOTE Confidence: 0.99902344

00:43:05.509 --> 00:43:06.250 the mental

NOTE Confidence: 0.9995117

00:43:06.630 --> 00:43:07.130 aspects,

NOTE Confidence: 1

00:43:07.704 --> 00:43:08.444 the emotional,

NOTE Confidence: 0.9913009

00:43:09.305 --> 00:43:10.825 the social, and we could

NOTE Confidence: 0.9913009

00:43:10.825 --> 00:43:11.625 probably have a whole another

NOTE Confidence: 0.9913009

00:43:11.625 --> 00:43:12.984 talk about the financial concerns

NOTE Confidence: 0.9913009

00:43:12.984 --> 00:43:13.964 at the same time.

NOTE Confidence: 0.99658203

00:43:14.825 --> 00:43:16.765 But knowing that survivorship

NOTE Confidence: 0.9645299

00:43:17.145 --> 00:43:18.425 is through the balance of

NOTE Confidence: 0.9645299

00:43:18.425 --> 00:43:20.265 this patient's of everybody's life

NOTE Confidence: 0.9645299

00:43:20.265 --> 00:43:21.565 is really, really important.

NOTE Confidence: 0.98620605

00:43:21.890 --> 00:43:23.810 And, again, it's not just

NOTE Confidence: 0.98620605

00:43:23.810 --> 00:43:24.310 one

NOTE Confidence: 0.99088544

00:43:24.850 --> 00:43:26.290 thing, and it is very

NOTE Confidence: 0.99088544

00:43:26.290 --> 00:43:26.790 unique.

NOTE Confidence: 0.98999023

00:43:27.170 --> 00:43:29.090 Everybody's survivorship needs are unique

NOTE Confidence: 0.98999023

00:43:29.090 --> 00:43:30.450 to the person. And so

NOTE Confidence: 0.98999023

00:43:30.450 --> 00:43:31.170 that's one of the things

NOTE Confidence: 0.98999023

00:43:31.170 --> 00:43:32.370 that Natalie and I say

NOTE Confidence: 0.98999023

00:43:32.370 --> 00:43:33.330 so often is that we

NOTE Confidence: 0.98999023

00:43:33.330 --> 00:43:34.610 try to meet our patients

NOTE Confidence: 0.98999023

00:43:34.610 --> 00:43:35.590 where they're at.

NOTE Confidence: 0.9547119

00:43:36.290 --> 00:43:36.950 And, again,

NOTE Confidence: 0.9921124

00:43:37.385 --> 00:43:38.344 you know, you might even

NOTE Confidence: 0.9921124

00:43:38.344 --> 00:43:40.265 be wondering, you know, who's

NOTE Confidence: 0.9921124

00:43:40.265 --> 00:43:41.325 a cancer survivor?

NOTE Confidence: 0.9783796

00:43:42.265 --> 00:43:43.065 I can't tell you the

NOTE Confidence: 0.9783796

00:43:43.065 --> 00:43:44.025 number of patients that I

NOTE Confidence: 0.9783796

00:43:44.025 --> 00:43:44.905 work with who are still

NOTE Confidence: 0.9783796

00:43:44.905 --> 00:43:46.585 in after treatment. They're still

NOTE Confidence: 0.9783796

00:43:46.585 --> 00:43:48.184 getting chemotherapy or they're still

NOTE Confidence: 0.9783796

00:43:48.184 --> 00:43:50.105 in radiation therapy, and they

NOTE Confidence: 0.9783796

00:43:50.105 --> 00:43:51.325 say, am I a survivor?

NOTE Confidence: 0.9937744

00:43:52.070 --> 00:43:53.210 I'm still in treatment.

NOTE Confidence: 0.99118876

00:43:54.950 --> 00:43:56.710 And, again, I like this

NOTE Confidence: 0.99118876

00:43:56.710 --> 00:43:58.550 definition from the National Cancer

NOTE Confidence: 0.99118876

00:43:58.550 --> 00:43:59.050 Institute

NOTE Confidence: 0.99658203

00:43:59.670 --> 00:44:00.410 that says

NOTE Confidence: 0.9409877

00:44:00.950 --> 00:44:02.869 anybody diagnosed with cancer from

NOTE Confidence: 0.9409877

00:44:02.869 --> 00:44:03.530 the moment

NOTE Confidence: 1

00:44:04.614 --> 00:44:05.355 of diagnosis

NOTE Confidence: 0.9947917

00:44:05.655 --> 00:44:06.535 and through the balance of

NOTE Confidence: 0.9947917

00:44:06.535 --> 00:44:07.515 his or her life

NOTE Confidence: 0.97857666

00:44:07.895 --> 00:44:09.114 is a cancer survivor.

NOTE Confidence: 0.99990237

00:44:10.055 --> 00:44:11.495 And the way that I

NOTE Confidence: 0.99990237

00:44:11.495 --> 00:44:13.035 like to frame this is

NOTE Confidence: 0.8604492

00:44:14.135 --> 00:44:15.594 you gotta survive the words

NOTE Confidence: 0.8015137

00:44:16.535 --> 00:44:17.435 you have cancer

NOTE Confidence: 0.9899089

00:44:18.069 --> 00:44:18.890 pointed at you.

NOTE Confidence: 0.97387695

00:44:19.510 --> 00:44:21.190 So from that moment on,

NOTE Confidence: 0.97387695

00:44:21.190 --> 00:44:22.250 you're a survivor.

NOTE Confidence: 0.9965376

00:44:22.710 --> 00:44:23.430 But I think for the

NOTE Confidence: 0.9965376

00:44:23.430 --> 00:44:25.030 context of our conversation this

NOTE Confidence: 0.9965376

00:44:25.030 --> 00:44:25.530 evening,

NOTE Confidence: 0.99560547

00:44:26.069 --> 00:44:26.809 we're gonna

NOTE Confidence: 0.9970703

00:44:27.190 --> 00:44:28.410 refer to survivorship

NOTE Confidence: 1

00:44:28.950 --> 00:44:29.609 in the

NOTE Confidence: 0.93721515

00:44:30.069 --> 00:44:32.809 post active treatment phase, so

NOTE Confidence: 0.93721515

00:44:32.869 --> 00:44:33.369 post

NOTE Confidence: 0.9995117

00:44:33.864 --> 00:44:34.364 surgery,

NOTE Confidence: 0.9895223

00:44:34.985 --> 00:44:37.165 post chemotherapy, and post radiation

NOTE Confidence: 0.9895223

00:44:37.305 --> 00:44:38.505 as far as the the

NOTE Confidence: 0.9895223

00:44:38.505 --> 00:44:39.325 what's next.

NOTE Confidence: 0.98579836

00:44:40.025 --> 00:44:41.225 I think it too. Scott

NOTE Confidence: 0.98579836

00:44:41.225 --> 00:44:42.344 and I always laugh because

NOTE Confidence: 0.98579836

00:44:42.344 --> 00:44:43.545 every clinic we run because

NOTE Confidence: 0.98579836

00:44:43.545 --> 00:44:45.305 we see patients every Wednesday

NOTE Confidence: 0.98579836

00:44:45.305 --> 00:44:46.265 for a full day clinic,

NOTE Confidence: 0.98579836

00:44:46.265 --> 00:44:47.385 and we kind of rotate

NOTE Confidence: 0.98579836

00:44:47.385 --> 00:44:48.505 around to the different cancer

NOTE Confidence: 0.98579836

00:44:48.505 --> 00:44:49.930 centers. And the number of

NOTE Confidence: 0.98579836

00:44:49.930 --> 00:44:51.050 patients that look at us

NOTE Confidence: 0.98579836

00:44:51.050 --> 00:44:51.930 and look like they need

NOTE Confidence: 0.98579836

00:44:51.930 --> 00:44:52.969 to leave because they're like,

NOTE Confidence: 0.98579836

00:44:52.969 --> 00:44:53.770 I don't think I belong

NOTE Confidence: 0.98579836

00:44:53.770 --> 00:44:55.290 here. They always start the

NOTE Confidence: 0.98579836

00:44:55.290 --> 00:44:56.730 visit saying, I don't think

NOTE Confidence: 0.98579836

00:44:56.730 --> 00:44:57.930 I belong here. I don't

NOTE Confidence: 0.98579836

00:44:57.930 --> 00:44:59.290 know what this is. But

NOTE Confidence: 0.98579836

00:44:59.450 --> 00:45:00.489 and at the end, they

NOTE Confidence: 0.98579836

00:45:00.489 --> 00:45:01.785 say, I am so glad

NOTE Confidence: 0.98579836

00:45:01.785 --> 00:45:03.224 I came. Like, thank you

NOTE Confidence: 0.98579836

00:45:03.224 --> 00:45:04.444 so much for this conversation.

NOTE Confidence: 0.98257035

00:45:05.065 --> 00:45:07.244 We round robin. So myself,

NOTE Confidence: 0.98257035

00:45:07.305 --> 00:45:08.185 I meet with the patient

NOTE Confidence: 0.98257035

00:45:08.185 --> 00:45:09.385 for thirty minutes. Scott meets

NOTE Confidence: 0.98257035

00:45:09.385 --> 00:45:10.425 with them for thirty minutes,

NOTE Confidence: 0.98257035

00:45:10.425 --> 00:45:11.545 the social worker for thirty

NOTE Confidence: 0.98257035

00:45:11.545 --> 00:45:12.825 minutes, the APRN for thirty

NOTE Confidence: 0.98257035

00:45:12.825 --> 00:45:14.025 minutes. So it's a long

NOTE Confidence: 0.98257035

00:45:14.025 --> 00:45:16.270 visit, but they feel, like,

NOTE Confidence: 0.96173966

00:45:16.650 --> 00:45:18.010 lighter. They feel like they

NOTE Confidence: 0.96173966

00:45:18.010 --> 00:45:19.369 were heard. We're really like

NOTE Confidence: 0.96173966

00:45:19.369 --> 00:45:20.989 a therapeutic listening clinic.

NOTE Confidence: 0.9575698

00:45:21.849 --> 00:45:23.290 But it's so interesting because

NOTE Confidence: 0.9575698

00:45:23.290 --> 00:45:24.329 everybody sits down there like,

NOTE Confidence: 0.9575698

00:45:24.329 --> 00:45:25.050 I don't really think I

NOTE Confidence: 0.9575698

00:45:25.050 --> 00:45:25.770 should be here. I'm like,

NOTE Confidence: 0.9575698

00:45:25.770 --> 00:45:26.410 no. No. No. No. I

NOTE Confidence: 0.9575698

00:45:26.410 --> 00:45:27.530 think you should be. So

NOTE Confidence: 0.9575698

00:45:27.530 --> 00:45:28.430 we'll get to it.

NOTE Confidence: 0.99316406

00:45:29.645 --> 00:45:30.145 And,

NOTE Confidence: 0.98151505

00:45:31.244 --> 00:45:32.525 and so, again, when we

NOTE Confidence: 0.98151505

00:45:32.525 --> 00:45:33.185 talk about

NOTE Confidence: 0.97772217

00:45:33.565 --> 00:45:35.585 survivorship and, you know,

NOTE Confidence: 0.9845215

00:45:36.125 --> 00:45:37.825 not just us as providers,

NOTE Confidence: 0.9845215

00:45:37.885 --> 00:45:39.825 but as the loved ones

NOTE Confidence: 0.99731445

00:45:40.285 --> 00:45:41.825 of survivors, the friends

NOTE Confidence: 0.9178467

00:45:42.210 --> 00:45:42.950 of survivors.

NOTE Confidence: 0.9387207

00:45:43.330 --> 00:45:44.530 You know, so often, you

NOTE Confidence: 0.9387207

00:45:44.530 --> 00:45:46.130 might ask your person, how

NOTE Confidence: 0.9387207

00:45:46.130 --> 00:45:47.109 are you doing? And

NOTE Confidence: 0.9836426

00:45:47.969 --> 00:45:49.410 as a survivor, the survivor

NOTE Confidence: 0.9836426

00:45:49.410 --> 00:45:50.530 might say, oh, I'm doing

NOTE Confidence: 0.9836426

00:45:50.530 --> 00:45:51.030 okay.

NOTE Confidence: 0.99636006

00:45:51.969 --> 00:45:52.930 But we know that that's

NOTE Confidence: 0.99636006

00:45:52.930 --> 00:45:53.890 only the tip of the

NOTE Confidence: 0.99636006

00:45:53.890 --> 00:45:54.390 iceberg.

NOTE Confidence: 0.9943685

00:45:55.155 --> 00:45:56.275 We know that there's so

NOTE Confidence: 0.9943685

00:45:56.275 --> 00:45:57.715 much more that's going on

NOTE Confidence: 0.9943685

00:45:57.715 --> 00:45:59.175 under the level of water.

NOTE Confidence: 0.99658203

00:46:00.435 --> 00:46:01.175 And so

NOTE Confidence: 0.9985645

00:46:01.475 --> 00:46:02.835 we're not gonna get into

NOTE Confidence: 0.9985645

00:46:02.835 --> 00:46:04.675 all of these concerns tonight.

NOTE Confidence: 0.9985645

00:46:04.675 --> 00:46:06.195 We're really gonna focus just

NOTE Confidence: 0.9985645

00:46:06.195 --> 00:46:08.135 on two aspects of survivorship

NOTE Confidence: 0.9985645

00:46:08.275 --> 00:46:09.735 that we see so commonly

NOTE Confidence: 0.9643809

00:46:10.100 --> 00:46:12.020 in our clinic and that

NOTE Confidence: 0.9643809

00:46:12.020 --> 00:46:14.420 we as, as oncology specialists

NOTE Confidence: 0.9643809

00:46:14.420 --> 00:46:15.940 within our our scope of

NOTE Confidence: 0.9643809

00:46:15.940 --> 00:46:16.440 practice,

NOTE Confidence: 0.9864032

00:46:17.380 --> 00:46:19.300 we'd we address. So we're

NOTE Confidence: 0.9864032

00:46:19.300 --> 00:46:21.780 gonna focus mostly tonight on

NOTE Confidence: 0.9864032

00:46:21.780 --> 00:46:22.680 fear of recurrence

NOTE Confidence: 0.94873047

00:46:23.140 --> 00:46:23.800 and fatigue.

NOTE Confidence: 0.99625653

00:46:24.260 --> 00:46:25.885 But, again, these are some

NOTE Confidence: 0.99625653

00:46:25.885 --> 00:46:26.385 other,

NOTE Confidence: 0.99986047

00:46:26.844 --> 00:46:29.005 you know, common concerns that

NOTE Confidence: 0.99986047

00:46:29.005 --> 00:46:29.744 we hear

NOTE Confidence: 0.97248787

00:46:30.045 --> 00:46:31.244 from our folks that we

NOTE Confidence: 0.97248787

00:46:31.244 --> 00:46:32.605 see in survivorship, and I

NOTE Confidence: 0.97248787

00:46:32.605 --> 00:46:33.885 think the survivors that are

NOTE Confidence: 0.97248787

00:46:33.885 --> 00:46:34.844 in this room could probably

NOTE Confidence: 0.97248787

00:46:34.924 --> 00:46:35.964 are probably all nodding your

NOTE Confidence: 0.97248787

00:46:35.964 --> 00:46:37.424 head and saying, yes.

NOTE Confidence: 0.9770738

00:46:38.260 --> 00:46:39.380 Probably have all experienced that

NOTE Confidence: 0.9770738

00:46:39.380 --> 00:46:40.600 at one point or another.

NOTE Confidence: 0.9770738

00:46:40.660 --> 00:46:42.100 Mhmm. And we usually start

NOTE Confidence: 0.9770738

00:46:42.100 --> 00:46:43.220 the visit by saying, well,

NOTE Confidence: 0.9770738

00:46:43.220 --> 00:46:44.660 how are you doing? And

NOTE Confidence: 0.9770738

00:46:44.660 --> 00:46:45.780 I would say fifty percent

NOTE Confidence: 0.9770738

00:46:45.780 --> 00:46:46.900 of people probably tear up

NOTE Confidence: 0.9770738

00:46:46.900 --> 00:46:48.600 in that question. Right? Because

NOTE Confidence: 0.9770738

00:46:48.660 --> 00:46:49.860 you're just on this treadmill

NOTE Confidence: 0.9770738

00:46:49.860 --> 00:46:51.060 of treatment. Right? Like, you

NOTE Confidence: 0.9770738

00:46:51.060 --> 00:46:51.880 get the diagnosis.

NOTE Confidence: 0.982666

00:46:52.515 --> 00:46:53.555 You start you go to

NOTE Confidence: 0.982666

00:46:53.555 --> 00:46:54.055 surgery,

NOTE Confidence: 0.7833659

00:46:54.355 --> 00:46:55.974 maybe radiation, chemo.

NOTE Confidence: 0.9744237

00:46:56.275 --> 00:46:57.075 You come up for a

NOTE Confidence: 0.9744237

00:46:57.075 --> 00:46:58.674 breath. Right? And then you

NOTE Confidence: 0.9744237

00:46:58.674 --> 00:46:59.795 you see us in clinic,

NOTE Confidence: 0.9744237

00:46:59.795 --> 00:47:01.154 and we say, well, how

NOTE Confidence: 0.9744237

00:47:01.154 --> 00:47:02.355 are you doing? And, you

NOTE Confidence: 0.9744237

00:47:02.355 --> 00:47:03.555 know, and the caregiver might

NOTE Confidence: 0.9744237

00:47:03.555 --> 00:47:04.295 get tearful.

NOTE Confidence: 0.9835254

00:47:04.835 --> 00:47:06.270 We're not asking about the

NOTE Confidence: 0.9835254

00:47:06.270 --> 00:47:08.190 cancer or right. We're asking,

NOTE Confidence: 0.9835254

00:47:08.190 --> 00:47:09.310 how are you doing emotionally?

NOTE Confidence: 0.9835254

00:47:09.310 --> 00:47:10.350 How are you doing physically?

NOTE Confidence: 0.9835254

00:47:10.350 --> 00:47:11.489 How are you doing nutritionally?

NOTE Confidence: 0.98476774

00:47:11.870 --> 00:47:12.670 And that brings out a

NOTE Confidence: 0.98476774

00:47:12.670 --> 00:47:13.469 lot of emotion. And I

NOTE Confidence: 0.98476774

00:47:13.469 --> 00:47:14.270 think that's what we love

NOTE Confidence: 0.98476774

00:47:14.270 --> 00:47:15.150 about the clinic is it's

NOTE Confidence: 0.98476774

00:47:15.150 --> 00:47:15.969 such a real

NOTE Confidence: 0.98890907

00:47:16.350 --> 00:47:17.790 face to face. Like, it's

NOTE Confidence: 0.98890907

00:47:17.790 --> 00:47:19.469 a caring clinic that you

NOTE Confidence: 0.98890907

00:47:19.469 --> 00:47:20.430 feel like you can land

NOTE Confidence: 0.98890907

00:47:20.430 --> 00:47:21.550 in kind of an uncertain

NOTE Confidence: 0.98890907

00:47:21.550 --> 00:47:22.005 time.

NOTE Confidence: 0.97627515

00:47:23.525 --> 00:47:25.045 So I love that, like,

NOTE Confidence: 0.97627515

00:47:25.045 --> 00:47:26.404 you guys got the doctor

NOTE Confidence: 0.97627515

00:47:26.404 --> 00:47:28.404 Boffa's perspective with the surgery,

NOTE Confidence: 0.97627515

00:47:28.404 --> 00:47:29.525 you know, the visual of,

NOTE Confidence: 0.97627515

00:47:29.525 --> 00:47:30.565 like, you know, taking part

NOTE Confidence: 0.97627515

00:47:30.565 --> 00:47:31.944 of the stomach, the esophagus,

NOTE Confidence: 0.97627515

00:47:32.005 --> 00:47:33.285 pulling that up, right, using

NOTE Confidence: 0.97627515

00:47:33.285 --> 00:47:35.440 the plumbing. So we I

NOTE Confidence: 0.97627515

00:47:35.440 --> 00:47:37.620 kinda break survivorship for nutrition

NOTE Confidence: 0.97627515

00:47:37.680 --> 00:47:38.500 and for PT

NOTE Confidence: 0.9961286

00:47:38.800 --> 00:47:40.160 into, like, acute and long

NOTE Confidence: 0.9961286

00:47:40.160 --> 00:47:40.980 term survivorship

NOTE Confidence: 0.9266881

00:47:41.280 --> 00:47:42.560 con you know, concerns or

NOTE Confidence: 0.9266881

00:47:42.560 --> 00:47:43.700 conditions. So

NOTE Confidence: 0.967334

00:47:44.160 --> 00:47:45.940 the acute phase is really,

NOTE Confidence: 0.9720023

00:47:46.239 --> 00:47:47.360 okay. What are these short

NOTE Confidence: 0.9720023

00:47:47.360 --> 00:47:49.614 term concerns that patients typically

NOTE Confidence: 0.9720023

00:47:49.675 --> 00:47:51.035 have? And I listed out

NOTE Confidence: 0.9720023

00:47:51.035 --> 00:47:53.114 kind of very common things

NOTE Confidence: 0.9720023

00:47:53.114 --> 00:47:54.635 that I see very often

NOTE Confidence: 0.9720023

00:47:54.635 --> 00:47:55.455 in the gastroesophageal,

NOTE Confidence: 1

00:47:57.035 --> 00:47:57.535 population.

NOTE Confidence: 0.98860675

00:47:58.234 --> 00:47:59.775 So, obviously, when

NOTE Confidence: 0.98183095

00:48:00.090 --> 00:48:02.250 anatomy changes, right, things are

NOTE Confidence: 0.98183095

00:48:02.250 --> 00:48:05.290 removed, shortened, lengthened, stretched, whatever

NOTE Confidence: 0.98183095

00:48:05.290 --> 00:48:07.370 we're doing, right, you're probably

NOTE Confidence: 0.98183095

00:48:07.370 --> 00:48:08.090 not gonna be able to

NOTE Confidence: 0.98183095

00:48:08.090 --> 00:48:09.450 eat the same way after

NOTE Confidence: 0.98183095

00:48:09.450 --> 00:48:11.150 that you did before. So

NOTE Confidence: 0.98183095

00:48:11.370 --> 00:48:12.330 if you're eating like my

NOTE Confidence: 0.98183095

00:48:12.330 --> 00:48:13.950 husband who used to bartend

NOTE Confidence: 0.98183095

00:48:14.010 --> 00:48:15.370 and he takes two minutes

NOTE Confidence: 0.98183095

00:48:15.370 --> 00:48:16.224 to eat his full dinner,

NOTE Confidence: 0.98183095

00:48:16.224 --> 00:48:18.145 you know, you have to

NOTE Confidence: 0.98183095

00:48:18.145 --> 00:48:19.984 then slow down, chew your

NOTE Confidence: 0.98183095

00:48:19.984 --> 00:48:21.185 food. Right? You might have

NOTE Confidence: 0.98183095

00:48:21.185 --> 00:48:22.325 to modify the texture.

NOTE Confidence: 0.9935397

00:48:23.105 --> 00:48:24.805 There's something called dumping syndrome

NOTE Confidence: 0.9935397

00:48:24.864 --> 00:48:26.065 that I think a lot

NOTE Confidence: 0.9935397

00:48:26.065 --> 00:48:27.204 of patients aren't

NOTE Confidence: 0.9867666

00:48:27.505 --> 00:48:29.185 aware of. Right? There's early

NOTE Confidence: 0.9867666

00:48:29.185 --> 00:48:30.704 and late dumping syndrome. So,

NOTE Confidence: 0.9867666

00:48:30.704 --> 00:48:31.505 you know, if you're feeling

NOTE Confidence: 0.9867666

00:48:31.505 --> 00:48:33.260 really sweaty after drinking a

NOTE Confidence: 0.9867666

00:48:33.260 --> 00:48:34.380 milkshake and you need to

NOTE Confidence: 0.9867666

00:48:34.380 --> 00:48:35.340 lie down and you feel

NOTE Confidence: 0.9867666

00:48:35.340 --> 00:48:36.300 like you're gonna throw up,

NOTE Confidence: 0.9867666

00:48:36.300 --> 00:48:36.800 like,

NOTE Confidence: 0.96783024

00:48:37.100 --> 00:48:38.300 these things we hear so

NOTE Confidence: 0.96783024

00:48:38.300 --> 00:48:40.060 often. So sometimes patients come

NOTE Confidence: 0.96783024

00:48:40.060 --> 00:48:41.020 in, and they're like, yeah.

NOTE Confidence: 0.96783024

00:48:41.020 --> 00:48:42.380 Yeah. I'm dealing with this.

NOTE Confidence: 0.96783024

00:48:42.380 --> 00:48:43.500 And I say, well, that's

NOTE Confidence: 0.96783024

00:48:43.500 --> 00:48:45.040 this. And they say, oh,

NOTE Confidence: 0.96783024

00:48:45.125 --> 00:48:46.325 okay. What do I do?

NOTE Confidence: 0.96783024

00:48:46.325 --> 00:48:47.444 Alright. That's when we go

NOTE Confidence: 0.96783024

00:48:47.444 --> 00:48:48.344 through the strategies.

NOTE Confidence: 0.9975586

00:48:48.645 --> 00:48:49.145 Right?

NOTE Confidence: 0.98696953

00:48:50.724 --> 00:48:52.265 Altering meal and snack patterns.

NOTE Confidence: 0.98696953

00:48:52.325 --> 00:48:53.765 Okay. Maybe you never ate

NOTE Confidence: 0.98696953

00:48:53.765 --> 00:48:55.204 breakfast, which I see all

NOTE Confidence: 0.98696953

00:48:55.204 --> 00:48:56.484 the time. Now you need

NOTE Confidence: 0.98696953

00:48:56.484 --> 00:48:57.765 to start eating breakfast before

NOTE Confidence: 0.98696953

00:48:57.765 --> 00:48:58.805 you start your day. Right?

NOTE Confidence: 0.98696953

00:48:58.805 --> 00:48:59.559 Maybe you need to pack

NOTE Confidence: 0.98696953

00:48:59.559 --> 00:49:00.599 some snacks in your car.

NOTE Confidence: 0.98696953

00:49:00.599 --> 00:49:01.400 Maybe we need to come

NOTE Confidence: 0.98696953

00:49:01.400 --> 00:49:02.520 up with some smoothies or

NOTE Confidence: 0.98696953

00:49:02.520 --> 00:49:03.559 or shakes that you can

NOTE Confidence: 0.98696953

00:49:03.559 --> 00:49:04.700 drink while you're working.

NOTE Confidence: 0.9633933

00:49:06.119 --> 00:49:08.039 Meeting basic nutrition needs in

NOTE Confidence: 0.9633933

00:49:08.039 --> 00:49:09.880 the beginning right after treatment

NOTE Confidence: 0.9633933

00:49:09.880 --> 00:49:11.640 completion is so important because,

NOTE Confidence: 0.9633933

00:49:11.640 --> 00:49:12.380 as mentioned,

NOTE Confidence: 0.99856335

00:49:12.924 --> 00:49:14.045 weight loss is such a

NOTE Confidence: 0.99856335

00:49:14.045 --> 00:49:15.885 common side effect of treatment

NOTE Confidence: 0.99856335

00:49:15.885 --> 00:49:16.704 to the esophagus.

NOTE Confidence: 0.9902886

00:49:17.325 --> 00:49:19.085 And we know that maintaining

NOTE Confidence: 0.9902886

00:49:19.085 --> 00:49:21.325 weight, maintaining strength, lean body

NOTE Confidence: 0.9902886

00:49:21.325 --> 00:49:22.605 mass is so important for

NOTE Confidence: 0.9902886

00:49:22.605 --> 00:49:23.825 tolerance and recovery.

NOTE Confidence: 1

00:49:24.285 --> 00:49:24.780 So

NOTE Confidence: 0.98489696

00:49:25.100 --> 00:49:26.060 my goal is to really

NOTE Confidence: 0.98489696

00:49:26.060 --> 00:49:27.260 go through what's your diet

NOTE Confidence: 0.98489696

00:49:27.260 --> 00:49:28.300 recall, what are you eating,

NOTE Confidence: 0.98489696

00:49:28.300 --> 00:49:29.260 what are you drinking, what's

NOTE Confidence: 0.98489696

00:49:29.260 --> 00:49:30.940 your weight trend been, and

NOTE Confidence: 0.98489696

00:49:30.940 --> 00:49:32.460 I go through specifics of

NOTE Confidence: 0.98489696

00:49:32.460 --> 00:49:33.500 how many calories do you

NOTE Confidence: 0.98489696

00:49:33.500 --> 00:49:34.380 need in a day to

NOTE Confidence: 0.98489696

00:49:34.380 --> 00:49:35.580 put some weight on. You

NOTE Confidence: 0.98489696

00:49:35.580 --> 00:49:36.780 know? And then Scott comes

NOTE Confidence: 0.98489696

00:49:36.780 --> 00:49:37.660 in and talks about all

NOTE Confidence: 0.98489696

00:49:37.660 --> 00:49:38.880 the exercise piece.

NOTE Confidence: 0.9335022

00:49:40.454 --> 00:49:42.055 So regaining weight if lost

NOTE Confidence: 0.9335022

00:49:42.055 --> 00:49:42.954 weight through treatment.

NOTE Confidence: 0.9879325

00:49:43.255 --> 00:49:45.335 Again, modifying textures. Maybe you

NOTE Confidence: 0.9879325

00:49:45.335 --> 00:49:46.775 no longer can tolerate tomatoes

NOTE Confidence: 0.9879325

00:49:46.775 --> 00:49:47.974 or tomato sauce. It's too

NOTE Confidence: 0.9879325

00:49:47.974 --> 00:49:49.914 acidic. It burns going down.

NOTE Confidence: 0.9879325

00:49:50.055 --> 00:49:50.555 Right?

NOTE Confidence: 0.9708116

00:49:51.510 --> 00:49:53.510 Manage feeding tubes. So we

NOTE Confidence: 0.9708116

00:49:53.510 --> 00:49:55.110 manage g tubes or j

NOTE Confidence: 0.9708116

00:49:55.110 --> 00:49:56.469 tubes, which are placed in

NOTE Confidence: 0.9708116

00:49:56.469 --> 00:49:57.450 the small intestine.

NOTE Confidence: 0.99271226

00:49:58.390 --> 00:49:59.989 So some patients have this

NOTE Confidence: 0.99271226

00:49:59.989 --> 00:50:00.790 for a short period of

NOTE Confidence: 0.99271226

00:50:00.790 --> 00:50:01.989 time. Some have it long

NOTE Confidence: 0.99271226

00:50:01.989 --> 00:50:04.310 term. So dietitians, especially oncology

NOTE Confidence: 0.99271226

00:50:04.310 --> 00:50:05.910 dietitians, are well trained in

NOTE Confidence: 0.99271226

00:50:05.910 --> 00:50:07.244 this realm as well.

NOTE Confidence: 0.97078997

00:50:08.344 --> 00:50:09.465 And then a speech language

NOTE Confidence: 0.97078997

00:50:09.465 --> 00:50:10.585 pathologist, which I know is

NOTE Confidence: 0.97078997

00:50:10.585 --> 00:50:12.125 mentioned, but it's so important,

NOTE Confidence: 0.9780931

00:50:12.665 --> 00:50:13.705 to include that as part

NOTE Confidence: 0.9780931

00:50:13.705 --> 00:50:15.484 of the team to strengthen

NOTE Confidence: 0.9780931

00:50:15.545 --> 00:50:17.145 muscles that are weakened. Maybe

NOTE Confidence: 0.9780931

00:50:17.145 --> 00:50:18.344 you're not eating food throughout

NOTE Confidence: 0.9780931

00:50:18.344 --> 00:50:19.545 treatment and you're relying on

NOTE Confidence: 0.9780931

00:50:19.545 --> 00:50:21.180 a feeding tube. The speech

NOTE Confidence: 0.9780931

00:50:21.180 --> 00:50:22.780 language pathologist is so important

NOTE Confidence: 0.9780931

00:50:22.780 --> 00:50:23.760 along with a dietitian,

NOTE Confidence: 0.98324424

00:50:24.140 --> 00:50:25.980 a PT, your oncology team

NOTE Confidence: 0.98324424

00:50:25.980 --> 00:50:27.420 to make sure that you're

NOTE Confidence: 0.98324424

00:50:27.420 --> 00:50:29.260 practicing and getting those muscles

NOTE Confidence: 0.98324424

00:50:29.260 --> 00:50:30.320 back that you lost.

NOTE Confidence: 0.9793396

00:50:31.260 --> 00:50:32.780 And food fears is a

NOTE Confidence: 0.9793396

00:50:32.780 --> 00:50:34.295 huge, huge component.

NOTE Confidence: 0.98347443

00:50:34.675 --> 00:50:35.875 I would say probably not

NOTE Confidence: 0.98347443

00:50:35.875 --> 00:50:37.015 as common in gastroesophageal

NOTE Confidence: 0.88549805

00:50:37.474 --> 00:50:37.974 patients,

NOTE Confidence: 0.99519855

00:50:38.594 --> 00:50:39.974 but breast, colon,

NOTE Confidence: 0.8796387

00:50:40.355 --> 00:50:40.855 prostate,

NOTE Confidence: 0.9867136

00:50:41.395 --> 00:50:43.555 everybody is so afraid to

NOTE Confidence: 0.9867136

00:50:43.555 --> 00:50:45.655 eat any food after diagnosis

NOTE Confidence: 0.9867136

00:50:45.795 --> 00:50:46.994 because they worry that there

NOTE Confidence: 0.9867136

00:50:46.994 --> 00:50:48.454 was something they did

NOTE Confidence: 0.95703125

00:50:49.080 --> 00:50:50.440 specifically that caused. I see

NOTE Confidence: 0.95703125

00:50:50.440 --> 00:50:51.660 so many heads nodding.

NOTE Confidence: 0.9660832

00:50:52.360 --> 00:50:53.800 But they're so afraid that

NOTE Confidence: 0.9660832

00:50:53.800 --> 00:50:55.580 they ate or did something

NOTE Confidence: 0.9660832

00:50:55.719 --> 00:50:57.100 from nutrition perspective

NOTE Confidence: 0.9958496

00:50:57.400 --> 00:50:58.440 that they shouldn't have done.

NOTE Confidence: 0.9958496

00:50:58.440 --> 00:50:59.660 So then they get fearful

NOTE Confidence: 0.9958496

00:50:59.719 --> 00:51:00.460 of anything,

NOTE Confidence: 0.99890953

00:51:00.945 --> 00:51:02.225 and then they're worried about

NOTE Confidence: 0.99890953

00:51:02.225 --> 00:51:03.505 putting anything in their body.

NOTE Confidence: 0.99890953

00:51:03.505 --> 00:51:04.965 So there's a lot of,

NOTE Confidence: 0.998291

00:51:05.265 --> 00:51:06.165 like, mental,

NOTE Confidence: 0.9836426

00:51:06.785 --> 00:51:08.885 psychosocial component of this, but

NOTE Confidence: 0.9836426

00:51:08.945 --> 00:51:10.725 food fears is a huge,

NOTE Confidence: 0.9836426

00:51:10.785 --> 00:51:12.305 huge conversation that I have

NOTE Confidence: 0.9836426

00:51:12.305 --> 00:51:13.364 with a lot of patients.

NOTE Confidence: 0.92429423

00:51:16.969 --> 00:51:18.170 And so, again, from the

NOTE Confidence: 0.92429423

00:51:18.170 --> 00:51:19.609 physical perspective in the short

NOTE Confidence: 0.92429423

00:51:19.609 --> 00:51:20.109 term,

NOTE Confidence: 0.97620344

00:51:20.890 --> 00:51:22.250 again, we wanna make sure

NOTE Confidence: 0.97620344

00:51:22.250 --> 00:51:23.210 that we're first of all,

NOTE Confidence: 0.97620344

00:51:23.210 --> 00:51:25.049 we're minimizing weight loss. So,

NOTE Confidence: 0.97620344

00:51:25.049 --> 00:51:26.910 again, you're having these conversations

NOTE Confidence: 0.97620344

00:51:26.969 --> 00:51:28.489 with the Natalie about, you

NOTE Confidence: 0.97620344

00:51:28.489 --> 00:51:30.010 know, proper nutrition and how

NOTE Confidence: 0.97620344

00:51:30.010 --> 00:51:31.869 to get quality calories

NOTE Confidence: 0.9965123

00:51:32.545 --> 00:51:34.145 back into them. At the

NOTE Confidence: 0.9965123

00:51:34.145 --> 00:51:34.965 same time,

NOTE Confidence: 0.9543101

00:51:35.265 --> 00:51:37.364 I wanna combat weight loss

NOTE Confidence: 0.9543101

00:51:37.425 --> 00:51:38.785 with shrink training. So again,

NOTE Confidence: 0.9543101

00:51:38.785 --> 00:51:39.985 thank you for talking about

NOTE Confidence: 0.9543101

00:51:39.985 --> 00:51:40.485 sarcopenia

NOTE Confidence: 0.96451145

00:51:41.425 --> 00:51:42.625 and how that is a

NOTE Confidence: 0.96451145

00:51:42.625 --> 00:51:44.065 real concern, that muscle the

NOTE Confidence: 0.96451145

00:51:44.065 --> 00:51:45.265 loss of muscle mass is

NOTE Confidence: 0.96451145

00:51:45.265 --> 00:51:46.165 a real concern.

NOTE Confidence: 0.9929231

00:51:46.830 --> 00:51:47.590 The way that I look

NOTE Confidence: 0.9929231

00:51:47.590 --> 00:51:49.150 at that is, you know,

NOTE Confidence: 0.9929231

00:51:49.150 --> 00:51:50.430 it can be anything as

NOTE Confidence: 0.9929231

00:51:50.430 --> 00:51:52.270 functional as, you know, you're

NOTE Confidence: 0.9929231

00:51:52.270 --> 00:51:53.870 having a tough time carrying

NOTE Confidence: 0.9929231

00:51:53.870 --> 00:51:55.230 a basket of of laundry

NOTE Confidence: 0.9929231

00:51:55.230 --> 00:51:56.290 up and down the stairs.

NOTE Confidence: 0.9929231

00:51:56.510 --> 00:51:57.710 But we also know that

NOTE Confidence: 0.9929231

00:51:57.710 --> 00:51:59.310 there's a direct correlation between

NOTE Confidence: 0.9929231

00:51:59.310 --> 00:52:00.989 sarcopenia and an increased risk

NOTE Confidence: 0.9929231

00:52:00.989 --> 00:52:01.650 of falls.

NOTE Confidence: 0.9909939

00:52:02.735 --> 00:52:03.535 And the last thing you

NOTE Confidence: 0.9909939

00:52:03.535 --> 00:52:04.655 need to do after a

NOTE Confidence: 0.9909939

00:52:04.655 --> 00:52:06.094 cancer diagnosis is fall and

NOTE Confidence: 0.9909939

00:52:06.094 --> 00:52:07.075 fracture your hip.

NOTE Confidence: 1

00:52:07.535 --> 00:52:08.035 So

NOTE Confidence: 0.99775565

00:52:08.575 --> 00:52:09.455 I need to be able

NOTE Confidence: 0.99775565

00:52:09.455 --> 00:52:11.395 to prescribe you an exercise

NOTE Confidence: 0.99775565

00:52:11.455 --> 00:52:12.415 plan. Now this is not

NOTE Confidence: 0.99775565

00:52:12.415 --> 00:52:13.395 the time for CrossFit.

NOTE Confidence: 0.9948296

00:52:14.415 --> 00:52:15.215 This is not the time

NOTE Confidence: 0.9948296

00:52:15.215 --> 00:52:16.255 to flip tires and swing

NOTE Confidence: 0.9948296

00:52:16.255 --> 00:52:17.695 sledgehammers. I pick on CrossFit

NOTE Confidence: 0.9948296

00:52:17.695 --> 00:52:18.390 all the time.

NOTE Confidence: 0.96931964

00:52:19.029 --> 00:52:19.910 But to be able to

NOTE Confidence: 0.96931964

00:52:19.910 --> 00:52:21.589 work with a physical therapist,

NOTE Confidence: 0.96931964

00:52:21.589 --> 00:52:23.109 somebody who is trained and

NOTE Confidence: 0.96931964

00:52:23.109 --> 00:52:23.750 to be able to take

NOTE Confidence: 0.96931964

00:52:23.750 --> 00:52:24.969 you through a progressive

NOTE Confidence: 0.9699707

00:52:25.829 --> 00:52:27.049 strength training program.

NOTE Confidence: 0.91006327

00:52:27.670 --> 00:52:29.430 And sometimes, I'm working with

NOTE Confidence: 0.91006327

00:52:29.430 --> 00:52:30.710 folks, and, again, if they

NOTE Confidence: 0.91006327

00:52:30.710 --> 00:52:32.305 are still fatigued from chemo

NOTE Confidence: 0.91006327

00:52:32.305 --> 00:52:33.985 or they're still fatigued from

NOTE Confidence: 0.91006327

00:52:33.985 --> 00:52:34.485 radiation,

NOTE Confidence: 0.9944458

00:52:35.025 --> 00:52:35.985 and they say, well, how

NOTE Confidence: 0.9944458

00:52:35.985 --> 00:52:37.525 am I going to exercise

NOTE Confidence: 0.9944458

00:52:37.585 --> 00:52:38.245 at all?

NOTE Confidence: 0.99575806

00:52:38.625 --> 00:52:40.065 Well, you know what? We

NOTE Confidence: 0.99575806

00:52:40.065 --> 00:52:41.205 can start with

NOTE Confidence: 0.99609375

00:52:41.585 --> 00:52:42.485 very simple

NOTE Confidence: 0.8182373

00:52:48.520 --> 00:52:49.660 bodyweight exercises.

NOTE Confidence: 0.99902344

00:52:50.520 --> 00:52:51.340 Just practicing

NOTE Confidence: 0.89070636

00:52:51.719 --> 00:52:52.620 sit to stands,

NOTE Confidence: 0.9854126

00:52:53.000 --> 00:52:54.120 or maybe I would have

NOTE Confidence: 0.9854126

00:52:54.120 --> 00:52:56.300 you do some banded exercises,

NOTE Confidence: 0.9854126

00:52:56.440 --> 00:52:57.320 but to do that in

NOTE Confidence: 0.9854126

00:52:57.320 --> 00:52:57.820 sitting

NOTE Confidence: 0.9872233

00:52:58.785 --> 00:52:59.844 versus in standing.

NOTE Confidence: 0.9996745

00:53:00.464 --> 00:53:01.905 So there are plenty of

NOTE Confidence: 0.9996745

00:53:01.905 --> 00:53:02.405 ways

NOTE Confidence: 1

00:53:02.864 --> 00:53:03.605 to modify

NOTE Confidence: 0.9919085

00:53:04.145 --> 00:53:05.905 an exercise plan, but I

NOTE Confidence: 0.9919085

00:53:05.905 --> 00:53:06.565 have to

NOTE Confidence: 0.9892334

00:53:07.105 --> 00:53:08.224 meet you, and I have

NOTE Confidence: 0.9892334

00:53:08.224 --> 00:53:09.344 to listen to you, and

NOTE Confidence: 0.9892334

00:53:09.344 --> 00:53:10.065 I have to hear what

NOTE Confidence: 0.9892334

00:53:10.065 --> 00:53:11.940 your concerns are to figure

NOTE Confidence: 0.9892334

00:53:11.940 --> 00:53:13.560 out how I can individualize

NOTE Confidence: 0.9892334

00:53:13.780 --> 00:53:15.640 that exercise plan to you.

NOTE Confidence: 0.9996338

00:53:15.940 --> 00:53:16.920 At the same time,

NOTE Confidence: 0.91130185

00:53:18.099 --> 00:53:20.099 exercise, again, we've no. We

NOTE Confidence: 0.91130185

00:53:20.099 --> 00:53:21.300 now have the evidence that

NOTE Confidence: 0.91130185

00:53:21.300 --> 00:53:22.020 shows that every

NOTE Confidence: 0.8676758

00:53:22.820 --> 00:53:23.320 exercise

NOTE Confidence: 0.9975586

00:53:24.020 --> 00:53:26.280 can combat cancer related fatigue.

NOTE Confidence: 0.9642334

00:53:26.614 --> 00:53:27.275 So, again,

NOTE Confidence: 0.98710126

00:53:27.655 --> 00:53:29.255 people might say, well, I'm

NOTE Confidence: 0.98710126

00:53:29.255 --> 00:53:30.375 tired, so I don't feel

NOTE Confidence: 0.98710126

00:53:30.375 --> 00:53:31.114 like exercising.

NOTE Confidence: 0.9688785

00:53:31.815 --> 00:53:33.335 So, again, we're not training

NOTE Confidence: 0.9688785

00:53:33.335 --> 00:53:35.335 for an Ironman triathlon here,

NOTE Confidence: 0.9688785

00:53:35.335 --> 00:53:36.694 but starting with a ten

NOTE Confidence: 0.9688785

00:53:36.694 --> 00:53:37.994 minute walk after breakfast,

NOTE Confidence: 0.9984131

00:53:39.335 --> 00:53:40.375 and then a ten minute

NOTE Confidence: 0.9984131

00:53:40.375 --> 00:53:41.594 walk after lunch,

NOTE Confidence: 0.9949618

00:53:42.840 --> 00:53:43.880 and then a ten minute

NOTE Confidence: 0.9949618

00:53:43.880 --> 00:53:45.720 walk after dinner. I wasn't

NOTE Confidence: 0.9949618

00:53:45.720 --> 00:53:46.600 a math major, but that

NOTE Confidence: 0.9949618

00:53:46.600 --> 00:53:47.560 still adds up to thirty

NOTE Confidence: 0.9949618

00:53:47.560 --> 00:53:48.520 minutes over the course of

NOTE Confidence: 0.9949618

00:53:48.520 --> 00:53:49.800 the day, and that's what

NOTE Confidence: 0.9949618

00:53:49.800 --> 00:53:51.580 we're what we're striving for.

NOTE Confidence: 0.9949618

00:53:51.720 --> 00:53:53.000 And as you start to

NOTE Confidence: 0.9949618

00:53:53.000 --> 00:53:54.700 get more energy back,

NOTE Confidence: 0.9906616

00:53:55.045 --> 00:53:56.085 then you can turn that

NOTE Confidence: 0.9906616

00:53:56.085 --> 00:53:57.225 into one singular

NOTE Confidence: 0.9977214

00:53:57.685 --> 00:53:58.985 thirty minute walk.

NOTE Confidence: 0.9822006

00:54:00.245 --> 00:54:02.085 I think, again, it's important

NOTE Confidence: 0.9822006

00:54:02.085 --> 00:54:03.364 that we talk about short

NOTE Confidence: 0.9822006

00:54:03.364 --> 00:54:04.565 term goals and long term

NOTE Confidence: 0.9822006

00:54:04.565 --> 00:54:05.065 goals.

NOTE Confidence: 0.9810771

00:54:06.005 --> 00:54:07.445 If your long term goal

NOTE Confidence: 0.9810771

00:54:07.445 --> 00:54:08.850 is to get back to

NOTE Confidence: 0.9810771

00:54:08.850 --> 00:54:10.130 what your prior level of

NOTE Confidence: 0.9810771

00:54:10.130 --> 00:54:11.490 activity was, maybe you were

NOTE Confidence: 0.9810771

00:54:11.490 --> 00:54:13.250 running five k's or ten

NOTE Confidence: 0.9810771

00:54:13.250 --> 00:54:14.450 k's, or maybe you, you

NOTE Confidence: 0.9810771

00:54:14.450 --> 00:54:15.490 know, your goal is that

NOTE Confidence: 0.9810771

00:54:15.490 --> 00:54:16.450 you wanna go hike the

NOTE Confidence: 0.9810771

00:54:16.450 --> 00:54:17.190 Grand Canyon.

NOTE Confidence: 0.9995117

00:54:17.570 --> 00:54:18.070 Fantastic.

NOTE Confidence: 0.99382323

00:54:18.930 --> 00:54:20.370 Let's work on that. But

NOTE Confidence: 0.99382323

00:54:20.370 --> 00:54:21.570 before you hike the Grand

NOTE Confidence: 0.99382323

00:54:21.570 --> 00:54:22.690 Canyon, you need to be

NOTE Confidence: 0.99382323

00:54:22.690 --> 00:54:24.150 able to hike Sleeping Giant.

NOTE Confidence: 0.98222214

00:54:26.444 --> 00:54:27.164 So we have to come

NOTE Confidence: 0.98222214

00:54:27.164 --> 00:54:28.625 up with short term goals,

NOTE Confidence: 0.98222214

00:54:28.684 --> 00:54:29.184 achievable

NOTE Confidence: 0.9613444

00:54:29.484 --> 00:54:30.765 short term goals before we

NOTE Confidence: 0.9613444

00:54:30.765 --> 00:54:31.645 can get to that long

NOTE Confidence: 0.9613444

00:54:31.645 --> 00:54:32.385 term goal.

NOTE Confidence: 0.99262697

00:54:33.325 --> 00:54:34.785 Again, I already talked about,

NOTE Confidence: 0.9878174

00:54:35.325 --> 00:54:37.025 reducing, the risk of sarcopenia.

NOTE Confidence: 0.94155276

00:54:37.730 --> 00:54:39.170 And, again, we've we're we're

NOTE Confidence: 0.94155276

00:54:39.170 --> 00:54:41.030 talking about speech therapists tonight.

NOTE Confidence: 0.987635

00:54:41.489 --> 00:54:43.010 Full disclosure, I'm married to

NOTE Confidence: 0.987635

00:54:43.010 --> 00:54:44.049 a speech therapist, so I'm

NOTE Confidence: 0.987635

00:54:44.049 --> 00:54:46.049 contractually obligated to talk about

NOTE Confidence: 0.987635

00:54:46.049 --> 00:54:46.869 speech therapy.

NOTE Confidence: 0.8979241

00:54:47.809 --> 00:54:49.809 But, yes, speech therapists can

NOTE Confidence: 0.8979241

00:54:49.809 --> 00:54:51.170 do swallow evals. They can

NOTE Confidence: 0.8979241

00:54:51.170 --> 00:54:51.989 do a FEES,

NOTE Confidence: 0.973999

00:54:52.344 --> 00:54:53.805 in order to be able

NOTE Confidence: 0.973999

00:54:53.864 --> 00:54:54.844 to find out,

NOTE Confidence: 0.9846436

00:54:55.305 --> 00:54:56.925 do you have a constrictor,

NOTE Confidence: 0.9912258

00:54:57.385 --> 00:54:58.745 in your esophagus because of

NOTE Confidence: 0.9912258

00:54:58.745 --> 00:55:00.185 radiation therapy? And if so,

NOTE Confidence: 0.9912258

00:55:00.185 --> 00:55:00.685 where

NOTE Confidence: 0.99450684

00:55:01.225 --> 00:55:02.205 is that constrictor?

NOTE Confidence: 0.9890137

00:55:02.745 --> 00:55:04.025 And so then they can

NOTE Confidence: 0.9890137

00:55:04.025 --> 00:55:06.025 make the appropriate treatments based

NOTE Confidence: 0.9890137

00:55:06.025 --> 00:55:06.685 on that.

NOTE Confidence: 0.9980469

00:55:08.010 --> 00:55:08.510 Alright.

NOTE Confidence: 0.9890137

00:55:08.890 --> 00:55:10.010 And just so you know,

NOTE Confidence: 0.9890137

00:55:10.010 --> 00:55:10.730 if you do come to

NOTE Confidence: 0.9890137

00:55:10.730 --> 00:55:12.250 clinic, Scott has a backpack

NOTE Confidence: 0.9890137

00:55:12.250 --> 00:55:13.610 that's always full of bands.

NOTE Confidence: 0.9890137

00:55:13.610 --> 00:55:15.530 So he always has patients

NOTE Confidence: 0.9890137

00:55:15.530 --> 00:55:16.650 up in the room, in

NOTE Confidence: 0.9890137

00:55:16.650 --> 00:55:17.310 the doorway,

NOTE Confidence: 0.99210614

00:55:17.690 --> 00:55:19.290 you know, finding contraptions to

NOTE Confidence: 0.99210614

00:55:19.290 --> 00:55:20.170 get people up and moving.

NOTE Confidence: 0.99210614

00:55:20.170 --> 00:55:21.130 He even makes me walk

NOTE Confidence: 0.99210614

00:55:21.130 --> 00:55:22.250 at lunchtime all the time.

NOTE Confidence: 0.99210614

00:55:22.250 --> 00:55:23.755 So he is gonna get

NOTE Confidence: 0.99210614

00:55:23.755 --> 00:55:24.335 you moving.

NOTE Confidence: 0.99346924

00:55:25.355 --> 00:55:26.475 Alright. So moving into the

NOTE Confidence: 0.99346924

00:55:26.475 --> 00:55:27.455 more long term,

NOTE Confidence: 0.99104816

00:55:27.755 --> 00:55:28.255 survivorship,

NOTE Confidence: 0.9958903

00:55:28.875 --> 00:55:30.155 conversations that I might have.

NOTE Confidence: 0.9958903

00:55:30.155 --> 00:55:30.655 So,

NOTE Confidence: 0.9931946

00:55:31.594 --> 00:55:33.435 I always say it's turning

NOTE Confidence: 0.9931946

00:55:33.435 --> 00:55:34.495 the page. So

NOTE Confidence: 0.99880373

00:55:34.950 --> 00:55:36.469 when you're recovering from those

NOTE Confidence: 0.99880373

00:55:36.469 --> 00:55:38.410 acute side effects of radiation,

NOTE Confidence: 0.9818997

00:55:39.430 --> 00:55:40.890 maybe you have the difficulty

NOTE Confidence: 0.9818997

00:55:40.950 --> 00:55:43.109 swallowing, the acid reflux, you're

NOTE Confidence: 0.9818997

00:55:43.109 --> 00:55:44.550 eating a soft diet, you're

NOTE Confidence: 0.9818997

00:55:44.550 --> 00:55:46.330 relying on smoothies or milkshakes

NOTE Confidence: 0.9818997

00:55:46.390 --> 00:55:47.450 to kinda get through,

NOTE Confidence: 0.996875

00:55:48.469 --> 00:55:50.250 once you feel like that

NOTE Confidence: 0.92209244

00:55:50.765 --> 00:55:52.705 resolves, right, usually, I say,

NOTE Confidence: 0.92209244

00:55:52.844 --> 00:55:54.445 six months, people start feeling,

NOTE Confidence: 0.92209244

00:55:54.445 --> 00:55:55.725 like, back to a new

NOTE Confidence: 0.92209244

00:55:55.725 --> 00:55:56.925 normal where they're kind of

NOTE Confidence: 0.92209244

00:55:57.005 --> 00:55:58.364 their energy is coming back.

NOTE Confidence: 0.92209244

00:55:58.364 --> 00:55:59.565 You know, nutrition's a little

NOTE Confidence: 0.92209244

00:55:59.565 --> 00:56:00.305 bit easier.

NOTE Confidence: 0.99921876

00:56:01.005 --> 00:56:02.445 But I teach them how

NOTE Confidence: 0.99921876

00:56:02.445 --> 00:56:03.965 to turn the page when

NOTE Confidence: 0.99921876

00:56:03.965 --> 00:56:05.730 it comes to going from

NOTE Confidence: 0.99921876

00:56:05.730 --> 00:56:07.410 acute care and side effect

NOTE Confidence: 0.99921876

00:56:07.410 --> 00:56:10.230 management to long term prevention

NOTE Confidence: 0.9885254

00:56:10.530 --> 00:56:11.270 and wellness.

NOTE Confidence: 0.9914958

00:56:11.570 --> 00:56:12.530 So that's kind of a

NOTE Confidence: 0.9914958

00:56:12.530 --> 00:56:13.030 tricky,

NOTE Confidence: 0.9403076

00:56:14.130 --> 00:56:15.250 conversion and kind of a

NOTE Confidence: 0.9403076

00:56:15.250 --> 00:56:15.750 tricky,

NOTE Confidence: 0.9980469

00:56:17.570 --> 00:56:18.930 path for people to figure

NOTE Confidence: 0.9980469

00:56:18.930 --> 00:56:19.670 out themselves.

NOTE Confidence: 0.9772949

00:56:20.130 --> 00:56:20.985 Right? So

NOTE Confidence: 0.982959

00:56:21.785 --> 00:56:23.225 So addressing eating challenges when

NOTE Confidence: 0.982959

00:56:23.225 --> 00:56:24.585 returning to work. So some

NOTE Confidence: 0.982959

00:56:24.585 --> 00:56:26.525 people are teachers, some are,

NOTE Confidence: 0.9881897

00:56:27.225 --> 00:56:30.045 doctors themselves, some are parents,

NOTE Confidence: 0.9881897

00:56:30.185 --> 00:56:31.165 work from home,

NOTE Confidence: 0.99433595

00:56:32.105 --> 00:56:33.885 people sitting down all day,

NOTE Confidence: 0.93185425

00:56:35.369 --> 00:56:36.969 pilots. You know, we've seen

NOTE Confidence: 0.93185425

00:56:36.969 --> 00:56:37.950 it all. Electricians,

NOTE Confidence: 0.9727858

00:56:38.250 --> 00:56:39.130 people that have to eat

NOTE Confidence: 0.9727858

00:56:39.130 --> 00:56:39.690 on the back of their

NOTE Confidence: 0.9727858

00:56:39.690 --> 00:56:41.130 truck when they go back

NOTE Confidence: 0.9727858

00:56:41.130 --> 00:56:42.969 to work. So part of

NOTE Confidence: 0.9727858

00:56:42.969 --> 00:56:44.170 my job is figuring out,

NOTE Confidence: 0.9727858

00:56:44.170 --> 00:56:45.609 okay. Well, what's your meal

NOTE Confidence: 0.9727858

00:56:45.609 --> 00:56:47.210 planning looking like? Your grocery

NOTE Confidence: 0.9727858

00:56:47.210 --> 00:56:48.730 shopping? Who's home? What's your

NOTE Confidence: 0.9727858

00:56:48.730 --> 00:56:50.250 support system? You know? Can

NOTE Confidence: 0.9727858

00:56:50.250 --> 00:56:51.765 you afford groceries? Groceries?

NOTE Confidence: 0.9942322

00:56:52.065 --> 00:56:53.105 All those things kind of

NOTE Confidence: 0.9942322

00:56:53.105 --> 00:56:54.085 come into play.

NOTE Confidence: 0.9915248

00:56:55.585 --> 00:56:57.364 Reducing risk of nutritional deficiencies.

NOTE Confidence: 0.9915248

00:56:57.585 --> 00:56:58.484 Right? So,

NOTE Confidence: 0.9775662

00:56:59.265 --> 00:57:00.465 this is something I'm always

NOTE Confidence: 0.9775662

00:57:00.465 --> 00:57:01.825 looking at. That's why we

NOTE Confidence: 0.9775662

00:57:01.825 --> 00:57:03.185 check lab work, and we're

NOTE Confidence: 0.9775662

00:57:03.185 --> 00:57:04.145 looking at all of the

NOTE Confidence: 0.9775662

00:57:04.145 --> 00:57:05.344 data in the computer all

NOTE Confidence: 0.9775662

00:57:05.344 --> 00:57:05.925 the time.

NOTE Confidence: 0.9845635

00:57:06.690 --> 00:57:08.210 But, obviously, the stomach and

NOTE Confidence: 0.9845635

00:57:08.210 --> 00:57:09.890 the small intestine and the

NOTE Confidence: 0.9845635

00:57:09.890 --> 00:57:11.410 esophagus are all very important

NOTE Confidence: 0.9845635

00:57:11.410 --> 00:57:12.790 for digestion and absorption.

NOTE Confidence: 0.999167

00:57:13.410 --> 00:57:14.130 So we have to look

NOTE Confidence: 0.999167

00:57:14.130 --> 00:57:15.010 at all these things to

NOTE Confidence: 0.999167

00:57:15.010 --> 00:57:15.890 make sure you're getting what

NOTE Confidence: 0.999167

00:57:15.890 --> 00:57:16.550 you need.

NOTE Confidence: 0.9973959

00:57:17.170 --> 00:57:18.230 Adequate hydration.

NOTE Confidence: 0.98099315

00:57:18.575 --> 00:57:19.775 Right? So if you're somebody

NOTE Confidence: 0.98099315

00:57:19.775 --> 00:57:21.155 after, you know, esophagectomy,

NOTE Confidence: 0.8739929

00:57:22.495 --> 00:57:23.795 and after a chemoradiation

NOTE Confidence: 0.9848633

00:57:24.255 --> 00:57:25.695 and you can't tolerate the

NOTE Confidence: 0.9848633

00:57:25.695 --> 00:57:27.235 same amount of volume

NOTE Confidence: 0.9928057

00:57:27.695 --> 00:57:29.455 that you once could, it's

NOTE Confidence: 0.9928057

00:57:29.455 --> 00:57:31.135 gonna rely on you sipping

NOTE Confidence: 0.9928057

00:57:31.135 --> 00:57:33.160 liquids throughout the day. Right?

NOTE Confidence: 0.9928057

00:57:33.380 --> 00:57:34.660 Some people are not natural

NOTE Confidence: 0.9928057

00:57:34.660 --> 00:57:36.100 water drinkers. I'll admit it.

NOTE Confidence: 0.9928057

00:57:36.100 --> 00:57:37.140 I'm a dietitian, and I

NOTE Confidence: 0.9928057

00:57:37.140 --> 00:57:38.740 hate drinking water. So that

NOTE Confidence: 0.9928057

00:57:38.740 --> 00:57:39.540 that would be a big

NOTE Confidence: 0.9928057

00:57:39.540 --> 00:57:40.660 challenge for me. Right? But

NOTE Confidence: 0.9928057

00:57:40.660 --> 00:57:42.100 we also have people who

NOTE Confidence: 0.9928057

00:57:42.100 --> 00:57:43.060 are talking in front of

NOTE Confidence: 0.9928057

00:57:43.060 --> 00:57:43.860 a group of people. They

NOTE Confidence: 0.9928057

00:57:43.860 --> 00:57:45.060 can't use the bathroom every

NOTE Confidence: 0.9928057

00:57:45.060 --> 00:57:47.115 five minutes. So it's making

NOTE Confidence: 0.9928057

00:57:47.115 --> 00:57:49.035 sure that people have the

NOTE Confidence: 0.9928057

00:57:49.035 --> 00:57:50.075 the strategies and the tips

NOTE Confidence: 0.9928057

00:57:50.075 --> 00:57:51.115 that they need to kinda

NOTE Confidence: 0.9928057

00:57:51.115 --> 00:57:51.915 get back to what they

NOTE Confidence: 0.9928057

00:57:51.915 --> 00:57:52.395 need to do.

NOTE Confidence: 0.98817664

00:57:53.915 --> 00:57:55.195 Weight management. This could be

NOTE Confidence: 0.98817664

00:57:55.195 --> 00:57:56.175 gaining, maintaining,

NOTE Confidence: 0.9951172

00:57:56.475 --> 00:57:56.975 losing.

NOTE Confidence: 0.99771726

00:57:57.675 --> 00:57:59.135 Obviously, in the gastroesophageal

NOTE Confidence: 0.9995117

00:57:59.595 --> 00:58:00.975 population, it's more

NOTE Confidence: 0.98561317

00:58:01.400 --> 00:58:03.080 gaining weight or maintaining or

NOTE Confidence: 0.98561317

00:58:03.080 --> 00:58:05.000 building lean body mass. But

NOTE Confidence: 0.98561317

00:58:05.000 --> 00:58:06.220 in many other diagnoses,

NOTE Confidence: 0.9745718

00:58:06.600 --> 00:58:08.040 that is weight loss that

NOTE Confidence: 0.9745718

00:58:08.040 --> 00:58:09.720 people need. So it kinda

NOTE Confidence: 0.9745718

00:58:09.720 --> 00:58:10.780 goes both ways.

NOTE Confidence: 0.99890625

00:58:11.960 --> 00:58:13.500 And then managing other comorbidities.

NOTE Confidence: 0.993811

00:58:13.800 --> 00:58:15.285 Right? So as mentioned, a

NOTE Confidence: 0.993811

00:58:15.285 --> 00:58:17.045 lot of, like, precursors and

NOTE Confidence: 0.993811

00:58:17.045 --> 00:58:18.645 conditions that are common amongst

NOTE Confidence: 0.993811

00:58:18.645 --> 00:58:19.145 gastroesophageal

NOTE Confidence: 0.9787516

00:58:19.445 --> 00:58:21.945 patients is acid reflux. Right?

NOTE Confidence: 0.9787516

00:58:22.165 --> 00:58:24.005 So, you know, some people

NOTE Confidence: 0.9787516

00:58:24.005 --> 00:58:24.805 come in and they have

NOTE Confidence: 0.9787516

00:58:24.805 --> 00:58:26.244 a new diagnosis of diabetes

NOTE Confidence: 0.9787516

00:58:26.244 --> 00:58:28.269 after treatment, or they have

NOTE Confidence: 0.9787516

00:58:28.269 --> 00:58:30.210 new kidney disease from chemotherapy,

NOTE Confidence: 0.9995117

00:58:30.670 --> 00:58:31.650 or they,

NOTE Confidence: 0.993237

00:58:32.109 --> 00:58:33.390 they now have these big

NOTE Confidence: 0.993237

00:58:33.390 --> 00:58:34.990 conditions along with being a

NOTE Confidence: 0.993237

00:58:34.990 --> 00:58:36.589 cancer survivor that they're left

NOTE Confidence: 0.993237

00:58:36.589 --> 00:58:37.890 to manage on their own.

NOTE Confidence: 0.993237

00:58:37.950 --> 00:58:39.569 So having an oncology dietitian

NOTE Confidence: 0.993237

00:58:39.630 --> 00:58:40.769 that knows the treatments,

NOTE Confidence: 0.99975586

00:58:41.405 --> 00:58:42.545 knows the side effects,

NOTE Confidence: 0.996303

00:58:42.925 --> 00:58:44.685 knows the safety of food

NOTE Confidence: 0.996303

00:58:44.685 --> 00:58:45.505 and swallow,

NOTE Confidence: 0.99424523

00:58:45.885 --> 00:58:47.244 and then also knows how

NOTE Confidence: 0.99424523

00:58:47.244 --> 00:58:48.605 to manage diabetes and heart

NOTE Confidence: 0.99424523

00:58:48.605 --> 00:58:49.825 disease and lower cholesterol

NOTE Confidence: 0.9678875

00:58:50.205 --> 00:58:52.145 and blood pressure, that's huge.

NOTE Confidence: 0.9678875

00:58:52.365 --> 00:58:53.645 So you don't wanna just

NOTE Confidence: 0.9678875

00:58:53.645 --> 00:58:54.845 go to another dietitian out

NOTE Confidence: 0.9678875

00:58:54.845 --> 00:58:55.885 in the community because they

NOTE Confidence: 0.9678875

00:58:55.885 --> 00:58:57.025 might not know the oncology

NOTE Confidence: 0.9678875

00:58:57.220 --> 00:58:58.260 perspective and you feel kind

NOTE Confidence: 0.9678875

00:58:58.260 --> 00:58:59.620 of like, oh, is this

NOTE Confidence: 0.9678875

00:58:59.620 --> 00:59:00.760 what I should be following?

NOTE Confidence: 0.9678875

00:59:00.820 --> 00:59:02.100 Right. It's looking at the

NOTE Confidence: 0.9678875

00:59:02.100 --> 00:59:03.380 whole picture. So I really

NOTE Confidence: 0.9678875

00:59:03.380 --> 00:59:04.900 try in this, like, long

NOTE Confidence: 0.9678875

00:59:04.900 --> 00:59:06.580 term survivorship visit. So maybe

NOTE Confidence: 0.9678875

00:59:06.580 --> 00:59:07.860 somebody who finished treatment five

NOTE Confidence: 0.9678875

00:59:07.860 --> 00:59:08.680 years ago,

NOTE Confidence: 0.9652797

00:59:09.060 --> 00:59:09.780 they might come to me

NOTE Confidence: 0.9652797

00:59:09.780 --> 00:59:11.060 and say, really, my main

NOTE Confidence: 0.9652797

00:59:11.060 --> 00:59:12.280 concern is my diabetes,

NOTE Confidence: 0.98028886

00:59:12.585 --> 00:59:13.305 but I don't know what

NOTE Confidence: 0.98028886

00:59:13.305 --> 00:59:14.185 I can do with the

NOTE Confidence: 0.98028886

00:59:14.185 --> 00:59:15.224 history that I have and

NOTE Confidence: 0.98028886

00:59:15.224 --> 00:59:16.205 what should I avoid.

NOTE Confidence: 0.98583984

00:59:18.105 --> 00:59:19.945 And then, obviously, reviewing evidence

NOTE Confidence: 0.98583984

00:59:19.945 --> 00:59:21.805 based nutrition guidelines. So,

NOTE Confidence: 0.9864868

00:59:22.505 --> 00:59:23.865 how do we optimize health?

NOTE Confidence: 0.9864868

00:59:23.865 --> 00:59:25.244 How do we improve outcomes

NOTE Confidence: 0.9864868

00:59:25.305 --> 00:59:26.850 after a diagnosis specific to

NOTE Confidence: 0.9864868

00:59:26.850 --> 00:59:28.150 the type that you had?

NOTE Confidence: 0.98397166

00:59:29.250 --> 00:59:30.850 Obviously, a plant dominant diet.

NOTE Confidence: 0.98397166

00:59:30.850 --> 00:59:32.050 I'm sure you've heard it.

NOTE Confidence: 0.98397166

00:59:32.050 --> 00:59:33.890 Right? Mediterranean, more fruits and

NOTE Confidence: 0.98397166

00:59:33.890 --> 00:59:35.570 veggies. But for somebody who

NOTE Confidence: 0.98397166

00:59:35.570 --> 00:59:36.870 has difficulty swallowing,

NOTE Confidence: 0.99198693

00:59:37.250 --> 00:59:38.450 you're not eating a kale

NOTE Confidence: 0.99198693

00:59:38.450 --> 00:59:40.610 salad. Right? So how do

NOTE Confidence: 0.99198693

00:59:40.610 --> 00:59:42.204 we how do we connect

NOTE Confidence: 0.99198693

00:59:42.204 --> 00:59:43.484 the dots? How do we

NOTE Confidence: 0.99198693

00:59:43.484 --> 00:59:44.685 help you be the best

NOTE Confidence: 0.99198693

00:59:44.685 --> 00:59:45.744 version of yourself,

NOTE Confidence: 0.7866211

00:59:46.045 --> 00:59:46.704 but also

NOTE Confidence: 0.9675856

00:59:47.005 --> 00:59:47.964 how do you tolerate it

NOTE Confidence: 0.9675856

00:59:47.964 --> 00:59:49.085 and not be miserable at

NOTE Confidence: 0.9675856

00:59:49.085 --> 00:59:49.744 the same time?

NOTE Confidence: 0.99784714

00:59:51.085 --> 00:59:52.365 Were you drinking lots of

NOTE Confidence: 0.99784714

00:59:52.365 --> 00:59:53.484 alcohol before you had the

NOTE Confidence: 0.99784714

00:59:53.484 --> 00:59:53.984 diagnosis?

NOTE Confidence: 0.9886649

00:59:54.285 --> 00:59:56.125 Right? And are you trying

NOTE Confidence: 0.9886649

00:59:56.125 --> 00:59:57.860 to figure out how much

NOTE Confidence: 0.9886649

00:59:57.860 --> 00:59:59.060 is okay to drink now,

NOTE Confidence: 0.9886649

00:59:59.060 --> 01:00:00.740 or have you stopped? Right?

NOTE Confidence: 0.9886649

01:00:00.740 --> 01:00:02.020 All these different things that

NOTE Confidence: 0.9886649

01:00:02.020 --> 01:00:02.840 we talk about.

NOTE Confidence: 0.99934894

01:00:03.540 --> 01:00:05.380 Processed meat is a big

NOTE Confidence: 0.99934894

01:00:05.380 --> 01:00:05.880 conversation

NOTE Confidence: 0.9972534

01:00:06.180 --> 01:00:07.220 too. We know that,

NOTE Confidence: 0.98764104

01:00:07.940 --> 01:00:09.380 deli meats and bacon and

NOTE Confidence: 0.98764104

01:00:09.380 --> 01:00:11.525 sausage are directly linked to

NOTE Confidence: 0.98764104

01:00:11.525 --> 01:00:13.684 colorectal cancer risk. Right? So

NOTE Confidence: 0.98764104

01:00:13.684 --> 01:00:14.724 that's a conversation I have

NOTE Confidence: 0.98764104

01:00:14.724 --> 01:00:15.605 a lot of peep people

NOTE Confidence: 0.98764104

01:00:15.605 --> 01:00:16.724 too. So if you're eating

NOTE Confidence: 0.98764104

01:00:16.724 --> 01:00:17.924 turkey deli meats every day,

NOTE Confidence: 0.98764104

01:00:17.924 --> 01:00:19.365 I'd say, hey. Let's replace

NOTE Confidence: 0.98764104

01:00:19.365 --> 01:00:20.664 it with something else. Right?

NOTE Confidence: 0.9607486

01:00:22.430 --> 01:00:23.870 And lastly, it's just addressing

NOTE Confidence: 0.9607486

01:00:23.870 --> 01:00:25.550 any challenges that make consuming

NOTE Confidence: 0.9607486

01:00:25.550 --> 01:00:26.530 the type of diet,

NOTE Confidence: 0.68341064

01:00:26.990 --> 01:00:28.610 difficult so swallowing difficulty,

NOTE Confidence: 0.95359296

01:00:28.910 --> 01:00:30.430 maybe a stricture that develops

NOTE Confidence: 0.95359296

01:00:30.430 --> 01:00:31.070 and you need to get

NOTE Confidence: 0.95359296

01:00:31.070 --> 01:00:31.970 something dilated,

NOTE Confidence: 0.92562866

01:00:32.750 --> 01:00:35.325 needing foods pureed, needing baby

NOTE Confidence: 0.92562866

01:00:35.325 --> 01:00:36.845 food sometimes as we can

NOTE Confidence: 0.92562866

01:00:36.845 --> 01:00:38.285 kind of incorporate into recipes.

NOTE Confidence: 0.92562866

01:00:38.285 --> 01:00:39.885 So, it's definitely not a

NOTE Confidence: 0.92562866

01:00:39.885 --> 01:00:41.025 one size fits all.

NOTE Confidence: 0.8452497

01:00:44.205 --> 01:00:45.325 And then again, for the

NOTE Confidence: 0.8452497

01:00:45.325 --> 01:00:46.925 from the physical perspective for

NOTE Confidence: 0.8452497

01:00:46.925 --> 01:00:48.625 for long term health,

NOTE Confidence: 0.9787842

01:00:49.170 --> 01:00:50.369 you know, again, one of

NOTE Confidence: 0.9787842

01:00:50.369 --> 01:00:51.250 the things that I really

NOTE Confidence: 0.9787842

01:00:51.250 --> 01:00:52.690 try to consult my my

NOTE Confidence: 0.9787842

01:00:52.690 --> 01:00:54.710 patients on is, you know,

NOTE Confidence: 0.99560547

01:00:55.250 --> 01:00:56.369 exercise is not a dirty

NOTE Confidence: 0.99560547

01:00:56.369 --> 01:00:57.410 word. Exercise is not a

NOTE Confidence: 0.99560547

01:00:57.410 --> 01:00:58.390 four letter word.

NOTE Confidence: 0.9964844

01:00:59.569 --> 01:01:01.190 And so how can we

NOTE Confidence: 1

01:01:01.809 --> 01:01:02.309 integrate

NOTE Confidence: 1

01:01:02.985 --> 01:01:03.485 exercise

NOTE Confidence: 0.99957275

01:01:04.025 --> 01:01:05.785 into your daily routine to

NOTE Confidence: 0.99957275

01:01:05.785 --> 01:01:06.825 be able to make this

NOTE Confidence: 0.99957275

01:01:06.825 --> 01:01:07.705 a part of your daily

NOTE Confidence: 0.99957275

01:01:07.705 --> 01:01:08.205 routine

NOTE Confidence: 0.9732616

01:01:08.825 --> 01:01:09.865 for, you know, for the

NOTE Confidence: 0.9732616

01:01:09.865 --> 01:01:10.585 rest of your life, for

NOTE Confidence: 0.9732616

01:01:10.585 --> 01:01:11.465 the balance of your life?

NOTE Confidence: 0.9732616

01:01:11.465 --> 01:01:12.905 And, again, the you know,

NOTE Confidence: 0.9732616

01:01:12.905 --> 01:01:14.665 you've we've all heard about

NOTE Confidence: 0.9732616

01:01:14.665 --> 01:01:15.865 the challenge trial, I think,

NOTE Confidence: 0.9732616

01:01:15.865 --> 01:01:16.905 at this point that was

NOTE Confidence: 0.9732616

01:01:16.905 --> 01:01:18.105 released last year. And, yes,

NOTE Confidence: 0.9732616

01:01:18.105 --> 01:01:19.670 this was in patients with

NOTE Confidence: 0.9732616

01:01:19.670 --> 01:01:21.589 with GI cancer, but I

NOTE Confidence: 0.9732616

01:01:21.589 --> 01:01:22.390 feel like this was the

NOTE Confidence: 0.9732616

01:01:22.390 --> 01:01:23.130 holy grail.

NOTE Confidence: 0.9636896

01:01:23.750 --> 01:01:24.630 Like, this is the thing

NOTE Confidence: 0.9636896

01:01:24.630 --> 01:01:26.390 we've been waiting for to

NOTE Confidence: 0.9636896

01:01:26.390 --> 01:01:26.890 definitively

NOTE Confidence: 0.94421387

01:01:27.190 --> 01:01:29.450 show that exercise, that prolonged

NOTE Confidence: 0.94421387

01:01:29.670 --> 01:01:31.130 exercise actually improves

NOTE Confidence: 1

01:01:31.589 --> 01:01:32.089 survival

NOTE Confidence: 0.9885254

01:01:32.390 --> 01:01:32.890 outcomes.

NOTE Confidence: 0.999442

01:01:33.595 --> 01:01:34.315 But how do you do

NOTE Confidence: 0.999442

01:01:34.315 --> 01:01:35.135 that practically?

NOTE Confidence: 0.9728875

01:01:35.435 --> 01:01:36.635 Well, I just had this

NOTE Confidence: 0.9728875

01:01:36.635 --> 01:01:37.835 conversation with with one of

NOTE Confidence: 0.9728875

01:01:37.835 --> 01:01:38.555 the folks that we had

NOTE Confidence: 0.9728875

01:01:38.555 --> 01:01:40.095 yesterday in clinic about,

NOTE Confidence: 0.99902344

01:01:40.955 --> 01:01:42.335 an accountability partner.

NOTE Confidence: 0.94714355

01:01:42.955 --> 01:01:44.015 She's a school teacher,

NOTE Confidence: 0.9829834

01:01:44.395 --> 01:01:45.435 and and she says, I

NOTE Confidence: 0.9829834

01:01:45.435 --> 01:01:46.940 know I should be walking

NOTE Confidence: 0.99802244

01:01:47.480 --> 01:01:49.160 for exercise, but I just

NOTE Confidence: 0.99802244

01:01:49.160 --> 01:01:50.780 don't go for a walk.

NOTE Confidence: 0.99738955

01:01:51.160 --> 01:01:52.040 And I said, well, you

NOTE Confidence: 0.99738955

01:01:52.040 --> 01:01:53.240 know, is there anybody that

NOTE Confidence: 0.99738955

01:01:53.240 --> 01:01:54.300 you work with

NOTE Confidence: 0.9938151

01:01:54.920 --> 01:01:56.599 that, you know, maybe two

NOTE Confidence: 0.9938151

01:01:56.599 --> 01:01:58.080 days a week after school,

NOTE Confidence: 0.9938151

01:01:58.080 --> 01:01:59.640 you know, you can go

NOTE Confidence: 0.9938151

01:01:59.640 --> 01:02:00.285 for a walk

NOTE Confidence: 0.9397614

01:02:00.765 --> 01:02:02.285 after after school before you

NOTE Confidence: 0.9397614

01:02:02.285 --> 01:02:03.325 go home. Because we all

NOTE Confidence: 0.9397614

01:02:03.325 --> 01:02:04.704 know once we go home,

NOTE Confidence: 0.9397614

01:02:04.924 --> 01:02:06.125 we've gotta make dinner. And

NOTE Confidence: 0.9397614

01:02:06.125 --> 01:02:07.164 if you've got little kids,

NOTE Confidence: 0.9397614

01:02:07.164 --> 01:02:08.125 you've gotta get them to

NOTE Confidence: 0.9397614

01:02:08.125 --> 01:02:09.244 soccer practice or you gotta

NOTE Confidence: 0.9397614

01:02:09.244 --> 01:02:10.365 help them with math homework.

NOTE Confidence: 0.9397614

01:02:10.365 --> 01:02:11.244 And God help you if

NOTE Confidence: 0.9397614

01:02:11.244 --> 01:02:12.125 you've gotta if you can

NOTE Confidence: 0.9397614

01:02:12.125 --> 01:02:13.750 figure out sixth grade math

NOTE Confidence: 0.9397614

01:02:13.750 --> 01:02:14.890 now because I can't.

NOTE Confidence: 0.99609375

01:02:15.910 --> 01:02:17.190 So it's so much harder

NOTE Confidence: 0.99609375

01:02:17.190 --> 01:02:18.010 to exercise

NOTE Confidence: 0.98137206

01:02:18.710 --> 01:02:19.990 when you go home. But

NOTE Confidence: 0.98137206

01:02:19.990 --> 01:02:21.130 if you can do that

NOTE Confidence: 0.9926758

01:02:21.430 --> 01:02:22.410 right from work

NOTE Confidence: 0.96542966

01:02:22.710 --> 01:02:24.890 or you change at work

NOTE Confidence: 0.9998047

01:02:25.245 --> 01:02:26.045 and you go to the

NOTE Confidence: 0.9998047

01:02:26.045 --> 01:02:27.585 gym on your way home

NOTE Confidence: 0.96097004

01:02:27.965 --> 01:02:29.245 and you have somebody to

NOTE Confidence: 0.96097004

01:02:29.245 --> 01:02:30.625 meet there at the gym,

NOTE Confidence: 0.96097004

01:02:30.845 --> 01:02:31.965 and you better show up

NOTE Confidence: 0.96097004

01:02:31.965 --> 01:02:32.845 because if you don't, you're

NOTE Confidence: 0.96097004

01:02:32.845 --> 01:02:34.205 gonna get an angry text.

NOTE Confidence: 0.96097004

01:02:34.205 --> 01:02:35.665 So to have an accountability

NOTE Confidence: 0.96850586

01:02:36.285 --> 01:02:36.785 partner,

NOTE Confidence: 0.9956752

01:02:37.970 --> 01:02:39.809 again, helps as far as

NOTE Confidence: 0.9956752

01:02:39.809 --> 01:02:41.029 making integrating

NOTE Confidence: 0.976888

01:02:41.329 --> 01:02:43.569 exercise into into your daily

NOTE Confidence: 0.976888

01:02:43.569 --> 01:02:44.069 routine.

NOTE Confidence: 0.95247155

01:02:44.369 --> 01:02:45.569 Again, like I was alluding

NOTE Confidence: 0.95247155

01:02:45.569 --> 01:02:47.250 to before about short term

NOTE Confidence: 0.95247155

01:02:47.250 --> 01:02:48.369 goals and long term goals,

NOTE Confidence: 0.95247155

01:02:48.369 --> 01:02:49.410 I think it's so important

NOTE Confidence: 0.95247155

01:02:49.410 --> 01:02:51.105 that we're thinking about what's

NOTE Confidence: 0.95247155

01:02:51.105 --> 01:02:52.225 important to you and what

NOTE Confidence: 0.95247155

01:02:52.225 --> 01:02:53.205 do you wanna do.

NOTE Confidence: 0.9975586

01:02:53.505 --> 01:02:54.005 Again,

NOTE Confidence: 0.9247936

01:02:54.465 --> 01:02:55.665 hike the Grand Canyon or

NOTE Confidence: 0.9247936

01:02:55.665 --> 01:02:56.945 you wanna take that that

NOTE Confidence: 0.9247936

01:02:56.945 --> 01:02:59.285 beach vacation. Great. So, again,

NOTE Confidence: 0.9247936

01:02:59.505 --> 01:03:00.545 you wanna go on that

NOTE Confidence: 0.9247936

01:03:00.545 --> 01:03:01.365 beach vacation.

NOTE Confidence: 0.9549805

01:03:01.665 --> 01:03:02.705 You wanna go you wanna

NOTE Confidence: 0.9549805

01:03:02.705 --> 01:03:04.380 go to the Bahamas. Great.

NOTE Confidence: 0.97318894

01:03:04.680 --> 01:03:06.140 We've gotta work on proximal

NOTE Confidence: 0.97318894

01:03:06.280 --> 01:03:07.480 strength to be able to

NOTE Confidence: 0.97318894

01:03:07.480 --> 01:03:07.980 lift

NOTE Confidence: 0.8643799

01:03:08.520 --> 01:03:09.660 that overhead,

NOTE Confidence: 0.94358724

01:03:11.080 --> 01:03:11.960 you know, as your luggage

NOTE Confidence: 0.94358724

01:03:11.960 --> 01:03:13.480 into the overhead bin. So

NOTE Confidence: 0.94358724

01:03:13.480 --> 01:03:15.020 I can make anything functional.

NOTE Confidence: 0.99166167

01:03:16.994 --> 01:03:18.275 And so, again, it's all

NOTE Confidence: 0.99166167

01:03:18.275 --> 01:03:19.315 about trying to figure out

NOTE Confidence: 0.99166167

01:03:19.315 --> 01:03:20.454 ways of, like,

NOTE Confidence: 0.9645996

01:03:20.915 --> 01:03:22.755 increasing cardio and increasing strength

NOTE Confidence: 0.9645996

01:03:22.755 --> 01:03:23.255 training,

NOTE Confidence: 0.9397549

01:03:24.674 --> 01:03:25.795 you know, but to do

NOTE Confidence: 0.9397549

01:03:25.795 --> 01:03:27.474 it practically and to do

NOTE Confidence: 0.9397549

01:03:27.474 --> 01:03:29.160 it fun. And I, again,

NOTE Confidence: 0.9397549

01:03:29.160 --> 01:03:30.200 I will you know, where

NOTE Confidence: 0.9397549

01:03:30.200 --> 01:03:30.920 I think I feel like

NOTE Confidence: 0.9397549

01:03:30.920 --> 01:03:32.200 we're admitting all of our,

NOTE Confidence: 0.9397549

01:03:32.200 --> 01:03:34.220 like, our our our insecurities

NOTE Confidence: 0.9397549

01:03:34.440 --> 01:03:35.240 and all the things that

NOTE Confidence: 0.9397549

01:03:35.240 --> 01:03:36.359 we don't do. You don't

NOTE Confidence: 0.9397549

01:03:36.359 --> 01:03:37.660 drink water, apparently.

NOTE Confidence: 0.9984654

01:03:38.680 --> 01:03:39.400 And I don't go to

NOTE Confidence: 0.9984654

01:03:39.400 --> 01:03:40.060 a gym.

NOTE Confidence: 0.9615914

01:03:41.595 --> 01:03:42.475 I know. I don't have

NOTE Confidence: 0.9615914

01:03:42.475 --> 01:03:43.775 time. I got three kids,

NOTE Confidence: 0.9615914

01:03:43.915 --> 01:03:44.955 and so I don't have

NOTE Confidence: 0.9615914

01:03:44.955 --> 01:03:45.915 time to go to the

NOTE Confidence: 0.9615914

01:03:45.915 --> 01:03:47.275 gym, so I have to

NOTE Confidence: 0.9615914

01:03:47.275 --> 01:03:48.575 exercise at home.

NOTE Confidence: 0.9949544

01:03:48.875 --> 01:03:49.755 My bike is set up

NOTE Confidence: 0.9949544

01:03:49.755 --> 01:03:50.255 downstairs

NOTE Confidence: 0.9822591

01:03:50.715 --> 01:03:52.155 on the trainer. I have

NOTE Confidence: 0.9822591

01:03:52.155 --> 01:03:53.910 free weights in the basement.

NOTE Confidence: 0.9822591

01:03:53.970 --> 01:03:56.150 I do bodyweight exercises downstairs,

NOTE Confidence: 0.97857666

01:03:56.610 --> 01:03:57.890 and I'm either doing that

NOTE Confidence: 0.97857666

01:03:57.890 --> 01:03:59.190 before I go to work

NOTE Confidence: 0.97857666

01:03:59.330 --> 01:04:00.690 or I do that when

NOTE Confidence: 0.97857666

01:04:00.690 --> 01:04:01.830 the kids go to bed.

NOTE Confidence: 0.98616964

01:04:02.450 --> 01:04:04.130 And that's my life, and

NOTE Confidence: 0.98616964

01:04:04.130 --> 01:04:05.090 that's what I have to

NOTE Confidence: 0.98616964

01:04:05.090 --> 01:04:06.705 do. Now other people, if

NOTE Confidence: 0.98616964

01:04:06.705 --> 01:04:07.585 you have the ability to

NOTE Confidence: 0.98616964

01:04:07.585 --> 01:04:08.385 go to the gym and

NOTE Confidence: 0.98616964

01:04:08.385 --> 01:04:09.585 you're a gym person, that's

NOTE Confidence: 0.98616964

01:04:09.585 --> 01:04:10.705 great. But, again, when I'm

NOTE Confidence: 0.98616964

01:04:10.705 --> 01:04:12.545 designing these exercise plans for

NOTE Confidence: 0.98616964

01:04:12.545 --> 01:04:13.745 you, I need to talk

NOTE Confidence: 0.98616964

01:04:13.745 --> 01:04:15.025 to you, and I need

NOTE Confidence: 0.98616964

01:04:15.025 --> 01:04:16.305 to know. Are you a

NOTE Confidence: 0.98616964

01:04:16.305 --> 01:04:16.965 gym person?

NOTE Confidence: 0.99749076

01:04:17.840 --> 01:04:18.640 You're not a gym are

NOTE Confidence: 0.99749076

01:04:18.640 --> 01:04:20.000 you a gym person? You're

NOTE Confidence: 0.99749076

01:04:20.000 --> 01:04:20.960 a gym person. Are you

NOTE Confidence: 0.99749076

01:04:20.960 --> 01:04:21.780 a gym person?

NOTE Confidence: 0.9475879

01:04:22.800 --> 01:04:24.320 Sometimes. So see right here,

NOTE Confidence: 0.9475879

01:04:24.320 --> 01:04:25.120 we have to have this

NOTE Confidence: 0.9475879

01:04:25.120 --> 01:04:27.200 conversation about, you know, are

NOTE Confidence: 0.9475879

01:04:27.200 --> 01:04:28.000 you a gym person or

NOTE Confidence: 0.9475879

01:04:28.000 --> 01:04:29.140 you're not a gym person?

NOTE Confidence: 0.96329755

01:04:30.240 --> 01:04:31.525 And so and the other

NOTE Confidence: 0.96329755

01:04:31.525 --> 01:04:33.365 thing too again is making

NOTE Confidence: 0.96329755

01:04:33.365 --> 01:04:34.645 sure when we're thinking about

NOTE Confidence: 0.96329755

01:04:34.645 --> 01:04:36.405 quality of life, you know,

NOTE Confidence: 0.96329755

01:04:36.405 --> 01:04:37.125 what do you wanna get

NOTE Confidence: 0.96329755

01:04:37.125 --> 01:04:38.085 back to? You wanna get

NOTE Confidence: 0.96329755

01:04:38.085 --> 01:04:38.985 back to work?

NOTE Confidence: 0.9689331

01:04:39.765 --> 01:04:40.805 You wanna get back to

NOTE Confidence: 0.9689331

01:04:40.805 --> 01:04:42.185 school? You know?

NOTE Confidence: 0.9839952

01:04:42.805 --> 01:04:43.685 You wanna just get back

NOTE Confidence: 0.9839952

01:04:43.685 --> 01:04:44.905 to playing with your grandkids.

NOTE Confidence: 0.9839952

01:04:45.045 --> 01:04:46.510 So, again, so much of

NOTE Confidence: 0.9839952

01:04:46.510 --> 01:04:47.530 what we're doing,

NOTE Confidence: 0.9778137

01:04:48.950 --> 01:04:50.310 in survivorship as well as

NOTE Confidence: 0.9778137

01:04:50.310 --> 01:04:51.770 our own individual,

NOTE Confidence: 0.9451497

01:04:53.110 --> 01:04:55.030 dietary practice and PT practice

NOTE Confidence: 0.9451497

01:04:55.030 --> 01:04:56.410 is that, you know,

NOTE Confidence: 0.9959961

01:04:56.950 --> 01:04:58.730 our goals are your goals.

NOTE Confidence: 0.9751587

01:05:01.184 --> 01:05:01.984 So I'm not gonna go

NOTE Confidence: 0.9751587

01:05:01.984 --> 01:05:03.105 through all these, but I

NOTE Confidence: 0.9751587

01:05:03.105 --> 01:05:04.065 just wanted to we just

NOTE Confidence: 0.9751587

01:05:04.065 --> 01:05:05.285 wanted to list some providers

NOTE Confidence: 0.9751587

01:05:05.345 --> 01:05:07.444 in that survivorship network. So,

NOTE Confidence: 0.9751587

01:05:07.585 --> 01:05:08.625 you know, it could be

NOTE Confidence: 0.9751587

01:05:08.625 --> 01:05:10.785 smoking cessation counselor, your primary

NOTE Confidence: 0.9751587

01:05:10.785 --> 01:05:12.164 care, your oncologist,

NOTE Confidence: 0.9411011

01:05:13.170 --> 01:05:15.109 social worker, lymphedema therapist.

NOTE Confidence: 0.991333

01:05:15.490 --> 01:05:16.869 The list goes on. So

NOTE Confidence: 0.991333

01:05:17.089 --> 01:05:18.309 it's really definitely

NOTE Confidence: 0.9841425

01:05:18.609 --> 01:05:20.450 a team a team job

NOTE Confidence: 0.9841425

01:05:20.450 --> 01:05:21.190 and multidisciplinary

NOTE Confidence: 0.97344005

01:05:21.490 --> 01:05:22.450 job because I don't pretend

NOTE Confidence: 0.97344005

01:05:22.450 --> 01:05:23.890 to be a professional in

NOTE Confidence: 0.97344005

01:05:23.890 --> 01:05:25.890 PT. He doesn't pretend to

NOTE Confidence: 0.97344005

01:05:25.890 --> 01:05:27.525 know everything about nutrition, but

NOTE Confidence: 0.97344005

01:05:27.525 --> 01:05:28.565 we know that we have

NOTE Confidence: 0.97344005

01:05:28.565 --> 01:05:29.444 each other right across the

NOTE Confidence: 0.97344005

01:05:29.444 --> 01:05:30.405 hall that we can use

NOTE Confidence: 0.97344005

01:05:30.405 --> 01:05:31.145 for a resource.

NOTE Confidence: 0.9932398

01:05:33.365 --> 01:05:34.085 And then how do you

NOTE Confidence: 0.9932398

01:05:34.085 --> 01:05:35.285 get connected with us? So

NOTE Confidence: 0.9932398

01:05:35.285 --> 01:05:36.645 if you are interested in

NOTE Confidence: 0.9932398

01:05:36.645 --> 01:05:38.164 a referral to survivorship, you

NOTE Confidence: 0.9932398

01:05:38.164 --> 01:05:39.444 can self refer. You can

NOTE Confidence: 0.9932398

01:05:39.444 --> 01:05:40.744 have your provider refer.

NOTE Confidence: 0.9927907

01:05:41.349 --> 01:05:43.109 We have our scheduler, Kiki,

NOTE Confidence: 0.9927907

01:05:43.109 --> 01:05:44.230 who is reaching out to

NOTE Confidence: 0.9927907

01:05:44.230 --> 01:05:45.349 patients and getting you on

NOTE Confidence: 0.9927907

01:05:45.349 --> 01:05:46.010 our schedule.

NOTE Confidence: 0.9797276

01:05:46.550 --> 01:05:47.910 So we travel again to

NOTE Confidence: 0.9797276

01:05:47.910 --> 01:05:49.270 the different cancer centers. We

NOTE Confidence: 0.9797276

01:05:49.270 --> 01:05:50.730 go to Derby, Guilford,

NOTE Confidence: 0.9877777

01:05:51.030 --> 01:05:52.490 North Haven, and New Haven,

NOTE Confidence: 0.9877777

01:05:52.630 --> 01:05:53.910 and we travel on Wednesdays,

NOTE Confidence: 0.9877777

01:05:53.910 --> 01:05:54.710 and it's a full day

NOTE Confidence: 0.9877777

01:05:54.710 --> 01:05:55.210 clinic.

NOTE Confidence: 0.9998047

01:05:55.510 --> 01:05:56.890 The visits are two hours.

NOTE Confidence: 0.9566162

01:05:57.405 --> 01:05:59.005 You spend time, thirty minutes,

NOTE Confidence: 0.9566162

01:05:59.005 --> 01:06:00.285 with each provider. So we

NOTE Confidence: 0.9566162

01:06:00.285 --> 01:06:01.885 kinda just, like, either move

NOTE Confidence: 0.9566162

01:06:01.885 --> 01:06:03.265 you or we move around,

NOTE Confidence: 0.99986047

01:06:04.125 --> 01:06:05.565 and we address concerns from

NOTE Confidence: 0.99986047

01:06:05.565 --> 01:06:06.305 every angle.

NOTE Confidence: 0.9995117

01:06:06.765 --> 01:06:07.805 You can call the number

NOTE Confidence: 0.9995117

01:06:07.805 --> 01:06:08.305 yourself.

NOTE Confidence: 0.98933595

01:06:09.085 --> 01:06:10.445 Again, we left our emails

NOTE Confidence: 0.98933595

01:06:10.445 --> 01:06:11.245 here too, and you can

NOTE Confidence: 0.98933595

01:06:11.245 --> 01:06:12.119 always ask us for our

NOTE Confidence: 0.98933595

01:06:12.119 --> 01:06:13.559 contact information after if you

NOTE Confidence: 0.98933595

01:06:13.559 --> 01:06:14.940 if you can't get this.

NOTE Confidence: 0.9862644

01:06:16.440 --> 01:06:17.559 And then just some resources.

NOTE Confidence: 0.9862644

01:06:17.559 --> 01:06:18.279 Again, I don't know if

NOTE Confidence: 0.9862644

01:06:18.279 --> 01:06:19.079 they were gonna send out

NOTE Confidence: 0.9862644

01:06:19.079 --> 01:06:20.039 the slides to you guys

NOTE Confidence: 0.9862644

01:06:20.039 --> 01:06:20.859 when you left,

NOTE Confidence: 0.99831814

01:06:21.319 --> 01:06:22.680 but we just put down

NOTE Confidence: 0.99831814

01:06:22.680 --> 01:06:24.359 some nutrition resources. The American

NOTE Confidence: 0.99831814

01:06:24.359 --> 01:06:25.799 Institute for Cancer Research is

NOTE Confidence: 0.99831814

01:06:25.799 --> 01:06:26.700 a great resource.

NOTE Confidence: 0.9526367

01:06:27.174 --> 01:06:28.095 It has, like, a healthy

NOTE Confidence: 0.9526367

01:06:28.095 --> 01:06:28.835 ten challenge,

NOTE Confidence: 0.9998047

01:06:29.855 --> 01:06:31.075 which is fun for patients.

NOTE Confidence: 0.99226886

01:06:31.695 --> 01:06:33.475 I put some recipe resources,

NOTE Confidence: 0.99226886

01:06:33.775 --> 01:06:34.275 cookbooks,

NOTE Confidence: 0.98205566

01:06:35.455 --> 01:06:36.735 and then Scott threw in

NOTE Confidence: 0.98205566

01:06:36.735 --> 01:06:37.055 some,

NOTE Confidence: 1

01:06:37.775 --> 01:06:38.275 exercise

NOTE Confidence: 1

01:06:38.815 --> 01:06:40.115 resources as well.

NOTE Confidence: 0.97441405

01:06:42.069 --> 01:06:43.109 I think that's the last

NOTE Confidence: 0.97441405

01:06:43.109 --> 01:06:44.650 slide. Right? I think so.

NOTE Confidence: 0.95273435

01:06:45.109 --> 01:06:46.569 Does anybody have any questions?

NOTE Confidence: 0.8334961

01:06:52.309 --> 01:06:52.809 Yeah.

NOTE Confidence: 0.6628418

01:06:54.775 --> 01:06:55.275 Oh,

NOTE Confidence: 0.9798584

01:06:56.135 --> 01:06:57.415 if if you don't eat

NOTE Confidence: 0.9798584

01:06:57.415 --> 01:06:59.175 bacon, but maybe once every

NOTE Confidence: 0.9798584

01:06:59.175 --> 01:07:00.695 three months, that is that

NOTE Confidence: 0.9798584

01:07:00.695 --> 01:07:01.195 okay?

NOTE Confidence: 0.99906415

01:07:02.215 --> 01:07:03.175 I get that question all

NOTE Confidence: 0.99906415

01:07:03.175 --> 01:07:04.295 the time. So it's really

NOTE Confidence: 0.99906415

01:07:04.455 --> 01:07:05.355 it's minimizing

NOTE Confidence: 0.9987386

01:07:05.895 --> 01:07:07.655 the risk. Right? So if

NOTE Confidence: 0.9987386

01:07:07.655 --> 01:07:09.015 you're eating bacon once every

NOTE Confidence: 0.9987386

01:07:09.015 --> 01:07:09.755 three months,

NOTE Confidence: 0.9844109

01:07:10.160 --> 01:07:11.520 I'm if that gives you

NOTE Confidence: 0.9844109

01:07:11.520 --> 01:07:12.480 quality of life and that

NOTE Confidence: 0.9844109

01:07:12.480 --> 01:07:13.680 makes you happy, I'm not

NOTE Confidence: 0.9844109

01:07:13.680 --> 01:07:14.800 gonna tell you to stop

NOTE Confidence: 0.9844109

01:07:14.800 --> 01:07:16.720 doing that. It's really people

NOTE Confidence: 0.9844109

01:07:16.720 --> 01:07:18.400 who it's every morning. It's

NOTE Confidence: 0.9844109

01:07:18.400 --> 01:07:19.440 an every other day thing.

NOTE Confidence: 0.9844109

01:07:19.440 --> 01:07:20.720 It's an every weekend thing,

NOTE Confidence: 0.9844109

01:07:20.720 --> 01:07:21.600 and they don't really like

NOTE Confidence: 0.9844109

01:07:21.600 --> 01:07:22.880 the bacon. It's just there.

NOTE Confidence: 0.9844109

01:07:22.880 --> 01:07:24.000 They smell it. They wanna

NOTE Confidence: 0.9844109

01:07:24.000 --> 01:07:25.295 eat it. Right? But that's

NOTE Confidence: 0.9844109

01:07:25.295 --> 01:07:26.255 me kind of giving the

NOTE Confidence: 0.9844109

01:07:26.255 --> 01:07:27.615 options. Okay. Could you do

NOTE Confidence: 0.9844109

01:07:27.615 --> 01:07:28.815 a vegan bacon? I've tried

NOTE Confidence: 0.9844109

01:07:28.815 --> 01:07:29.695 it. It's not very good,

NOTE Confidence: 0.9844109

01:07:29.695 --> 01:07:31.135 but some people really like

NOTE Confidence: 0.9844109

01:07:31.135 --> 01:07:32.895 it. It's crunchy. It's still

NOTE Confidence: 0.9844109

01:07:32.895 --> 01:07:34.195 kinda got the salt flavoring.

NOTE Confidence: 0.9844109

01:07:34.255 --> 01:07:36.335 So it's just minimizing risk.

NOTE Confidence: 0.9844109

01:07:36.335 --> 01:07:37.635 Right. And,

NOTE Confidence: 0.99183875

01:07:39.540 --> 01:07:41.460 with regard to colon cancer,

NOTE Confidence: 0.99183875

01:07:41.460 --> 01:07:42.760 I know that's a little

NOTE Confidence: 0.99183875

01:07:42.980 --> 01:07:44.740 further down. Yeah. But,

NOTE Confidence: 0.99831814

01:07:45.460 --> 01:07:46.820 I've read that red meat

NOTE Confidence: 0.99831814

01:07:46.820 --> 01:07:48.520 is really not good

NOTE Confidence: 0.9794478

01:07:48.900 --> 01:07:50.100 for the colon. And is

NOTE Confidence: 0.9794478

01:07:50.100 --> 01:07:51.540 that something that I should

NOTE Confidence: 0.9794478

01:07:51.540 --> 01:07:52.040 avoid?

NOTE Confidence: 0.99938965

01:07:53.165 --> 01:07:54.765 Yeah. So the recommendation is

NOTE Confidence: 0.99938965

01:07:54.765 --> 01:07:55.805 to limit to under twelve

NOTE Confidence: 0.99938965

01:07:55.805 --> 01:07:57.325 ounces of red meat per

NOTE Confidence: 0.99938965

01:07:57.325 --> 01:07:57.825 week.

NOTE Confidence: 0.9951172

01:07:59.405 --> 01:07:59.905 Generally,

NOTE Confidence: 1

01:08:00.445 --> 01:08:01.984 I tell people to minimize

NOTE Confidence: 0.9867871

01:08:02.605 --> 01:08:03.645 as much as they can.

NOTE Confidence: 0.9867871

01:08:03.645 --> 01:08:04.765 You know, once a week

NOTE Confidence: 0.9867871

01:08:04.765 --> 01:08:06.720 is usually better for cardiac

NOTE Confidence: 0.9867871

01:08:06.720 --> 01:08:07.520 health, you know, if you

NOTE Confidence: 0.9867871

01:08:07.520 --> 01:08:09.220 have history of cardiovascular disease.

NOTE Confidence: 0.9777473

01:08:10.000 --> 01:08:11.040 But, really, the goal is

NOTE Confidence: 0.9777473

01:08:11.040 --> 01:08:12.240 to move towards a more

NOTE Confidence: 0.9777473

01:08:12.240 --> 01:08:13.440 plant forward diet. I say

NOTE Confidence: 0.9777473

01:08:13.440 --> 01:08:15.040 plant forward not meaning vegan.

NOTE Confidence: 0.9777473

01:08:15.040 --> 01:08:15.840 You do not have to

NOTE Confidence: 0.9777473

01:08:15.840 --> 01:08:16.960 eat all vegan foods and

NOTE Confidence: 0.9777473

01:08:16.960 --> 01:08:18.180 only beans and nuts.

NOTE Confidence: 0.99553424

01:08:18.935 --> 01:08:20.535 Red meats can absolutely fit.

NOTE Confidence: 0.99553424

01:08:20.535 --> 01:08:21.895 Obviously, if your iron is

NOTE Confidence: 0.99553424

01:08:21.895 --> 01:08:23.175 low and your weight is

NOTE Confidence: 0.99553424

01:08:23.175 --> 01:08:24.854 low, we might incorporate some

NOTE Confidence: 0.99553424

01:08:24.854 --> 01:08:25.915 pork or red meat.

NOTE Confidence: 0.98339844

01:08:26.375 --> 01:08:28.475 But in general, it's minimizing

NOTE Confidence: 0.98339844

01:08:28.695 --> 01:08:29.814 not to exceed the twelve

NOTE Confidence: 0.98339844

01:08:29.814 --> 01:08:31.159 ounces per week. So for

NOTE Confidence: 0.98339844

01:08:31.159 --> 01:08:32.119 women, that might be three

NOTE Confidence: 0.98339844

01:08:32.119 --> 01:08:33.639 servings a week. For men,

NOTE Confidence: 0.98339844

01:08:33.639 --> 01:08:34.540 maybe two.

NOTE Confidence: 0.99432373

01:08:35.560 --> 01:08:37.159 But pork, beef, and lamb

NOTE Confidence: 0.99432373

01:08:37.159 --> 01:08:38.199 are all considered the red

NOTE Confidence: 0.99432373

01:08:38.199 --> 01:08:38.939 meat sources.

NOTE Confidence: 0.98371327

01:08:39.400 --> 01:08:40.760 So just minimize as much

NOTE Confidence: 0.98371327

01:08:40.760 --> 01:08:41.560 as you can not to

NOTE Confidence: 0.98371327

01:08:41.560 --> 01:08:42.520 exceed that amount, but I

NOTE Confidence: 0.98371327

01:08:42.520 --> 01:08:43.479 would say once a week

NOTE Confidence: 0.98371327

01:08:43.479 --> 01:08:44.520 or once every other week

NOTE Confidence: 0.98371327

01:08:44.520 --> 01:08:45.239 if you feel like you

NOTE Confidence: 0.98371327

01:08:45.239 --> 01:08:45.880 need to keep it in

NOTE Confidence: 0.98371327

01:08:45.880 --> 01:08:47.145 the diet. Okay.

NOTE Confidence: 0.8640747

01:08:47.525 --> 01:08:48.824 Okay. Thank you. Yeah.

NOTE Confidence: 0.963501

01:08:52.485 --> 01:08:53.385 Anybody else?

NOTE Confidence: 0.9085519

01:08:58.580 --> 01:08:59.700 Thank you, Scott and Natalie.

NOTE Confidence: 0.9085519

01:08:59.700 --> 01:09:00.360 That's awesome.

NOTE Confidence: 0.93354934

01:09:00.979 --> 01:09:02.500 Actually, the reminder for body

NOTE Confidence: 0.93354934

01:09:02.500 --> 01:09:03.860 weight exercises is great even

NOTE Confidence: 0.93354934

01:09:03.860 --> 01:09:04.360 for

NOTE Confidence: 0.9689623

01:09:04.820 --> 01:09:06.420 the caregivers and health care

NOTE Confidence: 0.9689623

01:09:06.420 --> 01:09:07.700 providers here because that's pretty

NOTE Confidence: 0.9689623

01:09:07.700 --> 01:09:08.420 much all I can do

NOTE Confidence: 0.9689623

01:09:08.420 --> 01:09:08.900 at the end of a

NOTE Confidence: 0.9689623

01:09:08.900 --> 01:09:10.120 long clinic. But,

NOTE Confidence: 0.99591064

01:09:11.625 --> 01:09:13.385 but I think from the

NOTE Confidence: 0.99591064

01:09:13.385 --> 01:09:14.585 the other set of questions

NOTE Confidence: 0.99591064

01:09:14.585 --> 01:09:15.864 that very often come up

NOTE Confidence: 0.99591064

01:09:15.864 --> 01:09:16.364 about

NOTE Confidence: 0.9837728

01:09:16.744 --> 01:09:19.244 diet and exercise and lifestyle

NOTE Confidence: 0.9837728

01:09:19.304 --> 01:09:20.985 modifications, I think one of

NOTE Confidence: 0.9837728

01:09:20.985 --> 01:09:22.844 the challenges we have as

NOTE Confidence: 0.9348614

01:09:23.790 --> 01:09:25.229 physicians and scientists in the

NOTE Confidence: 0.9348614

01:09:25.229 --> 01:09:26.510 community trying to answer some

NOTE Confidence: 0.9348614

01:09:26.510 --> 01:09:27.409 of these questions,

NOTE Confidence: 0.9286412

01:09:28.349 --> 01:09:29.570 I'll give you an anecdotal

NOTE Confidence: 0.9286412

01:09:29.710 --> 01:09:30.449 story is

NOTE Confidence: 0.9585937

01:09:30.829 --> 01:09:32.929 the guys who discovered that

NOTE Confidence: 0.95590645

01:09:33.550 --> 01:09:35.309 smoking causes lung cancer, the

NOTE Confidence: 0.95590645

01:09:35.309 --> 01:09:36.670 two famous guys called Doll

NOTE Confidence: 0.95590645

01:09:36.670 --> 01:09:37.785 and Hill. And it was

NOTE Confidence: 0.95590645

01:09:37.785 --> 01:09:39.184 a very simple study. They

NOTE Confidence: 0.95590645

01:09:39.184 --> 01:09:40.465 took a bunch of people

NOTE Confidence: 0.95590645

01:09:40.465 --> 01:09:41.445 who died from

NOTE Confidence: 0.9618845

01:09:42.064 --> 01:09:43.744 different things, and they showed

NOTE Confidence: 0.9618845

01:09:43.744 --> 01:09:44.864 that if you smoked, you

NOTE Confidence: 0.9618845

01:09:44.864 --> 01:09:45.824 had higher risk of lung

NOTE Confidence: 0.9618845

01:09:45.824 --> 01:09:46.704 cancer. And if you didn't

NOTE Confidence: 0.9618845

01:09:46.704 --> 01:09:47.744 smoke, you didn't have lung

NOTE Confidence: 0.9618845

01:09:47.744 --> 01:09:49.585 cancer. Very simple study. But

NOTE Confidence: 0.9618845

01:09:49.585 --> 01:09:50.804 that set the

NOTE Confidence: 0.8786011

01:09:51.229 --> 01:09:53.150 this whole precedence because prior

NOTE Confidence: 0.8786011

01:09:53.150 --> 01:09:53.970 to this study,

NOTE Confidence: 0.93858457

01:09:54.590 --> 01:09:56.110 physicians were advertising that you

NOTE Confidence: 0.93858457

01:09:56.110 --> 01:09:56.990 should smoke and this is

NOTE Confidence: 0.93858457

01:09:56.990 --> 01:09:58.430 the lifestyle thing. And if

NOTE Confidence: 0.93858457

01:09:58.430 --> 01:09:59.550 you remember the old cigarette

NOTE Confidence: 0.93858457

01:09:59.550 --> 01:10:00.590 ads and stuff like that.

NOTE Confidence: 0.93858457

01:10:00.590 --> 01:10:01.090 Right?

NOTE Confidence: 0.9112142

01:10:01.950 --> 01:10:03.470 And Doll and Hill never

NOTE Confidence: 0.9112142

01:10:03.470 --> 01:10:04.610 won a Nobel Prize

NOTE Confidence: 0.9941464

01:10:05.045 --> 01:10:06.325 Because the problem with a

NOTE Confidence: 0.9941464

01:10:06.325 --> 01:10:07.845 lot of these lifestyle things

NOTE Confidence: 0.9941464

01:10:07.845 --> 01:10:09.225 is they're all associative.

NOTE Confidence: 0.99960935

01:10:09.845 --> 01:10:11.225 There is no way to

NOTE Confidence: 0.9713726

01:10:11.765 --> 01:10:13.765 prove that smoking causes lung

NOTE Confidence: 0.9713726

01:10:13.765 --> 01:10:14.965 cancer, which the only way

NOTE Confidence: 0.9713726

01:10:14.965 --> 01:10:16.165 we can prove things most

NOTE Confidence: 0.9713726

01:10:16.165 --> 01:10:17.140 of the time is if

NOTE Confidence: 0.9713726

01:10:17.140 --> 01:10:18.180 I take a hundred people

NOTE Confidence: 0.9713726

01:10:18.180 --> 01:10:18.900 and tell them to smoke,

NOTE Confidence: 0.9713726

01:10:18.900 --> 01:10:19.620 and I take a hundred

NOTE Confidence: 0.9713726

01:10:19.620 --> 01:10:20.500 people and tell them not

NOTE Confidence: 0.9713726

01:10:20.500 --> 01:10:21.380 to smoke, and then follow

NOTE Confidence: 0.9713726

01:10:21.380 --> 01:10:22.340 them up for twenty years

NOTE Confidence: 0.9713726

01:10:22.340 --> 01:10:23.620 and see that the hundred

NOTE Confidence: 0.9713726

01:10:23.620 --> 01:10:25.140 people that smoke got lung

NOTE Confidence: 0.9713726

01:10:25.140 --> 01:10:26.100 cancer, and the hundred people

NOTE Confidence: 0.9713726

01:10:26.100 --> 01:10:27.140 that didn't smoke didn't get

NOTE Confidence: 0.9713726

01:10:27.140 --> 01:10:28.340 lung cancer. And that's not

NOTE Confidence: 0.9713726

01:10:28.340 --> 01:10:29.620 ethical. That's never gonna happen.

NOTE Confidence: 0.9713726

01:10:29.620 --> 01:10:30.740 You're never gonna be able

NOTE Confidence: 0.9713726

01:10:30.740 --> 01:10:31.554 to do it. And the

NOTE Confidence: 0.9713726

01:10:31.554 --> 01:10:32.594 problem with a lot of

NOTE Confidence: 0.9713726

01:10:32.594 --> 01:10:33.335 the lifestyle,

NOTE Confidence: 1

01:10:33.715 --> 01:10:34.215 diet

NOTE Confidence: 0.67529297

01:10:34.675 --> 01:10:35.175 modifications

NOTE Confidence: 0.9877708

01:10:35.795 --> 01:10:37.074 is that we are never

NOTE Confidence: 0.9877708

01:10:37.074 --> 01:10:37.875 gonna be able to have

NOTE Confidence: 0.9877708

01:10:37.875 --> 01:10:39.715 these randomized studies to be

NOTE Confidence: 0.9877708

01:10:39.715 --> 01:10:40.675 able to give you this

NOTE Confidence: 0.9877708

01:10:40.675 --> 01:10:41.494 very definitive

NOTE Confidence: 0.97776693

01:10:41.954 --> 01:10:42.914 sort of advice of do

NOTE Confidence: 0.97776693

01:10:42.914 --> 01:10:44.195 this or don't do this.

NOTE Confidence: 0.97776693

01:10:44.195 --> 01:10:45.494 But at the same time,

NOTE Confidence: 0.9638265

01:10:45.870 --> 01:10:47.389 now because we have large

NOTE Confidence: 0.9638265

01:10:47.389 --> 01:10:48.750 cohort studies where we can

NOTE Confidence: 0.9638265

01:10:48.750 --> 01:10:50.050 do some of these associated

NOTE Confidence: 0.9638265

01:10:50.110 --> 01:10:51.010 studies, we have

NOTE Confidence: 0.97820926

01:10:51.389 --> 01:10:53.870 reasonably strong recommendations of, hey.

NOTE Confidence: 0.97820926

01:10:53.870 --> 01:10:55.550 We roughly think that this

NOTE Confidence: 0.97820926

01:10:55.550 --> 01:10:56.989 sort of activity is gonna

NOTE Confidence: 0.97820926

01:10:56.989 --> 01:10:57.870 have you give you a

NOTE Confidence: 0.97820926

01:10:57.870 --> 01:10:59.310 higher likelihood of doing this

NOTE Confidence: 0.97820926

01:10:59.310 --> 01:11:00.345 sort of thing, or doing

NOTE Confidence: 0.97820926

01:11:00.345 --> 01:11:01.145 this is gonna give you

NOTE Confidence: 0.97820926

01:11:01.145 --> 01:11:02.825 a lower likelihood. But it's

NOTE Confidence: 0.97820926

01:11:02.825 --> 01:11:03.864 never gonna be a strong

NOTE Confidence: 0.97820926

01:11:03.864 --> 01:11:05.385 recommendation, and that's kind of

NOTE Confidence: 0.97820926

01:11:05.385 --> 01:11:05.885 why,

NOTE Confidence: 0.95262146

01:11:07.225 --> 01:11:08.905 when we from the health

NOTE Confidence: 0.95262146

01:11:08.905 --> 01:11:09.945 care team are giving you

NOTE Confidence: 0.95262146

01:11:09.945 --> 01:11:11.305 this advice, it's gonna be

NOTE Confidence: 0.95262146

01:11:11.305 --> 01:11:11.805 mostly

NOTE Confidence: 0.945085

01:11:12.500 --> 01:11:13.620 like what Natalie said is,

NOTE Confidence: 0.945085

01:11:13.620 --> 01:11:14.739 like, a piece of bacon

NOTE Confidence: 0.945085

01:11:14.739 --> 01:11:15.699 every three months is probably

NOTE Confidence: 0.945085

01:11:15.699 --> 01:11:16.500 not gonna kill you, but

NOTE Confidence: 0.945085

01:11:16.500 --> 01:11:16.979 if you eat it every

NOTE Confidence: 0.945085

01:11:16.979 --> 01:11:17.939 day, you're probably gonna have

NOTE Confidence: 0.945085

01:11:17.939 --> 01:11:20.020 a problem. Right? And it's

NOTE Confidence: 0.945085

01:11:20.020 --> 01:11:21.460 very much likely gonna be

NOTE Confidence: 0.945085

01:11:21.460 --> 01:11:22.520 that sort of advice.

NOTE Confidence: 0.96301854

01:11:23.380 --> 01:11:24.420 The converse of that is

NOTE Confidence: 0.96301854

01:11:24.420 --> 01:11:25.860 the data that Scott presented

NOTE Confidence: 0.96301854

01:11:25.860 --> 01:11:27.545 where the exercise data was

NOTE Confidence: 0.96301854

01:11:27.545 --> 01:11:29.225 a randomized trial. We took

NOTE Confidence: 0.96301854

01:11:29.225 --> 01:11:29.725 patients,

NOTE Confidence: 0.9324646

01:11:30.425 --> 01:11:32.125 gave this group of patients

NOTE Confidence: 0.9324646

01:11:32.185 --> 01:11:33.705 structured exercise. This group of

NOTE Confidence: 0.9324646

01:11:33.705 --> 01:11:35.405 patients didn't get structured exercise.

NOTE Confidence: 0.9324646

01:11:35.625 --> 01:11:36.125 And

NOTE Confidence: 0.9572754

01:11:36.425 --> 01:11:37.645 the folks that exercise

NOTE Confidence: 0.93533933

01:11:38.104 --> 01:11:39.625 live longer than the folks

NOTE Confidence: 0.93533933

01:11:39.625 --> 01:11:40.729 who didn't get exercise. And

NOTE Confidence: 0.93533933

01:11:40.729 --> 01:11:41.770 this is very clear. In

NOTE Confidence: 0.93533933

01:11:41.770 --> 01:11:43.150 fact, the benefit from exercise

NOTE Confidence: 0.9995117

01:11:43.610 --> 01:11:44.890 is more than the benefit

NOTE Confidence: 0.9995117

01:11:44.890 --> 01:11:45.630 from chemotherapy.

NOTE Confidence: 0.98876953

01:11:46.010 --> 01:11:47.930 Just imagine that. Right? Patients

NOTE Confidence: 0.98876953

01:11:47.930 --> 01:11:49.070 who got colon cancer,

NOTE Confidence: 0.965396

01:11:50.090 --> 01:11:51.450 they all got this study

NOTE Confidence: 0.965396

01:11:51.450 --> 01:11:52.729 all got chemotherapy. But if

NOTE Confidence: 0.965396

01:11:52.729 --> 01:11:53.689 you see the if you

NOTE Confidence: 0.965396

01:11:53.689 --> 01:11:55.204 see the trials where patients

NOTE Confidence: 0.965396

01:11:55.204 --> 01:11:56.564 had surgery for colon cancer

NOTE Confidence: 0.965396

01:11:56.564 --> 01:11:57.525 and then got chemo and

NOTE Confidence: 0.965396

01:11:57.525 --> 01:11:58.405 then didn't, and you see

NOTE Confidence: 0.965396

01:11:58.405 --> 01:11:59.445 the amount of benefit the

NOTE Confidence: 0.965396

01:11:59.445 --> 01:12:00.184 chemo gave,

NOTE Confidence: 0.95731354

01:12:00.485 --> 01:12:01.925 the amount of benefit that

NOTE Confidence: 0.95731354

01:12:01.925 --> 01:12:03.604 the exercise gave was more

NOTE Confidence: 0.95731354

01:12:03.604 --> 01:12:04.564 than the benefit that the

NOTE Confidence: 0.95731354

01:12:04.564 --> 01:12:05.925 chemo gave. And so that

NOTE Confidence: 0.95731354

01:12:05.925 --> 01:12:06.965 gives us a lot of

NOTE Confidence: 0.95731354

01:12:06.965 --> 01:12:08.564 evidence, and Scott can now

NOTE Confidence: 0.95731354

01:12:08.564 --> 01:12:09.840 go around saying exercise is

NOTE Confidence: 0.95731354

01:12:10.080 --> 01:12:11.599 hundred percent gonna work for

NOTE Confidence: 0.95731354

01:12:11.599 --> 01:12:12.639 you because we know that

NOTE Confidence: 0.95731354

01:12:12.639 --> 01:12:14.239 for sure. Right? But for

NOTE Confidence: 0.95731354

01:12:14.239 --> 01:12:15.280 many things, it's very hard

NOTE Confidence: 0.95731354

01:12:15.280 --> 01:12:16.239 for us to very make

NOTE Confidence: 0.95731354

01:12:16.239 --> 01:12:18.320 these strong recommendations, especially for

NOTE Confidence: 0.95731354

01:12:18.320 --> 01:12:20.000 diet and lifestyle modifications because

NOTE Confidence: 0.95731354

01:12:20.000 --> 01:12:21.139 it's very hard to randomize

NOTE Confidence: 0.95731354

01:12:21.199 --> 01:12:22.659 some of this stuff. But

NOTE Confidence: 0.98015136

01:12:23.185 --> 01:12:24.625 as we we go through

NOTE Confidence: 0.98015136

01:12:24.625 --> 01:12:25.925 this stuff, this is actually

NOTE Confidence: 0.949923

01:12:26.225 --> 01:12:27.665 the most important part of

NOTE Confidence: 0.949923

01:12:27.665 --> 01:12:28.945 fighting the cancer. It's as

NOTE Confidence: 0.949923

01:12:28.945 --> 01:12:30.225 important as the surgery and

NOTE Confidence: 0.949923

01:12:30.225 --> 01:12:31.585 the radiation. And that's kind

NOTE Confidence: 0.949923

01:12:31.585 --> 01:12:32.784 of where actually having the

NOTE Confidence: 0.949923

01:12:32.784 --> 01:12:33.284 bespoke

NOTE Confidence: 0.95562464

01:12:33.824 --> 01:12:35.520 advice for you and not

NOTE Confidence: 0.95562464

01:12:35.520 --> 01:12:36.560 just eat a plant based

NOTE Confidence: 0.95562464

01:12:36.560 --> 01:12:37.680 diet. And we know that

NOTE Confidence: 0.95562464

01:12:37.680 --> 01:12:39.200 maybe with esophageal cancer, you

NOTE Confidence: 0.95562464

01:12:39.200 --> 01:12:40.240 can't have the kale salad

NOTE Confidence: 0.95562464

01:12:40.240 --> 01:12:42.080 and therefore, actually, having that

NOTE Confidence: 0.95562464

01:12:42.080 --> 01:12:43.280 bespoke advice is kind of

NOTE Confidence: 0.95562464

01:12:43.280 --> 01:12:44.320 what we're trying to give

NOTE Confidence: 0.95562464

01:12:44.320 --> 01:12:45.620 our patients over here.

NOTE Confidence: 0.8814453

01:12:46.720 --> 01:12:48.354 Yeah. Just to be clear,

NOTE Confidence: 0.8449707

01:12:48.814 --> 01:12:50.755 smoking is bad. Yes. Figure

NOTE Confidence: 0.42773438

01:12:54.175 --> 01:12:54.675 out.

NOTE Confidence: 0.82218426

01:12:56.175 --> 01:12:57.395 Smoking is bad.

NOTE Confidence: 0.85899913

01:12:58.495 --> 01:12:59.535 There's a lot of causal

NOTE Confidence: 0.85899913

01:12:59.535 --> 01:13:00.655 inference. You know, the the

NOTE Confidence: 0.85899913

01:13:00.655 --> 01:13:02.370 medical oncologists are obsessed with

NOTE Confidence: 0.85899913

01:13:02.530 --> 01:13:04.130 clinical trials. We say things

NOTE Confidence: 0.85899913

01:13:04.130 --> 01:13:05.410 like, there's never been a

NOTE Confidence: 0.85899913

01:13:05.410 --> 01:13:06.689 clinical trial that said a

NOTE Confidence: 0.85899913

01:13:06.689 --> 01:13:08.050 parachute will save you a

NOTE Confidence: 0.85899913

01:13:08.050 --> 01:13:08.550 lot.

NOTE Confidence: 0.84194946

01:13:10.290 --> 01:13:11.990 So smoking, hundred percent.

NOTE Confidence: 0.9206679

01:13:12.930 --> 01:13:14.050 Thanks, Ed. He he also

NOTE Confidence: 0.9206679

01:13:14.050 --> 01:13:15.270 is a lung surgeon,

NOTE Confidence: 0.8998142

01:13:15.650 --> 01:13:17.775 so he it's very important.

NOTE Confidence: 0.8998142

01:13:17.835 --> 01:13:19.354 No. But, yes, smoking's bad.

NOTE Confidence: 0.8998142

01:13:19.354 --> 01:13:20.314 I've never I never claimed

NOTE Confidence: 0.8998142

01:13:20.314 --> 01:13:21.215 that it's not.

NOTE Confidence: 0.99543107

01:13:22.235 --> 01:13:23.435 Any other questions for Scott

NOTE Confidence: 0.99543107

01:13:23.435 --> 01:13:24.095 and Natalie?

NOTE Confidence: 0.97509766

01:13:24.715 --> 01:13:25.595 If not, thank you very

NOTE Confidence: 0.97509766

01:13:25.595 --> 01:13:26.735 much. That's really awesome.

NOTE Confidence: 0.9651082

01:13:30.620 --> 01:13:31.820 We're gonna move to the

NOTE Confidence: 0.9651082

01:13:31.820 --> 01:13:33.340 next and most exciting part

NOTE Confidence: 0.9651082

01:13:33.340 --> 01:13:34.700 of the segment of the

NOTE Confidence: 0.9651082

01:13:34.700 --> 01:13:36.160 the the session, which is

NOTE Confidence: 0.9651082

01:13:36.220 --> 01:13:37.340 gonna be run by doctor

NOTE Confidence: 0.9651082

01:13:37.340 --> 01:13:38.780 Deepika Karki and doctor Derek

NOTE Confidence: 0.9651082

01:13:38.780 --> 01:13:39.520 Yac. Deepika?

NOTE Confidence: 0.93413633

01:13:43.205 --> 01:13:44.885 Deepika, you wanna introduce doctor

NOTE Confidence: 0.93413633

01:13:44.885 --> 01:13:45.385 Yac?

NOTE Confidence: 0.98795575

01:13:52.005 --> 01:13:53.525 Hi, everyone. It's me again,

NOTE Confidence: 0.98795575

01:13:53.525 --> 01:13:54.025 Deepika.

NOTE Confidence: 0.9953613

01:13:54.780 --> 01:13:56.000 So with me, I have

NOTE Confidence: 0.9634277

01:13:56.380 --> 01:13:58.240 a leading global health expert,

NOTE Confidence: 0.82666016

01:13:58.780 --> 01:13:59.680 doctor Yan,

NOTE Confidence: 0.9944526

01:14:00.700 --> 01:14:02.460 and we walked on the

NOTE Confidence: 0.9944526

01:14:02.460 --> 01:14:04.220 same road. So we thought

NOTE Confidence: 0.9944526

01:14:04.220 --> 01:14:05.979 of, like, just doing it

NOTE Confidence: 0.9944526

01:14:05.979 --> 01:14:06.720 in a very

NOTE Confidence: 0.947876

01:14:07.275 --> 01:14:08.574 conversational style,

NOTE Confidence: 0.99902344

01:14:09.035 --> 01:14:10.395 just sharing what we went

NOTE Confidence: 0.99902344

01:14:10.395 --> 01:14:10.895 through,

NOTE Confidence: 0.9861816

01:14:11.435 --> 01:14:12.795 how our journey was like,

NOTE Confidence: 0.9861816

01:14:12.795 --> 01:14:14.475 and just to give you

NOTE Confidence: 0.9861816

01:14:14.475 --> 01:14:16.094 an overview and just answer

NOTE Confidence: 0.9995931

01:14:16.395 --> 01:14:17.755 questions you may have for

NOTE Confidence: 0.9995931

01:14:17.755 --> 01:14:18.255 us.

NOTE Confidence: 0.92715305

01:14:18.635 --> 01:14:19.915 So, doctor Yag, I'll let

NOTE Confidence: 0.92715305

01:14:19.915 --> 01:14:20.655 you begin.

NOTE Confidence: 0.9574382

01:14:21.630 --> 01:14:22.530 Well, thank you.

NOTE Confidence: 0.5824585

01:14:23.390 --> 01:14:24.750 And I think I'll get

NOTE Confidence: 0.5824585

01:14:24.750 --> 01:14:25.250 started.

NOTE Confidence: 0.9737549

01:14:26.510 --> 01:14:27.729 Working? Great.

NOTE Confidence: 0.9895935

01:14:28.350 --> 01:14:29.970 Well, first, what a privilege

NOTE Confidence: 0.9895935

01:14:30.030 --> 01:14:31.250 to be here.

NOTE Confidence: 0.8683756

01:14:32.030 --> 01:14:33.810 Thank you to your particularly

NOTE Confidence: 0.8683756

01:14:33.950 --> 01:14:36.210 doctor Beaufort, doctor Du, wonderful

NOTE Confidence: 0.99576825

01:14:36.655 --> 01:14:37.475 to see you.

NOTE Confidence: 0.9165039

01:14:38.175 --> 01:14:38.675 And,

NOTE Confidence: 0.9816162

01:14:39.695 --> 01:14:41.455 also, it's always a chance

NOTE Confidence: 0.9816162

01:14:41.455 --> 01:14:43.075 to show gratitude for the

NOTE Confidence: 0.82788086

01:14:43.775 --> 01:14:44.275 incredible,

NOTE Confidence: 0.98323137

01:14:45.375 --> 01:14:46.814 support we get here. I

NOTE Confidence: 0.98323137

01:14:46.814 --> 01:14:47.854 was looking at the list

NOTE Confidence: 0.98323137

01:14:47.854 --> 01:14:49.215 of the huge range of

NOTE Confidence: 0.98323137

01:14:49.215 --> 01:14:50.655 people it takes to,

NOTE Confidence: 0.9470825

01:14:51.055 --> 01:14:52.354 get us through this.

NOTE Confidence: 0.98814106

01:14:52.710 --> 01:14:54.090 And there was only one

NOTE Confidence: 0.98814106

01:14:54.150 --> 01:14:55.750 one group missing. I would

NOTE Confidence: 0.98814106

01:14:55.750 --> 01:14:57.110 have liked maybe two pages

NOTE Confidence: 0.98814106

01:14:57.110 --> 01:14:58.410 of oncology nurses,

NOTE Confidence: 0.9980469

01:14:59.750 --> 01:15:00.250 who

NOTE Confidence: 0.82299805

01:15:00.550 --> 01:15:01.690 I I became convinced

NOTE Confidence: 0.9663086

01:15:02.070 --> 01:15:02.810 were angels,

NOTE Confidence: 0.9897461

01:15:03.990 --> 01:15:04.950 to get through all this

NOTE Confidence: 0.9897461

01:15:04.950 --> 01:15:05.450 stuff.

NOTE Confidence: 0.98706055

01:15:06.425 --> 01:15:06.925 Well,

NOTE Confidence: 0.93391925

01:15:08.104 --> 01:15:08.925 I'm not sure,

NOTE Confidence: 0.9632324

01:15:09.865 --> 01:15:11.325 where to begin. So I'm

NOTE Confidence: 0.80615234

01:15:11.785 --> 01:15:12.285 a

NOTE Confidence: 0.9605957

01:15:13.305 --> 01:15:14.845 doctor trained in South Africa.

NOTE Confidence: 0.9629069

01:15:15.785 --> 01:15:17.145 I'll explain why that's quite

NOTE Confidence: 0.9629069

01:15:17.145 --> 01:15:18.825 interesting. I spent many years

NOTE Confidence: 0.9629069

01:15:18.825 --> 01:15:20.045 at the World Health Organization.

NOTE Confidence: 0.98217773

01:15:20.930 --> 01:15:21.970 And one of my tasks

NOTE Confidence: 0.98217773

01:15:21.970 --> 01:15:23.410 was working on the tobacco

NOTE Confidence: 0.98217773

01:15:23.410 --> 01:15:23.910 treaty.

NOTE Confidence: 0.9752333

01:15:26.050 --> 01:15:27.490 So very aware that it

NOTE Confidence: 0.9752333

01:15:27.490 --> 01:15:29.110 is the largest single preventable

NOTE Confidence: 0.9752333

01:15:29.170 --> 01:15:30.050 cause of death in the

NOTE Confidence: 0.9752333

01:15:30.050 --> 01:15:31.189 world still today.

NOTE Confidence: 0.9209798

01:15:31.490 --> 01:15:32.770 I won't get back into

NOTE Confidence: 0.9209798

01:15:32.770 --> 01:15:33.195 that.

NOTE Confidence: 0.8831218

01:15:33.755 --> 01:15:35.054 I trained as an epidemiologist,

NOTE Confidence: 0.9980469

01:15:36.314 --> 01:15:36.814 and

NOTE Confidence: 0.7373047

01:15:37.835 --> 01:15:38.335 spent

NOTE Confidence: 0.92055666

01:15:39.275 --> 01:15:40.735 many years in global health,

NOTE Confidence: 0.97229004

01:15:41.435 --> 01:15:42.814 looking at cancer trends,

NOTE Confidence: 0.9276611

01:15:43.275 --> 01:15:45.275 never realizing that one day

NOTE Confidence: 0.9276611

01:15:45.275 --> 01:15:46.655 it will become very personal.

NOTE Confidence: 0.9995117

01:15:47.510 --> 01:15:48.390 When I was in South

NOTE Confidence: 0.9995117

01:15:48.390 --> 01:15:48.890 Africa,

NOTE Confidence: 0.9751674

01:15:50.150 --> 01:15:51.590 one of the programs that

NOTE Confidence: 0.9751674

01:15:51.590 --> 01:15:52.070 I was,

NOTE Confidence: 0.99658203

01:15:52.550 --> 01:15:53.450 involved with

NOTE Confidence: 0.97324216

01:15:53.910 --> 01:15:55.930 was the esophageal cancer program,

NOTE Confidence: 0.98333514

01:15:57.270 --> 01:15:58.390 in the eastern part of

NOTE Confidence: 0.98333514

01:15:58.390 --> 01:16:00.070 the country, which has some

NOTE Confidence: 0.98333514

01:16:00.070 --> 01:16:01.750 of the highest esophageal cancer

NOTE Confidence: 0.98333514

01:16:01.750 --> 01:16:03.145 death rates in the world.

NOTE Confidence: 0.98333514

01:16:03.145 --> 01:16:04.505 And I then began to

NOTE Confidence: 0.98333514

01:16:04.505 --> 01:16:05.405 realize that

NOTE Confidence: 0.8496704

01:16:05.784 --> 01:16:06.925 this is a squamous

NOTE Confidence: 0.69140625

01:16:07.385 --> 01:16:07.885 cell.

NOTE Confidence: 0.8989036

01:16:08.985 --> 01:16:10.344 The belt stretches all the

NOTE Confidence: 0.8989036

01:16:10.344 --> 01:16:12.205 way from eastern South Africa

NOTE Confidence: 0.8989036

01:16:12.344 --> 01:16:12.824 through,

NOTE Confidence: 0.92126465

01:16:13.145 --> 01:16:14.585 the eastern seaboard all the

NOTE Confidence: 0.92126465

01:16:14.585 --> 01:16:15.385 way up through,

NOTE Confidence: 0.92407227

01:16:15.890 --> 01:16:16.470 to Kenya.

NOTE Confidence: 0.9855957

01:16:17.570 --> 01:16:18.790 And to this day,

NOTE Confidence: 0.97713214

01:16:19.330 --> 01:16:20.930 the it is the number

NOTE Confidence: 0.97713214

01:16:20.930 --> 01:16:22.290 one cause of cancer death

NOTE Confidence: 0.97713214

01:16:22.290 --> 01:16:23.110 in Kenya.

NOTE Confidence: 0.9716797

01:16:24.370 --> 01:16:24.870 And

NOTE Confidence: 0.9023659

01:16:26.770 --> 01:16:28.370 I mention that because I'll

NOTE Confidence: 0.9023659

01:16:28.370 --> 01:16:29.170 I'll come back to it

NOTE Confidence: 0.9023659

01:16:29.170 --> 01:16:29.670 later.

NOTE Confidence: 0.96017456

01:16:31.905 --> 01:16:32.945 So I I I came

NOTE Confidence: 0.96017456

01:16:32.945 --> 01:16:33.985 here. I was privileged to

NOTE Confidence: 0.96017456

01:16:33.985 --> 01:16:35.745 be at the Yale, School

NOTE Confidence: 0.96017456

01:16:35.745 --> 01:16:36.465 of Public Health for a

NOTE Confidence: 0.96017456

01:16:36.465 --> 01:16:37.505 number of years before doing

NOTE Confidence: 0.96017456

01:16:37.505 --> 01:16:38.385 a whole bunch of other

NOTE Confidence: 0.96017456

01:16:38.385 --> 01:16:39.905 things, not realizing I would

NOTE Confidence: 0.96017456

01:16:39.905 --> 01:16:41.685 come back as a patient

NOTE Confidence: 0.961792

01:16:42.064 --> 01:16:43.045 several times.

NOTE Confidence: 0.971734

01:16:44.145 --> 01:16:45.365 First for melanoma,

NOTE Confidence: 0.9975586

01:16:46.020 --> 01:16:47.000 then for prostate,

NOTE Confidence: 0.9749756

01:16:47.540 --> 01:16:48.439 then for esophagus,

NOTE Confidence: 0.9007813

01:16:48.820 --> 01:16:50.820 and then fairly minor thing,

NOTE Confidence: 0.84375

01:16:51.620 --> 01:16:53.220 basal cell just two weeks

NOTE Confidence: 0.84375

01:16:53.220 --> 01:16:53.720 ago.

NOTE Confidence: 0.95825195

01:16:54.660 --> 01:16:56.100 So I've become a cancer

NOTE Confidence: 0.95825195

01:16:56.100 --> 01:16:56.600 textbook,

NOTE Confidence: 0.9678548

01:16:57.140 --> 01:16:58.580 and, it gives me a

NOTE Confidence: 0.9678548

01:16:58.580 --> 01:16:59.080 chance

NOTE Confidence: 0.9847005

01:16:59.460 --> 01:17:00.439 to look at,

NOTE Confidence: 0.96659344

01:17:00.895 --> 01:17:01.854 first of all, the value

NOTE Confidence: 0.96659344

01:17:01.854 --> 01:17:03.375 of early diagnosis and high

NOTE Confidence: 0.96659344

01:17:03.375 --> 01:17:04.354 quality treatment,

NOTE Confidence: 0.97010636

01:17:04.975 --> 01:17:06.094 which we are privileged to

NOTE Confidence: 0.97010636

01:17:06.094 --> 01:17:08.114 have here, at Yale.

NOTE Confidence: 0.9786218

01:17:08.574 --> 01:17:10.415 And secondly, to start reflecting

NOTE Confidence: 0.9786218

01:17:10.415 --> 01:17:12.094 on, what is it that

NOTE Confidence: 0.9786218

01:17:12.094 --> 01:17:13.215 we could be doing more

NOTE Confidence: 0.9786218

01:17:13.215 --> 01:17:15.054 broadly. And, so when I

NOTE Confidence: 0.9786218

01:17:15.054 --> 01:17:16.114 was first diagnosed,

NOTE Confidence: 0.9687056

01:17:17.670 --> 01:17:19.430 it was obviously a huge

NOTE Confidence: 0.9687056

01:17:19.430 --> 01:17:20.469 shock. I thought I just

NOTE Confidence: 0.9687056

01:17:20.469 --> 01:17:20.969 had

NOTE Confidence: 0.9539088

01:17:21.510 --> 01:17:22.950 a hiatus hernia that my

NOTE Confidence: 0.9539088

01:17:22.950 --> 01:17:23.989 father had, and he had

NOTE Confidence: 0.9539088

01:17:23.989 --> 01:17:25.270 reflux, and it just seemed

NOTE Confidence: 0.9539088

01:17:25.270 --> 01:17:26.570 that was probably it.

NOTE Confidence: 0.97663224

01:17:27.989 --> 01:17:29.590 I must also mention that

NOTE Confidence: 0.97663224

01:17:29.590 --> 01:17:30.250 I think

NOTE Confidence: 0.91389495

01:17:31.385 --> 01:17:32.585 the shop to me was

NOTE Confidence: 0.91389495

01:17:32.585 --> 01:17:33.705 big, but I think it

NOTE Confidence: 0.91389495

01:17:33.705 --> 01:17:35.385 was even greater to my

NOTE Confidence: 0.91389495

01:17:35.385 --> 01:17:36.125 wife, Yasmin.

NOTE Confidence: 0.98720706

01:17:36.665 --> 01:17:37.864 And I think we don't

NOTE Confidence: 0.98720706

01:17:37.864 --> 01:17:39.785 put up the power of

NOTE Confidence: 0.98720706

01:17:39.785 --> 01:17:41.385 carers and loved ones as

NOTE Confidence: 0.98720706

01:17:41.385 --> 01:17:42.745 being one of the most

NOTE Confidence: 0.98720706

01:17:42.745 --> 01:17:45.005 important support throughout the process.

NOTE Confidence: 0.930013

01:17:45.465 --> 01:17:46.560 But support that

NOTE Confidence: 0.9229879

01:17:46.960 --> 01:17:48.640 that also often suffers in

NOTE Confidence: 0.9229879

01:17:48.640 --> 01:17:49.680 ways when you ask how

NOTE Confidence: 0.9229879

01:17:49.680 --> 01:17:50.479 are you doing, you were

NOTE Confidence: 0.9229879

01:17:50.479 --> 01:17:51.439 saying how are you doing,

NOTE Confidence: 0.9229879

01:17:51.439 --> 01:17:52.240 I'm sure if you ask

NOTE Confidence: 0.9229879

01:17:52.240 --> 01:17:53.120 the carer, they'll say they're

NOTE Confidence: 0.9229879

01:17:53.120 --> 01:17:54.160 doing well, but actually they

NOTE Confidence: 0.9229879

01:17:54.160 --> 01:17:55.520 may be taking greater strain

NOTE Confidence: 0.9229879

01:17:55.520 --> 01:17:56.640 because they have the same

NOTE Confidence: 0.9229879

01:17:56.640 --> 01:17:58.800 concerns about recurrence or what's

NOTE Confidence: 0.9229879

01:17:58.800 --> 01:17:59.760 coming on or is this

NOTE Confidence: 0.9229879

01:17:59.760 --> 01:18:01.460 symptom something related to it.

NOTE Confidence: 0.9606746

01:18:03.545 --> 01:18:05.225 I have to say that,

NOTE Confidence: 0.9606746

01:18:05.545 --> 01:18:06.344 I don't want to say

NOTE Confidence: 0.9606746

01:18:06.344 --> 01:18:07.625 it negatively, but,

NOTE Confidence: 0.9400353

01:18:08.665 --> 01:18:10.905 I I was privileged not

NOTE Confidence: 0.9400353

01:18:10.905 --> 01:18:12.025 to go through the torture

NOTE Confidence: 0.9400353

01:18:12.025 --> 01:18:13.165 with doctor Du.

NOTE Confidence: 0.98217773

01:18:13.784 --> 01:18:14.764 I didn't experience

NOTE Confidence: 0.99853516

01:18:15.304 --> 01:18:16.205 any of it.

NOTE Confidence: 0.943191

01:18:16.890 --> 01:18:17.930 It was actually for me,

NOTE Confidence: 0.943191

01:18:17.930 --> 01:18:18.650 I hate to say it,

NOTE Confidence: 0.943191

01:18:18.650 --> 01:18:20.729 but quite an amazingly pleasant

NOTE Confidence: 0.943191

01:18:20.729 --> 01:18:22.490 experience coming in, lying in,

NOTE Confidence: 0.943191

01:18:22.490 --> 01:18:23.689 having a very short sleep,

NOTE Confidence: 0.943191

01:18:23.689 --> 01:18:24.990 and out hours again,

NOTE Confidence: 0.99869794

01:18:26.490 --> 01:18:27.689 and going through the chemo

NOTE Confidence: 0.99869794

01:18:27.689 --> 01:18:28.750 at the same time.

NOTE Confidence: 0.97425425

01:18:29.305 --> 01:18:30.685 I do think in retrospect

NOTE Confidence: 0.97425425

01:18:30.745 --> 01:18:31.945 that one of the important

NOTE Confidence: 0.97425425

01:18:31.945 --> 01:18:32.445 factors

NOTE Confidence: 0.937779

01:18:33.064 --> 01:18:34.765 which you mentioned in the

NOTE Confidence: 0.937779

01:18:34.825 --> 01:18:35.885 exercise program

NOTE Confidence: 0.98017037

01:18:36.425 --> 01:18:37.305 was that if you look

NOTE Confidence: 0.98017037

01:18:37.305 --> 01:18:38.845 at the exercise literature,

NOTE Confidence: 0.9844622

01:18:39.305 --> 01:18:40.505 not yet in the colon

NOTE Confidence: 0.9844622

01:18:40.505 --> 01:18:42.025 and esophageal field, but in

NOTE Confidence: 0.9844622

01:18:42.025 --> 01:18:43.405 the breast cancer world,

NOTE Confidence: 0.9944411

01:18:44.320 --> 01:18:46.000 the evidence on high levels

NOTE Confidence: 0.9944411

01:18:46.000 --> 01:18:47.439 of activity while you are

NOTE Confidence: 0.9944411

01:18:47.439 --> 01:18:48.500 going through chemo

NOTE Confidence: 0.93847656

01:18:49.120 --> 01:18:50.340 seem pretty conclusive

NOTE Confidence: 0.99728733

01:18:50.800 --> 01:18:51.920 that you will lower the

NOTE Confidence: 0.99728733

01:18:51.920 --> 01:18:53.140 levels of side effects

NOTE Confidence: 0.9938151

01:18:53.600 --> 01:18:55.120 and lower the levels of

NOTE Confidence: 0.9938151

01:18:55.120 --> 01:18:55.620 remission.

NOTE Confidence: 0.96607566

01:18:56.395 --> 01:18:57.435 Now we know in colon

NOTE Confidence: 0.96607566

01:18:57.435 --> 01:18:59.755 about remission and survival. We

NOTE Confidence: 0.96607566

01:18:59.755 --> 01:19:00.795 haven't yet looked at it

NOTE Confidence: 0.96607566

01:19:00.795 --> 01:19:01.835 during chemo. And, of course,

NOTE Confidence: 0.96607566

01:19:01.835 --> 01:19:02.955 it's difficult to be doing

NOTE Confidence: 0.96607566

01:19:02.955 --> 01:19:04.255 exercise. I'm a swimmer.

NOTE Confidence: 0.9887288

01:19:04.875 --> 01:19:06.235 And, one of the first

NOTE Confidence: 0.9887288

01:19:06.235 --> 01:19:06.554 things,

NOTE Confidence: 0.93202037

01:19:07.435 --> 01:19:08.795 doctor Bofors said to me

NOTE Confidence: 0.93202037

01:19:08.795 --> 01:19:08.955 was,

NOTE Confidence: 0.89331055

01:19:10.460 --> 01:19:11.760 I'll never forget it.

NOTE Confidence: 0.9067654

01:19:12.139 --> 01:19:13.179 And, of course, you know

NOTE Confidence: 0.9067654

01:19:13.179 --> 01:19:14.320 you'll never swim again.

NOTE Confidence: 0.9527893

01:19:15.420 --> 01:19:16.860 And for me that was

NOTE Confidence: 0.9527893

01:19:16.860 --> 01:19:18.380 a big shock. I had

NOTE Confidence: 0.9527893

01:19:18.380 --> 01:19:19.340 a I had my last

NOTE Confidence: 0.9527893

01:19:19.340 --> 01:19:19.840 swim

NOTE Confidence: 0.9689636

01:19:20.300 --> 01:19:21.979 with, friends out in the

NOTE Confidence: 0.9689636

01:19:21.979 --> 01:19:23.120 Long Island Sound.

NOTE Confidence: 0.9433594

01:19:23.824 --> 01:19:24.324 And,

NOTE Confidence: 0.9400499

01:19:25.025 --> 01:19:26.064 and then at the end

NOTE Confidence: 0.9400499

01:19:26.064 --> 01:19:27.685 of surgery and chemotherapy,

NOTE Confidence: 0.98723495

01:19:28.385 --> 01:19:29.505 I swam around the Statue

NOTE Confidence: 0.98723495

01:19:29.505 --> 01:19:30.064 of Liberty,

NOTE Confidence: 0.9991862

01:19:30.465 --> 01:19:31.364 as a celebration.

NOTE Confidence: 0.92807955

01:19:32.784 --> 01:19:33.824 Now I mention that because

NOTE Confidence: 0.92807955

01:19:33.824 --> 01:19:35.505 I'm probably lucky I continue

NOTE Confidence: 0.92807955

01:19:35.505 --> 01:19:36.625 to swim, and many people

NOTE Confidence: 0.92807955

01:19:36.625 --> 01:19:37.425 would not be able to

NOTE Confidence: 0.92807955

01:19:37.425 --> 01:19:38.250 do it. But I mention

NOTE Confidence: 0.92807955

01:19:38.330 --> 01:19:39.150 for two reasons. First,

NOTE Confidence: 0.88916016

01:19:41.210 --> 01:19:42.890 never forget swimming is a

NOTE Confidence: 0.88916016

01:19:42.970 --> 01:19:44.189 also a great alternative

NOTE Confidence: 0.92944336

01:19:44.490 --> 01:19:45.790 with muscle strengthening,

NOTE Confidence: 0.99555

01:19:46.490 --> 01:19:48.170 but it also eliminates a

NOTE Confidence: 0.99555

01:19:48.170 --> 01:19:49.610 lot of the gravity issues

NOTE Confidence: 0.99555

01:19:49.610 --> 01:19:51.210 that people face, in doing

NOTE Confidence: 0.99555

01:19:51.210 --> 01:19:52.170 a lot of pounding on

NOTE Confidence: 0.99555

01:19:52.170 --> 01:19:52.750 the streets.

NOTE Confidence: 0.8811035

01:19:53.525 --> 01:19:55.465 But secondly, swimming is also

NOTE Confidence: 0.8811035

01:19:55.604 --> 01:19:57.304 for me a metaphor of,

NOTE Confidence: 0.9247559

01:19:58.085 --> 01:20:00.185 having a goal, something to

NOTE Confidence: 0.96197647

01:20:01.045 --> 01:20:02.244 take part in with friends

NOTE Confidence: 0.96197647

01:20:02.244 --> 01:20:03.685 and colleagues on the beach.

NOTE Confidence: 0.96197647

01:20:03.685 --> 01:20:05.364 And the camaraderie, I think,

NOTE Confidence: 0.96197647

01:20:05.364 --> 01:20:06.744 becomes very important.

NOTE Confidence: 0.8997803

01:20:09.260 --> 01:20:10.780 And really, I think the

NOTE Confidence: 0.8997803

01:20:10.780 --> 01:20:11.099 last,

NOTE Confidence: 0.9517415

01:20:12.139 --> 01:20:13.579 it's three years now since

NOTE Confidence: 0.9517415

01:20:13.579 --> 01:20:14.079 diagnosis.

NOTE Confidence: 0.7817383

01:20:14.860 --> 01:20:15.340 And,

NOTE Confidence: 0.9454854

01:20:16.619 --> 01:20:17.420 one of, for me, one

NOTE Confidence: 0.9454854

01:20:17.420 --> 01:20:18.699 of the most important things

NOTE Confidence: 0.9454854

01:20:18.699 --> 01:20:19.439 was to

NOTE Confidence: 0.9970703

01:20:20.445 --> 01:20:21.325 really look at one of

NOTE Confidence: 0.9970703

01:20:21.325 --> 01:20:22.465 the elements missing

NOTE Confidence: 0.94873047

01:20:23.085 --> 01:20:24.625 in the National Cancer Institute

NOTE Confidence: 0.94873047

01:20:24.765 --> 01:20:25.265 survivorship

NOTE Confidence: 0.8533203

01:20:25.645 --> 01:20:27.185 list where they talk about,

NOTE Confidence: 0.9667969

01:20:28.365 --> 01:20:30.445 issues of physical, mental, social

NOTE Confidence: 0.9667969

01:20:30.445 --> 01:20:32.785 well-being. They miss one word.

NOTE Confidence: 0.99433595

01:20:33.330 --> 01:20:34.869 And the word is spiritual.

NOTE Confidence: 0.9779663

01:20:36.130 --> 01:20:37.330 I think that's something I

NOTE Confidence: 0.9779663

01:20:37.330 --> 01:20:38.150 gained a greater

NOTE Confidence: 0.7022705

01:20:38.610 --> 01:20:39.510 sense of,

NOTE Confidence: 0.9194336

01:20:40.610 --> 01:20:42.449 the importance of the spirit

NOTE Confidence: 0.9194336

01:20:42.449 --> 01:20:43.270 and the meaning.

NOTE Confidence: 0.6464844

01:20:43.650 --> 01:20:44.150 And

NOTE Confidence: 0.97835284

01:20:45.545 --> 01:20:46.604 I started reading,

NOTE Confidence: 0.9909668

01:20:47.864 --> 01:20:48.685 several times,

NOTE Confidence: 0.9130588

01:20:49.864 --> 01:20:51.244 Viktor Frankl's book,

NOTE Confidence: 0.97220284

01:20:51.864 --> 01:20:53.145 on the meaning and purpose

NOTE Confidence: 0.97220284

01:20:53.145 --> 01:20:53.724 of life.

NOTE Confidence: 0.9863281

01:20:54.264 --> 01:20:55.885 And you'll find in it,

NOTE Confidence: 0.8992075

01:20:56.505 --> 01:20:57.784 a quote which he repeats

NOTE Confidence: 0.8992075

01:20:57.784 --> 01:20:59.625 several times by Nietzsche, which

NOTE Confidence: 0.8992075

01:20:59.625 --> 01:21:01.005 is that, if

NOTE Confidence: 0.9802595

01:21:01.439 --> 01:21:03.099 if you know the why

NOTE Confidence: 0.9802595

01:21:03.360 --> 01:21:04.800 of your life, you can

NOTE Confidence: 0.9802595

01:21:04.800 --> 01:21:06.820 overcome almost any how.

NOTE Confidence: 0.99593836

01:21:08.479 --> 01:21:09.760 And he went on to

NOTE Confidence: 0.99593836

01:21:09.760 --> 01:21:10.960 become one of the great

NOTE Confidence: 0.99593836

01:21:10.960 --> 01:21:11.460 therapists,

NOTE Confidence: 0.96293944

01:21:12.719 --> 01:21:14.820 after leaving Auschwitz and surviving,

NOTE Confidence: 0.9248047

01:21:16.535 --> 01:21:18.375 To apply his idea about

NOTE Confidence: 0.9248047

01:21:18.375 --> 01:21:19.595 the importance of meaning

NOTE Confidence: 0.9941406

01:21:19.975 --> 01:21:20.715 in developing

NOTE Confidence: 0.95458984

01:21:21.575 --> 01:21:22.854 a purpose in life for

NOTE Confidence: 0.95458984

01:21:22.854 --> 01:21:23.915 cancer patients.

NOTE Confidence: 0.9472351

01:21:25.095 --> 01:21:26.854 And recorded over the years

NOTE Confidence: 0.9472351

01:21:26.854 --> 01:21:27.835 before he died,

NOTE Confidence: 0.95675224

01:21:28.455 --> 01:21:29.814 how you can have two

NOTE Confidence: 0.95675224

01:21:29.814 --> 01:21:30.715 cancer patients,

NOTE Confidence: 0.97680664

01:21:31.800 --> 01:21:33.900 exactly the same diagnostic criteria.

NOTE Confidence: 0.991096

01:21:34.840 --> 01:21:36.040 They may only differ in

NOTE Confidence: 0.991096

01:21:36.040 --> 01:21:37.079 terms of having a sense

NOTE Confidence: 0.991096

01:21:37.079 --> 01:21:37.960 of what they wanted to

NOTE Confidence: 0.991096

01:21:37.960 --> 01:21:38.780 live for.

NOTE Confidence: 0.99869794

01:21:39.960 --> 01:21:41.420 And it could be something

NOTE Confidence: 0.99869794

01:21:41.479 --> 01:21:41.979 as

NOTE Confidence: 0.9818905

01:21:42.920 --> 01:21:44.360 intimate and personal as your

NOTE Confidence: 0.9818905

01:21:44.360 --> 01:21:46.054 loved one, Or it could

NOTE Confidence: 0.9818905

01:21:46.054 --> 01:21:47.175 be some big meaning in

NOTE Confidence: 0.9818905

01:21:47.175 --> 01:21:48.215 life. And,

NOTE Confidence: 0.97329533

01:21:48.935 --> 01:21:49.975 I think about that a

NOTE Confidence: 0.97329533

01:21:49.975 --> 01:21:51.094 lot and the privilege that

NOTE Confidence: 0.97329533

01:21:51.094 --> 01:21:52.054 I went through to go

NOTE Confidence: 0.97329533

01:21:52.054 --> 01:21:53.255 through therapy that I know

NOTE Confidence: 0.97329533

01:21:53.255 --> 01:21:54.854 my brothers and sisters in

NOTE Confidence: 0.97329533

01:21:54.854 --> 01:21:56.455 Africa just don't have access

NOTE Confidence: 0.97329533

01:21:56.455 --> 01:21:57.755 to. They have virtually

NOTE Confidence: 0.9248744

01:21:58.300 --> 01:22:00.380 no diagnostic capability, no treatment

NOTE Confidence: 0.9248744

01:22:00.380 --> 01:22:02.300 capability and so on. And

NOTE Confidence: 0.9248744

01:22:02.300 --> 01:22:03.920 so while my initial,

NOTE Confidence: 0.95703125

01:22:04.939 --> 01:22:06.880 why was certainly related

NOTE Confidence: 0.9562564

01:22:07.500 --> 01:22:08.880 to my wife, my son,

NOTE Confidence: 0.9562564

01:22:08.939 --> 01:22:10.140 hoping to make it to

NOTE Confidence: 0.9562564

01:22:10.140 --> 01:22:11.660 his graduation, which I didn't

NOTE Confidence: 0.9562564

01:22:11.660 --> 01:22:12.860 actually think I was going

NOTE Confidence: 0.9562564

01:22:12.860 --> 01:22:13.760 to do because

NOTE Confidence: 0.912913

01:22:14.675 --> 01:22:15.955 the first diagnosis you think,

NOTE Confidence: 0.912913

01:22:15.955 --> 01:22:16.675 you look at the data

NOTE Confidence: 0.912913

01:22:16.675 --> 01:22:17.395 and you think, oh, my

NOTE Confidence: 0.912913

01:22:17.395 --> 01:22:18.995 God, that's it. Well, he's

NOTE Confidence: 0.912913

01:22:18.995 --> 01:22:20.695 graduating next month. So

NOTE Confidence: 0.9451172

01:22:20.995 --> 01:22:23.495 that's one that's ticked off.

NOTE Confidence: 0.886213

01:22:24.915 --> 01:22:26.115 And now I think I

NOTE Confidence: 0.886213

01:22:26.115 --> 01:22:27.555 turn to the second part

NOTE Confidence: 0.886213

01:22:27.555 --> 01:22:29.095 of one's life. And

NOTE Confidence: 0.9995117

01:22:29.930 --> 01:22:30.830 one of the great

NOTE Confidence: 0.9660819

01:22:31.930 --> 01:22:33.930 rabbis of the twelfth century,

NOTE Confidence: 0.9660819

01:22:33.930 --> 01:22:35.150 Hillel, said,

NOTE Confidence: 0.93856376

01:22:36.170 --> 01:22:37.050 if I'm not for me,

NOTE Confidence: 0.93856376

01:22:37.050 --> 01:22:37.850 who is for me? You

NOTE Confidence: 0.93856376

01:22:37.850 --> 01:22:38.830 may know the quote.

NOTE Confidence: 0.9719238

01:22:39.370 --> 01:22:40.490 But he went on to

NOTE Confidence: 0.9719238

01:22:40.490 --> 01:22:42.090 ask the next question, and

NOTE Confidence: 0.9719238

01:22:42.090 --> 01:22:43.710 if I'm only for me,

NOTE Confidence: 0.99853516

01:22:44.095 --> 01:22:44.835 what am

NOTE Confidence: 0.9962333

01:22:45.135 --> 01:22:46.495 I? And I interpret that

NOTE Confidence: 0.9962333

01:22:46.495 --> 01:22:47.155 as being

NOTE Confidence: 0.98048705

01:22:47.695 --> 01:22:48.735 that I've been lucky enough

NOTE Confidence: 0.98048705

01:22:48.735 --> 01:22:49.935 to come through. Now how

NOTE Confidence: 0.98048705

01:22:49.935 --> 01:22:51.854 do I take this? And

NOTE Confidence: 0.98048705

01:22:51.854 --> 01:22:52.975 with Deepika and I, I

NOTE Confidence: 0.98048705

01:22:52.975 --> 01:22:53.935 know we both share the

NOTE Confidence: 0.98048705

01:22:53.935 --> 01:22:55.375 need and the desire to

NOTE Confidence: 0.98048705

01:22:55.375 --> 01:22:56.910 make sure that people who

NOTE Confidence: 0.98048705

01:22:56.910 --> 01:22:58.530 don't have a Yale access

NOTE Confidence: 0.9849175

01:22:58.990 --> 01:23:00.510 can actually have access to

NOTE Confidence: 0.9849175

01:23:00.510 --> 01:23:02.370 better quality cancer care.

NOTE Confidence: 0.9724121

01:23:03.150 --> 01:23:04.510 And I've been in Kenya

NOTE Confidence: 0.9724121

01:23:04.510 --> 01:23:06.370 recently at a cancer center

NOTE Confidence: 0.9724121

01:23:06.430 --> 01:23:06.930 where

NOTE Confidence: 0.980896

01:23:08.104 --> 01:23:09.784 the only treatment of people

NOTE Confidence: 0.980896

01:23:09.784 --> 01:23:11.725 with, esophageal cancer

NOTE Confidence: 0.8955078

01:23:12.185 --> 01:23:13.705 is a surgical stent to

NOTE Confidence: 0.8955078

01:23:13.705 --> 01:23:15.645 keep the ability to swallow

NOTE Confidence: 0.8955078

01:23:15.945 --> 01:23:17.005 and chemotherapy

NOTE Confidence: 0.9842122

01:23:17.945 --> 01:23:20.585 supported by real oncology nurse

NOTE Confidence: 0.9842122

01:23:20.585 --> 01:23:21.085 angels.

NOTE Confidence: 0.9935608

01:23:21.625 --> 01:23:22.585 And that's not the way

NOTE Confidence: 0.9935608

01:23:22.585 --> 01:23:23.400 it should be.

NOTE Confidence: 0.9334717

01:23:23.719 --> 01:23:24.600 If we think of the

NOTE Confidence: 0.9334717

01:23:24.600 --> 01:23:26.060 progress we made in AIDS,

NOTE Confidence: 0.96313477

01:23:26.600 --> 01:23:27.560 we used to say that

NOTE Confidence: 0.96313477

01:23:27.560 --> 01:23:28.439 we would never be able

NOTE Confidence: 0.96313477

01:23:28.439 --> 01:23:29.960 to apply these complex treatments

NOTE Confidence: 0.96313477

01:23:29.960 --> 01:23:31.400 across Africa. They would never

NOTE Confidence: 0.96313477

01:23:31.400 --> 01:23:32.199 be able to handle it.

NOTE Confidence: 0.96313477

01:23:32.199 --> 01:23:33.800 Well, they do. And millions

NOTE Confidence: 0.96313477

01:23:33.800 --> 01:23:35.179 are living because of it.

NOTE Confidence: 0.96313477

01:23:35.320 --> 01:23:36.360 I hope and I know

NOTE Confidence: 0.96313477

01:23:36.360 --> 01:23:37.640 that we share this. We

NOTE Confidence: 0.96313477

01:23:37.640 --> 01:23:39.100 want to make sure that

NOTE Confidence: 0.96313477

01:23:39.375 --> 01:23:40.575 it's not just us who

NOTE Confidence: 0.96313477

01:23:40.575 --> 01:23:42.495 benefit, but it's our brothers

NOTE Confidence: 0.96313477

01:23:42.495 --> 01:23:43.075 and sisters

NOTE Confidence: 0.97680664

01:23:43.695 --> 01:23:44.435 elsewhere. Thanks.

NOTE Confidence: 0.86382586

01:23:50.575 --> 01:23:51.900 Well, it's pretty hard to

NOTE Confidence: 0.86382586

01:23:51.900 --> 01:23:54.300 follow with amazing words that

NOTE Confidence: 0.86382586

01:23:54.300 --> 01:23:55.360 doctor Yaj said.

NOTE Confidence: 0.9529758

01:23:56.380 --> 01:23:57.900 So I am Deepika Karki.

NOTE Confidence: 0.9529758

01:23:57.900 --> 01:23:59.200 I'm also a medically

NOTE Confidence: 0.97249347

01:23:59.660 --> 01:24:01.420 trained doctor. I trained far

NOTE Confidence: 0.97249347

01:24:01.420 --> 01:24:01.920 away

NOTE Confidence: 0.99853516

01:24:02.300 --> 01:24:03.040 in Nepal,

NOTE Confidence: 0.9975891

01:24:03.420 --> 01:24:04.640 the land of Himalayas.

NOTE Confidence: 0.9987305

01:24:05.655 --> 01:24:07.434 And talking about my country,

NOTE Confidence: 0.9922282

01:24:07.814 --> 01:24:10.074 it's blessed with wonderful mountains,

NOTE Confidence: 0.9922282

01:24:10.215 --> 01:24:10.715 but

NOTE Confidence: 0.99794227

01:24:11.094 --> 01:24:13.514 we still struggle for basic

NOTE Confidence: 0.99794227

01:24:13.574 --> 01:24:14.395 health services.

NOTE Confidence: 0.9421658

01:24:15.415 --> 01:24:16.934 And, when I was diagnosed

NOTE Confidence: 0.9421658

01:24:16.934 --> 01:24:18.054 I was diagnosed when I

NOTE Confidence: 0.9421658

01:24:18.054 --> 01:24:20.189 was twenty five. This is

NOTE Confidence: 0.9421658

01:24:20.189 --> 01:24:21.150 my fifth year,

NOTE Confidence: 0.82177734

01:24:23.150 --> 01:24:23.650 anniversary

NOTE Confidence: 0.9769694

01:24:24.430 --> 01:24:25.650 of beating cancer.

NOTE Confidence: 0.99902344

01:24:26.030 --> 01:24:27.330 And when I was diagnosed,

NOTE Confidence: 0.99902344

01:24:27.390 --> 01:24:28.450 I was so young

NOTE Confidence: 0.7963867

01:24:28.910 --> 01:24:29.410 that,

NOTE Confidence: 0.99761283

01:24:30.350 --> 01:24:31.310 when I went for the

NOTE Confidence: 0.99761283

01:24:31.310 --> 01:24:32.930 endoscopy, it was just

NOTE Confidence: 0.9979803

01:24:33.724 --> 01:24:35.085 assuming that I just had

NOTE Confidence: 0.9979803

01:24:35.085 --> 01:24:36.364 a very bad episode of

NOTE Confidence: 0.9979803

01:24:36.364 --> 01:24:36.864 gastritis

NOTE Confidence: 0.9482422

01:24:37.405 --> 01:24:38.684 because I was just starting

NOTE Confidence: 0.9482422

01:24:38.684 --> 01:24:39.664 my intern year.

NOTE Confidence: 0.9763581

01:24:40.125 --> 01:24:41.324 And the people who scoped

NOTE Confidence: 0.9763581

01:24:41.324 --> 01:24:42.525 me were, like, all residents,

NOTE Confidence: 0.9763581

01:24:42.525 --> 01:24:43.564 and they were just like,

NOTE Confidence: 0.9763581

01:24:43.564 --> 01:24:45.184 we're not gonna find anything.

NOTE Confidence: 0.9763581

01:24:45.405 --> 01:24:46.284 You know, you're just not

NOTE Confidence: 0.9763581

01:24:46.284 --> 01:24:47.724 eating right. But when they

NOTE Confidence: 0.9763581

01:24:47.724 --> 01:24:49.264 put the scope in, like,

NOTE Confidence: 0.9763581

01:24:49.380 --> 01:24:50.420 they were all, you know,

NOTE Confidence: 0.9763581

01:24:50.420 --> 01:24:51.239 oh my god.

NOTE Confidence: 0.9530584

01:24:51.939 --> 01:24:53.780 And I distinctly remember my

NOTE Confidence: 0.9530584

01:24:53.780 --> 01:24:55.699 father walking in and them

NOTE Confidence: 0.9530584

01:24:55.699 --> 01:24:56.199 saying,

NOTE Confidence: 0.9068441

01:24:57.300 --> 01:24:58.340 you take a day off.

NOTE Confidence: 0.9068441

01:24:58.340 --> 01:24:59.639 You just go and rest.

NOTE Confidence: 0.9068441

01:24:59.780 --> 01:25:00.739 And I was happy to

NOTE Confidence: 0.9068441

01:25:00.739 --> 01:25:01.939 get a day off. And

NOTE Confidence: 0.9068441

01:25:01.939 --> 01:25:03.300 just like I I rushed

NOTE Confidence: 0.9068441

01:25:03.300 --> 01:25:05.000 to my boyfriend, now husband.

NOTE Confidence: 0.9551251

01:25:05.405 --> 01:25:06.045 Was just like, oh, I

NOTE Confidence: 0.9551251

01:25:06.045 --> 01:25:06.765 got a day off. Like,

NOTE Confidence: 0.9551251

01:25:06.765 --> 01:25:08.385 they just did an endoscopy.

NOTE Confidence: 0.9551251

01:25:08.525 --> 01:25:10.285 My father was crying the

NOTE Confidence: 0.9551251

01:25:10.285 --> 01:25:11.645 whole weekend, not letting me

NOTE Confidence: 0.9551251

01:25:11.645 --> 01:25:12.145 know

NOTE Confidence: 0.9675293

01:25:12.604 --> 01:25:14.045 what they told him. I

NOTE Confidence: 0.9675293

01:25:14.045 --> 01:25:16.625 didn't know until I underwent

NOTE Confidence: 0.9059245

01:25:16.925 --> 01:25:17.905 a CT scan

NOTE Confidence: 0.9086914

01:25:18.685 --> 01:25:19.185 that

NOTE Confidence: 0.97522783

01:25:19.540 --> 01:25:21.400 was followed by the pathology

NOTE Confidence: 0.97522783

01:25:21.620 --> 01:25:23.880 reports with which showed squamous,

NOTE Confidence: 0.8132324

01:25:25.300 --> 01:25:25.800 cancer.

NOTE Confidence: 0.9996745

01:25:26.260 --> 01:25:27.380 And they put me on

NOTE Confidence: 0.9996745

01:25:27.380 --> 01:25:27.880 chemotherapy

NOTE Confidence: 0.9975586

01:25:28.260 --> 01:25:29.080 rather quick

NOTE Confidence: 0.83447266

01:25:29.699 --> 01:25:30.199 because,

NOTE Confidence: 0.96559364

01:25:30.820 --> 01:25:31.939 because I was blessed, and

NOTE Confidence: 0.96559364

01:25:31.939 --> 01:25:32.900 my father was in the

NOTE Confidence: 0.96559364

01:25:32.900 --> 01:25:34.635 medical field too. And me

NOTE Confidence: 0.96559364

01:25:34.635 --> 01:25:36.635 myself was a doctor in

NOTE Confidence: 0.96559364

01:25:36.635 --> 01:25:38.155 training so I could get

NOTE Confidence: 0.96559364

01:25:38.155 --> 01:25:39.454 my treatment quick.

NOTE Confidence: 0.9864502

01:25:39.994 --> 01:25:40.814 But Nepal,

NOTE Confidence: 0.98324925

01:25:41.275 --> 01:25:42.635 we didn't even have PET

NOTE Confidence: 0.98324925

01:25:42.635 --> 01:25:44.474 scan, so there was nothing

NOTE Confidence: 0.98324925

01:25:44.474 --> 01:25:46.554 that could even help me

NOTE Confidence: 0.98324925

01:25:46.554 --> 01:25:47.454 see the extent

NOTE Confidence: 0.92575073

01:25:47.880 --> 01:25:49.240 to which the cancer was

NOTE Confidence: 0.92575073

01:25:49.240 --> 01:25:50.300 eating my body.

NOTE Confidence: 0.9990932

01:25:51.080 --> 01:25:52.120 So I had to travel

NOTE Confidence: 0.9990932

01:25:52.120 --> 01:25:52.780 to India.

NOTE Confidence: 0.996875

01:25:53.720 --> 01:25:54.939 I went there. It was

NOTE Confidence: 0.9945023

01:25:55.240 --> 01:25:56.280 around the time of the

NOTE Confidence: 0.9945023

01:25:56.280 --> 01:25:57.580 second wave of COVID.

NOTE Confidence: 0.9954529

01:25:58.280 --> 01:25:59.560 So we went there. We

NOTE Confidence: 0.9954529

01:25:59.560 --> 01:26:00.700 stayed there for

NOTE Confidence: 1

01:26:01.240 --> 01:26:02.220 over a month

NOTE Confidence: 0.95458984

01:26:02.760 --> 01:26:03.885 where I where I,

NOTE Confidence: 0.90030926

01:26:04.604 --> 01:26:05.804 did up did my PET

NOTE Confidence: 0.90030926

01:26:05.804 --> 01:26:06.304 scan,

NOTE Confidence: 0.9794922

01:26:07.085 --> 01:26:09.724 underwent radiation therapy, very bad

NOTE Confidence: 0.9794922

01:26:09.724 --> 01:26:11.405 experience, by the way. I

NOTE Confidence: 0.9794922

01:26:11.405 --> 01:26:12.864 had to get admitted thrice

NOTE Confidence: 0.98913574

01:26:13.244 --> 01:26:14.625 because I couldn't swallow.

NOTE Confidence: 0.99112374

01:26:15.085 --> 01:26:16.784 It was this burning pain

NOTE Confidence: 0.99112374

01:26:17.070 --> 01:26:18.189 from my throat all the

NOTE Confidence: 0.99112374

01:26:18.189 --> 01:26:19.250 way to my stomach,

NOTE Confidence: 0.9889323

01:26:19.710 --> 01:26:20.750 and I love to eat.

NOTE Confidence: 0.9889323

01:26:20.750 --> 01:26:22.130 Like, I love my

NOTE Confidence: 0.9932454

01:26:22.590 --> 01:26:24.290 rice, lentils, chicken.

NOTE Confidence: 0.9800415

01:26:24.830 --> 01:26:25.950 Like, I love my food.

NOTE Confidence: 0.9800415

01:26:25.950 --> 01:26:26.850 I couldn't eat.

NOTE Confidence: 0.99709904

01:26:27.710 --> 01:26:29.229 And then when I when

NOTE Confidence: 0.99709904

01:26:29.229 --> 01:26:30.270 I went to India, I

NOTE Confidence: 0.99709904

01:26:30.270 --> 01:26:31.470 was just this girl who

NOTE Confidence: 0.99709904

01:26:31.470 --> 01:26:32.210 had never

NOTE Confidence: 0.9321289

01:26:32.745 --> 01:26:34.364 traveled outside of Nepal,

NOTE Confidence: 0.9995117

01:26:34.665 --> 01:26:35.864 just happy to be on

NOTE Confidence: 0.9995117

01:26:35.864 --> 01:26:37.324 that first international

NOTE Confidence: 0.9909668

01:26:37.625 --> 01:26:38.125 flight.

NOTE Confidence: 0.99970704

01:26:38.585 --> 01:26:39.965 But when I came back,

NOTE Confidence: 0.99986047

01:26:40.344 --> 01:26:41.625 I was a girl with

NOTE Confidence: 0.99986047

01:26:41.625 --> 01:26:42.364 no hair

NOTE Confidence: 0.94677734

01:26:42.905 --> 01:26:44.505 who couldn't even, like, swallow

NOTE Confidence: 0.94677734

01:26:44.505 --> 01:26:45.645 a sip of water,

NOTE Confidence: 0.9970703

01:26:46.479 --> 01:26:47.219 who just desperately

NOTE Confidence: 0.9910034

01:26:48.000 --> 01:26:49.920 wanted to look pretty. And

NOTE Confidence: 0.9910034

01:26:49.920 --> 01:26:51.920 my grandmother used all of

NOTE Confidence: 0.9910034

01:26:51.920 --> 01:26:53.199 her savings to buy me

NOTE Confidence: 0.9910034

01:26:53.199 --> 01:26:54.739 the best wig in town.

NOTE Confidence: 0.9962269

01:26:55.040 --> 01:26:56.479 It was this plastic wig,

NOTE Confidence: 0.9962269

01:26:56.479 --> 01:26:57.699 but it made me look

NOTE Confidence: 0.9962269

01:26:57.920 --> 01:26:58.420 pretty.

NOTE Confidence: 0.9729004

01:26:58.960 --> 01:27:00.179 And I came back,

NOTE Confidence: 0.9966682

01:27:00.479 --> 01:27:01.995 and I couldn't even go

NOTE Confidence: 0.9966682

01:27:01.995 --> 01:27:03.514 back to get my surgery

NOTE Confidence: 0.9966682

01:27:03.514 --> 01:27:04.635 done in India because I

NOTE Confidence: 0.9966682

01:27:04.635 --> 01:27:05.295 was so,

NOTE Confidence: 0.99869794

01:27:06.715 --> 01:27:08.475 like, in shock from the

NOTE Confidence: 0.99869794

01:27:08.475 --> 01:27:08.975 radiation

NOTE Confidence: 0.94731796

01:27:09.514 --> 01:27:10.715 because it was so painful

NOTE Confidence: 0.94731796

01:27:10.715 --> 01:27:12.235 the first time around. I

NOTE Confidence: 0.94731796

01:27:12.235 --> 01:27:13.695 couldn't go back. So

NOTE Confidence: 0.9457194

01:27:14.074 --> 01:27:15.755 I got operated back in

NOTE Confidence: 0.9457194

01:27:15.755 --> 01:27:17.810 Nepal by amazing doctors.

NOTE Confidence: 0.99609375

01:27:18.350 --> 01:27:19.650 And after my surgery,

NOTE Confidence: 0.9998372

01:27:20.189 --> 01:27:21.710 I remember speaking to my

NOTE Confidence: 0.9998372

01:27:21.710 --> 01:27:22.210 doctor

NOTE Confidence: 0.95562065

01:27:22.590 --> 01:27:23.710 the next day after my

NOTE Confidence: 0.95562065

01:27:23.710 --> 01:27:25.250 surgery saying thank you.

NOTE Confidence: 0.9902874

01:27:26.270 --> 01:27:27.710 But then after that, when

NOTE Confidence: 0.9902874

01:27:27.710 --> 01:27:29.070 I started speaking again, I

NOTE Confidence: 0.9902874

01:27:29.070 --> 01:27:31.095 developed this hoarse voice. So

NOTE Confidence: 0.9902874

01:27:31.095 --> 01:27:32.295 my voice has never been

NOTE Confidence: 0.9902874

01:27:32.295 --> 01:27:33.275 the same since.

NOTE Confidence: 0.9996338

01:27:34.935 --> 01:27:36.155 So after my surgery,

NOTE Confidence: 0.88171387

01:27:36.854 --> 01:27:37.515 the first,

NOTE Confidence: 0.9977583

01:27:37.815 --> 01:27:39.195 meal that I could have

NOTE Confidence: 0.9977583

01:27:39.495 --> 01:27:41.495 was literally just one spoon

NOTE Confidence: 0.9977583

01:27:41.495 --> 01:27:41.995 of,

NOTE Confidence: 0.9066162

01:27:42.615 --> 01:27:43.435 milk pudding.

NOTE Confidence: 0.9535776

01:27:43.895 --> 01:27:45.640 And I was broken because

NOTE Confidence: 0.9535776

01:27:45.640 --> 01:27:46.920 I love to eat. So

NOTE Confidence: 0.9535776

01:27:46.920 --> 01:27:47.800 I was just, oh my

NOTE Confidence: 0.9535776

01:27:47.800 --> 01:27:49.320 god. So what I'll never

NOTE Confidence: 0.9535776

01:27:49.320 --> 01:27:50.200 be able to have that

NOTE Confidence: 0.9535776

01:27:50.200 --> 01:27:51.720 slice of pizza or, you

NOTE Confidence: 0.9535776

01:27:51.720 --> 01:27:53.160 know, a plate full of

NOTE Confidence: 0.9535776

01:27:53.160 --> 01:27:54.840 my, like, rice and lentils

NOTE Confidence: 0.9535776

01:27:54.840 --> 01:27:55.340 again?

NOTE Confidence: 0.9763364

01:27:56.040 --> 01:27:57.720 But, like, fast forward now,

NOTE Confidence: 0.9763364

01:27:57.720 --> 01:27:58.965 I can eat as much

NOTE Confidence: 0.9763364

01:27:58.965 --> 01:28:00.005 as I want, like, how

NOTE Confidence: 0.9763364

01:28:00.005 --> 01:28:01.445 much I want. So I

NOTE Confidence: 0.9763364

01:28:01.445 --> 01:28:02.725 love that, you know, it

NOTE Confidence: 0.9763364

01:28:02.725 --> 01:28:03.465 got better.

NOTE Confidence: 0.9998372

01:28:03.845 --> 01:28:05.305 And in terms of physical

NOTE Confidence: 0.9998372

01:28:05.365 --> 01:28:05.865 therapy,

NOTE Confidence: 0.9678819

01:28:06.485 --> 01:28:07.685 I love to work out.

NOTE Confidence: 0.9678819

01:28:07.685 --> 01:28:08.825 I love to lift.

NOTE Confidence: 0.955411

01:28:09.365 --> 01:28:10.885 So, like, I I couldn't

NOTE Confidence: 0.955411

01:28:10.885 --> 01:28:12.450 do anything back then, of

NOTE Confidence: 0.955411

01:28:12.450 --> 01:28:12.950 course.

NOTE Confidence: 0.9758572

01:28:13.330 --> 01:28:14.610 But now I can lift

NOTE Confidence: 0.9758572

01:28:14.610 --> 01:28:16.070 almost my body weight.

NOTE Confidence: 0.9776001

01:28:16.370 --> 01:28:17.330 I so I think, yeah,

NOTE Confidence: 0.9776001

01:28:17.330 --> 01:28:18.710 there's progress there.

NOTE Confidence: 0.9071742

01:28:19.090 --> 01:28:20.530 But as doctor Yatch was

NOTE Confidence: 0.9071742

01:28:20.530 --> 01:28:21.010 saying, like,

NOTE Confidence: 0.9811581

01:28:22.530 --> 01:28:24.290 so, yeah, after my training,

NOTE Confidence: 0.9811581

01:28:24.290 --> 01:28:25.330 I came here. I'm working

NOTE Confidence: 0.9811581

01:28:25.330 --> 01:28:26.450 as a researcher at the

NOTE Confidence: 0.9811581

01:28:26.450 --> 01:28:27.104 Mayo Clinic

NOTE Confidence: 0.96451825

01:28:27.505 --> 01:28:28.325 down in Jacksonville,

NOTE Confidence: 0.9992676

01:28:28.864 --> 01:28:30.085 and I got my

NOTE Confidence: 0.98083496

01:28:30.625 --> 01:28:31.125 follow-up,

NOTE Confidence: 0.98833555

01:28:32.064 --> 01:28:34.545 endoscopy done, like, a month

NOTE Confidence: 0.98833555

01:28:34.545 --> 01:28:36.705 back. I got follow-up CT

NOTE Confidence: 0.98833555

01:28:36.705 --> 01:28:37.825 scan done a month back

NOTE Confidence: 0.98833555

01:28:37.825 --> 01:28:39.665 at Mayo, and everything looks

NOTE Confidence: 0.98833555

01:28:39.665 --> 01:28:40.110 clean.

NOTE Confidence: 0.92397463

01:28:40.909 --> 01:28:42.830 And I'm happy, like, for

NOTE Confidence: 0.92397463

01:28:42.830 --> 01:28:45.090 me, my family, everywhere, everyone.

NOTE Confidence: 0.98046875

01:28:45.550 --> 01:28:47.229 But what really breaks my

NOTE Confidence: 0.98046875

01:28:47.229 --> 01:28:48.610 heart is to think of

NOTE Confidence: 0.98046875

01:28:48.750 --> 01:28:49.889 people back home.

NOTE Confidence: 0.9996745

01:28:50.510 --> 01:28:51.810 Because after my

NOTE Confidence: 1

01:28:52.189 --> 01:28:52.689 diagnosis

NOTE Confidence: 0.99694824

01:28:53.150 --> 01:28:54.850 and after my surgery,

NOTE Confidence: 0.99800247

01:28:55.554 --> 01:28:57.414 I realized the need to

NOTE Confidence: 0.99800247

01:28:57.635 --> 01:28:59.474 connect with people who didn't

NOTE Confidence: 0.99800247

01:28:59.474 --> 01:28:59.974 have

NOTE Confidence: 1

01:29:00.434 --> 01:29:01.175 the facilities

NOTE Confidence: 0.9940491

01:29:01.715 --> 01:29:03.235 and the resources as I

NOTE Confidence: 0.9940491

01:29:03.235 --> 01:29:04.614 was privileged with.

NOTE Confidence: 0.9220703

01:29:04.994 --> 01:29:07.014 So I opened an online

NOTE Confidence: 0.8919949

01:29:07.969 --> 01:29:10.290 website, Nepal Can Chat, where

NOTE Confidence: 0.8919949

01:29:10.290 --> 01:29:11.670 I connect with fellow

NOTE Confidence: 0.9907966

01:29:12.130 --> 01:29:13.969 Nepalese cancer survivors who are

NOTE Confidence: 0.9907966

01:29:13.969 --> 01:29:15.090 on the same journey as

NOTE Confidence: 0.9907966

01:29:15.090 --> 01:29:15.590 myself.

NOTE Confidence: 0.97612303

01:29:16.050 --> 01:29:17.429 I talk to them. I

NOTE Confidence: 0.97612303

01:29:17.570 --> 01:29:19.010 share with them my journey,

NOTE Confidence: 0.97612303

01:29:19.010 --> 01:29:21.110 like, just sharing with them

NOTE Confidence: 0.96532845

01:29:21.570 --> 01:29:23.185 the steps of care that

NOTE Confidence: 0.96532845

01:29:23.185 --> 01:29:24.465 I got, like, the places

NOTE Confidence: 0.96532845

01:29:24.465 --> 01:29:25.505 that I went to for

NOTE Confidence: 0.96532845

01:29:25.505 --> 01:29:27.185 my PET scan or my

NOTE Confidence: 0.96532845

01:29:27.185 --> 01:29:29.185 surgery or my chemo, my

NOTE Confidence: 0.96532845

01:29:29.185 --> 01:29:31.344 radiation, and just talking about

NOTE Confidence: 0.96532845

01:29:31.344 --> 01:29:33.205 them, about the basics

NOTE Confidence: 0.89746094

01:29:33.665 --> 01:29:34.710 gives them hope.

NOTE Confidence: 0.988474

01:29:35.430 --> 01:29:36.950 You know? And that really

NOTE Confidence: 0.988474

01:29:36.950 --> 01:29:38.710 makes me happy, and that

NOTE Confidence: 0.988474

01:29:38.710 --> 01:29:40.310 really makes me feel like

NOTE Confidence: 0.988474

01:29:40.310 --> 01:29:41.530 I'm making a difference.

NOTE Confidence: 0.9770508

01:29:42.150 --> 01:29:42.469 And,

NOTE Confidence: 0.9727663

01:29:43.189 --> 01:29:44.729 I talk to people and,

NOTE Confidence: 0.9727663

01:29:44.950 --> 01:29:46.630 you know, just just small

NOTE Confidence: 0.9727663

01:29:46.630 --> 01:29:48.104 things. Like, for example, I

NOTE Confidence: 0.9727663

01:29:48.104 --> 01:29:49.304 was talking to this patient

NOTE Confidence: 0.9727663

01:29:49.304 --> 01:29:50.905 the other day who said

NOTE Confidence: 0.9727663

01:29:50.905 --> 01:29:51.864 that she went to a

NOTE Confidence: 0.9727663

01:29:51.864 --> 01:29:53.545 doctor saying she felt like

NOTE Confidence: 0.9727663

01:29:53.545 --> 01:29:54.505 there was something on her

NOTE Confidence: 0.9727663

01:29:54.505 --> 01:29:56.104 throat and, like, they just

NOTE Confidence: 0.9727663

01:29:56.104 --> 01:29:57.965 did, like, a basic thyroid

NOTE Confidence: 0.9727663

01:29:58.025 --> 01:29:59.465 panel because, you know, there's

NOTE Confidence: 0.9727663

01:29:59.465 --> 01:30:00.184 a lot of things on

NOTE Confidence: 0.9727663

01:30:00.184 --> 01:30:01.784 our throat. But everything was

NOTE Confidence: 0.9727663

01:30:01.784 --> 01:30:03.030 clean and, like, they did

NOTE Confidence: 0.9727663

01:30:03.030 --> 01:30:03.530 nothing.

NOTE Confidence: 0.96101886

01:30:04.150 --> 01:30:05.989 And now they finally scoped

NOTE Confidence: 0.96101886

01:30:05.989 --> 01:30:06.489 her,

NOTE Confidence: 0.9831649

01:30:06.790 --> 01:30:07.909 and she's in her, like,

NOTE Confidence: 0.9831649

01:30:07.909 --> 01:30:09.429 stage two. They diagnosed her

NOTE Confidence: 0.9831649

01:30:09.429 --> 01:30:10.790 with stage two. So, you

NOTE Confidence: 0.9831649

01:30:10.790 --> 01:30:12.070 know, if only she had

NOTE Confidence: 0.9831649

01:30:12.070 --> 01:30:13.210 been scoped earlier,

NOTE Confidence: 0.9858747

01:30:14.070 --> 01:30:14.949 that would have made a

NOTE Confidence: 0.9858747

01:30:14.949 --> 01:30:15.770 huge difference.

NOTE Confidence: 0.99728733

01:30:16.585 --> 01:30:17.625 And, you know, it's things

NOTE Confidence: 0.99728733

01:30:17.625 --> 01:30:19.005 like that that really

NOTE Confidence: 0.9746094

01:30:19.465 --> 01:30:21.304 makes me feel like there's

NOTE Confidence: 0.9746094

01:30:21.304 --> 01:30:22.684 so much to be done,

NOTE Confidence: 0.9952218

01:30:23.064 --> 01:30:25.244 and we're privileged here. Like,

NOTE Confidence: 0.9952218

01:30:25.385 --> 01:30:26.744 I'm I'm assuming that all

NOTE Confidence: 0.9952218

01:30:26.744 --> 01:30:27.804 of you got your

NOTE Confidence: 0.9794922

01:30:28.104 --> 01:30:29.304 therapy here at Yale, which

NOTE Confidence: 0.9794922

01:30:29.304 --> 01:30:30.344 is one of the leading

NOTE Confidence: 0.9794922

01:30:30.344 --> 01:30:32.340 cancer centers, and I was

NOTE Confidence: 0.9794922

01:30:32.500 --> 01:30:33.699 privileged enough to get my

NOTE Confidence: 0.9794922

01:30:33.699 --> 01:30:36.119 follow-up scans at Mayo. But

NOTE Confidence: 0.9794922

01:30:36.260 --> 01:30:38.179 people there in those low

NOTE Confidence: 0.9794922

01:30:38.179 --> 01:30:39.560 and middle income countries

NOTE Confidence: 0.98501587

01:30:40.099 --> 01:30:41.880 are really struggling with, like,

NOTE Confidence: 0.98501587

01:30:41.939 --> 01:30:43.000 the first step,

NOTE Confidence: 0.9133301

01:30:43.460 --> 01:30:44.760 just knowing the diagnosis.

NOTE Confidence: 0.9361318

01:30:45.780 --> 01:30:47.159 So I think that's what,

NOTE Confidence: 0.9361318

01:30:47.255 --> 01:30:49.415 you know, doctor Ipiaj and

NOTE Confidence: 0.9361318

01:30:49.415 --> 01:30:50.074 I, like,

NOTE Confidence: 0.94059247

01:30:50.534 --> 01:30:51.915 really aspire to

NOTE Confidence: 0.9293213

01:30:52.295 --> 01:30:53.114 help with.

NOTE Confidence: 0.9741082

01:30:53.415 --> 01:30:55.175 And, we're writing actually a

NOTE Confidence: 0.9741082

01:30:55.175 --> 01:30:57.415 piece on chemo parts, and

NOTE Confidence: 0.9741082

01:30:57.415 --> 01:30:58.614 that's something that I'm really

NOTE Confidence: 0.9741082

01:30:58.614 --> 01:30:59.994 excited about to share.

NOTE Confidence: 0.9740862

01:31:00.600 --> 01:31:02.360 But, yeah, I think, like,

NOTE Confidence: 0.9740862

01:31:02.360 --> 01:31:03.720 here, everything is moving at

NOTE Confidence: 0.9740862

01:31:03.720 --> 01:31:05.260 such a fast pace where

NOTE Confidence: 0.9740862

01:31:05.479 --> 01:31:07.080 we have, like, people, like,

NOTE Confidence: 0.9740862

01:31:07.080 --> 01:31:07.580 dedicated

NOTE Confidence: 0.9108073

01:31:08.280 --> 01:31:08.780 nutritionists,

NOTE Confidence: 0.9744466

01:31:09.240 --> 01:31:11.400 like, physical therapists coming here

NOTE Confidence: 0.9744466

01:31:11.400 --> 01:31:13.240 and guiding us, talking about

NOTE Confidence: 0.9744466

01:31:13.240 --> 01:31:14.625 short term and short term

NOTE Confidence: 0.9744466

01:31:14.625 --> 01:31:15.685 and long term

NOTE Confidence: 0.969752

01:31:16.064 --> 01:31:18.545 survivorship. But over there, it's

NOTE Confidence: 0.969752

01:31:18.785 --> 01:31:20.305 survivorship is just like, you

NOTE Confidence: 0.969752

01:31:20.305 --> 01:31:21.905 know, something out of the

NOTE Confidence: 0.969752

01:31:21.905 --> 01:31:22.405 picture.

NOTE Confidence: 0.9826898

01:31:22.865 --> 01:31:24.385 You know? Just being scoped,

NOTE Confidence: 0.9826898

01:31:24.385 --> 01:31:26.305 just having the first test

NOTE Confidence: 0.9826898

01:31:26.305 --> 01:31:28.064 is something that people are

NOTE Confidence: 0.9826898

01:31:28.064 --> 01:31:30.060 struggling with. So, yes, the

NOTE Confidence: 0.9826898

01:31:30.060 --> 01:31:31.600 world is changing, but

NOTE Confidence: 0.93082684

01:31:32.060 --> 01:31:32.880 it's, I think,

NOTE Confidence: 0.8354492

01:31:33.260 --> 01:31:33.760 like,

NOTE Confidence: 0.9749581

01:31:34.380 --> 01:31:35.180 it it it should be

NOTE Confidence: 0.9749581

01:31:35.180 --> 01:31:36.160 changing everywhere

NOTE Confidence: 0.9747993

01:31:36.700 --> 01:31:37.979 and not just, you know,

NOTE Confidence: 0.9747993

01:31:37.979 --> 01:31:39.100 just at a very fast

NOTE Confidence: 0.9747993

01:31:39.100 --> 01:31:40.620 pace somewhere and just at

NOTE Confidence: 0.9747993

01:31:40.620 --> 01:31:41.900 a very slow pace somewhere,

NOTE Confidence: 0.9747993

01:31:41.900 --> 01:31:43.575 but I think we're definitely

NOTE Confidence: 0.9747993

01:31:43.575 --> 01:31:44.555 making progress.

NOTE Confidence: 0.99423826

01:31:45.175 --> 01:31:46.795 And to add to, like,

NOTE Confidence: 0.99902344

01:31:47.335 --> 01:31:48.795 the silent survivors

NOTE Confidence: 0.93222654

01:31:49.175 --> 01:31:50.875 who are definitely our family,

NOTE Confidence: 0.94226074

01:31:51.335 --> 01:31:52.935 my amazing husband is here

NOTE Confidence: 0.94226074

01:31:52.935 --> 01:31:53.755 in the audience.

NOTE Confidence: 0.96850586

01:31:54.375 --> 01:31:56.075 We dated for eleven years.

NOTE Confidence: 0.9998047

01:31:56.460 --> 01:31:57.840 And when I was diagnosed,

NOTE Confidence: 0.97421604

01:31:58.300 --> 01:31:59.760 he could have just said,

NOTE Confidence: 0.97421604

01:32:00.060 --> 01:32:01.020 I don't wanna be with

NOTE Confidence: 0.97421604

01:32:01.020 --> 01:32:02.380 you anymore because who would

NOTE Confidence: 0.97421604

01:32:02.380 --> 01:32:03.360 want this luggage?

NOTE Confidence: 0.9261977

01:32:03.740 --> 01:32:05.360 But he married me and

NOTE Confidence: 0.9261977

01:32:05.500 --> 01:32:06.860 we're happily married. It it

NOTE Confidence: 0.9261977

01:32:06.860 --> 01:32:08.880 will be our thirtieth anniversary

NOTE Confidence: 0.9261977

01:32:09.180 --> 01:32:09.920 this year.

NOTE Confidence: 0.8998047

01:32:10.325 --> 01:32:11.785 And just having his support

NOTE Confidence: 0.96606445

01:32:12.165 --> 01:32:13.705 means so much to me

NOTE Confidence: 0.96606445

01:32:14.005 --> 01:32:15.785 and my amazing friend, Missy.

NOTE Confidence: 0.98427325

01:32:16.485 --> 01:32:17.685 Like, I just can't thank

NOTE Confidence: 0.98427325

01:32:17.685 --> 01:32:19.525 you enough. And my parents

NOTE Confidence: 0.98427325

01:32:19.525 --> 01:32:20.345 back home

NOTE Confidence: 0.8905945

01:32:20.725 --> 01:32:22.645 who, like, missed their daughter

NOTE Confidence: 0.8905945

01:32:22.645 --> 01:32:23.705 who's here struggling,

NOTE Confidence: 0.96351206

01:32:24.405 --> 01:32:26.260 you know, to find her

NOTE Confidence: 0.96351206

01:32:26.260 --> 01:32:27.380 stand here in a foreign

NOTE Confidence: 0.96351206

01:32:27.380 --> 01:32:27.880 land,

NOTE Confidence: 0.9316406

01:32:28.260 --> 01:32:29.000 but also

NOTE Confidence: 0.968967

01:32:29.460 --> 01:32:31.060 thinking about me every day

NOTE Confidence: 0.968967

01:32:31.060 --> 01:32:32.840 because they have seen,

NOTE Confidence: 0.99559325

01:32:33.219 --> 01:32:34.659 like, the days when I

NOTE Confidence: 0.99559325

01:32:34.659 --> 01:32:36.360 had my first hair fall,

NOTE Confidence: 0.99559325

01:32:36.580 --> 01:32:37.699 the days when I couldn't

NOTE Confidence: 0.99559325

01:32:37.699 --> 01:32:39.080 swallow a sip of water

NOTE Confidence: 0.9572754

01:32:39.699 --> 01:32:41.595 to be, you know, figuring

NOTE Confidence: 0.9572754

01:32:41.595 --> 01:32:42.735 it all out today

NOTE Confidence: 0.9193929

01:32:43.275 --> 01:32:44.715 just makes me really happy,

NOTE Confidence: 0.9193929

01:32:44.715 --> 01:32:45.215 and,

NOTE Confidence: 0.99902344

01:32:46.075 --> 01:32:47.375 we all can do it.

NOTE Confidence: 0.98950195

01:32:47.835 --> 01:32:49.055 I know it's us,

NOTE Confidence: 0.96316963

01:32:49.435 --> 01:32:51.115 like, under who are undergoing

NOTE Confidence: 0.96316963

01:32:51.195 --> 01:32:51.775 we underwent

NOTE Confidence: 0.9165853

01:32:52.315 --> 01:32:53.215 chemo, radiation,

NOTE Confidence: 0.79709345

01:32:53.915 --> 01:32:55.435 surgery, everything, but it's our

NOTE Confidence: 0.79709345

01:32:55.435 --> 01:32:55.535 family who are actually fighting

NOTE Confidence: 0.79709345

01:32:55.535 --> 01:32:55.635 that silent battle. And thank

NOTE Confidence: 0.79709345

01:32:55.635 --> 01:32:56.255 you so much everyone

NOTE Confidence: 0.9440918

01:32:57.250 --> 01:32:58.949 fighting that silent battle.

NOTE Confidence: 0.9722222

01:32:59.409 --> 01:33:00.530 And thank you so much

NOTE Confidence: 0.9722222

01:33:00.530 --> 01:33:01.989 everyone for showing up.

NOTE Confidence: 0.93255615

01:33:09.685 --> 01:33:10.965 Thank you, Deepika and Derek.

NOTE Confidence: 0.93255615

01:33:10.965 --> 01:33:11.765 That was really,

NOTE Confidence: 0.7241211

01:33:12.485 --> 01:33:13.545 hard rendering.

NOTE Confidence: 0.99542236

01:33:15.045 --> 01:33:16.405 I'm gonna open this up

NOTE Confidence: 0.99542236

01:33:16.405 --> 01:33:17.705 for opportunity to

NOTE Confidence: 0.9863281

01:33:18.165 --> 01:33:18.645 ask,

NOTE Confidence: 0.9723535

01:33:20.405 --> 01:33:21.925 Deepika or any any one

NOTE Confidence: 0.9723535

01:33:21.925 --> 01:33:23.449 of us questions. But, also,

NOTE Confidence: 0.9723535

01:33:23.449 --> 01:33:24.330 if there's anyone in the

NOTE Confidence: 0.9723535

01:33:24.330 --> 01:33:25.370 audience who wants to share

NOTE Confidence: 0.9723535

01:33:25.370 --> 01:33:26.830 some of their journeys, please

NOTE Confidence: 0.9934082

01:33:27.210 --> 01:33:27.870 take this.

NOTE Confidence: 0.71346766

01:33:35.865 --> 01:33:37.064 Oh, I know. Gotta do

NOTE Confidence: 0.71346766

01:33:37.064 --> 01:33:38.505 so. Stop to speak. Oh,

NOTE Confidence: 0.71346766

01:33:38.505 --> 01:33:39.005 okay.

NOTE Confidence: 0.99102783

01:33:39.945 --> 01:33:41.725 Several people have made references

NOTE Confidence: 0.99102783

01:33:41.945 --> 01:33:42.925 to high incidence

NOTE Confidence: 0.98391384

01:33:43.465 --> 01:33:44.825 of this type of cancer,

NOTE Confidence: 0.98391384

01:33:44.825 --> 01:33:46.125 I believe, in Africa

NOTE Confidence: 0.9978376

01:33:46.905 --> 01:33:48.505 and other areas. Do they

NOTE Confidence: 0.9978376

01:33:48.505 --> 01:33:49.325 know why?

NOTE Confidence: 0.97818154

01:33:53.040 --> 01:33:53.680 I don't know if you

NOTE Confidence: 0.97818154

01:33:53.680 --> 01:33:54.560 want me to just give

NOTE Confidence: 0.97818154

01:33:54.560 --> 01:33:56.000 a comment on on Africa.

NOTE Confidence: 0.97818154

01:33:56.000 --> 01:33:57.140 I mean, I so,

NOTE Confidence: 0.8881836

01:33:58.560 --> 01:33:59.460 it's squamous

NOTE Confidence: 0.60253906

01:34:00.080 --> 01:34:00.580 cell.

NOTE Confidence: 0.8799513

01:34:01.360 --> 01:34:02.880 So it's, I had I

NOTE Confidence: 0.8799513

01:34:02.880 --> 01:34:04.375 had no You had squamous

NOTE Confidence: 0.8799513

01:34:04.375 --> 01:34:05.335 as well. So in the

NOTE Confidence: 0.8799513

01:34:05.335 --> 01:34:07.115 case of squamous cell,

NOTE Confidence: 0.938916

01:34:07.575 --> 01:34:09.175 the the major theories are

NOTE Confidence: 0.938916

01:34:09.175 --> 01:34:11.595 a combination of alcohol, tobacco,

NOTE Confidence: 0.90372926

01:34:11.975 --> 01:34:13.415 hot drinks, which is interesting.

NOTE Confidence: 0.90372926

01:34:13.415 --> 01:34:14.715 And we're talking about drinking

NOTE Confidence: 0.90372926

01:34:14.854 --> 01:34:16.375 drinks at very hot temperature.

NOTE Confidence: 0.90372926

01:34:16.375 --> 01:34:17.595 I mean, very high temperatures.

NOTE Confidence: 0.8448622

01:34:17.939 --> 01:34:18.580 And then there are a

NOTE Confidence: 0.8448622

01:34:18.580 --> 01:34:20.280 range of fungal contaminants,

NOTE Confidence: 0.9851888

01:34:21.060 --> 01:34:22.340 that ground some of the

NOTE Confidence: 0.9851888

01:34:22.340 --> 01:34:22.840 foods.

NOTE Confidence: 0.93436104

01:34:23.300 --> 01:34:24.520 Those are some of the

NOTE Confidence: 0.93436104

01:34:24.580 --> 01:34:25.400 major ones.

NOTE Confidence: 0.9382324

01:34:26.100 --> 01:34:27.239 I think there's another,

NOTE Confidence: 0.9128906

01:34:28.180 --> 01:34:29.960 aspect. We don't fully know

NOTE Confidence: 0.9164551

01:34:30.500 --> 01:34:32.600 the full epidemiology and causes

NOTE Confidence: 0.97509766

01:34:33.265 --> 01:34:34.545 in many of the countries

NOTE Confidence: 0.97509766

01:34:34.545 --> 01:34:35.905 because the the level of

NOTE Confidence: 0.97509766

01:34:35.905 --> 01:34:36.885 research support

NOTE Confidence: 0.99658203

01:34:37.425 --> 01:34:38.405 is nowhere

NOTE Confidence: 0.98526

01:34:38.785 --> 01:34:40.305 near, say, many of the

NOTE Confidence: 0.98526

01:34:40.305 --> 01:34:41.285 other major cancers.

NOTE Confidence: 0.9759845

01:34:44.945 --> 01:34:46.380 But to add to some

NOTE Confidence: 0.9759845

01:34:46.380 --> 01:34:47.500 of the stories about the

NOTE Confidence: 0.9759845

01:34:47.500 --> 01:34:48.700 disparities that we're seeing in

NOTE Confidence: 0.9759845

01:34:48.700 --> 01:34:49.500 different parts of the world,

NOTE Confidence: 0.9759845

01:34:49.500 --> 01:34:51.180 the truth is that these

NOTE Confidence: 0.9759845

01:34:51.180 --> 01:34:52.540 disparities in different parts of

NOTE Confidence: 0.9759845

01:34:52.540 --> 01:34:53.979 the world also exist within

NOTE Confidence: 0.9759845

01:34:53.979 --> 01:34:56.220 our our communities and even

NOTE Confidence: 0.9759845

01:34:56.220 --> 01:34:57.680 with folks here. Not everyone

NOTE Confidence: 0.9759845

01:34:57.740 --> 01:34:59.020 here is actually getting the

NOTE Confidence: 0.9759845

01:34:59.020 --> 01:35:00.405 same access to care, and

NOTE Confidence: 0.9759845

01:35:00.485 --> 01:35:01.364 that's a large part of

NOTE Confidence: 0.9759845

01:35:01.364 --> 01:35:01.965 the work we are trying

NOTE Confidence: 0.9759845

01:35:01.965 --> 01:35:02.965 to do is making sure

NOTE Confidence: 0.9759845

01:35:02.965 --> 01:35:04.405 we try to get equal

NOTE Confidence: 0.9759845

01:35:04.405 --> 01:35:05.525 access to care for every

NOTE Confidence: 0.9759845

01:35:05.525 --> 01:35:07.064 different thing from early diagnosis,

NOTE Confidence: 0.9759845

01:35:07.204 --> 01:35:08.564 which is a very important

NOTE Confidence: 0.9759845

01:35:08.564 --> 01:35:10.085 component to it to making

NOTE Confidence: 0.9759845

01:35:10.085 --> 01:35:10.985 sure you have,

NOTE Confidence: 1

01:35:11.445 --> 01:35:11.945 adequate

NOTE Confidence: 0.991649

01:35:12.870 --> 01:35:14.550 access to the different components

NOTE Confidence: 0.991649

01:35:14.550 --> 01:35:15.429 of the care that you

NOTE Confidence: 0.991649

01:35:15.429 --> 01:35:16.710 need to get, to then,

NOTE Confidence: 0.991649

01:35:16.710 --> 01:35:17.830 of course, the higher end

NOTE Confidence: 0.991649

01:35:17.830 --> 01:35:19.030 stuff with the newer drugs

NOTE Confidence: 0.991649

01:35:19.030 --> 01:35:20.729 and the newer technology that's

NOTE Confidence: 0.991649

01:35:20.870 --> 01:35:22.330 changing the the landscape.

NOTE Confidence: 0.9772949

01:35:23.110 --> 01:35:24.630 Every every aspect of this

NOTE Confidence: 0.9772949

01:35:24.630 --> 01:35:26.250 is important, and different

NOTE Confidence: 0.99762833

01:35:26.665 --> 01:35:27.784 folks are in in this

NOTE Confidence: 0.99762833

01:35:27.784 --> 01:35:29.385 group are paying attention to

NOTE Confidence: 0.99762833

01:35:29.385 --> 01:35:30.685 these different parts of

NOTE Confidence: 0.999163

01:35:31.145 --> 01:35:32.665 getting access to the different

NOTE Confidence: 0.999163

01:35:32.665 --> 01:35:33.645 aspects of

NOTE Confidence: 0.98779297

01:35:34.185 --> 01:35:36.125 very complicated treatment here.

NOTE Confidence: 0.88949585

01:35:43.660 --> 01:35:44.780 We're just following up on

NOTE Confidence: 0.88949585

01:35:44.780 --> 01:35:45.660 on that comment.

NOTE Confidence: 0.97915417

01:35:46.300 --> 01:35:46.939 I don't know if you

NOTE Confidence: 0.97915417

01:35:46.939 --> 01:35:47.900 have anything to say about

NOTE Confidence: 0.97915417

01:35:47.900 --> 01:35:49.280 the rural urban,

NOTE Confidence: 0.949351

01:35:49.979 --> 01:35:51.580 divide, especially in this country,

NOTE Confidence: 0.949351

01:35:51.580 --> 01:35:53.635 but but worldwide. But I

NOTE Confidence: 0.949351

01:35:53.635 --> 01:35:55.175 think that's something that's increasingly

NOTE Confidence: 0.949351

01:35:55.235 --> 01:35:57.074 coming to light, here in

NOTE Confidence: 0.949351

01:35:57.074 --> 01:35:58.534 America is a differential.

NOTE Confidence: 0.96711224

01:36:02.594 --> 01:36:03.554 Certainly. I mean, I think

NOTE Confidence: 0.96711224

01:36:03.554 --> 01:36:05.074 the rural urban divide is

NOTE Confidence: 0.96711224

01:36:05.074 --> 01:36:06.514 always gonna be there. Folks

NOTE Confidence: 0.96711224

01:36:06.514 --> 01:36:07.875 in rural spaces are gonna

NOTE Confidence: 0.96711224

01:36:07.875 --> 01:36:09.060 have to travel longer

NOTE Confidence: 0.9645147

01:36:09.520 --> 01:36:11.600 further to get to centers

NOTE Confidence: 0.9645147

01:36:11.600 --> 01:36:13.939 of coordinated care. And that,

NOTE Confidence: 0.9645147

01:36:14.000 --> 01:36:15.760 I think, is gonna be

NOTE Confidence: 0.9645147

01:36:15.760 --> 01:36:17.300 a problem that's not easily

NOTE Confidence: 0.9645147

01:36:17.360 --> 01:36:18.580 solved simply because

NOTE Confidence: 0.960941

01:36:18.960 --> 01:36:20.720 you kind of to have

NOTE Confidence: 0.960941

01:36:20.720 --> 01:36:22.000 different people with different sorts

NOTE Confidence: 0.960941

01:36:22.000 --> 01:36:23.275 of expertise coming to one

NOTE Confidence: 0.960941

01:36:23.275 --> 01:36:24.475 place to work together, you

NOTE Confidence: 0.960941

01:36:24.475 --> 01:36:25.995 kind of geographically have to

NOTE Confidence: 0.960941

01:36:25.995 --> 01:36:27.275 be there. But in a

NOTE Confidence: 0.960941

01:36:27.275 --> 01:36:28.635 rural area where you have

NOTE Confidence: 0.960941

01:36:28.635 --> 01:36:30.175 to then travel large distances

NOTE Confidence: 0.960941

01:36:30.235 --> 01:36:31.675 to get there, sure, telehealth

NOTE Confidence: 0.960941

01:36:31.675 --> 01:36:32.555 and those sort of things

NOTE Confidence: 0.960941

01:36:32.555 --> 01:36:33.755 will address some of these

NOTE Confidence: 0.960941

01:36:33.755 --> 01:36:35.354 issues. But it's gonna be

NOTE Confidence: 0.960941

01:36:35.354 --> 01:36:36.075 a it's gonna be a

NOTE Confidence: 0.960941

01:36:36.075 --> 01:36:37.535 mixture of trying to address,

NOTE Confidence: 0.9893663

01:36:39.619 --> 01:36:41.060 getting to the community and

NOTE Confidence: 0.9893663

01:36:41.060 --> 01:36:43.159 having outreach there, which

NOTE Confidence: 0.96061355

01:36:43.460 --> 01:36:44.979 folks are trying. But that

NOTE Confidence: 0.96061355

01:36:44.979 --> 01:36:46.520 will then dilute the expertise

NOTE Confidence: 0.96061355

01:36:46.659 --> 01:36:48.500 with bringing folks down here.

NOTE Confidence: 0.96061355

01:36:48.500 --> 01:36:49.619 And at least at Yale,

NOTE Confidence: 0.96061355

01:36:49.619 --> 01:36:51.075 we've kind of tried to

NOTE Confidence: 0.96061355

01:36:51.235 --> 01:36:52.995 balance that out where places

NOTE Confidence: 0.96061355

01:36:52.995 --> 01:36:54.915 of highly complex surgeries are

NOTE Confidence: 0.96061355

01:36:54.915 --> 01:36:56.435 often done here or very

NOTE Confidence: 0.96061355

01:36:56.435 --> 01:36:57.555 few places in New Haven.

NOTE Confidence: 0.96061355

01:36:57.555 --> 01:36:58.595 But we try to give

NOTE Confidence: 0.96061355

01:36:58.595 --> 01:36:59.335 our chemotherapies

NOTE Confidence: 0.9750917

01:36:59.635 --> 01:37:01.395 and systemic therapies out into

NOTE Confidence: 0.9750917

01:37:01.395 --> 01:37:02.915 the community where we're trying

NOTE Confidence: 0.9750917

01:37:02.915 --> 01:37:03.715 to get it easier. If

NOTE Confidence: 0.9750917

01:37:03.715 --> 01:37:04.515 you have to come every

NOTE Confidence: 0.9750917

01:37:04.515 --> 01:37:05.475 week for treatment, you don't

NOTE Confidence: 0.9750917

01:37:05.475 --> 01:37:07.120 have to travel in into

NOTE Confidence: 0.9750917

01:37:07.120 --> 01:37:08.400 New Haven and find parking

NOTE Confidence: 0.9750917

01:37:08.400 --> 01:37:09.840 in there. Right? But but

NOTE Confidence: 0.9750917

01:37:09.840 --> 01:37:11.040 for big surgeries and for

NOTE Confidence: 0.9750917

01:37:11.040 --> 01:37:12.320 complex care, you kind of

NOTE Confidence: 0.9750917

01:37:12.320 --> 01:37:13.200 need to come to center

NOTE Confidence: 0.9750917

01:37:13.200 --> 01:37:14.560 of excellence. So that's kind

NOTE Confidence: 0.9750917

01:37:14.560 --> 01:37:15.440 of the way we're trying

NOTE Confidence: 0.9750917

01:37:15.440 --> 01:37:16.400 to balance some of these

NOTE Confidence: 0.9750917

01:37:16.400 --> 01:37:17.760 things out. There's no simple

NOTE Confidence: 0.9750917

01:37:17.760 --> 01:37:19.300 answer, I'm sure. But yeah.

NOTE Confidence: 0.9750917

01:37:19.520 --> 01:37:20.500 Yeah. So

NOTE Confidence: 0.8782823

01:37:21.325 --> 01:37:22.365 I work with the commission

NOTE Confidence: 0.8782823

01:37:22.365 --> 01:37:24.145 on cancer, which is

NOTE Confidence: 0.71014404

01:37:24.925 --> 01:37:26.225 the biggest cancer organization,

NOTE Confidence: 0.9744873

01:37:27.325 --> 01:37:29.325 United States, and and that's

NOTE Confidence: 0.9744873

01:37:29.325 --> 01:37:31.265 front and center of of

NOTE Confidence: 0.9492375

01:37:31.645 --> 01:37:33.564 our concern. And because places

NOTE Confidence: 0.9492375

01:37:33.564 --> 01:37:35.560 are closing down and there's

NOTE Confidence: 0.9492375

01:37:35.560 --> 01:37:36.940 the access to

NOTE Confidence: 0.9847005

01:37:37.560 --> 01:37:39.400 even base providers is becoming

NOTE Confidence: 0.9847005

01:37:39.400 --> 01:37:40.440 more and more limited. And

NOTE Confidence: 0.9847005

01:37:40.440 --> 01:37:41.479 so I think there's a

NOTE Confidence: 0.9847005

01:37:41.479 --> 01:37:43.240 real push to try to

NOTE Confidence: 0.9847005

01:37:43.240 --> 01:37:43.740 have

NOTE Confidence: 0.9909105

01:37:44.280 --> 01:37:46.920 relationships between smaller hospitals and

NOTE Confidence: 0.9909105

01:37:46.920 --> 01:37:48.520 bigger hospitals so that they

NOTE Confidence: 0.9909105

01:37:48.520 --> 01:37:50.125 can have a single standard

NOTE Confidence: 0.9909105

01:37:50.125 --> 01:37:51.665 of care and have clinicians

NOTE Confidence: 0.9909105

01:37:51.804 --> 01:37:53.804 that move throughout a network.

NOTE Confidence: 0.9909105

01:37:53.804 --> 01:37:54.304 And

NOTE Confidence: 0.9789063

01:37:54.764 --> 01:37:56.844 there's some evidence that patients

NOTE Confidence: 0.9789063

01:37:56.844 --> 01:37:58.604 that that do travel actually

NOTE Confidence: 0.9789063

01:37:58.604 --> 01:38:00.284 experience better outcomes. So trying

NOTE Confidence: 0.9789063

01:38:00.284 --> 01:38:01.979 to decide what care is

NOTE Confidence: 0.9789063

01:38:01.979 --> 01:38:04.080 appropriate for what care environment,

NOTE Confidence: 0.99194336

01:38:04.620 --> 01:38:06.000 but it is and

NOTE Confidence: 0.97698104

01:38:07.020 --> 01:38:08.620 not to be political, it

NOTE Confidence: 0.97698104

01:38:08.620 --> 01:38:09.439 is actually

NOTE Confidence: 0.9964122

01:38:09.900 --> 01:38:11.820 one of the health things

NOTE Confidence: 0.9964122

01:38:11.820 --> 01:38:13.360 that seems to have bipartisan

NOTE Confidence: 0.9964122

01:38:13.580 --> 01:38:15.645 support right now is improving

NOTE Confidence: 0.9964122

01:38:15.645 --> 01:38:17.165 the fate of the of

NOTE Confidence: 0.9964122

01:38:17.165 --> 01:38:18.545 the rural population

NOTE Confidence: 0.9743164

01:38:18.925 --> 01:38:20.064 in terms of health care.

NOTE Confidence: 0.85614485

01:38:25.645 --> 01:38:26.925 I just also very keen

NOTE Confidence: 0.85614485

01:38:26.925 --> 01:38:28.525 to have other people's views

NOTE Confidence: 0.85614485

01:38:28.525 --> 01:38:29.724 in Deepika as well on

NOTE Confidence: 0.85614485

01:38:29.724 --> 01:38:31.050 on something as we we

NOTE Confidence: 0.85614485

01:38:31.050 --> 01:38:32.250 we were starting to talk

NOTE Confidence: 0.85614485

01:38:32.250 --> 01:38:32.750 about,

NOTE Confidence: 0.95048016

01:38:33.610 --> 01:38:35.729 once you've completed treatment and

NOTE Confidence: 0.95048016

01:38:35.809 --> 01:38:36.309 you,

NOTE Confidence: 0.96435547

01:38:36.969 --> 01:38:37.469 into

NOTE Confidence: 0.88461024

01:38:37.929 --> 01:38:40.170 our survival mode or patient

NOTE Confidence: 0.88461024

01:38:40.170 --> 01:38:41.849 expert load. The word often

NOTE Confidence: 0.88461024

01:38:41.849 --> 01:38:42.349 is

NOTE Confidence: 0.9095126

01:38:42.650 --> 01:38:44.010 a bit, difficult to think

NOTE Confidence: 0.9095126

01:38:44.010 --> 01:38:44.969 what's the best word for

NOTE Confidence: 0.9095126

01:38:44.969 --> 01:38:45.469 it.

NOTE Confidence: 0.99306643

01:38:46.005 --> 01:38:47.205 But I just wonder how

NOTE Confidence: 0.99306643

01:38:47.205 --> 01:38:48.905 common many of you experience

NOTE Confidence: 0.98651123

01:38:49.205 --> 01:38:50.485 long term side effects or

NOTE Confidence: 0.98651123

01:38:50.485 --> 01:38:51.705 permanent side effects.

NOTE Confidence: 0.9604492

01:38:52.165 --> 01:38:52.485 And,

NOTE Confidence: 0.96208847

01:38:53.284 --> 01:38:54.405 I I, I mean, the

NOTE Confidence: 0.96208847

01:38:54.405 --> 01:38:55.925 two that, I've I've certainly

NOTE Confidence: 0.96208847

01:38:55.925 --> 01:38:57.545 experienced is peripheral neuropathy.

NOTE Confidence: 0.96559834

01:38:58.405 --> 01:38:59.130 And I think that was

NOTE Confidence: 0.96559834

01:38:59.290 --> 01:39:00.810 the platinum base of my

NOTE Confidence: 0.96559834

01:39:00.810 --> 01:39:01.310 chemotherapy.

NOTE Confidence: 0.96215326

01:39:02.969 --> 01:39:04.090 There were benefits to me.

NOTE Confidence: 0.96215326

01:39:04.090 --> 01:39:05.370 I'm a cold water swimmer,

NOTE Confidence: 0.96215326

01:39:05.370 --> 01:39:06.409 so I couldn't feel the

NOTE Confidence: 0.96215326

01:39:06.409 --> 01:39:07.290 ice on the bottom of

NOTE Confidence: 0.96215326

01:39:07.290 --> 01:39:08.510 my feet in the swimming.

NOTE Confidence: 0.96215326

01:39:08.570 --> 01:39:09.530 So there actually was a

NOTE Confidence: 0.96215326

01:39:09.530 --> 01:39:10.830 nice benefit, but,

NOTE Confidence: 0.9822998

01:39:11.290 --> 01:39:12.090 and I think all of

NOTE Confidence: 0.9822998

01:39:12.090 --> 01:39:13.070 you going through

NOTE Confidence: 0.9940709

01:39:13.685 --> 01:39:15.364 any platinum therapy will will

NOTE Confidence: 0.9940709

01:39:15.364 --> 01:39:16.265 remember those

NOTE Confidence: 1

01:39:16.805 --> 01:39:17.305 incredible

NOTE Confidence: 0.9810689

01:39:17.845 --> 01:39:19.285 shocks of ice and cold

NOTE Confidence: 0.9810689

01:39:19.285 --> 01:39:20.325 water and the gloves and

NOTE Confidence: 0.9810689

01:39:20.325 --> 01:39:21.604 all that. But I'd love

NOTE Confidence: 0.9810689

01:39:21.604 --> 01:39:22.645 to hear whether we have

NOTE Confidence: 0.9810689

01:39:22.645 --> 01:39:24.345 any greater insights into

NOTE Confidence: 0.9388835

01:39:24.725 --> 01:39:25.705 the long term,

NOTE Confidence: 0.9586589

01:39:27.125 --> 01:39:28.245 ways that we might reduce

NOTE Confidence: 0.9586589

01:39:28.245 --> 01:39:29.550 it. And the second is

NOTE Confidence: 0.9586589

01:39:29.650 --> 01:39:30.570 pneumonitis, which,

NOTE Confidence: 0.89857703

01:39:31.530 --> 01:39:32.489 can come and go and

NOTE Confidence: 0.89857703

01:39:32.489 --> 01:39:33.610 it can be caused by

NOTE Confidence: 0.89857703

01:39:33.610 --> 01:39:35.050 lots of other things. But

NOTE Confidence: 0.89857703

01:39:35.050 --> 01:39:36.890 just a love since, many

NOTE Confidence: 0.89857703

01:39:36.890 --> 01:39:37.850 of you have been through

NOTE Confidence: 0.89857703

01:39:37.850 --> 01:39:39.050 this and to get a

NOTE Confidence: 0.89857703

01:39:39.050 --> 01:39:39.770 sense of, you know, is

NOTE Confidence: 0.89857703

01:39:39.770 --> 01:39:40.729 this are these issues that

NOTE Confidence: 0.89857703

01:39:40.729 --> 01:39:41.630 affected you?

NOTE Confidence: 0.8111572

01:39:42.650 --> 01:39:43.550 Affect you.

NOTE Confidence: 0.99853516

01:39:49.475 --> 01:39:50.775 I mean, for me,

NOTE Confidence: 0.9320984

01:39:51.555 --> 01:39:52.835 as evident as it is

NOTE Confidence: 0.9320984

01:39:52.835 --> 01:39:54.695 my voice, which was, like,

NOTE Confidence: 0.9320984

01:39:54.755 --> 01:39:56.035 the sourness of voice which

NOTE Confidence: 0.9320984

01:39:56.035 --> 01:39:57.415 I had after my surgery.

NOTE Confidence: 0.98713565

01:39:57.990 --> 01:39:59.030 And the second thing that

NOTE Confidence: 0.98713565

01:39:59.030 --> 01:40:00.390 I have is, like, this

NOTE Confidence: 0.98713565

01:40:00.390 --> 01:40:01.770 late dumping syndrome.

NOTE Confidence: 0.9429077

01:40:02.229 --> 01:40:03.510 Like, I keep having these

NOTE Confidence: 0.9429077

01:40:03.510 --> 01:40:04.729 episodes of hypoglycemia.

NOTE Confidence: 0.9959147

01:40:05.830 --> 01:40:07.189 And I don't know if

NOTE Confidence: 0.9959147

01:40:07.189 --> 01:40:08.970 it's common for everyone, but

NOTE Confidence: 0.9959147

01:40:09.110 --> 01:40:10.650 I don't feel hunger anymore.

NOTE Confidence: 0.9370117

01:40:11.110 --> 01:40:12.170 I'm never hungry.

NOTE Confidence: 0.9559143

01:40:12.585 --> 01:40:13.705 So it's not that feeling

NOTE Confidence: 0.9559143

01:40:13.705 --> 01:40:15.225 of hunger. And I have

NOTE Confidence: 0.9559143

01:40:15.225 --> 01:40:16.985 forgotten what feeling hungry feels

NOTE Confidence: 0.9559143

01:40:16.985 --> 01:40:18.344 like. So I just eat

NOTE Confidence: 0.9559143

01:40:18.344 --> 01:40:19.545 because, you know, like, I

NOTE Confidence: 0.9559143

01:40:19.545 --> 01:40:20.344 have to eat at a

NOTE Confidence: 0.9559143

01:40:20.344 --> 01:40:22.425 particular time. And sometimes if

NOTE Confidence: 0.9559143

01:40:22.425 --> 01:40:23.785 I forget, like, and I

NOTE Confidence: 0.9559143

01:40:23.785 --> 01:40:24.745 skip a meal, then I

NOTE Confidence: 0.9559143

01:40:24.745 --> 01:40:26.364 just go into this severe

NOTE Confidence: 0.9559143

01:40:26.425 --> 01:40:26.925 hypoglycemic

NOTE Confidence: 0.99138933

01:40:27.225 --> 01:40:28.560 episode where I can feel

NOTE Confidence: 0.99138933

01:40:28.640 --> 01:40:29.840 my heart pounding, and I

NOTE Confidence: 0.99138933

01:40:29.840 --> 01:40:31.360 just need to get something

NOTE Confidence: 0.99138933

01:40:31.360 --> 01:40:32.640 really quick to eat. So

NOTE Confidence: 0.99138933

01:40:32.640 --> 01:40:33.840 I think that is something

NOTE Confidence: 0.99138933

01:40:33.840 --> 01:40:34.340 that

NOTE Confidence: 0.99746096

01:40:35.040 --> 01:40:36.740 is really concerning for myself.

NOTE Confidence: 0.99975586

01:40:37.120 --> 01:40:37.920 So if you could

NOTE Confidence: 0.93173826

01:40:38.720 --> 01:40:39.680 I'm gonna give it to

NOTE Confidence: 0.93173826

01:40:39.680 --> 01:40:41.140 Scout and Natalie for this.

NOTE Confidence: 0.93173826

01:40:41.439 --> 01:40:41.965 Do you want me to

NOTE Confidence: 0.93173826

01:40:41.965 --> 01:40:43.104 start or you to start?

NOTE Confidence: 0.9603516

01:40:43.885 --> 01:40:45.085 Well, I'll, yeah, I'll start

NOTE Confidence: 0.9603516

01:40:45.085 --> 01:40:46.945 with the the neuropathy question.

NOTE Confidence: 0.9677582

01:40:47.725 --> 01:40:49.324 Yeah. Neuropathy is a is

NOTE Confidence: 0.9677582

01:40:49.324 --> 01:40:51.324 a maddening side effect because

NOTE Confidence: 0.9677582

01:40:51.324 --> 01:40:52.685 there's no perfect cure for

NOTE Confidence: 0.9677582

01:40:52.685 --> 01:40:53.185 it.

NOTE Confidence: 0.93377686

01:40:54.810 --> 01:40:56.810 My approach to neuropathy is

NOTE Confidence: 0.93377686

01:40:56.810 --> 01:40:57.790 actually a multimodal,

NOTE Confidence: 1

01:40:58.729 --> 01:40:59.229 approach.

NOTE Confidence: 0.99365234

01:41:00.250 --> 01:41:01.710 I'm actually a big proponent

NOTE Confidence: 0.99365234

01:41:01.770 --> 01:41:03.630 of soft tissue massage

NOTE Confidence: 1

01:41:04.170 --> 01:41:05.070 to your feet

NOTE Confidence: 0.97201025

01:41:05.689 --> 01:41:07.229 to try to and, obviously,

NOTE Confidence: 0.97201025

01:41:07.290 --> 01:41:08.574 we know that it's, you

NOTE Confidence: 0.97201025

01:41:08.574 --> 01:41:09.454 know, like, we know that

NOTE Confidence: 0.97201025

01:41:09.454 --> 01:41:10.574 it's nerve and it's not

NOTE Confidence: 0.97201025

01:41:10.574 --> 01:41:12.814 vascular, but just the act

NOTE Confidence: 0.97201025

01:41:12.814 --> 01:41:14.175 of giving yourself a deep

NOTE Confidence: 0.97201025

01:41:14.175 --> 01:41:15.074 tissue massage

NOTE Confidence: 0.99853516

01:41:15.375 --> 01:41:16.114 does increase

NOTE Confidence: 0.9839681

01:41:16.415 --> 01:41:17.534 blood flow to the area.

NOTE Confidence: 0.9839681

01:41:17.534 --> 01:41:18.755 It's helping with mitochondrial,

NOTE Confidence: 0.9222412

01:41:20.014 --> 01:41:21.074 turnover. And

NOTE Confidence: 0.7766927

01:41:21.375 --> 01:41:22.094 and also to

NOTE Confidence: 0.97021484

01:41:22.880 --> 01:41:24.179 especially if you have neuropathy

NOTE Confidence: 0.9941031

01:41:24.479 --> 01:41:25.840 in your fingers as well

NOTE Confidence: 0.9941031

01:41:25.840 --> 01:41:27.280 as your feet, you're giving

NOTE Confidence: 0.9941031

01:41:27.280 --> 01:41:28.739 yourself that input

NOTE Confidence: 0.9735786

01:41:29.119 --> 01:41:31.520 that you need. And sometimes

NOTE Confidence: 0.9735786

01:41:31.520 --> 01:41:32.800 what I will recommend to

NOTE Confidence: 0.9735786

01:41:32.800 --> 01:41:34.000 my patients, you know, if

NOTE Confidence: 0.9735786

01:41:34.000 --> 01:41:35.599 their caregiver will buy into

NOTE Confidence: 0.9735786

01:41:35.599 --> 01:41:37.040 it is to say, have

NOTE Confidence: 0.9735786

01:41:37.040 --> 01:41:37.780 the caregiver

NOTE Confidence: 0.9573242

01:41:38.625 --> 01:41:40.324 give your feet a massage,

NOTE Confidence: 0.9995117

01:41:40.625 --> 01:41:41.364 and you

NOTE Confidence: 0.9877116

01:41:41.905 --> 01:41:42.965 close your eyes.

NOTE Confidence: 0.99921125

01:41:44.064 --> 01:41:45.264 Because if you take your

NOTE Confidence: 0.99921125

01:41:45.264 --> 01:41:47.025 vision out of it, then

NOTE Confidence: 0.99921125

01:41:47.025 --> 01:41:48.005 you can see

NOTE Confidence: 0.9690918

01:41:48.385 --> 01:41:49.744 or you can't see, and

NOTE Confidence: 0.9690918

01:41:49.744 --> 01:41:51.284 so you have to feel

NOTE Confidence: 0.9951172

01:41:51.585 --> 01:41:52.085 more.

NOTE Confidence: 0.99994576

01:41:52.490 --> 01:41:54.010 Where do you have sensation?

NOTE Confidence: 0.99994576

01:41:54.010 --> 01:41:55.150 Do you have sensation

NOTE Confidence: 0.9711914

01:41:55.850 --> 01:41:56.810 on your heel when you

NOTE Confidence: 0.9711914

01:41:56.810 --> 01:41:57.610 start to lose it in

NOTE Confidence: 0.9711914

01:41:57.610 --> 01:41:58.750 the middle of your foot?

NOTE Confidence: 0.95530194

01:41:59.290 --> 01:42:00.250 Or do you have sensation

NOTE Confidence: 0.95530194

01:42:00.250 --> 01:42:01.290 in the the middle of

NOTE Confidence: 0.95530194

01:42:01.290 --> 01:42:02.330 your foot and you start

NOTE Confidence: 0.95530194

01:42:02.330 --> 01:42:03.689 to lose it around the

NOTE Confidence: 0.95530194

01:42:03.689 --> 01:42:04.830 balls of your feet?

NOTE Confidence: 0.9723873

01:42:06.235 --> 01:42:07.115 And so I will have

NOTE Confidence: 0.9723873

01:42:07.115 --> 01:42:08.075 my patients do that as,

NOTE Confidence: 0.9723873

01:42:08.075 --> 01:42:08.955 like, a warm up. And

NOTE Confidence: 0.9723873

01:42:08.955 --> 01:42:09.755 then when I get you

NOTE Confidence: 0.9723873

01:42:09.755 --> 01:42:11.195 in clinic, in my PT

NOTE Confidence: 0.9723873

01:42:11.195 --> 01:42:13.195 clinic, I'm throwing everything at

NOTE Confidence: 0.9723873

01:42:13.195 --> 01:42:14.815 you. I am putting you

NOTE Confidence: 0.9723873

01:42:15.115 --> 01:42:16.395 on the the AirX on

NOTE Confidence: 0.9723873

01:42:16.395 --> 01:42:18.315 our, on an AirX balance

NOTE Confidence: 0.9723873

01:42:18.315 --> 01:42:19.890 pad, and I am having

NOTE Confidence: 0.9723873

01:42:19.890 --> 01:42:21.330 you do single leg stance.

NOTE Confidence: 0.9723873

01:42:21.330 --> 01:42:22.370 And I am also throwing

NOTE Confidence: 0.9723873

01:42:22.370 --> 01:42:23.410 a ball at you, and

NOTE Confidence: 0.9723873

01:42:23.410 --> 01:42:24.790 I'm asking you questions.

NOTE Confidence: 0.96981275

01:42:25.970 --> 01:42:27.729 And, again, I'm gonna have

NOTE Confidence: 0.96981275

01:42:27.729 --> 01:42:28.530 you do that with your

NOTE Confidence: 0.96981275

01:42:28.530 --> 01:42:29.570 eyes open and with your

NOTE Confidence: 0.96981275

01:42:29.570 --> 01:42:30.390 eyes closed

NOTE Confidence: 0.99780273

01:42:31.090 --> 01:42:32.710 to challenge those nerves

NOTE Confidence: 0.9899292

01:42:34.055 --> 01:42:35.195 to wake back up.

NOTE Confidence: 1

01:42:35.575 --> 01:42:36.075 So

NOTE Confidence: 0.9998372

01:42:36.615 --> 01:42:37.835 that's my approach.

NOTE Confidence: 0.9690639

01:42:38.215 --> 01:42:39.415 I'm also a big proponent

NOTE Confidence: 0.9690639

01:42:39.415 --> 01:42:40.075 of acupuncture.

NOTE Confidence: 0.99121094

01:42:41.575 --> 01:42:43.655 So I'm very much of

NOTE Confidence: 0.99121094

01:42:43.655 --> 01:42:44.475 the nonpharmacological,

NOTE Confidence: 0.9007162

01:42:45.495 --> 01:42:46.795 noninvasive approach.

NOTE Confidence: 0.99902344

01:42:47.175 --> 01:42:47.675 So

NOTE Confidence: 0.98327637

01:42:48.429 --> 01:42:50.030 those are my my takes

NOTE Confidence: 0.98327637

01:42:50.030 --> 01:42:51.090 on on neuropathy.

NOTE Confidence: 0.94110614

01:42:52.030 --> 01:42:53.469 Textured stuff. Don't you do,

NOTE Confidence: 0.94110614

01:42:53.469 --> 01:42:54.110 like, a texture? I do

NOTE Confidence: 0.94110614

01:42:54.110 --> 01:42:55.070 some I do some texture

NOTE Confidence: 0.94110614

01:42:55.070 --> 01:42:56.110 stuff too. She she's such

NOTE Confidence: 0.94110614

01:42:56.110 --> 01:42:57.090 a good work wife.

NOTE Confidence: 0.8611382

01:42:57.630 --> 01:42:58.829 She reminds me all all

NOTE Confidence: 0.8611382

01:42:59.309 --> 01:43:00.750 yes. I appreciate that.

NOTE Confidence: 0.9523112

01:43:01.705 --> 01:43:03.385 Again, especially, like, again, for

NOTE Confidence: 0.9523112

01:43:03.385 --> 01:43:04.344 the hands, like, if you've

NOTE Confidence: 0.9523112

01:43:04.344 --> 01:43:06.045 got neuropathy in the hands.

NOTE Confidence: 0.97489697

01:43:06.905 --> 01:43:07.705 And this is a great

NOTE Confidence: 0.97489697

01:43:07.705 --> 01:43:08.665 game if you've got little

NOTE Confidence: 0.97489697

01:43:08.665 --> 01:43:09.965 kids or you got grandkids.

NOTE Confidence: 0.82540894

01:43:10.745 --> 01:43:12.985 Get a bucket of top

NOTE Confidence: 0.82540894

01:43:13.225 --> 01:43:14.045 like, a Tupperware,

NOTE Confidence: 0.9803874

01:43:14.905 --> 01:43:16.585 and fill it with lentil

NOTE Confidence: 0.9803874

01:43:16.585 --> 01:43:17.085 beans.

NOTE Confidence: 0.90148926

01:43:18.800 --> 01:43:19.620 And then,

NOTE Confidence: 0.971258

01:43:20.160 --> 01:43:21.200 especially if you wanna make

NOTE Confidence: 0.971258

01:43:21.200 --> 01:43:22.479 it into a game, you

NOTE Confidence: 0.971258

01:43:22.479 --> 01:43:24.180 put ten marbles in there

NOTE Confidence: 0.971258

01:43:24.479 --> 01:43:25.760 or you put ten pennies

NOTE Confidence: 0.971258

01:43:25.760 --> 01:43:26.420 in there.

NOTE Confidence: 0.95745564

01:43:26.720 --> 01:43:27.920 Again, you need to go

NOTE Confidence: 0.95745564

01:43:27.920 --> 01:43:28.960 and you need to find

NOTE Confidence: 0.95745564

01:43:28.960 --> 01:43:30.080 the pennies, and you are

NOTE Confidence: 0.95745564

01:43:30.080 --> 01:43:31.840 relying on sensation and you

NOTE Confidence: 0.95745564

01:43:31.840 --> 01:43:33.120 can't see them. So, again,

NOTE Confidence: 0.95745564

01:43:33.120 --> 01:43:34.704 you're challenging proprioception

NOTE Confidence: 0.976756

01:43:36.684 --> 01:43:37.645 and you do it and

NOTE Confidence: 0.976756

01:43:37.645 --> 01:43:39.164 you have your grandkid time

NOTE Confidence: 0.976756

01:43:39.164 --> 01:43:40.045 you to see how long

NOTE Confidence: 0.976756

01:43:40.045 --> 01:43:40.925 it takes you to do

NOTE Confidence: 0.976756

01:43:40.925 --> 01:43:42.204 that. And it's like, okay,

NOTE Confidence: 0.976756

01:43:42.204 --> 01:43:43.564 grandpa, it took you twenty,

NOTE Confidence: 0.976756

01:43:43.564 --> 01:43:44.525 you know, a minute and

NOTE Confidence: 0.976756

01:43:44.525 --> 01:43:45.724 twenty five seconds to do

NOTE Confidence: 0.976756

01:43:45.724 --> 01:43:47.264 that. And then you switch

NOTE Confidence: 0.9606771

01:43:47.645 --> 01:43:48.684 that they do it and

NOTE Confidence: 0.9606771

01:43:48.684 --> 01:43:50.739 you time them. Now your

NOTE Confidence: 0.9606771

01:43:50.739 --> 01:43:52.360 therapy has become a game.

NOTE Confidence: 0.9963867

01:43:54.500 --> 01:43:56.199 Yeah. He's pretty cool. Alright.

NOTE Confidence: 0.99869794

01:43:56.979 --> 01:43:58.040 So the dumping

NOTE Confidence: 0.9828288

01:43:58.420 --> 01:44:00.420 syndrome. So, obviously well, not

NOTE Confidence: 0.9828288

01:44:00.420 --> 01:44:02.020 obviously, but there's early dumping,

NOTE Confidence: 0.9828288

01:44:02.020 --> 01:44:03.219 and then there's late dumping.

NOTE Confidence: 0.9828288

01:44:03.219 --> 01:44:04.665 Usually, early dumping is, like,

NOTE Confidence: 0.9828288

01:44:04.825 --> 01:44:06.505 within thirty to sixty minutes

NOTE Confidence: 0.9828288

01:44:06.505 --> 01:44:07.705 after eating, and then late

NOTE Confidence: 0.9828288

01:44:07.705 --> 01:44:08.985 dumping could be two hours,

NOTE Confidence: 0.9828288

01:44:08.985 --> 01:44:10.285 three hours after eating.

NOTE Confidence: 0.99677736

01:44:11.705 --> 01:44:13.805 For these types of issues,

NOTE Confidence: 0.9835717

01:44:14.265 --> 01:44:15.305 a lot of times, like,

NOTE Confidence: 0.9835717

01:44:15.305 --> 01:44:17.064 main recommendations that I make

NOTE Confidence: 0.9835717

01:44:17.064 --> 01:44:18.665 is small frequent meals like

NOTE Confidence: 0.9835717

01:44:18.665 --> 01:44:20.200 you're doing. Right? So you

NOTE Confidence: 0.9835717

01:44:20.200 --> 01:44:21.080 don't a lot of people

NOTE Confidence: 0.9835717

01:44:21.080 --> 01:44:22.280 don't feel hunger. That's very

NOTE Confidence: 0.9835717

01:44:22.280 --> 01:44:22.780 common.

NOTE Confidence: 0.99798584

01:44:23.160 --> 01:44:24.120 So it's eating around the

NOTE Confidence: 0.99798584

01:44:24.120 --> 01:44:25.160 clock. It's trying to eat

NOTE Confidence: 0.99798584

01:44:25.160 --> 01:44:26.939 small portions every three hours

NOTE Confidence: 0.99798584

01:44:27.080 --> 01:44:28.780 to regulate blood sugar control.

NOTE Confidence: 0.9980469

01:44:30.120 --> 01:44:32.120 It's not drinking liquids with

NOTE Confidence: 0.9980469

01:44:32.120 --> 01:44:32.620 food.

NOTE Confidence: 0.98012656

01:44:33.305 --> 01:44:33.945 If you think of, like,

NOTE Confidence: 0.98012656

01:44:33.945 --> 01:44:35.064 a water slide, if you

NOTE Confidence: 0.98012656

01:44:35.064 --> 01:44:35.785 if you go down a

NOTE Confidence: 0.98012656

01:44:35.785 --> 01:44:36.585 water slide with water, you're

NOTE Confidence: 0.98012656

01:44:36.585 --> 01:44:37.465 gonna go a lot faster.

NOTE Confidence: 0.98012656

01:44:37.465 --> 01:44:38.985 Right? So, if you can

NOTE Confidence: 0.98012656

01:44:38.985 --> 01:44:40.505 separate liquids and solids, it

NOTE Confidence: 0.98012656

01:44:40.505 --> 01:44:41.545 does help to slow down

NOTE Confidence: 0.98012656

01:44:41.545 --> 01:44:42.845 the digestion a bit,

NOTE Confidence: 0.9956787

01:44:43.625 --> 01:44:45.325 because the dumping is really

NOTE Confidence: 0.9956787

01:44:45.600 --> 01:44:46.960 the food is moving very,

NOTE Confidence: 0.9956787

01:44:46.960 --> 01:44:48.239 very quickly from the stomach

NOTE Confidence: 0.9956787

01:44:48.239 --> 01:44:49.380 to the to the intestine.

NOTE Confidence: 0.99246913

01:44:49.840 --> 01:44:50.880 And that rate that it's

NOTE Confidence: 0.99246913

01:44:50.880 --> 01:44:52.159 moving through, it's causing an

NOTE Confidence: 0.99246913

01:44:52.159 --> 01:44:54.420 influx with, you know, liquids

NOTE Confidence: 0.99246913

01:44:54.479 --> 01:44:56.179 and a change in electrolytes.

NOTE Confidence: 0.99246913

01:44:56.239 --> 01:44:57.280 So there's a lot of

NOTE Confidence: 0.99246913

01:44:57.280 --> 01:44:59.040 things happening. So one is

NOTE Confidence: 0.99246913

01:44:59.040 --> 01:45:00.594 small frequent meals. Two is

NOTE Confidence: 0.99246913

01:45:00.594 --> 01:45:02.295 separating liquids and solids.

NOTE Confidence: 0.9983724

01:45:03.074 --> 01:45:04.215 Three is minimizing

NOTE Confidence: 0.9995117

01:45:04.755 --> 01:45:05.735 or avoiding

NOTE Confidence: 0.8972575

01:45:06.114 --> 01:45:07.974 simple sugar, so, like, juices,

NOTE Confidence: 0.8972575

01:45:08.195 --> 01:45:08.695 sodas,

NOTE Confidence: 0.9914551

01:45:09.474 --> 01:45:11.094 lots of candy pastries

NOTE Confidence: 0.97947365

01:45:11.395 --> 01:45:13.255 because that influx of sugar

NOTE Confidence: 0.97947365

01:45:13.510 --> 01:45:14.950 causes more of those symptoms.

NOTE Confidence: 0.97947365

01:45:14.950 --> 01:45:16.330 You might feel really lethargic,

NOTE Confidence: 0.97947365

01:45:16.550 --> 01:45:17.510 tired, like you have to

NOTE Confidence: 0.97947365

01:45:17.510 --> 01:45:18.310 lay down, you have the

NOTE Confidence: 0.97947365

01:45:18.310 --> 01:45:20.229 sweats. That's usually because you

NOTE Confidence: 0.97947365

01:45:20.229 --> 01:45:21.030 went out for an ice

NOTE Confidence: 0.97947365

01:45:21.030 --> 01:45:22.150 cream cone, you know, with

NOTE Confidence: 0.97947365

01:45:22.150 --> 01:45:23.189 your kids. You ate too

NOTE Confidence: 0.97947365

01:45:23.189 --> 01:45:24.390 fast, and then you have

NOTE Confidence: 0.97947365

01:45:24.390 --> 01:45:25.925 those symptoms. So what I

NOTE Confidence: 0.97947365

01:45:25.925 --> 01:45:26.725 say is you don't have

NOTE Confidence: 0.97947365

01:45:26.725 --> 01:45:28.005 to avoid those things, but

NOTE Confidence: 0.97947365

01:45:28.005 --> 01:45:29.445 if you can pair the

NOTE Confidence: 0.97947365

01:45:29.445 --> 01:45:30.645 ice cream or a small

NOTE Confidence: 0.97947365

01:45:30.645 --> 01:45:31.785 portion of a sweet

NOTE Confidence: 0.96056414

01:45:32.165 --> 01:45:34.165 with, like, a fiber rich

NOTE Confidence: 0.96056414

01:45:34.165 --> 01:45:35.625 food, like, a it's complicated.

NOTE Confidence: 0.96056414

01:45:35.765 --> 01:45:36.885 Soluble fiber is like a

NOTE Confidence: 0.96056414

01:45:36.885 --> 01:45:38.645 softening fiber. If you can

NOTE Confidence: 0.96056414

01:45:38.645 --> 01:45:39.845 pair those things together, it

NOTE Confidence: 0.96056414

01:45:39.845 --> 01:45:41.020 helps to slow down the

NOTE Confidence: 0.96056414

01:45:41.020 --> 01:45:42.080 absorption of the sugar,

NOTE Confidence: 0.9991862

01:45:42.540 --> 01:45:43.500 and can really help the

NOTE Confidence: 0.9991862

01:45:43.500 --> 01:45:44.000 symptoms.

NOTE Confidence: 0.99543643

01:45:46.220 --> 01:45:47.260 You can lay down for

NOTE Confidence: 0.99543643

01:45:47.260 --> 01:45:49.180 fifteen minutes after eating to

NOTE Confidence: 0.99543643

01:45:49.180 --> 01:45:50.080 kind of, like,

NOTE Confidence: 0.99921525

01:45:50.460 --> 01:45:52.380 not make gravity work against

NOTE Confidence: 0.99921525

01:45:52.380 --> 01:45:53.835 you. So some people find

NOTE Confidence: 0.99921525

01:45:53.835 --> 01:45:54.955 that when they lay back

NOTE Confidence: 0.99921525

01:45:54.955 --> 01:45:55.995 or just relax on the

NOTE Confidence: 0.99921525

01:45:55.995 --> 01:45:57.115 couch for ten to fifteen

NOTE Confidence: 0.99921525

01:45:57.115 --> 01:45:58.175 minutes after eating

NOTE Confidence: 0.9622003

01:45:58.475 --> 01:45:59.835 a small portion, obviously, not

NOTE Confidence: 0.9622003

01:45:59.835 --> 01:46:01.115 laying flat, but that could

NOTE Confidence: 0.9622003

01:46:01.115 --> 01:46:02.155 help to slow down the

NOTE Confidence: 0.9622003

01:46:02.155 --> 01:46:03.675 rate of the digestion too.

NOTE Confidence: 0.9622003

01:46:03.675 --> 01:46:04.795 So lots of tips and

NOTE Confidence: 0.9622003

01:46:04.795 --> 01:46:06.000 tricks, lots of, like,

NOTE Confidence: 0.98467344

01:46:06.720 --> 01:46:08.640 fiber kind of, things we

NOTE Confidence: 0.98467344

01:46:08.640 --> 01:46:09.840 can do. Like, if you

NOTE Confidence: 0.98467344

01:46:09.840 --> 01:46:10.800 don't eat a diet rich

NOTE Confidence: 0.98467344

01:46:10.800 --> 01:46:11.840 in soluble fiber, which is

NOTE Confidence: 0.98467344

01:46:11.840 --> 01:46:12.900 found in, like, oatmeal,

NOTE Confidence: 0.99403214

01:46:13.600 --> 01:46:15.460 beans, pumpkin puree,

NOTE Confidence: 0.9837405

01:46:16.160 --> 01:46:16.880 that kind of thing, we

NOTE Confidence: 0.9837405

01:46:16.880 --> 01:46:18.160 can use, like, psyllium fiber

NOTE Confidence: 0.9837405

01:46:18.160 --> 01:46:19.040 husk, and we can use,

NOTE Confidence: 0.9837405

01:46:19.040 --> 01:46:21.380 like, Metamucil wafers before meals

NOTE Confidence: 0.9837405

01:46:21.555 --> 01:46:22.675 to try to slow down

NOTE Confidence: 0.9837405

01:46:22.675 --> 01:46:24.275 the rate of digestion. So

NOTE Confidence: 0.9837405

01:46:24.275 --> 01:46:25.575 lots of things to try,

NOTE Confidence: 0.9837405

01:46:25.635 --> 01:46:27.415 but combinations of things help.

NOTE Confidence: 0.9837405

01:46:27.635 --> 01:46:28.375 Thank you.

NOTE Confidence: 0.86987305

01:46:30.035 --> 01:46:32.215 Thanks, Natalie. Kevin. Okay. Just

NOTE Confidence: 0.86987305

01:46:32.275 --> 01:46:34.275 tell one one thought about

NOTE Confidence: 0.86987305

01:46:34.275 --> 01:46:35.255 all these supportive

NOTE Confidence: 0.98950195

01:46:35.590 --> 01:46:37.270 care things, which is very

NOTE Confidence: 0.98950195

01:46:37.270 --> 01:46:38.630 important, I think, in terms

NOTE Confidence: 0.98950195

01:46:38.630 --> 01:46:39.130 of,

NOTE Confidence: 0.9895562

01:46:39.750 --> 01:46:41.750 survivorship and and the burden

NOTE Confidence: 0.9895562

01:46:41.750 --> 01:46:43.450 of of, of cancer.

NOTE Confidence: 0.99833983

01:46:44.710 --> 01:46:46.729 You know, acupuncture and massage

NOTE Confidence: 0.8054199

01:46:47.110 --> 01:46:49.350 cost money and many times,

NOTE Confidence: 0.9935303

01:46:49.670 --> 01:46:50.970 not covered by insurance.

NOTE Confidence: 0.9460486

01:46:51.854 --> 01:46:52.894 It's actually one of the

NOTE Confidence: 0.9460486

01:46:53.054 --> 01:46:54.094 I just wanted to highlight

NOTE Confidence: 0.9460486

01:46:54.094 --> 01:46:55.295 because this is one of

NOTE Confidence: 0.9460486

01:46:55.295 --> 01:46:56.655 the really nice things about

NOTE Confidence: 0.9460486

01:46:56.655 --> 01:46:58.414 my cancer center at Park

NOTE Confidence: 0.9460486

01:46:58.414 --> 01:47:00.275 Avenue Medical Center, which is

NOTE Confidence: 0.9460486

01:47:00.414 --> 01:47:01.554 because of philanthropic

NOTE Confidence: 0.9463501

01:47:01.854 --> 01:47:03.854 support and, the support of

NOTE Confidence: 0.9463501

01:47:03.854 --> 01:47:05.235 the community, actually,

NOTE Confidence: 0.9692383

01:47:06.094 --> 01:47:06.835 through donors.

NOTE Confidence: 0.9296875

01:47:07.230 --> 01:47:08.130 We can provide

NOTE Confidence: 0.98136395

01:47:08.670 --> 01:47:10.190 things like acupuncture to our

NOTE Confidence: 0.98136395

01:47:10.190 --> 01:47:10.690 patients,

NOTE Confidence: 0.9448242

01:47:11.070 --> 01:47:11.570 covered,

NOTE Confidence: 0.97961426

01:47:12.190 --> 01:47:13.790 for two years, even two

NOTE Confidence: 0.97961426

01:47:13.790 --> 01:47:14.930 years after treatment.

NOTE Confidence: 0.98461914

01:47:15.870 --> 01:47:16.350 So,

NOTE Confidence: 0.9370524

01:47:16.670 --> 01:47:17.790 doctor Yac, I think you're

NOTE Confidence: 0.9370524

01:47:17.790 --> 01:47:19.170 out of that window, but

NOTE Confidence: 0.98147243

01:47:19.655 --> 01:47:21.195 this is something which is

NOTE Confidence: 0.98147243

01:47:21.255 --> 01:47:23.255 hugely valuable for our patients

NOTE Confidence: 0.98147243

01:47:23.255 --> 01:47:24.375 and, you know, to the

NOTE Confidence: 0.98147243

01:47:24.375 --> 01:47:26.375 point about structured exercise, something

NOTE Confidence: 0.98147243

01:47:26.375 --> 01:47:27.255 we still need to work

NOTE Confidence: 0.98147243

01:47:27.255 --> 01:47:27.995 on because,

NOTE Confidence: 0.9610596

01:47:29.255 --> 01:47:31.015 also insurance doesn't cover that

NOTE Confidence: 0.9610596

01:47:31.015 --> 01:47:32.880 either. Right? So it's something

NOTE Confidence: 0.9610596

01:47:32.880 --> 01:47:34.239 to really focus on how

NOTE Confidence: 0.9610596

01:47:34.239 --> 01:47:35.199 we can make these things

NOTE Confidence: 0.9610596

01:47:35.199 --> 01:47:35.939 more accessible.

NOTE Confidence: 0.9642625

01:47:38.080 --> 01:47:39.760 Yes. And so to follow-up

NOTE Confidence: 0.9642625

01:47:39.760 --> 01:47:40.239 with that,

NOTE Confidence: 0.9940918

01:47:40.800 --> 01:47:42.159 that's why one of the,

NOTE Confidence: 0.9702691

01:47:42.719 --> 01:47:44.000 the resources that's up there

NOTE Confidence: 0.9702691

01:47:44.000 --> 01:47:45.300 is the Livestrong program,

NOTE Confidence: 1

01:47:46.025 --> 01:47:46.525 because

NOTE Confidence: 0.97194475

01:47:47.304 --> 01:47:48.104 I a lot and a

NOTE Confidence: 0.97194475

01:47:48.104 --> 01:47:49.485 lot of times, I'll use

NOTE Confidence: 0.97194475

01:47:49.625 --> 01:47:51.625 PT physical therapy as the

NOTE Confidence: 0.97194475

01:47:51.625 --> 01:47:52.985 bridge to get ready for

NOTE Confidence: 0.97194475

01:47:52.985 --> 01:47:54.344 the Livestrong program because the

NOTE Confidence: 0.97194475

01:47:54.344 --> 01:47:56.665 Livestrong program is free. It's

NOTE Confidence: 0.97194475

01:47:56.665 --> 01:47:58.445 free for any cancer survivor,

NOTE Confidence: 0.9897461

01:47:59.170 --> 01:48:00.130 and it is a it's

NOTE Confidence: 0.9897461

01:48:00.130 --> 01:48:02.550 a structured twelve week exercise

NOTE Confidence: 0.9897461

01:48:02.610 --> 01:48:03.110 program.

NOTE Confidence: 0.98490715

01:48:03.890 --> 01:48:05.490 So, yes, I'm also very

NOTE Confidence: 0.98490715

01:48:05.490 --> 01:48:07.729 cognizant of the the burden

NOTE Confidence: 0.98490715

01:48:07.729 --> 01:48:09.090 of, of cost,

NOTE Confidence: 0.86357963

01:48:09.570 --> 01:48:11.355 and financial toxicity that So

NOTE Confidence: 0.86357963

01:48:11.355 --> 01:48:12.095 many of our cancer

NOTE Confidence: 0.9683533

01:48:12.475 --> 01:48:14.155 survivors, you know, you know,

NOTE Confidence: 0.9683533

01:48:14.155 --> 01:48:15.375 are susceptible to.

NOTE Confidence: 0.93110657

01:48:15.835 --> 01:48:17.195 So I'm also always looking

NOTE Confidence: 0.93110657

01:48:17.195 --> 01:48:18.715 for those free services wherever

NOTE Confidence: 0.93110657

01:48:18.715 --> 01:48:20.475 possible. Yep. Yeah. That looks

NOTE Confidence: 0.93110657

01:48:20.475 --> 01:48:20.975 strong.

NOTE Confidence: 0.6841169

01:48:23.675 --> 01:48:23.972 That's right. That's right. That's

NOTE Confidence: 0.6841169

01:48:23.972 --> 01:48:24.235 right. That's right. That's right.

NOTE Confidence: 0.6841169

01:48:24.235 --> 01:48:25.515 That's right. YMCA and I

NOTE Confidence: 0.6841169

01:48:25.515 --> 01:48:26.655 think some of it otherwise

NOTE Confidence: 0.6841169

01:48:26.715 --> 01:48:27.060 also.

NOTE Confidence: 0.96125346

01:48:30.020 --> 01:48:31.140 Yeah. So these these are

NOTE Confidence: 0.96125346

01:48:31.140 --> 01:48:32.340 really great discussions. And if

NOTE Confidence: 0.96125346

01:48:32.340 --> 01:48:33.220 you just take a step

NOTE Confidence: 0.96125346

01:48:33.220 --> 01:48:33.960 back is,

NOTE Confidence: 0.9075928

01:48:34.500 --> 01:48:35.400 very often,

NOTE Confidence: 0.9565827

01:48:36.260 --> 01:48:37.939 we especially in the early

NOTE Confidence: 0.9565827

01:48:37.939 --> 01:48:39.620 stages of your diagnosis and

NOTE Confidence: 0.9565827

01:48:39.620 --> 01:48:40.660 when we're when we're trying

NOTE Confidence: 0.9565827

01:48:40.660 --> 01:48:41.985 to figure out whether the

NOTE Confidence: 0.9565827

01:48:41.985 --> 01:48:43.265 cancer can be cured or

NOTE Confidence: 0.9565827

01:48:43.265 --> 01:48:45.345 even treated. And often, a

NOTE Confidence: 0.9565827

01:48:45.345 --> 01:48:46.225 lot of the stuff that

NOTE Confidence: 0.9565827

01:48:46.225 --> 01:48:47.365 we do are like, hey.

NOTE Confidence: 0.9565827

01:48:47.585 --> 01:48:48.485 These are the

NOTE Confidence: 0.9909105

01:48:48.945 --> 01:48:50.145 battle scars that you have

NOTE Confidence: 0.9909105

01:48:50.145 --> 01:48:50.945 to take on for the

NOTE Confidence: 0.9909105

01:48:50.945 --> 01:48:52.385 fight against cancer. But it's

NOTE Confidence: 0.9909105

01:48:52.385 --> 01:48:53.505 only later on that some

NOTE Confidence: 0.9909105

01:48:53.505 --> 01:48:54.865 of us are starting to

NOTE Confidence: 0.9909105

01:48:54.865 --> 01:48:55.365 appreciate

NOTE Confidence: 0.9987793

01:48:56.000 --> 01:48:56.900 that some of these

NOTE Confidence: 0.99934894

01:48:57.439 --> 01:48:58.260 things are either

NOTE Confidence: 0.9790918

01:48:58.800 --> 01:49:01.840 addressed through lifestyle modifications, things

NOTE Confidence: 0.9790918

01:49:01.840 --> 01:49:02.400 that you have to do,

NOTE Confidence: 0.9790918

01:49:02.400 --> 01:49:03.439 and things you kind of

NOTE Confidence: 0.9790918

01:49:03.439 --> 01:49:04.320 have to just live with

NOTE Confidence: 0.9790918

01:49:04.320 --> 01:49:05.460 as you get through this.

NOTE Confidence: 0.9321289

01:49:06.000 --> 01:49:06.960 And there are two aspects

NOTE Confidence: 0.9321289

01:49:06.960 --> 01:49:08.500 to that. Right? One is,

NOTE Confidence: 0.99497527

01:49:09.675 --> 01:49:10.955 as our treatments are getting

NOTE Confidence: 0.99497527

01:49:10.955 --> 01:49:13.115 better, there are more and

NOTE Confidence: 0.99497527

01:49:13.115 --> 01:49:14.475 more of folks like you

NOTE Confidence: 0.99497527

01:49:14.475 --> 01:49:15.595 who are getting through this

NOTE Confidence: 0.99497527

01:49:15.595 --> 01:49:16.715 and now having to deal

NOTE Confidence: 0.99497527

01:49:16.715 --> 01:49:17.595 with this in the longer

NOTE Confidence: 0.99497527

01:49:17.595 --> 01:49:19.195 term. At the same time,

NOTE Confidence: 0.99497527

01:49:19.195 --> 01:49:20.475 we are trying to also

NOTE Confidence: 0.99497527

01:49:20.475 --> 01:49:21.295 make our treatments

NOTE Confidence: 0.978889

01:49:21.850 --> 01:49:23.770 more precise, more specific, more

NOTE Confidence: 0.978889

01:49:23.770 --> 01:49:25.370 accurate so that we don't

NOTE Confidence: 0.978889

01:49:25.370 --> 01:49:26.650 have these battle scars to

NOTE Confidence: 0.978889

01:49:26.650 --> 01:49:27.390 face. But

NOTE Confidence: 0.92148435

01:49:28.250 --> 01:49:29.610 cancers, as we have talked

NOTE Confidence: 0.92148435

01:49:29.610 --> 01:49:30.570 about, cancer is still a

NOTE Confidence: 0.92148435

01:49:30.570 --> 01:49:32.090 deadly illness, and we still

NOTE Confidence: 0.92148435

01:49:32.090 --> 01:49:33.390 need to fight through this.

NOTE Confidence: 0.9406738

01:49:34.250 --> 01:49:35.229 And probably

NOTE Confidence: 0.90445966

01:49:35.610 --> 01:49:37.390 I'll use this opportunity to

NOTE Confidence: 0.90445966

01:49:37.665 --> 01:49:38.165 ask

NOTE Confidence: 0.94621396

01:49:38.625 --> 01:49:39.905 folks since you've actually gone

NOTE Confidence: 0.94621396

01:49:39.905 --> 01:49:41.104 through this journey. I think

NOTE Confidence: 0.94621396

01:49:41.104 --> 01:49:42.385 it'll actually be really great

NOTE Confidence: 0.94621396

01:49:42.385 --> 01:49:43.824 to have if anyone is

NOTE Confidence: 0.94621396

01:49:43.824 --> 01:49:45.264 willing or interested to to

NOTE Confidence: 0.94621396

01:49:45.264 --> 01:49:46.564 reach out to us to

NOTE Confidence: 0.94621396

01:49:46.704 --> 01:49:48.864 help us walk this journey

NOTE Confidence: 0.94621396

01:49:48.864 --> 01:49:50.224 with others because there's nothing

NOTE Confidence: 0.94621396

01:49:50.224 --> 01:49:52.000 better than actually having someone

NOTE Confidence: 0.94621396

01:49:52.000 --> 01:49:53.040 who's gone through this journey

NOTE Confidence: 0.94621396

01:49:53.040 --> 01:49:54.479 talk through a patient who's

NOTE Confidence: 0.94621396

01:49:54.479 --> 01:49:55.920 got newly diagnosed cancer. And

NOTE Confidence: 0.94621396

01:49:55.920 --> 01:49:57.040 it it doesn't have to

NOTE Confidence: 0.94621396

01:49:57.040 --> 01:49:57.760 be a lot. It could

NOTE Confidence: 0.94621396

01:49:57.760 --> 01:49:59.120 be just answering a couple

NOTE Confidence: 0.94621396

01:49:59.120 --> 01:50:00.240 of questions. Any sort of

NOTE Confidence: 0.94621396

01:50:00.240 --> 01:50:01.120 support, I think, would be

NOTE Confidence: 0.94621396

01:50:01.120 --> 01:50:02.320 really great for our patients.

NOTE Confidence: 0.94621396

01:50:02.320 --> 01:50:02.570 And,

NOTE Confidence: 0.9770633

01:50:03.725 --> 01:50:04.765 just feel free to reach

NOTE Confidence: 0.9770633

01:50:04.765 --> 01:50:05.725 out to us. And even

NOTE Confidence: 0.9770633

01:50:05.725 --> 01:50:06.765 if you just put put

NOTE Confidence: 0.9770633

01:50:06.765 --> 01:50:07.485 on your name and how

NOTE Confidence: 0.9770633

01:50:07.485 --> 01:50:08.285 we can contact you, and

NOTE Confidence: 0.9770633

01:50:08.285 --> 01:50:09.985 we'll try and work towards

NOTE Confidence: 0.9770633

01:50:10.045 --> 01:50:11.245 figuring out how we can

NOTE Confidence: 0.9770633

01:50:11.245 --> 01:50:12.465 connect you all to,

NOTE Confidence: 0.99609375

01:50:13.085 --> 01:50:13.585 patients

NOTE Confidence: 0.9691298

01:50:13.965 --> 01:50:15.660 to grow this group. And,

NOTE Confidence: 0.9691298

01:50:15.820 --> 01:50:17.500 hopefully, we'll have this more

NOTE Confidence: 0.9691298

01:50:17.500 --> 01:50:18.700 frequently. So as the group

NOTE Confidence: 0.9691298

01:50:18.700 --> 01:50:19.820 grows, then we can share

NOTE Confidence: 0.9691298

01:50:19.820 --> 01:50:21.979 experiences and practical tips on

NOTE Confidence: 0.9691298

01:50:21.979 --> 01:50:23.020 how to deal with some

NOTE Confidence: 0.9691298

01:50:23.020 --> 01:50:23.979 of the problems that we're

NOTE Confidence: 0.9691298

01:50:23.979 --> 01:50:24.479 facing.

NOTE Confidence: 0.9904785

01:50:26.060 --> 01:50:27.520 Any last words or comments?

NOTE Confidence: 0.9904785

01:50:27.580 --> 01:50:28.700 Pam, do you have anything

NOTE Confidence: 0.9904785

01:50:28.700 --> 01:50:29.850 you'd like to say?

NOTE Confidence: 0.9846075

01:50:34.115 --> 01:50:35.635 I'll just say thank you

NOTE Confidence: 0.9846075

01:50:35.635 --> 01:50:37.255 to everybody for the speakers

NOTE Confidence: 0.9846075

01:50:37.314 --> 01:50:38.995 and for everyone coming tonight.

NOTE Confidence: 0.9846075

01:50:38.995 --> 01:50:39.795 I think this was a

NOTE Confidence: 0.9846075

01:50:39.795 --> 01:50:40.295 really

NOTE Confidence: 0.9941406

01:50:40.675 --> 01:50:42.615 wonderful, very special event.

NOTE Confidence: 0.9677979

01:50:43.314 --> 01:50:44.275 If I put on the

NOTE Confidence: 0.9677979

01:50:44.275 --> 01:50:45.475 hat of kind of being

NOTE Confidence: 0.9677979

01:50:45.475 --> 01:50:46.870 a a leader in the

NOTE Confidence: 0.9677979

01:50:46.870 --> 01:50:48.410 cancer center, I wanna just

NOTE Confidence: 0.9763093

01:50:49.430 --> 01:50:50.630 reassure all of you that

NOTE Confidence: 0.9763093

01:50:50.630 --> 01:50:52.390 survivorship is a priority for

NOTE Confidence: 0.9763093

01:50:52.390 --> 01:50:53.750 the cancer center. In fact,

NOTE Confidence: 0.9763093

01:50:53.750 --> 01:50:54.790 that we are in the

NOTE Confidence: 0.9763093

01:50:54.790 --> 01:50:56.310 process of looking for someone

NOTE Confidence: 0.9763093

01:50:56.310 --> 01:50:56.970 to lead

NOTE Confidence: 0.9488119

01:50:57.350 --> 01:50:59.190 supportive care and survivorship. It's

NOTE Confidence: 0.9488119

01:50:59.190 --> 01:51:00.010 a new position.

NOTE Confidence: 0.98811287

01:51:00.615 --> 01:51:01.975 So please expect that a

NOTE Confidence: 0.98811287

01:51:01.975 --> 01:51:03.335 lot of these services will

NOTE Confidence: 0.98811287

01:51:03.335 --> 01:51:05.095 evolve and really be better

NOTE Confidence: 0.98811287

01:51:05.095 --> 01:51:06.854 defined under an umbrella where

NOTE Confidence: 0.98811287

01:51:06.854 --> 01:51:08.455 you can really have and

NOTE Confidence: 0.98811287

01:51:08.455 --> 01:51:10.155 I think Scott and,

NOTE Confidence: 0.99565685

01:51:10.615 --> 01:51:11.814 you guys can Natalie can

NOTE Confidence: 0.99565685

01:51:11.814 --> 01:51:12.775 speak to this as well.

NOTE Confidence: 0.99565685

01:51:12.775 --> 01:51:13.895 I think we're really looking

NOTE Confidence: 0.99565685

01:51:13.895 --> 01:51:15.115 to grow this program

NOTE Confidence: 0.95703125

01:51:15.720 --> 01:51:16.220 and,

NOTE Confidence: 0.9969005

01:51:16.760 --> 01:51:18.120 and and get some patient

NOTE Confidence: 0.9969005

01:51:18.120 --> 01:51:19.239 input. So I think it's

NOTE Confidence: 0.9969005

01:51:19.239 --> 01:51:20.600 a really exciting time. I

NOTE Confidence: 0.9969005

01:51:20.600 --> 01:51:21.479 think we look to you

NOTE Confidence: 0.9969005

01:51:21.479 --> 01:51:22.380 all to help

NOTE Confidence: 0.99600923

01:51:22.840 --> 01:51:24.200 us kind of guide that

NOTE Confidence: 0.99600923

01:51:24.200 --> 01:51:25.320 ship and and make sure

NOTE Confidence: 0.99600923

01:51:25.320 --> 01:51:26.600 that we're getting it right.

NOTE Confidence: 0.99600923

01:51:26.600 --> 01:51:27.560 So thank you. What a

NOTE Confidence: 0.99600923

01:51:27.560 --> 01:51:28.840 special event. Thank you very

NOTE Confidence: 0.99600923

01:51:28.840 --> 01:51:29.340 much.

NOTE Confidence: 0.9486306

01:51:33.912 --> 01:51:35.272 If you haven't already put

NOTE Confidence: 0.9486306

01:51:35.272 --> 01:51:36.152 words in the wall of

NOTE Confidence: 0.9486306

01:51:36.152 --> 01:51:37.592 hope, please do end with

NOTE Confidence: 0.9486306

01:51:37.592 --> 01:51:39.032 that. Thank you, Deepika, and

NOTE Confidence: 0.9486306

01:51:39.032 --> 01:51:39.477 thank you