WEBVTT

00:00:00.000 --> 00:00:02.150 Support for Yale Cancer Answers

NOTE Confidence: 0.855571337619048

00:00:02.150 --> 00:00:04.300 comes from AstraZeneca, dedicated

NOTE Confidence: 0.855571337619048

00:00:04.368 --> 00:00:06.418 to advancing options and providing

NOTE Confidence: 0.855571337619048

00:00:06.418 --> 00:00:09.000 hope for people living with cancer.

NOTE Confidence: 0.855571337619048

00:00:09.000 --> 00:00:10.209 More information at

NOTE Confidence: 0.91329014

00:00:12.380 --> 00:00:14.990 astrazeneca-us.com.

NOTE Confidence: 0.91329014

00:00:14.990 --> 00:00:16.892 Welcome to Yale Cancer Answers with

NOTE Confidence: 0.91329014

00:00:16.892 --> 00:00:19.348 your host doctor Anees Chagpar.

NOTE Confidence: 0.91329014

00:00:19.348 --> 00:00:21.223 Yale Cancer Answers features the

NOTE Confidence: 0.91329014

00:00:21.223 --> 00:00:23.485 latest information on cancer care by

NOTE Confidence: 0.91329014

00:00:23.485 --> 00:00:24.937 welcoming oncologists and specialists

NOTE Confidence: 0.91329014

00:00:24.937 --> 00:00:27.115 who are on the forefront of the

NOTE Confidence: 0.91329014

00:00:27.115 --> 00:00:28.910 battle to fight cancer. This week

NOTE Confidence: 0.91329014

00:00:28.910 --> 00:00:30.970 it's a conversation about pancreatic

NOTE Confidence: 0.91329014

00:00:30.970 --> 00:00:33.030 cancer with Doctor John Kunstman.

NOTE Confidence: 0.91329014

00:00:33.030 --> 00:00:34.482 Doctor Kunstman is assistant

NOTE Confidence: 0.91329014

00:00:34.482 --> 00:00:35.934 professor of surgical oncology

NOTE Confidence: 0.91329014

00:00:35.934 --> 00:00:38.039 at the Yale School of Medicine,

NOTE Confidence: 0.91329014

00:00:38.040 --> 00:00:40.128 where Doctor Chagpar is a

NOTE Confidence: 0.91329014

00:00:40.128 --> 00:00:41.520 professor of surgical oncology.

NOTE Confidence: 0.880256621176471

00:00:42.520 --> 00:00:44.656 John, maybe we can start off by you

NOTE Confidence: 0.880256621176471

00:00:44.656 --> 00:00:47.001 telling us a little bit more about

NOTE Confidence: 0.880256621176471

00:00:47.001 --> 00:00:49.092 pancreatic cancer. How common is it?

NOTE Confidence: 0.880256621176471

00:00:49.092 --> 00:00:51.790 Who gets it, and why should we care?

NOTE Confidence: 0.88128455

00:00:51.820 --> 00:00:53.890 Well, I think there's several

NOTE Confidence: 0.88128455

00:00:53.890 --> 00:00:55.960 components to that answer.

NOTE Confidence: 0.88128455

00:00:55.960 --> 00:00:58.510 Anybody can get pancreas cancer,

NOTE Confidence: 0.88128455

00:00:58.510 --> 00:01:00.379 but it is generally a disease that,

NOTE Confidence: 0.88128455

00:01:00.380 --> 00:01:02.865 like most cancers, occurs as we age.

NOTE Confidence: 0.88128455

00:01:02.870 --> 00:01:04.124 There is a little bit more

NOTE Confidence: 0.88128455

00:01:04.124 --> 00:01:05.309 likelihood for men to get it,

00:01:05.310 --> 00:01:07.050 but of course women can

00:01:07.050 --> 00:01:08.442 get pancreas cancer too.

00:01:08.450 --> 00:01:09.764 I think it's a disease that

00:01:09.764 --> 00:01:11.140 we should all be aware of,

00:01:11.140 --> 00:01:14.158 because as most cancers can be

00:01:14.158 --> 00:01:15.903 screened for nowadays, pancreas

00:01:15.903 --> 00:01:17.534 cancer is one that we really don't

00:01:17.534 --> 00:01:19.349 have an effective screening test for.

00:01:19.350 --> 00:01:21.717 So we want everybody to be aware of it.

00:01:21.720 --> 00:01:23.016 Also, by 2030,

00:01:23.016 --> 00:01:24.744 the National Cancer Institute

00:01:24.744 --> 00:01:26.820 predicts that pancreas cancer will

00:01:26.820 --> 00:01:28.950 be the second leading cause of

00:01:28.950 --> 00:01:31.080 cancer death in the United States,

00:01:31.080 --> 00:01:32.814 so I think it's something that's

00:01:32.814 --> 00:01:33.970 worth our attention.

NOTE Confidence: 0.771251464

00:01:34.380 --> 00:01:36.392 John, why is that?

NOTE Confidence: 0.771251464

00:01:36.392 --> 00:01:38.728 Why is it going to be the second

NOTE Confidence: 0.771251464

00:01:38.728 --> 00:01:41.097 leading cause of cancer related deaths?

NOTE Confidence: 0.771251464

00:01:41.100 --> 00:01:42.780 I hadn't heard that before.

NOTE Confidence: 0.771251464

00:01:42.780 --> 00:01:44.936 Is it because it's getting more common,

NOTE Confidence: 0.771251464

00:01:44.940 --> 00:01:46.868 or is it because it's getting more lethal?

NOTE Confidence: 0.891962664

00:01:47.700 --> 00:01:50.160 There is an increase in the

NOTE Confidence: 0.891962664

00:01:50.160 --> 00:01:51.800 prevalence of pancreas cancer,

NOTE Confidence: 0.891962664

00:01:51.800 --> 00:01:53.330 although it's not the main reason.

NOTE Confidence: 0.891962664

00:01:53.330 --> 00:01:54.392 The main reason is that

NOTE Confidence: 0.891962664

00:01:54.392 --> 00:01:56.870 the more common cancers that

NOTE Confidence: 0.891962664

00:01:56.940 --> 00:01:59.022 currently are more apt to cause

NOTE Confidence: 0.891962664

00:01:59.022 --> 00:02:01.420 cancer deaths in the United States,

NOTE Confidence: 0.891962664

00:02:01.420 --> 00:02:02.810 the treatment of those cancers,

NOTE Confidence: 0.891962664

00:02:02.810 --> 00:02:04.365 such as breast cancer or

NOTE Confidence: 0.891962664

00:02:04.365 --> 00:02:05.920 lung cancer or colon cancer,

NOTE Confidence: 0.891962664

00:02:05.920 --> 00:02:07.180 which are all more common

NOTE Confidence: 0.891962664

00:02:07.180 --> 00:02:07.936 than pancreas cancer,

NOTE Confidence: 0.891962664

00:02:07.940 --> 00:02:10.396 are improving and the death rate is falling.

NOTE Confidence: 0.891962664

00:02:10.400 --> 00:02:12.410 Whereas in pancreas cancer the death

NOTE Confidence: 0.891962664

00:02:12.410 --> 00:02:14.588 rate hasn't improved at the same rate.

NOTE Confidence: 0.883112377692308

00:02:14.760 --> 00:02:17.651 So let's talk a little bit about

NOTE Confidence: 0.883112377692308

00:02:17.651 --> 00:02:20.026 pancreatic cancer and you

NOTE Confidence: 0.883112377692308

00:02:20.026 --> 00:02:23.116 mentioned that we don't

NOTE Confidence: 0.883112377692308

00:02:23.116 --> 00:02:25.856 have screening for pancreatic cancer,

NOTE Confidence: 0.883112377692308

00:02:25.860 --> 00:02:27.768 but it certainly is a cancer

NOTE Confidence: 0.883112377692308

00:02:27.768 --> 00:02:29.679 that people should be aware of.

NOTE Confidence: 0.883112377692308

00:02:29.680 --> 00:02:32.080 How can people

NOTE Confidence: 0.883112377692308

00:02:32.080 --> 00:02:34.200 understand whether or not they

NOTE Confidence: 0.883112377692308

00:02:34.200 --> 00:02:35.896 have pancreatic cancer when

NOTE Confidence: 0.883112377692308

00:02:35.896 --> 00:02:37.780 there is no screening test.

NOTE Confidence: 0.883112377692308

00:02:37.780 --> 00:02:39.544 Can you tell us what the symptoms

NOTE Confidence: 0.883112377692308

00:02:39.544 --> 00:02:41.770 are that we might be looking out for?

NOTE Confidence: 0.873055005416667

00:02:42.340 --> 00:02:43.532 That's a terrific question,

NOTE Confidence: 0.873055005416667

00:02:43.532 --> 00:02:45.935 and because that is one of the

NOTE Confidence: 0.873055005416667

00:02:45.935 --> 00:02:47.597 main reasons that the death rate

NOTE Confidence: 0.873055005416667

00:02:47.597 --> 00:02:49.170 for pancreas cancer is so high,

NOTE Confidence: 0.873055005416667

00:02:49.170 --> 00:02:51.618 and it's viewed as such an aggressive cancer.

NOTE Confidence: 0.873055005416667

00:02:51.620 --> 00:02:53.170 Many times patients are unaware

NOTE Confidence: 0.873055005416667

00:02:53.170 --> 00:02:55.111 when they have a pancreas cancer

NOTE Confidence: 0.873055005416667

00:02:55.111 --> 00:02:56.746 until it's become quite advanced

NOTE Confidence: 0.873055005416667

00:02:56.746 --> 00:02:58.819 and the symptoms are quite subtle.

NOTE Confidence: 0.873055005416667

00:02:58.820 --> 00:03:01.501 In terms of the symptoms that most

NOTE Confidence: 0.873055005416667

00:03:01.501 --> 00:03:04.127 people will experience there are very mild

NOTE Confidence: 0.873055005416667

00:03:04.127 --> 00:03:06.007 things like abdominal discomfort,

NOTE Confidence: 0.873055005416667

00:03:06.010 --> 00:03:07.640 things that could easily be

NOTE Confidence: 0.873055005416667

00:03:07.640 --> 00:03:08.944 attributed to something else,

NOTE Confidence: 0.873055005416667

00:03:08.950 --> 00:03:10.782 such as a stomachache or just eating

NOTE Confidence: 0.873055005416667

00:03:10.782 --> 00:03:12.787 a bad meal or something like that.

NOTE Confidence: 0.873055005416667

00:03:12.790 --> 00:03:14.590 But for patients with pancreas cancer,

NOTE Confidence: 0.873055005416667

00:03:14.590 --> 00:03:17.327 that discomfort persists for a long time.

NOTE Confidence: 0.873055005416667

00:03:17.330 --> 00:03:19.416 It's not episodic, it's not going away.

NOTE Confidence: 0.873055005416667

00:03:19.420 --> 00:03:20.885 It's something that really should

NOTE Confidence: 0.873055005416667

00:03:20.885 --> 00:03:23.030 lead to a visit to the doctor.

NOTE Confidence: 0.873055005416667

00:03:23.030 --> 00:03:24.848 Also, things that are not subtle

NOTE Confidence: 0.873055005416667

00:03:24.848 --> 00:03:26.925 but can sometimes go unrecognized by

NOTE Confidence: 0.873055005416667

00:03:26.925 --> 00:03:28.930 patients as being very important,

NOTE Confidence: 0.873055005416667

00:03:28.930 --> 00:03:31.600 are things like jaundice or pancreatitis.

NOTE Confidence: 0.873055005416667

00:03:31.600 --> 00:03:33.730 Those are obviously big time medical

NOTE Confidence: 0.873055005416667

00:03:33.730 --> 00:03:35.150 issues that deserve attention,

NOTE Confidence: 0.873055005416667

00:03:35.150 --> 00:03:37.999 but many times can go on unappreciated

NOTE Confidence: 0.873055005416667

00:03:37.999 --> 00:03:40.456 as pancreas cancer being the cause

NOTE Confidence: 0.873055005416667

00:03:40.456 --> 00:03:42.772 of those findings for too long.

NOTE Confidence: 0.873055005416667

00:03:42.780 --> 00:03:45.300 I'd also like to mention weight loss.

NOTE Confidence: 0.873055005416667

00:03:45.300 --> 00:03:46.900 Unfortunately, in the United States,

NOTE Confidence: 0.873055005416667

00:03:46.900 --> 00:03:48.572 many people have trouble,

NOTE Confidence: 0.873055005416667

00:03:48.572 --> 00:03:49.408 myself included,

NOTE Confidence: 0.873055005416667

00:03:49.410 --> 00:03:51.978 losing weight and when we're adults

NOTE Confidence: 0.873055005416667

00:03:51.980 --> 00:03:54.086 it's difficult to lose weight durably

NOTE Confidence: 0.873055005416667

00:03:54.086 --> 00:03:56.569 without a major lifestyle change,

NOTE Confidence: 0.873055005416667

00:03:56.570 --> 00:03:58.496 and many patients with pancreas cancer

NOTE Confidence: 0.873055005416667

00:03:58.496 --> 00:04:00.839 We noticed over the past weeks to

NOTE Confidence: 0.873055005416667

00:04:00.839 --> 00:04:02.831 months that they've lost weight without

NOTE Confidence: 0.873055005416667

00:04:02.831 --> 00:04:04.779 making any major lifestyle changes.

NOTE Confidence: 0.873055005416667

00:04:04.780 --> 00:04:06.502 Many patients with pancreas cancer

NOTE Confidence: 0.873055005416667

00:04:06.502 --> 00:04:08.546 find that the first sign was that

NOTE Confidence: 0.873055005416667

00:04:08.546 --> 00:04:10.238 unrecognized weight loss when they go

NOTE Confidence: 0.873055005416667

00:04:10.238 --> 00:04:12.227 back and think about what might have

NOTE Confidence: 0.873055005416667

00:04:12.227 --> 00:04:14.220 happened prior to their diagnosis.

NOTE Confidence: 0.840703778461538

00:04:14.470 --> 00:04:17.515 After what duration of time should

NOTE Confidence: 0.840703778461538

00:04:17.515 --> 00:04:20.070 people with these symptoms go in and

NOTE Confidence: 0.840703778461538

00:04:20.070 --> 00:04:22.750 seek medical advice?

NOTE Confidence: 0.840703778461538

00:04:22.750 --> 00:04:25.418 Is that a day, a week, a month, a year?

NOTE Confidence: 0.87244379375

00:04:26.070 --> 00:04:28.318 I think it really gets into the weeks,

NOTE Confidence: 0.87244379375

00:04:28.320 --> 00:04:30.468 something that

NOTE Confidence: 0.87244379375

00:04:30.468 --> 00:04:32.980 can be attributed to one of those

NOTE Confidence: 0.87244379375

00:04:32.980 --> 00:04:35.002 other causes like a stomach bug.

NOTE Confidence: 0.87244379375

00:04:35.010 --> 00:04:36.500 Usually we're feeling better within

NOTE Confidence: 0.87244379375

00:04:36.500 --> 00:04:38.744 a week once we start having those

NOTE Confidence: 0.87244379375

00:04:38.744 --> 00:04:40.474 vague symptoms and they're really

NOTE Confidence: 0.87244379375

00:04:40.474 --> 00:04:42.310 starting to affect our lives once

NOTE Confidence: 0.87244379375

00:04:42.310 --> 00:04:44.025 we get to the weeks time frame,

NOTE Confidence: 0.87244379375

00:04:44.030 --> 00:04:46.039 it's time to go see your doctor.

NOTE Confidence: 0.87244379375

00:04:46.040 --> 00:04:47.825 Also same thing with the weight loss.

NOTE Confidence: 0.87244379375

00:04:47.830 --> 00:04:49.570 A few pounds is not a big deal and it

NOTE Confidence: 0.87244379375

00:04:49.618 --> 00:04:51.494 might just be that you're doing better

NOTE Confidence: 0.87244379375

00:04:51.494 --> 00:04:53.094 with your exercise regimen or watching

NOTE Confidence: 0.87244379375

00:04:53.094 --> 00:04:54.837 what you eat a little bit better.

NOTE Confidence: 0.87244379375

00:04:54.840 --> 00:04:57.213 But when we start losing 10,15

NOTE Confidence: 0.87244379375

00:04:57.213 --> 00:04:59.511 or 20 pounds without making a

NOTE Confidence: 0.87244379375

00:04:59.511 --> 00:05:01.210 major major lifestyle change,

NOTE Confidence: 0.87244379375

00:05:01.210 --> 00:05:02.160 that should start to wave

NOTE Confidence: 0.87244379375

00:05:02.160 --> 00:05:03.320 the red flag a little bit.

NOTE Confidence: 0.919222495

00:05:04.380 --> 00:05:07.196 And so when we go to our doctor, what

NOTE Confidence: 0.919222495

00:05:07.196 --> 00:05:10.044 should we be expecting our doctor to do?

NOTE Confidence: 0.924222323333333

00:05:10.240 --> 00:05:13.552 It really should be a lot of questions,

NOTE Confidence: 0.924222323333333

00:05:13.560 --> 00:05:14.634 detailed questions when

NOTE Confidence: 0.924222323333333

00:05:14.634 --> 00:05:16.782 you go to see your doctor,

NOTE Confidence: 0.924222323333333

00:05:16.790 --> 00:05:19.195 a physical examination for possible

NOTE Confidence: 0.924222323333333

00:05:19.195 --> 00:05:21.119 diagnosis of pancreas cancer.

NOTE Confidence: 0.924222323333333

00:05:21.120 --> 00:05:23.196 Apart from jaundice or the weight

NOTE Confidence: 0.924222323333333

00:05:23.196 --> 00:05:25.030 loss might not reveal a lot,

NOTE Confidence: 0.924222323333333

00:05:25.030 --> 00:05:26.990 but those careful questions about

NOTE Confidence: 0.924222323333333

00:05:26.990 --> 00:05:28.950 the nature of the symptoms,

NOTE Confidence: 0.924222323333333

00:05:28.950 --> 00:05:31.666 their duration and some of the specifics

NOTE Confidence: 0.924222323333333

00:05:31.666 --> 00:05:34.150 is really where the attention may

NOTE Confidence: 0.924222323333333

00:05:34.150 --> 00:05:36.341 bring up a possible diagnosis of a

NOTE Confidence: 0.924222323333333

00:05:36.341 --> 00:05:39.035 cancer you might want to prepare yourself

NOTE Confidence: 0.924222323333333

00:05:39.035 --> 00:05:41.150 for some uncomfortable questions too,

NOTE Confidence: 0.924222323333333

00:05:41.150 --> 00:05:42.992 about things like your bowel function

NOTE Confidence: 0.924222323333333

00:05:42.992 --> 00:05:45.489 because those can be affected by a pancreas cancer.

NOTE Confidence: 0.924222323333333

00:05:45.490 --> 00:05:46.984 And those are just your

NOTE Confidence: 0.924222323333333

00:05:46.984 --> 00:05:48.834 doctor trying to get to the bottom

NOTE Confidence: 0.924222323333333

00:05:48.834 --> 00:05:50.174 of those symptoms or findings.

00:06:08.290 --> 00:06:09.490 Should we be more concerned

NOTE Confidence: 0.894777987826087

00:06:09.490 --> 00:06:11.150 if we have a family history?

NOTE Confidence: 0.894777987826087

00:06:11.150 --> 00:06:13.166 Is pancreatic cancer one of those

NOTE Confidence: 0.894777987826087

00:06:13.166 --> 00:06:15.850 where we should get to know our family

NOTE Confidence: 0.894777987826087

00:06:15.850 --> 00:06:17.752 history and who's got what?

NOTE Confidence: 0.894777987826087

00:06:17.760 --> 00:06:19.716 Because that might increase our risk.

NOTE Confidence: 0.890899602

00:06:20.520 --> 00:06:23.373 It is actually that's one of the

NOTE Confidence: 0.890899602

00:06:23.373 --> 00:06:26.099 major risk factors for pancreas cancer.

NOTE Confidence: 0.890899602

00:06:26.100 --> 00:06:27.630 There are some minor risk

NOTE Confidence: 0.890899602

00:06:27.630 --> 00:06:29.160 factors that we can affect

NOTE Confidence: 0.890899602

00:06:29.160 --> 00:06:31.086 with our own lives, for instance,

NOTE Confidence: 0.890899602

00:06:31.090 --> 00:06:33.180 cigarette smoking or exposure to

NOTE Confidence: 0.890899602

00:06:33.180 --> 00:06:34.852 certain chemicals like asbestos

NOTE Confidence: 0.890899602

00:06:34.852 --> 00:06:37.147 do have a correlation with a

NOTE Confidence: 0.890899602

00:06:37.147 --> 00:06:38.957 higher risk for pancreas cancer.

NOTE Confidence: 0.890899602

00:06:38.960 --> 00:06:41.235 But that increase in risk

NOTE Confidence: 0.890899602

00:06:41.235 --> 00:06:43.055 is actually rather small.

NOTE Confidence: 0.890899602

00:06:43.060 --> 00:06:45.496 However, family history is a very

NOTE Confidence: 0.890899602

00:06:45.496 --> 00:06:48.360 strong risk factor for pancreas cancer,

NOTE Confidence: 0.890899602

00:06:48.360 --> 00:06:50.716 and it's thought that about 10% or maybe

NOTE Confidence: 0.890899602

00:06:50.716 --> 00:06:53.284 even a little more than that cases of

NOTE Confidence: 0.890899602

00:06:53.284 --> 00:06:55.966 pancreas cancer are hereditary in nature.

NOTE Confidence: 0.890899602

00:06:55.970 --> 00:06:58.208 If you have a primary relative,

NOTE Confidence: 0.890899602

00:06:58.210 --> 00:06:59.323 in other words,

NOTE Confidence: 0.890899602

00:06:59.323 --> 00:07:02.480 a sibling or parent that has pancreas cancer,

NOTE Confidence: 0.890899602

00:07:02.480 --> 00:07:04.556 your risk of getting pancreas cancer

NOTE Confidence: 0.890899602

00:07:04.556 --> 00:07:07.238 yourself is about four or five times higher.

NOTE Confidence: 0.890899602

00:07:07.240 --> 00:07:09.824 And if you have two first degree relatives,

NOTE Confidence: 0.890899602

00:07:09.830 --> 00:07:11.420 that risk goes up to six

NOTE Confidence: 0.890899602

00:07:11.420 --> 00:07:12.480 to seven times higher,

NOTE Confidence: 0.890899602

00:07:12.480 --> 00:07:13.956 so it is something that we

NOTE Confidence: 0.890899602

00:07:13.956 --> 00:07:14.940 should be aware of.

NOTE Confidence: 0.890899602

00:07:14.940 --> 00:07:16.844 And that we should be thinking about

NOTE Confidence: 0.890899602

00:07:16.844 --> 00:07:18.969 in terms of what our family knows.

NOTE Confidence: 0.890899602

00:07:18.970 --> 00:07:21.090 The other thing I just want to mention

NOTE Confidence: 0.890899602

00:07:21.090 --> 00:07:23.705 is that we talked about screening briefly

NOTE Confidence: 0.890899602

00:07:23.705 --> 00:07:25.725 before and for asymptomatic patients

NOTE Confidence: 0.890899602

00:07:25.785 --> 00:07:27.975 or patients with those vague symptoms,

NOTE Confidence: 0.890899602

00:07:27.980 --> 00:07:30.661 there's really no role with our current

NOTE Confidence: 0.890899602

00:07:30.661 --> 00:07:33.179 tools for screening for pancreas cancer.

NOTE Confidence: 0.890899602

00:07:33.180 --> 00:07:33.669 However,

NOTE Confidence: 0.890899602

00:07:33.669 --> 00:07:36.114 those patients that do have

NOTE Confidence: 0.890899602

00:07:36.114 --> 00:07:38.070 a strong family history,

NOTE Confidence: 0.890899602

00:07:38.070 --> 00:07:40.700 there are screening programs available,

NOTE Confidence: 0.890899602

00:07:40.700 --> 00:07:42.485 and it appears even in these early

NOTE Confidence: 0.890899602

00:07:42.485 --> 00:07:44.000 stages of those screening programs

NOTE Confidence: 0.890899602

00:07:44.000 --> 00:07:45.745 that they might be effective

NOTE Confidence: 0.890899602

00:07:45.750 --> 00:07:47.810 at improving outcomes for patients.

NOTE Confidence: 0.890899602

00:07:47.810 --> 00:07:49.230 What do they screen with?

NOTE Confidence: 0.890899602

00:07:49.230 --> 00:07:53.280 So that's a little bit of a debate right now.

NOTE Confidence: 0.890899602

00:07:53.280 --> 00:07:55.025 When we started screening for

NOTE Confidence: 0.890899602

00:07:55.025 --> 00:07:57.206 pancreas cancer and by we I

NOTE Confidence: 0.890899602

00:07:57.206 --> 00:07:58.678 mean the medical community,

NOTE Confidence: 0.890899602

00:07:58.680 --> 00:08:00.528 there was a very big debate

NOTE Confidence: 0.890899602

00:08:00.528 --> 00:08:02.439 about the best way to do it,

NOTE Confidence: 0.890899602

00:08:02.440 --> 00:08:04.040 and there's a few modalities

NOTE Confidence: 0.890899602

00:08:04.040 --> 00:08:05.000 that are available.

NOTE Confidence: 0.890899602

00:08:05.000 --> 00:08:07.338 Most of them are centered on imaging,

NOTE Confidence: 0.890899602

00:08:07.340 --> 00:08:09.760 such as CT or MRI,

NOTE Confidence: 0.890899602

00:08:09.760 --> 00:08:12.192 and right now we think that MRI is

NOTE Confidence: 0.890899602

00:08:12.192 --> 00:08:14.596 probably the better way to screen

NOTE Confidence: 0.890899602

00:08:14.596 --> 00:08:16.761 simply because there's less radiation

NOTE Confidence: 0.890899602

00:08:16.761 --> 00:08:18.618 exposure compared to CT scans.

NOTE Confidence: 0.890899602

00:08:18.620 --> 00:08:19.243 Also,

NOTE Confidence: 0.890899602

00:08:19.243 --> 00:08:22.358 endoscopy using a particular technique

NOTE Confidence: 0.890899602

00:08:22.358 --> 00:08:24.227 called endoscopic ultrasound,

NOTE Confidence: 0.890899602

00:08:24.230 --> 00:08:26.310 where a gastroenterologist uses a

NOTE Confidence: 0.890899602

00:08:26.310 --> 00:08:28.845 tiny ultrasound probe at the end

NOTE Confidence: 0.890899602

00:08:28.845 --> 00:08:30.755 of their endoscope to actually

NOTE Confidence: 0.890899602

00:08:30.755 --> 00:08:33.108 look through the walls of your

NOTE Confidence: 0.890899602

00:08:33.108 --> 00:08:34.978 stomach at the pancreas itself.

NOTE Confidence: 0.890899602

00:08:34.980 --> 00:08:36.558 Now, of course, that's a procedure,

NOTE Confidence: 0.890899602

00:08:36.560 --> 00:08:38.504 but it's a day procedure and most people

NOTE Confidence: 0.890899602

00:08:38.504 --> 00:08:40.488 can go home immediately thereafter,

NOTE Confidence: 0.890899602

00:08:40.490 --> 00:08:42.626 not unlike a colonoscopy.

NOTE Confidence: 0.890899602

00:08:42.626 --> 00:08:45.296 Those screening programs right now

NOTE Confidence: 0.890899602

00:08:45.296 --> 00:08:47.890 generally use a combination of those

NOTE Confidence: 0.890899602

00:08:47.890 --> 00:08:50.935 two techniques and imaging

NOTE Confidence: 0.890899602

00:08:50.935 --> 00:08:53.385 and some programs alternate them.

NOTE Confidence: 0.856444024444444

00:08:54.970 --> 00:08:58.048 And so John, a couple of questions on that.

NOTE Confidence: 0.856444024444444

00:08:58.050 --> 00:09:00.785 First, how often are these

NOTE Confidence: 0.856444024444444

00:09:00.785 --> 00:09:03.520 done in the screening programs?

NOTE Confidence: 0.856444024444444

00:09:03.520 --> 00:09:05.172 Like is this an annual thing or

NOTE Confidence: 0.856444024444444

00:09:05.172 --> 00:09:06.761 is it more like a colonoscopy

NOTE Confidence: 0.856444024444444

00:09:06.761 --> 00:09:08.686 where you can go for 10 years?

NOTE Confidence: 0.897957551

00:09:09.110 --> 00:09:11.408 So right now it's an annual

NOTE Confidence: 0.897957551

00:09:11.408 --> 00:09:12.940 thing or even semiannual,

NOTE Confidence: 0.897957551

00:09:12.940 --> 00:09:14.176 depending on the risk,

NOTE Confidence: 0.897957551

00:09:14.176 --> 00:09:17.153 and I just want to point out that this

NOTE Confidence: 0.897957551

00:09:17.153 --> 00:09:19.259 is an area of active investigation right now.

00:09:21.216 --> 00:09:23.661 There are several trials ongoing

NOTE Confidence: 0.897957551

00:09:23.661 --> 00:09:26.792 at major centers that do these

NOTE Confidence: 0.897957551

00:09:26.792 --> 00:09:28.328 screening programs investigating

NOTE Confidence: 0.897957551

17

00:09:28.328 --> 00:09:30.999 what the best modality is for

NOTE Confidence: 0.897957551

00:09:30.999 --> 00:09:32.964 not only detecting the cancer

NOTE Confidence: 0.897957551

00:09:32.964 --> 00:09:35.064 but using the information that's

NOTE Confidence: 0.897957551

00:09:35.064 --> 00:09:36.768 generated from that screening.

00:09:38.270 --> 00:09:39.750 And so that brings up

NOTE Confidence: 0.903971318

00:09:39.750 --> 00:09:42.498 another question which is that many screening tests,

00:09:45.360 --> 00:09:46.990 mammograms, colonoscopies,

NOTE Confidence: 0.903971318

00:09:46.990 --> 00:09:51.880 PAP tests, are covered by insurance.

NOTE Confidence: 0.903971318

00:09:51.880 --> 00:09:55.394 It sounds like this MRI and endoscopic

NOTE Confidence: 0.903971318

00:09:55.394 --> 00:09:58.978 ultrasound might be really expensive tests.

NOTE Confidence: 0.903971318

00:09:58.980 --> 00:10:01.452 Are they covered by insurance or is this

NOTE Confidence: 0.903971318

00:10:01.452 --> 00:10:03.430 all considered experimental right now?

NOTE Confidence: 0.853918214

00:10:04.480 --> 00:10:05.680 That's a great question too.

NOTE Confidence: 0.853918214

00:10:05.680 --> 00:10:08.160 In general they are covered.

NOTE Confidence: 0.853918214

00:10:08.160 --> 00:10:12.276 There are some active research protocols.

NOTE Confidence: 0.853918214

00:10:12.280 --> 00:10:14.692 If you are included in those

NOTE Confidence: 0.853918214

00:10:14.692 --> 00:10:15.898 active research protocols,

NOTE Confidence: 0.853918214

00:10:15.900 --> 00:10:17.031 generally the research

NOTE Confidence: 0.853918214

00:10:17.031 --> 00:10:18.916 study pays for the test,

NOTE Confidence: 0.853918214

00:10:18.920 --> 00:10:21.302 but most patients will find that

NOTE Confidence: 0.853918214

00:10:21.302 --> 00:10:23.949 it's covered one way or the other.

NOTE Confidence: 0.81532689

00:10:24.130 --> 00:10:26.510 My other question is,

NOTE Confidence: 0.81532689

00:10:26.510 --> 00:10:29.048 are there any blood tests for

NOTE Confidence: 0.81532689

00:10:29.048 --> 00:10:30.740 screening of pancreatic cancer?

NOTE Confidence: 0.81532689

00:10:30.740 --> 00:10:32.465 Many people are interested

NOTE Confidence: 0.81532689

00:10:32.465 --> 00:10:34.549 in the least invasive way to

NOTE Confidence: 0.81532689

00:10:34.549 --> 00:10:35.989 screen for cancer and are

NOTE Confidence: 0.81532689

00:10:35.990 --> 00:10:37.342 always thinking about tumor

NOTE Confidence: 0.81532689

00:10:37.342 --> 00:10:39.370 markers that might show up that

NOTE Confidence: 0.81532689

00:10:39.434 --> 00:10:41.186 might tell them that they are

NOTE Confidence: 0.81532689

00:10:41.186 --> 00:10:42.820 at increased risk for cancer.

NOTE Confidence: 0.81532689

00:10:42.820 --> 00:10:45.328 Anything like that in pancreatic cancer?

00:10:48.397 --> 00:10:51.893 There are some tumor markers that are fairly

NOTE Confidence: 0.887916506

00:10:51.893 --> 00:10:55.016 specific and sensitive for pancreas cancer,

NOTE Confidence: 0.887916506

00:10:55.020 --> 00:10:57.714 but those markers can also be

NOTE Confidence: 0.887916506

00:10:57.714 --> 00:11:00.130 elevated in patients without cancer,

NOTE Confidence: 0.887916506

00:11:00.130 --> 00:11:02.188 just as part of their day-to-day life.

NOTE Confidence: 0.887916506

00:11:02.190 --> 00:11:04.422 So for that reason, in asymptomatic

NOTE Confidence: 0.887916506

00:11:04.422 --> 00:11:06.799 patients or patients at average risk,

NOTE Confidence: 0.887916506

00:11:06.800 --> 00:11:10.104 we don't recommend any blood tests right now.

NOTE Confidence: 0.887916506

00:11:10.110 --> 00:11:12.900 That may sound a little bit strange to have

NOTE Confidence: 0.887916506

00:11:12.900 --> 00:11:16.179 a marker that we don't use in routine tests,

NOTE Confidence: 0.887916506

00:11:16.180 --> 00:11:18.220 but I'll give you an example.

NOTE Confidence: 0.887916506

00:11:18.220 --> 00:11:21.388 One of those markers is called CA 19-9,

NOTE Confidence: 0.887916506

00:11:21.390 --> 00:11:23.450 which is a blood marker,

NOTE Confidence: 0.887916506

00:11:23.450 --> 00:11:25.851 and that marker is elevated in most

NOTE Confidence: 0.887916506

00:11:25.851 --> 00:11:27.793 patients with pancreas cancer. However,

NOTE Confidence: 0.887916506

00:11:27.793 --> 00:11:30.824 that marker is secreted by the Biome.

NOTE Confidence: 0.887916506

00:11:30.830 --> 00:11:33.119 That's how it's metabolised in the body.

NOTE Confidence: 0.887916506

00:11:33.120 --> 00:11:35.088 So that means somebody that may

NOTE Confidence: 0.887916506

00:11:35.088 --> 00:11:37.452 have a little bit of sludge in

NOTE Confidence: 0.887916506

00:11:37.452 --> 00:11:39.414 their bile or even a gallstone

NOTE Confidence: 0.887916506

00:11:39.420 --> 00:11:41.652 which has nothing to do at all with pancreas

NOTE Confidence: 0.887916506

00:11:41.660 --> 00:11:43.494 cancer could have a very high C 19-9.

00:11:44.385 --> 00:11:46.450 So we don't want to have patients

NOTE Confidence: 0.887916506

00:11:46.520 --> 00:11:48.345 get screened and go through

NOTE Confidence: 0.887916506

00:11:48.345 --> 00:11:50.170 an enormous amount of testing,

NOTE Confidence: 0.887916506

00:11:50.170 --> 00:11:52.277 some of which might be invasive for

NOTE Confidence: 0.887916506

00:11:52.277 --> 00:11:53.980 something that's just a red herring.

NOTE Confidence: 0.912066776666667

00:11:54.440 --> 00:11:56.896 The other question that I have is you

NOTE Confidence: 0.912066776666667

00:11:56.896 --> 00:11:59.046 talked about people having a family

NOTE Confidence: 0.912066776666667

00:11:59.046 --> 00:12:01.254 history of pancreatic cancer being at

NOTE Confidence: 0.912066776666667

00:12:01.323 --> 00:12:03.899 four or five times the average population

NOTE Confidence: 0.912066776666667

00:12:03.899 --> 00:12:05.798 risk of developing pancreatic cancer.

NOTE Confidence: 0.912066776666667

00:12:05.798 --> 00:12:08.556 What if you don't have a family

NOTE Confidence: 0.912066776666667

00:12:08.556 --> 00:12:10.450 history of pancreatic cancer,

NOTE Confidence: 0.912066776666667

00:12:10.450 --> 00:12:12.430 but you might have a family

NOTE Confidence: 0.912066776666667

00:12:12.430 --> 00:12:13.750 history of other cancers,

NOTE Confidence: 0.912066776666667

00:12:13.750 --> 00:12:16.110 say more common cancers like

NOTE Confidence: 0.912066776666667

00:12:16.110 --> 00:12:18.740 breast cancer or prostate cancer?

NOTE Confidence: 0.912066776666667

00:12:18.740 --> 00:12:20.032 Does that increase your

NOTE Confidence: 0.912066776666667

00:12:20.032 --> 00:12:21.324 risk of pancreatic cancer?

NOTE Confidence: 0.885056257666667

00:12:22.470 --> 00:12:24.672 Sometimes it does,

NOTE Confidence: 0.885056257666667

00:12:24.672 --> 00:12:27.845 and the two genes that are most closely

NOTE Confidence: 0.885056257666667

00:12:27.845 --> 00:12:30.293 correlated that people know about with

NOTE Confidence: 0.885056257666667

00:12:30.365 --> 00:12:32.934 breast cancer or ovarian cancer and some

NOTE Confidence: 0.885056257666667

00:12:32.934 --> 00:12:36.230 others is the BRCA one and two genes,

NOTE Confidence: 0.885056257666667

00:12:36.230 --> 00:12:37.760 and those do convey a risk,

NOTE Confidence: 0.885056257666667

00:12:37.760 --> 00:12:41.420 particularly BRCA 2 for pancreas cancer.

NOTE Confidence: 0.885056257666667

00:12:41.420 --> 00:12:43.844 For patients that have family that

NOTE Confidence: 0.885056257666667

00:12:43.844 --> 00:12:46.319 have those other types of cancers,

NOTE Confidence: 0.885056257666667

00:12:46.320 --> 00:12:48.240 especially multiple family members.

NOTE Confidence: 0.885056257666667

00:12:48.240 --> 00:12:50.640 And I'm talking about again

NOTE Confidence: 0.885056257666667

00:12:50.640 --> 00:12:52.430 breast or ovarian cancer.

NOTE Confidence: 0.885056257666667

00:12:52.430 --> 00:12:54.776 It's worth talking to your doctor

NOTE Confidence: 0.885056257666667

00:12:54.776 --> 00:12:56.980 about considering a genetics referral.

NOTE Confidence: 0.885056257666667

00:12:56.980 --> 00:12:58.710 The medical genetics services at

NOTE Confidence: 0.885056257666667

00:12:58.710 --> 00:13:01.170 most centers now are well aware of

NOTE Confidence: 0.885056257666667

00:13:01.170 --> 00:13:02.840 these associations and can very

NOTE Confidence: 0.885056257666667

00:13:02.840 --> 00:13:04.817 easily with the blood test determine

NOTE Confidence: 0.885056257666667

00:13:04.817 --> 00:13:07.301 whether or not you have one of those

NOTE Confidence: 0.885056257666667

00:13:07.301 --> 00:13:09.407 mutations that you might be carrying

NOTE Confidence: 0.885056257666667

00:13:09.410 --> 00:13:10.710 that could increase your risk.

NOTE Confidence: 0.894710152631579

00:13:10.800 --> 00:13:13.068 Well, we're going to pick up this

NOTE Confidence: 0.894710152631579

00:13:13.068 --> 00:13:14.904 conversation right after we take a

NOTE Confidence: 0.894710152631579

00:13:14.904 --> 00:13:16.506 short break for a medical minute.

NOTE Confidence: 0.894710152631579

00:13:16.510 --> 00:13:18.358 Please stay tuned to learn more

NOTE Confidence: 0.894710152631579

00:13:18.358 --> 00:13:19.982 about the surgical care of

NOTE Confidence: 0.894710152631579

00:13:19.982 --> 00:13:21.617 pancreatic cancer with my guest

NOTE Confidence: 0.894710152631579

00:13:21.620 --> 00:13:22.850 Doctor John Kunstman.

NOTE Confidence: 0.838804856666667

00:13:23.240 --> 00:13:25.532 Support for Yale Cancer Answers comes

NOTE Confidence: 0.838804856666667

00:13:25.532 --> 00:13:27.729 from AstraZeneca, working to eliminate

NOTE Confidence: 0.838804856666667

00:13:27.729 --> 00:13:30.729 cancer as a cause of death. Learn more at

NOTE Confidence: 0.8919685

00:13:32.950 --> 00:13:35.180 astrazeneca-us.com.

NOTE Confidence: 0.8919685

00:13:35.180 --> 00:13:37.420 This is a medical minute about genetic

NOTE Confidence: 0.8919685

00:13:37.420 --> 00:13:39.363 testing which can be useful for

NOTE Confidence: 0.8919685

00:13:39.363 --> 00:13:41.211 people with certain types of cancer

NOTE Confidence: 0.8919685

00:13:41.211 --> 00:13:43.295 that seem to run in their families.

NOTE Confidence: 0.8919685

00:13:43.300 --> 00:13:45.670 Patients that are considered at risk

NOTE Confidence: 0.8919685

00:13:45.670 --> 00:13:48.007 receive genetic counseling and testing so

NOTE Confidence: 0.8919685

00:13:48.007 --> 00:13:50.095 informed medical decisions can be based

NOTE Confidence: 0.8919685

00:13:50.095 --> 00:13:52.558 on their own personal risk assessment.

NOTE Confidence: 0.8919685

00:13:52.560 --> 00:13:54.660 Resources for genetic counseling and

NOTE Confidence: 0.8919685

00:13:54.660 --> 00:13:56.760 testing are available at federally

NOTE Confidence: 0.8919685

00:13:56.829 --> 00:13:59.197 designated comprehensive Cancer centers.

NOTE Confidence: 0.8919685

00:13:59.200 --> 00:14:02.112 Interdisciplinary teams include geneticists,

NOTE Confidence: 0.8919685

00:14:02.112 --> 00:14:03.568 genetic counselors,

NOTE Confidence: 0.8919685

00:14:03.570 --> 00:14:04.887 physicians, and nurses

NOTE Confidence: 0.8919685

00:14:04.887 --> 00:14:07.082 who work together to provide

NOTE Confidence: 0.8919685

00:14:07.082 --> 00:14:09.104 risk assessment and steps to

NOTE Confidence: 0.8919685

00:14:09.104 --> 00:14:10.904 prevent the development of cancer.

NOTE Confidence: 0.8919685

00:14:10.910 --> 00:14:13.406 More information is available

NOTE Confidence: 0.8919685

00:14:13.406 --> 00:14:14.730 at yalecancercenter.org.

NOTE Confidence: 0.8919685

00:14:14.730 --> 00:14:18.930 You're listening to Connecticut public radio.

NOTE Confidence: 0.8919685

00:14:18.930 --> 00:14:19.400 Welcome

NOTE Confidence: 0.797900458

00:14:19.410 --> 00:14:21.110 back to Yale Cancer Answers.

NOTE Confidence: 0.797900458

00:14:21.110 --> 00:14:23.286 This is doctor Anees Chagpar and

NOTE Confidence: 0.797900458

00:14:23.286 --> 00:14:25.522 I'm joined tonight by my guest Doctor

NOTE Confidence: 0.797900458

00:14:25.522 --> 00:14:27.554 John Kunstman and we are talking about the

NOTE Confidence: 0.797900458

00:14:27.554 --> 00:14:29.294 surgical care of pancreatic cancer

NOTE Confidence: 0.797900458

00:14:29.294 --> 00:14:31.428 and John right before the break

NOTE Confidence: 0.797900458

00:14:31.428 --> 00:14:33.273 you were mentioning that patients

NOTE Confidence: 0.797900458

00:14:33.273 --> 00:14:35.899 who might not have a family history

NOTE Confidence: 0.797900458

00:14:35.899 --> 00:14:37.714 of pancreatic cancer but might

NOTE Confidence: 0.797900458

00:14:37.714 --> 00:14:39.955 have a family history of other

NOTE Confidence: 0.797900458

00:14:39.955 --> 00:14:41.770 cancers like breast and ovarian

NOTE Confidence: 0.797900458

00:14:41.770 --> 00:14:45.472 cancer should probably go and seek

NOTE Confidence: 0.797900458

00:14:45.472 --> 00:14:47.940 genetic counseling because those

NOTE Confidence: 0.797900458

00:14:48.033 --> 00:14:50.979 BRCA one and two gene mutations

NOTE Confidence: 0.797900458

00:14:50.980 --> 00:14:53.005 may increase their risk of

NOTE Confidence: 0.797900458

00:14:53.005 --> 00:14:54.625 pancreatic cancer as well,

NOTE Confidence: 0.797900458

00:14:54.630 --> 00:14:56.855 so are there other genetic

NOTE Confidence: 0.797900458

00:14:56.855 --> 00:14:59.080 syndromes that might also have

NOTE Confidence: 0.797900458

00:14:59.158 --> 00:15:01.890 implications for pancreatic cancer?

NOTE Confidence: 0.808959692307692

00:15:02.790 --> 00:15:04.806 Yeah, there are a few and some

NOTE Confidence: 0.808959692307692

00:15:04.806 --> 00:15:07.205 of them are quite rare, but one that

NOTE Confidence: 0.808959692307692

00:15:07.205 --> 00:15:09.095 also comes up not too infrequently

NOTE Confidence: 0.808959692307692

00:15:09.095 --> 00:15:12.007 is something called Lynch syndrome or

NOTE Confidence: 0.808959692307692

00:15:12.007 --> 00:15:14.027 hereditary nonpolyposis colon cancer.

NOTE Confidence: 0.808959692307692

00:15:14.030 --> 00:15:16.520 Now this disease is actually a

NOTE Confidence: 0.808959692307692

00:15:16.520 --> 00:15:19.331 constellation of genes that may or may

NOTE Confidence: 0.808959692307692

00:15:19.331 --> 00:15:21.837 not be mutated in a particular patient.

NOTE Confidence: 0.808959692307692

00:15:21.840 --> 00:15:23.875 And they are typically associated

NOTE Confidence: 0.808959692307692

00:15:23.875 --> 00:15:26.417 with colon cancer, hence the name.

NOTE Confidence: 0.808959692307692

00:15:26.417 --> 00:15:28.612 However, those screening programs we

NOTE Confidence: 0.808959692307692

00:15:28.612 --> 00:15:30.971 were talking about before for patients

NOTE Confidence: 0.808959692307692

00:15:30.971 --> 00:15:33.830 that do carry one of those mutations,

NOTE Confidence: 0.808959692307692

00:15:33.830 --> 00:15:36.250 again, screening programs would include

NOTE Confidence: 0.808959692307692

00:15:36.250 --> 00:15:39.519 them looking for pancreas cancer too,

NOTE Confidence: 0.808959692307692

00:15:39.520 --> 00:15:42.586 so I think it just underscores

NOTE Confidence: 0.808959692307692

00:15:42.590 --> 00:15:43.578 as you mentioned before,

NOTE Confidence: 0.808959692307692

00:15:43.578 --> 00:15:45.675 the need to really be in touch with

NOTE Confidence: 0.808959692307692

00:15:45.675 --> 00:15:47.635 your family medical history if you can,

NOTE Confidence: 0.808959692307692

00:15:47.640 --> 00:15:50.160 and if there is a strong family history,

00:15:50.752 --> 00:15:52.528 consider talking about it with your

NOTE Confidence: 0.808959692307692

00:15:52.528 --> 00:15:54.507 doctor and whether or not a genetics

NOTE Confidence: 0.808959692307692

00:15:54.507 --> 00:15:56.150 referral would be a good idea.

NOTE Confidence: 0.888430238461538

00:15:57.170 --> 00:15:59.305 John, I was

NOTE Confidence: 0.888430238461538

00:15:59.305 --> 00:16:01.160 wondering before the break

NOTE Confidence: 0.888430238461538

00:16:01.160 --> 00:16:03.716 you had mentioned the fact that

NOTE Confidence: 0.888430238461538

00:16:03.716 --> 00:16:05.929 pancreatic cancer can be increased

NOTE Confidence: 0.888430238461538

00:16:05.929 --> 00:16:08.485 in smokers and people who

NOTE Confidence: 0.888430238461538

00:16:08.485 --> 00:16:10.760 have been exposed to asbestos.

NOTE Confidence: 0.888430238461538

00:16:10.760 --> 00:16:13.052 We often think of those factors

NOTE Confidence: 0.888430238461538

00:16:13.052 --> 00:16:15.099 really playing into lung cancer

NOTE Confidence: 0.888430238461538

00:16:15.099 --> 00:16:17.319 as opposed to pancreatic cancer.

NOTE Confidence: 0.888430238461538

00:16:17.320 --> 00:16:21.184 But you also mentioned that one of the

NOTE Confidence: 0.888430238461538

00:16:21.184 --> 00:16:23.590 tumor markers for pancreatic cancer

NOTE Confidence: 0.888430238461538

00:16:23.590 --> 00:16:27.650 that CA 19-9 was one that was

NOTE Confidence: 0.888430238461538

00:16:27.650 --> 00:16:30.670 involved with the bile,

NOTE Confidence: 0.888430238461538

00:16:30.670 --> 00:16:33.750 and so I wonder whether things that

NOTE Confidence: 0.888430238461538

00:16:33.750 --> 00:16:36.858 affect the liver and the biliary

NOTE Confidence: 0.888430238461538

00:16:36.858 --> 00:16:39.628 system also affect pancreatic cancer?

NOTE Confidence: 0.888430238461538

00:16:39.630 --> 00:16:41.430 So are you at increased risk

NOTE Confidence: 0.888430238461538

00:16:41.430 --> 00:16:47.750 for example, if you are heavy on alcohol,

NOTE Confidence: 0.888430238461538

00:16:47.750 --> 00:16:50.690 or if you are obese,

NOTE Confidence: 0.888430238461538

00:16:50.690 --> 00:16:53.120 or if you have diabetes,

NOTE Confidence: 0.888430238461538

00:16:53.120 --> 00:16:55.264 any of those things that we think of

NOTE Confidence: 0.888430238461538

00:16:55.264 --> 00:16:57.698 that go along with liver disease also?

NOTE Confidence: 0.888430238461538

00:16:57.700 --> 00:16:59.395 affect the pancreas and increase

NOTE Confidence: 0.888430238461538

00:16:59.395 --> 00:17:01.090 your risk of pancreatic cancer.

NOTE Confidence: 0.87414772

00:17:01.910 --> 00:17:04.198 So let's take those one at a time.

NOTE Confidence: 0.87414772

00:17:04.200 --> 00:17:06.100 In terms of lifestyle risk,

NOTE Confidence: 0.87414772

00:17:06.100 --> 00:17:08.125 there's been a tremendous amount

NOTE Confidence: 0.87414772

00:17:08.125 --> 00:17:10.815 of study on pancreas cancer and

NOTE Confidence: 0.87414772

00:17:10.815 --> 00:17:12.588 those lifestyle considerations,

NOTE Confidence: 0.87414772

00:17:12.590 --> 00:17:14.907 and some have really not played out

NOTE Confidence: 0.87414772

00:17:14.907 --> 00:17:17.460 or have shown contradictory results.

NOTE Confidence: 0.87414772

00:17:17.460 --> 00:17:18.738 Depending on which study you read.

NOTE Confidence: 0.87414772

00:17:18.740 --> 00:17:20.618 And these are things like certain

NOTE Confidence: 0.87414772

00:17:20.618 --> 00:17:25.770 kinds of tea, red meat, vitamin D, etc.

NOTE Confidence: 0.87414772

00:17:25.770 --> 00:17:28.230 However, alcohol, the chief risk comes

NOTE Confidence: 0.87414772

00:17:28.230 --> 00:17:30.460 from those patients that develop

NOTE Confidence: 0.87414772

00:17:30.460 --> 00:17:32.535 pancreatitis as a result

NOTE Confidence: 0.87414772

00:17:32.535 --> 00:17:34.195 of their alcohol use,

NOTE Confidence: 0.87414772

00:17:34.200 --> 00:17:35.957 as many of your listeners may know,

NOTE Confidence: 0.87414772

00:17:35.960 --> 00:17:37.864 folks can get pancreatitis

NOTE Confidence: 0.87414772

00:17:37.864 --> 00:17:39.768 from heavy alcohol use,

NOTE Confidence: 0.87414772

00:17:39.770 --> 00:17:41.516 or some patients can get it

NOTE Confidence: 0.87414772

00:17:41.516 --> 00:17:42.980 even with mild alcohol use.

NOTE Confidence: 0.87414772

00:17:42.980 --> 00:17:44.576 Now it's not a subtle thing

NOTE Confidence: 0.87414772

00:17:44.576 --> 00:17:45.640 when you get pancreatitis,

NOTE Confidence: 0.87414772

00:17:45.640 --> 00:17:47.370 but for folks that have

NOTE Confidence: 0.87414772

00:17:47.370 --> 00:17:48.408 had multiple episodes,

NOTE Confidence: 0.87414772

00:17:48.410 --> 00:17:51.080 chronic pancreatitis if you will,

NOTE Confidence: 0.87414772

00:17:51.080 --> 00:17:53.439 the risk for pancreas cancer is much,

NOTE Confidence: 0.87414772

00:17:53.440 --> 00:17:54.952 much higher, extremely elevated.

NOTE Confidence: 0.87414772

00:17:54.952 --> 00:17:57.220 That can also happen to patients

NOTE Confidence: 0.87414772

00:17:57.282 --> 00:17:59.112 that have problems with recurrent

NOTE Confidence: 0.87414772

00:17:59.112 --> 00:18:00.942 gallstones that can create a

NOTE Confidence: 0.87414772

00:18:00.950 --> 00:18:02.534 phenomenon called gallstone

NOTE Confidence: 0.87414772

00:18:02.534 --> 00:18:04.514 pancreatitis quite different than the

NOTE Confidence: 0.87414772

00:18:04.514 --> 00:18:06.315 typical benign gallstones that lead

NOTE Confidence: 0.87414772

00:18:06.315 --> 00:18:08.343 to the discomfort people think about

NOTE Confidence: 0.87414772

00:18:08.396 --> 00:18:10.346 when they consider their gallbladder.

NOTE Confidence: 0.87414772

00:18:10.350 --> 00:18:12.306 But when any of those risk

NOTE Confidence: 0.87414772

00:18:12.306 --> 00:18:13.610 factors leads to pancreatitis,

NOTE Confidence: 0.87414772

00:18:13.610 --> 00:18:16.125 the risk for pancreas cancer

NOTE Confidence: 0.87414772

00:18:16.125 --> 00:18:17.634 goes up considerably.

NOTE Confidence: 0.87414772

00:18:17.640 --> 00:18:19.500 With regards to obesity,

NOTE Confidence: 0.87414772

00:18:19.500 --> 00:18:22.790 there is an association with a higher

NOTE Confidence: 0.87414772

00:18:22.790 --> 00:18:26.102 body mass index or risk of obesity

NOTE Confidence: 0.87414772

00:18:26.102 --> 00:18:29.309 that goes along with pancreas cancer.

NOTE Confidence: 0.87414772

00:18:29.310 --> 00:18:30.570 It's not as strong as,

NOTE Confidence: 0.87414772

00:18:30.570 --> 00:18:31.017 say,

NOTE Confidence: 0.87414772

00:18:31.017 --> 00:18:33.699 family history or history of pancreatitis,

NOTE Confidence: 0.87414772

00:18:33.700 --> 00:18:36.675 but it is there and it's particularly

NOTE Confidence: 0.87414772

00:18:36.675 --> 00:18:39.102 notable in patients that have a

NOTE Confidence: 0.87414772

00:18:39.102 --> 00:18:41.608 high BMI or obesity younger in life.

NOTE Confidence: 0.87414772

00:18:41.610 --> 00:18:42.834 And then I believe,

NOTE Confidence: 0.87414772

00:18:42.834 --> 00:18:45.270 the other one you mentioned was diabetes,

NOTE Confidence: 0.87414772

00:18:45.270 --> 00:18:47.256 and this is actually a bit

NOTE Confidence: 0.87414772

00:18:47.256 --> 00:18:48.580 of a confusing area.

NOTE Confidence: 0.87414772

00:18:48.580 --> 00:18:51.748 There is a very strong link with new

NOTE Confidence: 0.87414772

00:18:51.748 --> 00:18:54.168 onset diabetes and pancreas cancer,

NOTE Confidence: 0.87414772

00:18:54.170 --> 00:18:56.970 but all is not as it seems.

NOTE Confidence: 0.87414772

00:18:56.970 --> 00:18:59.960 Certainly that link is there,

NOTE Confidence: 0.87414772

00:18:59.960 --> 00:19:02.914 but most people that have newly diagnosed

NOTE Confidence: 0.87414772

00:19:02.914 --> 00:19:05.809 diabetes do not have pancreas cancer.

NOTE Confidence: 0.87414772

00:19:05.810 --> 00:19:06.272 However,

NOTE Confidence: 0.87414772

00:19:06.272 --> 00:19:09.044 for patients with the pancreas cancer,

NOTE Confidence: 0.87414772

00:19:09.050 --> 00:19:11.186 many of them will develop diabetes,

NOTE Confidence: 0.87414772

00:19:11.190 --> 00:19:12.249 hence the link.

NOTE Confidence: 0.87414772

00:19:12.249 --> 00:19:14.720 It turns out that it probably is

NOTE Confidence: 0.87414772

00:19:14.798 --> 00:19:17.492 not the diabetes itself that is

NOTE Confidence: 0.87414772

00:19:17.492 --> 00:19:19.288 creating the pancreas cancer,

NOTE Confidence: 0.87414772

00:19:19.290 --> 00:19:20.457 but the effect

NOTE Confidence: 0.87414772

00:19:20.457 --> 00:19:22.791 the cancer that's growing in the

NOTE Confidence: 0.87414772

00:19:22.791 --> 00:19:25.511 pancreas has on our ability to

NOTE Confidence: 0.87414772

00:19:25.511 --> 00:19:26.867 metabolize glucose effectively.

NOTE Confidence: 0.87414772

00:19:26.870 --> 00:19:28.082 So in other words,

NOTE Confidence: 0.87414772

00:19:28.082 --> 00:19:29.900 it's not the diabetes that seems

NOTE Confidence: 0.87414772

00:19:29.965 --> 00:19:31.807 to lead to the pancreas cancer.

NOTE Confidence: 0.87414772

00:19:31.810 --> 00:19:32.275 Rather,

NOTE Confidence: 0.87414772

00:19:32.275 --> 00:19:34.600 it's the pancreas cancer leading

NOTE Confidence: 0.87414772

00:19:34.600 --> 00:19:36.460 to the new diabetes.

NOTE Confidence: 0.87414772

00:19:36.460 --> 00:19:36.814 However,

NOTE Confidence: 0.87414772

00:19:36.814 --> 00:19:39.646 that link is not completely clear.

NOTE Confidence: 0.87414772

00:19:39.650 --> 00:19:41.516 It's still again an area of

NOTE Confidence: 0.87414772

00:19:41.516 --> 00:19:42.449 pretty active research.

NOTE Confidence: 0.895158571666667

00:19:42.840 --> 00:19:45.678 The other thing that is interesting,

NOTE Confidence: 0.895158571666667

00:19:45.680 --> 00:19:49.604 I had a friend who not long ago

NOTE Confidence: 0.895158571666667

00:19:49.610 --> 00:19:52.320 was diagnosed with pancreatic cancer,

NOTE Confidence: 0.895158571666667

00:19:52.320 --> 00:19:55.064 and she had been a diabetic all her

NOTE Confidence: 0.895158571666667

00:19:55.064 --> 00:19:58.037 life and one of the things that tipped

NOTE Confidence: 0.895158571666667

00:19:58.037 --> 00:20:00.599 off her doctor to the diagnosis

NOTE Confidence: 0.895158571666667

00:20:00.600 --> 00:20:02.700 was the fact that her diabetes

NOTE Confidence: 0.895158571666667

00:20:02.700 --> 00:20:04.680 became more difficult to control.

NOTE Confidence: 0.895158571666667

00:20:04.680 --> 00:20:07.410 Is that something that people who are

NOTE Confidence: 0.895158571666667

00:20:07.410 --> 00:20:09.014 diabetics should be paying

NOTE Confidence: 0.895158571666667

00:20:09.014 --> 00:20:10.618 attention to as well?

NOTE Confidence: 0.888073775555556

00:20:11.280 --> 00:20:13.200 Yes, and I think that

NOTE Confidence: 0.888073775555556

00:20:13.200 --> 00:20:14.736 illustrates the point perfectly.

NOTE Confidence: 0.888073775555556

00:20:14.740 --> 00:20:17.710 It's not so much that the diabetes was there,

NOTE Confidence: 0.888073775555556

00:20:17.710 --> 00:20:19.330 but it's a sudden change.

NOTE Confidence: 0.888073775555556

00:20:19.330 --> 00:20:21.772 In other words, somebody that wasn't

NOTE Confidence: 0.888073775555556

00:20:21.772 --> 00:20:24.668 diabetic may be in very good shape.

NOTE Confidence: 0.888073775555556

00:20:24.670 --> 00:20:27.148 No other risk factors for diabetes

NOTE Confidence: 0.888073775555556

00:20:27.148 --> 00:20:29.221 suddenly becomes diabetic or somebody

NOTE Confidence: 0.888073775555556

00:20:29.221 --> 00:20:31.699 that had a longtime case of diabetes

NOTE Confidence: 0.888073775555556

00:20:31.699 --> 00:20:34.310 with the medication management being

NOTE Confidence: 0.888073775555556

00:20:34.310 --> 00:20:36.490 very stable,

NOTE Confidence: 0.888073775555556

00:20:36.490 --> 00:20:37.580 suddenly worsening.

NOTE Confidence: 0.918350587894737

00:20:37.720 --> 00:20:40.270 And so all of these are good things to be

NOTE Confidence: 0.918350587894737

00:20:40.339 --> 00:20:43.012 looking for when you go to see your doctor.

NOTE Confidence: 0.918350587894737

00:20:43.020 --> 00:20:45.696 If you're concerned about a potential

NOTE Confidence: 0.918350587894737

00:20:45.696 --> 00:20:47.480 diagnosis of pancreatic cancer,

NOTE Confidence: 0.918350587894737

00:20:47.480 --> 00:20:50.021 which otherwise is a pretty sneaky cancer

NOTE Confidence: 0.918350587894737

00:20:50.021 --> 00:20:53.097 in terms of not really revealing itself.

NOTE Confidence: 0.918350587894737

00:20:53.100 --> 00:20:55.450 How is the diagnosis made?

NOTE Confidence: 0.845137746428572

00:20:55.480 --> 00:20:56.686 Well, generally speaking,

NOTE Confidence: 0.845137746428572

00:20:56.686 --> 00:20:59.098 the diagnosis is made in patients

NOTE Confidence: 0.845137746428572

00:20:59.098 --> 00:21:01.198 that have only subtle symptoms,

NOTE Confidence: 0.845137746428572

00:21:01.200 --> 00:21:03.320 with imaging many times those

NOTE Confidence: 0.845137746428572

00:21:03.320 --> 00:21:05.890 findings that we talked about, say,

NOTE Confidence: 0.845137746428572

00:21:05.890 --> 00:21:08.590 worsening diabetes coupled with weight loss.

NOTE Confidence: 0.845137746428572

00:21:08.590 --> 00:21:10.505 Or new abdominal complaints coupled

NOTE Confidence: 0.845137746428572

00:21:10.505 --> 00:21:13.109 with weight loss will lead to a scan,

NOTE Confidence: 0.845137746428572

00:21:13.110 --> 00:21:16.358 typically a CAT scan or sometimes an MRI,

NOTE Confidence: 0.845137746428572

00:21:16.360 --> 00:21:18.439 and that's usually the first hint that

NOTE Confidence: 0.845137746428572

00:21:18.439 --> 00:21:20.674 there could be something wrong now in

NOTE Confidence: 0.845137746428572

00:21:20.674 --> 00:21:22.594 patients that have new jaundice or

NOTE Confidence: 0.845137746428572

00:21:22.654 --> 00:21:25.069 something that's a little bit more obvious,

NOTE Confidence: 0.845137746428572

00:21:25.070 --> 00:21:26.130 sometimes the diagnosis is

NOTE Confidence: 0.845137746428572

00:21:26.130 --> 00:21:27.190 made in other ways,

NOTE Confidence: 0.845137746428572

00:21:27.190 --> 00:21:28.918 but typically it's imaging.

NOTE Confidence: 0.864161513

00:21:28.950 --> 00:21:30.174 And then what happens?

NOTE Confidence: 0.864161513

00:21:30.174 --> 00:21:32.010 Do these patients get a biopsy?

NOTE Confidence: 0.854587460476191

00:21:32.040 --> 00:21:33.380 Nowadays they typically do,

NOTE Confidence: 0.854587460476191

00:21:33.380 --> 00:21:35.390 and one thing I think that's

NOTE Confidence: 0.854587460476191

00:21:35.451 --> 00:21:37.216 important to highlight here and

NOTE Confidence: 0.854587460476191

00:21:37.216 --> 00:21:39.340 we're sort of segueing into this

NOTE Confidence: 0.854587460476191

00:21:39.340 --> 00:21:42.036 is that this is a cancer that really

NOTE Confidence: 0.854587460476191

00:21:42.036 --> 00:21:44.798 requires a large expert team to manage.

NOTE Confidence: 0.854587460476191

00:21:44.800 --> 00:21:46.762 Now we're talking about radiology here

NOTE Confidence: 0.854587460476191

00:21:46.762 --> 00:21:48.979 with regards to CAT scans and MRIs

NOTE Confidence: 0.854587460476191

00:21:48.980 --> 00:21:50.036 but ultimately when you

NOTE Confidence: 0.854587460476191

00:21:50.036 --> 00:21:51.356 do get a new diagnosis,

NOTE Confidence: 0.854587460476191

00:21:51.360 --> 00:21:54.748 it needs special cat scans and Mris,

NOTE Confidence: 0.854587460476191

00:21:54.750 --> 00:21:56.785 an expert radiologist to interpret

NOTE Confidence: 0.854587460476191

00:21:56.785 --> 00:21:58.820 them with regards to biopsy.

NOTE Confidence: 0.854587460476191

00:21:58.820 --> 00:22:00.956 It's typically done by a gastroenterologist

NOTE Confidence: 0.854587460476191

00:22:00.956 --> 00:22:02.995 and the techniques that they use

NOTE Confidence: 0.854587460476191

00:22:02.995 --> 00:22:04.681 are not the typical techniques they

NOTE Confidence: 0.854587460476191

00:22:04.681 --> 00:22:06.364 use that and discovered ultrasound

NOTE Confidence: 0.854587460476191

00:22:06.364 --> 00:22:08.488 that we were talking about before,

NOTE Confidence: 0.854587460476191

00:22:08.490 --> 00:22:10.434 or they may even need to do a procedure

NOTE Confidence: 0.854587460476191

00:22:10.434 --> 00:22:12.086 on the bile duct or pancreas.

NOTE Confidence: 0.854587460476191

00:22:12.090 --> 00:22:14.040 So these are all expert procedures

NOTE Confidence: 0.854587460476191

00:22:14.040 --> 00:22:16.231 and they really do require a big

NOTE Confidence: 0.854587460476191

00:22:16.231 --> 00:22:18.163 team even before you get to the

NOTE Confidence: 0.854587460476191

00:22:18.226 --> 00:22:20.680 involvement of an oncologist or surgeon.

NOTE Confidence: 0.889085458461539

00:22:20.710 --> 00:22:23.092 And presumably you know these days

NOTE Confidence: 0.889085458461539

00:22:23.092 --> 00:22:26.697 we talk on this show so much about

NOTE Confidence: 0.889085458461539

00:22:26.697 --> 00:22:28.633 personalized medicine and genomics

NOTE Confidence: 0.889085458461539

00:22:28.633 --> 00:22:32.069 and all of the fancy tests and assays.

NOTE Confidence: 0.889085458461539

00:22:32.070 --> 00:22:34.870 Is pancreatic cancer in that realm as well?

NOTE Confidence: 0.889085458461539

00:22:34.870 --> 00:22:36.122 Where

NOTE Confidence: 0.889085458461539

00:22:36.122 --> 00:22:39.193 we've moved so far in terms of the medical

NOTE Confidence: 0.889085458461539

00:22:39.193 --> 00:22:41.443 and surgical management of this disease,

NOTE Confidence: 0.889085458461539

00:22:41.450 --> 00:22:43.220 that there are nuances in

NOTE Confidence: 0.889085458461539

00:22:43.220 --> 00:22:44.636 terms of the pathology?

NOTE Confidence: 0.913988056

00:22:45.430 --> 00:22:46.920 That's a great point,

NOTE Confidence: 0.913988056

00:22:46.920 --> 00:22:50.665 and it certainly applies for pancreas cancer.

NOTE Confidence: 0.913988056

00:22:50.670 --> 00:22:52.210 Just in the last year,

NOTE Confidence: 0.913988056

00:22:52.210 --> 00:22:53.764 I guess a little over a year,

NOTE Confidence: 0.913988056

00:22:53.770 --> 00:22:55.530 the recommendation has come down

NOTE Confidence: 0.913988056

00:22:55.530 --> 00:22:58.001 from the NCI and the National

NOTE Confidence: 0.913988056

00:22:58.001 --> 00:22:59.930 Comprehensive Cancer Network,

00:22:59.930 --> 00:23:02.120 that every patient with a

00:23:04.212 --> 00:23:06.304 diagnosis of pancreas cancer,

00:23:06.310 --> 00:23:07.830 should have a genetics referral

00:23:07.830 --> 00:23:10.131 so that they can see whether any

00:23:10.131 --> 00:23:11.926 of those mutations are present.

00:23:11.930 --> 00:23:13.080 Why are we doing that?

00:23:13.080 --> 00:23:15.194 Well, we have all these new advances,

00:23:15.200 --> 00:23:16.392 including immunotherapy

00:23:16.392 --> 00:23:18.180 and targeted therapies.

00:23:18.180 --> 00:23:20.268 And we're finding that more and

00:23:20.268 --> 00:23:22.172 more patients may have something

00:23:22.172 --> 00:23:24.288 particular to their case that

00:23:24.288 --> 00:23:25.720 will ultimately direct the

00:23:25.720 --> 00:23:27.510 treatment in a specific way.

00:23:31.334 --> 00:23:33.723 And I think the other thing that's

00:23:33.723 --> 00:23:35.818 important to point out here,

41

00:23:35.820 --> 00:23:38.442 and certainly was the case with

NOTE Confidence: 0.91969168

00:23:38.442 --> 00:23:41.256 my friend was she was actually

NOTE Confidence: 0.91969168

00:23:41.256 --> 00:23:43.676 diagnosed in a smaller center.

NOTE Confidence: 0.91969168

00:23:43.680 --> 00:23:46.947 But I encouraged her to get a second opinion,

NOTE Confidence: 0.91969168

00:23:46.950 --> 00:23:50.899 and it changed the diagnosis from

NOTE Confidence: 0.91969168

00:23:50.899 --> 00:23:54.392 the perception that this may be

NOTE Confidence: 0.91969168

00:23:54.392 --> 00:23:57.411 metastatic to the perception that

NOTE Confidence: 0.91969168

00:23:57.411 --> 00:24:00.646 this might not be metastatic and

NOTE Confidence: 0.91969168

00:24:00.646 --> 00:24:02.711 could potentially be resectable with

NOTE Confidence: 0.91969168

00:24:02.711 --> 00:24:05.911 a bit of chemotherapy 1st to see if

NOTE Confidence: 0.91969168

00:24:05.911 --> 00:24:08.450 we could could shrink the disease.

NOTE Confidence: 0.91969168

00:24:08.450 --> 00:24:10.928 So can you talk about kind of

NOTE Confidence: 0.91969168

00:24:10.928 --> 00:24:13.362 getting a second opinion and how

NOTE Confidence: 0.91969168

00:24:13.362 --> 00:24:15.948 important that is and whether it

NOTE Confidence: 0.91969168

00:24:15.948 --> 00:24:18.458 changes things and how frequently?

NOTE Confidence: 0.907034577931034

00:24:19.590 --> 00:24:22.222 It's important for a couple of reasons

NOTE Confidence: 0.907034577931034

00:24:22.222 --> 00:24:25.574 and I don't want to minimize the role

NOTE Confidence: 0.907034577931034

00:24:25.574 --> 00:24:28.632 that every health care provider in system

NOTE Confidence: 0.907034577931034

00:24:28.632 --> 00:24:31.558 has in regards to battling this disease.

NOTE Confidence: 0.907034577931034

00:24:31.560 --> 00:24:34.878 Certainly the diagnosis can be made anywhere,

NOTE Confidence: 0.907034577931034

00:24:34.880 --> 00:24:36.932 but I think the important thing

NOTE Confidence: 0.907034577931034

00:24:36.932 --> 00:24:39.199 is you want to be managed,

NOTE Confidence: 0.907034577931034

00:24:39.200 --> 00:24:41.648 or at least have an opinion from a group

NOTE Confidence: 0.907034577931034

00:24:41.648 --> 00:24:43.870 that treats this disease frequently.

NOTE Confidence: 0.907034577931034

00:24:43.870 --> 00:24:45.683 Because there are a lot of nuances

NOTE Confidence: 0.907034577931034

00:24:45.683 --> 00:24:48.109 and one of them that you mentioned is

NOTE Confidence: 0.907034577931034

00:24:48.109 --> 00:24:50.088 determining whether or not a cancer

NOTE Confidence: 0.907034577931034

00:24:50.088 --> 00:24:52.092 of pancreas cancer can be removed

NOTE Confidence: 0.907034577931034

00:24:52.092 --> 00:24:54.620 with an operation we know with utter

NOTE Confidence: 0.907034577931034

00:24:54.620 --> 00:24:56.900 certainty that the patients that do

NOTE Confidence: 0.907034577931034

00:24:56.974 --> 00:24:59.438 the best are those that can have

NOTE Confidence: 0.907034577931034

00:24:59.438 --> 00:25:01.270 surgery to remove the tumor,

NOTE Confidence: 0.907034577931034

00:25:01.270 --> 00:25:02.470 and sometimes that

NOTE Confidence: 0.907034577931034

00:25:02.470 --> 00:25:04.470 opinion may change depending on

NOTE Confidence: 0.907034577931034

00:25:04.470 --> 00:25:06.449 whether you're at an experienced

NOTE Confidence: 0.907034577931034

00:25:06.449 --> 00:25:07.937 center and quite honestly,

NOTE Confidence: 0.907034577931034

00:25:07.940 --> 00:25:10.550 it might change from one

NOTE Confidence: 0.907034577931034

00:25:10.550 --> 00:25:12.638 experienced center to another.

NOTE Confidence: 0.907034577931034

00:25:12.640 --> 00:25:15.556 The other thing too is that

NOTE Confidence: 0.907034577931034

00:25:15.556 --> 00:25:16.528 multidisciplinary management,

NOTE Confidence: 0.907034577931034

00:25:16.530 --> 00:25:19.380 even if a cancer cannot necessarily

NOTE Confidence: 0.907034577931034

00:25:19.380 --> 00:25:21.605 be removed in pancreas cancer.

NOTE Confidence: 0.907034577931034

00:25:21.605 --> 00:25:23.207 There are many, many,

NOTE Confidence: 0.907034577931034

00:25:23.207 --> 00:25:24.842 many clinical trials with some

NOTE Confidence: 0.907034577931034

00:25:24.842 --> 00:25:26.819 of the newest agents that could

NOTE Confidence: 0.907034577931034

00:25:26.819 --> 00:25:28.334 be available to a patient,

NOTE Confidence: 0.907034577931034

00:25:28.340 --> 00:25:30.905 especially if they're treated at

44

NOTE Confidence: 0.907034577931034

00:25:30.905 --> 00:25:32.957 a comprehensive Cancer Center.

NOTE Confidence: 0.907034577931034

00:25:32.960 --> 00:25:35.327 I think that's a great point.

NOTE Confidence: 0.907034577931034

00:25:35.330 --> 00:25:38.130 And also we know in particular with

NOTE Confidence: 0.907034577931034

00:25:38.130 --> 00:25:40.420 the surgical outcomes folks do better

NOTE Confidence: 0.907034577931034

00:25:40.420 --> 00:25:43.234 if they're at not just a surgeon that

NOTE Confidence: 0.907034577931034

00:25:43.234 --> 00:25:45.880 does a lot of pancreas cancer surgery,

NOTE Confidence: 0.907034577931034

00:25:45.880 --> 00:25:48.390 but at a center that does a lot of surgery

NOTE Confidence: 0.907034577931034

00:25:48.455 --> 00:25:51.149 because of that multi disciplinary component,

NOTE Confidence: 0.907034577931034

00:25:51.150 --> 00:25:52.940 it's the intensive care units,

NOTE Confidence: 0.907034577931034

00:25:52.940 --> 00:25:53.648 the radiologist,

NOTE Confidence: 0.907034577931034

00:25:53.648 --> 00:25:55.418 the gastro neurologist that are

NOTE Confidence: 0.907034577931034

00:25:55.418 --> 00:25:57.610 at a big center that does,

NOTE Confidence: 0.907034577931034

00:25:57.610 --> 00:25:59.776 you know 20-30 ,forty,

NOTE Confidence: 0.907034577931034

00:25:59.780 --> 00:26:03.008 sometimes 100 plus cases a year.

NOTE Confidence: 0.907034577931034

00:26:03.010 --> 00:26:05.404 Those resources will be available

NOTE Confidence: 0.907034577931034

00:26:05.404 --> 00:26:07.428 at those centers and the outcomes

NOTE Confidence: 0.907034577931034

00:26:07.428 --> 00:26:09.619 are better in a commensurate way.

NOTE Confidence: 0.932564912

00:26:10.760 --> 00:26:11.820 And the other thing is,

NOTE Confidence: 0.932564912

00:26:11.820 --> 00:26:14.136 are all pancreatic cancers the same?

NOTE Confidence: 0.932564912

00:26:14.140 --> 00:26:16.513 I mean is this a homogeneous kind

NOTE Confidence: 0.932564912

00:26:16.513 --> 00:26:19.077 of disease or are there nuances

NOTE Confidence: 0.932564912

00:26:19.077 --> 00:26:21.285 and subtleties in terms of the

NOTE Confidence: 0.932564912

00:26:21.359 --> 00:26:24.029 different types of pancreatic cancer?

NOTE Confidence: 0.883512227857143

00:26:25.370 --> 00:26:28.358 There are and I think we talked a little

NOTE Confidence: 0.883512227857143

00:26:28.358 --> 00:26:31.196 bit about how some of the genetics of

NOTE Confidence: 0.883512227857143

00:26:31.196 --> 00:26:33.488 an individual tumor may actually change

NOTE Confidence: 0.883512227857143

00:26:33.488 --> 00:26:35.329 management from patient to patient.

NOTE Confidence: 0.883512227857143

00:26:35.330 --> 00:26:38.053 One thing I would like to mention

NOTE Confidence: 0.883512227857143

00:26:38.053 --> 00:26:40.557 really quickly is that about 75

NOTE Confidence: 0.883512227857143

00:26:40.557 --> 00:26:43.966 to 85% of cancers in the pancreas

NOTE Confidence: 0.883512227857143

00:26:43.966 --> 00:26:46.410 arise with association with a small

NOTE Confidence: 0.883512227857143

00:26:46.410 --> 00:26:49.090 polyp like lesion in the pancreas.

NOTE Confidence: 0.883512227857143

00:26:49.090 --> 00:26:53.568 But about 15 to 20% arise in coordination

NOTE Confidence: 0.883512227857143

00:26:53.568 --> 00:26:56.698 with something called intraductal

NOTE Confidence: 0.883512227857143

00:26:56.698 --> 00:26:58.800 papillary mucinous neoplasms.

NOTE Confidence: 0.883512227857143

00:26:58.800 --> 00:27:01.146 And these pancreas cysts are unique

NOTE Confidence: 0.883512227857143

00:27:01.146 --> 00:27:03.270 because unlike most pancreas cancers,

NOTE Confidence: 0.883512227857143

00:27:03.270 --> 00:27:05.610 we can't detect them prior to

NOTE Confidence: 0.883512227857143

00:27:05.610 --> 00:27:07.800 the emergence of the cancer.

NOTE Confidence: 0.883512227857143

00:27:07.800 --> 00:27:09.600 But these lesions,

NOTE Confidence: 0.883512227857143

00:27:09.600 --> 00:27:12.570 these precancerous cysts can be

NOTE Confidence: 0.883512227857143

00:27:12.570 --> 00:27:16.649 detected on endoscopy or on CAT scans,

NOTE Confidence: 0.883512227857143

00:27:16.650 --> 00:27:18.442 and we really think this might be a

NOTE Confidence: 0.883512227857143

00:27:18.442 --> 00:27:20.821 way to start making a dent in a certain

NOTE Confidence: 0.883512227857143

00:27:20.821 --> 00:27:22.700 fraction of these patients that have

NOTE Confidence: 0.883512227857143

00:27:22.700 --> 00:27:23.230 I PMNS,

NOTE Confidence: 0.883512227857143

00:27:23.230 --> 00:27:25.350 where we might be able to treat them

NOTE Confidence: 0.883512227857143

00:27:25.411 --> 00:27:27.637 prior to the emergence of the cancer.

NOTE Confidence: 0.9002744

00:27:28.930 --> 00:27:30.718 So how would that work John?

NOTE Confidence: 0.9002744

00:27:30.720 --> 00:27:32.960 Is that like you go for

NOTE Confidence: 0.9002744

00:27:32.960 --> 00:27:34.856 your yearly MRI because you're at

NOTE Confidence: 0.9002744

00:27:34.856 --> 00:27:37.161 high risk and they find this cystic

NOTE Confidence: 0.9002744

00:27:37.161 --> 00:27:39.147 lesion and you're able to remove

NOTE Confidence: 0.9002744

00:27:39.147 --> 00:27:41.199 it before it becomes a cancer.

NOTE Confidence: 0.867450647916667

00:27:42.410 --> 00:27:43.457 That's one scenario,

NOTE Confidence: 0.867450647916667

00:27:43.457 --> 00:27:45.202 another scenario that we're seeing

NOTE Confidence: 0.867450647916667

00:27:45.202 --> 00:27:47.139 very commonly as a patient might get a

NOTE Confidence: 0.867450647916667

00:27:47.139 --> 00:27:49.148 CAT scan or an MRI for something else.

NOTE Confidence: 0.867450647916667

00:27:49.150 --> 00:27:50.770 Whether it's back pain or they're

NOTE Confidence: 0.867450647916667

00:27:50.770 --> 00:27:52.753 in a car accident, or any reason.

NOTE Confidence: 0.867450647916667

00:27:52.753 --> 00:27:55.530 And there's a cyst seen in the pancreas,

NOTE Confidence: 0.867450647916667

00:27:55.530 --> 00:27:57.933 and one thing I just want to make sure

NOTE Confidence: 0.867450647916667

00:27:57.933 --> 00:28:00.113 your listeners understand is most

NOTE Confidence: 0.867450647916667

00:28:00.113 --> 00:28:02.423 pancreatic cysts are not precancerous,

00:28:04.460 --> 00:28:06.596 and these precancerous lesions won't

NOTE Confidence: 0.867450647916667

00:28:06.596 --> 00:28:09.266 actually turn into a cancer,

NOTE Confidence: 0.867450647916667

00:28:09.270 --> 00:28:12.498 but some will, so risk stratification,

NOTE Confidence: 0.867450647916667

00:28:12.500 --> 00:28:14.138 and careful decision-making,

NOTE Confidence: 0.867450647916667

00:28:14.138 --> 00:28:16.868 which again takes an experienced,

NOTE Confidence: 0.867450647916667

00:28:16.870 --> 00:28:17.760 multidisciplinary group,

NOTE Confidence: 0.867450647916667

00:28:17.760 --> 00:28:20.875 is really the key to managing them.

NOTE Confidence: 0.867450647916667

00:28:20.880 --> 00:28:23.528 And when we do see one of these

NOTE Confidence: 0.867450647916667

00:28:23.528 --> 00:28:25.129 precancerous cysts, or I PMNS,

NOTE Confidence: 0.867450647916667

00:28:25.129 --> 00:28:27.007 that looks like it might be

NOTE Confidence: 0.867450647916667

00:28:27.007 --> 00:28:28.349 turning into a cancer,

NOTE Confidence: 0.867450647916667

00:28:28.350 --> 00:28:31.054 or perhaps even have a small cancer present,

NOTE Confidence: 0.867450647916667

00:28:31.060 --> 00:28:33.260 we can act on it to remove it

NOTE Confidence: 0.867450647916667

00:28:33.260 --> 00:28:35.915 prior to the emergence of an

NOTE Confidence: 0.867450647916667

00:28:35.915 --> 00:28:37.436 aggressive metastatic cancer.

NOTE Confidence: 0.85299776

00:28:38.110 --> 00:28:40.420 Doctor John Kuntsman is an assistant

NOTE Confidence: 0.85299776

00:28:40.420 --> 00:28:41.960 professor of surgical oncology

NOTE Confidence: 0.85299776

00:28:42.025 --> 00:28:43.807 at the Yale School of Medicine.

NOTE Confidence: 0.85299776

00:28:43.810 --> 00:28:45.934 If you have questions,

NOTE Confidence: 0.85299776

00:28:45.934 --> 00:28:47.984 the address is canceranswers@yale.edu

NOTE Confidence: 0.85299776

00:28:47.984 --> 00:28:50.708 and past editions of the program

NOTE Confidence: 0.85299776

00:28:50.708 --> 00:28:53.078 are available in audio and written

NOTE Confidence: 0.85299776

00:28:53.078 --> 00:28:54.102 form at yalecancercenter.org.

NOTE Confidence: 0.85299776

00:28:54.102 --> 00:28:57.238 We hope you'll join us next week to

NOTE Confidence: 0.85299776

00:28:57.238 --> 00:28:59.629 learn more about the fight against

NOTE Confidence: 0.85299776

00:28:59.629 --> 00:29:02.000 cancer here on Connecticut Public Radio.