WEBVTT

00:00:00.000 --> 00:00:02.380 Support for Yale Cancer Answers

NOTE Confidence: 0.8552833

00:00:02.380 --> 00:00:04.760 comes from AstraZeneca providing

NOTE Confidence: 0.8552833

00:00:04.842 --> 00:00:07.552 important treatment options for women

NOTE Confidence: 0.8552833

00:00:07.552 --> 00:00:10.262 living with advanced ovarian cancer.

NOTE Confidence: 0.8552833

00:00:10.270 --> 00:00:12.310 Learn more at astrazeneca-us.com.

NOTE Confidence: 0.84806246

00:00:14.360 --> 00:00:15.808 Welcome to Yale Cancer

NOTE Confidence: 0.84806246

00:00:15.808 --> 00:00:17.256 Answers with your host

NOTE Confidence: 0.84806246

00:00:17.260 --> 00:00:19.070 Doctor Anees Chagpar.

NOTE Confidence: 0.84806246

00:00:19.070 --> 00:00:21.000 Yale Cancer Answers features the

NOTE Confidence: 0.84806246

00:00:21.000 --> 00:00:23.373 latest information on cancer care by

NOTE Confidence: 0.84806246

00:00:23.373 --> 00:00:24.893 welcoming oncologists and specialists

NOTE Confidence: 0.84806246

00:00:24.893 --> 00:00:27.442 who are on the forefront of the

NOTE Confidence: 0.84806246

00:00:27.442 --> 00:00:29.194 battle to fight cancer. This week

NOTE Confidence: 0.84806246

00:00:29.200 --> 00:00:31.010 it's a conversation about ovarian

NOTE Confidence: 0.84806246

00:00:31.010 --> 00:00:32.820 cancer with doctor Elena Ratner.

NOTE Confidence: 0.84806246

00:00:32.820 --> 00:00:34.806 Doctor Ratner is an associate professor

NOTE Confidence: 0.84806246

00:00:34.806 --> 00:00:36.800 in the Department of obstetrics,

NOTE Confidence: 0.84806246

00:00:36.800 --> 00:00:37.184 gynecology,

NOTE Confidence: 0.84806246

00:00:37.184 --> 00:00:38.720 and Reproductive Sciences at

NOTE Confidence: 0.84806246

00:00:38.720 --> 00:00:40.640 the Yale School of Medicine

NOTE Confidence: 0.84806246

00:00:40.703 --> 00:00:42.701 where doctor Chagpar is a

NOTE Confidence: 0.84806246

00:00:42.701 --> 00:00:44.033 professor of surgical oncology.

NOTE Confidence: 0.88827705

00:00:45.220 --> 00:00:47.300 Maybe you could start off by telling

NOTE Confidence: 0.88827705

00:00:47.300 --> 00:00:50.066 us a little bit more about ovarian cancer.

NOTE Confidence: 0.88827705

00:00:50.070 --> 00:00:52.815 I know that a lot of people have heard

NOTE Confidence: 0.88827705

00:00:52.815 --> 00:00:55.213 about it, but they may not know as much

NOTE Confidence: 0.88827705

00:00:55.213 --> 00:00:57.949 about it as they know about other cancers.

NOTE Confidence: 0.88827705

00:00:57.950 --> 00:00:59.460 So what exactly is it?

NOTE Confidence: 0.88827705

00:00:59.460 --> 00:01:01.278 How common is it, and who

NOTE Confidence: 0.88827705

00:01:01.280 --> 00:01:03.098 gets it?

NOTE Confidence: 0.88827705

00:01:03.100 --> 00:01:04.756 Perfect questions to start with

NOTE Confidence: 0.88827705

00:01:04.756 --> 00:01:07.157 and it is so wonderful to be able

NOTE Confidence: 0.88827705

00:01:07.157 --> 00:01:09.373 to discuss this with you today and

NOTE Confidence: 0.88827705

00:01:09.373 --> 00:01:11.564 with our listeners as it is ovarian

NOTE Confidence: 0.88827705

00:01:11.564 --> 00:01:13.594 cancer month and we're trying to

NOTE Confidence: 0.88827705

00:01:13.594 --> 00:01:15.349 raise awareness for this cancer.

NOTE Confidence: 0.88827705

00:01:15.350 --> 00:01:17.590 Ovarian cancer overall

NOTE Confidence: 0.88827705

00:01:17.590 --> 00:01:19.820 is not very common,

NOTE Confidence: 0.88827705

00:01:19.820 --> 00:01:22.050 only 1.4% of lifetime risk

NOTE Confidence: 0.88827705

00:01:22.050 --> 00:01:23.834 of getting the cancer,

NOTE Confidence: 0.88827705

00:01:23.840 --> 00:01:26.522 and this cancer is more prevalent

NOTE Confidence: 0.88827705

00:01:26.522 --> 00:01:27.863 in certain groups.

NOTE Confidence: 0.88827705

00:01:27.870 --> 00:01:30.155 Genetic predisposition plays a very

NOTE Confidence: 0.88827705

00:01:30.155 --> 00:01:32.892 important role as to some other

NOTE Confidence: 0.88827705

00:01:32.892 --> 00:01:35.884 factors that I'm sure you and I will

NOTE Confidence: 0.88827705

00:01:35.884 --> 00:01:39.036 discuss today during our conversation.

NOTE Confidence: 0.88827705

00:01:39.040 --> 00:01:41.465 But the important thing about

NOTE Confidence: 0.88827705

00:01:41.465 --> 00:01:43.890 ovarian cancer is that unfortunately

NOTE Confidence: 0.88827705

00:01:43.963 --> 00:01:45.798 it still continues to be

NOTE Confidence: 0.88827705

00:01:45.800 --> 00:01:47.129 a very deadly cancer.

NOTE Confidence: 0.88827705

00:01:47.129 --> 00:01:49.787 24,000 women get this cancer yearly

NOTE Confidence: 0.88827705

00:01:49.787 --> 00:01:52.925 in the United States and as high as

NOTE Confidence: 0.88827705

00:01:52.925 --> 00:01:55.318 16,000 women die from this cancer

NOTE Confidence: 0.88827705

00:01:55.318 --> 00:01:58.097 and the reason for that is because,

NOTE Confidence: 0.88827705

00:01:58.100 --> 00:01:58.484 unfortunately,

NOTE Confidence: 0.88827705

00:01:58.484 --> 00:02:01.172 this is a cancer that is very

NOTE Confidence: 0.88827705

00:02:01.172 --> 00:02:03.019 difficult to diagnose early.

NOTE Confidence: 0.88827705

00:02:03.020 --> 00:02:06.710 We used to say that this is the cancer

NOTE Confidence: 0.88827705

00:02:06.710 --> 00:02:07.662 that whispers,

NOTE Confidence: 0.88827705

00:02:07.662 --> 00:02:10.042 and during our conversation today

NOTE Confidence: 0.88827705

00:02:10.042 --> 00:02:13.189 I would like to prove to you that

NOTE Confidence: 0.88827705

00:02:13.189 --> 00:02:15.364 is not the case, but nevertheless,

NOTE Confidence: 0.88827705

00:02:15.364 --> 00:02:16.660 these cancers, unfortunately

NOTE Confidence: 0.88827705

00:02:16.660 --> 00:02:20.128 are frequently diagnosed at a later stage.

NOTE Confidence: 0.88827705

00:02:20.130 --> 00:02:22.216 And even though most of them respond

NOTE Confidence: 0.88827705

00:02:22.216 --> 00:02:24.400 very nicely to chemotherapy upfront,

NOTE Confidence: 0.88827705

00:02:24.400 --> 00:02:26.180 this is a very, very smart

NOTE Confidence: 0.88827705

00:02:26.180 --> 00:02:27.716 cancer and unfortunately they

NOTE Confidence: 0.88827705

00:02:27.716 --> 00:02:30.020 learn how to resist the treatment

NOTE Confidence: 0.88827705

00:02:30.088 --> 00:02:31.168 that we give them.

NOTE Confidence: 0.88827705

00:02:31.170 --> 00:02:33.300 And again, during our conversation today,

NOTE Confidence: 0.88827705

00:02:33.300 --> 00:02:35.281 I would like to discuss with you

NOTE Confidence: 0.88827705

00:02:35.281 --> 00:02:37.953 as to how the treatment for this

NOTE Confidence: 0.88827705

00:02:37.953 --> 00:02:39.705 cancer is really improving,

NOTE Confidence: 0.88827705

00:02:39.710 --> 00:02:41.798 and there's so many new treatments

NOTE Confidence: 0.88827705

00:02:41.798 --> 00:02:43.985 and new ways of management that

NOTE Confidence: 0.88827705

00:02:43.985 --> 00:02:46.519 we are using now that we didn't

NOTE Confidence: 0.88827705

00:02:46.519 --> 00:02:48.967 have six months ago, two years ago.

NOTE Confidence: 0.88827705

00:02:48.970 --> 00:02:49.760 So the

NOTE Confidence: 0.88827705

00:02:49.760 --> 00:02:52.525 outlook for this cancer looks very bright,

NOTE Confidence: 0.88827705

00:02:52.530 --> 00:02:54.426 but this is a very important

NOTE Confidence: 0.88827705

00:02:54.426 --> 00:02:56.700 cancer to be aware of because we,

NOTE Confidence: 0.88827705

00:02:56.700 --> 00:02:58.710 as women are our best advocates

NOTE Confidence: 0.88827705

00:02:58.710 --> 00:03:01.000 and we are fighters for our own

NOTE Confidence: 0.88827705

00:03:01.000 --> 00:03:02.475 lives and our own bodies.

NOTE Confidence: 0.88827705

00:03:02.480 --> 00:03:05.048 And that's why it's very important to know

NOTE Confidence: 0.88827705

00:03:05.050 --> 00:03:06.982 about this cancer and to know

NOTE Confidence: 0.88827705

00:03:06.982 --> 00:03:08.580 what symptoms to look out for.

NOTE Confidence: 0.87350696

00:03:09.280 --> 00:03:11.935 A lot to cover

NOTE Confidence: 0.87350696

00:03:11.935 --> 00:03:14.519 in this show and I'm really

NOTE Confidence: 0.87350696

00:03:14.519 --> 00:03:16.714 excited to talk about this.

NOTE Confidence: 0.87350696

00:03:16.720 --> 00:03:18.946 So let's start with risk factors.

NOTE Confidence: 0.87350696

00:03:18.950 --> 00:03:20.810 Who gets ovarian cancer?

NOTE Confidence: 0.87350696

00:03:20.810 --> 00:03:23.242 Are all women equally at risk or are

NOTE Confidence: 0.87350696

00:03:23.242 --> 00:03:25.647 there some things that really predispose

NOTE Confidence: 0.87350696

00:03:25.647 --> 00:03:28.245 some women to getting ovarian cancer?

NOTE Confidence: 0.87350696

00:03:28.250 --> 00:03:30.110 You mentioned for example, genetics.

NOTE Confidence: 0.8655727

00:03:31.600 --> 00:03:33.705 Yes, there's definitely factors that

NOTE Confidence: 0.8655727

00:03:33.705 --> 00:03:36.839 increase your risk of getting ovarian cancer.

NOTE Confidence: 0.8655727

00:03:36.840 --> 00:03:39.095 We now understand that genetics

NOTE Confidence: 0.8655727

00:03:39.095 --> 00:03:41.830 play such an important role in

NOTE Confidence: 0.8655727

00:03:41.830 --> 00:03:43.835 the old cancers most likely,

NOTE Confidence: 0.8655727

00:03:43.840 --> 00:03:46.456 but definitely for ovarian cancer,

NOTE Confidence: 0.8655727

00:03:46.460 --> 00:03:49.724 and it's not just for women who have

NOTE Confidence: 0.8655727

00:03:49.724 --> 00:03:52.138 family history of ovarian cancers.

NOTE Confidence: 0.8655727

00:03:52.140 --> 00:03:54.672 We know that there's genetic mutations

NOTE Confidence: 0.8655727

00:03:54.672 --> 00:03:57.268 that increase your risk of ovarian

NOTE Confidence: 0.8655727

00:03:57.268 --> 00:03:59.764 cancer and breast cancer and pancreatic

NOTE Confidence: 0.8655727

00:03:59.764 --> 00:04:02.708 cancer and melanoma and prostate cancer in men.

NOTE Confidence: 0.8655727

00:04:02.710 --> 00:04:05.798 When we talk about genetic

NOTE Confidence: 0.8655727

00:04:05.798 --> 00:04:07.655 predisposition and when I talk

NOTE Confidence: 0.8655727

00:04:07.655 --> 00:04:09.677 to women about their risks,

NOTE Confidence: 0.8655727

00:04:09.680 --> 00:04:11.690 I don't just ask whether somebody

NOTE Confidence: 0.8655727

00:04:11.690 --> 00:04:14.089 in the family had ovarian cancer,

NOTE Confidence: 0.8655727

00:04:14.090 --> 00:04:16.292 even though of course that itself

NOTE Confidence: 0.8655727

00:04:16.292 --> 00:04:17.760 would be a risk factor,

NOTE Confidence: 0.8655727

00:04:17.760 --> 00:04:19.896 but it's more what other cancers

NOTE Confidence: 0.8655727

00:04:19.896 --> 00:04:22.874 run in the family. Is there a

NOTE Confidence: 0.8655727

00:04:22.874 --> 00:04:25.094 family member who had breast cancer?

NOTE Confidence: 0.8655727

00:04:25.100 --> 00:04:27.460 Is there anybody who is a male who

NOTE Confidence: 0.8655727

00:04:27.460 --> 00:04:29.742 had breast cancer and those

NOTE Confidence: 0.8655727

00:04:29.742 --> 00:04:32.178 cancers are suspicious for BRCA

NOTE Confidence: 0.8655727

00:04:32.251 --> 00:04:33.169 gene mutation.

NOTE Confidence: 0.8655727

00:04:33.170 --> 00:04:35.634 There's been quite a bit in the

NOTE Confidence: 0.8655727

00:04:35.634 --> 00:04:37.720 news about the BRCA gene mutation over

NOTE Confidence: 0.8655727

00:04:37.720 --> 00:04:40.060 the past five years or so,

NOTE Confidence: 0.8655727

00:04:40.060 --> 00:04:41.230 as you remember,

NOTE Confidence: 0.8655727

00:04:41.230 --> 00:04:42.010 Angelina Jolie,

NOTE Confidence: 0.8655727

00:04:42.010 --> 00:04:44.086 who has one of these mutations

NOTE Confidence: 0.8655727

00:04:44.086 --> 00:04:46.446 and a number of different

NOTE Confidence: 0.8655727

00:04:46.446 --> 00:04:48.246 New York Times Editorials,

NOTE Confidence: 0.8655727

00:04:48.250 --> 00:04:49.810 talking about her experience

NOTE Confidence: 0.8655727

00:04:49.810 --> 00:04:50.980 with the Mutation.

NOTE Confidence: 0.8655727

00:04:50.980 --> 00:04:53.710 So it's called the Angelina Jolie effect.

NOTE Confidence: 0.8655727

00:04:53.710 --> 00:04:56.286 And now there's much more known about

NOTE Confidence: 0.8655727

00:04:56.286 --> 00:04:58.886 this mutation and about how women with

NOTE Confidence: 0.8655727

00:04:58.886 --> 00:05:01.538 this mutation have a higher risk of

NOTE Confidence: 0.8655727

00:05:01.538 --> 00:05:04.238 developing ovarian cancer and breast cancer,

NOTE Confidence: 0.8655727

00:05:04.240 --> 00:05:04.956 for example.

NOTE Confidence: 0.8655727

00:05:04.956 --> 00:05:06.746 But there's a mutation is

NOTE Confidence: 0.8655727

00:05:06.746 --> 00:05:09.040 just one of those mutations.

NOTE Confidence: 0.8655727

00:05:09.040 --> 00:05:11.025 There's many other mutations that

NOTE Confidence: 0.8655727

00:05:11.025 --> 00:05:13.570 predispose you to getting these cancers.

NOTE Confidence: 0.8655727

00:05:13.570 --> 00:05:16.286 That's why nowadays it is so important

NOTE Confidence: 0.8655727

00:05:16.286 --> 00:05:19.435 to know your family history and to

NOTE Confidence: 0.8655727

00:05:19.435 --> 00:05:22.771 know where you come from and to know

NOTE Confidence: 0.8655727

00:05:22.771 --> 00:05:25.021 what possible genetic mutations you

NOTE Confidence: 0.8655727

00:05:25.021 --> 00:05:27.578 might have that might predispose you

NOTE Confidence: 0.8655727

00:05:27.578 --> 00:05:30.050 to having higher risk of different

NOTE Confidence: 0.875941

00:05:30.050 --> 00:05:32.110 cancers. In particular, ovarian cancer.

NOTE Confidence: 0.875941

00:05:32.110 --> 00:05:34.170 So that's important.

NOTE Confidence: 0.875941

00:05:34.170 --> 00:05:36.564 But you know, for women who may

NOTE Confidence: 0.875941

00:05:36.564 --> 00:05:39.175 not have a BRCA gene mutation

NOTE Confidence: 0.875941

00:05:39.175 --> 00:05:41.511 running in their family, or

NOTE Confidence: 0.875941

00:05:41.511 --> 00:05:44.159 who may not have a family history of

NOTE Confidence: 0.875941

00:05:44.159 --> 00:05:47.043 any cancers or for those who really

NOTE Confidence: 0.875941

00:05:47.043 --> 00:05:49.380 don't know their family history,

NOTE Confidence: 0.875941

00:05:49.380 --> 00:05:51.366 maybe they were adopted

NOTE Confidence: 0.875941

00:05:51.366 --> 00:05:53.617 or have come from families where

NOTE Confidence: 0.875941

00:05:53.617 --> 00:05:56.173 they really haven't gotten any of

NOTE Confidence: 0.875941

00:05:56.173 --> 00:05:58.629 that knowledge passed on to them

NOTE Confidence: 0.875941

00:05:58.629 --> 00:06:00.544 before people passed away,

NOTE Confidence: 0.875941

00:06:00.550 --> 00:06:02.710 are there other risk factors that

NOTE Confidence: 0.875941

00:06:02.710 --> 00:06:05.169 also play into your ovarian cancer

NOTE Confidence: 0.883674632

00:06:05.170 --> 00:06:07.930 risk?

NOTE Confidence: 0.883674632

00:06:07.930 --> 00:06:09.946 Yes, and so much of this

00:06:14.288 --> 00:06:15.347 is truly individualized.

NOTE Confidence: 0.883674632

00:06:15.350 --> 00:06:17.110 You know there's no formula.

NOTE Confidence: 0.883674632

00:06:17.110 --> 00:06:19.228 There's no specific check list.

NOTE Confidence: 0.883674632

00:06:19.230 --> 00:06:21.598 It is really just talking to women and

NOTE Confidence: 0.883674632

00:06:21.598 --> 00:06:24.517 kind of understanding what are their risks.

NOTE Confidence: 0.883674632

00:06:24.520 --> 00:06:26.806 What are the protective things that

NOTE Confidence: 0.883674632

00:06:26.806 --> 00:06:29.883 they bring to the table when we

NOTE Confidence: 0.883674632

00:06:29.883 --> 00:06:32.640 look for the risks of ovarian cancer.

NOTE Confidence: 0.883674632

00:06:32.640 --> 00:06:33.585 So for example,

NOTE Confidence: 0.883674632

00:06:33.585 --> 00:06:36.530 women who have had a lot of children,

NOTE Confidence: 0.883674632

00:06:36.530 --> 00:06:38.318 it is very protective.

NOTE Confidence: 0.883674632

00:06:38.318 --> 00:06:41.880 For anybody who has had five children,

NOTE Confidence: 0.883674632

00:06:41.880 --> 00:06:44.760 that decreases their risk to 50%.

NOTE Confidence: 0.883674632

00:06:44.760 --> 00:06:47.598 Anybody who breastfed each one

NOTE Confidence: 0.883674632

00:06:47.598 --> 00:06:50.573 of their five children for five

NOTE Confidence: 0.883674632

00:06:50.573 --> 00:06:53.063 years cumulatively has a decreased

NOTE Confidence: 0.883674632

00:06:53.063 --> 00:06:55.829 risk of ovarian cancer by 50%.

NOTE Confidence: 0.883674632

00:06:55.830 --> 00:06:58.710 Women who use birth control pills, those

NOTE Confidence: 0.883674632

00:07:00.153 --> 00:07:03.039 are incredibly protective for ovarian cancer.

NOTE Confidence: 0.883674632

00:07:03.040 --> 00:07:05.445 Every opportunity I get and every

NOTE Confidence: 0.883674632

00:07:05.445 --> 00:07:07.850 girlfriend that I talk to,

NOTE Confidence: 0.883674632

00:07:07.850 --> 00:07:09.038 I always tell

NOTE Confidence: 0.883674632

00:07:09.038 --> 00:07:11.414 my listeners and my patients and

NOTE Confidence: 0.883674632

00:07:11.414 --> 00:07:14.612 my friends

NOTE Confidence: 0.883674632

00:07:14.612 --> 00:07:17.415 try to use birth control

NOTE Confidence: 0.883674632

00:07:17.415 --> 00:07:20.121 pills for five years if they can.

NOTE Confidence: 0.883674632

00:07:20.121 --> 00:07:22.347 Anybody who uses birth control pills

NOTE Confidence: 0.883674632

00:07:22.347 --> 00:07:24.242 for five years decreases their

NOTE Confidence: 0.883674632

00:07:24.242 --> 00:07:26.720 risk of ovarian cancer by 50%.

NOTE Confidence: 0.883674632

00:07:26.720 --> 00:07:29.429 Anybody who uses it for 10 years

NOTE Confidence: 0.883674632

00:07:29.429 --> 00:07:31.858 decreases it for as high as 80%.

NOTE Confidence: 0.883674632

00:07:31.860 --> 00:07:34.122 Anybody who uses for 15 years

NOTE Confidence: 0.883674632

00:07:34.122 --> 00:07:36.628 decreases it for as high as 90%.

NOTE Confidence: 0.883674632

00:07:36.630 --> 00:07:39.282 So the benefit is really quite

NOTE Confidence: 0.883674632

00:07:39.282 --> 00:07:41.988 astounding as to what we can do.

NOTE Confidence: 0.883674632

00:07:41.990 --> 00:07:44.342 Women who had their

NOTE Confidence: 0.883674632

00:07:44.342 --> 00:07:46.184 fallopian tubes removed,

NOTE Confidence: 0.883674632

00:07:46.184 --> 00:07:48.508 in the older days we used to

NOTE Confidence: 0.883674632

00:07:48.508 --> 00:07:50.219 do tubal ligations.

NOTE Confidence: 0.883674632

00:07:50.220 --> 00:07:50.570 Now,

NOTE Confidence: 0.883674632

00:07:50.570 --> 00:07:52.670 in many cases we actually would

NOTE Confidence: 0.883674632

00:07:52.670 --> 00:07:55.173 take out the fallopian tube and

NOTE Confidence: 0.883674632

00:07:55.173 --> 00:07:57.005 that significantly decreases your

NOTE Confidence: 0.883674632

00:07:57.005 --> 00:07:59.602 risk for as high as 70%.

NOTE Confidence: 0.883674632

00:07:59.602 --> 00:08:00.326 The hysterectomy,

NOTE Confidence: 0.883674632

00:08:00.326 --> 00:08:02.860 even if there is some left behind

NOTE Confidence: 0.883674632

00:08:02.922 --> 00:08:05.117 that significantly decreases their risk,

NOTE Confidence: 0.883674632

00:08:05.120 --> 00:08:07.856 so there's a number of different

NOTE Confidence: 0.883674632

00:08:07.856 --> 00:08:10.091 protective factors that one can

NOTE Confidence: 0.883674632

00:08:10.091 --> 00:08:12.415 do to try to decrease the risk.

NOTE Confidence: 0.883674632

00:08:17.484 --> 00:08:19.194 There's two different ways that

NOTE Confidence: 0.883674632

00:08:19.194 --> 00:08:21.549 we now think about ovarian cancer,

NOTE Confidence: 0.883674632

00:08:21.550 --> 00:08:23.415 the traditional theory of ovarian

NOTE Confidence: 0.883674632

00:08:23.415 --> 00:08:26.006 cancer was that the more times that

NOTE Confidence: 0.883674632

00:08:26.006 --> 00:08:27.980 the woman ovulates, the more

NOTE Confidence: 0.883674632

00:08:27.980 --> 00:08:30.218 risk of developing cancer of the

NOTE Confidence: 0.883674632

00:08:30.218 --> 00:08:32.492 ovaries and that's why anytime when

NOTE Confidence: 0.883674632

00:08:32.500 --> 00:08:34.690 you are not ovulating whether

NOTE Confidence: 0.883674632

00:08:34.690 --> 00:08:36.146 it's pregnancy or breastfeeding

NOTE Confidence: 0.883674632

00:08:36.146 --> 00:08:37.966 or your birth control pills,

NOTE Confidence: 0.883674632

00:08:37.970 --> 00:08:39.434 that decreases your risk.

NOTE Confidence: 0.883674632

00:08:39.434 --> 00:08:41.630 The newer thought is that ovarian

NOTE Confidence: 0.883674632

00:08:41.697 --> 00:08:43.157 cancers might not actually

NOTE Confidence: 0.883674632

00:08:43.157 --> 00:08:44.982 be ovarian cancers at all.

NOTE Confidence: 0.883674632

00:08:44.990 --> 00:08:46.890 They actually might be fallopian

NOTE Confidence: 0.883674632

00:08:46.890 --> 00:08:48.780 tube cancers that then subsequently

NOTE Confidence: 0.883674632

00:08:48.780 --> 00:08:51.060 spread to the ovaries and that's

NOTE Confidence: 0.883674632

00:08:51.060 --> 00:08:52.986 why it is so important that

NOTE Confidence: 0.883674632

00:08:52.986 --> 00:08:54.840 if you're having hysterectomy,

NOTE Confidence: 0.883674632

00:08:54.840 --> 00:08:57.500 fallopian tubes do not have a purpose.

NOTE Confidence: 0.883674632

00:08:57.500 --> 00:08:57.878 Ovaries,

NOTE Confidence: 0.883674632

00:08:57.878 --> 00:09:00.902 of course do because they give you hormones,

NOTE Confidence: 0.883674632

00:09:00.910 --> 00:09:01.999 but fallopian tubes,

NOTE Confidence: 0.883674632

00:09:01.999 --> 00:09:04.177 the only purpose

NOTE Confidence: 0.883674632

00:09:04.177 --> 00:09:06.482 is for pregnancy so many times

NOTE Confidence: 0.883674632

00:09:06.482 --> 00:09:07.982 where women have hysterectomies

NOTE Confidence: 0.883674632

00:09:07.982 --> 00:09:10.000 their ovaries left behind.

NOTE Confidence: 0.883674632

00:09:10.000 --> 00:09:11.182 It is very,

NOTE Confidence: 0.883674632

00:09:11.182 --> 00:09:13.152 very important that the fallopian

NOTE Confidence: 0.883674632

00:09:13.152 --> 00:09:15.159 tubes are removed as well.

NOTE Confidence: 0.883674632

00:09:15.160 --> 00:09:17.876 Or, if the fallopian tubes are tied,

NOTE Confidence: 0.883674632

00:09:17.880 --> 00:09:19.880 that it gets

NOTE Confidence: 0.883674632

00:09:19.880 --> 00:09:21.880 removed rather than just tying

NOTE Confidence: 0.83647716

00:09:21.949 --> 00:09:24.457 it, because we now know that a great

NOTE Confidence: 0.83647716

00:09:24.457 --> 00:09:26.463 number of these cancers originate

NOTE Confidence: 0.83647716

00:09:26.463 --> 00:09:29.520 in the fallopian tubes. So if those

NOTE Confidence: 0.83647716

00:09:29.520 --> 00:09:31.455 are removed, then the risk

NOTE Confidence: 0.83647716

00:09:31.455 --> 00:09:32.616 is significantly decreased.

NOTE Confidence: 0.83647716

00:09:32.620 --> 00:09:33.814 All great information.

NOTE Confidence: 0.83647716

00:09:33.814 --> 00:09:36.202 Now let's suppose you've tried to

NOTE Confidence: 0.83647716

00:09:36.202 --> 00:09:38.006 minimize your risk, but still,

NOTE Confidence: 0.83647716

00:09:38.006 --> 00:09:40.910 one of the things that you

NOTE Confidence: 0.83647716

00:09:40.997 --> 00:09:44.091 mentioned is that the part of ovarian

NOTE Confidence: 0.83647716

00:09:44.091 --> 00:09:46.849 cancer that causes death is because

NOTE Confidence: 0.83647716

00:09:46.850 --> 00:09:49.636 it's caught late, and

NOTE Confidence: 0.83647716

00:09:49.640 --> 00:09:52.433 we know for many cancers that there

NOTE Confidence: 0.83647716

00:09:52.433 --> 00:09:54.030 is effective screening, right?

NOTE Confidence: 0.83647716

00:09:54.030 --> 00:09:55.630 We're heading into October.

NOTE Confidence: 0.83647716

00:09:55.630 --> 00:09:56.818 Breast cancer awareness.

NOTE Confidence: 0.83647716

00:09:56.818 --> 00:10:00.120 We all know that mammograms help us find

NOTE Confidence: 0.83647716

00:10:00.120 --> 00:10:01.788 breast cancer early.

NOTE Confidence: 0.83647716

00:10:01.788 --> 00:10:03.456 What do we have

NOTE Confidence: 0.83647716

00:10:03.460 --> 00:10:06.106 or do we have anything in terms

NOTE Confidence: 0.83647716

00:10:06.106 --> 00:10:08.707 of screening to help women to

NOTE Confidence: 0.83647716

00:10:08.707 --> 00:10:10.547 find ovarian cancer early?

NOTE Confidence: 0.83647716

00:10:10.550 --> 00:10:11.380 So that's

NOTE Confidence: 0.8865762

00:10:11.380 --> 00:10:13.876 exactly the trouble with ovarian cancer,

NOTE Confidence: 0.8865762

00:10:13.880 --> 00:10:16.498 and that's why we talk so much

NOTE Confidence: 0.8865762

00:10:16.498 --> 00:10:18.623 about ovarian cancer prevention with

NOTE Confidence: 0.8865762

00:10:18.623 --> 00:10:21.395 identifying risks and trying to do

NOTE Confidence: 0.8865762

00:10:21.395 --> 00:10:24.310 anything you can to decrease your risk,

NOTE Confidence: 0.8865762

00:10:24.310 --> 00:10:25.118 because unfortunately,

NOTE Confidence: 0.8865762

00:10:25.118 --> 00:10:27.946 we do not have as good of

NOTE Confidence: 0.8865762

00:10:27.946 --> 00:10:30.378 a test for ovarian cancer

NOTE Confidence: 0.8865762

00:10:30.380 --> 00:10:33.418 as we do for breast cancer with

NOTE Confidence: 0.8865762

00:10:33.418 --> 00:10:36.480 mammograms and there

NOTE Confidence: 0.8865762

00:10:36.480 --> 00:10:40.199 is a lot of literature that shows that

NOTE Confidence: 0.8865762

00:10:40.199 --> 00:10:43.583 there's really no benefit to doing

NOTE Confidence: 0.8865762

00:10:43.583 --> 00:10:46.316 routine ultrasounds for normal risk

NOTE Confidence: 0.8865762

00:10:46.316 --> 00:10:48.444 population because unfortunately

NOTE Confidence: 0.8865762

00:10:48.444 --> 00:10:50.952 ultrasounds even in combination with

NOTE Confidence: 0.8865762

00:10:50.952 --> 00:10:54.280 a tumor marker blood test called CA 125,

NOTE Confidence: 0.8865762

00:10:54.280 --> 00:10:56.870 there's literature that in the

NOTE Confidence: 0.8865762

00:10:56.870 --> 00:10:59.460 normal population that does not

NOTE Confidence: 0.8865762

00:10:59.553 --> 00:11:01.978 help you detect cancer early.

NOTE Confidence: 0.8865762

00:11:01.980 --> 00:11:03.768 And on the contrary,

NOTE Confidence: 0.8865762

00:11:03.768 --> 00:11:06.003 pushes women to have more

NOTE Confidence: 0.8865762

00:11:06.003 --> 00:11:07.150 unnecessary surgery.

NOTE Confidence: 0.8865762

00:11:07.150 --> 00:11:11.380 But that's not the case for high risk women.

NOTE Confidence: 0.8865762

00:11:11.380 --> 00:11:14.980 For women who are at higher risk for whatever

NOTE Confidence: 0.8865762

00:11:14.980 --> 00:11:18.426 risk factors that we discussed previously,

NOTE Confidence: 0.8865762

00:11:18.430 --> 00:11:20.895 then ultrasounds combined with this

NOTE Confidence: 0.8865762

00:11:20.895 --> 00:11:24.538 blood test called CA 125 are a benefit,

NOTE Confidence: 0.8865762

00:11:24.540 --> 00:11:27.360 but unfortunately still very limited.

NOTE Confidence: 0.8865762

00:11:27.360 --> 00:11:30.622 That's why it is so important for

NOTE Confidence: 0.8865762

00:11:30.622 --> 00:11:32.990 this ovarian cancer awareness

NOTE Confidence: 0.8865762

00:11:32.990 --> 00:11:35.496 to exist and for women to know

NOTE Confidence: 0.8865762

00:11:35.496 --> 00:11:37.390 the signs and symptoms for

NOTE Confidence: 0.8865762

00:11:37.390 --> 00:11:39.355 ovarian cancer because that is

NOTE Confidence: 0.8865762

00:11:39.355 --> 00:11:41.816 really the best screening or the

NOTE Confidence: 0.8865762

00:11:41.816 --> 00:11:43.946 best early detection and risk

NOTE Confidence: 0.8865762

00:11:43.946 --> 00:11:46.439 reduction is through awareness of the

NOTE Confidence: 0.8865762

00:11:46.439 --> 00:11:48.587 symptoms and listening to your body.

NOTE Confidence: 0.8865762

00:11:48.590 --> 00:11:50.990 And so one of the things

NOTE Confidence: 0.8691988

00:11:50.990 --> 00:11:53.678 that you said at the outset is that

NOTE Confidence: 0.8691988

00:11:53.678 --> 00:11:56.169 for many years ovarian cancer was

NOTE Confidence: 0.8691988

00:11:56.169 --> 00:11:58.779 thought about as the cancer that

NOTE Confidence: 0.8691988

00:11:58.863 --> 00:12:01.747 whispers because so many of the signs

NOTE Confidence: 0.8691988

00:12:01.747 --> 00:12:04.214 and symptoms may be things that

NOTE Confidence: 0.8691988

00:12:04.214 --> 00:12:05.846 women may shrug off,

NOTE Confidence: 0.8691988

00:12:05.850 --> 00:12:08.838 but they may not be really aware of as

NOTE Confidence: 0.8691988

00:12:08.838 --> 00:12:12.198 being potential red flags for ovarian cancer.

NOTE Confidence: 0.8691988

00:12:12.200 --> 00:12:15.232 So tell us more about those signs and

NOTE Confidence: 0.8691988

00:12:15.232 --> 00:12:17.620 symptoms that women should be aware

NOTE Confidence: 0.8691988

00:12:17.620 --> 00:12:20.540 of to be thinking about.

NOTE Confidence: 0.8691988

00:12:20.540 --> 00:12:22.922 And when should they be going

NOTE Confidence: 0.8691988

00:12:22.922 --> 00:12:24.510 in and seeing their gynecologist?

NOTE Confidence: 0.87092036

00:12:24.510 --> 00:12:27.678 For generations we used to say,

NOTE Confidence: 0.87092036

00:12:27.680 --> 00:12:30.459 there's just nothing you can

NOTE Confidence: 0.87092036

00:12:30.459 --> 00:12:33.050 do for ovarian cancer. It's what it is.

NOTE Confidence: 0.87092036

00:12:33.050 --> 00:12:35.150 You just cannot diagnose it early

NOTE Confidence: 0.87092036

00:12:35.226 --> 00:12:37.606 because there's no early symptoms,

NOTE Confidence: 0.87092036

00:12:37.610 --> 00:12:39.362 but we know that

NOTE Confidence: 0.87092036

00:12:39.362 --> 00:12:41.552 that is not the case.

NOTE Confidence: 0.87092036

00:12:41.560 --> 00:12:43.880 Multiple very good studies have

NOTE Confidence: 0.87092036

00:12:43.880 --> 00:12:46.600 been published to show that yes,

NOTE Confidence: 0.87092036

00:12:46.600 --> 00:12:49.270 the majority of women, 97% percent of

NOTE Confidence: 0.87092036

00:12:49.270 --> 00:12:51.640 women with advanced ovarian cancer,

NOTE Confidence: 0.87092036

00:12:51.640 --> 00:12:53.014 will have symptoms,

NOTE Confidence: 0.87092036

00:12:53.014 --> 00:12:57.647 but 89% of women with stage one and two

NOTE Confidence: 0.87092036

00:12:57.647 --> 00:13:01.419 cancers will also have have symptoms.

NOTE Confidence: 0.87092036

00:13:01.420 --> 00:13:04.596 The trouble is exactly how you said

NOTE Confidence: 0.87092036

00:13:04.596 --> 00:13:08.142 that these are also normal symptoms that

NOTE Confidence: 0.87092036

00:13:08.142 --> 00:13:10.812 these are symptoms of perimenopause.

NOTE Confidence: 0.87092036

00:13:10.820 --> 00:13:14.580 Is this a symptom of having a period?

NOTE Confidence: 0.87092036

00:13:14.580 --> 00:13:17.172 There's hormonal changes so the

NOTE Confidence: 0.87092036

00:13:17.172 --> 00:13:20.339 majority of the women who have the

NOTE Confidence: 0.87092036

00:13:20.339 --> 00:13:22.609 symptoms are actually completely normal

NOTE Confidence: 0.87092036

00:13:22.609 --> 00:13:25.629 and the symptoms that we're talking

NOTE Confidence: 0.87092036

00:13:25.629 --> 00:13:28.671 about is bloating,

NOTE Confidence: 0.87092036

00:13:28.680 --> 00:13:29.620 some Constipation,

NOTE Confidence: 0.87092036

00:13:29.620 --> 00:13:32.410 some diarrhea, bladder symptoms, weight gain.

NOTE Confidence: 0.87092036

00:13:32.410 --> 00:13:34.230 Clothes not fitting well.

NOTE Confidence: 0.87092036

00:13:34.230 --> 00:13:36.330 Feeling like you need to get

NOTE Confidence: 0.87092036

00:13:36.330 --> 00:13:37.730 bigger clothes because they're

NOTE Confidence: 0.87092036

00:13:37.792 --> 00:13:39.808 not fitting well around the waist.

NOTE Confidence: 0.87092036

00:13:39.810 --> 00:13:41.086 The important thing again,

NOTE Confidence: 0.87092036

00:13:41.086 --> 00:13:43.818 and this is I think the most important

NOTE Confidence: 0.87092036

00:13:43.818 --> 00:13:46.074 thing of our conversation today is

NOTE Confidence: 0.87092036

00:13:46.074 --> 00:13:48.586 the great majority of the women

NOTE Confidence: 0.87092036

00:13:48.586 --> 00:13:51.327 who are listening to this today we all

NOTE Confidence: 0.87092036

00:13:51.327 --> 00:13:53.770 experience symptoms and a great majority of

NOTE Confidence: 0.87092036

00:13:53.770 --> 00:13:55.520 these symptoms are completely normal.

NOTE Confidence: 0.87092036

00:13:55.520 --> 00:13:58.000 The symptoms that we need to pay attention

NOTE Confidence: 0.87092036

00:13:58.000 --> 00:14:00.580 to are the symptoms that don't just

NOTE Confidence: 0.87092036

00:14:00.580 --> 00:14:03.180 happen during periods or during ovulation.

NOTE Confidence: 0.87092036

00:14:03.180 --> 00:14:05.538 Those are the symptoms that happen

NOTE Confidence: 0.87092036

00:14:05.538 --> 00:14:07.899 every single day for two weeks,

NOTE Confidence: 0.87092036

00:14:07.900 --> 00:14:09.860 and also symptoms

NOTE Confidence: 0.87092036

00:14:09.860 --> 00:14:11.036 that happen together,

NOTE Confidence: 0.87092036

00:14:11.040 --> 00:14:13.398 let's say bowel and bladder symptoms,

NOTE Confidence: 0.87092036

00:14:13.400 --> 00:14:15.436 bloating and bladder symptoms.

NOTE Confidence: 0.87092036

00:14:15.436 --> 00:14:19.679 Those are the symptoms to pay attention to.

NOTE Confidence: 0.8758898

00:14:20.460 --> 00:14:23.022 We are going to dig into all of those

NOTE Confidence: 0.8758898

00:14:23.022 --> 00:14:25.410 symptoms and how we can actually

NOTE Confidence: 0.8758898

00:14:25.410 --> 00:14:28.238 make a diagnosis right after we take

NOTE Confidence: 0.8758898

00:14:28.325 --> 00:14:31.048 a short break for a medical minute.

NOTE Confidence: 0.8758898

00:14:31.050 --> 00:14:33.234 Please stay tuned to learn more

NOTE Confidence: 0.8758898

00:14:33.234 --> 00:14:35.750 about the treatment and diagnosis of

NOTE Confidence: 0.8758898

00:14:35.750 --> 00:14:37.318 ovarian cancer with my

NOTE Confidence: 0.8758898

00:14:37.318 --> 00:14:38.886 guest doctor Elena Ratner.

NOTE Confidence: 0.8758898

00:14:38.890 --> 00:14:41.134 Support for Yale Cancer Answers comes

NOTE Confidence: 0.8758898

00:14:41.134 --> 00:14:43.098 from AstraZeneca providing important

NOTE Confidence: 0.8758898

00:14:43.098 --> 00:14:45.113 treatment options for patients with

NOTE Confidence: 0.8758898

00:14:45.113 --> 00:14:47.121 different types of lung, bladder,

NOTE Confidence: 0.8758898

00:14:47.121 --> 00:14:49.076 ovarian, breast and blood cancers.

NOTE Confidence: 0.8758898

00:14:49.080 --> 00:14:51.828 More information at astrazeneca-us.com.

NOTE Confidence: 0.8758898

00:14:51.830 --> 00:14:55.046 This is a medical minute about breast cancer,

NOTE Confidence: 0.8758898

00:14:55.050 --> 00:14:57.055 the most common cancer in

NOTE Confidence: 0.8758898

00:14:57.055 --> 00:14:58.659 women. In Connecticut alone

NOTE Confidence: 0.8758898

00:14:58.660 --> 00:15:00.690 approximately 3000 women will be

NOTE Confidence: 0.8758898

00:15:00.690 --> 00:15:03.090 diagnosed with breast cancer this year,

NOTE Confidence: 0.8758898

00:15:03.090 --> 00:15:05.100 but thanks to earlier detection,

NOTE Confidence: 0.8758898

00:15:05.100 --> 00:15:06.303 non invasive treatments,

NOTE Confidence: 0.8758898

00:15:06.303 --> 00:15:07.506 and novel therapies,

NOTE Confidence: 0.8758898

00:15:07.510 --> 00:15:10.296 there are more options for patients to

NOTE Confidence: 0.8758898

00:15:10.296 --> 00:15:12.729 fight breast cancer than ever before.

NOTE Confidence: 0.8758898

00:15:12.730 --> 00:15:14.745 Women should schedule a baseline

NOTE Confidence: 0.8758898

00:15:14.745 --> 00:15:17.208 mammogram beginning at age 40 or

NOTE Confidence: 0.8758898

00:15:17.208 --> 00:15:19.506 earlier if they have risk factors

NOTE Confidence: 0.8758898

00:15:19.506 --> 00:15:21.180 associated with breast cancer.

NOTE Confidence: 0.8758898

00:15:21.180 --> 00:15:23.544 Digital breast tomosynthesis or 3D

NOTE Confidence: 0.8758898

00:15:23.544 --> 00:15:25.740 mammography is transforming breast screening

NOTE Confidence: 0.8758898

00:15:25.740 --> 00:15:27.956 by significantly reducing unnecessary

NOTE Confidence: 0.8758898

00:15:27.956 --> 00:15:30.172 procedures while picking up

NOTE Confidence: 0.8758898

00:15:30.172 --> 00:15:32.462 more cancers and eliminating

NOTE Confidence: 0.8758898

00:15:32.462 --> 00:15:34.682 some of the fear and anxiety,

NOTE Confidence: 0.8758898

00:15:34.690 --> 00:15:36.103 many women experience.

NOTE Confidence: 0.8758898

00:15:36.103 --> 00:15:37.987 More information is available

NOTE Confidence: 0.8758898

00:15:37.987 --> 00:15:38.929 at yalecancercenter.org.

NOTE Confidence: 0.8758898

00:15:38.930 --> 00:15:42.986 You're listening to Connecticut public radio.

NOTE Confidence: 0.8758898

00:15:42.990 --> 00:15:43.340 Welcome

NOTE Confidence: 0.87982106

00:15:43.340 --> 00:15:45.070 back to Yale Cancer Answers.

NOTE Confidence: 0.87982106

00:15:45.070 --> 00:15:46.942 This is doctor Anees Chagpar

NOTE Confidence: 0.87982106

00:15:46.942 --> 00:15:49.031 and I'm joined tonight by

NOTE Confidence: 0.87982106

00:15:49.031 --> 00:15:50.966 my guest doctor Elena Ratner.

NOTE Confidence: 0.87982106

00:15:50.970 --> 00:15:52.680 We're talking about ovarian cancer

NOTE Confidence: 0.87982106

00:15:52.680 --> 00:15:54.790 and right before the break Elena,

NOTE Confidence: 0.87982106

00:15:54.790 --> 00:15:56.841 you started to tell us some of

NOTE Confidence: 0.87982106

00:15:56.841 --> 00:15:58.873 the signs and symptoms that women

NOTE Confidence: 0.87982106

00:15:58.873 --> 00:16:01.393 should really be aware of in terms

NOTE Confidence: 0.87982106

00:16:01.463 --> 00:16:03.701 of trying to find ovarian cancer

NOTE Confidence: 0.87982106

00:16:03.701 --> 00:16:05.894 early because we simply do not

NOTE Confidence: 0.87982106

00:16:05.894 --> 00:16:07.629 have really good screening tests.

NOTE Confidence: 0.87982106

00:16:07.630 --> 00:16:09.856 So it's really up to women to

NOTE Confidence: 0.87982106

00:16:09.856 --> 00:16:11.789 pay attention to their bodies.

NOTE Confidence: 0.87982106

00:16:11.790 --> 00:16:14.028 But one of the things that

NOTE Confidence: 0.87982106

00:16:14.028 --> 00:16:15.520 struck me was that

NOTE Confidence: 0.87982106

00:16:15.520 --> 00:16:17.816 many of the symptoms you mentioned,

NOTE Confidence: 0.87982106

00:16:17.820 --> 00:16:19.460 a little bit of bloating,

NOTE Confidence: 0.87982106

00:16:19.460 --> 00:16:21.095 a little change in bowel

NOTE Confidence: 0.87982106

00:16:21.095 --> 00:16:22.403 habits or bladder function,

NOTE Confidence: 0.87982106

00:16:22.410 --> 00:16:23.722 a little bit of weight

NOTE Confidence: 0.87982106

00:16:23.722 --> 00:16:25.690 gain, your pants not fitting,

NOTE Confidence: 0.87982106

00:16:25.690 --> 00:16:27.502 I mean those happen to all

NOTE Confidence: 0.87982106

00:16:27.502 --> 00:16:29.619 of us all the time right?

NOTE Confidence: 0.87982106

00:16:29.620 --> 00:16:32.095 You go out for a big meal and you

NOTE Confidence: 0.87982106

00:16:32.095 --> 00:16:34.538 feel a little bloated after that.

NOTE Confidence: 0.87982106

00:16:34.540 --> 00:16:36.508 You might have a little bit

NOTE Confidence: 0.87982106

00:16:36.508 --> 00:16:37.820 of Constipation or diarrhea.

NOTE Confidence: 0.87982106

00:16:37.820 --> 00:16:39.770 Your pants don't fit right and

NOTE Confidence: 0.87982106

00:16:39.770 --> 00:16:41.430 you think Oh my God,

NOTE Confidence: 0.87982106

00:16:41.430 --> 00:16:43.950 I'm gaining weight.

NOTE Confidence: 0.87982106

00:16:43.950 --> 00:16:45.580 But should women be going

NOTE Confidence: 0.87982106

00:16:45.580 --> 00:16:46.558 to their gynecologist

NOTE Confidence: 0.87982106

00:16:46.560 --> 00:16:48.528 every time one of those things

NOTE Confidence: 0.87982106

00:16:48.528 --> 00:16:50.649 happens? Tell us more about

NOTE Confidence: 0.87982106

00:16:50.649 --> 00:16:52.494 what are really the triggers

NOTE Confidence: 0.87982106

00:16:52.494 --> 00:16:54.737 that you would say you know what

NOTE Confidence: 0.87982106

00:16:54.737 --> 00:16:56.992 this has gone on a bit too long,

NOTE Confidence: 0.87982106

00:16:56.992 --> 00:16:59.600 you really need to get to your gynecologist,

00:16:59.910 --> 00:17:01.460 you need to advocate for

NOTE Confidence: 0.87982106

00:17:01.460 --> 00:17:03.105 yourself that this is something

NOTE Confidence: 0.87982106

00:17:03.105 --> 00:17:05.139 that needs to be looked into.

NOTE Confidence: 0.83766365

00:17:06.630 --> 00:17:08.710 Yes, that's exactly correct.

NOTE Confidence: 0.83766365

00:17:08.710 --> 00:17:11.310 You really nailed it

NOTE Confidence: 0.83766365

00:17:11.310 --> 00:17:13.648 when we discussed before

00:17:14.763 --> 00:17:16.618 all of us experiencing it.

NOTE Confidence: 0.83766365

00:17:16.620 --> 00:17:17.643 It's totally normal.

NOTE Confidence: 0.83766365

00:17:17.643 --> 00:17:20.485 The key is to know what is normal

NOTE Confidence: 0.83766365

00:17:20.485 --> 00:17:23.124 for you and then be aware when

NOTE Confidence: 0.83766365

00:17:23.124 --> 00:17:25.101 something happens is not

NOTE Confidence: 0.83766365

00:17:25.101 --> 00:17:27.006 within what's norm for you.

NOTE Confidence: 0.83766365

00:17:27.010 --> 00:17:29.257 So usually what I tell women

NOTE Confidence: 0.83766365

00:17:29.257 --> 00:17:31.127 is pretty much consistent symptoms

NOTE Confidence: 0.83766365

00:17:31.127 --> 00:17:34.053 when you wake up every single day,

NOTE Confidence: 0.83766365

00:17:34.060 --> 00:17:36.370 and it's something that you are

NOTE Confidence: 0.83766365

00:17:36.370 --> 00:17:38.320 aware of constantly and that

NOTE Confidence: 0.83766365

00:17:38.320 --> 00:17:40.360 lasts for two to three weeks.

NOTE Confidence: 0.83766365

00:17:40.360 --> 00:17:43.807 That is the time to just get checked out.

00:17:44.478 --> 00:17:46.482 I'm a huge proponent that just

NOTE Confidence: 0.83766365

00:17:46.482 --> 00:17:48.743 talking to somebody or getting things

NOTE Confidence: 0.83766365

00:17:48.743 --> 00:17:51.023 checked out is of such benefit.

NOTE Confidence: 0.83766365

00:17:51.030 --> 00:17:52.725 The interesting thing is when

NOTE Confidence: 0.83766365

00:17:52.725 --> 00:17:55.185 I speak to women with ovarian

NOTE Confidence: 0.83766365

00:17:55.185 --> 00:17:57.607 cancer and then in their minds they

NOTE Confidence: 0.83766365

00:17:57.607 --> 00:18:00.058 go back to when everything began.

00:18:06.190 --> 00:18:07.890 It just wasn't considered by

NOTE Confidence: 0.83766365

00:18:07.890 --> 00:18:10.043 them to be anything that they

NOTE Confidence: 0.83766365

00:18:10.043 --> 00:18:11.968 should really pay attention to.

00:18:14.120 --> 00:18:15.560 The other important thing

NOTE Confidence: 0.83766365

00:18:15.560 --> 00:18:17.720 is that a lot of women,

NOTE Confidence: 0.83766365

00:18:17.720 --> 00:18:19.160 when these things happen,

NOTE Confidence: 0.83766365

00:18:19.160 --> 00:18:21.320 actually do not go to gynecologist.

NOTE Confidence: 0.83766365

00:18:21.320 --> 00:18:23.480 Most women go to urologists because

NOTE Confidence: 0.83766365

00:18:23.480 --> 00:18:24.920 they having bladder symptoms.

NOTE Confidence: 0.83766365

00:18:24.920 --> 00:18:27.139 They go to a gastroenterologist because

NOTE Confidence: 0.83766365

00:18:27.139 --> 00:18:29.239 they're getting bowel symptoms, interestingly

NOTE Confidence: 0.83766365

00:18:29.588 --> 00:18:31.676 a lot of women go to chiropractors

NOTE Confidence: 0.83766365

00:18:31.676 --> 00:18:33.512 because they having this discomfort

NOTE Confidence: 0.83766365

00:18:33.512 --> 00:18:36.074 and they're trying to make that better.

NOTE Confidence: 0.83766365

00:18:36.080 --> 00:18:38.162 So we actually do

NOTE Confidence: 0.83766365

00:18:38.162 --> 00:18:40.040 education not just to women,

NOTE Confidence: 0.83766365

00:18:40.040 --> 00:18:41.192 but to providers.

NOTE Confidence: 0.83766365

00:18:41.192 --> 00:18:43.880 I actually do tons of talks

NOTE Confidence: 0.83766365

00:18:43.963 --> 00:18:46.267 in the state of Connecticut to

NOTE Confidence: 0.83766365

00:18:46.270 --> 00:18:48.460 different physicians and different providers.

NOTE Confidence: 0.83766365

00:18:48.460 --> 00:18:50.884 We have this designation that

NOTE Confidence: 0.83766365

00:18:50.884 --> 00:18:53.428 we created to certify physicians and

NOTE Confidence: 0.83766365

00:18:53.428 --> 00:18:56.410 providers who know how to

NOTE Confidence: 0.83766365

00:18:56.410 --> 00:18:58.968 identify symptoms for varying cancer,

NOTE Confidence: 0.83766365

00:18:58.970 --> 00:19:00.722 because unfortunately not all

NOTE Confidence: 0.83766365

00:19:00.722 --> 00:19:03.350 of this is just women symptoms.

NOTE Confidence: 0.83766365

00:19:03.350 --> 00:19:04.238 Many times,

NOTE Confidence: 0.83766365

00:19:04.238 --> 00:19:06.458 women go to the physicians

NOTE Confidence: 0.83766365

00:19:06.458 --> 00:19:08.699 appropriately because they know that what

NOTE Confidence: 0.83766365

00:19:08.699 --> 00:19:10.794 they are experiencing is not normal,

NOTE Confidence: 0.83766365

00:19:10.800 --> 00:19:13.422 and that provider checks out this

NOTE Confidence: 0.83766365

00:19:13.422 --> 00:19:16.084 area, and clears that up.

NOTE Confidence: 0.83766365

00:19:16.084 --> 00:19:17.428 But unfortunately they don't

NOTE Confidence: 0.83766365

00:19:17.428 --> 00:19:18.650 piece things together,

NOTE Confidence: 0.83766365

00:19:18.650 --> 00:19:20.420 and this delay in diagnosis continues,

NOTE Confidence: 0.83766365

00:19:20.420 --> 00:19:22.478 and this is actually a very persistent problem,

NOTE Confidence: 0.83766365

00:19:22.480 --> 00:19:24.632 and something that a lot of women

NOTE Confidence: 0.83766365

00:19:24.632 --> 00:19:26.557 feel so passionate about

NOTE Confidence: 0.83766365

00:19:26.557 --> 00:19:28.543 that we started this whole program

NOTE Confidence: 0.83766365

00:19:28.605 --> 00:19:30.733 where we are doing a lot of Education,

NOTE Confidence: 0.83766365

00:19:30.740 --> 00:19:31.856 not just for women,

NOTE Confidence: 0.83766365

00:19:31.856 --> 00:19:33.530 but for providers to make sure

NOTE Confidence: 0.83766365

00:19:33.589 --> 00:19:35.149 that they know exactly what

NOTE Confidence: 0.83766365

00:19:35.149 --> 00:19:36.940 symptoms and how to identify it,

NOTE Confidence: 0.83766365

00:19:36.940 --> 00:19:39.108 and when to refer and

NOTE Confidence: 0.83766365

00:19:39.108 --> 00:19:41.069 when to order an ultrasound.

NOTE Confidence: 0.83766365

00:19:41.070 --> 00:19:41.829 But you know,

NOTE Confidence: 0.83766365

00:19:41.829 --> 00:19:43.984 at the end of the day this should

NOTE Confidence: 0.83766365

00:19:43.984 --> 00:19:45.880 not be yet another thing that

NOTE Confidence: 0.83766365

00:19:45.880 --> 00:19:47.848 we don't have to worry about.

NOTE Confidence: 0.83766365

00:19:47.850 --> 00:19:49.686 You know it's important to know

NOTE Confidence: 0.83766365

00:19:49.690 --> 00:19:52.354 your body and listen to your body.

NOTE Confidence: 0.83766365

00:19:52.360 --> 00:19:54.148 It's important to be your advocate,

NOTE Confidence: 0.83766365

00:19:54.150 --> 00:19:56.215 but at the end of the day

NOTE Confidence: 0.83766365

00:19:56.220 --> 00:19:58.122 we need to assure that providers

NOTE Confidence: 0.83766365

00:19:58.122 --> 00:20:00.200 also know the symptoms and know how

NOTE Confidence: 0.83766365

00:20:00.200 --> 00:20:02.090 to piece things together and

NOTE Confidence: 0.83766365

00:20:02.090 --> 00:20:03.224 take best care.

00:20:04.542 --> 00:20:06.510 But I can imagine that many

NOTE Confidence: 0.8524233

00:20:06.585 --> 00:20:08.890 providers are thinking

NOTE Confidence: 0.8524233

00:20:08.890 --> 00:20:11.445 hings are common and so really

NOTE Confidence: 0.8524233

00:20:11.445 --> 00:20:14.226 having patients say,

NOTE Confidence: 0.8524233

00:20:14.226 --> 00:20:16.872 I agree that things are common,

NOTE Confidence: 0.8524233

00:20:16.880 --> 00:20:19.148 but this isn't common for me,

NOTE Confidence: 0.8524233

00:20:19.150 --> 00:20:21.790 so I think that while you're quite

NOTE Confidence: 0.8524233

00:20:21.790 --> 00:20:24.203 right that it's important that providers

NOTE Confidence: 0.8524233

00:20:24.203 --> 00:20:26.729 really know the signs and symptoms,

NOTE Confidence: 0.8524233

00:20:26.730 --> 00:20:28.620 it's also really critical that

NOTE Confidence: 0.8524233

00:20:28.620 --> 00:20:30.132 women advocate for themselves.

NOTE Confidence: 0.8524233

00:20:30.140 --> 00:20:33.164 So Elena is the first step in diagnosis

NOTE Confidence: 0.8524233

00:20:33.170 --> 00:20:35.200 getting an ultrasound or CT?

NOTE Confidence: 0.8524233

00:20:35.200 --> 00:20:37.186 What should women expect

NOTE Confidence: 0.8524233

00:20:37.186 --> 00:20:39.854 when they go to their family doctor

NOTE Confidence: 0.8524233

00:20:39.854 --> 00:20:41.969 or their gynecologist or their

NOTE Confidence: 0.8524233

00:20:41.970 --> 00:20:44.978 GI doc or somebody

NOTE Confidence: 0.8524233

00:20:44.980 --> 00:20:47.230 with these vague symptoms and we're

NOTE Confidence: 0.8524233

00:20:47.230 --> 00:20:49.487 trying to rule out ovarian cancer.

NOTE Confidence: 0.8524233

00:20:49.487 --> 00:20:50.618 Yeah, so the important

NOTE Confidence: 0.8576847

00:20:50.620 --> 00:20:53.580 part is to be seen by a gynecologist

NOTE Confidence: 0.8576847

00:20:53.580 --> 00:20:55.878 and to do a pelvic exam.

NOTE Confidence: 0.8576847

00:20:55.880 --> 00:20:57.610 Those are always very important

NOTE Confidence: 0.8576847

00:20:57.610 --> 00:20:59.741 and there's a lot of information

NOTE Confidence: 0.8576847

00:20:59.741 --> 00:21:01.697 that we as providers can get

NOTE Confidence: 0.8576847

00:21:01.697 --> 00:21:04.149 out of a physical examination.

NOTE Confidence: 0.8576847

00:21:04.150 --> 00:21:07.106 Pelvic examination. Second step would

NOTE Confidence: 0.8576847

00:21:07.106 --> 00:21:08.766 be together just an ultrasound.

NOTE Confidence: 0.8576847

00:21:08.770 --> 00:21:11.185 You know cat scans and mris are

NOTE Confidence: 0.8576847

00:21:11.185 --> 00:21:12.909 usually not necessary and actually

NOTE Confidence: 0.8576847

00:21:12.909 --> 00:21:15.405 not the best test for these at all.

NOTE Confidence: 0.8576847

00:21:15.410 --> 00:21:17.727 So we would get as a trans

NOTE Confidence: 0.8576847

00:21:17.727 --> 00:21:18.389 vaginal ultrasound.

NOTE Confidence: 0.8576847

00:21:18.390 --> 00:21:21.118 And usually we would not do tumor marker

NOTE Confidence: 0.8576847

00:21:21.118 --> 00:21:23.710 unless we have two 2 markerS called CA

NOTE Confidence: 0.8576847

00:21:23.710 --> 00:21:25.696 125 and it is not a great test.

NOTE Confidence: 0.8576847

00:21:25.700 --> 00:21:27.940 There's a lot of times that is

NOTE Confidence: 0.8576847

00:21:27.940 --> 00:21:29.642 falsely positives or false negative

NOTE Confidence: 0.8576847

00:21:29.642 --> 00:21:31.664 so we won't order it always.

NOTE Confidence: 0.8576847

00:21:31.670 --> 00:21:32.998 We order it in circumstances,

NOTE Confidence: 0.8576847

00:21:32.998 --> 00:21:34.658 but only after the ultrasound.

NOTE Confidence: 0.8576847

00:21:34.660 --> 00:21:36.646 So that's what you would expect.

NOTE Confidence: 0.8761242

00:21:37.540 --> 00:21:38.605 Great and

NOTE Confidence: 0.8761242

00:21:38.605 --> 00:21:40.380 let's suppose you do that.

NOTE Confidence: 0.8761242

00:21:40.380 --> 00:21:42.510 You've been having these vague symptoms.

NOTE Confidence: 0.8761242

00:21:42.510 --> 00:21:44.290 You go to your doctor.

NOTE Confidence: 0.8761242

00:21:44.290 --> 00:21:46.420 Your doctor says, you know,

NOTE Confidence: 0.8761242

00:21:46.420 --> 00:21:48.544 maybe we ought to send you

NOTE Confidence: 0.8761242

00:21:48.544 --> 00:21:49.606 to your gynecologist.

NOTE Confidence: 0.8761242

00:21:49.610 --> 00:21:51.205 The gynecologist does a pelvic

NOTE Confidence: 0.8761242

00:21:51.205 --> 00:21:53.520 exam and a trans vaginal ultrasound,

NOTE Confidence: 0.8761242

00:21:53.520 --> 00:21:55.245 and they think that they

NOTE Confidence: 0.8761242

00:21:55.245 --> 00:21:56.970 feel something or they

NOTE Confidence: 0.8761242

00:21:57.044 --> 00:21:58.839 see something in the ovary.

NOTE Confidence: 0.8761242

00:21:58.840 --> 00:21:59.908 Now, what happens?

NOTE Confidence: 0.8414045

00:22:01.490 --> 00:22:03.570 So women with ovarian cancer,

NOTE Confidence: 0.8414045

00:22:03.570 --> 00:22:06.475 women for whom we suspect of having cancer,

NOTE Confidence: 0.8414045

00:22:06.480 --> 00:22:09.385 are managed usually by team of doctors.

NOTE Confidence: 0.8414045

00:22:09.390 --> 00:22:11.058 You know, the gynecologist,

NOTE Confidence: 0.8414045

00:22:11.058 --> 00:22:13.560 of course plays a very important role

NOTE Confidence: 0.8414045

00:22:13.628 --> 00:22:16.010 and then works together with other

NOTE Confidence: 0.8414045

00:22:16.010 --> 00:22:18.130 colleagues like myself,

NOTE Confidence: 0.8414045

00:22:18.130 --> 00:22:20.560 who specializes in treatment and surgeries

NOTE Confidence: 0.8414045

00:22:20.560 --> 00:22:22.710 and chemotherapy for these cancers.

NOTE Confidence: 0.8414045

00:22:22.710 --> 00:22:25.630 So the point I wanted to make is

NOTE Confidence: 0.8414045

00:22:25.630 --> 00:22:28.231 how much better things are today

NOTE Confidence: 0.8414045

00:22:28.231 --> 00:22:31.440 than they have been in the past.

NOTE Confidence: 0.8414045

00:22:31.440 --> 00:22:33.184 We now truly provide

NOTE Confidence: 0.8414045

00:22:33.184 --> 00:22:34.496 personalized care.

NOTE Confidence: 0.8414045

00:22:42.750 --> 00:22:45.240 I now can do surgeries laparoscopically

NOTE Confidence: 0.8414045

00:22:45.240 --> 00:22:47.330 or robotically where women

NOTE Confidence: 0.8414045

00:22:47.330 --> 00:22:50.381 can go home the same day whereas four

NOTE Confidence: 0.8414045

00:22:50.381 --> 00:22:53.426 years ago they will stay in the

NOTE Confidence: 0.8414045

00:22:53.426 --> 00:22:55.999 hospital for a week if not longer.

NOTE Confidence: 0.8414045

00:22:56.000 --> 00:22:56.936 So surgically

NOTE Confidence: 0.8414045

00:22:56.936 --> 00:22:59.744 if you were concerned about ovarian

NOTE Confidence: 0.8414045

00:22:59.744 --> 00:23:02.420 cancer you would have a hysterectomy

NOTE Confidence: 0.8414045

00:23:02.420 --> 00:23:05.340 and then you would get a

NOTE Confidence: 0.8414045

00:23:05.340 --> 00:23:08.140 biopsy and we would look

NOTE Confidence: 0.8414045

00:23:08.140 --> 00:23:08.858 under a microscope,

NOTE Confidence: 0.8414045

00:23:08.858 --> 00:23:11.371 to try to identify the cells and

NOTE Confidence: 0.8414045

00:23:11.371 --> 00:23:13.560 that's how a diagnosis would be made,

NOTE Confidence: 0.8414045

00:23:13.560 --> 00:23:15.750 but everything now starts

NOTE Confidence: 0.8414045

00:23:15.750 --> 00:23:17.969 from that first step where you

NOTE Confidence: 0.8414045

00:23:17.969 --> 00:23:20.384 have surgery and again now we do

NOTE Confidence: 0.8414045

00:23:20.384 --> 00:23:22.234 everything truly in the personalized

NOTE Confidence: 0.8414045

00:23:22.234 --> 00:23:24.382 fashion where most women are

NOTE Confidence: 0.8414045

00:23:24.390 --> 00:23:26.195 now great candidates for this

NOTE Confidence: 0.8414045

00:23:26.195 --> 00:23:28.360 robotic surgery and they

NOTE Confidence: 0.8414045

00:23:28.360 --> 00:23:30.484 go home

NOTE Confidence: 0.8414045

00:23:30.484 --> 00:23:33.302 same day and they go back to work

NOTE Confidence: 0.8414045

00:23:33.302 --> 00:23:35.753 within a week and then extending to

NOTE Confidence: 0.8414045

00:23:35.753 --> 00:23:38.039 chemotherapy where we no longer treat

NOTE Confidence: 0.8414045

00:23:38.039 --> 00:23:41.440 women the same way that we used to treat.

NOTE Confidence: 0.8414045

00:23:41.440 --> 00:23:43.708 We no longer treat somebody the

NOTE Confidence: 0.8414045

00:23:43.708 --> 00:23:46.066 same way just because they have

NOTE Confidence: 0.8414045

00:23:46.066 --> 00:23:48.370 the same cancer as somebody else.

NOTE Confidence: 0.8414045

00:23:48.370 --> 00:23:49.567 We truly study

NOTE Confidence: 0.8414045

00:23:49.567 --> 00:23:51.961 their mutations and truly understand what

NOTE Confidence: 0.8414045

00:23:51.961 --> 00:23:54.916 is driving and causing the cancer in

NOTE Confidence: 0.8414045

00:23:54.920 --> 00:23:55.688 particular women,

NOTE Confidence: 0.8414045

00:23:55.688 --> 00:23:58.376 and then the treatment that we recommend

NOTE Confidence: 0.8414045

00:23:58.380 --> 00:24:00.305 and then we provide is

NOTE Confidence: 0.8414045

00:24:00.305 --> 00:24:01.845 based specifically on that.

NOTE Confidence: 0.8414045

00:24:01.850 --> 00:24:04.930 So we use a lot of targeted therapies.

NOTE Confidence: 0.8414045

00:24:04.930 --> 00:24:07.618 We use a lot of pills nowadays.

NOTE Confidence: 0.8414045

00:24:07.620 --> 00:24:09.316 You know some chemotherapies

NOTE Confidence: 0.8414045

00:24:09.316 --> 00:24:13.127 are still through IV how they used to be.

NOTE Confidence: 0.8414045

00:24:13.130 --> 00:24:16.037 But a lot of them now are just oral

NOTE Confidence: 0.8414045

00:24:16.037 --> 00:24:18.329 pills that you don't even have

NOTE Confidence: 0.8414045

00:24:18.329 --> 00:24:20.849 to come into the office to get.

NOTE Confidence: 0.8414045

00:24:20.850 --> 00:24:22.610 You can get from home.

NOTE Confidence: 0.8414045

00:24:22.610 --> 00:24:23.663 There's immunotherapy.

NOTE Confidence: 0.8414045

00:24:23.663 --> 00:24:26.120 There's a lot of these targeted achievements,

NOTE Confidence: 0.8414045

00:24:26.120 --> 00:24:27.870 again specifically for that patient,

NOTE Confidence: 0.8414045

00:24:27.870 --> 00:24:30.678 and I think that's the key to success.

NOTE Confidence: 0.8414045

00:24:30.680 --> 00:24:32.440 And more and more

NOTE Confidence: 0.87080103

00:24:32.440 --> 00:24:35.240 of these cancers are going to be cured.

NOTE Confidence: 0.87080103

00:24:35.240 --> 00:24:36.584 So that's really encouraging.

NOTE Confidence: 0.87080103

00:24:36.584 --> 00:24:39.459 I want to take a step back though,

NOTE Confidence: 0.87080103

00:24:39.460 --> 00:24:41.917 so at the point where you've gone

NOTE Confidence: 0.87080103

00:24:41.917 --> 00:24:43.814 to the gynecologist, they felt

NOTE Confidence: 0.87080103

00:24:43.814 --> 00:24:45.924 something they've done an ultrasound.

NOTE Confidence: 0.87080103

00:24:45.930 --> 00:24:48.100 in many of the cancers

NOTE Confidence: 0.87080103

00:24:48.100 --> 00:24:50.408 that we talk about on this show,

NOTE Confidence: 0.87080103

00:24:50.410 --> 00:24:52.330 the next step is a biopsy,

NOTE Confidence: 0.87080103

00:24:52.330 --> 00:24:54.402 but it sounds like that might not

NOTE Confidence: 0.87080103

00:24:54.402 --> 00:24:56.807 always be the case in ovarian cancer.

NOTE Confidence: 0.87080103

00:24:56.810 --> 00:24:57.695 Is that right?

NOTE Confidence: 0.87080103

00:24:57.695 --> 00:25:00.330 Do we always get a biopsy before surgery?

NOTE Confidence: 0.87080103

00:25:00.330 --> 00:25:02.890 Or do we kind of sometimes just say,

NOTE Confidence: 0.87080103

00:25:02.890 --> 00:25:05.450 well you're at a certain age.

NOTE Confidence: 0.87080103

00:25:05.450 --> 00:25:07.120 You can have a hysterectomy

NOTE Confidence: 0.87080103

00:25:07.120 --> 00:25:08.790 instead and that will accomplish

NOTE Confidence: 0.87080103

00:25:08.855 --> 00:25:10.250 two goals with one stone.

NOTE Confidence: 0.87080103

00:25:10.250 --> 00:25:11.530 How does that work?

NOTE Confidence: 0.87080103

00:25:11.530 --> 00:25:12.490 That's an excellent

NOTE Confidence: 0.8699896

00:25:12.490 --> 00:25:13.770 question because

NOTE Confidence: 0.8699896

00:25:13.770 --> 00:25:15.370 in many other cancers

NOTE Confidence: 0.8699896

00:25:15.370 --> 00:25:17.610 we would not proceed to surgery directly.

NOTE Confidence: 0.8699896

00:25:17.610 --> 00:25:20.546 We usually will try to get a biopsy.

NOTE Confidence: 0.8699896

00:25:20.550 --> 00:25:22.855 Ovarian cancer is the exception

NOTE Confidence: 0.8699896

00:25:22.855 --> 00:25:25.631 to that because of where the

NOTE Confidence: 0.8699896

00:25:25.631 --> 00:25:27.959 ovaries are and how they are.

NOTE Confidence: 0.8699896

00:25:27.960 --> 00:25:30.105 We never biopsy ovaries because

NOTE Confidence: 0.8699896

00:25:30.105 --> 00:25:32.250 you can rupture an ovary and

NOTE Confidence: 0.8699896

00:25:32.323 --> 00:25:34.939 potentially you can make that worse

NOTE Confidence: 0.8699896

00:25:34.940 --> 00:25:37.120 if cancer cells are present,

NOTE Confidence: 0.8699896

00:25:37.120 --> 00:25:39.731 so most of the time if something

NOTE Confidence: 0.8699896

00:25:39.731 --> 00:25:42.021 looks suspicious on the ultrasound

NOTE Confidence: 0.8699896

00:25:42.021 --> 00:25:43.659 and pelvic examination,

NOTE Confidence: 0.8699896

00:25:43.660 --> 00:25:47.575 or if women get a cat scan and MRI,

NOTE Confidence: 0.8699896

00:25:47.580 --> 00:25:50.130 or there's some sort of imaging

NOTE Confidence: 0.8699896

00:25:50.130 --> 00:25:52.750 that shows us especially suspicious

NOTE Confidence: 0.8699896

00:25:52.750 --> 00:25:54.736 we would just remove it.

NOTE Confidence: 0.8699896

00:25:54.740 --> 00:25:56.896 We would just take out the ovary

NOTE Confidence: 0.8699896

00:25:56.896 --> 00:25:59.295 and then be able to look at

NOTE Confidence: 0.8699896

00:25:59.295 --> 00:26:01.045 it at the microscope directly

NOTE Confidence: 0.87949574

00:26:01.050 --> 00:26:02.046 without the biopsy.

NOTE Confidence: 0.87949574

00:26:02.046 --> 00:26:03.706 And so when that's done,

NOTE Confidence: 0.87949574

00:26:03.710 --> 00:26:05.034 is a hysterectomy always

NOTE Confidence: 0.87949574

00:26:05.034 --> 00:26:06.689 done at the same time?

NOTE Confidence: 0.87949574

00:26:06.690 --> 00:26:08.556 Or does it matter where the

NOTE Confidence: 0.87949574

00:26:08.556 --> 00:26:10.680 woman is in her life cycle?

NOTE Confidence: 0.87949574

00:26:10.680 --> 00:26:12.335 So young woman versus an

NOTE Confidence: 0.87949574

00:26:12.335 --> 00:26:13.672 older woman, for example?

NOTE Confidence: 0.87949574

00:26:13.672 --> 00:26:16.650 Or is that just part and parcel of the

NOTE Confidence: 0.87949574

00:26:16.650 --> 00:26:17.568 same surgery?

NOTE Confidence: 0.87949574

00:26:17.568 --> 00:26:20.639 Exactly the same as what we talked before,

NOTE Confidence: 0.87949574

00:26:20.640 --> 00:26:22.080 everything is truly individualized.

NOTE Confidence: 0.87949574

00:26:22.080 --> 00:26:24.632 I have a lot of women in their

NOTE Confidence: 0.87949574

00:26:24.632 --> 00:26:26.618 30s who have had this diagnosis

NOTE Confidence: 0.87949574

00:26:26.620 --> 00:26:28.860 and I would never remove the ovaries

NOTE Confidence: 0.87949574

00:26:28.860 --> 00:26:31.420 I always allow them to continue

NOTE Confidence: 0.87949574

00:26:31.420 --> 00:26:33.660 how it was meant to be,

NOTE Confidence: 0.87949574

00:26:33.660 --> 00:26:36.270 and we certainly can do a lot of these

NOTE Confidence: 0.87949574

00:26:36.270 --> 00:26:38.351 surgeries and

NOTE Confidence: 0.87949574

00:26:38.351 --> 00:26:40.448 remove that normal ovary

NOTE Confidence: 0.87949574

00:26:40.448 --> 00:26:42.618 other things that we have to remove,

NOTE Confidence: 0.87949574

00:26:42.620 --> 00:26:44.396 but allow them to continue their

NOTE Confidence: 0.87949574

00:26:44.396 --> 00:26:46.321 normal lives and have normal fertility

NOTE Confidence: 0.87949574

00:26:46.321 --> 00:26:48.373 and be able to carry pregnancies.

NOTE Confidence: 0.87949574

00:26:48.380 --> 00:26:50.300 There's times where that's not possible,

NOTE Confidence: 0.87949574

00:26:50.300 --> 00:26:53.288 but most times with the young

NOTE Confidence: 0.87949574

00:26:53.288 --> 00:26:56.057 women we find a way to make it happen.

NOTE Confidence: 0.87949574

00:26:56.060 --> 00:26:58.090 If the woman is older

NOTE Confidence: 0.87949574

00:26:58.090 --> 00:27:00.785 then yes,

NOTE Confidence: 0.87949574

00:27:00.790 --> 00:27:03.233 of course we would remove the uterus

NOTE Confidence: 0.87949574

00:27:03.233 --> 00:27:05.810 as well and do a total hysterectomy

NOTE Confidence: 0.8774368

00:27:05.810 --> 00:27:07.740 but not the younger women.

NOTE Confidence: 0.8774368

00:27:07.740 --> 00:27:10.435 And so when you do that surgery,

NOTE Confidence: 0.8774368

00:27:10.440 --> 00:27:12.684 you had mentioned

NOTE Confidence: 0.8774368

00:27:12.684 --> 00:27:15.043 that many of these

NOTE Confidence: 0.8774368

00:27:15.043 --> 00:27:16.998 cancers are not caught early

NOTE Confidence: 0.8774368

00:27:17.000 --> 00:27:19.082 unfortunately and that's one of the

NOTE Confidence: 0.8774368

00:27:19.082 --> 00:27:21.815 things that leads to the high mortality

NOTE Confidence: 0.8774368

00:27:21.815 --> 00:27:23.945 rate associated with ovarian cancer.

NOTE Confidence: 0.8774368

00:27:23.950 --> 00:27:26.194 How many of these cancers have

NOTE Confidence: 0.8774368

00:27:26.194 --> 00:27:28.182 spread outside the ovary when

NOTE Confidence: 0.8774368

00:27:28.182 --> 00:27:29.866 their first diagnosed?

NOTE Confidence: 0.8774368

00:27:29.870 --> 00:27:32.294 What impact does that have in

NOTE Confidence: 0.8774368

00:27:32.294 --> 00:27:34.770 terms of treatment and prognosis?

NOTE Confidence: 0.87316656

00:27:36.070 --> 00:27:38.828 So at this point a lot of them,

NOTE Confidence: 0.87316656

00:27:38.830 --> 00:27:41.818 the great majority of them 75% or so

NOTE Confidence: 0.87316656

00:27:41.818 --> 00:27:44.330 spread to outside of the ovary at

NOTE Confidence: 0.87316656

00:27:44.414 --> 00:27:47.046 the time of diagnosis and because of

NOTE Confidence: 0.87316656

00:27:47.046 --> 00:27:49.676 that once we complete their surgery

NOTE Confidence: 0.87316656

00:27:49.676 --> 00:27:53.001 women need some sort of additional

NOTE Confidence: 0.87316656

00:27:53.010 --> 00:27:55.285 treatment which is usually chemotherapy

NOTE Confidence: 0.87316656

00:27:55.285 --> 00:27:58.434 or some sort of targeted therapy but

NOTE Confidence: 0.87316656

00:27:58.434 --> 00:28:00.822 myself among with many other experts

NOTE Confidence: 0.87316656

00:28:00.822 --> 00:28:03.888 who now spend so much of our

NOTE Confidence: 0.87316656

00:28:03.888 --> 00:28:06.406 time just doing surgery and not

NOTE Confidence: 0.87316656

00:28:06.406 --> 00:28:08.370 just doing chemotherapy, but really

NOTE Confidence: 0.87316656

00:28:08.370 --> 00:28:11.100 providing education to women.

NOTE Confidence: 0.87316656

00:28:14.530 --> 00:28:16.588 The future will be that more and

NOTE Confidence: 0.87316656

00:28:16.588 --> 00:28:18.747 more of these cancers will be

NOTE Confidence: 0.87316656

00:28:18.747 --> 00:28:20.355 found earlier and localized and

NOTE Confidence: 0.87316656

00:28:20.360 --> 00:28:23.104 surgery will be able to cure them.

NOTE Confidence: 0.87316656

00:28:23.110 --> 00:28:24.109 The key again,

NOTE Confidence: 0.87316656

00:28:24.109 --> 00:28:26.107 is just knowing your body and

NOTE Confidence: 0.87316656

00:28:26.107 --> 00:28:28.212 listening to your body and then

NOTE Confidence: 0.87316656

00:28:28.212 --> 00:28:30.318 seeing the physicians and seeing the

NOTE Confidence: 0.87316656

00:28:30.318 --> 00:28:32.370 providers and getting the

NOTE Confidence: 0.87316656

00:28:32.370 --> 00:28:35.184 care that you deserve, not turning away.

NOTE Confidence: 0.87316656

00:28:44.192 --> 00:28:46.530 And with that more and more of

NOTE Confidence: 0.87316656

00:28:46.604 --> 00:28:48.872 these cancers will be found early

NOTE Confidence: 0.87316656

00:28:48.872 --> 00:28:50.384 and the nature of

NOTE Confidence: 0.87208885

00:28:50.390 --> 00:28:51.738 this disease will change.

NOTE Confidence: 0.87208885

00:28:51.738 --> 00:28:53.760 Doctor Elena Ratner is an associate

NOTE Confidence: 0.87208885

00:28:53.824 --> 00:28:56.146 professor in the Department of obstetrics,

NOTE Confidence: 0.87208885

00:28:56.150 --> 00:28:57.590 gynecology, and Reproductive Sciences

NOTE Confidence: 0.87208885

00:28:57.590 --> 00:28:59.750 at the Yale School of Medicine.

NOTE Confidence: 0.87208885

00:28:59.750 --> 00:29:01.194 If you have questions,

NOTE Confidence: 0.87208885

00:29:01.194 --> 00:29:02.638 the address is canceranswers@yale.edu

NOTE Confidence: 0.87208885

00:29:02.638 --> 00:29:04.634 and past editions of the program

NOTE Confidence: 0.87208885

00:29:04.634 --> 00:29:06.458 are available in audio and written

NOTE Confidence: 0.87208885

00:29:06.510 --> 00:29:08.028 form at Yalecancercenter.org.

NOTE Confidence: 0.87208885

00:29:08.030 --> 00:29:10.946 We hope you'll join us next week to learn

NOTE Confidence: 0.87208885

00:29:10.946 --> 00:29:13.540 more about the fight against cancer.

NOTE Confidence: 0.87208885

00:29:13.540 --> 00:29:15.864 Here on Connecticut public radio.