

WEBVTT

NOTE duration:"00:06:19"

NOTE language:en-us

NOTE Confidence: 0.911463322727273

00:00:00.000 --> 00:00:04.872 Welcome everyone to our second annual

NOTE Confidence: 0.911463322727273

00:00:04.872 --> 00:00:08.700 virtual National Cancer Survivors Day.

NOTE Confidence: 0.911463322727273

00:00:08.700 --> 00:00:11.745 I'm doctor Terra samt I'm the director

NOTE Confidence: 0.911463322727273

00:00:11.745 --> 00:00:14.048 of the survivorship program an it

NOTE Confidence: 0.911463322727273

00:00:14.048 --> 00:00:16.728 is my honor to be here with you

NOTE Confidence: 0.911463322727273

00:00:16.728 --> 00:00:19.428 tonight to kick off our National

NOTE Confidence: 0.911463322727273

00:00:19.428 --> 00:00:21.351 Cancer survivors month. Really,

NOTE Confidence: 0.911463322727273

00:00:21.351 --> 00:00:24.777 with our little opening ceremony tonight.

NOTE Confidence: 0.911463322727273

00:00:24.780 --> 00:00:26.789 I'd like to just first start by

NOTE Confidence: 0.911463322727273

00:00:26.789 --> 00:00:28.679 thanking Jeff and Britta and Heather

NOTE Confidence: 0.911463322727273

00:00:28.679 --> 00:00:30.933 said well for being with us tonight.

NOTE Confidence: 0.911463322727273

00:00:30.940 --> 00:00:34.012 These two powerhouses have helped make

NOTE Confidence: 0.911463322727273

00:00:34.012 --> 00:00:37.985 sure that we have an action packed event

NOTE Confidence: 0.911463322727273

00:00:37.985 --> 00:00:41.739 lined up every week for the next month

NOTE Confidence: 0.911463322727273

00:00:41.740 --> 00:00:44.274 that we're going to call survivors month.

NOTE Confidence: 0.911463322727273

00:00:44.280 --> 00:00:46.672 And I'd also like to mention that we

NOTE Confidence: 0.911463322727273

00:00:46.672 --> 00:00:49.348 have a very large cancer survivors

NOTE Confidence: 0.911463322727273

00:00:49.348 --> 00:00:51.858 network across smilow cancer network.

NOTE Confidence: 0.911463322727273

00:00:51.860 --> 00:00:55.108 Annual be seeing lots of content featuring.

NOTE Confidence: 0.911463322727273

00:00:55.110 --> 00:00:56.734 All of these providers,

NOTE Confidence: 0.911463322727273

00:00:56.734 --> 00:00:59.170 and hopefully people that you recognize.

NOTE Confidence: 0.911463322727273

00:00:59.170 --> 00:00:59.760 Javen

NOTE Confidence: 0.8389865

00:01:01.170 --> 00:01:03.030 thanks Doctor Sam to appreciate that.

NOTE Confidence: 0.882869647333333

00:01:03.030 --> 00:01:05.448 And yes, everyone welcome to our

NOTE Confidence: 0.882869647333333

00:01:05.448 --> 00:01:07.686 virtual celebration as we celebrate

NOTE Confidence: 0.882869647333333

00:01:07.686 --> 00:01:09.910 National Cancer Survivors Day,

NOTE Confidence: 0.882869647333333

00:01:09.910 --> 00:01:12.925 not just for the day but for the whole

NOTE Confidence: 0.882869647333333

00:01:12.925 --> 00:01:15.762 month of June throughout our SMILOW network

NOTE Confidence: 0.882869647333333

00:01:15.762 --> 00:01:19.040 in our survivorship network here at Yale,

NOTE Confidence: 0.882869647333333

00:01:19.040 --> 00:01:21.308 we are happy and have the privilege
NOTE Confidence: 0.882869647333333

00:01:21.308 --> 00:01:23.169 of hosting our celebratory monthlon
NOTE Confidence: 0.882869647333333

00:01:23.169 --> 00:01:25.623 virtual event with lots of content
NOTE Confidence: 0.882869647333333

00:01:25.623 --> 00:01:27.869 on our celebrations website.
NOTE Confidence: 0.882869647333333

00:01:27.870 --> 00:01:29.781 We know there are many questions and
NOTE Confidence: 0.882869647333333

00:01:29.781 --> 00:01:31.457 unique concerns that people have when
NOTE Confidence: 0.882869647333333

00:01:31.457 --> 00:01:33.333 they see us in the survivorship clinic,
NOTE Confidence: 0.882869647333333

00:01:33.340 --> 00:01:36.300 and many of these may be from what
NOTE Confidence: 0.882869647333333

00:01:36.300 --> 00:01:38.726 they've read online or friends or
NOTE Confidence: 0.882869647333333

00:01:38.726 --> 00:01:41.132 saw on TV for various reasons.
NOTE Confidence: 0.882869647333333

00:01:41.140 --> 00:01:44.001 Part of what we aim to do is help clear up
NOTE Confidence: 0.882869647333333

00:01:44.001 --> 00:01:46.514 some of those misconceptions that do exist.
NOTE Confidence: 0.882869647333333

00:01:46.520 --> 00:01:47.762 So this year,
NOTE Confidence: 0.882869647333333

00:01:47.762 --> 00:01:49.832 one overarching focus for events
NOTE Confidence: 0.882869647333333

00:01:49.832 --> 00:01:52.823 will be mythbusting some of the
NOTE Confidence: 0.882869647333333

00:01:52.823 --> 00:01:55.428 misleading information that exists on

NOTE Confidence: 0.882869647333333

00:01:55.428 --> 00:01:58.180 topics of cancer survivorship care.

NOTE Confidence: 0.882869647333333

00:01:58.180 --> 00:02:00.136 So we're going to be having

NOTE Confidence: 0.882869647333333

00:02:00.136 --> 00:02:02.030 themed weeks each week of June,

NOTE Confidence: 0.882869647333333

00:02:02.030 --> 00:02:05.350 starting this coming week for

NOTE Confidence: 0.882869647333333

00:02:05.350 --> 00:02:08.380 National Cancer Survivors Day today,

NOTE Confidence: 0.882869647333333

00:02:08.380 --> 00:02:11.710 June 6 and throughout the rest of the month.

NOTE Confidence: 0.882869647333333

00:02:11.710 --> 00:02:14.110 Anne, For more information on that,

NOTE Confidence: 0.882869647333333

00:02:14.110 --> 00:02:16.036 I'm going to pass it along

NOTE Confidence: 0.882869647333333

00:02:16.036 --> 00:02:16.999 to Heather Studwell,

NOTE Confidence: 0.882869647333333

00:02:17.000 --> 00:02:19.022 who's been a crucial part of

NOTE Confidence: 0.882869647333333

00:02:19.022 --> 00:02:20.370 pulling this event together,

NOTE Confidence: 0.882869647333333

00:02:20.370 --> 00:02:21.470 and I'll let her introduce

NOTE Confidence: 0.882869647333333

00:02:21.470 --> 00:02:22.570 herself and take it away.

NOTE Confidence: 0.8320809

00:02:25.310 --> 00:02:29.954 Thanks Devin, so starting.

NOTE Confidence: 0.8320809

00:02:29.954 --> 00:02:33.369 This week today actually starts

NOTE Confidence: 0.8320809

00:02:33.369 --> 00:02:35.184 the beginning of the week.
NOTE Confidence: 0.8320809

00:02:35.190 --> 00:02:39.080 We're going to launch our monthly smilow
NOTE Confidence: 0.8320809

00:02:39.080 --> 00:02:42.705 shares lecture series on survivorship.
NOTE Confidence: 0.8320809

00:02:42.710 --> 00:02:44.930 Smilow shares is an on line
NOTE Confidence: 0.8320809

00:02:44.930 --> 00:02:46.853 educational series that we began
NOTE Confidence: 0.8320809

00:02:46.853 --> 00:02:49.073 hosting in September of 2020 for
NOTE Confidence: 0.8320809

00:02:49.073 --> 00:02:51.559 patients in the community via zoom.
NOTE Confidence: 0.8320809

00:02:51.560 --> 00:02:54.090 There are subject focus focus
NOTE Confidence: 0.8320809

00:02:54.090 --> 00:02:56.620 programs with experts from around
NOTE Confidence: 0.8320809

00:02:56.705 --> 00:03:00.209 aryl networks and their hosted.
NOTE Confidence: 0.8320809

00:03:00.210 --> 00:03:04.770 Every Tuesday by our local smilow centers and
NOTE Confidence: 0.8320809

00:03:04.770 --> 00:03:08.060 then professionals from our main hospital.
NOTE Confidence: 0.8320809

00:03:08.060 --> 00:03:10.692 So we thought what we would do is
NOTE Confidence: 0.8320809

00:03:10.692 --> 00:03:13.864 use that platform to talk about some
NOTE Confidence: 0.8320809

00:03:13.864 --> 00:03:16.294 of the more prominent survivorship
NOTE Confidence: 0.8320809

00:03:16.378 --> 00:03:19.223 issues and challenges that are

NOTE Confidence: 0.8320809

00:03:19.223 --> 00:03:20.930 survivorship patients face.

NOTE Confidence: 0.8320809

00:03:20.930 --> 00:03:23.270 So starting this week on Tuesday,

NOTE Confidence: 0.8320809

00:03:23.270 --> 00:03:25.778 that will be our first week

NOTE Confidence: 0.8320809

00:03:25.778 --> 00:03:28.310 theme is exercise and strength.

NOTE Confidence: 0.8320809

00:03:28.310 --> 00:03:32.236 That will be June 8th, Tuesday at 7:00 PM.

NOTE Confidence: 0.8320809

00:03:32.236 --> 00:03:34.078 Our second week.

NOTE Confidence: 0.8320809

00:03:34.080 --> 00:03:36.488 Will be themed sexuality,

NOTE Confidence: 0.8320809

00:03:36.488 --> 00:03:38.294 intimacy and menopause.

NOTE Confidence: 0.8320809

00:03:38.300 --> 00:03:42.080 And that's my loecher series is again

NOTE Confidence: 0.8320809

00:03:42.080 --> 00:03:45.400 Tuesday but June 15th at 7:00 PM.

NOTE Confidence: 0.8320809

00:03:45.400 --> 00:03:47.620 Then the following week,

NOTE Confidence: 0.8320809

00:03:47.620 --> 00:03:50.950 we're focusing on supplements and nutrition.

NOTE Confidence: 0.8320809

00:03:50.950 --> 00:03:52.378 That one will be on Tuesday,

NOTE Confidence: 0.8320809

00:03:52.380 --> 00:03:53.400 June 20 seconds.

NOTE Confidence: 0.8320809

00:03:53.400 --> 00:03:55.780 And then the 4th and final week

NOTE Confidence: 0.8320809

00:03:55.854 --> 00:03:58.334 will be themed holistic coping
NOTE Confidence: 0.8320809

00:03:58.334 --> 00:04:00.318 strategies for cancer survivors,
NOTE Confidence: 0.8320809

00:04:00.320 --> 00:04:04.235 and each of those nights Tuesday at 7:00 PM.
NOTE Confidence: 0.8320809

00:04:04.240 --> 00:04:07.288 For each of those.
NOTE Confidence: 0.8320809

00:04:07.290 --> 00:04:09.564 Each of those lectures will have
NOTE Confidence: 0.8320809

00:04:09.564 --> 00:04:11.080 expert presenters and panelists.
NOTE Confidence: 0.8320809

00:04:11.080 --> 00:04:13.720 You can log in, listen to the lecture,
NOTE Confidence: 0.8320809

00:04:13.720 --> 00:04:15.120 and then they'll live.
NOTE Confidence: 0.8320809

00:04:15.120 --> 00:04:16.870 Answer your questions that you
NOTE Confidence: 0.8320809

00:04:16.870 --> 00:04:18.826 can type into your zoom chat.
NOTE Confidence: 0.8320809

00:04:18.830 --> 00:04:19.164 So,
NOTE Confidence: 0.8320809

00:04:19.164 --> 00:04:20.834 to register for those events
NOTE Confidence: 0.8320809

00:04:20.834 --> 00:04:22.650 and get the zoom links,
NOTE Confidence: 0.8320809

00:04:22.650 --> 00:04:23.700 you're going to visit our
NOTE Confidence: 0.862271767

00:04:26.430 --> 00:04:27.690 yalecancercenter.org/survivorship web page
NOTE Confidence: 0.862271767

00:04:27.690 --> 00:04:30.630 and the registration link will be there.

NOTE Confidence: 0.862271767

00:04:30.630 --> 00:04:33.450 In addition, each of those weeks

NOTE Confidence: 0.862271767

00:04:33.450 --> 00:04:35.330 will be highlighting professionals

NOTE Confidence: 0.862271767

00:04:35.405 --> 00:04:37.805 from around our network at our

NOTE Confidence: 0.862271767

00:04:37.805 --> 00:04:39.900 various smilow cancer care sites.

NOTE Confidence: 0.862271767

00:04:39.900 --> 00:04:42.006 Will be doing lots of just

NOTE Confidence: 0.862271767

00:04:42.006 --> 00:04:43.410 little in prompting videos.

NOTE Confidence: 0.862271767

00:04:43.410 --> 00:04:46.188 Well wishes, so just stay tuned.

NOTE Confidence: 0.862271767

00:04:46.190 --> 00:04:47.279 Follow that website

NOTE Confidence: 0.861996773333333

00:04:49.360 --> 00:04:49.685 youknowcancercenter.org/survivorship

NOTE Confidence: 0.861996773333333

00:04:49.685 --> 00:04:51.635 and you'll be able to follow

NOTE Confidence: 0.861996773333333

00:04:51.635 --> 00:04:53.280 along as the weeks progress.

NOTE Confidence: 0.87088897

00:04:57.340 --> 00:04:58.016 Thanks, Heather.

NOTE Confidence: 0.87088897

00:04:58.016 --> 00:05:00.044 We're really looking forward to this.

NOTE Confidence: 0.87088897

00:05:00.050 --> 00:05:02.766 We're very much excited to talk about

NOTE Confidence: 0.87088897

00:05:02.766 --> 00:05:06.219 myths as they relate to various issues

NOTE Confidence: 0.87088897

00:05:06.219 --> 00:05:08.427 across the survivorship spectrum.

NOTE Confidence: 0.87088897

00:05:08.430 --> 00:05:11.126 And I'll just leave you with one myth.

NOTE Confidence: 0.87088897

00:05:11.130 --> 00:05:13.748 That is that patients with the history

NOTE Confidence: 0.87088897

00:05:13.748 --> 00:05:16.742 of cancer must meet a certain length of

NOTE Confidence: 0.87088897

00:05:16.742 --> 00:05:19.389 time criteria to be called a survivor.

NOTE Confidence: 0.87088897

00:05:19.390 --> 00:05:20.738 That is a myth.

NOTE Confidence: 0.87088897

00:05:20.738 --> 00:05:23.515 The truth is, anyone with a history of

NOTE Confidence: 0.87088897

00:05:23.515 --> 00:05:25.940 cancer is considered a cancer survivor.

NOTE Confidence: 0.87088897

00:05:25.940 --> 00:05:27.340 From the time of diagnosis.

NOTE Confidence: 0.87088897

00:05:27.340 --> 00:05:29.836 Through the balance of his or her life.

NOTE Confidence: 0.87088897

00:05:29.840 --> 00:05:31.840 But I'd also like to say that not

NOTE Confidence: 0.87088897

00:05:31.840 --> 00:05:33.994 every person with a history of cancer

NOTE Confidence: 0.87088897

00:05:33.994 --> 00:05:35.594 identifies with the word survivor,

NOTE Confidence: 0.87088897

00:05:35.600 --> 00:05:37.189 and so I think it's just important

NOTE Confidence: 0.87088897

00:05:37.189 --> 00:05:38.860 to kick off survivorship month,

NOTE Confidence: 0.87088897

00:05:38.860 --> 00:05:40.936 acknowledging that an an if that

NOTE Confidence: 0.87088897

00:05:40.936 --> 00:05:42.620 term doesn't resonate with you,

NOTE Confidence: 0.87088897

00:05:42.620 --> 00:05:43.496 that's OK.

NOTE Confidence: 0.87088897

00:05:43.496 --> 00:05:46.628 These are meant to be inclusive seminars

NOTE Confidence: 0.87088897

00:05:46.628 --> 00:05:49.616 and videos and pieces of information.

NOTE Confidence: 0.87088897

00:05:49.620 --> 00:05:51.996 Just saying thank you to all of you

NOTE Confidence: 0.87088897

00:05:52.000 --> 00:05:54.670 for choosing smile for your care.

NOTE Confidence: 0.87088897

00:05:54.670 --> 00:05:57.640 And with that I think will kick it off.

NOTE Confidence: 0.850892754285714

00:05:59.690 --> 00:06:03.554 Well, I'm very excited for it too.

NOTE Confidence: 0.850892754285714

00:06:03.560 --> 00:06:06.175 Happy Cancer National Cancer Survivors

NOTE Confidence: 0.850892754285714

00:06:06.175 --> 00:06:09.750 day and survivors month for us from all

NOTE Confidence: 0.809319085555556

00:06:09.760 --> 00:06:12.406 of us here at Smilow and

NOTE Confidence: 0.809319085555556

00:06:12.406 --> 00:06:13.729 the survivorship network.

NOTE Confidence: 0.9262092

00:06:15.220 --> 00:06:19.000 Everybody, everyone.