

WEBVTT

00:00:00.000 --> 00:00:02.545 Funding for Yale Cancer Answers

NOTE Confidence: 0.953102473571429

00:00:02.545 --> 00:00:05.090 is provided by Smilow Cancer

NOTE Confidence: 0.953102473571429

00:00:05.174 --> 00:00:07.378 Hospital and AstraZeneca.

NOTE Confidence: 0.953102473571429

00:00:07.380 --> 00:00:08.684 Welcome to Yale Cancer

NOTE Confidence: 0.953102473571429

00:00:08.684 --> 00:00:09.988 Answers with your host

NOTE Confidence: 0.953102473571429

00:00:09.990 --> 00:00:12.447 Dr. Anees Chagpar. Yale Cancer Answers

NOTE Confidence: 0.953102473571429

00:00:12.447 --> 00:00:14.476 features the latest information on

NOTE Confidence: 0.953102473571429

00:00:14.476 --> 00:00:17.194 cancer care by welcoming oncologists and

NOTE Confidence: 0.953102473571429

00:00:17.194 --> 00:00:19.768 specialists who are on the forefront of

NOTE Confidence: 0.953102473571429

00:00:19.768 --> 00:00:22.102 the battle to fight cancer. This week,

NOTE Confidence: 0.953102473571429

00:00:22.102 --> 00:00:23.932 it's a conversation about thyroid

NOTE Confidence: 0.953102473571429

00:00:23.932 --> 00:00:25.669 cancer with Doctor Grace Lee.

NOTE Confidence: 0.953102473571429

00:00:25.670 --> 00:00:27.452 Doctor Lee is an assistant professor

NOTE Confidence: 0.953102473571429

00:00:27.452 --> 00:00:29.539 of surgery at the Yale School of

NOTE Confidence: 0.953102473571429

00:00:29.539 --> 00:00:31.219 Medicine where Doctor Chagpar is

NOTE Confidence: 0.953102473571429

00:00:31.219 --> 00:00:33.267 a professor of surgical oncology.
NOTE Confidence: 0.984242213

00:00:34.380 --> 00:00:36.186 Grace, maybe we can start off by
NOTE Confidence: 0.984242213

00:00:36.186 --> 00:00:38.136 you telling us a little bit about
NOTE Confidence: 0.984242213

00:00:38.136 --> 00:00:40.040 yourself and about what you do.
NOTE Confidence: 0.974203992222222

00:00:40.050 --> 00:00:43.038 As an endocrine surgeon I
NOTE Confidence: 0.974203992222222

00:00:43.038 --> 00:00:45.030 remove the thyroid, parathyroid in
NOTE Confidence: 0.974203992222222

00:00:45.120 --> 00:00:48.335 adrenal glands for various different
NOTE Confidence: 0.974203992222222

00:00:48.335 --> 00:00:50.264 disorders including cancer.
NOTE Confidence: 0.974203992222222

00:00:50.270 --> 00:00:53.372 My areas of clinical and research
NOTE Confidence: 0.974203992222222

00:00:53.372 --> 00:00:54.923 interest include different
NOTE Confidence: 0.974203992222222

00:00:54.923 --> 00:00:56.597 minimally invasive techniques
NOTE Confidence: 0.974203992222222

00:00:56.597 --> 00:00:59.292 and new imaging techniques for
NOTE Confidence: 0.974203992222222

00:00:59.292 --> 00:01:01.730 treatment of endocrine disorders.
NOTE Confidence: 0.970094495

00:01:01.800 --> 00:01:03.585 So let's start off by talking a
NOTE Confidence: 0.970094495

00:01:03.585 --> 00:01:05.199 little bit about thyroid cancer.
NOTE Confidence: 0.970094495

00:01:05.200 --> 00:01:07.260 After all, it is thyroid

NOTE Confidence: 0.970094495

00:01:07.260 --> 00:01:08.496 cancer awareness month.

NOTE Confidence: 0.970094495

00:01:08.500 --> 00:01:10.988 So tell us a little bit more about

NOTE Confidence: 0.970094495

00:01:10.988 --> 00:01:12.780 the epidemiology of thyroid cancer.

NOTE Confidence: 0.970094495

00:01:12.780 --> 00:01:14.940 How many people get diagnosed?

NOTE Confidence: 0.970094495

00:01:14.940 --> 00:01:17.236 How many people succumb to their disease?

NOTE Confidence: 0.970094495

00:01:17.240 --> 00:01:18.488 How common is this?

NOTE Confidence: 0.769741365

00:01:19.360 --> 00:01:23.228 So thyroid cancer is

NOTE Confidence: 0.769741365

00:01:23.230 --> 00:01:26.314 number wise, about the eighth most

NOTE Confidence: 0.769741365

00:01:26.314 --> 00:01:28.990 common cancer in the US, however,

NOTE Confidence: 0.769741365

00:01:28.990 --> 00:01:32.001 it only accounts for about 4% of

NOTE Confidence: 0.769741365

00:01:32.001 --> 00:01:34.587 all the new cancers being diagnosed,

NOTE Confidence: 0.769741365

00:01:34.590 --> 00:01:37.240 and people who succumb to

NOTE Confidence: 0.769741365

00:01:37.240 --> 00:01:38.830 thyroid cancer annually

NOTE Confidence: 0.769741365

00:01:38.830 --> 00:01:43.035 we guesstimate at about 2000 so

NOTE Confidence: 0.769741365

00:01:43.035 --> 00:01:46.485 it is not as prevalent as

NOTE Confidence: 0.769741365

00:01:46.485 --> 00:01:49.959 breast cancer or colon cancer,
NOTE Confidence: 0.769741365

00:01:49.960 --> 00:01:52.804 but what's interesting is that new
NOTE Confidence: 0.769741365

00:01:52.804 --> 00:01:55.195 diagnoses of thyroid cancers have
NOTE Confidence: 0.769741365

00:01:55.195 --> 00:01:57.709 tripled in the past three decades.
NOTE Confidence: 0.769741365

00:01:57.710 --> 00:02:00.804 It is one of the most rapidly
NOTE Confidence: 0.769741365

00:02:00.804 --> 00:02:02.660 increasing cancers in the US
NOTE Confidence: 0.769741365

00:02:02.660 --> 00:02:04.724 but we believe that much of
NOTE Confidence: 0.769741365

00:02:04.724 --> 00:02:06.967 the increase owes to the fact
NOTE Confidence: 0.769741365

00:02:06.967 --> 00:02:08.937 that we're just catching them
NOTE Confidence: 0.769741365

00:02:08.937 --> 00:02:10.990 earlier and more frequently,
NOTE Confidence: 0.769741365

00:02:10.990 --> 00:02:12.766 as mentioned before,
NOTE Confidence: 0.769741365

00:02:12.766 --> 00:02:13.950 we utilized
NOTE Confidence: 0.769741365

00:02:13.950 --> 00:02:17.800 various diagnostic imaging to further
NOTE Confidence: 0.769741365

00:02:17.800 --> 00:02:21.232 elucidate many conditions and we
NOTE Confidence: 0.769741365

00:02:21.232 --> 00:02:24.037 just catch these incidental thyroid
NOTE Confidence: 0.769741365

00:02:24.037 --> 00:02:27.014 nodules while we are just looking

NOTE Confidence: 0.769741365

00:02:27.014 --> 00:02:29.780 into our body for different diseases.

NOTE Confidence: 0.769741365

00:02:29.780 --> 00:02:32.280 So thyroid nodules are just

NOTE Confidence: 0.769741365

00:02:32.280 --> 00:02:34.965 being caught earlier and more

NOTE Confidence: 0.769741365

00:02:34.965 --> 00:02:37.630 frequently. Some of these imaging

NOTE Confidence: 0.769741365

00:02:37.630 --> 00:02:40.205 studies that patients get include

NOTE Confidence: 0.769741365

00:02:40.205 --> 00:02:43.218 CT scans after a car accident.

NOTE Confidence: 0.769741365

00:02:43.220 --> 00:02:46.104 Pet CT to survey and other cancers

NOTE Confidence: 0.769741365

00:02:46.104 --> 00:02:48.948 such as breast cancer or Melanoma

NOTE Confidence: 0.769741365

00:02:48.950 --> 00:02:50.518 or even carotid ultrasound,

NOTE Confidence: 0.769741365

00:02:50.518 --> 00:02:52.086 to examine narrowing of

NOTE Confidence: 0.769741365

00:02:52.086 --> 00:02:53.430 the carotid arteries.

NOTE Confidence: 0.98001511

00:02:53.800 --> 00:02:56.410 Let's dig a little bit more

NOTE Confidence: 0.98001511

00:02:56.410 --> 00:02:58.817 into that because I find that statistic

NOTE Confidence: 0.98001511

00:02:58.817 --> 00:03:03.192 of a tripling in the rate of thyroid

NOTE Confidence: 0.98001511

00:03:03.192 --> 00:03:06.980 cancers to be really quite an awesome,

NOTE Confidence: 0.98001511

00:03:06.980 --> 00:03:10.766 not in the sense of awesome 'awesome' but awesome

NOTE Confidence: 0.98001511

00:03:10.766 --> 00:03:14.640 in the sense of a huge number deserving of awe.

00:03:17.004 --> 00:03:20.420 What are the risk factors for thyroid cancer?

NOTE Confidence: 0.98001511

00:03:20.420 --> 00:03:23.556 I appreciate that you said that

NOTE Confidence: 0.98001511

00:03:23.560 --> 00:03:26.820 we think that a lot of this is just because

NOTE Confidence: 0.98001511

00:03:26.899 --> 00:03:30.680 of an increasing rate of detection,

NOTE Confidence: 0.98001511

00:03:30.680 --> 00:03:33.976 but help us to understand what are the

NOTE Confidence: 0.98001511

00:03:33.976 --> 00:03:36.230 etiologic causes of thyroid cancer?

NOTE Confidence: 0.983482328

00:03:36.340 --> 00:03:38.160 That's an excellent question,

NOTE Confidence: 0.983482328

00:03:38.160 --> 00:03:40.960 if we can actually get down to

NOTE Confidence: 0.983482328

00:03:41.027 --> 00:03:43.757 the bottom of why thyroid cancer happens

NOTE Confidence: 0.983482328

00:03:43.760 --> 00:03:46.088 perhaps we can even prevent it,

NOTE Confidence: 0.983482328

00:03:46.090 --> 00:03:50.446 so there have been many studies that have

NOTE Confidence: 0.983482328

00:03:50.446 --> 00:03:53.757 been performed to characterize who are the

NOTE Confidence: 0.983482328

00:03:53.757 --> 00:03:56.927 folks that are getting thyroid cancer.

NOTE Confidence: 0.983482328

00:03:56.930 --> 00:03:58.964 Why we are catching

NOTE Confidence: 0.983482328

00:03:58.964 --> 00:04:00.730 and detecting more of them.

NOTE Confidence: 0.983482328

00:04:00.730 --> 00:04:03.943 Some of the risk factors for

NOTE Confidence: 0.983482328

00:04:03.943 --> 00:04:06.520 thyroid cancer include being a woman

NOTE Confidence: 0.983482328

00:04:06.520 --> 00:04:10.433 and of the Asian race and

NOTE Confidence: 0.983482328

00:04:10.433 --> 00:04:13.760 age between 25 to 65 years old.

NOTE Confidence: 0.983482328

00:04:13.760 --> 00:04:15.910 Although we do see some

NOTE Confidence: 0.983482328

00:04:15.910 --> 00:04:18.710 extreme distribution of ages,

NOTE Confidence: 0.983482328

00:04:18.710 --> 00:04:22.210 such as pediatric population versus

NOTE Confidence: 0.983482328

00:04:22.210 --> 00:04:25.420 very advanced age population.

NOTE Confidence: 0.986016675

00:04:26.390 --> 00:04:27.850 And also having had

NOTE Confidence: 0.984340156521739

00:04:27.880 --> 00:04:30.160 prior radiation treatment to the

NOTE Confidence: 0.984340156521739

00:04:30.160 --> 00:04:34.094 head and neck area as a child or

NOTE Confidence: 0.984340156521739

00:04:34.094 --> 00:04:36.186 having had environmental radiation

NOTE Confidence: 0.984340156521739

00:04:36.186 --> 00:04:39.450 exposure such as a nuclear accident.

NOTE Confidence: 0.984340156521739

00:04:39.450 --> 00:04:41.988 And having a family member with

NOTE Confidence: 0.984340156521739

00:04:41.988 --> 00:04:44.218 history of thyroid disease or
NOTE Confidence: 0.984340156521739

00:04:44.218 --> 00:04:46.528 enlarged thyroid or thyroid cancer.
NOTE Confidence: 0.984340156521739

00:04:46.530 --> 00:04:49.565 And again, the detection catches
NOTE Confidence: 0.984340156521739

00:04:49.565 --> 00:04:51.386 incidental thyroid nodules.
NOTE Confidence: 0.984340156521739

00:04:51.390 --> 00:04:53.666 Not necessarily thyroid cancer.
NOTE Confidence: 0.984340156521739

00:04:53.666 --> 00:04:57.080 So most of these thyroid nodules
NOTE Confidence: 0.984340156521739

00:04:57.178 --> 00:04:59.848 turn out to be benign nodules.
NOTE Confidence: 0.984340156521739

00:04:59.850 --> 00:05:01.758 But because we're catching
NOTE Confidence: 0.984340156521739

00:05:01.758 --> 00:05:03.666 benign nodules,
NOTE Confidence: 0.984340156521739

00:05:03.670 --> 00:05:05.338 we are also seeing the increase
NOTE Confidence: 0.984340156521739

00:05:05.338 --> 00:05:06.172 of thyroid cancer.
NOTE Confidence: 0.982275885

00:05:06.970 --> 00:05:08.650 When you talk
NOTE Confidence: 0.982275885

00:05:08.650 --> 00:05:09.770 about the risk factors,
NOTE Confidence: 0.982275885

00:05:09.770 --> 00:05:11.768 a lot of the things you mentioned
NOTE Confidence: 0.982275885

00:05:11.768 --> 00:05:13.469 are things that we cannot change.
NOTE Confidence: 0.982275885

00:05:13.470 --> 00:05:16.068 Being a woman, your age,

NOTE Confidence: 0.982275885

00:05:16.070 --> 00:05:18.420 your race or ethnicity,

NOTE Confidence: 0.982275885

00:05:18.420 --> 00:05:21.555 your family history.

NOTE Confidence: 0.982275885

00:05:21.555 --> 00:05:25.560 And the things that are other

NOTE Confidence: 0.982275885

00:05:25.560 --> 00:05:28.520 risk factors, exposure to radiation,

NOTE Confidence: 0.982275885

00:05:28.520 --> 00:05:31.430 nuclear accidents,

NOTE Confidence: 0.982275885

00:05:31.430 --> 00:05:33.870 thankfully, not many of us, I think,

NOTE Confidence: 0.982275885

00:05:33.870 --> 00:05:36.450 can claim to have that,

NOTE Confidence: 0.982275885

00:05:36.450 --> 00:05:38.162 and certainly sometimes when

NOTE Confidence: 0.982275885

00:05:38.162 --> 00:05:40.302 we're exposed to radiation due

NOTE Confidence: 0.982275885

00:05:40.302 --> 00:05:42.528 to CT scans or other things,

NOTE Confidence: 0.982275885

00:05:42.530 --> 00:05:44.955 those may be beyond

NOTE Confidence: 0.982275885

00:05:44.955 --> 00:05:47.380 our control as well.

NOTE Confidence: 0.982275885

00:05:47.380 --> 00:05:50.812 Are there any factors that our audience

NOTE Confidence: 0.982275885

00:05:50.812 --> 00:05:53.983 might be interested in that increase

NOTE Confidence: 0.982275885

00:05:53.983 --> 00:05:56.281 or decrease your risk of thyroid

NOTE Confidence: 0.982275885

00:05:56.281 --> 00:05:58.309 cancer that you can control?

NOTE Confidence: 0.982275885

00:05:58.310 --> 00:06:00.518 And so I'm thinking here about

NOTE Confidence: 0.982275885

00:06:00.518 --> 00:06:02.940 things like an iodine deficiency

NOTE Confidence: 0.982275885

00:06:02.940 --> 00:06:06.980 that we know can have a role to

NOTE Confidence: 0.982275885

00:06:06.980 --> 00:06:09.230 play in benign thyroid conditions.

NOTE Confidence: 0.982275885

00:06:09.230 --> 00:06:12.446 Any role for that in terms of cancers?

NOTE Confidence: 0.982275885

00:06:12.450 --> 00:06:16.125 Any other factors that

NOTE Confidence: 0.982275885

00:06:16.125 --> 00:06:19.640 people could potentially control?

00:06:20.060 --> 00:06:22.448 That's very interesting question.

NOTE Confidence: 0.973546919333333

00:06:22.448 --> 00:06:26.722 I do occasionally have a patient

NOTE Confidence: 0.973546919333333

00:06:26.722 --> 00:06:30.304 who's interested in modifying their diet

NOTE Confidence: 0.973546919333333

00:06:30.304 --> 00:06:33.953 to either combat the existing thyroid

NOTE Confidence: 0.973546919333333

00:06:33.953 --> 00:06:37.481 cancer or help their family members

NOTE Confidence: 0.973546919333333

00:06:37.481 --> 00:06:40.870 prevent from getting thyroid cancer.

NOTE Confidence: 0.973546919333333

00:06:40.870 --> 00:06:42.970 Iodine deficiency certainly

NOTE Confidence: 0.973546919333333

00:06:42.970 --> 00:06:47.058 can be the cause of a goiter,

NOTE Confidence: 0.973546919333333

00:06:47.060 --> 00:06:48.812 an enlarged thyroid gland.
NOTE Confidence: 0.9735469193333333

00:06:48.812 --> 00:06:52.160 But I do not believe there has
NOTE Confidence: 0.9735469193333333

00:06:52.160 --> 00:06:54.676 been an established linkage
NOTE Confidence: 0.9735469193333333

00:06:54.676 --> 00:06:57.192 between iodine supplementation and
NOTE Confidence: 0.9735469193333333

00:06:57.192 --> 00:06:59.810 decreased rate of thyroid cancer.
NOTE Confidence: 0.9735469193333333

00:06:59.810 --> 00:07:03.008 So at the current time point,
NOTE Confidence: 0.9735469193333333

00:07:03.010 --> 00:07:05.908 I think detection and appropriate treatment
NOTE Confidence: 0.9735469193333333

00:07:05.908 --> 00:07:09.289 will be the best course of action
NOTE Confidence: 0.9735469193333333

00:07:09.290 --> 00:07:12.538 once one is found to have thyroid cancer.
00:07:16.140 --> 00:07:18.270 Getting back to that original statistic,
NOTE Confidence: 0.9878552733333333

00:07:18.270 --> 00:07:20.710 this tripling of thyroid cancers,
NOTE Confidence: 0.9878552733333333

00:07:20.710 --> 00:07:23.139 it doesn't seem that there has been
NOTE Confidence: 0.9878552733333333

00:07:23.139 --> 00:07:25.530 a tripling of nuclear accidents.
NOTE Confidence: 0.9878552733333333

00:07:25.530 --> 00:07:28.686 If anything, I think our nuclear
NOTE Confidence: 0.9878552733333333

00:07:28.686 --> 00:07:30.790 exposures have generally declined,
NOTE Confidence: 0.9878552733333333

00:07:30.790 --> 00:07:34.829 as safety protocols have improved,
NOTE Confidence: 0.9878552733333333

00:07:34.830 --> 00:07:37.427 one wouldn't think that there
NOTE Confidence: 0.9878552733333333

00:07:37.427 --> 00:07:40.230 would have been a difference in terms of
NOTE Confidence: 0.9878552733333333

00:07:40.230 --> 00:07:44.270 age or gender or race over the last
NOTE Confidence: 0.9878552733333333

00:07:44.270 --> 00:07:46.640 few decades where we've seen this
NOTE Confidence: 0.9878552733333333

00:07:46.640 --> 00:07:49.400 tripling and so that brings us to
NOTE Confidence: 0.9878552733333333

00:07:49.400 --> 00:07:51.596 this whole area of of detection,
NOTE Confidence: 0.9878552733333333

00:07:51.600 --> 00:07:54.680 which you surmise is really the
NOTE Confidence: 0.9878552733333333

00:07:54.680 --> 00:07:58.215 thing at the driving seat of
NOTE Confidence: 0.9878552733333333

00:07:58.215 --> 00:08:00.865 this tripling of thyroid cancer.
NOTE Confidence: 0.9878552733333333

00:08:00.870 --> 00:08:02.410 Has anybody looked at that?
NOTE Confidence: 0.9878552733333333

00:08:02.410 --> 00:08:05.956 Has the rate at which we are imaging
NOTE Confidence: 0.9878552733333333

00:08:05.956 --> 00:08:09.287 people increased at that same proportion?
NOTE Confidence: 0.9878552733333333

00:08:09.290 --> 00:08:12.360 So in other words we all know that
NOTE Confidence: 0.9878552733333333

00:08:12.441 --> 00:08:15.519 there's been this burgeoning of technology.
NOTE Confidence: 0.9878552733333333

00:08:15.520 --> 00:08:18.173 And we seem to do more imaging
NOTE Confidence: 0.9878552733333333

00:08:18.173 --> 00:08:20.040 nowadays than we used to.

NOTE Confidence: 0.987855273333333

00:08:20.040 --> 00:08:22.756 At least that's how it feels anecdotally.

NOTE Confidence: 0.987855273333333

00:08:22.760 --> 00:08:24.888 But has anybody looked at that to see

NOTE Confidence: 0.987855273333333

00:08:24.888 --> 00:08:26.728 whether these two trends are parallel?

NOTE Confidence: 0.984154633333333

00:08:27.660 --> 00:08:29.012 Yeah, I believe so.

NOTE Confidence: 0.984154633333333

00:08:29.012 --> 00:08:32.480 So in much of thyroid cancer literature,

NOTE Confidence: 0.984154633333333

00:08:32.480 --> 00:08:37.748 we always attribute the partial rapid

NOTE Confidence: 0.984154633333333

00:08:37.748 --> 00:08:42.033 increase in thyroid cancer being

NOTE Confidence: 0.984154633333333

00:08:42.033 --> 00:08:45.898 prevalent to essentially the detection,

NOTE Confidence: 0.984154633333333

00:08:45.900 --> 00:08:48.980 in leading to earlier diagnosis,

NOTE Confidence: 0.984154633333333

00:08:48.980 --> 00:08:52.220 not necessarily more aggressive treatment,

NOTE Confidence: 0.984154633333333

00:08:52.220 --> 00:08:56.756 we have been scaling back down on the

NOTE Confidence: 0.984154633333333

00:08:56.760 --> 00:09:00.020 resection of these thyroid cancers.

NOTE Confidence: 0.984154633333333

00:09:00.020 --> 00:09:03.436 So not all thyroid cancers lead to surgery,

NOTE Confidence: 0.984154633333333

00:09:03.440 --> 00:09:07.017 but it is certainly true that there

NOTE Confidence: 0.984154633333333

00:09:07.017 --> 00:09:10.070 is clear correlation between the

NOTE Confidence: 0.984154633333333

00:09:10.070 --> 00:09:13.230 utilization of imaging studies
NOTE Confidence: 0.9841546333333333

00:09:13.230 --> 00:09:16.390 in multiple different aspects.
NOTE Confidence: 0.9841546333333333

00:09:16.390 --> 00:09:19.900 And also perhaps patient awareness
NOTE Confidence: 0.9841546333333333

00:09:19.900 --> 00:09:23.467 in clinician exam skills being
NOTE Confidence: 0.9841546333333333

00:09:23.467 --> 00:09:27.781 improved lead to detection of the
NOTE Confidence: 0.9841546333333333

00:09:27.781 --> 00:09:31.038 thyroid nodules and go down the
NOTE Confidence: 0.9841546333333333

00:09:31.038 --> 00:09:32.818 pathway of thyroid cancer detection.
NOTE Confidence: 0.980417906923077

00:09:33.130 --> 00:09:34.754 Let's talk a little bit
NOTE Confidence: 0.980417906923077

00:09:34.754 --> 00:09:35.990 about that because as you say,
NOTE Confidence: 0.980417906923077

00:09:35.990 --> 00:09:37.400 not all thyroid nodules that
NOTE Confidence: 0.980417906923077

00:09:37.400 --> 00:09:38.965 may be picked up incidentally,
NOTE Confidence: 0.980417906923077

00:09:38.965 --> 00:09:41.575 either on imaging or on physical
NOTE Confidence: 0.980417906923077

00:09:41.575 --> 00:09:43.569 exam are actually a cancer.
NOTE Confidence: 0.980417906923077

00:09:43.570 --> 00:09:46.786 So let's suppose somebody does have
NOTE Confidence: 0.980417906923077

00:09:46.786 --> 00:09:49.670 a scan done for whatever reason
NOTE Confidence: 0.980417906923077

00:09:49.670 --> 00:09:51.548 and the thyroid nodule is found.

NOTE Confidence: 0.980417906923077

00:09:51.550 --> 00:09:54.642 How do we get from incidental thyroid

NOTE Confidence: 0.980417906923077

00:09:54.642 --> 00:09:58.464 nodule to making a diagnosis of cancer?

NOTE Confidence: 0.980417906923077

00:09:58.470 --> 00:09:59.478 How does that work?

NOTE Confidence: 0.985968668

00:09:59.990 --> 00:10:02.020 Yeah, so as we mentioned,

NOTE Confidence: 0.985968668

00:10:02.020 --> 00:10:05.079 it is not uncommon that we just

NOTE Confidence: 0.985968668

00:10:05.079 --> 00:10:07.917 stumble upon a thyroid nodule being

NOTE Confidence: 0.985968668

00:10:07.917 --> 00:10:11.819 mentioned on a CT scan that a patient

NOTE Confidence: 0.985968668

00:10:11.819 --> 00:10:15.144 may have gotten for neck pain or

NOTE Confidence: 0.985968668

00:10:15.150 --> 00:10:20.267 just to rule out lung nodules etc.

NOTE Confidence: 0.985968668

00:10:20.270 --> 00:10:23.546 So after initial detection of the

NOTE Confidence: 0.985968668

00:10:23.546 --> 00:10:27.800 thyroid nodule on a different modality,

NOTE Confidence: 0.985968668

00:10:27.800 --> 00:10:30.905 we do a comprehensive neck

NOTE Confidence: 0.985968668

00:10:30.905 --> 00:10:34.660 ultrasound as the gold standard exam.

00:10:36.570 --> 00:10:39.825 If the patient does not have recent

NOTE Confidence: 0.985968668

00:10:39.825 --> 00:10:42.120 thyroid function that was drawn

NOTE Confidence: 0.985968668

00:10:42.120 --> 00:10:45.980 with a routine yearly checkup.

NOTE Confidence: 0.985968668
00:10:45.980 --> 00:10:49.670 So after the ultrasound is obtained,
NOTE Confidence: 0.985968668
00:10:49.670 --> 00:10:52.130 we can then
NOTE Confidence: 0.985968668
00:10:52.130 --> 00:10:54.770 detect whether the thyroid nodule
NOTE Confidence: 0.985968668
00:10:54.770 --> 00:10:58.705 is of the appropriate size and if
NOTE Confidence: 0.985968668
00:10:58.705 --> 00:11:01.700 that nodule has specific ultrasound
NOTE Confidence: 0.985968668
00:11:01.700 --> 00:11:04.756 characteristics that make us worried
NOTE Confidence: 0.985968668
00:11:04.756 --> 00:11:08.260 about that thyroid nodule being cancerous.
NOTE Confidence: 0.985968668
00:11:08.260 --> 00:11:10.519 And if we
NOTE Confidence: 0.985968668
00:11:10.520 --> 00:11:13.785 give that thyroid nodule appropriate
NOTE Confidence: 0.985968668
00:11:13.785 --> 00:11:18.092 numbers and if we surmise that the
NOTE Confidence: 0.985968668
00:11:18.092 --> 00:11:21.476 nodule is meeting the biopsy criteria,
NOTE Confidence: 0.985968668
00:11:21.480 --> 00:11:24.455 then what we usually do is
NOTE Confidence: 0.985968668
00:11:24.455 --> 00:11:27.252 a fine needle aspiration biopsy
NOTE Confidence: 0.985968668
00:11:27.252 --> 00:11:30.787 under the guidance of ultrasound
NOTE Confidence: 0.985968668
00:11:30.790 --> 00:11:32.758 to have our pathologists then take
NOTE Confidence: 0.985968668

00:11:32.758 --> 00:11:35.778 a look at some of the cell samples
NOTE Confidence: 0.985968668

00:11:35.778 --> 00:11:37.823 obtained from their thyroid nodule.
NOTE Confidence: 0.967282023333333

00:11:38.280 --> 00:11:40.494 So let's flush that out a little bit.
NOTE Confidence: 0.967282023333333

00:11:40.500 --> 00:11:41.754 You mentioned that
NOTE Confidence: 0.967282023333333

00:11:41.754 --> 00:11:43.844 there are some size criteria,
NOTE Confidence: 0.967282023333333

00:11:43.850 --> 00:11:45.795 some morphologic criteria that you
NOTE Confidence: 0.967282023333333

00:11:45.795 --> 00:11:48.968 look at in terms of a thyroid nodule
NOTE Confidence: 0.967282023333333

00:11:48.970 --> 00:11:51.690 to kind of gauge your suspicion as to
NOTE Confidence: 0.967282023333333

00:11:51.690 --> 00:11:54.206 whether this could be malignant or not,
NOTE Confidence: 0.967282023333333

00:11:54.210 --> 00:11:56.010 tell us a little bit more
NOTE Confidence: 0.967282023333333

00:11:56.010 --> 00:11:57.510 about what those criteria are.
NOTE Confidence: 0.967282023333333

00:11:57.510 --> 00:11:59.886 What are the things that make you worried
NOTE Confidence: 0.967282023333333

00:11:59.886 --> 00:12:02.457 that a thyroid nodule could be cancer?
NOTE Confidence: 0.944501742

00:12:02.770 --> 00:12:06.740 Yeah, so generally speaking we
NOTE Confidence: 0.944501742

00:12:06.740 --> 00:12:10.710 worry about bigger thyroid nodules.
NOTE Confidence: 0.944501742

00:12:10.710 --> 00:12:14.930 That's generally speaking.

NOTE Confidence: 0.915846776
00:12:14.940 --> 00:12:16.170 And how big is big grade?
NOTE Confidence: 0.98458436125
00:12:17.810 --> 00:12:20.615 We consider anything less than
NOTE Confidence: 0.98458436125
00:12:20.615 --> 00:12:24.710 1 centimeter as kind of
NOTE Confidence: 0.98458436125
00:12:24.710 --> 00:12:28.072 microterritory and 1 centimeter or greater
NOTE Confidence: 0.98458436125
00:12:28.072 --> 00:12:31.380 at least meets the size criteria.
NOTE Confidence: 0.98458436125
00:12:31.380 --> 00:12:35.145 If the thyroid nodule looks worrisome
NOTE Confidence: 0.98458436125
00:12:35.145 --> 00:12:39.265 enough on the ultrasound and some of the
NOTE Confidence: 0.98458436125
00:12:39.265 --> 00:12:42.488 worrisome features are the thyroid nodule
NOTE Confidence: 0.98458436125
00:12:42.488 --> 00:12:48.240 being solid rather than mostly fluid,
NOTE Confidence: 0.98458436125
00:12:48.240 --> 00:12:50.920 or mixed solid and fluid,
NOTE Confidence: 0.98458436125
00:12:50.920 --> 00:12:54.056 what we call cystic and it has what
NOTE Confidence: 0.98458436125
00:12:54.056 --> 00:12:56.706 we call hypoechoic characteristic
NOTE Confidence: 0.98458436125
00:12:56.706 --> 00:12:59.361 onto ultrasound microcalcifications
NOTE Confidence: 0.98458436125
00:12:59.361 --> 00:13:04.455 irregular borders taller than wide, etc.
NOTE Confidence: 0.98458436125
00:13:04.455 --> 00:13:08.445 So we radiologists are very familiar
NOTE Confidence: 0.98458436125

00:13:08.445 --> 00:13:11.124 with assigning certain
NOTE Confidence: 0.98458436125

00:13:11.124 --> 00:13:13.974 points to these thyroid nodules
NOTE Confidence: 0.98458436125

00:13:13.974 --> 00:13:18.270 to see if this is thyroid nodule
NOTE Confidence: 0.98458436125

00:13:18.270 --> 00:13:21.035 should then proceed to the
NOTE Confidence: 0.98458436125

00:13:21.035 --> 00:13:23.247 biopsy stage or
NOTE Confidence: 0.98458436125

00:13:23.250 --> 00:13:25.718 this thyroid nodule looks
NOTE Confidence: 0.98458436125

00:13:25.718 --> 00:13:28.186 to be pretty innocuous.
NOTE Confidence: 0.98458436125

00:13:28.190 --> 00:13:29.910 Although it is 2 centimeters
NOTE Confidence: 0.98458436125

00:13:29.910 --> 00:13:31.200 or three centimeters,
NOTE Confidence: 0.98458436125

00:13:31.200 --> 00:13:33.540 and perhaps we can watch it.
NOTE Confidence: 0.985418738333333

00:13:34.390 --> 00:13:37.038 And so we're going to pick up on
NOTE Confidence: 0.985418738333333

00:13:37.038 --> 00:13:38.939 this conversation about what happens
NOTE Confidence: 0.985418738333333

00:13:38.939 --> 00:13:40.889 once that diagnosis of thyroid
NOTE Confidence: 0.985418738333333

00:13:40.889 --> 00:13:43.200 cancer is made right after we take
NOTE Confidence: 0.985418738333333

00:13:43.200 --> 00:13:45.292 a short break for a medical minute.
NOTE Confidence: 0.985418738333333

00:13:45.292 --> 00:13:47.504 Please stay tuned to learn more about

NOTE Confidence: 0.985418738333333

00:13:47.504 --> 00:13:49.463 the care of patients with thyroid

NOTE Confidence: 0.985418738333333

00:13:49.463 --> 00:13:51.550 cancer with my guest doctor Grace Lee.

NOTE Confidence: 0.919608576

00:13:52.210 --> 00:13:54.125 Support for Yale Cancer Answers

NOTE Confidence: 0.919608576

00:13:54.125 --> 00:13:56.040 comes from Smilow Cancer Hospital,

NOTE Confidence: 0.919608576

00:13:56.040 --> 00:13:58.010 where an individualized approach to

NOTE Confidence: 0.919608576

00:13:58.010 --> 00:13:59.980 prostate cancer screening is used

NOTE Confidence: 0.919608576

00:14:00.044 --> 00:14:02.030 to determine which men are eligible

NOTE Confidence: 0.919608576

00:14:02.030 --> 00:14:03.990 and would benefit from screening.

NOTE Confidence: 0.919608576

00:14:03.990 --> 00:14:07.572 To learn more, visit Yale Cancer

NOTE Confidence: 0.919608576

00:14:07.572 --> 00:14:09.960 Center dot org slash screening.

NOTE Confidence: 0.919608576

00:14:09.960 --> 00:14:11.838 Genetic testing can be useful for

NOTE Confidence: 0.919608576

00:14:11.838 --> 00:14:13.673 people with certain types of cancer

NOTE Confidence: 0.919608576

00:14:13.673 --> 00:14:15.528 that seem to run in their families.

NOTE Confidence: 0.919608576

00:14:15.530 --> 00:14:18.044 Genetic counseling is a process that

NOTE Confidence: 0.919608576

00:14:18.044 --> 00:14:20.179 includes collecting a detailed personal

NOTE Confidence: 0.919608576

00:14:20.179 --> 00:14:22.937 and family history or risk assessment and
NOTE Confidence: 0.919608576

00:14:22.937 --> 00:14:25.478 a discussion of genetic testing options.
NOTE Confidence: 0.919608576

00:14:25.480 --> 00:14:27.794 Only about 5 to 10% of all
NOTE Confidence: 0.919608576

00:14:27.794 --> 00:14:28.820 cancers are inherited,
NOTE Confidence: 0.919608576

00:14:28.820 --> 00:14:30.880 and genetic testing is not
NOTE Confidence: 0.919608576

00:14:30.880 --> 00:14:32.116 recommended for everyone.
NOTE Confidence: 0.919608576

00:14:32.120 --> 00:14:34.442 Individuals who have a personal and
NOTE Confidence: 0.919608576

00:14:34.442 --> 00:14:36.510 or family history that includes
NOTE Confidence: 0.919608576

00:14:36.510 --> 00:14:38.735 cancer at unusually early ages,
NOTE Confidence: 0.919608576

00:14:38.740 --> 00:14:39.422 multiple relatives
NOTE Confidence: 0.919608576

00:14:39.422 --> 00:14:41.809 on the same side of the family
NOTE Confidence: 0.919608576

00:14:41.809 --> 00:14:43.210 with the same cancer,
NOTE Confidence: 0.919608576

00:14:43.210 --> 00:14:45.040 more than one diagnosis of
NOTE Confidence: 0.919608576

00:14:45.040 --> 00:14:46.870 cancer in the same individual,
NOTE Confidence: 0.919608576

00:14:46.870 --> 00:14:49.677 rare cancers or family history of a
NOTE Confidence: 0.919608576

00:14:49.677 --> 00:14:51.992 known altered cancer predisposing gene

NOTE Confidence: 0.919608576

00:14:51.992 --> 00:14:55.106 could be candidates for genetic testing.

NOTE Confidence: 0.919608576

00:14:55.110 --> 00:14:57.195 Resources for genetic counseling and

NOTE Confidence: 0.919608576

00:14:57.195 --> 00:14:59.280 testing are available at federally

NOTE Confidence: 0.919608576

00:14:59.344 --> 00:15:00.577 designated comprehensive cancer

NOTE Confidence: 0.919608576

00:15:00.577 --> 00:15:03.043 centers such as Yale Cancer Center

NOTE Confidence: 0.919608576

00:15:03.043 --> 00:15:04.988 and Smilow Cancer Hospital.

NOTE Confidence: 0.919608576

00:15:04.990 --> 00:15:08.050 More information is available at

NOTE Confidence: 0.919608576

00:15:08.050 --> 00:15:09.346 yalecancercenter.org. You're listening

NOTE Confidence: 0.919608576

00:15:09.346 --> 00:15:11.074 to Connecticut Public Radio.

NOTE Confidence: 0.902571371666667

00:15:11.580 --> 00:15:14.160 Welcome back to Yale Cancer Answers.

NOTE Confidence: 0.902571371666667

00:15:14.160 --> 00:15:16.653 This is doctor Anees Chagpar and I'm

NOTE Confidence: 0.902571371666667

00:15:16.653 --> 00:15:19.097 joined tonight by my guest Doctor Grace Lee.

NOTE Confidence: 0.902571371666667

00:15:19.100 --> 00:15:21.578 We're talking about the care of

NOTE Confidence: 0.902571371666667

00:15:21.578 --> 00:15:23.703 patients with thyroid cancer in

NOTE Confidence: 0.902571371666667

00:15:23.703 --> 00:15:26.079 honor of Thyroid Cancer Awareness

NOTE Confidence: 0.902571371666667

00:15:26.079 --> 00:15:27.840 Month and right before the break,
NOTE Confidence: 0.902571371666667

00:15:27.840 --> 00:15:30.582 Grace was telling us this amazing
NOTE Confidence: 0.902571371666667

00:15:30.582 --> 00:15:32.965 statistic that thyroid cancers have
NOTE Confidence: 0.902571371666667

00:15:32.965 --> 00:15:35.345 actually tripled in recent history
NOTE Confidence: 0.902571371666667

00:15:35.350 --> 00:15:38.213 in large part due to an increase
NOTE Confidence: 0.902571371666667

00:15:38.213 --> 00:15:39.440 in standard imaging.
NOTE Confidence: 0.902571371666667

00:15:39.440 --> 00:15:41.860 So we're stumbling upon these
NOTE Confidence: 0.902571371666667

00:15:41.860 --> 00:15:43.579 incidental thyroid nodules,
NOTE Confidence: 0.902571371666667

00:15:43.579 --> 00:15:46.444 which, if they're large enough,
NOTE Confidence: 0.902571371666667

00:15:46.450 --> 00:15:49.180 and if they have certain
NOTE Confidence: 0.902571371666667

00:15:49.180 --> 00:15:51.364 morphologic features on ultrasound,
NOTE Confidence: 0.902571371666667

00:15:51.370 --> 00:15:55.024 are warranting a biopsy and that biopsy
NOTE Confidence: 0.902571371666667

00:15:55.024 --> 00:15:58.070 can sometimes reveal thyroid cancers.
NOTE Confidence: 0.902571371666667

00:15:58.070 --> 00:15:59.910 So Grace,
NOTE Confidence: 0.902571371666667

00:15:59.910 --> 00:16:03.090 before the break you were mentioning that
NOTE Confidence: 0.902571371666667

00:16:03.090 --> 00:16:06.835 thyroid cancer is not a uniform disease.

NOTE Confidence: 0.902571371666667

00:16:06.840 --> 00:16:08.277 It's not homogeneous.

NOTE Confidence: 0.902571371666667

00:16:08.277 --> 00:16:12.110 Not all thyroid cancers are treated the same.

NOTE Confidence: 0.902571371666667

00:16:12.110 --> 00:16:14.927 So tell us a little bit more about that.

NOTE Confidence: 0.902571371666667

00:16:14.930 --> 00:16:16.166 First of all,

NOTE Confidence: 0.902571371666667

00:16:16.166 --> 00:16:19.050 are there different kinds of thyroid cancer?

NOTE Confidence: 0.902571371666667

00:16:19.050 --> 00:16:21.310 And second of all,

NOTE Confidence: 0.902571371666667

00:16:21.310 --> 00:16:24.974 how does that impact what you do next?

NOTE Confidence: 0.902571371666667

00:16:24.974 --> 00:16:25.676 There are

NOTE Confidence: 0.9869247375

00:16:25.690 --> 00:16:28.714 about four different major

NOTE Confidence: 0.9869247375

00:16:28.714 --> 00:16:31.738 types of thyroid cancers.

NOTE Confidence: 0.9869247375

00:16:31.740 --> 00:16:35.450 The good news is that the most

NOTE Confidence: 0.9869247375

00:16:35.450 --> 00:16:38.298 common thyroid cancer known as

NOTE Confidence: 0.9869247375

00:16:38.298 --> 00:16:40.814 papillary thyroid cancer actually

NOTE Confidence: 0.9869247375

00:16:40.814 --> 00:16:43.330 carries the best prognosis.

NOTE Confidence: 0.9869247375

00:16:43.330 --> 00:16:48.244 So most people, about 90% of the

NOTE Confidence: 0.9869247375

00:16:48.244 --> 00:16:50.776 patients that I treat come in
NOTE Confidence: 0.9869247375

00:16:50.776 --> 00:16:53.510 with papillary thyroid cancer,
NOTE Confidence: 0.9869247375

00:16:53.510 --> 00:16:58.103 and the rest, 10% comprise of
NOTE Confidence: 0.9869247375

00:16:58.103 --> 00:17:01.147 other follicular medullary or
NOTE Confidence: 0.9869247375

00:17:01.147 --> 00:17:03.430 anaplastic thyroid cancers.
NOTE Confidence: 0.9869247375

00:17:03.430 --> 00:17:06.188 And other good news is that seven
NOTE Confidence: 0.9869247375

00:17:06.188 --> 00:17:09.284 out of those ten patients recently
NOTE Confidence: 0.9869247375

00:17:09.284 --> 00:17:12.674 diagnosed with thyroid cancer come in
NOTE Confidence: 0.9869247375

00:17:12.674 --> 00:17:15.978 with the cancer that is well behaving,
NOTE Confidence: 0.9869247375

00:17:15.980 --> 00:17:19.220 meaning their cancer has not actually
NOTE Confidence: 0.9869247375

00:17:19.220 --> 00:17:22.210 spread outside of the thyroid.
NOTE Confidence: 0.9869247375

00:17:22.210 --> 00:17:25.066 So most of the people who get
NOTE Confidence: 0.9869247375

00:17:25.066 --> 00:17:27.719 the diagnosis of thyroid cancer,
NOTE Confidence: 0.9869247375

00:17:27.720 --> 00:17:30.176 although it is quite terrifying,
NOTE Confidence: 0.9869247375

00:17:30.176 --> 00:17:33.246 should be reassured that as
NOTE Confidence: 0.9869247375

00:17:33.246 --> 00:17:35.649 long as we treat them

NOTE Confidence: 0.9869247375

00:17:35.650 --> 00:17:39.358 the right way they're going to

NOTE Confidence: 0.9869247375

00:17:39.358 --> 00:17:42.479 be enjoying excellent prognosis.

NOTE Confidence: 0.983584356

00:17:42.870 --> 00:17:44.816 Tell us a little bit

NOTE Confidence: 0.983584356

00:17:44.816 --> 00:17:47.380 more about that, I mean

NOTE Confidence: 0.983584356

00:17:47.380 --> 00:17:49.500 90% of patients have papillary

NOTE Confidence: 0.983584356

00:17:49.500 --> 00:17:52.460 cancers which have a good prognosis.

NOTE Confidence: 0.983584356

00:17:52.460 --> 00:17:57.158 Of those, 70% are well behaved,

NOTE Confidence: 0.983584356

00:17:57.160 --> 00:17:59.144 but these patients still

NOTE Confidence: 0.983584356

00:17:59.144 --> 00:18:00.602 require treatment, right?

NOTE Confidence: 0.983584356

00:18:00.602 --> 00:18:03.503 Or is it that thyroid cancer has

NOTE Confidence: 0.983584356

00:18:03.503 --> 00:18:05.960 now gone the way of other cancers

NOTE Confidence: 0.983584356

00:18:06.031 --> 00:18:07.986 in terms of watchful waiting?

NOTE Confidence: 0.967676351666667

00:18:08.660 --> 00:18:13.148 That's a hotly debated

NOTE Confidence: 0.967676351666667

00:18:13.150 --> 00:18:17.795 very individualized choice, but the

NOTE Confidence: 0.967676351666667

00:18:17.795 --> 00:18:22.440 mainstay treatment for thyroid cancer,

NOTE Confidence: 0.967676351666667

00:18:22.440 --> 00:18:25.280 first and foremost is surgical,
NOTE Confidence: 0.967676351666667

00:18:25.280 --> 00:18:28.034 or if the cancer has gone
NOTE Confidence: 0.967676351666667

00:18:28.034 --> 00:18:29.870 outside of the thyroid,
NOTE Confidence: 0.967676351666667

00:18:29.870 --> 00:18:34.414 then we would treat by removing the entire
NOTE Confidence: 0.967676351666667

00:18:34.414 --> 00:18:39.195 thyroid as well as the involved lymph nodes.
NOTE Confidence: 0.967676351666667

00:18:39.200 --> 00:18:42.956 Watchful waiting in the thyroid world,
NOTE Confidence: 0.967676351666667

00:18:42.960 --> 00:18:45.860 we call that active surveillance.
NOTE Confidence: 0.967676351666667

00:18:45.860 --> 00:18:51.296 We can sometimes employ that approach,
NOTE Confidence: 0.967676351666667

00:18:51.300 --> 00:18:53.772 which is another right answer to
NOTE Confidence: 0.967676351666667

00:18:53.772 --> 00:18:55.420 this thyroid cancer management.
NOTE Confidence: 0.967676351666667

00:18:55.420 --> 00:18:58.666 We can go active surveillance route
NOTE Confidence: 0.967676351666667

00:18:58.666 --> 00:19:01.560 if the papillary thyroid cancer,
NOTE Confidence: 0.967676351666667

00:19:01.560 --> 00:19:03.385 the well behaving thyroid cancer
NOTE Confidence: 0.967676351666667

00:19:03.385 --> 00:19:06.259 happens to be less than one centimeter.
NOTE Confidence: 0.967676351666667

00:19:06.260 --> 00:19:09.684 So if there is no risk of this
NOTE Confidence: 0.967676351666667

00:19:09.690 --> 00:19:12.840 cancer invading into the nerve or

NOTE Confidence: 0.967676351666667

00:19:12.840 --> 00:19:16.044 the cancer going outside of the

NOTE Confidence: 0.967676351666667

00:19:16.044 --> 00:19:19.062 thyroid is well cushioned by normal

NOTE Confidence: 0.967676351666667

00:19:19.062 --> 00:19:22.340 thyroid and the patient is very

NOTE Confidence: 0.967676351666667

00:19:22.340 --> 00:19:25.962 motivated and reliable to comply with

NOTE Confidence: 0.967676351666667

00:19:25.962 --> 00:19:28.970 this active surveillance program.

NOTE Confidence: 0.967676351666667

00:19:28.970 --> 00:19:32.060 We can certainly go that route,

NOTE Confidence: 0.967676351666667

00:19:32.060 --> 00:19:35.546 but any thyroid cancer that is between

NOTE Confidence: 0.967676351666667

00:19:35.546 --> 00:19:38.289 one centimeter to 4 centimeter

00:19:39.214 --> 00:19:42.448 can go either half of the thyroid

NOTE Confidence: 0.967676351666667

00:19:42.448 --> 00:19:45.674 that's containing that cancer or the

NOTE Confidence: 0.967676351666667

00:19:45.674 --> 00:19:48.734 entire thyroid to be removed.

NOTE Confidence: 0.967676351666667

00:19:48.740 --> 00:19:51.530 So there are multiple right answers.

NOTE Confidence: 0.985031559230769

00:20:02.500 --> 00:20:03.851 Let me just pick up

NOTE Confidence: 0.985031559230769

00:20:03.851 --> 00:20:05.298 on a couple of things there.

NOTE Confidence: 0.985031559230769

00:20:05.300 --> 00:20:07.532 So the first thing is in

NOTE Confidence: 0.985031559230769

00:20:07.532 --> 00:20:09.020 terms of active surveillance.

NOTE Confidence: 0.985031559230769

00:20:09.020 --> 00:20:11.582 This is for people who have papillary

NOTE Confidence: 0.985031559230769

00:20:11.582 --> 00:20:13.574 cancers that are well differentiated

NOTE Confidence: 0.985031559230769

00:20:13.574 --> 00:20:16.052 that are less than one centimeter.

00:20:20.220 --> 00:20:22.500 What does active surveillance

NOTE Confidence: 0.985031559230769

00:20:22.500 --> 00:20:23.640 actually entail?

NOTE Confidence: 0.985031559230769

00:20:23.640 --> 00:20:26.174 I mean, is this an ultrasound

NOTE Confidence: 0.985031559230769

00:20:26.174 --> 00:20:29.086 every six months to make sure that

NOTE Confidence: 0.985031559230769

00:20:29.086 --> 00:20:31.266 this thyroid nodule isn't growing?

NOTE Confidence: 0.985031559230769

00:20:31.270 --> 00:20:33.034 Is it blood work?

NOTE Confidence: 0.985031559230769

00:20:33.034 --> 00:20:35.239 Is it CT scans?

NOTE Confidence: 0.985031559230769

00:20:35.240 --> 00:20:37.110 What exactly does that entail?

NOTE Confidence: 0.989687575714286

00:20:37.840 --> 00:20:40.480 Great question. Yes,

NOTE Confidence: 0.989687575714286

00:20:40.480 --> 00:20:48.700 it would mean actively monitoring the size

NOTE Confidence: 0.989687575714286

00:20:48.700 --> 00:20:52.732 or the growth changes of that biopsy

NOTE Confidence: 0.989687575714286

00:20:52.732 --> 00:20:55.910 known micro papillary thyroid cancer

NOTE Confidence: 0.989687575714286

00:20:55.910 --> 00:20:59.220 and is some clinician dependent,

NOTE Confidence: 0.989687575714286
00:20:59.220 --> 00:21:02.376 but usually about every six months
NOTE Confidence: 0.989687575714286
00:21:02.376 --> 00:21:06.382 to a year ultrasound exam and the
NOTE Confidence: 0.989687575714286
00:21:06.382 --> 00:21:10.648 thyroid cancer is not something that
NOTE Confidence: 0.989687575714286
00:21:10.648 --> 00:21:13.830 we follow on laboratory values.
NOTE Confidence: 0.989687575714286
00:21:13.830 --> 00:21:15.870 So it's heavily
NOTE Confidence: 0.989687575714286
00:21:15.870 --> 00:21:19.698 image independent and sometimes even a
NOTE Confidence: 0.989687575714286
00:21:19.698 --> 00:21:24.560 neck CT is utilized to pick up on lymph
NOTE Confidence: 0.989687575714286
00:21:24.560 --> 00:21:29.680 node spread a little bit more closely.
NOTE Confidence: 0.989687575714286
00:21:29.680 --> 00:21:33.088 It is what's called a wolf in sheep
NOTE Confidence: 0.989687575714286
00:21:33.088 --> 00:21:36.708 clothing by one of my mentors because
NOTE Confidence: 0.989687575714286
00:21:36.708 --> 00:21:40.206 even micro papillary cancer can spread to
NOTE Confidence: 0.989687575714286
00:21:40.206 --> 00:21:43.370 nearby lymph nodes in the thyroid cancer world,
NOTE Confidence: 0.989687575714286
00:21:43.370 --> 00:21:46.856 even the lymphatic spread does not
NOTE Confidence: 0.989687575714286
00:21:46.856 --> 00:21:49.180 necessarily mean worse prognosis.
NOTE Confidence: 0.989687575714286
00:21:49.180 --> 00:21:51.990 However, it is more advanced
NOTE Confidence: 0.989687575714286

00:21:51.990 --> 00:21:54.346 or at least local,
NOTE Confidence: 0.989687575714286

00:21:54.346 --> 00:21:56.344 regionally advanced disease.
NOTE Confidence: 0.989687575714286

00:21:56.344 --> 00:21:59.674 So we treat those folks
NOTE Confidence: 0.989687575714286

00:21:59.680 --> 00:22:02.865 almost as equally as someone who has
NOTE Confidence: 0.989687575714286

00:22:02.865 --> 00:22:06.246 bigger cancer and the folks that I'm
NOTE Confidence: 0.989687575714286

00:22:06.246 --> 00:22:09.132 talking about are patients under active
NOTE Confidence: 0.989687575714286

00:22:09.217 --> 00:22:13.970 surveillance and by watching them carefully,
NOTE Confidence: 0.989687575714286

00:22:13.970 --> 00:22:15.530 it may earn them,
NOTE Confidence: 0.989687575714286

00:22:15.530 --> 00:22:18.894 or it may buy them an extra five years
NOTE Confidence: 0.989687575714286

00:22:18.894 --> 00:22:22.654 extra 10 years with their own thyroid.
NOTE Confidence: 0.989687575714286

00:22:22.654 --> 00:22:26.200 And surgical
NOTE Confidence: 0.989687575714286

00:22:26.307 --> 00:22:29.727 treatment always is an option.
NOTE Confidence: 0.989687575714286

00:22:29.730 --> 00:22:31.005 But generally speaking,
NOTE Confidence: 0.989687575714286

00:22:31.005 --> 00:22:33.980 if the size of that micro cancer
NOTE Confidence: 0.989687575714286

00:22:34.057 --> 00:22:36.407 changes by about 3 millimeters,
NOTE Confidence: 0.989687575714286

00:22:36.410 --> 00:22:38.246 we say, well, OK.

NOTE Confidence: 0.989687575714286
00:22:38.246 --> 00:22:41.000 I think it's time to intervene,
NOTE Confidence: 0.989687575714286
00:22:41.000 --> 00:22:43.688 and most of the studies on
NOTE Confidence: 0.989687575714286
00:22:43.688 --> 00:22:45.993 active surveillance comes out of
NOTE Confidence: 0.989687575714286
00:22:45.993 --> 00:22:48.537 Japan and their long term result
NOTE Confidence: 0.989687575714286
00:22:48.537 --> 00:22:50.700 is actually quite excellent.
00:22:51.270 --> 00:22:52.594 So you really are watching
NOTE Confidence: 0.9864802725
00:22:52.594 --> 00:22:53.918 these people very closely.
NOTE Confidence: 0.9864802725
00:22:53.920 --> 00:22:56.608 I mean, even 3 millimeters doesn't sound
NOTE Confidence: 0.9864802725
00:22:56.608 --> 00:22:59.070 like a whole lot to the people
NOTE Confidence: 0.9864802725
00:22:59.070 --> 00:23:00.990 who are listening to our show today,
NOTE Confidence: 0.9864802725
00:23:00.990 --> 00:23:03.770 I'm sure, but really
NOTE Confidence: 0.9864802725
00:23:03.770 --> 00:23:07.910 that is going to trigger you moving to
NOTE Confidence: 0.9864802725
00:23:07.910 --> 00:23:10.110 a more aggressive surgical approach
NOTE Confidence: 0.9864802725
00:23:10.110 --> 00:23:12.749 as opposed to active surveillance.
NOTE Confidence: 0.9864802725
00:23:12.750 --> 00:23:14.508 My next question has to do
NOTE Confidence: 0.9864802725
00:23:14.508 --> 00:23:15.680 with that surgical approach.

NOTE Confidence: 0.9864802725

00:23:15.680 --> 00:23:18.151 You mentioned that for people who have

NOTE Confidence: 0.9864802725

00:23:18.151 --> 00:23:21.008 larger tumors, so larger than one centimeter,

NOTE Confidence: 0.9864802725

00:23:21.010 --> 00:23:24.804 you could do a partial thyroidectomy,

NOTE Confidence: 0.9864802725

00:23:24.810 --> 00:23:27.113 take out just that part of the

NOTE Confidence: 0.9864802725

00:23:27.113 --> 00:23:28.950 thyroid that had the cancer.

NOTE Confidence: 0.9864802725

00:23:28.950 --> 00:23:31.379 Or you could take out the whole

NOTE Confidence: 0.9864802725

00:23:31.379 --> 00:23:33.998 thyroid and you said this

NOTE Confidence: 0.9864802725

00:23:33.998 --> 00:23:36.711 is really a decision that's made by

NOTE Confidence: 0.9864802725

00:23:36.711 --> 00:23:38.985 the team and is personalized

NOTE Confidence: 0.9864802725

00:23:38.990 --> 00:23:43.990 what factors go into deciding what kind

NOTE Confidence: 0.9864802725

00:23:43.990 --> 00:23:46.510 of an operation a patient should have?

00:23:47.080 --> 00:23:49.075 One would think that it's a big

NOTE Confidence: 0.9864802725

00:23:49.075 --> 00:23:51.308 difference between having only part of your

NOTE Confidence: 0.9864802725

00:23:51.310 --> 00:23:53.185 thyroid removed and having your

NOTE Confidence: 0.9864802725

00:23:53.185 --> 00:23:54.310 whole thyroid removed?

NOTE Confidence: 0.986218198235294

00:23:54.880 --> 00:23:57.528 Yes, this is a discussion

NOTE Confidence: 0.986218198235294

00:23:57.528 --> 00:24:00.837 that I get to have multiple times a week,

NOTE Confidence: 0.986218198235294

00:24:00.840 --> 00:24:04.592 so I usually talk about the benefits first

NOTE Confidence: 0.986218198235294

00:24:04.592 --> 00:24:08.639 of only removing half of the thyroid and

NOTE Confidence: 0.986218198235294

00:24:08.640 --> 00:24:12.805 this is a change that the American

NOTE Confidence: 0.986218198235294

00:24:12.805 --> 00:24:14.590 Thyroid Association instituted

NOTE Confidence: 0.986218198235294

00:24:14.687 --> 00:24:18.050 in 2015 because there is such a

NOTE Confidence: 0.986218198235294

00:24:18.050 --> 00:24:20.535 increase in the prevalence of

NOTE Confidence: 0.986218198235294

00:24:20.535 --> 00:24:24.302 thyroid cancers, so perhaps a less

NOTE Confidence: 0.986218198235294

00:24:24.302 --> 00:24:26.990 aggressive approach is warranted,

NOTE Confidence: 0.986218198235294

00:24:26.990 --> 00:24:29.814 as I think what the experts were thinking,

NOTE Confidence: 0.986218198235294

00:24:29.820 --> 00:24:32.508 so the benefit of only removing half

NOTE Confidence: 0.986218198235294

00:24:32.508 --> 00:24:34.890 of the thyroid that contains cancer

NOTE Confidence: 0.986218198235294

00:24:34.890 --> 00:24:38.055 is that there is a pretty good chance

NOTE Confidence: 0.986218198235294

00:24:38.055 --> 00:24:40.449 that the remaining thyroid may be

NOTE Confidence: 0.986218198235294

00:24:40.449 --> 00:24:44.615 able to pick up the missing half and

NOTE Confidence: 0.986218198235294

00:24:44.615 --> 00:24:48.590 still give you enough thyroid hormone.
00:24:50.030 --> 00:24:53.390 So if you lose the entire thyroid,
NOTE Confidence: 0.986218198235294
00:24:53.390 --> 00:24:56.974 you will have to take a thyroid
NOTE Confidence: 0.986218198235294
00:24:56.974 --> 00:24:59.350 hormone supplementation pill everyday.
NOTE Confidence: 0.986218198235294
00:24:59.350 --> 00:25:03.220 But if you have at least half of a thyroid,
NOTE Confidence: 0.986218198235294
00:25:03.220 --> 00:25:04.273 that is normal
NOTE Confidence: 0.986218198235294
00:25:04.273 --> 00:25:05.326 remaining in you,
NOTE Confidence: 0.986218198235294
00:25:05.330 --> 00:25:07.906 there is a pretty good chance that you
NOTE Confidence: 0.986218198235294
00:25:07.906 --> 00:25:11.209 may be able to avoid the medication aspect,
NOTE Confidence: 0.986218198235294
00:25:11.210 --> 00:25:13.990 so that's one plus.
NOTE Confidence: 0.986218198235294
00:25:13.990 --> 00:25:18.160 And although the thyroid surgery is
NOTE Confidence: 0.986218198235294
00:25:18.160 --> 00:25:22.240 very safe when done in expert hands and
NOTE Confidence: 0.986218198235294
00:25:22.240 --> 00:25:26.780 known to have very low complication rate it
NOTE Confidence: 0.986218198235294
00:25:26.780 --> 00:25:29.953 will double the amount of thyroid
NOTE Confidence: 0.986218198235294
00:25:29.953 --> 00:25:32.868 resection and obviously put you at
NOTE Confidence: 0.986218198235294
00:25:32.868 --> 00:25:36.740 double the risk of complications,
NOTE Confidence: 0.986218198235294

00:25:36.740 --> 00:25:39.680 so those are some of the things
NOTE Confidence: 0.986218198235294

00:25:39.680 --> 00:25:40.940 that we discuss.
NOTE Confidence: 0.986218198235294

00:25:40.940 --> 00:25:45.115 Obviously if one thyroid nodule
NOTE Confidence: 0.986218198235294

00:25:45.115 --> 00:25:47.620 was biopsied
NOTE Confidence: 0.986218198235294

00:25:47.620 --> 00:25:51.130 happens to have some genetic mutations,
NOTE Confidence: 0.986218198235294

00:25:51.130 --> 00:25:55.848 such as a brief V600 E mutation.
NOTE Confidence: 0.986218198235294

00:25:55.850 --> 00:25:58.725 Or if the patient has
NOTE Confidence: 0.986218198235294

00:25:58.725 --> 00:25:59.875 Hashimoto's thyroiditis,
NOTE Confidence: 0.986218198235294

00:25:59.880 --> 00:26:02.880 has a family history of thyroid cancer,
NOTE Confidence: 0.986218198235294

00:26:02.880 --> 00:26:05.805 or has another sizable nodule
NOTE Confidence: 0.986218198235294

00:26:05.805 --> 00:26:08.145 on the other side,
NOTE Confidence: 0.986218198235294

00:26:08.150 --> 00:26:10.940 then maybe it's better for us
NOTE Confidence: 0.986218198235294

00:26:10.940 --> 00:26:13.600 to do an up front
NOTE Confidence: 0.986218198235294

00:26:13.600 --> 00:26:16.750 total removal of the thyroid so
NOTE Confidence: 0.986218198235294

00:26:16.750 --> 00:26:19.732 we can catch perhaps multiple
NOTE Confidence: 0.986218198235294

00:26:19.732 --> 00:26:22.308 spots of thyroid cancer,

NOTE Confidence: 0.986218198235294

00:26:22.310 --> 00:26:25.448 which is a pretty well known

NOTE Confidence: 0.986218198235294

00:26:25.448 --> 00:26:28.460 phenomenon in thyroid cancer patients.

NOTE Confidence: 0.986218198235294

00:26:28.460 --> 00:26:31.449 So those are some of the considerations

NOTE Confidence: 0.986218198235294

00:26:31.449 --> 00:26:33.883 when we discuss should we take

NOTE Confidence: 0.986218198235294

00:26:33.883 --> 00:26:36.668 out half or the entire thyroid?

NOTE Confidence: 0.986218198235294

00:26:36.668 --> 00:26:38.219 And of course,

NOTE Confidence: 0.986218198235294

00:26:38.220 --> 00:26:41.508 if the patient happens to have

NOTE Confidence: 0.986218198235294

00:26:41.510 --> 00:26:43.422 the lymph node spread

NOTE Confidence: 0.986218198235294

00:26:43.422 --> 00:26:45.334 already outside the thyroid

NOTE Confidence: 0.986218198235294

00:26:45.334 --> 00:26:48.077 and then the discussion is OK,

NOTE Confidence: 0.986218198235294

00:26:48.080 --> 00:26:51.352 we should just go ahead and remove the

NOTE Confidence: 0.986218198235294

00:26:51.352 --> 00:26:53.641 entire thyroid and the compartments

NOTE Confidence: 0.986218198235294

00:26:53.641 --> 00:26:56.860 where the diseased lymph nodes are and

NOTE Confidence: 0.984341302727273

00:26:56.870 --> 00:26:59.845 so it sounds like if the thyroid

NOTE Confidence: 0.984341302727273

00:26:59.845 --> 00:27:01.860 is otherwise pretty healthy,

NOTE Confidence: 0.984341302727273

00:27:01.860 --> 00:27:05.230 no Hashimoto's, no other nodules
NOTE Confidence: 0.984341302727273

00:27:05.230 --> 00:27:09.715 and the thyroid cancer itself has
NOTE Confidence: 0.984341302727273

00:27:09.715 --> 00:27:13.110 not spread to lymph nodes.
NOTE Confidence: 0.984341302727273

00:27:13.110 --> 00:27:15.497 But still is more than one centimeter.
NOTE Confidence: 0.984341302727273

00:27:15.500 --> 00:27:17.290 It sounds like your general
NOTE Confidence: 0.984341302727273

00:27:17.290 --> 00:27:19.080 recommendation is a partial thyroidectomy.
NOTE Confidence: 0.984341302727273

00:27:19.080 --> 00:27:19.689 Is that right?
NOTE Confidence: 0.9889725425

00:27:20.290 --> 00:27:21.850 That's right.

00:27:24.780 --> 00:27:26.748 So far we've been
NOTE Confidence: 0.985249704

00:27:26.748 --> 00:27:28.060 talking about papillary cancers,
NOTE Confidence: 0.985249704

00:27:28.060 --> 00:27:29.876 if it was one of the other kinds,
NOTE Confidence: 0.985249704

00:27:29.880 --> 00:27:31.880 the follicular, the medullary,
NOTE Confidence: 0.985249704

00:27:31.880 --> 00:27:32.880 the anaplastic,
NOTE Confidence: 0.985249704

00:27:32.880 --> 00:27:34.806 that 10% that we were talking
NOTE Confidence: 0.985249704

00:27:34.806 --> 00:27:36.999 about at the top of the show,
NOTE Confidence: 0.985249704

00:27:37.000 --> 00:27:38.350 does that change your mind?
NOTE Confidence: 0.96064595

00:27:38.900 --> 00:27:42.508 Yes, so in the case of medullary thyroid
NOTE Confidence: 0.96064595

00:27:42.508 --> 00:27:44.820 cancer, thank goodness is pretty rare,
NOTE Confidence: 0.96064595

00:27:44.820 --> 00:27:50.156 but there is a genetic disposition and the
NOTE Confidence: 0.96064595

00:27:50.160 --> 00:27:53.520 cancer itself portends to worse prognosis.
NOTE Confidence: 0.96064595

00:27:53.520 --> 00:27:57.280 We would be doing at minimum total thyroid
NOTE Confidence: 0.96064595

00:27:57.280 --> 00:28:00.541 surgery and what's called central neck
NOTE Confidence: 0.96064595

00:28:00.541 --> 00:28:03.883 lymph node dissection from the get go.
NOTE Confidence: 0.96064595

00:28:03.890 --> 00:28:06.620 So the extent that we talk
NOTE Confidence: 0.96064595

00:28:06.620 --> 00:28:09.147 about for different types of
NOTE Confidence: 0.96064595

00:28:09.147 --> 00:28:11.599 thyroid cancer very drastically.
NOTE Confidence: 0.96064595

00:28:11.600 --> 00:28:14.197 And of course in the case of
NOTE Confidence: 0.96064595

00:28:14.197 --> 00:28:15.310 anaplastic thyroid cancer,
NOTE Confidence: 0.96064595

00:28:15.310 --> 00:28:19.076 if the patient is a surgical candidate,
NOTE Confidence: 0.96064595

00:28:19.080 --> 00:28:22.713 then we can certainly attempt to reset
NOTE Confidence: 0.96064595

00:28:22.713 --> 00:28:26.369 or debulk the bulk of the disease.
NOTE Confidence: 0.96064595

00:28:26.370 --> 00:28:29.345 But the unfortunate part is that anaplastic

NOTE Confidence: 0.96064595

00:28:29.345 --> 00:28:31.810 thyroid cancer is often incurable.

NOTE Confidence: 0.946921079333333

00:28:32.530 --> 00:28:34.833 Doctor Grace Lee is an assistant professor

NOTE Confidence: 0.946921079333333

00:28:34.833 --> 00:28:37.528 of surgery at the Yale School of Medicine.

NOTE Confidence: 0.946921079333333

00:28:37.530 --> 00:28:39.190 If you have questions,

NOTE Confidence: 0.946921079333333

00:28:39.190 --> 00:28:41.265 the addresses cancer answers at

NOTE Confidence: 0.946921079333333

00:28:41.270 --> 00:28:43.826 yale.edu and past editions of the

NOTE Confidence: 0.946921079333333

00:28:43.826 --> 00:28:46.345 program are available in audio and

NOTE Confidence: 0.946921079333333

00:28:46.345 --> 00:28:47.774 written form at yalecancercenter.org.

NOTE Confidence: 0.946921079333333

00:28:47.774 --> 00:28:50.366 We hope you'll join us next week to

NOTE Confidence: 0.946921079333333

00:28:50.366 --> 00:28:52.338 learn more about the fight against

NOTE Confidence: 0.946921079333333

00:28:52.338 --> 00:28:53.933 cancer here on Connecticut Public

NOTE Confidence: 0.946921079333333

00:28:53.984 --> 00:28:55.499 radio funding for Yale Cancer

NOTE Confidence: 0.946921079333333

00:28:55.499 --> 00:28:57.014 Answers is provided by Smilow

NOTE Confidence: 0.946921079333333

00:28:57.020 --> 00:29:00.000 Cancer Hospital and AstraZeneca.