

00:00:00.000 --> 00:00:02.665 Support for Yale Cancer Answers  
NOTE Confidence: 0.862312138080597

00:00:02.665 --> 00:00:05.330 comes from AstraZeneca dedicated  
NOTE Confidence: 0.862312138080597

00:00:05.416 --> 00:00:07.956 to advancing options and providing  
NOTE Confidence: 0.862312138080597

00:00:07.956 --> 00:00:10.496 hope for people living with  
NOTE Confidence: 0.862312138080597

00:00:10.586 --> 00:00:13.950 cancer. More information at [astrazeneca-us.com](http://astrazeneca-us.com).  
NOTE Confidence: 0.862312138080597

00:00:13.950 --> 00:00:15.374 Welcome to Yale Cancer  
NOTE Confidence: 0.862312138080597

00:00:15.374 --> 00:00:16.798 Answers with your host  
NOTE Confidence: 0.862312138080597

00:00:16.800 --> 00:00:18.580 Doctor Anees Chagpar.  
NOTE Confidence: 0.862312138080597

00:00:18.580 --> 00:00:20.480 Yale Cancer Answers features the  
NOTE Confidence: 0.862312138080597

00:00:20.480 --> 00:00:22.815 latest information on cancer care by  
NOTE Confidence: 0.862312138080597

00:00:22.815 --> 00:00:24.311 welcoming oncologists and specialists  
NOTE Confidence: 0.862312138080597

00:00:24.311 --> 00:00:26.821 who are on the forefront of the  
NOTE Confidence: 0.862312138080597

00:00:26.821 --> 00:00:28.549 battle to fight cancer. This week,  
NOTE Confidence: 0.862312138080597

00:00:28.550 --> 00:00:30.370 it's a conversation about Integrative  
NOTE Confidence: 0.862312138080597

00:00:30.370 --> 00:00:31.826 Medicine and the challenges  
NOTE Confidence: 0.862312138080597

00:00:31.826 --> 00:00:33.608 of dealing with cancer during

NOTE Confidence: 0.862312138080597

00:00:33.608 --> 00:00:35.303 the pandemic with Doctor Gary

NOTE Confidence: 0.862312138080597

00:00:35.310 --> 00:00:37.814 Soffer. Doctor Soffer is the director of

NOTE Confidence: 0.862312138080597

00:00:37.814 --> 00:00:39.706 the Integrative Medicine Program at

NOTE Confidence: 0.862312138080597

00:00:39.706 --> 00:00:42.106 Smilow Cancer Hospital and an assistant

NOTE Confidence: 0.862312138080597

00:00:42.106 --> 00:00:43.617 professor of clinical Pediatrics

NOTE Confidence: 0.862312138080597

00:00:43.617 --> 00:00:45.705 at the Yale School of Medicine

NOTE Confidence: 0.862312138080597

00:00:45.710 --> 00:00:48.434 where doctor Chagpar is a

NOTE Confidence: 0.862312138080597

00:00:48.434 --> 00:00:50.250 professor of surgical oncology.

00:00:50.590 --> 00:00:53.506 Gary, maybe we can start off by you telling

NOTE Confidence: 0.849085927009583

00:00:53.506 --> 00:00:56.437 us a little bit more about yourself and

NOTE Confidence: 0.849085927009583

00:00:56.440 --> 00:00:58.160 about what exactly you do.

NOTE Confidence: 0.849085927009583

00:00:58.160 --> 00:00:59.488 Sure, and it's funny,

NOTE Confidence: 0.849085927009583

00:00:59.488 --> 00:01:01.480 I always start my integrative medicine

NOTE Confidence: 0.849085927009583

00:01:01.537 --> 00:01:03.282 appointments with, tell me about

NOTE Confidence: 0.849085927009583

00:01:03.282 --> 00:01:05.421 yourself, and the patients tend to

NOTE Confidence: 0.849085927009583

00:01:05.421 --> 00:01:07.106 dive into their cancer diagnosis.

NOTE Confidence: 0.849085927009583  
00:01:07.110 --> 00:01:09.504 So I correct them and  
NOTE Confidence: 0.849085927009583  
00:01:09.510 --> 00:01:11.580 I'm going to avoid that.  
NOTE Confidence: 0.849085927009583  
00:01:11.580 --> 00:01:14.667 I'm going to say I'm a father of two.  
NOTE Confidence: 0.849085927009583  
00:01:14.670 --> 00:01:16.022 I am happily married.  
NOTE Confidence: 0.849085927009583  
00:01:16.022 --> 00:01:17.712 We live in Connecticut and  
NOTE Confidence: 0.849085927009583  
00:01:17.712 --> 00:01:19.851 I enjoy things like yoga and  
NOTE Confidence: 0.849085927009583  
00:01:19.851 --> 00:01:21.920 meditation and I love my job.  
NOTE Confidence: 0.849085927009583  
00:01:21.920 --> 00:01:24.376 But I will talk about what people are  
NOTE Confidence: 0.849085927009583  
00:01:24.376 --> 00:01:26.720 probably a little more interested in,  
NOTE Confidence: 0.849085927009583  
00:01:26.720 --> 00:01:29.464 which is what I actually do.  
NOTE Confidence: 0.849085927009583  
00:01:29.470 --> 00:01:31.180 I specialize in something  
NOTE Confidence: 0.849085927009583  
00:01:31.180 --> 00:01:32.206 called Integrative Medicine,  
NOTE Confidence: 0.849085927009583  
00:01:32.210 --> 00:01:34.268 and I also specialize in something  
NOTE Confidence: 0.849085927009583  
00:01:34.268 --> 00:01:35.640 called allergy and immunology.  
NOTE Confidence: 0.849085927009583  
00:01:35.640 --> 00:01:37.656 I think for awhile people saw this  
NOTE Confidence: 0.849085927009583

00:01:37.656 --> 00:01:40.099 as a strange combination,  
NOTE Confidence: 0.849085927009583

00:01:40.100 --> 00:01:42.179 but as COVID was coming up I think  
NOTE Confidence: 0.849085927009583

00:01:42.179 --> 00:01:43.513 the conversations about Integrative  
NOTE Confidence: 0.849085927009583

00:01:43.513 --> 00:01:45.041 Medicine and immunology are  
NOTE Confidence: 0.849085927009583

00:01:45.041 --> 00:01:46.951 becoming more and more prevalent,  
NOTE Confidence: 0.849085927009583

00:01:46.960 --> 00:01:49.578 so it's giving me an interesting  
NOTE Confidence: 0.849085927009583

00:01:49.578 --> 00:01:52.168 space to talk about these things.  
00:01:52.510 --> 00:01:54.491 Maybe dive a little bit more into  
NOTE Confidence: 0.87436830997467

00:01:54.491 --> 00:01:56.620 what exactly is integrative medicine.  
NOTE Confidence: 0.87436830997467

00:01:56.620 --> 00:01:59.392 I think it's one of these terms  
NOTE Confidence: 0.87436830997467

00:01:59.392 --> 00:02:02.430 that might be a little confusing to people.  
NOTE Confidence: 0.87436830997467

00:02:02.430 --> 00:02:04.356 Yeah, it's a little confusing to  
NOTE Confidence: 0.87436830997467

00:02:04.356 --> 00:02:07.189 me to be quite honest, and  
NOTE Confidence: 0.87436830997467

00:02:07.189 --> 00:02:09.950 it really does depend on where you look,  
NOTE Confidence: 0.87436830997467

00:02:09.950 --> 00:02:11.660 and I think each individual  
NOTE Confidence: 0.87436830997467

00:02:11.660 --> 00:02:13.028 practitioner of Integrative Medicine,  
NOTE Confidence: 0.87436830997467

00:02:13.030 --> 00:02:14.740 for better or for worse,  
NOTE Confidence: 0.87436830997467

00:02:14.740 --> 00:02:17.476 sort of has their own take on it.  
NOTE Confidence: 0.87436830997467

00:02:17.480 --> 00:02:19.757 But the way I see it is  
NOTE Confidence: 0.87436830997467

00:02:19.757 --> 00:02:22.280 that integrative medicine just simply  
NOTE Confidence: 0.87436830997467

00:02:22.280 --> 00:02:23.956 incorporates into conventional care  
NOTE Confidence: 0.87436830997467

00:02:23.956 --> 00:02:26.051 and what kept people healthy before  
NOTE Confidence: 0.87436830997467

00:02:26.051 --> 00:02:28.331 the advent of modern medicine and  
NOTE Confidence: 0.87436830997467

00:02:28.331 --> 00:02:30.131 all these wonderful things that  
NOTE Confidence: 0.87436830997467

00:02:30.192 --> 00:02:32.460 we have and bringing that in and  
NOTE Confidence: 0.87436830997467

00:02:32.460 --> 00:02:34.184 reminding ourselves these things  
NOTE Confidence: 0.87436830997467

00:02:34.184 --> 00:02:36.788 did have value and they had importance.  
NOTE Confidence: 0.87436830997467

00:02:36.790 --> 00:02:38.254 And then  
NOTE Confidence: 0.87436830997467

00:02:38.254 --> 00:02:40.876 the other thing that we really think  
NOTE Confidence: 0.87436830997467

00:02:40.876 --> 00:02:43.333 about is what is the least invasive  
NOTE Confidence: 0.87436830997467

00:02:43.333 --> 00:02:46.088 way to make a patient feel better?  
00:02:46.834 --> 00:02:49.438 And sometimes it's about helping the cancer,  
NOTE Confidence: 0.87436830997467

00:02:49.440 --> 00:02:51.460 but sometimes it's just also  
NOTE Confidence: 0.87436830997467

00:02:51.460 --> 00:02:53.076 about changing the journey  
NOTE Confidence: 0.87436830997467

00:02:53.080 --> 00:02:55.348 and changing how they feel about  
NOTE Confidence: 0.87436830997467

00:02:55.348 --> 00:02:57.870 their disease and how they experience  
NOTE Confidence: 0.87436830997467

00:02:57.870 --> 00:02:59.738 their disease day to day.  
00:03:00.170 --> 00:03:03.851 I mean the least invasive way to make  
NOTE Confidence: 0.883849918842316

00:03:03.851 --> 00:03:06.710 somebody feel better might be not to  
NOTE Confidence: 0.883849918842316

00:03:06.710 --> 00:03:10.038 treat a cancer with things like surgery,  
NOTE Confidence: 0.883849918842316

00:03:10.040 --> 00:03:11.360 radiation, or chemotherapy,  
NOTE Confidence: 0.883849918842316

00:03:11.360 --> 00:03:14.440 but it sounds like that's not really  
NOTE Confidence: 0.883849918842316

00:03:14.510 --> 00:03:17.760 where you're at?  
NOTE Confidence: 0.883849918842316

00:03:17.760 --> 00:03:20.595 I'm speaking to the patient and  
NOTE Confidence: 0.883849918842316

00:03:20.595 --> 00:03:22.790 respecting their autonomy and  
NOTE Confidence: 0.883849918842316

00:03:22.790 --> 00:03:25.050 understanding where they're coming from.  
NOTE Confidence: 0.883849918842316

00:03:25.050 --> 00:03:27.912 I'm on the side of conventional  
NOTE Confidence: 0.883849918842316

00:03:27.912 --> 00:03:30.540 medicine in the sense that I  
NOTE Confidence: 0.883849918842316

00:03:30.540 --> 00:03:32.619 believe in my heart that  
NOTE Confidence: 0.883849918842316

00:03:32.619 --> 00:03:34.659 is the best cure for cancer,  
NOTE Confidence: 0.883849918842316

00:03:34.660 --> 00:03:36.604 but sometimes that's not what the  
NOTE Confidence: 0.883849918842316

00:03:36.604 --> 00:03:38.478 patient is looking for and we  
NOTE Confidence: 0.883849918842316

00:03:38.478 --> 00:03:40.038 have to understand that and we  
NOTE Confidence: 0.883849918842316

00:03:40.038 --> 00:03:41.948 have to have that conversation.  
00:03:45.020 --> 00:03:46.970 And it's important  
NOTE Confidence: 0.825560927391052

00:03:49.710 --> 00:03:52.258 to ask the question of why do patients  
NOTE Confidence: 0.825560927391052

00:03:52.258 --> 00:03:54.010 seek out integrative medicine?  
NOTE Confidence: 0.825560927391052

00:03:54.010 --> 00:03:56.490 What are they looking for?  
NOTE Confidence: 0.825560927391052

00:03:56.490 --> 00:03:58.395 And it's easy to say, well,  
NOTE Confidence: 0.825560927391052

00:03:58.395 --> 00:04:00.285 they're looking for more natural options,  
NOTE Confidence: 0.825560927391052

00:04:00.290 --> 00:04:02.826 and that's true to a certain degree,  
NOTE Confidence: 0.825560927391052

00:04:02.830 --> 00:04:05.260 but I think what we also have to understand  
NOTE Confidence: 0.825560927391052

00:04:05.260 --> 00:04:07.587 is that they're looking for autonomy.  
NOTE Confidence: 0.825560927391052

00:04:07.590 --> 00:04:09.492 They're looking for a way to  
NOTE Confidence: 0.825560927391052

00:04:09.492 --> 00:04:10.760 participate in their care,  
NOTE Confidence: 0.825560927391052

00:04:10.760 --> 00:04:12.734 and so if they do their research  
NOTE Confidence: 0.825560927391052

00:04:12.734 --> 00:04:15.039 and they find some herb that their  
NOTE Confidence: 0.825560927391052

00:04:15.039 --> 00:04:17.096 doctor didn't tell them about, well,  
NOTE Confidence: 0.825560927391052

00:04:17.096 --> 00:04:18.676 that makes him feel empowered.  
NOTE Confidence: 0.825560927391052

00:04:18.680 --> 00:04:21.524 It makes him feel a part of their care,  
00:04:22.786 --> 00:04:24.356 and part of integrated medicine is  
NOTE Confidence: 0.825560927391052

00:04:24.356 --> 00:04:26.004 giving the patients those tools  
NOTE Confidence: 0.825560927391052

00:04:26.004 --> 00:04:27.599 and techniques in a safe way.  
NOTE Confidence: 0.825560927391052

00:04:27.600 --> 00:04:29.165 That they can participate in  
NOTE Confidence: 0.825560927391052

00:04:29.165 --> 00:04:31.050 their care and they don't just  
NOTE Confidence: 0.825560927391052

00:04:31.050 --> 00:04:32.828 have to sit back and  
NOTE Confidence: 0.825560927391052

00:04:32.830 --> 00:04:34.350 get the chemotherapy treatment  
NOTE Confidence: 0.825560927391052

00:04:34.350 --> 00:04:35.860 done to them.  
NOTE Confidence: 0.862207114696503

00:04:37.000 --> 00:04:38.890 I totally get that.  
NOTE Confidence: 0.862207114696503

00:04:38.890 --> 00:04:41.550 And I think the other thing is  
NOTE Confidence: 0.862207114696503



00:04:41.550 --> 00:04:43.909 that when you talk to patients

NOTE Confidence: 0.862207114696503

00:04:43.909 --> 00:04:47.434 and you ask them why are

NOTE Confidence: 0.862207114696503

00:04:47.434 --> 00:04:49.510 they seeking out integrative care?

NOTE Confidence: 0.862207114696503

00:04:49.510 --> 00:04:51.784 A lot of times it's because

NOTE Confidence: 0.862207114696503

00:04:51.784 --> 00:04:53.300 conventional care is scary,

NOTE Confidence: 0.862207114696503

00:04:53.300 --> 00:04:54.816 because chemotherapy is scary.

NOTE Confidence: 0.862207114696503

00:04:54.816 --> 00:04:57.090 People don't want to feel sick.

NOTE Confidence: 0.862207114696503

00:04:59.360 --> 00:05:01.628 They don't want to feel nauseous

NOTE Confidence: 0.862207114696503

00:05:02.704 --> 00:05:04.852 and I think that oftentimes I

NOTE Confidence: 0.862207114696503

00:05:04.852 --> 00:05:07.075 find that integrative care can

NOTE Confidence: 0.862207114696503

00:05:07.075 --> 00:05:09.751 actually help people to get through

NOTE Confidence: 0.862207114696503

00:05:09.831 --> 00:05:12.536 conventional treatments and get over

NOTE Confidence: 0.862207114696503

00:05:12.540 --> 00:05:15.876 that fear that helps them to

NOTE Confidence: 0.862207114696503

00:05:15.876 --> 00:05:18.717 get through that journey.

NOTE Confidence: 0.843380630016327

00:05:19.600 --> 00:05:22.318 There's a concept in

NOTE Confidence: 0.843380630016327

00:05:22.318 --> 00:05:24.890 Tibetan Buddhism called Duhkha and Duhkha

NOTE Confidence: 0.843380630016327  
00:05:24.890 --> 00:05:26.950 roughly translates into suffering,  
NOTE Confidence: 0.843380630016327  
00:05:26.950 --> 00:05:30.474 but I really hate that translation and  
NOTE Confidence: 0.843380630016327  
00:05:30.474 --> 00:05:33.322 what I think it really means is feeling  
NOTE Confidence: 0.843380630016327  
00:05:33.330 --> 00:05:36.053 unsettled and this feeling of just constant  
NOTE Confidence: 0.843380630016327  
00:05:36.053 --> 00:05:38.567 stimulation in our head and this chatter  
NOTE Confidence: 0.843380630016327  
00:05:38.567 --> 00:05:40.930 that keeps going and going and going.  
NOTE Confidence: 0.843380630016327  
00:05:40.930 --> 00:05:43.464 And am I going to feel horrible?  
NOTE Confidence: 0.843380630016327  
00:05:43.470 --> 00:05:46.334 Am I going to feel nauseous?  
00:05:49.620 --> 00:05:51.996 And what I try to remind them  
NOTE Confidence: 0.843380630016327  
00:05:51.996 --> 00:05:54.683 is at the anticipation of getting a  
NOTE Confidence: 0.843380630016327  
00:05:54.683 --> 00:05:57.885 shot or getting a needle is just so  
NOTE Confidence: 0.843380630016327  
00:05:57.885 --> 00:06:00.117 much worse than the needle itself.  
NOTE Confidence: 0.843380630016327  
00:06:00.120 --> 00:06:02.226 And that's not to diminish the  
NOTE Confidence: 0.843380630016327  
00:06:02.226 --> 00:06:04.075 sensations or the experiences that  
NOTE Confidence: 0.843380630016327  
00:06:04.075 --> 00:06:05.975 people have while on chemotherapy.  
00:06:08.200 --> 00:06:10.390 But integrative medicine  
NOTE Confidence: 0.843380630016327

00:06:10.390 --> 00:06:13.498 really can help in changing how we  
NOTE Confidence: 0.843380630016327

00:06:13.498 --> 00:06:17.010 sort of view it, how we experience it,  
NOTE Confidence: 0.843380630016327

00:06:17.010 --> 00:06:20.444 and how we approach all of  
NOTE Confidence: 0.843380630016327

00:06:20.444 --> 00:06:21.728 these experiences.  
00:06:22.130 --> 00:06:24.105 And let's unpack a  
NOTE Confidence: 0.868911564350128

00:06:24.105 --> 00:06:25.685 little bit about that.  
NOTE Confidence: 0.868911564350128

00:06:25.690 --> 00:06:28.066 So you know cancer is a  
NOTE Confidence: 0.868911564350128

00:06:28.066 --> 00:06:29.650 scary diagnosis for anybody,  
NOTE Confidence: 0.868911564350128

00:06:29.650 --> 00:06:31.888 no matter how strong you think  
NOTE Confidence: 0.868911564350128

00:06:31.888 --> 00:06:34.010 you are deep down inside,  
NOTE Confidence: 0.868911564350128

00:06:34.010 --> 00:06:36.068 everybody is a little bit fearful  
NOTE Confidence: 0.868911564350128

00:06:36.068 --> 00:06:38.435 of not only the diagnosis but  
NOTE Confidence: 0.868911564350128

00:06:38.435 --> 00:06:40.735 the treatment and the prognosis.  
NOTE Confidence: 0.868911564350128

00:06:40.740 --> 00:06:42.804 So how do you use integrative  
NOTE Confidence: 0.868911564350128

00:06:42.804 --> 00:06:45.193 medicine to get people to  
NOTE Confidence: 0.868911564350128

00:06:45.193 --> 00:06:47.065 settle that unsettled feeling?  
00:06:47.870 --> 00:06:50.264 I mean, we have lots of different

NOTE Confidence: 0.868911564350128  
00:06:50.264 --> 00:06:51.860 techniques and  
NOTE Confidence: 0.868911564350128  
00:06:51.860 --> 00:06:54.135 obviously the things that come to mind,  
NOTE Confidence: 0.868911564350128  
00:06:54.140 --> 00:06:55.536 are mindfulness and yoga,  
NOTE Confidence: 0.868911564350128  
00:06:55.536 --> 00:06:57.281 but every patient is different  
NOTE Confidence: 0.868911564350128  
00:06:57.281 --> 00:06:59.205 and every patient needs to find  
NOTE Confidence: 0.868911564350128  
00:06:59.205 --> 00:07:01.309 that thing that does it for them.  
NOTE Confidence: 0.868911564350128  
00:07:01.310 --> 00:07:03.406 So I have patients who knit and that's  
NOTE Confidence: 0.868911564350128  
00:07:03.406 --> 00:07:05.548 a mindfulness exercise,  
NOTE Confidence: 0.868911564350128  
00:07:05.550 --> 00:07:08.484 but we don't really think about it that way,  
NOTE Confidence: 0.868911564350128  
00:07:08.490 --> 00:07:09.702 or drawing or coloring,  
NOTE Confidence: 0.868911564350128  
00:07:09.702 --> 00:07:12.070 or just finding ways to be present.  
NOTE Confidence: 0.887300312519073  
00:07:14.400 --> 00:07:16.620 And that's so important,  
NOTE Confidence: 0.887300312519073  
00:07:16.620 --> 00:07:18.816 but what about people who kind  
NOTE Confidence: 0.887300312519073  
00:07:18.816 --> 00:07:20.690 of have difficulty with that?  
NOTE Confidence: 0.887300312519073  
00:07:20.690 --> 00:07:22.910 because I think that  
NOTE Confidence: 0.887300312519073

00:07:22.910 --> 00:07:24.666 oftentimes in mindfulness practice,  
NOTE Confidence: 0.887300312519073

00:07:24.666 --> 00:07:28.060 people tell you to kind of focus on  
NOTE Confidence: 0.887300312519073

00:07:28.060 --> 00:07:30.440 the present and be present and focus  
NOTE Confidence: 0.887300312519073

00:07:30.440 --> 00:07:33.265 on the breath and so on and so forth.  
NOTE Confidence: 0.887300312519073

00:07:33.270 --> 00:07:36.238 But for many patients I can just imagine  
NOTE Confidence: 0.887300312519073

00:07:36.238 --> 00:07:39.189 that you know their head is going to spin,  
NOTE Confidence: 0.887300312519073

00:07:39.190 --> 00:07:41.410 I just was diagnosed with cancer,  
NOTE Confidence: 0.887300312519073

00:07:41.410 --> 00:07:44.450 I've got a doctors appointment in three days.  
NOTE Confidence: 0.887300312519073

00:07:44.450 --> 00:07:46.736 My test results are coming back.  
NOTE Confidence: 0.887300312519073

00:07:46.740 --> 00:07:49.422 I have to think about  
NOTE Confidence: 0.887300312519073

00:07:49.422 --> 00:07:51.352 my next chemotherapy and on  
NOTE Confidence: 0.887300312519073

00:07:51.352 --> 00:07:53.240 top of all of that,  
NOTE Confidence: 0.887300312519073

00:07:53.240 --> 00:07:54.768 especially now we're living  
NOTE Confidence: 0.887300312519073

00:07:54.768 --> 00:07:57.060 in this crazy world of Covid,  
NOTE Confidence: 0.887300312519073

00:07:57.060 --> 00:07:59.346 so I'm worried about my kids  
NOTE Confidence: 0.887300312519073

00:07:59.346 --> 00:08:00.108 getting infected.

NOTE Confidence: 0.887300312519073  
00:08:00.110 --> 00:08:03.470 I'm worried about home schooling or whether  
NOTE Confidence: 0.887300312519073  
00:08:03.470 --> 00:08:06.856 they should go to school and how that  
NOTE Confidence: 0.887300312519073  
00:08:06.856 --> 00:08:10.128 affects me and all of that chatter.  
00:08:12.040 --> 00:08:13.795 It just might be difficult  
NOTE Confidence: 0.887300312519073  
00:08:13.795 --> 00:08:16.230 to be mindful.  
NOTE Confidence: 0.887300312519073  
00:08:16.230 --> 00:08:18.882 So what tips do you have  
NOTE Confidence: 0.887300312519073  
00:08:18.882 --> 00:08:21.060 for people to  
NOTE Confidence: 0.887300312519073  
00:08:21.060 --> 00:08:23.016 settle that unsettled feeling?  
NOTE Confidence: 0.873557806015015  
00:08:23.670 --> 00:08:25.295 First of all, anybody who  
NOTE Confidence: 0.873557806015015  
00:08:25.295 --> 00:08:26.595 tells you they're a good  
NOTE Confidence: 0.873557806015015  
00:08:26.600 --> 00:08:28.875 meditator is a liar. It's hard work,  
NOTE Confidence: 0.873557806015015  
00:08:31.670 --> 00:08:34.424 and it's called a practice for a reason.  
NOTE Confidence: 0.873557806015015  
00:08:34.430 --> 00:08:35.734 It's because we're constantly  
NOTE Confidence: 0.873557806015015  
00:08:35.734 --> 00:08:37.690 striving for a little bit better.  
NOTE Confidence: 0.873557806015015  
00:08:37.690 --> 00:08:40.000 There's a concept  
NOTE Confidence: 0.873557806015015  
00:08:40.000 --> 00:08:42.122 in mindfulness and meditation that I

NOTE Confidence: 0.873557806015015  
00:08:42.122 --> 00:08:44.202 talk to a lot of my patients about.  
NOTE Confidence: 0.873557806015015  
00:08:44.210 --> 00:08:46.166 Which is we can't  
NOTE Confidence: 0.873557806015015  
00:08:46.166 --> 00:08:47.470 control the first thought.  
NOTE Confidence: 0.873557806015015  
00:08:47.470 --> 00:08:49.745 Whatever pops into your head is human.  
NOTE Confidence: 0.873557806015015  
00:08:49.750 --> 00:08:51.470 It's natural,  
NOTE Confidence: 0.873557806015015  
00:08:51.470 --> 00:08:53.990 whatever comes into your mind is there.  
NOTE Confidence: 0.873557806015015  
00:08:53.990 --> 00:08:56.069 What we have control over is the  
NOTE Confidence: 0.873557806015015  
00:08:56.069 --> 00:08:57.858 second thought, and that's where the  
NOTE Confidence: 0.873557806015015  
00:08:57.858 --> 00:08:59.343 practice of mindfulness comes in.  
NOTE Confidence: 0.873557806015015  
00:08:59.350 --> 00:09:01.156 That's where we learn to exercise  
NOTE Confidence: 0.873557806015015  
00:09:01.156 --> 00:09:03.230 our brains in a way that say,  
NOTE Confidence: 0.873557806015015  
00:09:03.230 --> 00:09:05.018 OK, the first thought came in,  
NOTE Confidence: 0.873557806015015  
00:09:05.020 --> 00:09:06.505 but where's the second thought  
NOTE Confidence: 0.873557806015015  
00:09:06.505 --> 00:09:07.693 going to take me?  
NOTE Confidence: 0.873557806015015  
00:09:07.700 --> 00:09:10.076 Where are we going to go with this?  
NOTE Confidence: 0.873557806015015

00:09:10.080 --> 00:09:12.464 This isn't a band aid.  
NOTE Confidence: 0.873557806015015

00:09:12.470 --> 00:09:14.549 It's not a quick and easy fix,  
NOTE Confidence: 0.873557806015015

00:09:14.550 --> 00:09:16.332 it takes work  
NOTE Confidence: 0.873557806015015

00:09:16.332 --> 00:09:18.130 and it takes practice and  
NOTE Confidence: 0.873557806015015

00:09:18.130 --> 00:09:18.421 ideally  
NOTE Confidence: 0.873557806015015

00:09:18.421 --> 00:09:20.458 all of my patients have been meditating  
NOTE Confidence: 0.873557806015015

00:09:20.458 --> 00:09:22.598 for years before they get the diagnosis.  
NOTE Confidence: 0.873557806015015

00:09:22.600 --> 00:09:24.032 But let's be honest,  
NOTE Confidence: 0.873557806015015

00:09:24.032 --> 00:09:26.180 the moment that they start to  
NOTE Confidence: 0.873557806015015

00:09:26.180 --> 00:09:27.536 explore these ideas and think about  
NOTE Confidence: 0.873557806015015

00:09:27.536 --> 00:09:29.447 them and see the value in them is  
NOTE Confidence: 0.873557806015015

00:09:29.447 --> 00:09:30.642 truly is when they're struggling and  
NOTE Confidence: 0.873557806015015

00:09:30.642 --> 00:09:32.063 when they're suffering and so we  
NOTE Confidence: 0.873557806015015

00:09:32.063 --> 00:09:33.670 have to meet them there.  
NOTE Confidence: 0.884238243103027

00:09:35.010 --> 00:09:37.075 And I can just imagine that  
NOTE Confidence: 0.884238243103027

00:09:37.075 --> 00:09:39.169 it may be difficult,



NOTE Confidence: 0.884238243103027  
00:09:39.170 --> 00:09:40.590 especially when you're thinking  
NOTE Confidence: 0.884238243103027  
00:09:40.590 --> 00:09:42.010 about everything else that's  
NOTE Confidence: 0.884238243103027  
00:09:42.010 --> 00:09:43.647 going on in the world now,  
NOTE Confidence: 0.884238243103027  
00:09:43.650 --> 00:09:45.890 to try to practice mindfulness.  
NOTE Confidence: 0.884238243103027  
00:09:45.890 --> 00:09:47.876 I mean, it's just one more  
NOTE Confidence: 0.884238243103027  
00:09:47.876 --> 00:09:50.048 thing and that might not be your  
NOTE Confidence: 0.884238243103027  
00:09:50.050 --> 00:09:52.115 thing, and that's sort of  
NOTE Confidence: 0.884238243103027  
00:09:52.115 --> 00:09:53.769 the beauty of Integrative Medicine  
NOTE Confidence: 0.884238243103027  
00:09:53.769 --> 00:09:56.219 is we have so many different tools  
NOTE Confidence: 0.884238243103027  
00:09:56.219 --> 00:09:58.437 in our toolbox to bring patients to  
NOTE Confidence: 0.884238243103027  
00:09:58.437 --> 00:10:00.930 that place and it may just not be  
NOTE Confidence: 0.884238243103027  
00:10:00.930 --> 00:10:02.530 about sitting cross legged some place.  
NOTE Confidence: 0.884238243103027  
00:10:02.530 --> 00:10:04.560 It may just be simply about going  
NOTE Confidence: 0.884238243103027  
00:10:04.560 --> 00:10:07.077 for a walk without your cell phone.  
NOTE Confidence: 0.884238243103027  
00:10:07.080 --> 00:10:08.790 That's a pretty mindful activity,  
NOTE Confidence: 0.884238243103027

00:10:08.790 --> 00:10:11.526 but people don't think about it like that,  
NOTE Confidence: 0.884238243103027

00:10:11.530 --> 00:10:13.692 So it's about  
NOTE Confidence: 0.884238243103027

00:10:13.692 --> 00:10:15.500 looking at your patients,  
NOTE Confidence: 0.884238243103027

00:10:15.500 --> 00:10:17.510 seeing what their value system is,  
NOTE Confidence: 0.884238243103027

00:10:17.510 --> 00:10:19.658 seeing what's important to them  
NOTE Confidence: 0.884238243103027

00:10:19.658 --> 00:10:21.747 and reminding them of that because  
NOTE Confidence: 0.884238243103027

00:10:21.747 --> 00:10:24.506 it gets so lost all of a sudden you  
NOTE Confidence: 0.884238243103027

00:10:24.506 --> 00:10:26.879 get a diagnosis and your medical record  
NOTE Confidence: 0.884238243103027

00:10:26.879 --> 00:10:29.350 number and you're the next patient on  
NOTE Confidence: 0.884238243103027

00:10:29.350 --> 00:10:31.827 the doctors schedule and you have 15  
NOTE Confidence: 0.884238243103027

00:10:31.827 --> 00:10:33.969 minutes to ask whatever you want to  
NOTE Confidence: 0.884238243103027

00:10:33.969 --> 00:10:36.629 ask your doctor and you forgot 12 of  
NOTE Confidence: 0.884238243103027

00:10:36.629 --> 00:10:38.866 the questions you wanted to ask and  
NOTE Confidence: 0.884238243103027

00:10:38.866 --> 00:10:41.537 then you leave and then you show up  
NOTE Confidence: 0.884238243103027

00:10:41.537 --> 00:10:44.385 the next day and you get your chemotherapy.  
NOTE Confidence: 0.884238243103027

00:10:44.390 --> 00:10:47.197 And nobody knows your name and nobody

NOTE Confidence: 0.884238243103027  
00:10:47.197 --> 00:10:51.140 knows who you are and it can be a  
NOTE Confidence: 0.884238243103027  
00:10:51.140 --> 00:10:52.908 very depersonalizing experience when  
NOTE Confidence: 0.884238243103027  
00:10:52.988 --> 00:10:55.638 your entire experience is unique,  
NOTE Confidence: 0.884238243103027  
00:10:55.640 --> 00:10:58.867 what you're feeling is so unique  
NOTE Confidence: 0.884238243103027  
00:10:58.867 --> 00:11:01.412 and so independent.  
NOTE Confidence: 0.884238243103027  
00:11:02.234 --> 00:11:04.700 And you treat patients with breast cancer  
NOTE Confidence: 0.884238243103027  
00:11:04.781 --> 00:11:07.812 and you know every patient with breast  
NOTE Confidence: 0.884238243103027  
00:11:07.812 --> 00:11:10.489 cancer experiences it differently, their  
NOTE Confidence: 0.884238243103027  
00:11:10.490 --> 00:11:11.840 pathology, their genetics,  
NOTE Confidence: 0.884238243103027  
00:11:11.840 --> 00:11:14.540 everything might be identical on paper,  
NOTE Confidence: 0.884238243103027  
00:11:14.540 --> 00:11:15.876 but who they are,  
NOTE Confidence: 0.884238243103027  
00:11:15.876 --> 00:11:17.546 how they experience their disease  
NOTE Confidence: 0.884238243103027  
00:11:17.546 --> 00:11:19.059 is completely unique,  
NOTE Confidence: 0.884238243103027  
00:11:19.060 --> 00:11:21.426 and so I'm not going to prescribe  
NOTE Confidence: 0.884238243103027  
00:11:21.426 --> 00:11:22.440 mindfulness to everybody.  
NOTE Confidence: 0.884238243103027

00:11:22.440 --> 00:11:23.454 I certainly don't,  
00:11:24.130 --> 00:11:26.834 I think it's the wrong decision for people,  
NOTE Confidence: 0.884238243103027  
00:11:26.840 --> 00:11:29.479 but there are certain patients who it  
NOTE Confidence: 0.884238243103027  
00:11:29.479 --> 00:11:32.102 works well with and the reason why we  
NOTE Confidence: 0.884238243103027  
00:11:32.102 --> 00:11:34.950 like it so much is going back to  
00:11:35.626 --> 00:11:37.316 this original concept of is  
NOTE Confidence: 0.884238243103027  
00:11:37.316 --> 00:11:38.330 this invasive?  
NOTE Confidence: 0.884238243103027  
00:11:38.330 --> 00:11:40.020 It's not really that invasive.  
NOTE Confidence: 0.884238243103027  
00:11:40.020 --> 00:11:41.034 Is this safe?  
NOTE Confidence: 0.884238243103027  
00:11:41.034 --> 00:11:43.430 It is safe,  
NOTE Confidence: 0.884238243103027  
00:11:43.430 --> 00:11:45.155 it's generally not a harmful  
NOTE Confidence: 0.884238243103027  
00:11:45.155 --> 00:11:46.349 practice for patients,  
NOTE Confidence: 0.884238243103027  
00:11:46.350 --> 00:11:47.970 and so it's a really  
NOTE Confidence: 0.884238243103027  
00:11:47.970 --> 00:11:49.600 helpful tool in the toolbox,  
NOTE Confidence: 0.884238243103027  
00:11:49.600 --> 00:11:52.498 but it's not the only one  
00:11:53.070 --> 00:11:55.920 and the integrative  
NOTE Confidence: 0.87890499830246  
00:11:55.920 --> 00:11:58.593 medicine, as you say,  
NOTE Confidence: 0.87890499830246

00:11:58.593 --> 00:12:03.330 has got so many tools in the toolbox,  
NOTE Confidence: 0.87890499830246

00:12:03.330 --> 00:12:06.185 some of which are really  
NOTE Confidence: 0.87890499830246

00:12:06.185 --> 00:12:08.469 kind of mindfulness based.  
NOTE Confidence: 0.87890499830246

00:12:08.470 --> 00:12:11.236 But others are things that may  
NOTE Confidence: 0.87890499830246

00:12:11.236 --> 00:12:14.030 stem from other ancient practices.  
00:12:17.060 --> 00:12:19.769 So I can imagine things  
NOTE Confidence: 0.87890499830246

00:12:19.769 --> 00:12:22.239 like complementary  
NOTE Confidence: 0.87890499830246

00:12:22.239 --> 00:12:24.699 therapies with herbal supplements  
NOTE Confidence: 0.87890499830246

00:12:24.699 --> 00:12:27.159 or acupuncture or acupressure.  
NOTE Confidence: 0.87890499830246

00:12:27.160 --> 00:12:30.744 How do all of these other modalities play  
NOTE Confidence: 0.87890499830246

00:12:30.744 --> 00:12:34.729 into a cancer patients journey as well?  
NOTE Confidence: 0.87890499830246

00:12:34.730 --> 00:12:37.260 So again, it's about meeting  
NOTE Confidence: 0.880212247371674

00:12:37.260 --> 00:12:41.316 patients where they are and what they are.  
NOTE Confidence: 0.880212247371674

00:12:41.320 --> 00:12:43.558 Their hopes and expectations and  
NOTE Confidence: 0.880212247371674

00:12:43.558 --> 00:12:46.319 what they want out of this.  
NOTE Confidence: 0.880212247371674

00:12:46.320 --> 00:12:49.029 We have a lot of success with  
NOTE Confidence: 0.880212247371674

00:12:49.029 --> 00:12:51.142 certain patients with acupuncture.  
NOTE Confidence: 0.880212247371674

00:12:51.142 --> 00:12:53.758 Neuropathic patients who haven't been  
NOTE Confidence: 0.880212247371674

00:12:53.823 --> 00:12:56.063 able to find anything else to help  
NOTE Confidence: 0.880212247371674

00:12:56.063 --> 00:12:58.149 treat that pain or that discomfort.  
NOTE Confidence: 0.880212247371674

00:12:58.149 --> 00:12:59.268 That's really helpful.  
NOTE Confidence: 0.880212247371674

00:12:59.270 --> 00:13:01.496 I also find that  
NOTE Confidence: 0.880212247371674

00:13:01.496 --> 00:13:03.196 finding a patients tradition and  
NOTE Confidence: 0.880212247371674

00:13:03.196 --> 00:13:05.562 where they come from and their roots  
NOTE Confidence: 0.880212247371674

00:13:05.562 --> 00:13:07.459 is also really meaningful.  
NOTE Confidence: 0.880212247371674

00:13:07.460 --> 00:13:09.892 So oftentimes I will talk to patients  
NOTE Confidence: 0.880212247371674

00:13:09.892 --> 00:13:12.032 of Indian descent and talk about  
NOTE Confidence: 0.880212247371674

00:13:12.032 --> 00:13:14.234 Ayurveda because that's what their  
NOTE Confidence: 0.880212247371674

00:13:14.302 --> 00:13:16.708 grandmother did and that grounds them.  
NOTE Confidence: 0.880212247371674

00:13:16.710 --> 00:13:18.500 It roots them in something  
NOTE Confidence: 0.880212247371674

00:13:18.500 --> 00:13:20.989 and on top of that,  
NOTE Confidence: 0.880212247371674

00:13:20.990 --> 00:13:23.162 there are certainly certain herbs that

NOTE Confidence: 0.880212247371674

00:13:23.162 --> 00:13:26.047 come from Ayurveda that have been shown

NOTE Confidence: 0.880212247371674

00:13:26.047 --> 00:13:28.105 to be helpful in certain patients.

NOTE Confidence: 0.880212247371674

00:13:28.110 --> 00:13:29.542 Boswellia, for example,

NOTE Confidence: 0.880212247371674

00:13:29.542 --> 00:13:30.974 is a pretty safe

NOTE Confidence: 0.880212247371674

00:13:30.980 --> 00:13:33.199 herb to give patients and it can

NOTE Confidence: 0.880212247371674

00:13:33.199 --> 00:13:35.125 be helpful and they're looking

NOTE Confidence: 0.880212247371674

00:13:35.125 --> 00:13:36.925 for something like that.

00:13:39.540 --> 00:13:41.604 I think that concept of

NOTE Confidence: 0.868003189563751

00:13:41.604 --> 00:13:43.457 really meeting people where they

NOTE Confidence: 0.868003189563751

00:13:43.457 --> 00:13:45.487 are and letting them experience

NOTE Confidence: 0.868003189563751

00:13:45.487 --> 00:13:47.515 their journey and participate in

NOTE Confidence: 0.868003189563751

00:13:47.515 --> 00:13:49.205 their journey is so important.

NOTE Confidence: 0.868003189563751

00:13:49.210 --> 00:13:52.098 We're going to learn a lot more from

NOTE Confidence: 0.868003189563751

00:13:52.098 --> 00:13:54.789 about how to deal with cancer,

NOTE Confidence: 0.868003189563751

00:13:54.790 --> 00:13:56.650 particularly during these Covid times,

NOTE Confidence: 0.868003189563751

00:13:56.650 --> 00:13:58.882 right after we take a short

NOTE Confidence: 0.868003189563751  
00:13:58.882 --> 00:14:00.740 break for a medical minute.  
NOTE Confidence: 0.868003189563751  
00:14:00.740 --> 00:14:02.630 Support for Yale Cancer Answers  
NOTE Confidence: 0.868003189563751  
00:14:02.630 --> 00:14:04.142 comes from AstraZeneca.  
NOTE Confidence: 0.868003189563751  
00:14:04.150 --> 00:14:07.155 A science led biopharmaceutical company  
NOTE Confidence: 0.868003189563751  
00:14:07.155 --> 00:14:10.160 dedicated to partnering across the  
NOTE Confidence: 0.868003189563751  
00:14:10.242 --> 00:14:13.122 oncology community to improve outcomes  
NOTE Confidence: 0.868003189563751  
00:14:13.122 --> 00:14:16.002 across various stages of cancer.  
NOTE Confidence: 0.868003189563751  
00:14:16.010 --> 00:14:19.649 More at [astrazeneca-us.com](https://astrazeneca-us.com).  
NOTE Confidence: 0.868003189563751  
00:14:19.650 --> 00:14:22.555 This is a medical minute about genetic  
NOTE Confidence: 0.868003189563751  
00:14:22.555 --> 00:14:25.081 testing which can be useful for  
NOTE Confidence: 0.868003189563751  
00:14:25.081 --> 00:14:27.481 people with certain types of cancer  
NOTE Confidence: 0.868003189563751  
00:14:27.481 --> 00:14:30.340 that seem to run in their families.  
NOTE Confidence: 0.868003189563751  
00:14:30.340 --> 00:14:32.860 Patients that are considered at risk  
NOTE Confidence: 0.868003189563751  
00:14:32.860 --> 00:14:35.351 receive genetic counseling and testing so  
NOTE Confidence: 0.868003189563751  
00:14:35.351 --> 00:14:37.571 informed medical decisions can be based  
NOTE Confidence: 0.868003189563751



00:14:37.571 --> 00:14:40.199 on their own personal risk assessment.  
NOTE Confidence: 0.868003189563751

00:14:40.200 --> 00:14:42.020 Resources for genetic counseling and  
NOTE Confidence: 0.868003189563751

00:14:42.020 --> 00:14:43.840 testing are available at federally  
NOTE Confidence: 0.868003189563751

00:14:43.896 --> 00:14:45.948 designated comprehensive cancer centers.  
NOTE Confidence: 0.868003189563751

00:14:45.950 --> 00:14:47.594 Interdisciplinary teams include geneticists,  
NOTE Confidence: 0.868003189563751

00:14:47.594 --> 00:14:48.853 genetic counselors, physicians,  
NOTE Confidence: 0.868003189563751

00:14:48.853 --> 00:14:49.719 and nurses  
NOTE Confidence: 0.868003189563751

00:14:49.719 --> 00:14:52.750 who work together to provide risk assessment  
NOTE Confidence: 0.868003189563751

00:14:52.750 --> 00:14:55.390 and steps to prevent the development  
NOTE Confidence: 0.868003189563751

00:14:55.390 --> 00:14:56.270 of cancer.  
NOTE Confidence: 0.868003189563751

00:14:56.270 --> 00:14:58.030 More information is available  
NOTE Confidence: 0.868003189563751

00:14:58.030 --> 00:14:58.910 at [yalecancercenter.org](http://yalecancercenter.org).  
NOTE Confidence: 0.868003189563751

00:14:58.910 --> 00:15:01.550 You're listening to Connecticut public radio.  
NOTE Confidence: 0.847862660884857

00:15:03.620 --> 00:15:05.910 Welcome back to Yale Cancer Answers.  
NOTE Confidence: 0.847862660884857

00:15:05.910 --> 00:15:08.570 This is doctor Anees Chagpar.  
NOTE Confidence: 0.847862660884857

00:15:08.570 --> 00:15:11.618 I'm joined tonight by my guest doctor Gary

NOTE Confidence: 0.847862660884857  
00:15:11.620 --> 00:15:13.525 Soffer. We are talking  
NOTE Confidence: 0.847862660884857  
00:15:13.525 --> 00:15:15.049 about dealing with cancer,  
NOTE Confidence: 0.847862660884857  
00:15:15.050 --> 00:15:17.085 particularly during the times of  
NOTE Confidence: 0.847862660884857  
00:15:17.085 --> 00:15:19.120 Covid and how integrative medicine  
NOTE Confidence: 0.847862660884857  
00:15:19.188 --> 00:15:20.768 can really help with that.  
NOTE Confidence: 0.847862660884857  
00:15:20.770 --> 00:15:23.318 Gary, before the break we  
NOTE Confidence: 0.847862660884857  
00:15:23.318 --> 00:15:25.719 were talking about cancer in general,  
NOTE Confidence: 0.847862660884857  
00:15:25.720 --> 00:15:28.569 being a really scary diagnosis and how  
NOTE Confidence: 0.847862660884857  
00:15:28.569 --> 00:15:30.841 integrative medicine can really help to  
NOTE Confidence: 0.847862660884857  
00:15:30.841 --> 00:15:33.730 meet patients where they are in that journey,  
NOTE Confidence: 0.847862660884857  
00:15:33.730 --> 00:15:37.105 and make it just a little bit more tolerable.  
NOTE Confidence: 0.847862660884857  
00:15:37.110 --> 00:15:39.318 But I can imagine that particularly  
NOTE Confidence: 0.847862660884857  
00:15:39.318 --> 00:15:41.250 now during Covid it's worse.  
NOTE Confidence: 0.847862660884857  
00:15:41.250 --> 00:15:44.194 What are you seeing from patients in terms  
NOTE Confidence: 0.847862660884857  
00:15:44.194 --> 00:15:47.634 of how they are coping with this?  
NOTE Confidence: 0.847862660884857

00:15:47.640 --> 00:15:50.034 They might not be able to see  
NOTE Confidence: 0.847862660884857

00:15:50.034 --> 00:15:52.357 their doctor face to face without  
NOTE Confidence: 0.847862660884857

00:15:52.357 --> 00:15:54.787 a computer screen in between them.  
NOTE Confidence: 0.847862660884857

00:15:54.790 --> 00:15:57.415 They may have had their therapies delayed.  
NOTE Confidence: 0.847862660884857

00:15:57.420 --> 00:16:00.052 I can imagine that what is normally  
NOTE Confidence: 0.847862660884857

00:16:00.052 --> 00:16:01.180 a stressful experience  
NOTE Confidence: 0.847862660884857

00:16:01.180 --> 00:16:03.805 just got a whole lot more stressful.  
NOTE Confidence: 0.84689873456955

00:16:05.200 --> 00:16:06.636 You know, it's interesting.  
NOTE Confidence: 0.84689873456955

00:16:06.636 --> 00:16:09.704 I mentioned to you before that I see  
NOTE Confidence: 0.84689873456955

00:16:09.704 --> 00:16:11.824 pediatric allergy and immunology patients  
NOTE Confidence: 0.84689873456955

00:16:11.830 --> 00:16:14.560 in addition to my work at Smilow  
NOTE Confidence: 0.84689873456955

00:16:14.560 --> 00:16:16.120 in integrative medicine.  
NOTE Confidence: 0.84689873456955

00:16:16.120 --> 00:16:17.680 Cancer patients  
NOTE Confidence: 0.84689873456955

00:16:17.680 --> 00:16:19.630 are really in a  
NOTE Confidence: 0.84689873456955

00:16:19.630 --> 00:16:21.835 unique struggle right now and there is  
NOTE Confidence: 0.84689873456955

00:16:21.835 --> 00:16:24.114 very real and practical concerns about

NOTE Confidence: 0.84689873456955

00:16:24.114 --> 00:16:26.658 their immune system being

NOTE Confidence: 0.84689873456955

00:16:26.658 --> 00:16:28.600 suppressed from their chemotherapy.

NOTE Confidence: 0.84689873456955

00:16:28.600 --> 00:16:30.160 The added loneliness that

NOTE Confidence: 0.84689873456955

00:16:30.160 --> 00:16:31.720 we talked about with

NOTE Confidence: 0.84689873456955

00:16:31.720 --> 00:16:33.670 cancer can be isolating.

NOTE Confidence: 0.84689873456955

00:16:33.670 --> 00:16:36.010 There's an added loneliness because now

NOTE Confidence: 0.84689873456955

00:16:36.010 --> 00:16:37.790 you're socially

NOTE Confidence: 0.84689873456955

00:16:37.790 --> 00:16:39.125 isolating from people,

NOTE Confidence: 0.84689873456955

00:16:39.130 --> 00:16:41.954 but I also find that many of my

NOTE Confidence: 0.84689873456955

00:16:41.954 --> 00:16:44.131 allergy immunology patients are doing

NOTE Confidence: 0.84689873456955

00:16:44.131 --> 00:16:46.461 worse because they haven't quite

NOTE Confidence: 0.84689873456955

00:16:46.461 --> 00:16:48.514 explored these greater esoteric

NOTE Confidence: 0.84689873456955

00:16:48.514 --> 00:16:51.134 questions that our cancer patients

NOTE Confidence: 0.84689873456955

00:16:51.140 --> 00:16:54.255 have. They haven't

NOTE Confidence: 0.84689873456955

00:16:54.260 --> 00:16:56.750 been forced to explore

NOTE Confidence: 0.84689873456955

00:16:56.750 --> 00:16:59.599 with the unknown and the unexpected.  
NOTE Confidence: 0.84689873456955

00:16:59.600 --> 00:17:02.324 They haven't been forced to understand  
NOTE Confidence: 0.84689873456955

00:17:02.324 --> 00:17:05.499 what it means when you're  
NOTE Confidence: 0.84689873456955

00:17:05.499 --> 00:17:08.049 body isn't working in your favor.  
NOTE Confidence: 0.84689873456955

00:17:08.050 --> 00:17:09.326 And sure they have  
NOTE Confidence: 0.84689873456955

00:17:09.326 --> 00:17:11.850 their own conditions and their own diseases,  
NOTE Confidence: 0.84689873456955

00:17:11.850 --> 00:17:14.260 but for the most part,  
NOTE Confidence: 0.84689873456955

00:17:14.260 --> 00:17:17.046 the quality of life that they are  
NOTE Confidence: 0.84689873456955

00:17:17.046 --> 00:17:19.062 experiencing is very, very different.  
NOTE Confidence: 0.84689873456955

00:17:19.062 --> 00:17:21.939 You know our cancer patients have been  
NOTE Confidence: 0.84689873456955

00:17:21.939 --> 00:17:24.610 through that journey to a certain degree,  
NOTE Confidence: 0.84689873456955

00:17:24.610 --> 00:17:26.960 so sometimes it's just simply  
NOTE Confidence: 0.84689873456955

00:17:26.960 --> 00:17:29.310 reminding them of what they've  
NOTE Confidence: 0.84689873456955

00:17:29.395 --> 00:17:32.140 already persevered through and that  
NOTE Confidence: 0.84689873456955

00:17:32.140 --> 00:17:35.628 this is simply a part of that journey.  
NOTE Confidence: 0.84689873456955

00:17:35.630 --> 00:17:38.374 It's a mixed bag and there's no

NOTE Confidence: 0.84689873456955

00:17:38.380 --> 00:17:39.952 good answer.

NOTE Confidence: 0.84689873456955

00:17:40.740 --> 00:17:43.204 I will say this, we've started

NOTE Confidence: 0.84689873456955

00:17:43.204 --> 00:17:45.060 doing things almost completely

NOTE Confidence: 0.84689873456955

00:17:45.060 --> 00:17:46.696 virtually in integrative medicine.

NOTE Confidence: 0.84689873456955

00:17:46.696 --> 00:17:48.741 I was pretty reluctant at

NOTE Confidence: 0.84689873456955

00:17:48.741 --> 00:17:50.557 the beginning to do that.

NOTE Confidence: 0.84689873456955

00:17:50.560 --> 00:17:52.288 I figured,

NOTE Confidence: 0.84689873456955

00:17:52.288 --> 00:17:54.448 Integrative medicine is about touch

NOTE Confidence: 0.84689873456955

00:17:54.448 --> 00:17:57.328 and it's about this human connection,

00:17:59.030 --> 00:18:00.810 but I've been having really,

NOTE Confidence: 0.84689873456955

00:18:00.810 --> 00:18:02.590 really meaningful interactions with

NOTE Confidence: 0.84689873456955

00:18:02.590 --> 00:18:04.629 patients just over the Internet,

NOTE Confidence: 0.84689873456955

00:18:04.630 --> 00:18:07.143 and I think part of that is

NOTE Confidence: 0.84689873456955

00:18:07.143 --> 00:18:09.810 patients are in their environment,

NOTE Confidence: 0.84689873456955

00:18:09.810 --> 00:18:11.960 their comfortable they are at home

NOTE Confidence: 0.84689873456955

00:18:11.960 --> 00:18:15.839 that they love the most.

00:18:16.514 --> 00:18:18.873 I've really come to hate the term  
NOTE Confidence: 0.84689873456955

00:18:18.873 --> 00:18:20.700 social distancing because I'm  
NOTE Confidence: 0.84689873456955

00:18:20.700 --> 00:18:23.060 continuing to have very meaningful  
NOTE Confidence: 0.84689873456955

00:18:23.060 --> 00:18:25.750 human social interactions with people.  
NOTE Confidence: 0.84689873456955

00:18:25.750 --> 00:18:27.916 And yes, I'm physically distancing,  
NOTE Confidence: 0.84689873456955

00:18:27.916 --> 00:18:29.218 that's for sure.  
NOTE Confidence: 0.84689873456955

00:18:29.220 --> 00:18:31.395 But I'm certainly  
NOTE Confidence: 0.84689873456955

00:18:31.395 --> 00:18:32.265 not socially  
NOTE Confidence: 0.861823499202728

00:18:32.270 --> 00:18:34.880 distancing.  
NOTE Confidence: 0.861823499202728

00:18:34.880 --> 00:18:38.192 I like to think of it as healthy distancing  
NOTE Confidence: 0.861823499202728

00:18:38.192 --> 00:18:40.970 as opposed to social distancing.  
NOTE Confidence: 0.861823499202728

00:18:40.970 --> 00:18:43.598 And something that you  
NOTE Confidence: 0.861823499202728

00:18:43.598 --> 00:18:46.618 said really struck a chord with me,  
NOTE Confidence: 0.861823499202728

00:18:46.620 --> 00:18:48.800 which is that you know,  
NOTE Confidence: 0.861823499202728

00:18:48.800 --> 00:18:50.870 cancer patients often have gone  
NOTE Confidence: 0.861823499202728

00:18:50.870 --> 00:18:53.580 through some of that mental journey

NOTE Confidence: 0.861823499202728  
00:18:53.580 --> 00:18:56.597 of what's life about  
NOTE Confidence: 0.861823499202728  
00:18:56.597 --> 00:18:59.240 and what's meaningful and what matters.  
NOTE Confidence: 0.861823499202728  
00:18:59.240 --> 00:19:02.782 And I think that for others  
NOTE Confidence: 0.861823499202728  
00:19:02.782 --> 00:19:06.526 that this may be a whole new  
NOTE Confidence: 0.861823499202728  
00:19:06.526 --> 00:19:09.694 kind of concept to grapple with,  
NOTE Confidence: 0.861823499202728  
00:19:09.700 --> 00:19:14.330 and I find that so often many of my cancer  
NOTE Confidence: 0.861823499202728  
00:19:14.446 --> 00:19:18.640 patients really use this diagnosis as  
NOTE Confidence: 0.861823499202728  
00:19:18.640 --> 00:19:20.945 a teachable or  
NOTE Confidence: 0.861823499202728  
00:19:20.945 --> 00:19:22.789 a life changing moment.  
NOTE Confidence: 0.861823499202728  
00:19:22.790 --> 00:19:26.012 A chance to nurture relationships.  
NOTE Confidence: 0.861823499202728  
00:19:26.012 --> 00:19:27.856 They get even better.  
00:19:28.772 --> 00:19:30.596 Prune some relationships that  
NOTE Confidence: 0.861823499202728  
00:19:30.596 --> 00:19:33.390 may not have been so healthy.  
NOTE Confidence: 0.861823499202728  
00:19:33.390 --> 00:19:35.695 Grab hold of experiences that  
NOTE Confidence: 0.861823499202728  
00:19:35.695 --> 00:19:38.000 they really want to savor.  
NOTE Confidence: 0.861823499202728  
00:19:38.000 --> 00:19:40.886 And that whole concept of gratitude



NOTE Confidence: 0.861823499202728

00:19:40.886 --> 00:19:44.265 and sucking the

NOTE Confidence: 0.861823499202728

00:19:44.265 --> 00:19:46.983 marrow out of life and knowing

NOTE Confidence: 0.861823499202728

00:19:46.983 --> 00:19:49.569 how vital it is to really

NOTE Confidence: 0.861823499202728

00:19:49.570 --> 00:19:52.951 experience all that life has to offer

NOTE Confidence: 0.861823499202728

00:19:52.951 --> 00:19:55.546 is something that cancer patients

NOTE Confidence: 0.861823499202728

00:19:55.546 --> 00:19:58.708 really often have come to.

00:20:02.250 --> 00:20:03.804 I think back about the moments

NOTE Confidence: 0.867431223392487

00:20:03.804 --> 00:20:06.215 that I really fell in love with the

NOTE Confidence: 0.867431223392487

00:20:06.215 --> 00:20:07.535 practice of Integrative Medicine.

NOTE Confidence: 0.867431223392487

00:20:07.540 --> 00:20:09.521 And I had done acupuncture

NOTE Confidence: 0.867431223392487

00:20:09.521 --> 00:20:11.854 when I was 13 and I had meditated

NOTE Confidence: 0.867431223392487

00:20:11.854 --> 00:20:14.244 a little older and I traveled

NOTE Confidence: 0.867431223392487

00:20:14.244 --> 00:20:16.358 around the world and saw

NOTE Confidence: 0.867431223392487

00:20:16.360 --> 00:20:17.245 different cultures that

NOTE Confidence: 0.867431223392487

00:20:17.245 --> 00:20:18.130 practice different ways.

NOTE Confidence: 0.867431223392487

00:20:18.130 --> 00:20:20.474 But one of the moments that I really,

NOTE Confidence: 0.867431223392487  
00:20:20.480 --> 00:20:22.615 really knew this was something that was  
NOTE Confidence: 0.867431223392487  
00:20:22.615 --> 00:20:25.342 important to me was when I was reading  
NOTE Confidence: 0.867431223392487  
00:20:25.342 --> 00:20:26.746 the integrative medicine textbook.  
NOTE Confidence: 0.867431223392487  
00:20:26.750 --> 00:20:30.198 And it said the benefits of ADHD are.  
NOTE Confidence: 0.867431223392487  
00:20:30.200 --> 00:20:32.930 And I was like wow.  
NOTE Confidence: 0.867431223392487  
00:20:32.930 --> 00:20:34.640 The benefits of ADHD.  
NOTE Confidence: 0.867431223392487  
00:20:34.640 --> 00:20:37.360 I mean, I've been taught my entire life,  
NOTE Confidence: 0.867431223392487  
00:20:37.360 --> 00:20:38.724 this is a pathology.  
NOTE Confidence: 0.867431223392487  
00:20:38.724 --> 00:20:40.770 This is a disease, it is a problem.  
NOTE Confidence: 0.867431223392487  
00:20:40.770 --> 00:20:43.008 This needs to be medicated and  
NOTE Confidence: 0.867431223392487  
00:20:43.008 --> 00:20:45.143 it shifted my perspective and I  
NOTE Confidence: 0.867431223392487  
00:20:45.143 --> 00:20:47.145 brought that up to one patient at  
NOTE Confidence: 0.867431223392487  
00:20:47.145 --> 00:20:49.636 one point and they  
NOTE Confidence: 0.867431223392487  
00:20:49.640 --> 00:20:53.050 broke down in front of me and they said,  
NOTE Confidence: 0.867431223392487  
00:20:53.050 --> 00:20:53.880 You know  
NOTE Confidence: 0.867431223392487

00:20:53.880 --> 00:20:56.370 this isn't how I

NOTE Confidence: 0.867431223392487

00:20:56.370 --> 00:20:58.160 would have wanted it,

NOTE Confidence: 0.867431223392487

00:20:58.160 --> 00:21:00.080 but I've strengthened my relationships.

NOTE Confidence: 0.867431223392487

00:21:00.080 --> 00:21:01.668 I've been reading more.

NOTE Confidence: 0.867431223392487

00:21:01.668 --> 00:21:05.069 I've been doing the things that I enjoy more.

NOTE Confidence: 0.867431223392487

00:21:05.070 --> 00:21:08.134 In some ways, I'm happier.

NOTE Confidence: 0.867431223392487

00:21:08.140 --> 00:21:10.065 And that is really what integrative

NOTE Confidence: 0.867431223392487

00:21:10.065 --> 00:21:11.220 medicine is about.

00:21:11.980 --> 00:21:13.900 I think that

NOTE Confidence: 0.888760447502136

00:21:13.900 --> 00:21:15.392 especially with this pandemic

NOTE Confidence: 0.888760447502136

00:21:15.392 --> 00:21:18.092 so many of us are going through

NOTE Confidence: 0.888760447502136

00:21:18.092 --> 00:21:20.047 that same sort of process.

NOTE Confidence: 0.888760447502136

00:21:20.050 --> 00:21:23.120 On the one hand,

NOTE Confidence: 0.888760447502136

00:21:24.653 --> 00:21:26.216 who knew everybody loved

NOTE Confidence: 0.888760447502136

00:21:26.216 --> 00:21:27.410 making sourdough bread?

00:21:28.850 --> 00:21:31.495 On the one hand we've had this

NOTE Confidence: 0.888760447502136

00:21:31.495 --> 00:21:34.288 virus and I don't want to diminish

NOTE Confidence: 0.888760447502136  
00:21:34.290 --> 00:21:36.200 its effects at all.  
NOTE Confidence: 0.888760447502136  
00:21:36.200 --> 00:21:38.420 I mean, it certainly has caused  
NOTE Confidence: 0.888760447502136  
00:21:38.420 --> 00:21:40.400 so many people their lives.  
NOTE Confidence: 0.888760447502136  
00:21:40.400 --> 00:21:41.928 It has  
NOTE Confidence: 0.888760447502136  
00:21:41.928 --> 00:21:43.838 turned our economy upside down.  
NOTE Confidence: 0.888760447502136  
00:21:43.840 --> 00:21:45.750 It has  
NOTE Confidence: 0.888760447502136  
00:21:45.750 --> 00:21:48.798 really changed how we do so many things,  
NOTE Confidence: 0.888760447502136  
00:21:48.800 --> 00:21:50.650 but there's so much now  
NOTE Confidence: 0.888760447502136  
00:21:50.650 --> 00:21:53.000 that we're able to do that  
NOTE Confidence: 0.888760447502136  
00:21:53.000 --> 00:21:55.178 we didn't think that we could  
NOTE Confidence: 0.888760447502136  
00:21:55.178 --> 00:21:57.503 before and there are so many things  
NOTE Confidence: 0.888760447502136  
00:21:57.503 --> 00:21:59.879 that I'm now so grateful for.  
NOTE Confidence: 0.888760447502136  
00:21:59.880 --> 00:22:02.643 that I think I used to take for granted.  
00:22:04.920 --> 00:22:07.256 This is what we were talking about before,  
NOTE Confidence: 0.882520735263824  
00:22:07.260 --> 00:22:08.720 right? The first thought is  
NOTE Confidence: 0.882520735263824  
00:22:08.720 --> 00:22:10.180 this is a horrible thing.

NOTE Confidence: 0.882520735263824  
00:22:10.180 --> 00:22:11.640 Covid is a horrible thing.  
NOTE Confidence: 0.882520735263824  
00:22:11.640 --> 00:22:13.968 So what do we do with that thought?  
NOTE Confidence: 0.882520735263824  
00:22:13.970 --> 00:22:15.430 And this is where  
NOTE Confidence: 0.882520735263824  
00:22:15.430 --> 00:22:16.890 mindfulness practice comes in.  
NOTE Confidence: 0.882520735263824  
00:22:16.890 --> 00:22:18.934 What do we do with that thought?  
NOTE Confidence: 0.882520735263824  
00:22:18.940 --> 00:22:20.686 Do we continue down that path?  
NOTE Confidence: 0.882520735263824  
00:22:20.690 --> 00:22:21.563 This is horrible.  
NOTE Confidence: 0.882520735263824  
00:22:21.563 --> 00:22:22.436 I feel horrible.  
NOTE Confidence: 0.882520735263824  
00:22:22.440 --> 00:22:23.880 I can't stand this.  
NOTE Confidence: 0.882520735263824  
00:22:23.880 --> 00:22:26.950 Or do we say this is horrible,  
NOTE Confidence: 0.882520735263824  
00:22:26.950 --> 00:22:29.230 I'm going to go make my sourdough bread.  
00:22:30.094 --> 00:22:32.110 I'm going to go take that course  
NOTE Confidence: 0.882520735263824  
00:22:32.175 --> 00:22:34.079 that I never took before online.  
NOTE Confidence: 0.882520735263824  
00:22:34.080 --> 00:22:34.965 This is horrible.  
NOTE Confidence: 0.882520735263824  
00:22:34.965 --> 00:22:37.030 I'm going to play my guitar for  
NOTE Confidence: 0.882520735263824  
00:22:37.098 --> 00:22:39.210 the first time in a very long time,

00:22:41.490 --> 00:22:43.280 Even though we're not diminishing what  
NOTE Confidence: 0.882520735263824

00:22:43.280 --> 00:22:45.530 this means on a greater level,  
NOTE Confidence: 0.882520735263824

00:22:45.530 --> 00:22:48.099 but there are so many opportunities here  
NOTE Confidence: 0.882520735263824

00:22:48.100 --> 00:22:49.750 to better yourself  
NOTE Confidence: 0.882520735263824

00:22:49.750 --> 00:22:51.400 and better your being and  
NOTE Confidence: 0.882520735263824

00:22:51.463 --> 00:22:52.870 better your experience.  
00:22:53.970 --> 00:22:55.914 I never thought that  
NOTE Confidence: 0.890224158763886

00:22:55.914 --> 00:22:58.373 what I was doing in terms of  
NOTE Confidence: 0.890224158763886

00:22:58.373 --> 00:23:00.193 being grateful or seeing  
NOTE Confidence: 0.890224158763886

00:23:00.193 --> 00:23:02.617 the positives in a pandemic was  
NOTE Confidence: 0.890224158763886

00:23:02.617 --> 00:23:04.237 really a mindfulness practice.  
NOTE Confidence: 0.890224158763886

00:23:04.240 --> 00:23:06.809 But when you put it that way,  
NOTE Confidence: 0.890224158763886

00:23:06.810 --> 00:23:09.018 I guess it kind of is.  
NOTE Confidence: 0.893964827060699

00:23:10.230 --> 00:23:12.310 I like to think so.  
NOTE Confidence: 0.893964827060699

00:23:12.310 --> 00:23:15.199 I want to dig into  
NOTE Confidence: 0.893964827060699

00:23:15.199 --> 00:23:18.334 some of the the things that are  
NOTE Confidence: 0.893964827060699

00:23:18.334 --> 00:23:21.050 really tragic about this pandemic,  
NOTE Confidence: 0.893964827060699

00:23:21.050 --> 00:23:23.696 though because you know there are people  
NOTE Confidence: 0.893964827060699

00:23:23.696 --> 00:23:26.449 who have been diagnosed with cancer.  
NOTE Confidence: 0.893964827060699

00:23:26.450 --> 00:23:28.892 There are people who have been  
NOTE Confidence: 0.893964827060699

00:23:28.892 --> 00:23:31.030 diagnosed with cancer during Covid.  
NOTE Confidence: 0.893964827060699

00:23:31.030 --> 00:23:33.472 There are people who have lost  
NOTE Confidence: 0.893964827060699

00:23:33.472 --> 00:23:36.011 their lives or their loved ones  
NOTE Confidence: 0.893964827060699

00:23:36.011 --> 00:23:38.923 with one or both of those diagnosis.  
NOTE Confidence: 0.893964827060699

00:23:38.930 --> 00:23:40.079 And sadly even in these times  
NOTE Confidence: 0.893964827060699

00:23:41.230 --> 00:23:43.547 when you talk about human  
NOTE Confidence: 0.893964827060699

00:23:43.547 --> 00:23:45.562 connection and not being able to  
NOTE Confidence: 0.893964827060699

00:23:45.562 --> 00:23:47.476 be there to touch your patients.  
NOTE Confidence: 0.893964827060699

00:23:47.480 --> 00:23:49.307 I can imagine what it feels like  
NOTE Confidence: 0.893964827060699

00:23:49.307 --> 00:23:51.464 to be a family member who can't  
NOTE Confidence: 0.893964827060699

00:23:51.464 --> 00:23:53.879 go to a funeral because of  
NOTE Confidence: 0.893964827060699

00:23:53.879 --> 00:23:55.419 regulations regarding the

NOTE Confidence: 0.893964827060699  
00:23:55.419 --> 00:23:57.678 number of people who can attend.  
NOTE Confidence: 0.893964827060699  
00:23:57.678 --> 00:23:59.974 How do you get people through that?  
NOTE Confidence: 0.897863864898682  
00:24:01.550 --> 00:24:03.210 You know, sometimes you don't.  
NOTE Confidence: 0.897863864898682  
00:24:03.210 --> 00:24:05.527 Sometimes you just let them be present.  
NOTE Confidence: 0.897863864898682  
00:24:05.530 --> 00:24:07.567 You know we have such a tendency  
NOTE Confidence: 0.897863864898682  
00:24:07.567 --> 00:24:10.178 to try to make people feel better.  
NOTE Confidence: 0.897863864898682  
00:24:10.180 --> 00:24:12.504 You know this will all be OK.  
NOTE Confidence: 0.897863864898682  
00:24:12.510 --> 00:24:14.170 This will all go away.  
NOTE Confidence: 0.897863864898682  
00:24:14.170 --> 00:24:16.420 This will all be better.  
NOTE Confidence: 0.897863864898682  
00:24:16.420 --> 00:24:19.164 Sometimes it's just a matter of letting them  
NOTE Confidence: 0.897863864898682  
00:24:19.164 --> 00:24:22.354 be in that moment and experience that moment  
NOTE Confidence: 0.897863864898682  
00:24:22.354 --> 00:24:25.487 because you know you can pardon my French,  
NOTE Confidence: 0.897863864898682  
00:24:25.490 --> 00:24:27.006 but it sucks.  
00:24:28.896 --> 00:24:30.408 It's tough.  
00:24:31.738 --> 00:24:34.189 And you want to be there and  
NOTE Confidence: 0.897863864898682  
00:24:34.189 --> 00:24:36.870 you can't be there and how you've  
NOTE Confidence: 0.897863864898682



00:24:36.870 --> 00:24:38.720 been conditioned to experience  
NOTE Confidence: 0.897863864898682

00:24:38.720 --> 00:24:40.204 humanity has been completely  
NOTE Confidence: 0.897863864898682

00:24:40.204 --> 00:24:42.887 turned on its head and we have  
NOTE Confidence: 0.897863864898682

00:24:42.887 --> 00:24:44.812 to give people permission to  
NOTE Confidence: 0.897863864898682

00:24:44.812 --> 00:24:47.039 experience that and to be there.  
00:24:51.780 --> 00:24:53.912 It really is difficult.  
NOTE Confidence: 0.926990509033203

00:24:53.912 --> 00:24:57.770 And I can imagine how you know,  
NOTE Confidence: 0.926990509033203

00:24:57.770 --> 00:24:59.800 talking to somebody like yourself,  
NOTE Confidence: 0.926990509033203

00:24:59.800 --> 00:25:01.024 somebody who specializes  
NOTE Confidence: 0.926990509033203

00:25:01.024 --> 00:25:02.248 in integrative medicine,  
NOTE Confidence: 0.926990509033203

00:25:02.250 --> 00:25:04.854 somebody who has been practicing mindfulness  
NOTE Confidence: 0.926990509033203

00:25:04.854 --> 00:25:07.781 for a long time can really give people  
NOTE Confidence: 0.926990509033203

00:25:07.781 --> 00:25:10.385 that space to kind of explore.  
NOTE Confidence: 0.926990509033203

00:25:10.390 --> 00:25:13.239 I want to get back into  
NOTE Confidence: 0.926990509033203

00:25:13.240 --> 00:25:15.682 some of the other  
NOTE Confidence: 0.926990509033203

00:25:15.682 --> 00:25:17.310 alternative therapies to that.  
NOTE Confidence: 0.926990509033203

00:25:17.310 --> 00:25:19.340 Our listeners might be thinking  
NOTE Confidence: 0.926990509033203

00:25:19.340 --> 00:25:20.964 about or wondering about.  
NOTE Confidence: 0.926990509033203

00:25:20.970 --> 00:25:23.406 And I really loved that concept of  
00:25:24.646 --> 00:25:27.530 trying to explore people's own cultures and  
NOTE Confidence: 0.926990509033203

00:25:27.530 --> 00:25:29.710 what might resonate for them.  
NOTE Confidence: 0.926990509033203

00:25:29.710 --> 00:25:33.190 But for people who are just kind of,  
NOTE Confidence: 0.926990509033203

00:25:33.190 --> 00:25:36.228 you know, on the periphery of this,  
NOTE Confidence: 0.926990509033203

00:25:36.230 --> 00:25:38.405 they may have heard about  
NOTE Confidence: 0.926990509033203

00:25:38.405 --> 00:25:40.145 some of these things.  
NOTE Confidence: 0.926990509033203

00:25:40.150 --> 00:25:43.630 Maybe some of their friends have told them,  
00:25:44.854 --> 00:25:47.302 you really ought to try turmeric  
NOTE Confidence: 0.926990509033203

00:25:47.302 --> 00:25:49.718 or vitamin C cleanses,  
NOTE Confidence: 0.926990509033203

00:25:49.720 --> 00:25:52.128 or acupressure or whatever.  
NOTE Confidence: 0.926990509033203

00:25:52.128 --> 00:25:56.475 Are there data  
NOTE Confidence: 0.926990509033203

00:25:56.475 --> 00:25:59.610 that these practices can help?  
NOTE Confidence: 0.926990509033203

00:25:59.610 --> 00:26:02.910 And is there a difference between  
NOTE Confidence: 0.926990509033203

00:26:02.910 --> 00:26:08.310 using them as an alternative form of therapy?

NOTE Confidence: 0.926990509033203

00:26:08.310 --> 00:26:10.430 Or are they better positioned

NOTE Confidence: 0.926990509033203

00:26:10.430 --> 00:26:13.444 potentially to help with some of the

NOTE Confidence: 0.926990509033203

00:26:13.444 --> 00:26:15.494 side effects of standard therapy?

NOTE Confidence: 0.926990509033203

00:26:15.500 --> 00:26:18.055 Talk a little bit about how

NOTE Confidence: 0.926990509033203

00:26:18.055 --> 00:26:21.489 people who may be new to the whole

NOTE Confidence: 0.926990509033203

00:26:21.489 --> 00:26:23.744 space of complementary and alternative

NOTE Confidence: 0.926990509033203

00:26:23.824 --> 00:26:26.079 medicine might find out more?

NOTE Confidence: 0.875187516212463

00:26:27.390 --> 00:26:30.310 Yeah, so there's a lot to unpack.

NOTE Confidence: 0.875187516212463

00:26:30.310 --> 00:26:31.594 First and foremost,

00:26:34.047 --> 00:26:35.418 is an alternative option better.

NOTE Confidence: 0.875187516212463

00:26:35.420 --> 00:26:36.832 I don't believe so,

NOTE Confidence: 0.875187516212463

00:26:36.832 --> 00:26:39.799 and I don't think the research shows that.

NOTE Confidence: 0.875187516212463

00:26:39.800 --> 00:26:41.998 But what we provide is a space

NOTE Confidence: 0.875187516212463

00:26:41.998 --> 00:26:44.548 for you to ask those questions.

NOTE Confidence: 0.875187516212463

00:26:44.550 --> 00:26:46.386 So if we have patients on

NOTE Confidence: 0.875187516212463

00:26:46.386 --> 00:26:48.560 tons and tons of supplements,

NOTE Confidence: 0.875187516212463

00:26:48.560 --> 00:26:50.528 we work with the pharmacist to

NOTE Confidence: 0.875187516212463

00:26:50.528 --> 00:26:53.111 go over to see if they're safe

NOTE Confidence: 0.875187516212463

00:26:53.111 --> 00:26:55.493 and to see if they're beneficial.

NOTE Confidence: 0.875187516212463

00:26:55.500 --> 00:26:57.720 You know the state of research in

NOTE Confidence: 0.875187516212463

00:26:57.720 --> 00:26:58.460 Integrative Medicine

NOTE Confidence: 0.875187516212463

00:26:58.460 --> 00:26:59.408 certainly lacks,

NOTE Confidence: 0.875187516212463

00:26:59.408 --> 00:27:02.252 but that's why the questions of

NOTE Confidence: 0.875187516212463

00:27:02.252 --> 00:27:05.317 is this a burden to the patient,

NOTE Confidence: 0.875187516212463

00:27:05.320 --> 00:27:08.928 or is this safe for the patient becomes

NOTE Confidence: 0.875187516212463

00:27:08.928 --> 00:27:11.490 so important because sometimes

NOTE Confidence: 0.875187516212463

00:27:11.490 --> 00:27:14.100 things that are safe for the

NOTE Confidence: 0.875187516212463

00:27:14.100 --> 00:27:17.300 patient may also be effective.

NOTE Confidence: 0.875187516212463

00:27:17.300 --> 00:27:19.590 I think in conventional medicine

NOTE Confidence: 0.875187516212463

00:27:19.590 --> 00:27:22.659 our biggest issue is that we see

NOTE Confidence: 0.875187516212463

00:27:22.659 --> 00:27:25.435 medical treatment as a group of

NOTE Confidence: 0.875187516212463

00:27:25.523 --> 00:27:28.288 1000 or 10,000 and out of 10,000 people  
NOTE Confidence: 0.875187516212463

00:27:28.290 --> 00:27:29.918 this worked for 8000.  
NOTE Confidence: 0.875187516212463

00:27:29.918 --> 00:27:31.956 That's a good number, right?  
NOTE Confidence: 0.875187516212463

00:27:31.956 --> 00:27:33.986 That's a really good number,  
NOTE Confidence: 0.875187516212463

00:27:33.990 --> 00:27:37.938 but we're ignoring the 2000 and then  
NOTE Confidence: 0.875187516212463

00:27:37.940 --> 00:27:39.280 on the other side,  
NOTE Confidence: 0.875187516212463

00:27:39.280 --> 00:27:42.059 we might look at this and say  
NOTE Confidence: 0.875187516212463

00:27:42.060 --> 00:27:45.138 this only worked for 10 people out of 100.  
NOTE Confidence: 0.875187516212463

00:27:45.140 --> 00:27:48.227 Well, if you're one of those 10 people,  
00:27:48.914 --> 00:27:50.966 this could be really life changing.  
NOTE Confidence: 0.875187516212463

00:27:50.970 --> 00:27:52.690 This could be really helpful,  
NOTE Confidence: 0.875187516212463

00:27:52.690 --> 00:27:55.530 and so in Integrative Medicine it's  
NOTE Confidence: 0.875187516212463

00:27:55.530 --> 00:27:58.180 important to give space for that while not  
NOTE Confidence: 0.875187516212463

00:27:58.180 --> 00:28:00.413 coming against the wall or  
NOTE Confidence: 0.875187516212463

00:28:00.413 --> 00:28:01.950 hurting the conventional treatment,  
NOTE Confidence: 0.875187516212463

00:28:01.950 --> 00:28:04.686 which is probably the safest bet for you,  
NOTE Confidence: 0.875187516212463

00:28:04.690 --> 00:28:06.405 which is probably the smartest  
NOTE Confidence: 0.875187516212463

00:28:06.405 --> 00:28:08.188 decision for you, so with  
NOTE Confidence: 0.875187516212463

00:28:08.188 --> 00:28:09.310 herbs and supplements,  
NOTE Confidence: 0.875187516212463

00:28:09.310 --> 00:28:11.746 it takes more work diving in because  
NOTE Confidence: 0.875187516212463

00:28:11.746 --> 00:28:13.663 there can be interactions but with other  
NOTE Confidence: 0.875187516212463

00:28:13.663 --> 00:28:15.275 practices such as acupuncture,  
NOTE Confidence: 0.875187516212463

00:28:15.280 --> 00:28:16.112 Massage Therapy,  
NOTE Confidence: 0.875187516212463

00:28:16.112 --> 00:28:16.528 Reiki,  
NOTE Confidence: 0.875187516212463

00:28:16.528 --> 00:28:19.440 these are practices that certainly  
NOTE Confidence: 0.875187516212463

00:28:19.507 --> 00:28:21.614 data exists for some of them,  
NOTE Confidence: 0.875187516212463

00:28:21.620 --> 00:28:24.516 but we also have to put it in  
NOTE Confidence: 0.875187516212463

00:28:24.516 --> 00:28:26.454 the perspective of if it's safe  
NOTE Confidence: 0.875187516212463

00:28:26.454 --> 00:28:28.710 and if it makes that patient,  
NOTE Confidence: 0.875187516212463

00:28:28.710 --> 00:28:31.314 that individual that one person feel better,  
NOTE Confidence: 0.875187516212463

00:28:31.320 --> 00:28:32.436 then it works,  
NOTE Confidence: 0.875187516212463

00:28:32.436 --> 00:28:32.808 then

NOTE Confidence: 0.882499814033508

00:28:32.810 --> 00:28:34.796 it's meaningful and it's important to

NOTE Confidence: 0.882499814033508

00:28:34.796 --> 00:28:37.280 honor that patient and their individuality.

NOTE Confidence: 0.882499814033508

00:28:37.280 --> 00:28:39.290 And the great news is

NOTE Confidence: 0.882499814033508

00:28:39.290 --> 00:28:41.240 that you can do both.

NOTE Confidence: 0.882499814033508

00:28:41.240 --> 00:28:44.732 You know it isn't a one or the other.

NOTE Confidence: 0.882499814033508

00:28:44.740 --> 00:28:47.863 It frequently is both and so I think one

NOTE Confidence: 0.882499814033508

00:28:47.863 --> 00:28:50.958 of the critical things is to really,

NOTE Confidence: 0.882499814033508

00:28:50.960 --> 00:28:53.288 talk to your doctor,

NOTE Confidence: 0.882499814033508

00:28:53.290 --> 00:28:56.218 talk to your team and have that space

NOTE Confidence: 0.882499814033508

00:28:56.218 --> 00:28:59.063 to have that conversation so that you

NOTE Confidence: 0.882499814033508

00:28:59.063 --> 00:29:02.238 can take care of all of you.

00:29:03.410 --> 00:29:06.418 There are things that don't get talked about in that

NOTE Confidence: 0.861399829387665

00:29:06.418 --> 00:29:09.297 15 minutes that you're with your doctor.

NOTE Confidence: 0.861399829387665

00:29:09.300 --> 00:29:11.760 And that's things like sleep or

NOTE Confidence: 0.861399829387665

00:29:11.760 --> 00:29:14.353 nutrition or exercise and coming to

NOTE Confidence: 0.861399829387665

00:29:14.353 --> 00:29:16.548 Integrative Medicine and being given  
NOTE Confidence: 0.861399829387665

00:29:16.548 --> 00:29:19.697 that space is so important to the care  
NOTE Confidence: 0.865415930747986

00:29:19.700 --> 00:29:21.780 of the patient. NOTE Confidence: 0.865415930747986

00:29:21.780 --> 00:29:24.398 Dr. Gary Soffer is an assistant professor of  
NOTE Confidence: 0.865415930747986

00:29:24.398 --> 00:29:26.041 clinical Pediatrics and director  
NOTE Confidence: 0.865415930747986

00:29:26.041 --> 00:29:27.841 of the Integrative Medicine  
NOTE Confidence: 0.865415930747986

00:29:27.841 --> 00:29:30.091 Program at Smilow Cancer Hospital,  
NOTE Confidence: 0.865415930747986

00:29:30.100 --> 00:29:31.792 if you have questions,  
NOTE Confidence: 0.865415930747986

00:29:31.792 --> 00:29:33.484 the address is canceranswers@yale.edu  
NOTE Confidence: 0.865415930747986

00:29:33.484 --> 00:29:35.821 and past editions of the program  
NOTE Confidence: 0.865415930747986

00:29:35.821 --> 00:29:37.957 are available in audio and written  
NOTE Confidence: 0.865415930747986

00:29:38.020 --> 00:29:39.799 form at Yalecancercenter.org.  
NOTE Confidence: 0.865415930747986

00:29:39.800 --> 00:29:41.888 We hope you'll join us next week to  
NOTE Confidence: 0.865415930747986

00:29:41.888 --> 00:29:43.890 learn more about the fight against  
NOTE Confidence: 0.865415930747986

00:29:43.890 --> 00:29:45.912 cancer here on Connecticut public radio.