WEBVTT

00:00:00.000 --> 00:00:02.205 Support for Yale Cancer Answers

NOTE Confidence: 0.8209112

00:00:02.205 --> 00:00:04.410 comes from AstraZeneca, a

NOTE Confidence: 0.8209112

00:00:04.493 --> 00:00:06.493 biopharmaceutical business that is

NOTE Confidence: 0.8209112

00:00:06.493 --> 00:00:08.993 pushing the boundaries of science

NOTE Confidence: 0.8209112

00:00:08.993 --> 00:00:11.710 to deliver new cancer medicines.

NOTE Confidence: 0.8209112

00:00:11.710 --> 00:00:15.170 More information at astrazeneca-us.com.

NOTE Confidence: 0.8209112

00:00:15.170 --> 00:00:17.330 Welcome to Yale Cancer Answers with

NOTE Confidence: 0.8209112

00:00:17.330 --> 00:00:19.769 your host doctor Anees Chagpar.

NOTE Confidence: 0.8209112

00:00:19.770 --> 00:00:21.660 Yale Cancer Answers features the

NOTE Confidence: 0.8209112

00:00:21.660 --> 00:00:23.980 latest information on cancer care by

NOTE Confidence: 0.8209112

00:00:23.980 --> 00:00:25.468 welcoming oncologists and specialists

NOTE Confidence: 0.8209112

00:00:25.468 --> 00:00:27.961 who are on the forefront of the

NOTE Confidence: 0.8209112

00:00:27.961 --> 00:00:29.677 battle to fight cancer. This week,

NOTE Confidence: 0.8209112

00:00:29.680 --> 00:00:31.570 it's a conversation about the role

NOTE Confidence: 0.8209112

00:00:31.570 --> 00:00:33.699 of surgery in high risk ovarian

NOTE Confidence: 0.8209112

00:00:33.699 --> 00:00:35.699 cancer with Doctor Mitchell Clark.

NOTE Confidence: 0.8209112

00:00:35.700 --> 00:00:37.812 Doctor Clark is an assistant professor

NOTE Confidence: 0.8209112

00:00:37.812 --> 00:00:39.983 of obstetrics and gynecology in the

NOTE Confidence: 0.8209112

00:00:39.983 --> 00:00:41.743 division of Gynecological Oncology at

NOTE Confidence: 0.8209112

00:00:41.743 --> 00:00:43.490 Yale University School of Medicine,

NOTE Confidence: 0.8209112

00:00:43.490 --> 00:00:45.362 where Doctor Chagpar is

NOTE Confidence: 0.8209112

00:00:45.362 --> 00:00:47.702 a professor of surgical oncology.

00:00:48.050 --> 00:00:50.562 Dr. Clark, maybe we can start off by talking

NOTE Confidence: 0.83785856

00:00:50.562 --> 00:00:52.867 a little bit about ovarian cancer.

NOTE Confidence: 0.83785856

00:00:52.870 --> 00:00:55.518 Many people talk about this as

NOTE Confidence: 0.83785856

00:00:55.518 --> 00:00:58.368 the cancer that whispers, tell us more about

NOTE Confidence: 0.83785856

00:00:58.370 --> 00:00:59.318 that.

NOTE Confidence: 0.83785856

00:00:59.318 --> 00:01:01.214 Although ovarian cancer is not the

NOTE Confidence: 0.83785856

00:01:01.214 --> 00:01:02.694 most common gynecological cancer

NOTE Confidence: 0.83785856

00:01:02.694 --> 00:01:04.908 that we encounter in our specialty,

NOTE Confidence: 0.83785856

00:01:04.910 --> 00:01:07.034 it is unfortunately the cancer that

NOTE Confidence: 0.83785856

00:01:07.034 --> 00:01:08.876 accounts for the greatest morbidity

NOTE Confidence: 0.83785856

00:01:08.876 --> 00:01:11.036 as well as the greatest mortality

NOTE Confidence: 0.83785856

00:01:11.036 --> 00:01:13.169 among the diseases that we do treat.

NOTE Confidence: 0.83785856

00:01:13.170 --> 00:01:15.132 You're absolutely right in saying that

NOTE Confidence: 0.83785856

00:01:15.132 --> 00:01:17.758 this is the cancer that whispers because

NOTE Confidence: 0.83785856

00:01:17.760 --> 00:01:19.524 unlike a lot of the other

NOTE Confidence: 0.83785856

00:01:19.524 --> 00:01:21.659 cancers we see in our practice,

NOTE Confidence: 0.83785856

00:01:21.660 --> 00:01:23.290 the symptoms of ovarian cancer are

NOTE Confidence: 0.83785856

00:01:23.290 --> 00:01:25.240 very nonspecific and often very vague.

NOTE Confidence: 0.871973

00:01:25.240 --> 00:01:27.501 Tell us more about

NOTE Confidence: 0.871973

00:01:27.501 --> 00:01:29.139 what those symptoms might be,

NOTE Confidence: 0.871973

00:01:29.140 --> 00:01:31.048 because I'm sure that there are

NOTE Confidence: 0.871973

00:01:31.048 --> 00:01:32.710 listeners out there going great,

NOTE Confidence: 0.871973

00:01:32.710 --> 00:01:35.104 so there's a cancer that is

NOTE Confidence: 0.871973

00:01:35.104 --> 00:01:36.700 potentially lethal that has

NOTE Confidence: 0.871973

00:01:36.778 --> 00:01:39.028 symptoms that are really vague.

NOTE Confidence: 0.871973

00:01:39.030 --> 00:01:41.454 How am I gonna know if I have this?

NOTE Confidence: 0.871973

00:01:41.460 --> 00:01:42.980 Absolutely, for

NOTE Confidence: 0.83862513

00:01:42.980 --> 00:01:45.556 the most part, these symptoms occur as the

NOTE Confidence: 0.83862513

00:01:45.556 --> 00:01:47.848 ovarian tumors grow and as you can imagine,

NOTE Confidence: 0.83862513

00:01:47.850 --> 00:01:50.306 it starts off with a very small tumor

NOTE Confidence: 0.83862513

00:01:50.306 --> 00:01:51.820 and progressives to something that

NOTE Confidence: 0.83862513

00:01:51.820 --> 00:01:54.230 causes a lot of pressure in the pelvis.

NOTE Confidence: 0.83862513

00:01:54.230 --> 00:01:56.358 So I tell women anytime you feel

NOTE Confidence: 0.83862513

00:01:56.358 --> 00:01:57.927 that there's pain or pressure

NOTE Confidence: 0.83862513

00:01:57.927 --> 00:02:00.006 in the pelvis or in the abdomen,

NOTE Confidence: 0.83862513

00:02:00.010 --> 00:02:01.792 that's something that's concerning and should

NOTE Confidence: 0.83862513

00:02:01.792 --> 00:02:03.958 be brought up with your gyencologist.

NOTE Confidence: 0.83862513

00:02:03.960 --> 00:02:06.152 Beyond that, we do tell women to be

NOTE Confidence: 0.83862513

00:02:06.152 --> 00:02:08.516 aware of any changes in their weight,

NOTE Confidence: 0.83862513

00:02:08.520 --> 00:02:09.495 either weight loss or

NOTE Confidence: 0.83862513

00:02:09.495 --> 00:02:11.334 weight gain, and sometimes it

NOTE Confidence: 0.83862513

00:02:11.334 --> 00:02:13.350 can be as simple as something as

NOTE Confidence: 0.83862513

00:02:13.410 --> 00:02:15.408 bloating or a bit of constipation

NOTE Confidence: 0.83862513

00:02:15.410 --> 00:02:17.762 that is just out of characteristic from what

NOTE Confidence: 0.83862513

00:02:17.762 --> 00:02:20.047 they have been experiencing in the past.

NOTE Confidence: 0.83862513

00:02:20.050 --> 00:02:22.178 We do know that ovarian cancer tends

NOTE Confidence: 0.83862513

00:02:22.178 --> 00:02:24.678 to occur in women as they get older,

NOTE Confidence: 0.83862513

00:02:24.680 --> 00:02:25.912 particularly those who are

NOTE Confidence: 0.83862513

00:02:25.912 --> 00:02:26.836 past menopause.

NOTE Confidence: 0.83862513

00:02:26.840 --> 00:02:27.139 However,

NOTE Confidence: 0.83862513

00:02:27.139 --> 00:02:29.232 there still can be many cases of

NOTE Confidence: 0.83862513

00:02:29.232 --> 00:02:31.143 ovarian cancer in women that are

NOTE Confidence: 0.83862513

00:02:31.143 --> 00:02:32.713 younger than the menopausal status,

NOTE Confidence: 0.83862513

00:02:32.720 --> 00:02:34.568 and it's important to keep this in

NOTE Confidence: 0.83862513

00:02:34.568 --> 00:02:36.954 mind when gynecologists as well as

NOTE Confidence: 0.83862513

00:02:36.954 --> 00:02:38.489 primary care physicians are seeing

NOTE Confidence: 0.83862513

00:02:38.550 --> 00:02:40.440 patients with these vague symptoms.

NOTE Confidence: 0.8434757

00:02:51.800 --> 00:02:54.312 There are some rare

NOTE Confidence: 0.8434757

00:02:54.312 --> 00:02:57.199 types of ovarian cancer that behave very

NOTE Confidence: 0.8434757

00:02:57.199 --> 00:02:59.817 differently than the more common types

NOTE Confidence: 0.8434757

00:02:59.817 --> 00:03:02.330 that we see in the older population,

NOTE Confidence: 0.8434757

00:03:02.330 --> 00:03:04.955 and these can happen in young girls.

NOTE Confidence: 0.8434757

00:03:04.960 --> 00:03:07.720 So it is important that mothers and young

NOTE Confidence: 0.8434757

00:03:07.720 --> 00:03:10.188 daughters present to their pediatrician

NOTE Confidence: 0.8434757

00:03:10.188 --> 00:03:12.756 with any of these similar complaints

NOTE Confidence: 0.8434757

00:03:12.760 --> 00:03:14.225 related to increase in abdominal

NOTE Confidence: 0.8434757

00:03:14.225 --> 00:03:16.290 pain or a bit of bloating,

NOTE Confidence: 0.8434757

00:03:16.290 --> 00:03:19.258 or noticing something

NOTE Confidence: 0.8434757

00:03:19.258 --> 00:03:21.070 uncharacteristic compared to what it has

NOTE Confidence: 0.8434757

00:03:21.070 --> 00:03:23.301 perhaps been in the past as they were

NOTE Confidence: 0.8434757

00:03:23.301 --> 00:03:25.600 developing as an adolescent.

NOTE Confidence: 0.82460177

00:03:25.600 --> 00:03:27.340 Doctor Clark when we

NOTE Confidence: 0.82460177

00:03:27.340 --> 00:03:29.450 think about all of these symptoms,

NOTE Confidence: 0.82460177

00:03:29.450 --> 00:03:31.055 especially around

NOTE Confidence: 0.82460177

00:03:31.055 --> 00:03:32.730 the holiday time, it's pretty

NOTE Confidence: 0.82460177

00:03:32.730 --> 00:03:35.215 common to get a little

NOTE Confidence: 0.82460177

00:03:35.215 --> 00:03:37.651 bit of weight gain or in some

NOTE Confidence: 0.82460177

00:03:37.651 --> 00:03:39.808 of our cases a lot of weight gain,

NOTE Confidence: 0.82460177

00:03:39.808 --> 00:03:41.650 a little bit of bloating,

NOTE Confidence: 0.82460177

00:03:41.650 --> 00:03:43.670 a little bit of constipation.

NOTE Confidence: 0.82460177

00:03:43.670 --> 00:03:45.567 When is there a trigger point at

NOTE Confidence: 0.82460177

00:03:45.567 --> 00:03:47.676 which you say, this has

NOTE Confidence: 0.82460177

00:03:47.676 --> 00:03:49.858 been going on for X amount of time,

NOTE Confidence: 0.82460177

00:03:49.860 --> 00:03:52.004 I need to go and see the doctor,

NOTE Confidence: 0.82460177

00:03:52.010 --> 00:03:53.618 or is it really

NOTE Confidence: 0.82460177

00:03:53.620 --> 00:03:55.690 kinda see how it goes and if it gets

NOTE Confidence: 0.82460177

00:03:55.690 --> 00:03:57.926 to a point that's concerning to you,

00:03:58.198 --> 00:04:00.074 that's when you should see a doctor.

NOTE Confidence: 0.82460177

00:04:00.080 --> 00:04:02.770 Can you give us a little bit of a clue?

NOTE Confidence: 0.82460177

00:04:02.770 --> 00:04:04.914 Because some of these are so non specific,

NOTE Confidence: 0.82460177

00:04:04.920 --> 00:04:06.480 I'm sure all of our listeners

NOTE Confidence: 0.82460177

00:04:06.480 --> 00:04:07.880 are listening to this going,

NOTE Confidence: 0.82460177

00:04:07.880 --> 00:04:09.230 yep, I've had weight gain,

NOTE Confidence: 0.82460177

00:04:09.230 --> 00:04:10.838 I've had Constipation, I've had bloating.

NOTE Confidence: 0.82460177

00:04:10.840 --> 00:04:11.644 Oh my God,

NOTE Confidence: 0.82460177

00:04:11.644 --> 00:04:13.252 do I have an ovarian tumor?

NOTE Confidence: 0.8386793

00:04:14.090 --> 00:04:16.328 This is something that we're hearing

NOTE Confidence: 0.8386793

00:04:16.328 --> 00:04:18.188 very commonly or especially now

NOTE Confidence: 0.8386793

00:04:18.188 --> 00:04:20.042 during Covid with many people at

NOTE Confidence: 0.8386793

00:04:20.042 --> 00:04:21.959 home tending not to be as active,

NOTE Confidence: 0.8386793

00:04:21.960 --> 00:04:23.928 perhaps as they were before Covid.

NOTE Confidence: 0.8386793

00:04:23.930 --> 00:04:26.458 Many of the gyms and fitness regimens that

NOTE Confidence: 0.8386793

00:04:26.458 --> 00:04:28.369 our listeners were probably more engaged

NOTE Confidence: 0.8386793

00:04:28.369 --> 00:04:30.820 with pre covid are just not available,

NOTE Confidence: 0.8386793

00:04:30.820 --> 00:04:32.460 so we are finding patients

NOTE Confidence: 0.8386793

00:04:32.460 --> 00:04:34.100 coming in with these concerns,

NOTE Confidence: 0.8386793

00:04:34.100 --> 00:04:35.408 especially related to the

NOTE Confidence: 0.8386793

00:04:35.408 --> 00:04:36.716 bloating and weight gain.

NOTE Confidence: 0.8386793

00:04:36.720 --> 00:04:39.366 I tend to tell women that if they experience

NOTE Confidence: 0.8386793

00:04:39.366 --> 00:04:41.176 these symptoms that persist despite

NOTE Confidence: 0.8386793

00:04:41.176 --> 00:04:43.780 changes in their diet or perhaps

NOTE Confidence: 0.8386793

00:04:43.780 --> 00:04:45.478 their level of exercise that go

NOTE Confidence: 0.8386793

00:04:45.478 --> 00:04:47.288 beyond a few weeks to a month,

NOTE Confidence: 0.8386793

00:04:47.290 --> 00:04:48.605 these are things that should

NOTE Confidence: 0.8386793

00:04:48.605 --> 00:04:50.247 be brought to the attention of

NOTE Confidence: 0.8386793

00:04:50.247 --> 00:04:51.339 their primary care doctor,

NOTE Confidence: 0.8386793

00:04:51.340 --> 00:04:52.548 or they're gynecologist

NOTE Confidence: 0.8386793

00:04:52.548 --> 00:04:54.058 especially because these are very

NOTE Confidence: 0.8386793

00:04:54.058 --> 00:04:55.596 vague symptoms and I don't want

NOTE Confidence: 0.8386793

00:04:55.596 --> 00:04:57.352 to alarm our listeners and to say

NOTE Confidence: 0.8386793

00:04:57.352 --> 00:04:58.652 that everyone with Constipation or

NOTE Confidence: 0.8386793

00:04:58.652 --> 00:05:00.520 everyone with a bit of bloating is

NOTE Confidence: 0.8386793

00:05:00.520 --> 00:05:02.140 likely to have an ovarian tumor,

NOTE Confidence: 0.8386793

00:05:02.140 --> 00:05:04.324 but I think it is important for both

NOTE Confidence: 0.8386793

00:05:04.324 --> 00:05:06.330 the patient and the provider to keep

NOTE Confidence: 0.8386793

00:05:06.330 --> 00:05:08.277 these things in the back of their

NOTE Confidence: 0.8386793

00:05:08.277 --> 00:05:10.237 head as we try to identify as many

NOTE Confidence: 0.8386793

00:05:10.240 --> 00:05:11.836 women as possible in the early stages

NOTE Confidence: 0.8386793

00:05:11.836 --> 00:05:13.479 of this very challenging disease.

NOTE Confidence: 0.8571109

00:05:14.050 --> 00:05:16.570 And do you find that people with

NOTE Confidence: 0.8571109

00:05:16.570 --> 00:05:18.829 ovarian tumors tend to present with

NOTE Confidence: 0.8571109

00:05:18.830 --> 00:05:20.846 things that may signal

NOTE Confidence: 0.8571109

00:05:20.846 --> 00:05:22.880 a loss of ovarian function?

NOTE Confidence: 0.8571109

00:05:22.880 --> 00:05:25.463 Often times when we have tumors

NOTE Confidence: 0.8571109

00:05:25.463 --> 00:05:28.030 in various parts of the body,

NOTE Confidence: 0.8571109

00:05:28.030 --> 00:05:29.502 it'll affect the actual

NOTE Confidence: 0.8571109

00:05:29.502 --> 00:05:30.974 functioning of that organ.

NOTE Confidence: 0.8571109

00:05:30.980 --> 00:05:33.540 So when we think about ovaries and we

NOTE Confidence: 0.8571109

00:05:33.540 --> 00:05:35.760 think about production of estrogen,

NOTE Confidence: 0.8571109

00:05:35.760 --> 00:05:37.962 for example, people may

NOTE Confidence: 0.8571109

00:05:37.962 --> 00:05:40.665 have hot flashes, and so on and so

NOTE Confidence: 0.8571109

00:05:40.665 --> 00:05:43.120 forth as they go through menopause.

NOTE Confidence: 0.8571109

00:05:43.120 --> 00:05:45.520 But with ovarian cancer, if you

NOTE Confidence: 0.8571109

00:05:45.520 --> 00:05:46.972 don't have those symptoms,

NOTE Confidence: 0.8571109

00:05:46.972 --> 00:05:49.400 does that mean that that's likely OK?

NOTE Confidence: 0.8571109

00:05:49.400 --> 00:05:51.633 Or how often would you find

NOTE Confidence: 0.8571109

00:05:51.633 --> 00:05:53.378 people presenting with an ovarian

NOTE Confidence: 0.8571109

00:05:53.378 --> 00:05:55.183 tumor that actually presents with

NOTE Confidence: 0.8571109

00:05:55.183 --> 00:05:57.442 things like hot flashes and vaginal

NOTE Confidence: 0.8571109

00:05:57.442 --> 00:05:59.287 dryness and things like that?

NOTE Confidence: 0.8705084

00:06:02.110 --> 00:06:04.000 For the most part, these tumors do occur in women

NOTE Confidence: 0.8705084

00:06:04.000 --> 00:06:05.709 as they have exited menopause

NOTE Confidence: 0.8705084

00:06:05.709 --> 00:06:08.013 and so the ovarian function is

NOTE Confidence: 0.8705084

00:06:08.013 --> 00:06:09.748 already at baseline, quite low.

NOTE Confidence: 0.8705084

00:06:09.748 --> 00:06:12.060 But even in those women who are still

NOTE Confidence: 0.8705084

00:06:12.122 --> 00:06:14.110 having regular menstrual periods,

NOTE Confidence: 0.8705084

00:06:14.110 --> 00:06:16.414 who are perhaps in their late

NOTE Confidence: 0.8705084

00:06:16.414 --> 00:06:17.950 30s or early 40s?

NOTE Confidence: 0.8705084

00:06:17.950 --> 00:06:20.351 We haven't seen as much of a

NOTE Confidence: 0.8705084

00:06:20.351 --> 00:06:21.831 relationship between the hormonal

NOTE Confidence: 0.8705084

00:06:21.831 --> 00:06:23.741 status in the hormonal symptoms

NOTE Confidence: 0.8705084

00:06:23.741 --> 00:06:26.634 and a link between that in an

NOTE Confidence: 0.8705084

00:06:26.634 --> 00:06:27.930 underlying ovarian pathology.

NOTE Confidence: 0.8501638

00:06:27.930 --> 00:06:30.252 So so important for people

NOTE Confidence: 0.8501638

00:06:30.252 --> 00:06:32.241 to recognize that because they

NOTE Confidence: 0.8501638

00:06:32.241 --> 00:06:34.076 may be saying to themselves,

NOTE Confidence: 0.8501638

00:06:34.080 --> 00:06:36.378 while I'm not having

NOTE Confidence: 0.8501638

00:06:36.380 --> 00:06:37.916 hot flashes, I'm not

NOTE Confidence: 0.8501638

00:06:37.916 --> 00:06:39.836 having tremendous pain,

NOTE Confidence: 0.8501638

00:06:39.840 --> 00:06:42.353 but it really is a cancer that

NOTE Confidence: 0.8501638

00:06:42.353 --> 00:06:44.280 whispers the other question that

NOTE Confidence: 0.8501638

00:06:44.280 --> 00:06:46.996 our listeners may have is if you've

NOTE Confidence: 0.8501638

00:06:46.996 --> 00:06:49.436 had a history of ovarian cysts,

NOTE Confidence: 0.8501638

00:06:49.440 --> 00:06:51.395 often times people have gone

NOTE Confidence: 0.8501638

00:06:51.395 --> 00:06:53.350 to the gynecologist and maybe

NOTE Confidence: 0.8501638

00:06:53.419 --> 00:06:55.509 had an ultrasound or something,

NOTE Confidence: 0.8501638

00:06:55.510 --> 00:06:57.490 and they've been told, oh

NOTE Confidence: 0.8501638

00:06:57.490 --> 00:06:59.070 you've got ovarian cysts.

NOTE Confidence: 0.8501638

00:06:59.070 --> 00:07:01.440 Does that increase their risk of

NOTE Confidence: 0.8023121

00:07:01.440 --> 00:07:03.743 ovarian cancer?

NOTE Confidence: 0.8023121

00:07:03.743 --> 00:07:06.232 So ovarian cysts are a very normal part of every woman's menstrual

NOTE Confidence: 0.8023121

00:07:06.232 --> 00:07:08.148 history and reproductive history.

NOTE Confidence: 0.8023121

00:07:08.150 --> 00:07:10.130 Every time the cycle occurs,

NOTE Confidence: 0.8023121

00:07:10.130 --> 00:07:13.058 a cyst develops on the ovary and should

NOTE Confidence: 0.8023121

00:07:13.058 --> 00:07:15.259 regress after each menstrual cycle.

NOTE Confidence: 0.8023121

00:07:15.260 --> 00:07:17.540 What's important to remember is that

NOTE Confidence: 0.8023121

00:07:17.540 --> 00:07:20.344 as women exit menopause and are no

NOTE Confidence: 0.8023121

00:07:20.344 --> 00:07:22.364 longer having regular menstrual periods,

NOTE Confidence: 0.8023121

00:07:22.370 --> 00:07:24.202 cysys should not form

NOTE Confidence: 0.8023121

00:07:24.202 --> 00:07:26.056 regularly, and they should certainly

NOTE Confidence: 0.8023121

00:07:26.056 --> 00:07:28.150 not progress and become larger and

NOTE Confidence: 0.8023121

00:07:28.210 --> 00:07:29.865 more complex appearing on ultrasound

NOTE Confidence: 0.8023121

00:07:29.865 --> 00:07:31.760 or any sort of imaging.

NOTE Confidence: 0.8023121

00:07:31.760 --> 00:07:34.397 So just because a woman has had this in

NOTE Confidence: 0.8023121

00:07:34.397 --> 00:07:36.798 the past does not necessarily mean that

NOTE Confidence: 0.8023121

00:07:36.798 --> 00:07:40.209 she will go on to develop an ovarian cancer,

NOTE Confidence: 0.8023121

00:07:40.210 --> 00:07:42.506 but it is important for women who do

NOTE Confidence: 0.8023121

00:07:42.506 --> 00:07:44.630 have cysts, that may have suspicious

NOTE Confidence: 0.8023121

00:07:44.630 --> 00:07:46.862 findings on imaging that she follows

NOTE Confidence: 0.8023121

00:07:46.929 --> 00:07:48.639 regularly with her gynecologist to

NOTE Confidence: 0.8023121

00:07:48.639 --> 00:07:51.364 decide if and when it merits a referral

NOTE Confidence: 0.8023121

00:07:51.364 --> 00:07:53.730 to an oncologist for a more specialized opinion.

NOTE Confidence: 0.888108665333333

00:07:53.730 --> 00:07:56.026 Are there any women who

NOTE Confidence: 0.888108665333333

00:07:56.026 --> 00:07:58.161 are particularly at risk of getting

NOTE Confidence: 0.888108665333333

00:07:58.161 --> 00:08:00.226 ovarian cancer, or is this kind

NOTE Confidence: 0.888108665333333

00:08:00.226 --> 00:08:02.230 of an equal opportunity killer?

NOTE Confidence: 0.89355886

00:08:02.230 --> 00:08:04.510 There are a number of risk factors that

NOTE Confidence: 0.89355886

00:08:04.510 --> 00:08:06.885 make a woman more likely to experience

NOTE Confidence: 0.89355886

00:08:06.885 --> 00:08:09.250 an ovarian cancer in her lifetime.

NOTE Confidence: 0.89355886

00:08:09.250 --> 00:08:11.574 One of the strongest is family history,

NOTE Confidence: 0.89355886

00:08:11.580 --> 00:08:13.918 and when we think of family history,

NOTE Confidence: 0.89355886

00:08:13.920 --> 00:08:15.852 it can be divided into those women

NOTE Confidence: 0.89355886

00:08:15.852 --> 00:08:18.468 who have a known family history of a

NOTE Confidence: 0.89355886

00:08:18.468 --> 00:08:20.620 genetic syndrome that may make them

NOTE Confidence: 0.89355886

00:08:20.620 --> 00:08:23.196 more likely to experience a number of

NOTE Confidence: 0.89355886

00:08:23.196 --> 00:08:25.440 different cancers and those who are

NOTE Confidence: 0.89355886

00:08:25.440 --> 00:08:27.315 not necessarily related to a known

NOTE Confidence: 0.89355886

00:08:27.315 --> 00:08:28.350 genetic syndrome,

NOTE Confidence: 0.89355886

00:08:28.350 --> 00:08:30.714 but do have family members,

NOTE Confidence: 0.89355886

00:08:30.714 --> 00:08:32.290 grandmothers, mothers perhaps who

NOTE Confidence: 0.89355886

00:08:32.359 --> 00:08:34.579 did experience an ovarian cancer.

NOTE Confidence: 0.8467863

00:08:34.580 --> 00:08:36.908 And the other category would be

NOTE Confidence: 0.8467863

00:08:36.910 --> 00:08:39.460 those that do have a known genetic

NOTE Confidence: 0.8467863

00:08:39.460 --> 00:08:41.612 predisposition so those who are

NOTE Confidence: 0.8467863

00:08:41.612 --> 00:08:43.874 related to the BRCA gene and many

NOTE Confidence: 0.8467863

00:08:43.874 --> 00:08:46.129 women are familiar with that genetic

NOTE Confidence: 0.8467863

00:08:46.129 --> 00:08:48.579 syndrome as it relates to risk of

NOTE Confidence: 0.8467863

00:08:48.580 --> 00:08:50.530 breast cancer and ovarian cancer.

NOTE Confidence: 0.8467863

00:08:50.530 --> 00:08:52.792 But we are also understanding that

NOTE Confidence: 0.8467863

00:08:52.792 --> 00:08:54.820 there are other hereditary cancer

NOTE Confidence: 0.8467863

00:08:54.820 --> 00:08:56.648 syndromes like Lynch syndrome

NOTE Confidence: 0.8467863

00:08:56.650 --> 00:08:59.282 that can also increase a woman's risk of

NOTE Confidence: 0.8467863

00:08:59.282 --> 00:09:01.437 developing certain types of ovarian cancers,

NOTE Confidence: 0.8467863

00:09:01.440 --> 00:09:03.960 so it is important in those women who have

NOTE Confidence: 0.8467863

00:09:03.960 --> 00:09:06.100 strong family histories of cancers to

NOTE Confidence: 0.8467863

00:09:06.100 --> 00:09:08.272 speak with their primary care doctor,

NOTE Confidence: 0.8467863

00:09:08.280 --> 00:09:10.520 or if they do have an oncologist

NOTE Confidence: 0.8467863

00:09:10.520 --> 00:09:12.040 to consider genetic testing

NOTE Confidence: 0.8467863

00:09:12.040 --> 00:09:14.248 if it is indicated so that we can

NOTE Confidence: 0.8467863

00:09:14.248 --> 00:09:15.955 identify those women whom perhaps

NOTE Confidence: 0.8467863

00:09:15.955 --> 00:09:18.133 could benefit from some type of

NOTE Confidence: 0.8467863

00:09:18.133 --> 00:09:20.069 prophylactic procedure to reduce their

NOTE Confidence: 0.8467863

00:09:20.069 --> 00:09:21.959 risk of developing ovarian cancer

NOTE Confidence: 0.88213605

00:09:21.960 --> 00:09:23.778 down the road.

NOTE Confidence: 0.88213605

00:09:23.778 --> 00:09:25.921 What about women who don't have a family

NOTE Confidence: 0.88213605

00:09:25.921 --> 00:09:27.657 history or genetic predisposition?

NOTE Confidence: 0.88213605

00:09:27.660 --> 00:09:29.706 How common or uncommon is ovarian

NOTE Confidence: 0.88213605

00:09:29.706 --> 00:09:31.750 cancer in those women?

NOTE Confidence: 0.85636574

00:09:31.750 --> 00:09:33.455 In those who don't have those

NOTE Confidence: 0.85636574

00:09:33.455 --> 00:09:34.819 strong family risk factors,

NOTE Confidence: 0.85636574

00:09:34.820 --> 00:09:38.272 the risk is about 1 to 3% for their lifetime.

NOTE Confidence: 0.85636574

00:09:38.272 --> 00:09:40.396 Now that's quite small in comparison

NOTE Confidence: 0.85636574

00:09:40.396 --> 00:09:42.394 to some of the other cancers that

NOTE Confidence: 0.85636574

00:09:42.394 --> 00:09:44.710 we see in the gynecological tract,

NOTE Confidence: 0.85636574

00:09:44.710 --> 00:09:47.097 but the issue is that even though

NOTE Confidence: 0.85636574

00:09:47.097 --> 00:09:49.086 it is rare, like I mentioned,

NOTE Confidence: 0.85636574

00:09:49.086 --> 00:09:50.374 being that this disease does

NOTE Confidence: 0.85636574

00:09:50.374 --> 00:09:52.209 account for so much morbidity,

NOTE Confidence: 0.85636574

00:09:52.210 --> 00:09:52.946 and unfortunately,

NOTE Confidence: 0.85636574

00:09:52.946 --> 00:09:55.890 survival rates are just not as good as

NOTE Confidence: 0.85636574

00:09:55.961 --> 00:09:58.285 they are for the other cancers.

NOTE Confidence: 0.84699374

00:10:02.160 --> 00:10:04.757 And when we talk about

NOTE Confidence: 0.84699374

00:10:04.757 --> 00:10:06.480 high risk ovarian cancer,

NOTE Confidence: 0.84699374

00:10:06.480 --> 00:10:08.052 what exactly is that?

NOTE Confidence: 0.84699374

00:10:08.052 --> 00:10:10.017 Are there certain ovarian cancers

NOTE Confidence: 0.84699374

00:10:10.017 --> 00:10:12.717 that are more likely to result in

NOTE Confidence: 0.84699374

00:10:12.717 --> 00:10:14.740 morbidity and mortality than others?

NOTE Confidence: 0.84699374

00:10:14.740 --> 00:10:16.308 So as you mentioned

NOTE Confidence: 0.84699374

00:10:16.310 --> 00:10:18.090 regarding those cancers that do

NOTE Confidence: 0.84699374

00:10:18.090 --> 00:10:21.201 occur in the very young women,

NOTE Confidence: 0.84699374

00:10:21.201 --> 00:10:23.306 typically are less aggressive cancers and

NOTE Confidence: 0.84699374

00:10:23.306 --> 00:10:25.377 those younger patients do experience

NOTE Confidence: 0.84699374

00:10:28.100 --> 00:10:30.458 the more common type of ovarian

NOTE Confidence: 0.84699374

00:10:30.458 --> 00:10:32.388 cancers that we see,

NOTE Confidence: 0.84699374

00:10:32.388 --> 00:10:34.894 which we call high grade

NOTE Confidence: 0.84699374

00:10:34.894 --> 00:10:37.488 serous and this is a subtype of ovarian

NOTE Confidence: 0.84699374

00:10:37.488 --> 00:10:39.569 cancer that is quite bad behaving,

NOTE Confidence: 0.84699374

00:10:39.570 --> 00:10:41.574 but unfortunately is the most common

NOTE Confidence: 0.84699374

00:10:41.574 --> 00:10:44.580 type that we see and is the one that

NOTE Confidence: 0.84699374

00:10:44.580 --> 00:10:46.185 does present at advanced stage.

00:10:49.830 --> 00:10:52.486 I wanted to kind

NOTE Confidence: 0.82251984

00:10:52.486 --> 00:10:55.129 of delve a little bit more into that,

NOTE Confidence: 0.82251984

00:10:55.130 --> 00:10:57.405 so if women present with these kind

NOTE Confidence: 0.82251984

00:10:57.405 --> 00:10:59.423 of vague symptoms and they've

NOTE Confidence: 0.82251984

00:10:59.423 --> 00:11:01.698 listened to this show on Yale Cancer

NOTE Confidence: 0.82251984

00:11:01.765 --> 00:11:03.670 Answers and they've decided to

NOTE Confidence: 0.82251984

00:11:03.670 --> 00:11:06.054 go and talk to their primary

NOTE Confidence: 0.82251984

00:11:06.054 --> 00:11:08.079 care physician or their gynecologist,

NOTE Confidence: 0.82251984

00:11:08.080 --> 00:11:09.770 how is that worked up?

NOTE Confidence: 0.82251984

00:11:09.770 --> 00:11:11.708 I mean, what should women expect

NOTE Confidence: 0.82251984

00:11:11.708 --> 00:11:13.396 as they advocate for themselves

NOTE Confidence: 0.82251984

00:11:13.396 --> 00:11:15.741 and making sure that if they have

NOTE Confidence: 0.82251984

00:11:15.741 --> 00:11:17.568 an ovarian cancer it's found,

NOTE Confidence: 0.82251984

00:11:17.570 --> 00:11:19.604 or at least that it's ruled out.

00:11:20.960 --> 00:11:23.529 The thing I want to get across, and it's very

NOTE Confidence: 0.865892

00:11:23.529 --> 00:11:26.056 important is that we do not have any

NOTE Confidence: 0.865892

00:11:26.056 --> 00:11:28.076 screening test for ovarian cancer,

NOTE Confidence: 0.865892

00:11:28.080 --> 00:11:30.061 and so women who've had a pap

NOTE Confidence: 0.865892

00:11:30.061 --> 00:11:32.260 smear and a physical exam as

NOTE Confidence: 0.865892

00:11:32.260 --> 00:11:34.380 part of their annual assessment.

NOTE Confidence: 0.865892

00:11:34.380 --> 00:11:36.186 cannot necessarily be reassured that they

NOTE Confidence: 0.865892

00:11:36.186 --> 00:11:38.848 do not have an underlying ovarian cancer,

NOTE Confidence: 0.865892

00:11:38.850 --> 00:11:41.167 so women who have these symptoms that

NOTE Confidence: 0.865892

00:11:41.167 --> 00:11:43.321 we've talked about should expect their

NOTE Confidence: 0.865892

00:11:43.321 --> 00:11:45.883 doctor to perform a very thorough physical

NOTE Confidence: 0.865892

00:11:45.951 --> 00:11:48.135 exam that does include a pelvic exam,

NOTE Confidence: 0.865892

00:11:48.140 --> 00:11:49.860 and then usually this is

NOTE Confidence: 0.865892

00:11:49.860 --> 00:11:51.580 followed up with some imaging,

NOTE Confidence: 0.865892

00:11:51.580 --> 00:11:54.002 either by ultrasound or CT scan in

NOTE Confidence: 0.865892

00:11:54.002 --> 00:11:55.732 conjunction with some blood tests

NOTE Confidence: 0.865892

00:11:55.732 --> 00:11:57.937 that may help point their doctor in

NOTE Confidence: 0.865892

00:11:57.937 --> 00:12:00.464 the direction that this may be an

NOTE Confidence: 0.865892

00:12:00.464 --> 00:12:02.244 ovarian cancer that requires evaluation

NOTE Confidence: 0.865892

00:12:02.244 --> 00:12:03.620 by a gynecological oncologist, and

NOTE Confidence: 0.872366933333333

00:12:03.620 --> 00:12:05.156 so women who are in

NOTE Confidence: 0.872366933333333

00:12:05.156 --> 00:12:07.076 the High risk group,

NOTE Confidence: 0.872366933333333

00:12:07.080 --> 00:12:09.426 so those women who have a

NOTE Confidence: 0.872366933333333

00:12:09.426 --> 00:12:10.990 very strong family history,

NOTE Confidence: 0.872366933333333

00:12:10.990 --> 00:12:13.720 the women who have a genetic predisposition,

NOTE Confidence: 0.872366933333333

00:12:15.680 --> 00:12:18.410 people who are at very high risk,

NOTE Confidence: 0.872366933333333

00:12:18.410 --> 00:12:20.365 there are some more advanced

NOTE Confidence: 0.872366933333333

00:12:20.365 --> 00:12:21.147 screening techniques.

NOTE Confidence: 0.872366933333333

00:12:21.150 --> 00:12:22.730 There's nothing for ovarian

NOTE Confidence: 0.872366933333333

00:12:22.730 --> 00:12:25.100 cancer in terms of blood tests

NOTE Confidence: 0.872366933333333

00:12:25.177 --> 00:12:27.017 or routine CT or ultrasound

NOTE Confidence: 0.89218336

00:12:27.020 --> 00:12:27.800 evaluations

NOTE Confidence: 0.89218336

00:12:27.800 --> 00:12:29.750 despite several large international trials,

NOTE Confidence: 0.89218336

00:12:29.750 --> 00:12:32.726 we have not been able to identify a

NOTE Confidence: 0.89218336

00:12:32.726 --> 00:12:35.527 modality of screening that has shown

NOTE Confidence: 0.89218336

00:12:35.530 --> 00:12:38.036 to reduce the incidence of this cancer,

NOTE Confidence: 0.89218336

00:12:38.040 --> 00:12:40.238 or to identify at a stage where

NOTE Confidence: 0.89218336

00:12:40.238 --> 00:12:42.494 we could intervene and make a

NOTE Confidence: 0.89218336

00:12:42.494 --> 00:12:44.150 significant difference in outcomes.

NOTE Confidence: 0.89218336

00:12:44.150 --> 00:12:45.402 Having said that, however,

NOTE Confidence: 0.89218336

00:12:45.402 --> 00:12:48.093 those women who do know that they harbor

NOTE Confidence: 0.89218336

00:12:48.093 --> 00:12:49.597 an underlying genetic predisposition

NOTE Confidence: 0.89218336

00:12:49.597 --> 00:12:52.287 to cancer like the BRCA gene,

NOTE Confidence: 0.89218336

00:12:52.287 --> 00:12:54.167 or Lynch syndrome, should

NOTE Confidence: 0.89218336

00:12:54.167 --> 00:12:55.937 follow regularly with a gynecologist

NOTE Confidence: 0.89218336

00:12:55.937 --> 00:12:59.131 who can talk to them about some of the

NOTE Confidence: 0.89218336

00:12:59.131 --> 00:13:01.375 increased surveillance that we can do,

NOTE Confidence: 0.89218336

00:13:01.380 --> 00:13:03.250 or perhaps intervention through surgical

NOTE Confidence: 0.89218336

00:13:03.250 --> 00:13:05.640 removal of the tubes and ovaries.

NOTE Confidence: 0.89218336

00:13:05.640 --> 00:13:07.962 At a stage prior to the development of a

NOTE Confidence: 0.89218336

00:13:07.962 --> 00:13:10.113 cancer that may be appropriate depending

NOTE Confidence: 0.89218336

00:13:10.113 --> 00:13:12.490 on the person's underlying genetic mutation.

NOTE Confidence: 0.8556906

00:13:13.840 --> 00:13:16.336 Yeah, so you're talking about

NOTE Confidence: 0.8556906

00:13:16.336 --> 00:13:18.778 removing the ovaries and the tubes

NOTE Confidence: 0.8556906

00:13:18.778 --> 00:13:21.228 before they get a cancer to reduce

NOTE Confidence: 0.8556906

00:13:21.228 --> 00:13:24.067 the risk that they will get a cancer.

NOTE Confidence: 0.8556906

00:13:24.070 --> 00:13:26.730 Does it reduce the risk to zero?

NOTE Confidence: 0.8556906

00:13:34.310 --> 00:13:35.060 Unfortunately, it

NOTE Confidence: 0.8556906

00:13:35.060 --> 00:13:38.480 is not absolutely 0, but it is quite close.

NOTE Confidence: 0.8556906

00:13:38.480 --> 00:13:41.520 It does bring the risk down to a

NOTE Confidence: 0.8556906

00:13:41.520 --> 00:13:43.750 below 4%. There are some

NOTE Confidence: 0.8556906

00:13:43.750 --> 00:13:45.970 inherent risks

NOTE Confidence: 0.8556906

00:13:45.970 --> 00:13:47.856 related to the lining

NOTE Confidence: 0.8556906

00:13:47.856 --> 00:13:50.000 of the abdomen called the peritoneum.

NOTE Confidence: 0.8556906

00:13:50.000 --> 00:13:53.010 This is an area of tissue that is near to

NOTE Confidence: 0.8556906

00:13:53.087 --> 00:13:56.095 where the ovary and tube would have been,

NOTE Confidence: 0.8556906

00:13:56.100 --> 00:13:58.116 but after removal of tubes and ovaries

NOTE Confidence: 0.8556906

00:13:58.116 --> 00:14:00.624 in a woman that's very high risk

NOTE Confidence: 0.8556906

00:14:00.624 --> 00:14:02.208 given her genetic predisposition,

NOTE Confidence: 0.8556906

00:14:02.210 --> 00:14:04.160 her risk is significantly reduced compared

NOTE Confidence: 0.8556906

00:14:04.160 --> 00:14:07.599 to what it would have been if she had not

NOTE Confidence: 0.8556906

00:14:07.599 --> 00:14:08.987 undergone that prophylactic procedure.

NOTE Confidence: 0.8553283

00:14:08.990 --> 00:14:10.374 Well, that's great information

NOTE Confidence: 0.8553283

00:14:10.374 --> 00:14:12.832 for people to know. We're going to

NOTE Confidence: 0.8553283

00:14:12.832 --> 00:14:14.740 learn much more about the surgical

NOTE Confidence: 0.8553283

00:14:14.740 --> 00:14:16.890 management of high risk ovarian cancer

NOTE Confidence: 0.8553283

00:14:16.890 --> 00:14:20.607 after we take a short break for a

NOTE Confidence: 0.8553283

00:14:20.607 --> 00:14:23.540 medical minute, please stay tuned to

NOTE Confidence: 0.8588681

00:14:23.540 --> 00:14:25.750 learn more with my guest

NOTE Confidence: 0.8588681

00:14:25.750 --> 00:14:27.076 Doctor Mitchell Clark.

NOTE Confidence: 0.8588681

00:14:27.080 --> 00:14:29.035 Support for Yale Cancer Answers

NOTE Confidence: 0.8588681

00:14:29.035 --> 00:14:30.599 comes from AstraZeneca, dedicated

NOTE Confidence: 0.8588681

00:14:30.599 --> 00:14:32.936 to providing innovative treatment

NOTE Confidence: 0.8588681

00:14:32.936 --> 00:14:36.081 options for people living with

NOTE Confidence: 0.8588681

00:14:36.081 --> 00:14:36.710 cancer. Learn more at astrazeneca-us.com.

NOTE Confidence: 0.8588681

00:14:36.710 --> 00:14:39.496 This is a medical minute about Melanoma.

NOTE Confidence: 0.8588681

00:14:39.500 --> 00:14:41.485 While Melanoma accounts for only

NOTE Confidence: 0.8588681

00:14:41.485 --> 00:14:43.728 about 4% of skin cancer cases,

NOTE Confidence: 0.8588681

00:14:43.728 --> 00:14:45.900 it causes the most skin cancer

NOTE Confidence: 0.8588681

00:14:45.970 --> 00:14:47.850 deaths. When detected early

NOTE Confidence: 0.8588681

00:14:47.850 --> 00:14:49.846 however, Melanoma is easily treated

NOTE Confidence: 0.8588681

00:14:49.846 --> 00:14:51.777 and highly curable. Clinical trials

NOTE Confidence: 0.8588681

00:14:51.777 --> 00:14:53.672 are currently underway to test

NOTE Confidence: 0.8588681

00:14:53.672 --> 00:14:55.810 innovative new treatments for Melanoma.

NOTE Confidence: 0.8588681

00:14:55.810 --> 00:14:57.910 The goal of the specialized

NOTE Confidence: 0.8588681

00:14:57.910 --> 00:14:59.590 programs of research excellence

NOTE Confidence: 0.8588681

00:14:59.590 --> 00:15:02.280 in skin cancer or SPORE grant is

NOTE Confidence: 0.8588681

00:15:02.280 --> 00:15:04.208 to better understand the biology

NOTE Confidence: 0.8588681

00:15:04.208 --> 00:15:06.959 of skin cancer with a focus on

NOTE Confidence: 0.8588681

00:15:06.959 --> 00:15:09.091 discovering targets that will lead

NOTE Confidence: 0.8588681

00:15:09.091 --> 00:15:11.326 to improved diagnosis and treatment.

NOTE Confidence: 0.8588681

00:15:11.330 --> 00:15:13.414 More information is available

NOTE Confidence: 0.8588681

00:15:13.414 --> 00:15:14.456 at yalecancercenter.org.

NOTE Confidence: 0.8588681

00:15:14.460 --> 00:15:18.516 You're listening to Connecticut Public Radio.

NOTE Confidence: 0.8588681

00:15:18.520 --> 00:15:18.910 Welcome

NOTE Confidence: 0.857204

00:15:18.910 --> 00:15:20.840 back to Yale Cancer Answers.

NOTE Confidence: 0.857204

00:15:20.840 --> 00:15:23.185 This is doctor Anees Chagpar

NOTE Confidence: 0.857204

00:15:23.185 --> 00:15:25.610 and I'm joined tonight by my

NOTE Confidence: 0.857204

00:15:25.610 --> 00:15:27.398 guest doctor Mitchell Clark.

NOTE Confidence: 0.857204

00:15:27.400 --> 00:15:29.864 We're talking about the role of surgery

NOTE Confidence: 0.857204

00:15:29.864 --> 00:15:32.239 in high risk ovarian cancer and

NOTE Confidence: 0.857204

00:15:32.239 --> 00:15:34.723 right before the break Mitchell

NOTE Confidence: 0.857204

00:15:34.730 --> 00:15:36.858 you talked about the fact that in

NOTE Confidence: 0.857204

00:15:36.858 --> 00:15:39.359 women with a genetic predisposition,

NOTE Confidence: 0.857204

00:15:39.360 --> 00:15:41.290 even though you can remove

NOTE Confidence: 0.857204

00:15:41.290 --> 00:15:42.834 the tubes and ovaries,

NOTE Confidence: 0.857204

00:15:42.840 --> 00:15:45.928 it doesn't reduce their risk down to zero.

NOTE Confidence: 0.857204

00:15:45.930 --> 00:15:49.010 You can still get cancer on the peritoneum.

NOTE Confidence: 0.857204

00:15:49.010 --> 00:15:51.386 That lining of the abdominal cavity.

NOTE Confidence: 0.857204

00:15:51.390 --> 00:15:53.375 Although it does reduce your

NOTE Confidence: 0.857204

00:15:53.375 --> 00:15:54.566 risk quite substantially,

NOTE Confidence: 0.857204

00:15:54.570 --> 00:15:57.756 so my next question is in women

NOTE Confidence: 0.857204

00:15:57.756 --> 00:16:01.340 who have been found to have ovarian cancer,

NOTE Confidence: 0.857204

00:16:01.340 --> 00:16:04.012 we talked a little bit about the fact

NOTE Confidence: 0.857204

00:16:04.012 --> 00:16:07.021 that this is a cancer that really

NOTE Confidence: 0.857204

00:16:07.021 --> 00:16:09.291 presents with very nonspecific symptoms.

NOTE Confidence: 0.857204

00:16:09.300 --> 00:16:11.290 You go to your gynecologist,

NOTE Confidence: 0.857204

00:16:11.290 --> 00:16:13.280 or to your family physician,

NOTE Confidence: 0.857204

00:16:13.280 --> 00:16:16.066 they do a thorough physical exam and

NOTE Confidence: 0.857204

00:16:16.066 --> 00:16:19.250 then maybe an ultrasound or a CT scan.

NOTE Confidence: 0.857204

00:16:19.250 --> 00:16:21.632 What happens next in terms of

NOTE Confidence: 0.857204

00:16:21.632 --> 00:16:22.823 making the diagnosis?

NOTE Confidence: 0.8703739

00:16:23.680 --> 00:16:26.088 So after the results of these tests,

NOTE Confidence: 0.8703739

00:16:26.090 --> 00:16:28.136 many patients will refer to meet

NOTE Confidence: 0.8703739

00:16:28.136 --> 00:16:30.559 with myself or one of my colleagues

NOTE Confidence: 0.8703739

00:16:30.559 --> 00:16:32.855 to discuss whether or not all of

NOTE Confidence: 0.8703739

00:16:32.925 --> 00:16:35.013 the different aspects of the work

NOTE Confidence: 0.8703739

00:16:35.013 --> 00:16:37.096 up are pointing in the direction

NOTE Confidence: 0.8703739

00:16:37.096 --> 00:16:38.814 of an ovarian cancer. Typically,

NOTE Confidence: 0.8703739

00:16:38.814 --> 00:16:41.566 most women will come with the CA 125,

NOTE Confidence: 0.8703739

00:16:41.570 --> 00:16:43.705 which is a blood test that helps

NOTE Confidence: 0.8703739

00:16:43.705 --> 00:16:45.330 us understand if the findings

NOTE Confidence: 0.8703739

00:16:45.330 --> 00:16:47.268 on the CAT scan are consistent

NOTE Confidence: 0.8703739

00:16:47.268 --> 00:16:49.479 with the possible ovarian cancer.

NOTE Confidence: 0.8703739

00:16:49.480 --> 00:16:51.700 However, I do want to clarify

NOTE Confidence: 0.8703739

00:16:51.700 --> 00:16:53.936 for our listeners that this is

NOTE Confidence: 0.8703739

00:16:53.936 --> 00:16:55.964 not a test for ovarian cancer.

NOTE Confidence: 0.8703739

00:16:55.970 --> 00:16:58.610 It is really just one piece of the

NOTE Confidence: 0.8703739

00:16:58.610 --> 00:17:00.328 diagnostic evaluation that we undertake

NOTE Confidence: 0.8703739

00:17:00.328 --> 00:17:02.308 to help understand if the symptoms

NOTE Confidence: 0.8703739

00:17:02.308 --> 00:17:04.416 are related to an ovarian cancer.

NOTE Confidence: 0.8703739

00:17:04.420 --> 00:17:06.576 So once patients are referred to meet

NOTE Confidence: 0.8703739

00:17:06.576 --> 00:17:08.881 with us and these results are pointing

NOTE Confidence: 0.8703739

00:17:08.881 --> 00:17:11.860 us in the direction of an ovarian cancer,

NOTE Confidence: 0.8703739

00:17:11.860 --> 00:17:14.857 then we have to decide whether or not this

NOTE Confidence: 0.8703739

00:17:14.857 --> 00:17:17.595 patient is best suited by starting with us,

NOTE Confidence: 0.8703739

00:17:17.600 --> 00:17:19.290 an operation or a surgical

NOTE Confidence: 0.8703739

00:17:19.290 --> 00:17:20.980 removal of her ovarian cancer,

NOTE Confidence: 0.8703739

00:17:20.980 --> 00:17:23.269 or whether or not we need to

NOTE Confidence: 0.8703739

00:17:23.269 --> 00:17:24.830 consider starting with treatments

NOTE Confidence: 0.8703739

00:17:24.830 --> 00:17:26.369 such as chemotherapy.

NOTE Confidence: 0.8703739

00:17:26.370 --> 00:17:28.526 And we've really evolved over the last

NOTE Confidence: 0.8703739

00:17:28.526 --> 00:17:31.046 five to 10 years in understanding how

NOTE Confidence: 0.8703739

00:17:31.046 --> 00:17:33.344 to triage women to the appropriate

NOTE Confidence: 0.8703739

00:17:33.413 --> 00:17:35.735 first step in their cancer treatment.

NOTE Confidence: 0.8703739

00:17:35.740 --> 00:17:38.221 And how is that decision made?

NOTE Confidence: 0.8703739

00:17:38.221 --> 00:17:40.387 So we historically would take all

NOTE Confidence: 0.8703739

00:17:40.387 --> 00:17:42.932 women to surgery initially and there

NOTE Confidence: 0.8703739

00:17:42.932 --> 00:17:44.788 was significant morbidity associated

NOTE Confidence: 0.8703739

00:17:44.788 --> 00:17:47.550 with these very complex operations that

NOTE Confidence: 0.8703739

00:17:47.550 --> 00:17:50.142 involve removing all of the different

NOTE Confidence: 0.8703739

00:17:50.142 --> 00:17:53.022 areas of the abdomen and pelvis where

NOTE Confidence: 0.8703739

00:17:53.022 --> 00:17:55.240 we found these cancerous tumors.

NOTE Confidence: 0.8703739

00:17:55.240 --> 00:17:55.674 However,

NOTE Confidence: 0.8703739

00:17:55.674 --> 00:17:57.844 now we understand through rigorous

NOTE Confidence: 0.8703739

00:17:57.844 --> 00:17:59.580 international trials that there

NOTE Confidence: 0.8703739

00:17:59.647 --> 00:18:01.672 are women who actually benefit

NOTE Confidence: 0.8703739

00:18:01.672 --> 00:18:03.292 from starting with chemotherapy.

00:18:03.723 --> 00:18:05.838 Ovarian cancer is a very

NOTE Confidence: 0.8703739

00:18:05.838 --> 00:18:08.014 chemosensitive disease, as we call it.

NOTE Confidence: 0.8703739

00:18:08.014 --> 00:18:10.000 In that these cancer cells do

NOTE Confidence: 0.8703739

00:18:10.076 --> 00:18:12.406 respond to that systemic treatment

NOTE Confidence: 0.8703739

00:18:12.406 --> 00:18:14.736 and shrink the tumors down.

NOTE Confidence: 0.8703739

00:18:14.740 --> 00:18:17.170 In order for surgery to be

NOTE Confidence: 0.8703739

00:18:17.170 --> 00:18:18.790 accomplished with less morbidity

NOTE Confidence: 0.8703739

00:18:18.859 --> 00:18:20.845 and then perhaps in the past,

NOTE Confidence: 0.8703739

00:18:20.850 --> 00:18:23.142 just like in systemic treatment like

NOTE Confidence: 0.8703739

00:18:23.142 --> 00:18:24.670 immunotherapy and PARP inhibition,

NOTE Confidence: 0.8703739

00:18:24.670 --> 00:18:27.806 we're trying to do that same type of

NOTE Confidence: 0.8703739

00:18:27.806 --> 00:18:30.017 precision medicine in surgery as well.

NOTE Confidence: 0.8703739

00:18:30.020 --> 00:18:32.435 We want to look at each patient

NOTE Confidence: 0.8703739

00:18:32.435 --> 00:18:34.388 very individually and assess her

NOTE Confidence: 0.8703739

00:18:34.388 --> 00:18:36.503 underlying risk factors or underlying

NOTE Confidence: 0.8703739

00:18:36.503 --> 00:18:38.890 health status in order to decide,

NOTE Confidence: 0.8703739

00:18:38.890 --> 00:18:41.260 is this a patient who should

NOTE Confidence: 0.8703739

00:18:41.260 --> 00:18:42.840 be initially operated on,

NOTE Confidence: 0.8703739

00:18:42.840 --> 00:18:45.680 or is this a patient who for other

NOTE Confidence: 0.8703739

00:18:45.680 --> 00:18:47.745 reasons should start with chemotherapy

NOTE Confidence: 0.8703739

00:18:47.745 --> 00:18:50.734 and both of those options have been

NOTE Confidence: 0.8635793

00:18:50.740 --> 00:18:52.720 found to be equally efficacious.

NOTE Confidence: 0.8635793

00:18:52.720 --> 00:18:55.226 But oftentimes when we talk

NOTE Confidence: 0.8635793

00:18:55.226 --> 00:18:57.460 about treating people with chemotherapy,

NOTE Confidence: 0.8635793

00:18:57.460 --> 00:18:58.248 especially targeted

NOTE Confidence: 0.8635793

00:18:58.248 --> 00:18:59.430 therapy and immunotherapy,

NOTE Confidence: 0.8635793

00:18:59.430 --> 00:19:01.704 oftentimes there is a biopsy done

NOTE Confidence: 0.8635793

00:19:01.704 --> 00:19:04.507 that'll look at the tumor and tell

NOTE Confidence: 0.8635793

00:19:04.507 --> 00:19:06.937 us whether it has certain receptors.

NOTE Confidence: 0.8635793

00:19:06.940 --> 00:19:08.910 For example, in breast cancer,

NOTE Confidence: 0.8635793

00:19:08.910 --> 00:19:11.080 we talk about HER 2

NOTE Confidence: 0.8635793

00:19:11.080 --> 00:19:13.705 which is also found in other cancers.

NOTE Confidence: 0.8635793

00:19:13.710 --> 00:19:16.032 For immunotherapy we often look at

NOTE Confidence: 0.8635793

00:19:16.032 --> 00:19:17.830 checkpoint inhibitors PD one PDL1

NOTE Confidence: 0.8635793

00:19:17.830 --> 00:19:21.100 and so on, but thus far in the work

NOTE Confidence: 0.8635793

00:19:21.192 --> 00:19:24.209 up we haven't heard about a biopsy.

NOTE Confidence: 0.8635793

00:19:24.210 --> 00:19:27.210 So how do you make that decision of,

NOTE Confidence: 0.8635793

00:19:27.210 --> 00:19:29.262 we're going to treat

NOTE Confidence: 0.8635793

00:19:29.262 --> 00:19:30.630 with chemotherapy versus surgery

NOTE Confidence: 0.8635793

00:19:30.692 --> 00:19:32.460 or immunotherapy versus surgery?

NOTE Confidence: 0.8635793

00:19:32.460 --> 00:19:35.460 And what kind of systemic therapy to use?

NOTE Confidence: 0.8635793

00:19:35.460 --> 00:19:36.579 That's a great

NOTE Confidence: 0.8544703

00:19:36.580 --> 00:19:39.205 point. So when patients are first considered,

NOTE Confidence: 0.8544703

00:19:39.210 --> 00:19:40.970 whether or not they should

NOTE Confidence: 0.8544703

00:19:40.970 --> 00:19:43.410 go down the route of surgery.

NOTE Confidence: 0.8544703

00:19:43.410 --> 00:19:45.318 Or whether they should go down

NOTE Confidence: 0.8544703

00:19:45.318 --> 00:19:46.590 the road of chemotherapy.

NOTE Confidence: 0.8544703

00:19:46.590 --> 00:19:48.426 If chemotherapy is felt to be

NOTE Confidence: 0.8544703

00:19:48.426 --> 00:19:50.409 the best option for that woman,

NOTE Confidence: 0.8544703

00:19:50.410 --> 00:19:52.000 we do get a biopsy.

NOTE Confidence: 0.8544703

00:19:52.000 --> 00:19:53.560 As we mentioned, most ovarian

NOTE Confidence: 0.8544703

00:19:53.560 --> 00:19:55.490 cancers do present at advanced stage,

NOTE Confidence: 0.8544703

00:19:55.490 --> 00:19:55.859 unfortunately,

NOTE Confidence: 0.8544703

00:19:55.859 --> 00:19:58.442 but this does allow us to obtain

NOTE Confidence: 0.8544703

00:19:58.442 --> 00:20:00.310 a biopsy of one of these

NOTE Confidence: 0.8544703

00:20:00.310 --> 00:20:01.249 metastatic lesions somewhere

NOTE Confidence: 0.8544703

00:20:01.249 --> 00:20:02.814 in the abdomen and pelvis.

NOTE Confidence: 0.8544703

00:20:02.820 --> 00:20:04.773 In order to ensure that we do

NOTE Confidence: 0.8544703

00:20:04.773 --> 00:20:06.280 have the correct diagnosis,

NOTE Confidence: 0.8544703

00:20:06.280 --> 00:20:08.352 this also allows us to begin the

NOTE Confidence: 0.8544703

00:20:08.352 --> 00:20:09.585 process of undertaking genetic

NOTE Confidence: 0.8544703

00:20:09.585 --> 00:20:11.905 testing of the tumor so that we can

NOTE Confidence: 0.8544703

00:20:11.905 --> 00:20:13.645 understand what types of targeted

NOTE Confidence: 0.8544703

00:20:13.645 --> 00:20:15.380 therapies may benefit this patient.

NOTE Confidence: 0.8544703

00:20:15.380 --> 00:20:17.270 For women who go to surgery,

NOTE Confidence: 0.8544703

00:20:17.270 --> 00:20:19.814 that tumor will be sent to our expert

NOTE Confidence: 0.8544703

00:20:19.814 --> 00:20:21.326 pathologist during the operation so

NOTE Confidence: 0.8544703

00:20:21.326 --> 00:20:23.645 that they can have a look under the

NOTE Confidence: 0.8544703

00:20:23.645 --> 00:20:25.739 microscope while the patient is asleep

NOTE Confidence: 0.8544703

00:20:25.740 --> 00:20:27.624 in order to confirm that this

NOTE Confidence: 0.8544703

00:20:27.624 --> 00:20:28.880 is an ovarian cancer.

NOTE Confidence: 0.8544703

00:20:28.880 --> 00:20:31.688 By the time the patient sees us in the

NOTE Confidence: 0.8544703

00:20:31.688 --> 00:20:34.218 office with the combination of CA 125,

NOTE Confidence: 0.8544703

00:20:34.220 --> 00:20:36.404 the CT scan images as well as

NOTE Confidence: 0.8544703

00:20:36.404 --> 00:20:37.758 the distribution and location

NOTE Confidence: 0.8544703

00:20:37.758 --> 00:20:39.846 of the disease on the imaging,

NOTE Confidence: 0.8544703

00:20:39.850 --> 00:20:42.394 most times we are able to make a

NOTE Confidence: 0.8544703

00:20:42.394 --> 00:20:44.149 presumptive diagnosis of ovarian cancer,

NOTE Confidence: 0.8544703

00:20:44.150 --> 00:20:45.998 but you're very correct in saying

NOTE Confidence: 0.8544703

00:20:45.998 --> 00:20:47.664 before we initiate any type

NOTE Confidence: 0.8544703

00:20:47.664 --> 00:20:48.780 of systemic treatment,

NOTE Confidence: 0.8544703

00:20:48.780 --> 00:20:51.097 we do ensure that we have confirmation

NOTE Confidence: 0.8544703

00:20:51.097 --> 00:20:53.417 of the type of cancer that this is.

NOTE Confidence: 0.84857935

00:20:55.070 --> 00:20:57.554 I want to look at both of

NOTE Confidence: 0.84857935

00:20:57.554 --> 00:21:00.040 those arms of the tree individually.

NOTE Confidence: 0.84857935

00:21:00.040 --> 00:21:02.357 For patients who go to surgery,

NOTE Confidence: 0.84857935

00:21:02.360 --> 00:21:05.429 one of the things that you said was that

NOTE Confidence: 0.84857935

00:21:05.430 --> 00:21:09.357 the surgery tends to be quite extensive.

NOTE Confidence: 0.84857935

00:21:09.360 --> 00:21:11.754 And so walk us through what

NOTE Confidence: 0.84857935

00:21:11.754 --> 00:21:13.570 that surgery actually looks like.

NOTE Confidence: 0.84857935

00:21:13.570 --> 00:21:16.054 I mean, do you start by by doing a

NOTE Confidence: 0.84857935

00:21:16.054 --> 00:21:18.569 kind of surgical biopsy of the tumor

NOTE Confidence: 0.84857935

00:21:18.569 --> 00:21:21.290 and sending that to your pathologist?

NOTE Confidence: 0.84857935

00:21:21.290 --> 00:21:23.397 Do you take out the whole ovary

NOTE Confidence: 0.84857935

00:21:23.397 --> 00:21:25.784 and then what are all of these

NOTE Confidence: 0.84857935

00:21:25.784 --> 00:21:27.554 surfaces that you were talking

NOTE Confidence: 0.84857935

00:21:27.554 --> 00:21:29.720 about that are actually removed

NOTE Confidence: 0.84857935

00:21:29.720 --> 00:21:31.475 if the diagnosis of ovarian

NOTE Confidence: 0.84857935

00:21:31.475 --> 00:21:32.528 cancer is confirmed?

NOTE Confidence: 0.8745616

00:21:32.530 --> 00:21:34.980 So when women are taken to surgery,

NOTE Confidence: 0.8745616

00:21:34.980 --> 00:21:37.708 we are trying to make the decision of

NOTE Confidence: 0.8745616

00:21:37.708 --> 00:21:40.667 whether or not the disease can be removed

NOTE Confidence: 0.8745616

00:21:40.670 --> 00:21:43.610 in its entirety and what I mean by that

NOTE Confidence: 0.8745616

00:21:43.685 --> 00:21:46.557 is the goal of surgery in ovarian cancer,

NOTE Confidence: 0.8745616

00:21:46.560 --> 00:21:48.408 whether or not that surgery happens

NOTE Confidence: 0.8745616

00:21:48.408 --> 00:21:50.773 at the beginning of her cancer journey

NOTE Confidence: 0.8745616

00:21:50.773 --> 00:21:52.921 or whether it happens after some

NOTE Confidence: 0.8745616

00:21:52.921 --> 00:21:54.853 chemotherapy is to remove all of

NOTE Confidence: 0.8745616

00:21:54.853 --> 00:21:56.363 the visible ovarian cancer tumors.

NOTE Confidence: 0.8745616

00:21:56.370 --> 00:21:58.818 Now the ovary is open to the abdomen

NOTE Confidence: 0.8745616

00:21:58.818 --> 00:22:00.940 and pelvis inside a woman's body,

NOTE Confidence: 0.8745616

00:22:00.940 --> 00:22:03.103 and so these cancer cells have a

NOTE Confidence: 0.8745616

00:22:03.103 --> 00:22:05.747 tendency to try to get out and escape

NOTE Confidence: 0.8745616

00:22:05.747 --> 00:22:07.787 and attach to that peritoneum that

NOTE Confidence: 0.8745616

00:22:07.787 --> 00:22:10.090 I talked about before that can land

NOTE Confidence: 0.8745616

00:22:10.090 --> 00:22:11.995 on various surfaces

NOTE Confidence: 0.8745616

00:22:11.995 --> 00:22:14.070 working throughout the abdomen and

NOTE Confidence: 0.8745616

00:22:14.070 --> 00:22:16.617 pelvis and so it's important that we

NOTE Confidence: 0.8745616

00:22:16.617 --> 00:22:18.615 review those images prior to taking

NOTE Confidence: 0.8745616

00:22:18.615 --> 00:22:20.911 one with the surgery so that it helps

NOTE Confidence: 0.8745616

00:22:20.911 --> 00:22:22.588 us understand how extensive an

NOTE Confidence: 0.8745616

00:22:22.588 --> 00:22:24.671 operation might be. For some women

NOTE Confidence: 0.8745616

00:22:24.671 --> 00:22:26.406 their surgery might include removing

NOTE Confidence: 0.8745616

00:22:26.406 --> 00:22:28.138 the ovaries, the uterus, cervix,

NOTE Confidence: 0.8745616

00:22:28.138 --> 00:22:29.868 as well as the omentum,

NOTE Confidence: 0.8745616

00:22:29.870 --> 00:22:32.993 which is a fat pad that lays over the bowel,

NOTE Confidence: 0.8745616

00:22:33.000 --> 00:22:34.866 but for some women their

NOTE Confidence: 0.8745616

00:22:34.866 --> 00:22:36.810 surgery may be more extensive,

NOTE Confidence: 0.8745616

00:22:36.810 --> 00:22:38.898 including removal of perhaps the spleen,

NOTE Confidence: 0.8745616

00:22:38.900 --> 00:22:41.436 a segment of the bowel,

NOTE Confidence: 0.8745616

00:22:41.436 --> 00:22:43.331 every woman's cancer surgery

NOTE Confidence: 0.8745616

00:22:43.331 --> 00:22:46.117 is very individualized to her disease.

NOTE Confidence: 0.8745616

00:22:46.120 --> 00:22:48.950 And we take a great deal of time in ensuring

NOTE Confidence: 0.8745616

00:22:49.019 --> 00:22:51.787 that we select patients to take to surgery

NOTE Confidence: 0.8745616

00:22:51.790 --> 00:22:53.506 who are good candidates to have

NOTE Confidence: 0.8745616

00:22:53.506 --> 00:22:55.569 all of the visible tumors removed.

NOTE Confidence: 0.8745616

00:22:55.570 --> 00:22:57.574 We know from decades of research

NOTE Confidence: 0.8745616

00:22:57.574 --> 00:22:59.940 that the only value in surgery in

NOTE Confidence: 0.8745616

00:22:59.940 --> 00:23:02.187 ovarian cancer is when we can remove

NOTE Confidence: 0.8745616

00:23:02.256 --> 00:23:04.188 all of the visible disease if not

NOTE Confidence: 0.8745616

00:23:04.188 --> 00:23:05.875 down to a very tiny amount.

NOTE Confidence: 0.8745616

00:23:05.875 --> 00:23:07.585 If we don't feel that that

NOTE Confidence: 0.8745616

00:23:07.585 --> 00:23:09.120 can be achieved upfront,

NOTE Confidence: 0.8745616

00:23:09.120 --> 00:23:10.980 women will be triaged to that

NOTE Confidence: 0.8745616

00:23:10.980 --> 00:23:12.625 chemotherapy arm of the decision-making

NOTE Confidence: 0.8745616

00:23:12.625 --> 00:23:15.040 tree so that we can shrink down

NOTE Confidence: 0.8745616

00:23:15.040 --> 00:23:16.610 the disease at the outset.

NOTE Confidence: 0.8745616

00:23:16.610 --> 00:23:18.938 And then perform an operation at a later

NOTE Confidence: 0.8745616

00:23:18.938 --> 00:23:21.499 date that removes all their visible cancer.

NOTE Confidence: 0.8669189

00:23:21.500 --> 00:23:24.108 You know when you put it that way

NOTE Confidence: 0.8669189

00:23:24.110 --> 00:23:26.245 Doctor Clark, it sounds like the best

NOTE Confidence: 0.8669189

00:23:26.245 --> 00:23:28.923 option for the majority of women would be

NOTE Confidence: 0.8669189

00:23:28.923 --> 00:23:31.178 to have systemic therapy first, because

NOTE Confidence: 0.8669189

00:23:31.178 --> 00:23:33.918 if the cancer was resectable,

NOTE Confidence: 0.8669189

00:23:33.920 --> 00:23:36.644 having the chemotherapy first would shrink

NOTE Confidence: 0.8669189

00:23:36.644 --> 00:23:40.059 it down and still make it resectable,

NOTE Confidence: 0.8669189

00:23:40.060 --> 00:23:41.764 if not more resectable.

NOTE Confidence: 0.8669189

00:23:41.764 --> 00:23:45.250 And if the tumor was quite extensive,

NOTE Confidence: 0.8669189

00:23:45.250 --> 00:23:47.990 having chemotherapy or systemic therapy

NOTE Confidence: 0.8669189

00:23:47.990 --> 00:23:51.798 first would shrink that and make that

NOTE Confidence: 0.8669189

00:23:51.798 --> 00:23:54.726 option of surgery more attainable so

NOTE Confidence: 0.8669189

00:23:54.730 --> 00:23:56.858 it would seem to me that the

NOTE Confidence: 0.8669189

00:23:56.858 --> 00:23:59.522 patients in whom surgery first was a

NOTE Confidence: 0.8669189

00:23:59.522 --> 00:24:01.622 recommendation would be quite small.

00:24:01.990 --> 00:24:04.902 Is that right?

NOTE Confidence: 0.87621707

00:24:04.902 --> 00:24:07.131 Yeah, size is one of the characteristics that we look at in

NOTE Confidence: 0.87621707

00:24:07.131 --> 00:24:08.921 helping decide which patients will

NOTE Confidence: 0.87621707

00:24:08.921 --> 00:24:11.069 benefit from surgery at the outset.

NOTE Confidence: 0.87621707

00:24:11.070 --> 00:24:13.068 For patients who have disease that

NOTE Confidence: 0.87621707

00:24:13.068 --> 00:24:15.651 is beyond a certain size or located

NOTE Confidence: 0.87621707

00:24:15.651 --> 00:24:17.235 in multiple different places,

NOTE Confidence: 0.87621707

00:24:17.240 --> 00:24:19.774 we do know from research that those

NOTE Confidence: 0.87621707

00:24:19.774 --> 00:24:21.589 patients do benefit from this

NOTE Confidence: 0.87621707

00:24:21.590 --> 00:24:23.094 pre treatment with chemotherapy

NOTE Confidence: 0.87621707

00:24:23.094 --> 00:24:24.974 in order to reduce

NOTE Confidence: 0.87621707

00:24:24.980 --> 00:24:26.978 the size of their ovarian cancers,

NOTE Confidence: 0.87621707

00:24:26.980 --> 00:24:29.660 and as we've been discussing a lot today,

NOTE Confidence: 0.87621707

00:24:29.660 --> 00:24:31.330 most women do unfortunately present

NOTE Confidence: 0.87621707

00:24:31.330 --> 00:24:33.000 with this metastatic picture,

NOTE Confidence: 0.87621707

00:24:33.000 --> 00:24:35.256 and so we are finding more and more

NOTE Confidence: 0.87621707

00:24:35.256 --> 00:24:37.670 utility in using the chemotherapy at the

NOTE Confidence: 0.87621707

00:24:37.670 --> 00:24:40.010 outset of a patient's cancer journey.

NOTE Confidence: 0.87621707

00:24:40.010 --> 00:24:41.907 But I just want every listener to

NOTE Confidence: 0.87621707

00:24:41.907 --> 00:24:44.399 know if they do encounter a personal

NOTE Confidence: 0.87621707

00:24:44.399 --> 00:24:46.019 experience with ovarian cancer,

NOTE Confidence: 0.87621707

00:24:46.020 --> 00:24:48.030 that both options should be considered,

NOTE Confidence: 0.87621707

00:24:48.030 --> 00:24:50.473 and that's why it's so important that

NOTE Confidence: 0.87621707

00:24:50.473 --> 00:24:51.881 gynecological oncologist is involved

NOTE Confidence: 0.87621707

00:24:51.881 --> 00:24:54.023 in that decision making at the very

NOTE Confidence: 0.87621707

00:24:54.023 --> 00:24:55.710 beginning of her cancer journey.

NOTE Confidence: 0.87043077

00:24:57.130 --> 00:24:58.805 Is there a disadvantage to

NOTE Confidence: 0.87043077

00:24:58.805 --> 00:25:00.145 pursuing systemic therapy first,

NOTE Confidence: 0.87043077

00:25:00.150 --> 00:25:03.412 even if you have a small tumor

NOTE Confidence: 0.87043077

00:25:03.412 --> 00:25:06.179 and it's confined to the ovary?

NOTE Confidence: 0.87043077

00:25:06.180 --> 00:25:08.682 Would there be a disadvantage

NOTE Confidence: 0.87043077

00:25:08.682 --> 00:25:10.860 to doing systemic therapy first,

NOTE Confidence: 0.87043077

00:25:10.860 --> 00:25:12.985 could you avoid systemic therapy

NOTE Confidence: 0.87043077

00:25:12.985 --> 00:25:15.530 if you had surgery first?

NOTE Confidence: 0.84398675

00:25:15.530 --> 00:25:17.984 Ovarian cancer treatment is really a

NOTE Confidence: 0.84398675

00:25:17.984 --> 00:25:20.210 medley of chemotherapy and surgery,

NOTE Confidence: 0.84398675

00:25:20.210 --> 00:25:22.335 and the question is what

NOTE Confidence: 0.84398675

00:25:22.335 --> 00:25:24.460 combination and in what order?

NOTE Confidence: 0.84398675

00:25:24.460 --> 00:25:27.010 We do know for women that

NOTE Confidence: 0.84398675

00:25:27.010 --> 00:25:28.710 have smaller disease burden,

NOTE Confidence: 0.84398675

00:25:28.710 --> 00:25:31.260 that's typically confined to the ovary,

NOTE Confidence: 0.84398675

00:25:31.260 --> 00:25:32.960 or perhaps in locations,

NOTE Confidence: 0.84398675

00:25:32.960 --> 00:25:35.349 that would not require

NOTE Confidence: 0.84398675

00:25:35.349 --> 00:25:36.888 multiple surgical procedures,

NOTE Confidence: 0.84398675

00:25:36.890 --> 00:25:39.382 that they do actually have a survival

NOTE Confidence: 0.84398675

00:25:39.382 --> 00:25:41.448 benefit to initiating their treatment

NOTE Confidence: 0.84398675

00:25:41.448 --> 00:25:43.778 with surgery followed by chemotherapy.

NOTE Confidence: 0.84398675

00:25:43.780 --> 00:25:45.400 On the flip side,

NOTE Confidence: 0.84398675

00:25:45.400 --> 00:25:47.020 as we have mentioned,

NOTE Confidence: 0.84398675

00:25:47.020 --> 00:25:48.616 those with significant amount

NOTE Confidence: 0.84398675

00:25:48.616 --> 00:25:50.611 of disease in various locations

NOTE Confidence: 0.84398675

00:25:50.611 --> 00:25:53.092 have been shown to benefit from

NOTE Confidence: 0.84398675

00:25:53.092 --> 00:25:54.704 receiving the chemotherapy first.

NOTE Confidence: 0.84398675

00:25:54.710 --> 00:25:56.735 We almost never treat with

NOTE Confidence: 0.84398675

00:25:56.735 --> 00:25:58.355 one without the other,

NOTE Confidence: 0.84398675

00:25:58.360 --> 00:26:00.946 and this disease has been something

NOTE Confidence: 0.84398675

00:26:00.946 --> 00:26:02.670 that has been traditionally

NOTE Confidence: 0.84398675

00:26:02.746 --> 00:26:04.924 treated with both a combination of

NOTE Confidence: 0.84398675

00:26:04.924 --> 00:26:07.270 those two of those two options.

NOTE Confidence: 0.84254044

00:26:07.920 --> 00:26:09.774 And so where do you see

NOTE Confidence: 0.84254044

00:26:09.774 --> 00:26:11.560 therapy moving in the future?

NOTE Confidence: 0.84254044

00:26:11.560 --> 00:26:13.546 What are the exciting

NOTE Confidence: 0.84254044

00:26:13.546 --> 00:26:14.870 developments that you've seen,

NOTE Confidence: 0.84254044

00:26:14.870 --> 00:26:17.512 say in the last year or so?

NOTE Confidence: 0.84254044

00:26:17.512 --> 00:26:19.122 What are the exciting things

NOTE Confidence: 0.84254044

00:26:19.122 --> 00:26:21.110 that are coming down the pike

NOTE Confidence: 0.84254044

00:26:21.110 --> 00:26:23.006 that women who may be facing

NOTE Confidence: 0.84254044

00:26:23.006 --> 00:26:24.799 ovarian cancer should know about?

NOTE Confidence: 0.86860394

00:26:25.890 --> 00:26:28.151 Well, our dream in ovarian cancer is

NOTE Confidence: 0.86860394

00:26:28.151 --> 00:26:30.698 to see this disease detected at its

NOTE Confidence: 0.86860394

00:26:30.698 --> 00:26:33.389 preclinical or very early stages and

NOTE Confidence: 0.86860394

00:26:33.389 --> 00:26:35.930 the ability to detect this through a

NOTE Confidence: 0.86860394

00:26:35.930 --> 00:26:38.268 simple blood test or screening test

NOTE Confidence: 0.86860394

00:26:38.268 --> 00:26:39.876 would really revolutionize ovarian

NOTE Confidence: 0.86860394

00:26:39.876 --> 00:26:41.670 cancer treatment and the experience

NOTE Confidence: 0.86860394

00:26:41.670 --> 00:26:43.840 for patients who do face this disease.

NOTE Confidence: 0.86860394

00:26:43.840 --> 00:26:46.367 There are many groups who are working

NOTE Confidence: 0.86860394

00:26:46.367 --> 00:26:48.150 on developing tests like this,

NOTE Confidence: 0.86860394

00:26:48.150 --> 00:26:50.740 but they really are in the research

NOTE Confidence: 0.86860394

00:26:50.740 --> 00:26:53.412 setting only and until then we need to

NOTE Confidence: 0.86860394

00:26:53.412 --> 00:26:56.119 focus on how best to manage patients

NOTE Confidence: 0.86860394

00:26:56.120 --> 00:26:57.780 who present with advanced disease.

NOTE Confidence: 0.86860394

00:26:57.780 --> 00:27:00.062 We've seen a number of approvals and

NOTE Confidence: 0.86860394

00:27:00.062 --> 00:27:02.466 new drugs and new therapies in ovarian

NOTE Confidence: 0.86860394

00:27:02.466 --> 00:27:05.420 cancer just in the last one to two years.

NOTE Confidence: 0.86860394

00:27:05.420 --> 00:27:08.399 And when we think back to 10 years ago,

NOTE Confidence: 0.86860394

00:27:08.400 --> 00:27:09.980 the number of different treatments

NOTE Confidence: 0.86860394

00:27:09.980 --> 00:27:12.315 that a patient would have open to

NOTE Confidence: 0.86860394

00:27:12.315 --> 00:27:13.719 her are significantly increased,

NOTE Confidence: 0.86860394

00:27:13.720 --> 00:27:16.401 and we're excited to be able to

NOTE Confidence: 0.86860394

00:27:16.401 --> 00:27:18.240 offer patients treatment that can

NOTE Confidence: 0.86860394

00:27:18.240 --> 00:27:20.704 even be taken of an oral tablet once

NOTE Confidence: 0.86860394

00:27:20.775 --> 00:27:22.347 or twice a day at home.

NOTE Confidence: 0.86860394

00:27:22.350 --> 00:27:24.324 That may help reduce their risk

NOTE Confidence: 0.86860394

00:27:24.324 --> 00:27:26.000 of ovarian cancer coming back,

NOTE Confidence: 0.86860394

00:27:26.000 --> 00:27:28.030 we even see patients who

NOTE Confidence: 0.86860394

00:27:28.030 --> 00:27:30.210 experience ovarian cancer survival as

NOTE Confidence: 0.86860394

00:27:30.210 --> 00:27:33.232 a chronic disease and until we can

NOTE Confidence: 0.86860394

00:27:33.232 --> 00:27:35.147 develop a reliable screening tests

NOTE Confidence: 0.86860394

00:27:35.147 --> 00:27:37.439 that can detect this very early,

NOTE Confidence: 0.86860394

00:27:37.440 --> 00:27:39.822 we hope to improve outcomes and

NOTE Confidence: 0.86860394

00:27:39.822 --> 00:27:42.350 extend survival as long as possible,

NOTE Confidence: 0.86860394

00:27:42.350 --> 00:27:44.390 perhaps even until the next

00:27:45.617 --> 00:27:48.480 best thing comes down the pipeline.

NOTE Confidence: 0.86860394

00:27:48.480 --> 00:27:49.300 I mean,

NOTE Confidence: 0.8286781

00:27:49.300 --> 00:27:50.880 it certainly sounds exciting,

NOTE Confidence: 0.8286781

00:27:50.880 --> 00:27:52.855 especially when you think about

NOTE Confidence: 0.8286781

00:27:52.855 --> 00:27:55.018 where we started this conversation,

NOTE Confidence: 0.8286781

00:27:55.020 --> 00:27:58.604 which was talking about how ovarian cancer

NOTE Confidence: 0.8286781

00:27:58.610 --> 00:28:00.515 is a disproportionate killer of

NOTE Confidence: 0.8286781

00:28:00.515 --> 00:28:03.042 women with cancer as opposed to

NOTE Confidence: 0.8286781

00:28:03.042 --> 00:28:04.710 other gynecologic malignancies

NOTE Confidence: 0.8286781

00:28:04.710 --> 00:28:07.038 but the concept of finding it

NOTE Confidence: 0.8286781

00:28:07.038 --> 00:28:09.510 early and finding new treatments,

NOTE Confidence: 0.8286781

00:28:09.510 --> 00:28:10.818 especially oral treatments,

NOTE Confidence: 0.8286781

00:28:10.818 --> 00:28:12.126 is certainly exciting.

NOTE Confidence: 0.8286781

00:28:12.130 --> 00:28:15.175 Which brings me to my last question,

NOTE Confidence: 0.8286781

00:28:15.180 --> 00:28:16.936 which is,

NOTE Confidence: 0.8286781

00:28:16.936 --> 00:28:21.130 this era of Covid has made us all think

NOTE Confidence: 0.8286781

00:28:21.130 --> 00:28:24.052 a little bit more creatively about

NOTE Confidence: 0.8286781

00:28:24.052 --> 00:28:27.500 how we treat patients with cancer.

NOTE Confidence: 0.8286781

00:28:27.500 --> 00:28:29.714 Trying to avoid having them in

NOTE Confidence: 0.8286781

00:28:29.714 --> 00:28:31.460 hospital settings and so on.

NOTE Confidence: 0.8286781

00:28:31.460 --> 00:28:33.554 How has this affected your practice

NOTE Confidence: 0.8286781

00:28:33.554 --> 00:28:35.354 in terms of treating patients

NOTE Confidence: 0.8286781

00:28:35.354 --> 00:28:37.370 with ovarian cancer and what are

NOTE Confidence: 0.8286781

00:28:37.370 --> 00:28:39.591 some of the options that women

NOTE Confidence: 0.8286781

00:28:39.591 --> 00:28:41.496 have availed themselves of

NOTE Confidence: 0.8286781

00:28:41.496 --> 00:28:43.340 that they may not have

NOTE Confidence: 0.867114300000001

00:28:43.340 --> 00:28:46.356 previously?

NOTE Confidence: 0.867114300000001

00:28:46.356 --> 00:28:48.702 I have to say, one of the saddest things to see in the covid

NOTE Confidence: 0.867114300000001

00:28:48.702 --> 00:28:51.445 era is women who come in with delayed

NOTE Confidence: 0.867114300000001

00:28:51.445 --> 00:28:54.133 diagnosis and I know that that stems

NOTE Confidence: 0.867114300000001

00:28:54.140 --> 00:28:56.354 from personal concern of exposure and

NOTE Confidence: 0.867114300000001

00:28:56.354 --> 00:28:58.800 going into their health care providers.

NOTE Confidence: 0.867114300000001

00:28:58.800 --> 00:29:00.928 But I would encourage all women to reach

NOTE Confidence: 0.867114300000001

00:29:00.928 --> 00:29:02.952 out to their practitioners in order

NOTE Confidence: 0.867114300000001

00:29:02.952 --> 00:29:05.411 to establish either a telephone or a

NOTE Confidence: 0.867114300000001

00:29:05.411 --> 00:29:07.451 video visit so that they can have some

NOTE Confidence: 0.867114300000001

00:29:07.451 --> 00:29:09.085 time to meet with their practitioner

NOTE Confidence: 0.867114300000001

00:29:09.085 --> 00:29:10.831 and discuss some of the symptoms

NOTE Confidence: 0.867114300000001

00:29:10.831 --> 00:29:12.757 that we've been talking about today.

NOTE Confidence: 0.867114300000001

00:29:12.760 --> 00:29:14.285 We have really revolutionized our

NOTE Confidence: 0.867114300000001

00:29:14.285 --> 00:29:16.131 ability to access patients in their

NOTE Confidence: 0.867114300000001

00:29:16.131 --> 00:29:17.757 home environment or in an environment

NOTE Confidence: 0.867114300000001

00:29:17.757 --> 00:29:19.590 that is most convenient for them,

NOTE Confidence: 0.867114300000001

00:29:19.590 --> 00:29:21.732 and I hope the telephone and video

NOTE Confidence: 0.867114300000001

00:29:21.732 --> 00:29:23.530 video visits will be something that

NOTE Confidence: 0.867114300000001

00:29:23.530 --> 00:29:25.791 we can continue to use as we move

NOTE Confidence: 0.867114300000001

00:29:25.791 --> 00:29:27.291 forward outside of the covered

NOTE Confidence: 0.867114300000001

00:29:27.291 --> 00:29:29.386 area so that we can provide

NOTE Confidence: 0.867114300000001

00:29:30.272 --> 00:29:32.487 really meaningful and convenient care

NOTE Confidence: 0.867114300000001

00:29:32.487 --> 00:29:35.106 to people when they need it most.

NOTE Confidence: 0.867114300000001

00:29:35.110 --> 00:29:35.490 Doctor

NOTE Confidence: 0.8679442

00:29:35.490 --> 00:29:37.896 Mitchell Clark is an assistant professor

NOTE Confidence: 0.8679442

00:29:37.896 --> 00:29:40.266 of obstetrics and gynecology in the

NOTE Confidence: 0.8679442

00:29:40.266 --> 00:29:41.662 division of Gynecological Oncology

NOTE Confidence: 0.8679442

00:29:41.662 --> 00:29:43.819 at the Yale School of Medicine.

NOTE Confidence: 0.8679442

00:29:43.820 --> 00:29:45.340 If you have questions,

NOTE Confidence: 0.8679442

00:29:45.340 --> 00:29:46.860 the address is canceranswers@yale.edu

NOTE Confidence: 0.8679442

00:29:46.860 --> 00:29:48.963 and past editions of the program

NOTE Confidence: 0.8679442

00:29:48.963 --> 00:29:50.883 are available in audio and written

NOTE Confidence: 0.8679442

00:29:50.939 --> 00:29:52.538 form at yalecancercenter.org.

NOTE Confidence: 0.8679442

00:29:52.540 --> 00:29:55.308 We hope you'll join us next week to

NOTE Confidence: 0.8679442

00:29:55.308 --> 00:29:58.013 learn more about the fight against

NOTE Confidence: 0.8679442

00:29:58.013 --> 00:30:00.905 cancer here on Connecticut Public Radio.