WEBVTT

00:00:00.000 --> 00:00:02.490 Support for Yale Cancer Answers

NOTE Confidence: 0.85716176

00:00:02.490 --> 00:00:04.980 comes from AstraZeneca, dedicated

NOTE Confidence: 0.85716176

00:00:05.057 --> 00:00:07.432 to advancing options and providing

NOTE Confidence: 0.85716176

00:00:07.432 --> 00:00:10.420 hope for people living with cancer.

NOTE Confidence: 0.85716176

00:00:10.420 --> 00:00:13.788 More information at astrazeneca-us.com.

NOTE Confidence: 0.85716176

00:00:13.790 --> 00:00:15.210 Welcome to Yale Cancer

NOTE Confidence: 0.85716176

00:00:15.210 --> 00:00:16.630 Answers with your host

NOTE Confidence: 0.85716176

00:00:16.630 --> 00:00:18.700 Doctor Anees Chagpar. Yale Cancer

NOTE Confidence: 0.85716176

00:00:18.700 --> 00:00:20.080 Answers features the latest

NOTE Confidence: 0.85716176

00:00:20.141 --> 00:00:22.216 information on cancer care by

NOTE Confidence: 0.85716176

00:00:22.216 --> 00:00:23.876 welcoming oncologists and specialists

NOTE Confidence: 0.85716176

00:00:23.876 --> 00:00:26.106 who are on the forefront of the

NOTE Confidence: 0.85716176

00:00:26.106 --> 00:00:27.952 battle to fight cancer. This week,

NOTE Confidence: 0.85716176

00:00:27.952 --> 00:00:29.632 it's a conversation about prostate

NOTE Confidence: 0.85716176

00:00:29.632 --> 00:00:31.539 cancer with Doctor Michael Leapman.

NOTE Confidence: 0.85716176

00:00:31.540 --> 00:00:33.610 Doctor Leapman is assistant professor of

NOTE Confidence: 0.85716176

00:00:33.610 --> 00:00:36.159 urology at the Yale School of Medicine,

NOTE Confidence: 0.85716176

00:00:36.160 --> 00:00:38.290 where Doctor Chagpar is a

NOTE Confidence: 0.85716176

00:00:38.290 --> 00:00:39.710 professor of surgical oncology.

NOTE Confidence: 0.8664472

00:00:40.970 --> 00:00:43.498 Michael, maybe we can start off by

NOTE Confidence: 0.8664472

00:00:43.498 --> 00:00:45.777 laying the groundwork and giving us

NOTE Confidence: 0.8664472

00:00:45.777 --> 00:00:48.648 a bit of a landscape of prostate cancer.

NOTE Confidence: 0.8664472

00:00:48.650 --> 00:00:51.314 How common is it? How lethal is it?

NOTE Confidence: 0.8664472

00:00:51.320 --> 00:00:53.658 Who gets it? Why should we care

NOTE Confidence: 0.8664472

00:00:53.658 --> 00:00:55.000 about this disease?

NOTE Confidence: 0.8664472

00:00:55.000 --> 00:00:57.016 Prostate cancer is something

NOTE Confidence: 0.8664472

00:00:57.016 --> 00:00:59.669 that I think is always on our minds.

NOTE Confidence: 0.8664472

00:00:59.670 --> 00:01:02.676 We hear a lot about it on the news.

NOTE Confidence: 0.8664472

00:01:02.680 --> 00:01:04.892 It is the most commonly diagnosed non

NOTE Confidence: 0.8664472

00:01:04.892 --> 00:01:06.999 skin cancer in men and over 230,000

NOTE Confidence: 0.8664472

00:01:06.999 --> 00:01:09.189 American men are expected to be

NOTE Confidence: 0.8664472

00:01:09.189 --> 00:01:11.499 diagnosed with prostate cancer next year.

NOTE Confidence: 0.8664472

00:01:11.500 --> 00:01:13.684 And it's also the second leading

NOTE Confidence: 0.8664472

00:01:13.684 --> 00:01:15.689 cause of cancer death in men,

NOTE Confidence: 0.8664472

00:01:15.690 --> 00:01:17.860 and so that imbalance between how common

NOTE Confidence: 0.8664472

00:01:17.860 --> 00:01:20.868 it is and the risk of death from prostate

NOTE Confidence: 0.8664472

00:01:20.868 --> 00:01:23.020 cancer is really quite interesting,

NOTE Confidence: 0.8664472

00:01:23.020 --> 00:01:25.463 because the majority of men who are

NOTE Confidence: 0.8664472

00:01:25.463 --> 00:01:27.255 diagnosed with prostate cancer will

NOTE Confidence: 0.8664472

00:01:27.255 --> 00:01:29.295 not have a very aggressive cancer.

NOTE Confidence: 0.8664472

00:01:29.300 --> 00:01:30.212 But then again,

NOTE Confidence: 0.8664472

00:01:30.212 --> 00:01:32.340 there is a lot of aggressive prostate

NOTE Confidence: 0.8664472

00:01:32.407 --> 00:01:34.187 cancer that requires treatment,

NOTE Confidence: 0.8664472

00:01:34.190 --> 00:01:36.278 and so figuring out that balance,

NOTE Confidence: 0.8664472

00:01:36.280 --> 00:01:38.025 figuring out where one lives

NOTE Confidence: 0.8664472

00:01:38.025 --> 00:01:39.770 on that spectrum is really

NOTE Confidence: 0.8842076

00:01:39.770 --> 00:01:42.206 important.

NOTE Confidence: 0.8842076

00:01:42.210 --> 00:01:46.856 How does that happen? Is it a matter of

NOTE Confidence: 0.8842076

00:01:46.856 --> 00:01:49.992 seeing how aggressive the cancer

NOTE Confidence: 0.8842076

00:01:49.992 --> 00:01:53.326 cells look by their grade on a biopsy?

NOTE Confidence: 0.8842076

00:01:53.330 --> 00:01:56.011 Or are there other factors that kind

NOTE Confidence: 0.8842076

00:01:56.011 --> 00:01:59.504 of play into figuring out how

NOTE Confidence: 0.8842076

00:01:59.504 --> 00:02:02.319 aggressive this cancer is?

NOTE Confidence: 0.8923279

00:02:02.320 --> 00:02:05.660 A lot of factors really come

NOTE Confidence: 0.8923279

00:02:05.742 --> 00:02:08.490 together to help make that distinction

NOTE Confidence: 0.8923279

00:02:08.490 --> 00:02:11.728 about the risk level that someone has.

NOTE Confidence: 0.8923279

00:02:11.730 --> 00:02:14.280 Historically, we really had a very

NOTE Confidence: 0.8923279

00:02:14.280 --> 00:02:16.320 monolithic approach where if someone had

NOTE Confidence: 0.8923279

00:02:16.320 --> 00:02:18.300 cancer there was treatment right away.

NOTE Confidence: 0.8923279

00:02:18.300 --> 00:02:20.310 There was very little disconnection there.

NOTE Confidence: 0.8923279

00:02:20.310 --> 00:02:24.024 It was just kind of a one way path from a

NOTE Confidence: 0.8923279

00:02:24.024 --> 00:02:27.048 diagnosis of prostate cancer to treatment.

NOTE Confidence: 0.8923279

00:02:27.050 --> 00:02:29.036 And that really continued for decades

NOTE Confidence: 0.8923279

00:02:29.036 --> 00:02:31.160 and decades until the understanding came

NOTE Confidence: 0.8923279

00:02:31.160 --> 00:02:33.750 that many of the prostate cancers did

NOTE Confidence: 0.8923279

00:02:33.750 --> 00:02:35.978 extremely well and probably did extremely,

NOTE Confidence: 0.8923279

00:02:35.980 --> 00:02:37.376 extremely well without treatment.

NOTE Confidence: 0.8923279

00:02:37.376 --> 00:02:39.887 And there was growing data and really

NOTE Confidence: 0.8923279

00:02:39.887 --> 00:02:42.035 strong information that these are very,

NOTE Confidence: 0.8923279

00:02:42.040 --> 00:02:45.253 very common in men in their 80s.

NOTE Confidence: 0.8923279

00:02:45.260 --> 00:02:47.759 They may be as prevalent as 60%

NOTE Confidence: 0.8923279

00:02:47.760 --> 00:02:50.259 of people might have a low grade,

NOTE Confidence: 0.8923279

00:02:50.260 --> 00:02:51.664 non aggressive prostate cancer.

NOTE Confidence: 0.8923279

00:02:51.664 --> 00:02:54.558 So this story began to be written over

NOTE Confidence: 0.8923279

00:02:54.558 --> 00:02:57.092 30 years ago where there was increasing

NOTE Confidence: 0.8923279

00:02:57.100 --> 00:02:58.084 awareness of

NOTE Confidence: 0.8923279

00:02:58.084 --> 00:03:00.544 the spectrum of aggressiveness in

NOTE Confidence: 0.8923279

00:03:00.544 --> 00:03:03.454 prostate cancer and so the main criteria

NOTE Confidence: 0.8923279

00:03:03.454 --> 00:03:06.309 that we use to estimate a given man's

NOTE Confidence: 0.8923279

00:03:06.309 --> 00:03:09.309 risk of prostate cancer and the risk of

NOTE Confidence: 0.8923279

00:03:09.310 --> 00:03:11.255 cancer will behave aggressively relate

NOTE Confidence: 0.8923279

00:03:11.255 --> 00:03:14.786 to what it does look like on under a biopsy,

NOTE Confidence: 0.8923279

00:03:14.790 --> 00:03:17.345 and there is a scale used called

NOTE Confidence: 0.8923279

00:03:17.345 --> 00:03:18.440 the Gleason scale,

NOTE Confidence: 0.8923279

00:03:18.440 --> 00:03:19.884 which is a pathologist,

NOTE Confidence: 0.8923279

00:03:19.884 --> 00:03:23.355 will take a look at the biopsy under

NOTE Confidence: 0.8923279

00:03:23.355 --> 00:03:23.969 microscope

NOTE Confidence: 0.8923279

00:03:23.970 --> 00:03:26.231 and look at how normal or abnormal

NOTE Confidence: 0.8923279

00:03:26.231 --> 00:03:27.580 the cancer cells look.

NOTE Confidence: 0.8923279

00:03:27.580 --> 00:03:29.280 Look at the architectural pattern

NOTE Confidence: 0.8923279

00:03:29.280 --> 00:03:31.509 of the glands and assign a level.

NOTE Confidence: 0.8923279

00:03:31.510 --> 00:03:33.412 And that level is highly related

NOTE Confidence: 0.8923279

00:03:33.412 --> 00:03:35.449 to the outcome of the cancer.

NOTE Confidence: 0.8923279

00:03:35.450 --> 00:03:37.090 So that's a very good

NOTE Confidence: 0.8923279

00:03:37.090 --> 00:03:39.960 way of beginning to estimate

NOTE Confidence: 0.8923279

00:03:39.960 --> 00:03:41.680 the trajectory of prostate cancer.

NOTE Confidence: 0.8923279

00:03:41.680 --> 00:03:44.088 Some of the other tools we use,

NOTE Confidence: 0.8923279

00:03:44.090 --> 00:03:46.882 are PSA levels. PSA is a common blood

NOTE Confidence: 0.8923279

00:03:46.882 --> 00:03:49.855 test that is ordered and it's a

NOTE Confidence: 0.8923279

00:03:49.855 --> 00:03:52.638 protein that is made by the prostate.

NOTE Confidence: 0.8923279

00:03:52.640 --> 00:03:55.056 And it can be found in the blood.

NOTE Confidence: 0.8923279

00:03:55.060 --> 00:03:55.331 Now,

NOTE Confidence: 0.8923279

00:03:55.331 --> 00:03:56.957 having a PSA level doesn't mean

NOTE Confidence: 0.8923279

00:03:56.957 --> 00:03:58.699 that you have prostate cancer,

NOTE Confidence: 0.8923279

00:03:58.700 --> 00:04:00.968 but there is a relationship between

NOTE Confidence: 0.8923279

00:04:00.968 --> 00:04:03.188 how high that PSA level is and the

NOTE Confidence: 0.8923279

00:04:03.188 --> 00:04:05.669 risk that a man can have prostate cancer.

NOTE Confidence: 0.8923279

00:04:05.670 --> 00:04:08.086 So that level of PSA is also prognostic,

NOTE Confidence: 0.8923279

00:04:08.090 --> 00:04:11.162 meaning it can help us estimate how likely
NOTE Confidence: 0.8923279
00:04:11.162 --> 00:04:13.959 the cancer is to be aggressive or not.
NOTE Confidence: 0.8923279
00:04:13.960 --> 00:04:15.955 And the last classic thing that
NOTE Confidence: 0.8923279
00:04:15.955 --> 00:04:18.806 we do is is a rectal examination of
NOTE Confidence: 0.8923279
00:04:18.806 --> 00:04:21.073 physical examination where we feel the
NOTE Confidence: 0.8923279
00:04:21.073 --> 00:04:23.467 prostate and see if we can feel a lump
NOTE Confidence: 0.8923279
00:04:23.470 --> 00:04:26.386 or a bump which is also kind of an
NOTE Confidence: 0.8923279
00:04:26.386 --> 00:04:28.858 indicator of how big a tumor might be,
NOTE Confidence: 0.8923279
00:04:28.860 --> 00:04:30.762 or if there's something that has
NOTE Confidence: 0.8923279
00:04:30.762 --> 00:04:32.030 reached a significant level.
NOTE Confidence: 0.8923279
00:04:32.030 --> 00:04:33.818 So those are historically how we
NOTE Confidence: 0.8923279
00:04:33.818 --> 00:04:35.401 estimate aggressiveness and
NOTE Confidence: 0.8923279
00:04:35.401 --> 00:04:36.777 the appropriateness of treatment,
NOTE Confidence: 0.8923279
00:04:36.780 --> 00:04:38.370 or what treatment should be
NOTE Confidence: 0.88028723
00:04:38.370 --> 00:04:40.398 undertaken. So before we kind of
NOTE Confidence: 0.88028723
00:04:40.398 --> 00:04:42.987 dig into a little bit more on that

NOTE Confidence: 0.88028723

00:04:42.987 --> 00:04:45.140 just to take one step back when

NOTE Confidence: 0.88028723

00:04:45.140 --> 00:04:47.180 people often hear about PSA

NOTE Confidence: 0.88028723

00:04:47.180 --> 00:04:48.812 and digital rectal exams,

NOTE Confidence: 0.88028723

00:04:48.820 --> 00:04:50.890 they often think about screening more

NOTE Confidence: 0.88028723

00:04:50.890 --> 00:04:53.320 than they do about prognostication.

NOTE Confidence: 0.88028723

00:04:53.320 --> 00:04:55.896 And yet there have been some changes

NOTE Confidence: 0.88028723

00:04:55.896 --> 00:04:58.424 I understand to what people are

NOTE Confidence: 0.88028723

00:04:58.424 --> 00:05:00.679 recommending in terms of screening.

NOTE Confidence: 0.88028723

00:05:00.680 --> 00:05:03.272 So can you take us back and tell

NOTE Confidence: 0.88028723

00:05:03.272 --> 00:05:06.376 us a little bit about who should

NOTE Confidence: 0.88028723

00:05:06.376 --> 00:05:09.270 get screened when and with what?

NOTE Confidence: 0.88028723

00:05:09.270 --> 00:05:11.526 Should all men get screened if

NOTE Confidence: 0.88028723

00:05:11.526 --> 00:05:13.770 prostate cancer is really prevalent,

NOTE Confidence: 0.88028723

00:05:13.770 --> 00:05:16.218 should this be a foregone conclusion,

NOTE Confidence: 0.88028723

00:05:16.220 --> 00:05:19.615 or is there a benefit to screening?

NOTE Confidence: 0.88028723

00:05:19.620 --> 00:05:21.576 And if so, in what populations?

00:05:21.910 --> 00:05:24.542 I'm so happy you asked that because

NOTE Confidence: 0.90424776

00:05:24.542 --> 00:05:26.682 that really I think begins to speak

NOTE Confidence: 0.90424776

00:05:26.682 --> 00:05:28.880 to the heart of the controversy and

NOTE Confidence: 0.90424776

00:05:28.880 --> 00:05:31.386 what I see in my daily practices.

NOTE Confidence: 0.90424776

00:05:31.390 --> 00:05:33.858 There is so much

NOTE Confidence: 0.90424776

00:05:33.860 --> 00:05:35.985 ongoing communication about that and

NOTE Confidence: 0.90424776

00:05:35.985 --> 00:05:37.685 different perceptions about screening.

NOTE Confidence: 0.90424776

00:05:37.690 --> 00:05:41.506 And so the story does go back even further,

NOTE Confidence: 0.90424776

00:05:41.510 --> 00:05:43.246 again, probably several decades

NOTE Confidence: 0.90424776

00:05:43.246 --> 00:05:46.320 ago when that PSA blood test was

NOTE Confidence: 0.90424776

00:05:46.320 --> 00:05:48.305 discovered in the late 1980s,

NOTE Confidence: 0.90424776

00:05:48.310 --> 00:05:52.550 and they found that if you check PSA

NOTE Confidence: 0.90424776

00:05:52.550 --> 00:05:55.014 you will find some people

NOTE Confidence: 0.90424776

00:05:55.014 --> 00:05:56.890 who have abnormal PSA levels,

NOTE Confidence: 0.90424776

00:05:56.890 --> 00:05:59.734 and we typically do a biopsy next and we're

NOTE Confidence: 0.90424776

00:05:59.734 --> 00:06:01.960 identifying prostate cancer so historically,

NOTE Confidence: 0.90424776

00:06:01.960 --> 00:06:04.319 back in the late 80s and early

NOTE Confidence: 0.90424776

00:06:04.319 --> 00:06:06.668 90s and into the early 2000s,

NOTE Confidence: 0.90424776

00:06:06.670 --> 00:06:09.197 there was a lot of PSA testing.

NOTE Confidence: 0.90424776

00:06:09.200 --> 00:06:12.458 It was routinely used in pretty much all men,

NOTE Confidence: 0.90424776

00:06:12.460 --> 00:06:13.308 adult men,

NOTE Confidence: 0.90424776

00:06:13.308 --> 00:06:15.852 and a lot of prostate cancers

NOTE Confidence: 0.90424776

00:06:15.852 --> 00:06:18.279 were being found as a result.

NOTE Confidence: 0.90424776

00:06:18.280 --> 00:06:19.696 And so you know,

NOTE Confidence: 0.90424776

00:06:19.696 --> 00:06:22.230 it became clear that

NOTE Confidence: 0.90424776

00:06:22.230 --> 00:06:24.020 since a lot of prostate

NOTE Confidence: 0.90424776

00:06:24.020 --> 00:06:25.452 cancer is being detected,

NOTE Confidence: 0.90424776

00:06:25.460 --> 00:06:27.230 that more rigorous evidence was

NOTE Confidence: 0.90424776

00:06:27.230 --> 00:06:29.455 needed to be undertaken so very

NOTE Confidence: 0.90424776

00:06:29.455 --> 00:06:30.995 large national and International

NOTE Confidence: 0.90424776

00:06:30.995 --> 00:06:33.635 Studies were done to look at the

NOTE Confidence: 0.90424776

00:06:33.635 --> 00:06:35.579 benefits of PSA testing to determine

NOTE Confidence: 0.90424776

00:06:35.579 --> 00:06:37.562 and really quantify how beneficial it

NOTE Confidence: 0.90424776

00:06:37.562 --> 00:06:40.544 is to have a PSA checked and find a

NOTE Confidence: 0.90424776

00:06:40.544 --> 00:06:42.686 cancer that could be in the prostate

NOTE Confidence: 0.90424776

00:06:42.760 --> 00:06:44.848 which was previously undetected,

NOTE Confidence: 0.90424776

00:06:44.850 --> 00:06:46.678 because they generally don't

NOTE Confidence: 0.90424776

00:06:46.678 --> 00:06:48.506 cause symptoms and so

NOTE Confidence: 0.90424776

00:06:48.510 --> 00:06:49.930 when we talk about screening,

NOTE Confidence: 0.90424776

00:06:49.930 --> 00:06:51.715 we mean taking people who have no

NOTE Confidence: 0.90424776

00:06:51.715 --> 00:06:53.335 symptoms who are otherwise, well., NOTE Confidence: 0.90424776

00:06:53.335 --> 00:06:55.330 they have no evidence of prostate cancer,

NOTE Confidence: 0.90424776

00:06:55.330 --> 00:06:57.240 but trying to find something

NOTE Confidence: 0.90424776

00:06:57.240 --> 00:06:59.575 early before it is manifest before

NOTE Confidence: 0.90424776

00:06:59.575 --> 00:07:01.335 it comes to the surface.

NOTE Confidence: 0.90424776

00:07:01.340 --> 00:07:04.140 And a few studies have been done,

NOTE Confidence: 0.90424776

00:07:04.140 --> 00:07:06.821 and one landmark study was performed in

NOTE Confidence: 0.90424776

00:07:06.821 --> 00:07:09.269 the United States which really didn't

NOTE Confidence: 0.90424776

00:07:09.269 --> 00:07:12.139 find a big survival benefit to screening.

NOTE Confidence: 0.90424776

00:07:12.140 --> 00:07:14.940 And so as a result in 2012,

NOTE Confidence: 0.90424776

00:07:14.940 --> 00:07:17.340 the US Preventive Service Task Force,

NOTE Confidence: 0.90424776

00:07:17.340 --> 00:07:19.340 which is a guideline issuing

NOTE Confidence: 0.90424776

00:07:19.340 --> 00:07:21.340 body in the United States,

NOTE Confidence: 0.90424776

00:07:21.340 --> 00:07:25.188 said that because of that absence of benefit

NOTE Confidence: 0.90424776

00:07:25.190 --> 00:07:27.577 and the great potential for harm by

NOTE Confidence: 0.90424776

00:07:27.577 --> 00:07:29.993 treating that no men should undergo

NOTE Confidence: 0.90424776

00:07:29.993 --> 00:07:32.203 PSA testing under any circumstance.

NOTE Confidence: 0.90424776

00:07:32.210 --> 00:07:35.808 It was kind of a blanket recommendation.

NOTE Confidence: 0.90424776

00:07:35.810 --> 00:07:38.155 And this was really kind of a

NOTE Confidence: 0.90424776

00:07:38.155 --> 00:07:39.640 controversial statement for people,

NOTE Confidence: 0.90424776

00:07:39.640 --> 00:07:41.728 especially in the prostate cancer field,

NOTE Confidence: 0.90424776

00:07:41.730 --> 00:07:43.676 because it was clear that in the

NOTE Confidence: 0.90424776

00:07:43.676 --> 00:07:45.525 20 years where prostate cancer

NOTE Confidence: 0.90424776

00:07:45.525 --> 00:07:46.947 screening was occurring,

NOTE Confidence: 0.90424776

00:07:46.950 --> 00:07:49.512 there was a substantial reduction in

NOTE Confidence: 0.90424776

00:07:49.512 --> 00:07:52.969 the risk of death from prostate cancer.

NOTE Confidence: 0.90424776

00:07:52.970 --> 00:07:55.868 And so right after that guideline came to be,

NOTE Confidence: 0.90424776

00:07:55.870 --> 00:07:57.480 there was another study

NOTE Confidence: 0.90424776

00:07:57.480 --> 00:07:59.090 that finally came to fruition,

00:08:00.700 --> 00:08:03.268 which had been conducted for over 10 years,

NOTE Confidence: 0.90424776

00:08:03.270 --> 00:08:04.880 but the results weren't available,

NOTE Confidence: 0.90424776

00:08:04.880 --> 00:08:06.490 which was performed in Europe,

NOTE Confidence: 0.90424776

00:08:06.490 --> 00:08:09.052 which did find a large benefit to

NOTE Confidence: 0.90424776

00:08:09.052 --> 00:08:11.773 screening with PSA in terms of reducing

NOTE Confidence: 0.90424776

00:08:11.773 --> 00:08:14.095 the risk of prostate cancer death.

NOTE Confidence: 0.90424776

00:08:14.100 --> 00:08:16.585 So here you have these two conflicting

NOTE Confidence: 0.90424776

00:08:16.585 --> 00:08:18.053 randomized trials which create

NOTE Confidence: 0.90424776

00:08:18.053 --> 00:08:20.081 a lot of uncertainty at which

NOTE Confidence: 0.90424776

00:08:20.081 --> 00:08:21.560 that uncertainty still exists,

NOTE Confidence: 0.90424776

00:08:21.560 --> 00:08:23.780 and there's still a lot of

NOTE Confidence: 0.90424776

00:08:23.780 --> 00:08:25.652 controversy about which one is

NOTE Confidence: 0.90424776

00:08:25.652 --> 00:08:27.590 right and which one is flawed.

NOTE Confidence: 0.90424776

00:08:27.590 --> 00:08:28.658 There are some

00:08:29.370 --> 00:08:31.525 substantial flaws with the

NOTE Confidence: 0.90424776

00:08:31.525 --> 00:08:33.680 study performed in the United

NOTE Confidence: 0.85288113

00:08:33.752 --> 00:08:34.830 States because

NOTE Confidence: 0.85288113

00:08:34.830 --> 00:08:36.384 many of the patients who were in

NOTE Confidence: 0.85288113

00:08:36.384 --> 00:08:37.828 the trial were actually already

NOTE Confidence: 0.85288113

00:08:37.828 --> 00:08:39.280 screened for prostate cancer,

NOTE Confidence: 0.85288113

00:08:39.280 --> 00:08:42.600 so it was a bit hard to

NOTE Confidence: 0.85288113

00:08:42.600 --> 00:08:44.544 distinguish those who had been

NOTE Confidence: 0.85288113

00:08:44.544 --> 00:08:45.840 screened already versus those

NOTE Confidence: 0.85288113

00:08:45.897 --> 00:08:47.337 who were not being screened.

NOTE Confidence: 0.85288113

00:08:47.340 --> 00:08:49.517 So it was almost as if everyone

NOTE Confidence: 0.85288113

00:08:49.517 --> 00:08:51.449 was really getting the same thing.

NOTE Confidence: 0.85288113

00:08:51.450 --> 00:08:54.024 So the controlled element of the

NOTE Confidence: 0.85288113

00:08:54.024 --> 00:08:56.780 trial was hard to appreciate.

NOTE Confidence: 0.85288113

00:08:56.780 --> 00:08:58.922 So that's kind of a long winded

NOTE Confidence: 0.85288113

00:08:58.922 --> 00:09:01.251 way of saying that it's still

NOTE Confidence: 0.85288113

00:09:01.251 --> 00:09:03.039 a very controversial question,

NOTE Confidence: 0.85288113

00:09:03.040 --> 00:09:05.284 but the evidence has really continued

NOTE Confidence: 0.85288113

00:09:05.284 --> 00:09:07.553 to accumulate as these studies have

NOTE Confidence: 0.85288113

00:09:07.553 --> 00:09:10.024 been followed for more and more years,

NOTE Confidence: 0.85288113

00:09:10.030 --> 00:09:12.221 and it really does appear to

NOTE Confidence: 0.85288113

00:09:12.221 --> 00:09:14.715 be as a substantial risk reduction

NOTE Confidence: 0.85288113

00:09:14.715 --> 00:09:17.667 in death from prostate cancer by

NOTE Confidence: 0.85288113

00:09:17.667 --> 00:09:20.180 having a PSA checked and finding

NOTE Confidence: 0.85288113

00:09:20.180 --> 00:09:21.820 early stage cancers and

NOTE Confidence: 0.88629407

00:09:21.820 --> 00:09:24.388 so do you recommend that for all men

NOTE Confidence: 0.88629407

00:09:24.388 --> 00:09:28.559 or men over a certain age or men with a

NOTE Confidence: 0.88629407

00:09:28.559 --> 00:09:30.038 certain demographic characteristic?

NOTE Confidence: 0.88629407

00:09:30.040 --> 00:09:32.120 I mean, perhaps the difference

NOTE Confidence: 0.88629407

00:09:32.120 --> 00:09:34.200 between the two studies and

NOTE Confidence: 0.88629407

00:09:34.273 --> 00:09:36.208 I'm just surmising here,

NOTE Confidence: 0.88629407

00:09:36.210 --> 00:09:38.265 maybe that there were different

NOTE Confidence: 0.88629407

00:09:38.265 --> 00:09:40.320 characteristics of the people participating,

NOTE Confidence: 0.88629407

00:09:40.320 --> 00:09:43.001 such that some men may

NOTE Confidence: 0.88629407

00:09:43.001 --> 00:09:45.126 really benefit from early detection

NOTE Confidence: 0.88629407

00:09:45.126 --> 00:09:47.719 and other men, not so much.

NOTE Confidence: 0.88629407

00:09:47.720 --> 00:09:50.410 I think you're absolutely right.

NOTE Confidence: 0.88629407

00:09:50.410 --> 00:09:53.168 And so we really kind of

NOTE Confidence: 0.88629407

00:09:53.168 --> 00:09:56.712 have to be anchored in what the

NOTE Confidence: 0.88629407

00:09:56.712 --> 00:10:00.102 studies have shown and the studies

NOTE Confidence: 0.88629407

00:10:00.110 --> 00:10:03.107 in both Europe and the United States,

NOTE Confidence: 0.88629407

00:10:03.110 --> 00:10:06.098 really focus on men in their 50s and 60s,

NOTE Confidence: 0.88629407

00:10:06.100 --> 00:10:08.375 and so the best evidence would suggest

NOTE Confidence: 0.88629407

00:10:08.375 --> 00:10:10.979 that men who are above the age of

NOTE Confidence: 0.88629407

00:10:10.979 --> 00:10:12.966 75 really don't benefit very much

NOTE Confidence: 0.88629407

00:10:12.966 --> 00:10:15.096 from having a routine PSA checked.

NOTE Confidence: 0.88629407

00:10:15.100 --> 00:10:17.692 Now it's a different story if people are

NOTE Confidence: 0.88629407

00:10:17.692 --> 00:10:19.911 having urinary symptoms or have a reason

NOTE Confidence: 0.88629407

00:10:19.911 --> 00:10:22.419 to suspect that they have prostate cancer.

NOTE Confidence: 0.88629407

00:10:22.420 --> 00:10:24.418 But when we talk about screening,

NOTE Confidence: 0.88629407

00:10:24.420 --> 00:10:25.748 we're saying being asymptomatic,

NOTE Confidence: 0.88629407

00:10:25.748 --> 00:10:26.744 having no problems,

NOTE Confidence: 0.88629407

00:10:26.750 --> 00:10:29.270 but getting a PSA checked and going

NOTE Confidence: 0.88629407

00:10:29.270 --> 00:10:31.430 looking for potential prostate cancer.

NOTE Confidence: 0.88629407

00:10:31.430 --> 00:10:34.321 So the US Preventive Services Task Force

NOTE Confidence: 0.88629407

00:10:34.321 --> 00:10:37.085 which issues these these guidelines in

NOTE Confidence: 0.88629407

00:10:37.085 --> 00:10:39.500 2018 revised their recommendation to

NOTE Confidence: 0.88629407

00:10:39.500 --> 00:10:41.804 suggest that prostate cancer screening

NOTE Confidence: 0.88629407

00:10:41.804 --> 00:10:44.744 with PSA can be considered kind of

NOTE Confidence: 0.88629407

00:10:44.750 --> 00:10:46.970 in a shared decision-making fashion,

NOTE Confidence: 0.88629407

00:10:46.970 --> 00:10:49.840 which means that a patient and their

NOTE Confidence: 0.88629407

00:10:49.840 --> 00:10:52.096 physician should have a conversation

NOTE Confidence: 0.88629407

00:10:52.096 --> 00:10:54.958 about the potential harms and benefits,

NOTE Confidence: 0.88629407

00:10:54.960 --> 00:10:58.320 and find a way to balance the potential

NOTE Confidence: 0.88629407

00:10:58.320 --> 00:11:01.177 harms of undergoing a PSA test,

NOTE Confidence: 0.88629407

00:11:01.180 --> 00:11:02.461 which could include

NOTE Confidence: 0.88629407

00:11:02.461 --> 00:11:04.169 having a prostate biopsy,

NOTE Confidence: 0.88629407

00:11:04.170 --> 00:11:06.354 having invasive testing or finding a

NOTE Confidence: 0.88629407

00:11:06.354 --> 00:11:09.130 cancer which is non aggressive and

NOTE Confidence: 0.88629407

00:11:09.130 --> 00:11:12.042 might not have changed their life expectancy.

NOTE Confidence: 0.88629407

00:11:12.050 --> 00:11:14.258 And balancing that with the potential

NOTE Confidence: 0.88629407

00:11:14.258 --> 00:11:16.406 benefit of reducing their risk from

NOTE Confidence: 0.88629407

00:11:16.406 --> 00:11:18.534 prostate cancer death so it is really

NOTE Confidence: 0.88629407

00:11:18.534 --> 00:11:21.006 kind of not a one size fits all approach,

NOTE Confidence: 0.88629407

00:11:21.010 --> 00:11:23.467 but it really should occur for men

NOTE Confidence: 0.88629407

00:11:23.467 --> 00:11:26.126 who are in the age of 55 to 69,

NOTE Confidence: 0.88629407

00:11:26.130 --> 00:11:28.370 which is kind of the recommended group.

NOTE Confidence: 0.88629407

00:11:28.370 --> 00:11:30.128 Some demographics appear to be higher

NOTE Confidence: 0.88629407

00:11:30.128 --> 00:11:32.017 risk and we do recommend earlier

NOTE Confidence: 0.88629407

00:11:32.017 --> 00:11:33.979 screening beginning at

NOTE Confidence: 0.88629407

00:11:33.979 --> 00:11:36.003 45 and potentially even earlier for

NOTE Confidence: 0.88629407

00:11:36.003 --> 00:11:38.265 people who are falling into a high

NOTE Confidence: 0.88629407

00:11:38.265 --> 00:11:40.035 risk demographic based on a strong

NOTE Confidence: 0.88629407

00:11:40.035 --> 00:11:41.810 family history of prostate cancer,

NOTE Confidence: 0.88629407

00:11:41.810 --> 00:11:43.700 and that means having a

NOTE Confidence: 0.88629407

00:11:43.700 --> 00:11:44.860 first degree family relative

NOTE Confidence: 0.88629407

00:11:44.860 --> 00:11:45.730 with prostate cancer,

NOTE Confidence: 0.88629407

00:11:45.730 --> 00:11:48.466 such as a brother or father.

NOTE Confidence: 0.88629407

00:11:48.470 --> 00:11:50.468 Or having a known genetic alteration,

NOTE Confidence: 0.88629407

00:11:50.470 --> 00:11:52.638 such as a mutation in the BRCA2

NOTE Confidence: 0.88629407

00:11:52.638 --> 00:11:54.873 gene which is known to be associated

NOTE Confidence: 0.88629407

00:11:54.873 --> 00:11:56.949 with prostate cancer risk and other

NOTE Confidence: 0.88629407

00:11:56.949 --> 00:11:58.899 certain racial demographics such as

NOTE Confidence: 0.88629407

00:11:58.899 --> 00:12:01.078 African American men are at higher

NOTE Confidence: 0.88629407

00:12:01.078 --> 00:12:02.623 risk for prostate cancer detection

NOTE Confidence: 0.88629407

00:12:02.623 --> 00:12:04.450 and death from prostate cancer,

NOTE Confidence: 0.88629407

00:12:04.450 --> 00:12:06.690 and so they also fall into a higher

NOTE Confidence: 0.88629407

00:12:06.690 --> 00:12:08.546 risk category where screening may

NOTE Confidence: 0.88629407

00:12:08.546 --> 00:12:09.776 be appropriate earlier.

NOTE Confidence: 0.88629407

00:12:09.780 --> 00:12:12.097 But it's definitely not a one size

NOTE Confidence: 0.88629407

00:12:12.097 --> 00:12:14.109 fits all approach.

NOTE Confidence: 0.88629407

00:12:14.110 --> 00:12:16.720 I do think that the way to do it

NOTE Confidence: 0.88629407

00:12:16.720 --> 00:12:19.166 is to really have a thoughtful

NOTE Confidence: 0.88629407

00:12:19.170 --> 00:12:20.190 conversation to understand

NOTE Confidence: 0.88629407

00:12:20.190 --> 00:12:21.550 the whole picture here and

00:12:21.911 --> 00:12:24.438 why we would even consider prostate

NOTE Confidence: 0.88629407

00:12:24.438 --> 00:12:26.308 cancer screening what we could find,

NOTE Confidence: 0.88629407

00:12:26.310 --> 00:12:28.010 what the outcomes could be,

NOTE Confidence: 0.88629407

00:12:28.010 --> 00:12:30.050 what could happen

NOTE Confidence: 0.88629407

00:12:30.050 --> 00:12:32.220 and so doing that in the context

NOTE Confidence: 0.88629407

00:12:32.220 --> 00:12:34.220 of a relationship with a physician

NOTE Confidence: 0.88629407

00:12:34.220 --> 00:12:35.895 or health care provider who

NOTE Confidence: 0.88629407

00:12:35.895 --> 00:12:37.868 you trust is really important.

NOTE Confidence: 0.931155

00:12:38.930 --> 00:12:42.692 And going back to our

NOTE Confidence: 0.931155

00:12:42.692 --> 00:12:43.946 earlier conversation,

NOTE Confidence: 0.931155

00:12:43.950 --> 00:12:46.200 even if you're screened and an

NOTE Confidence: 0.931155

00:12:46.200 --> 00:12:48.390 early prostate cancer is detected,

NOTE Confidence: 0.931155

00:12:48.390 --> 00:12:50.814 not all men will undergo treatment

NOTE Confidence: 0.931155

00:12:50.814 --> 00:12:52.834 for their prostate cancer, right?

NOTE Confidence: 0.931155

00:12:52.834 --> 00:12:56.066 So how do you decide who gets treatment?

NOTE Confidence: 0.931155

00:12:56.070 --> 00:12:57.686 Who doesn't get treatment,

NOTE Confidence: 0.931155

00:12:57.686 --> 00:12:59.706 and what that looks like?

NOTE Confidence: 0.931155

00:12:59.710 --> 00:13:02.128 Yes, and I think that has

NOTE Confidence: 0.8564096

00:13:02.130 --> 00:13:04.824 really been the transformational shift that

NOTE Confidence: 0.8564096

00:13:04.824 --> 00:13:08.188 has happened in the past ten years or so.

NOTE Confidence: 0.8564096

00:13:08.190 --> 00:13:11.961 And you know the harms of PSA testing really

NOTE Confidence: 0.8564096

00:13:11.961 --> 00:13:15.178 relate to treating cancers that we find,

NOTE Confidence: 0.8564096

00:13:15.180 --> 00:13:17.620 and there are real

NOTE Confidence: 0.8564096

00:13:17.620 --> 00:13:19.572 risks of cancer treatment,

NOTE Confidence: 0.8564096

00:13:19.580 --> 00:13:22.030 including changes to urinary function,

00:13:24.190 --> 00:13:26.350 and GI and rectal toxicity.

NOTE Confidence: 0.8564096

00:13:26.350 --> 00:13:29.157 So the big change is

NOTE Confidence: 0.8564096

00:13:29.157 --> 00:13:30.814 the acknowledgement that it

NOTE Confidence: 0.8564096

00:13:30.814 --> 00:13:32.699 is appropriate to not treat

NOTE Confidence: 0.8564096

00:13:32.700 --> 00:13:34.974 initially patients who have cancer that

NOTE Confidence: 0.8564096

00:13:34.974 --> 00:13:38.325 appear to be non aggressive and that is a

NOTE Confidence: 0.8564096

00:13:38.325 --> 00:13:41.040 process that we call active surveillance,

NOTE Confidence: 0.8564096

00:13:41.040 --> 00:13:43.134 which is a period of close

NOTE Confidence: 0.8564096

00:13:43.134 --> 00:13:44.530 monitoring of prostate cancer

NOTE Confidence: 0.8564096

00:13:44.601 --> 00:13:46.597 rather than immediate treatment.

NOTE Confidence: 0.8564096

00:13:46.600 --> 00:13:49.290 And so what's so

NOTE Confidence: 0.8564096

00:13:49.290 --> 00:13:51.980 transformative about that is that

NOTE Confidence: 0.8564096

00:13:51.980 --> 00:13:53.422 it sort of allows us to have

NOTE Confidence: 0.8564096

00:13:53.422 --> 00:13:54.840 the benefits of early detection,

NOTE Confidence: 0.8564096

00:13:54.840 --> 00:13:55.756 which are finding

NOTE Confidence: 0.8564096

00:13:55.756 --> 00:13:58.046 potentially lethal cancers earlier,

NOTE Confidence: 0.8564096

00:13:58.050 --> 00:14:00.516 treating those ones and forgoing or

NOTE Confidence: 0.8564096

00:14:00.516 --> 00:14:02.160 deferring treatment altogether for

NOTE Confidence: 0.8564096

00:14:02.219 --> 00:14:04.445 those cancers that are non aggressive.

NOTE Confidence: 0.87316716

00:14:05.490 --> 00:14:07.882 So we're going to have to take a

NOTE Confidence: 0.87316716

00:14:07.882 --> 00:14:09.849 short break for medical minute,

NOTE Confidence: 0.87316716

00:14:09.850 --> 00:14:11.520 but when we come back,

NOTE Confidence: 0.87316716

00:14:11.520 --> 00:14:14.200 we're going to dig into who gets treated,

NOTE Confidence: 0.87316716

00:14:14.200 --> 00:14:15.396 how they get treated,

NOTE Confidence: 0.87316716

00:14:15.396 --> 00:14:17.190 and how we can really personalize

NOTE Confidence: 0.87316716

00:14:17.254 --> 00:14:18.890 treatment for prostate cancer.

NOTE Confidence: 0.87316716

00:14:18.890 --> 00:14:20.900 So please stay tuned with my

NOTE Confidence: 0.87316716

00:14:20.900 --> 00:14:22.240 guest Doctor Michael Leapman.

NOTE Confidence: 0.84168994

00:14:22.860 --> 00:14:25.425 Support for Yale Cancer Answers

NOTE Confidence: 0.84168994

00:14:25.425 --> 00:14:28.485 comes from AstraZeneca, working to

NOTE Confidence: 0.84168994

00:14:28.485 --> 00:14:31.334 eliminate cancer as a cause of death.

NOTE Confidence: 0.84168994

00:14:31.340 --> 00:14:33.220 Learn more at astrazeneca-us.com.

NOTE Confidence: 0.88811874

00:14:35.270 --> 00:14:38.558 This is a medical minute about breast cancer,

NOTE Confidence: 0.88811874

00:14:38.560 --> 00:14:40.615 the most common cancer in

NOTE Confidence: 0.88811874

00:14:40.615 --> 00:14:42.259 women. In Connecticut alone,

NOTE Confidence: 0.88811874

00:14:42.260 --> 00:14:44.330 approximately 3000 women will be

NOTE Confidence: 0.88811874

00:14:44.330 --> 00:14:46.780 diagnosed with breast cancer this year,

NOTE Confidence: 0.88811874

00:14:46.780 --> 00:14:48.830 but thanks to earlier detection,

NOTE Confidence: 0.88811874

00:14:48.830 --> 00:14:50.890 noninvasive treatments, and novel therapies,

NOTE Confidence: 0.88811874

00:14:50.890 --> 00:14:53.739 there are more options for patients to

NOTE Confidence: 0.88811874

00:14:53.739 --> 00:14:56.230 fight breast cancer than ever before.

NOTE Confidence: 0.88811874

00:14:56.230 --> 00:14:58.696 Women should schedule a baseline mammogram

NOTE Confidence: 0.88811874

00:14:58.696 --> 00:15:02.367 beginning at age 40 or earlier if they have

NOTE Confidence: 0.88811874

00:15:02.367 --> 00:15:04.860 risk factors associated with breast cancer.

NOTE Confidence: 0.88811874

00:15:04.860 --> 00:15:06.790 Digital breast tomosynthesis or

NOTE Confidence: 0.88811874

00:15:06.790 --> 00:15:08.334 3D mammography is transforming

NOTE Confidence: 0.88811874

00:15:08.334 --> 00:15:10.270 breast screening by significantly

NOTE Confidence: 0.88811874

00:15:10.270 --> 00:15:11.944 reducing unnecessary procedures

NOTE Confidence: 0.88811874

00:15:11.944 --> 00:15:15.292 while picking up more cancers and

NOTE Confidence: 0.88811874

00:15:15.292 --> 00:15:18.027 eliminating some of the fear and anxiety

NOTE Confidence: 0.88811874

00:15:18.030 --> 00:15:19.485 many women experience.

NOTE Confidence: 0.88811874

00:15:19.485 --> 00:15:21.425 More information is available

NOTE Confidence: 0.88811874

00:15:21.425 --> 00:15:22.395 at yalecancercenter.org.

NOTE Confidence: 0.88811874

00:15:22.400 --> 00:15:26.546 You're listening to Connecticut Public Radio.

NOTE Confidence: 0.88811874

00:15:26.550 --> 00:15:26.920 Welcome

NOTE Confidence: 0.85548645

00:15:26.920 --> 00:15:28.780 back to Yale Cancer Answers.

NOTE Confidence: 0.85548645

00:15:28.780 --> 00:15:31.236 This is doctor Anees Chagpar and

NOTE Confidence: 0.85548645

00:15:31.236 --> 00:15:33.881 I'm joined tonight by my guest doctor

NOTE Confidence: 0.85548645

00:15:33.881 --> 00:15:36.330 Michael Leapman and we're talking about prostate

NOTE Confidence: 0.85548645

00:15:36.330 --> 00:15:38.790 cancer and right before the break,

NOTE Confidence: 0.85548645

00:15:38.790 --> 00:15:40.794 Michael you were talking about the

NOTE Confidence: 0.85548645

00:15:40.794 --> 00:15:43.829 fact that some men can have

NOTE Confidence: 0.85548645

00:15:43.829 --> 00:15:45.465 what's called active surveillance,

NOTE Confidence: 0.85548645

00:15:45.470 --> 00:15:47.330 just monitoring their prostate cancer,

NOTE Confidence: 0.85548645

00:15:47.330 --> 00:15:49.900 particularly if it's found early.

NOTE Confidence: 0.85548645

00:15:49.900 --> 00:15:52.850 Because there is toxicity to

NOTE Confidence: 0.85548645

00:15:52.850 --> 00:15:54.620 prostate cancer treatment.

NOTE Confidence: 0.85548645

00:15:54.620 --> 00:15:57.126 But other men really do require treatment,

NOTE Confidence: 0.85548645

00:15:57.130 --> 00:15:59.266 so let's dig into that group.

NOTE Confidence: 0.85548645

00:15:59.270 --> 00:16:01.685 How do you figure out who

NOTE Confidence: 0.85548645

00:16:01.685 --> 00:16:03.570 requires treatment and who doesn't?

NOTE Confidence: 0.85548645

00:16:03.570 --> 00:16:06.076 Yes, so that is one of the

NOTE Confidence: 0.85548645

00:16:06.076 --> 00:16:07.150 really important things

NOTE Confidence: 0.88120437

00:16:07.150 --> 00:16:10.006 that we do at the time of diagnosis.

NOTE Confidence: 0.88120437

00:16:10.010 --> 00:16:13.232 So if a man has had a prostate biopsy,

NOTE Confidence: 0.88120437

00:16:13.240 --> 00:16:14.788 we detect prostate cancer,

NOTE Confidence: 0.88120437

00:16:14.788 --> 00:16:17.461 the first thing that we really want

NOTE Confidence: 0.88120437

00:16:17.461 --> 00:16:19.963 to do is is trying to gather all the

NOTE Confidence: 0.88120437

00:16:20.037 --> 00:16:22.795 information possible to come up with that

NOTE Confidence: 0.88120437

00:16:22.795 --> 00:16:26.428 estimate of what we're dealing with.

NOTE Confidence: 0.88120437

00:16:26.430 --> 00:16:28.550 And so, in addition to the

NOTE Confidence: 0.88120437

00:16:28.550 --> 00:16:30.560 things that we discussed previously,

NOTE Confidence: 0.88120437

00:16:30.560 --> 00:16:32.786 the Gleason score of the PSA level,

NOTE Confidence: 0.88120437

00:16:32.790 --> 00:16:33.705 the physical exam,

NOTE Confidence: 0.88120437

00:16:33.705 --> 00:16:35.840 there are other tools that can help

NOTE Confidence: 0.88120437

00:16:35.901 --> 00:16:37.875 us predict what we're dealing with,

NOTE Confidence: 0.88120437

00:16:37.880 --> 00:16:39.465 what the outcome would be

NOTE Confidence: 0.88120437

00:16:39.465 --> 00:16:40.733 if we did treatment,

NOTE Confidence: 0.88120437

00:16:40.740 --> 00:16:42.648 or if we didn't do treatment,

NOTE Confidence: 0.88120437

00:16:42.650 --> 00:16:44.750 and two of those tools that we

NOTE Confidence: 0.88120437

00:16:44.750 --> 00:16:47.037 want to talk about,

NOTE Confidence: 0.88120437

00:16:47.037 --> 00:16:49.005 one is called a prostate MRI,

NOTE Confidence: 0.88120437

00:16:49.010 --> 00:16:51.110 which essentially is a high

NOTE Confidence: 0.88120437

00:16:51.110 --> 00:16:53.210 resolution MRI of the prostate.

NOTE Confidence: 0.88120437

00:16:53.210 --> 00:16:54.930 That often actually precedes the

NOTE Confidence: 0.88120437

00:16:54.930 --> 00:16:57.454 biopsy and helps us to a more

NOTE Confidence: 0.88120437

00:16:57.454 --> 00:16:59.299 accurate biopsy by finding areas

NOTE Confidence: 0.88120437

00:16:59.299 --> 00:17:01.184 within the prostate that could

NOTE Confidence: 0.88120437

00:17:01.184 --> 00:17:02.964 harbor prostate cancer and allowing

NOTE Confidence: 0.88120437

00:17:02.964 --> 00:17:05.123 us to more accurately target them

NOTE Confidence: 0.88120437

00:17:05.123 --> 00:17:07.289 so that we can identify cancer.

NOTE Confidence: 0.88120437

00:17:07.290 --> 00:17:10.539 If we don't find something,

NOTE Confidence: 0.88120437

00:17:10.540 --> 00:17:12.395 the absence of an aggressive

NOTE Confidence: 0.88120437

00:17:12.395 --> 00:17:14.510 cancer is also reassuring to us,

NOTE Confidence: 0.88120437

00:17:14.510 --> 00:17:16.382 so that is an important component

NOTE Confidence: 0.88120437

00:17:16.382 --> 00:17:18.098 that helps us identify potentially

NOTE Confidence: 0.88120437

00:17:18.098 --> 00:17:19.734 more aggressive prostate cancer

NOTE Confidence: 0.88120437

00:17:19.734 --> 00:17:21.370 that could be present.

NOTE Confidence: 0.88120437

00:17:21.370 --> 00:17:22.814 And again increasingly happens

NOTE Confidence: 0.88120437

00:17:22.814 --> 00:17:24.619 before the time of diagnosis.

NOTE Confidence: 0.88120437

00:17:24.620 --> 00:17:26.500 But we incorporate that information

NOTE Confidence: 0.88120437

00:17:26.500 --> 00:17:28.887 to help come up with a sort

NOTE Confidence: 0.88120437

00:17:28.887 --> 00:17:30.610 of an assessment of risk.

NOTE Confidence: 0.88120437

00:17:30.610 --> 00:17:32.556 The other are a host of validated

NOTE Confidence: 0.88120437

00:17:32.556 --> 00:17:34.121 genomic tests which measure expression

NOTE Confidence: 0.88120437

00:17:34.121 --> 00:17:36.473 levels of panels of genes that are

NOTE Confidence: 0.88120437

00:17:36.473 --> 00:17:38.390 associated with prostate cancer outcome,

NOTE Confidence: 0.88120437

00:17:38.390 --> 00:17:41.630 and so these are not the tests that tell you

NOTE Confidence: 0.88120437

00:17:41.630 --> 00:17:43.884 do you have a good gene or a bad gene.

NOTE Confidence: 0.88120437

00:17:43.890 --> 00:17:46.754 These are genes that we all have

NOTE Confidence: 0.88120437

00:17:46.754 --> 00:17:49.296 present in all cells and what what we

NOTE Confidence: 0.88120437

00:17:49.296 --> 00:17:52.071 do is we sort of look at the tumor

NOTE Confidence: 0.88120437

00:17:52.071 --> 00:17:54.564 tissue and we send it off to various

NOTE Confidence: 0.88120437

00:17:54.564 --> 00:17:56.154 companies that can perform these

NOTE Confidence: 0.88120437

00:17:56.154 --> 00:17:58.470 tests and essentially get a score back,

NOTE Confidence: 0.88120437

00:17:58.470 --> 00:18:00.756 which is an estimate of risk.

NOTE Confidence: 0.88120437

00:18:00.760 --> 00:18:03.889 An estimate of the likelihood of a

NOTE Confidence: 0.88120437

00:18:03.889 --> 00:18:06.357 prostate cancer spreading beyond the

NOTE Confidence: 0.88120437

00:18:06.357 --> 00:18:08.967 prostate or returning after treatment.

NOTE Confidence: 0.88120437

00:18:08.970 --> 00:18:10.758 Now these tests are not recommended

NOTE Confidence: 0.88120437

00:18:10.758 --> 00:18:12.930 for all men with prostate cancer.

NOTE Confidence: 0.88120437

00:18:12.930 --> 00:18:14.826 They are not an absolute requirement

NOTE Confidence: 0.88120437

00:18:14.826 --> 00:18:17.232 because if the cancer appears to be

NOTE Confidence: 0.88120437

00:18:17.232 --> 00:18:18.672 sufficiently aggressive based on

NOTE Confidence: 0.88120437

00:18:18.672 --> 00:18:20.518 their Gleason score or PSA level,

NOTE Confidence: 0.88120437

00:18:20.520 --> 00:18:22.500 there appears to be little utility

NOTE Confidence: 0.88120437

00:18:22.500 --> 00:18:23.820 in doing the testing.

NOTE Confidence: 0.88120437

00:18:23.820 --> 00:18:24.150 However,

NOTE Confidence: 0.88120437

00:18:24.150 --> 00:18:26.790 for people who might be on the fence,

NOTE Confidence: 0.88120437

00:18:26.790 --> 00:18:28.545 who maybe are considering active

NOTE Confidence: 0.88120437

00:18:28.545 --> 00:18:30.693 surveillance or treatment and want

NOTE Confidence: 0.88120437

00:18:30.693 --> 00:18:32.703 a bit more information about their

NOTE Confidence: 0.88120437

00:18:32.703 --> 00:18:34.629 estimated prognosis or how they might

NOTE Confidence: 0.88120437

00:18:34.629 --> 00:18:36.357 do in either of those categories,

NOTE Confidence: 0.88120437

00:18:36.360 --> 00:18:39.419 these tests appear to have some value.

NOTE Confidence: 0.88120437

00:18:39.420 --> 00:18:41.765 And so putting all those together with

NOTE Confidence: 0.88120437

00:18:41.765 --> 00:18:44.321 of course very important things like

NOTE Confidence: 0.88120437

00:18:44.321 --> 00:18:46.305 a patient's personal preferences,

NOTE Confidence: 0.88120437

00:18:46.310 --> 00:18:47.525 what they want,

NOTE Confidence: 0.88120437

00:18:47.525 --> 00:18:49.550 what their functional status is,

NOTE Confidence: 0.88120437

00:18:49.550 --> 00:18:51.926 what their age and their overall

NOTE Confidence: 0.88120437

00:18:51.926 --> 00:18:54.329 medical health is helps to create

NOTE Confidence: 0.88120437

00:18:54.329 --> 00:18:56.947 a more holistic picture of a man's

NOTE Confidence: 0.88120437

00:18:56.947 --> 00:18:58.459 prostate cancer profile.

NOTE Confidence: 0.88120437

00:18:58.460 --> 00:19:00.080 And what treatment options

NOTE Confidence: 0.8436514

00:19:00.080 --> 00:19:01.696 or what management options

NOTE Confidence: 0.8436514

00:19:01.696 --> 00:19:02.908 would be appropriate.

NOTE Confidence: 0.8436514

00:19:02.910 --> 00:19:06.555 And tell us with that score,

NOTE Confidence: 0.8436514

00:19:06.560 --> 00:19:09.514 does it give men a concept of

NOTE Confidence: 0.8436514

00:19:09.520 --> 00:19:11.482 their survival rate

NOTE Confidence: 0.8436514

00:19:11.482 --> 00:19:13.814 or you were saying that it might give

NOTE Confidence: 0.8436514

00:19:13.814 --> 00:19:16.188 you a clue as to the likelihood that

NOTE Confidence: 0.8436514

00:19:16.188 --> 00:19:18.348 it'll spread beyond the prostate,

NOTE Confidence: 0.8436514

00:19:18.350 --> 00:19:20.150 what are the tangible measures

NOTE Confidence: 0.8436514

00:19:20.150 --> 00:19:22.126 that men get with that information

NOTE Confidence: 0.8436514

00:19:22.126 --> 00:19:23.906 rather than simply a score,

NOTE Confidence: 0.8436514

00:19:23.910 --> 00:19:26.199 which can be kind of nebulous.

00:19:26.850 --> 00:19:28.812 The information that they provide there are

NOTE Confidence: 0.8634623

00:19:28.812 --> 00:19:31.101 a few different tests, and they kind

NOTE Confidence: 0.8634623

00:19:31.101 --> 00:19:32.736 of frame the information differently.

NOTE Confidence: 0.8634623

00:19:32.740 --> 00:19:35.134 But the two main measures that they

NOTE Confidence: 0.8634623

00:19:35.134 --> 00:19:37.754 provide are the risk of death from

NOTE Confidence: 0.8634623

00:19:37.754 --> 00:19:39.654 prostate cancer within 10 years.

NOTE Confidence: 0.8634623

00:19:39.660 --> 00:19:41.333 And the other one would be

NOTE Confidence: 0.8634623

00:19:41.333 --> 00:19:43.382 a risk of recurrence of prostate

NOTE Confidence: 0.8634623

00:19:43.382 --> 00:19:45.502 cancer or metastasis from prostate

NOTE Confidence: 0.8634623

00:19:45.502 --> 00:19:47.069 cancer within five years,

NOTE Confidence: 0.8634623

00:19:47.070 --> 00:19:49.156 and so those are the estimates and

NOTE Confidence: 0.8634623

00:19:49.156 --> 00:19:52.295 keep in mind that these are not

NOTE Confidence: 0.8634623

00:19:52.295 --> 00:19:54.031 firm predictions because treatments

NOTE Confidence: 0.8634623

00:19:54.031 --> 00:19:56.487 have changed very much and they

NOTE Confidence: 0.8634623

00:19:56.487 --> 00:19:57.657 continue to change.

NOTE Confidence: 0.8634623

00:19:57.660 --> 00:19:58.920 But these are still estimates

NOTE Confidence: 0.8634623

00:19:58.920 --> 00:20:00.180 and they really do appear

NOTE Confidence: 0.8634623

00:20:00.180 --> 00:20:02.406 to be valid at distinguishing more

NOTE Confidence: 0.8634623

00:20:02.406 --> 00:20:03.890 aggressive and less aggressive

NOTE Confidence: 0.8634623

00:20:03.947 --> 00:20:04.859 prostate cancer,

NOTE Confidence: 0.8634623

00:20:04.860 --> 00:20:07.200 and so knowing where those risk

NOTE Confidence: 0.8634623

00:20:07.200 --> 00:20:09.182 estimates live are important because

NOTE Confidence: 0.8634623

00:20:09.182 --> 00:20:11.681 I think they can help people make

NOTE Confidence: 0.8634623

00:20:11.681 --> 00:20:13.692 more informed decisions about #1

NOTE Confidence: 0.8634623

00:20:13.692 --> 00:20:15.737 the necessity of treatment and

NOTE Confidence: 0.8634623

00:20:15.737 --> 00:20:17.340 the intensity of treatment.

NOTE Confidence: 0.8634623

00:20:17.340 --> 00:20:19.680 So should I be treated altogether?

NOTE Confidence: 0.8634623

00:20:19.680 --> 00:20:21.560 Should my treatment include one

NOTE Confidence: 0.8634623

00:20:21.560 --> 00:20:23.910 form of treatment such as surgery

NOTE Confidence: 0.8634623

00:20:23.910 --> 00:20:26.286 alone or should I have surgery

NOTE Confidence: 0.8634623

00:20:26.286 --> 00:20:28.426 and radiation therapy or

NOTE Confidence: 0.8634623

00:20:28.426 --> 00:20:30.186 additional sequences of treatment?

NOTE Confidence: 0.8634623

00:20:30.190 --> 00:20:32.094 Based on the risk level and so

NOTE Confidence: 0.8634623

00:20:32.094 --> 00:20:34.152 that premise of can I use genomic

NOTE Confidence: 0.8634623

00:20:34.152 --> 00:20:35.922 testing to make that decision is

NOTE Confidence: 0.8634623

00:20:35.990 --> 00:20:38.174 still being fleshed out a little bit.

NOTE Confidence: 0.8750643

00:20:39.400 --> 00:20:43.090 And so the number that men get, is there

NOTE Confidence: 0.8750643

00:20:43.090 --> 00:20:45.666 kind of a toggle where it

NOTE Confidence: 0.8750643

00:20:45.666 --> 00:20:48.405 will say your risk of survival

NOTE Confidence: 0.8750643

00:20:48.405 --> 00:20:50.425 or distant recurrence or even

NOTE Confidence: 0.8750643

00:20:50.504 --> 00:20:53.045 local recurrence at 10 years is X,

NOTE Confidence: 0.8750643

00:20:53.050 --> 00:20:55.288 but if you choose surgery alone

NOTE Confidence: 0.8750643

00:20:55.288 --> 00:20:57.850 it will reduce it by this much.

NOTE Confidence: 0.8750643

00:20:57.850 --> 00:21:00.124 If you choose surgery and radiation

NOTE Confidence: 0.8750643

00:21:00.124 --> 00:21:02.649 it will reduce it by that much.

NOTE Confidence: 0.8750643

00:21:02.650 --> 00:21:04.490 If you choose systemic therapy,

NOTE Confidence: 0.8750643

00:21:04.490 --> 00:21:06.710 it'll reduce it by this much.

NOTE Confidence: 0.8750643

00:21:06.710 --> 00:21:09.646 Is there that kind of granularity in the

NOTE Confidence: 0.8750643

00:21:09.646 --> 00:21:12.728 data with a toggle switch that will help

NOTE Confidence: 0.8750643

00:21:12.730 --> 00:21:14.030 men's decision-making that's such

NOTE Confidence: 0.86140543

00:21:14.030 --> 00:21:15.944 a wonderful question that I think

NOTE Confidence: 0.86140543

00:21:15.944 --> 00:21:17.615 we're not there yet because

NOTE Confidence: 0.86140543

00:21:17.615 --> 00:21:19.577 of the novelty of these tools,

NOTE Confidence: 0.86140543

00:21:19.580 --> 00:21:21.210 and because of that, frankly,

NOTE Confidence: 0.86140543

00:21:21.210 --> 00:21:23.160 the novelty of doing active surveillance,

NOTE Confidence: 0.86140543

00:21:23.160 --> 00:21:25.435 we don't have that longitudinal data yet.

NOTE Confidence: 0.86140543

00:21:25.440 --> 00:21:28.048 I think that is really the Holy Grail

NOTE Confidence: 0.86140543

00:21:28.048 --> 00:21:31.328 where if we could say, if you

NOTE Confidence: 0.86140543

00:21:31.330 --> 00:21:32.224 do active surveillance,

NOTE Confidence: 0.86140543

00:21:32.224 --> 00:21:34.910 your risk is X, but if you do treatment

NOTE Confidence: 0.86140543

00:21:34.910 --> 00:21:36.666 it would turn down to Y.

NOTE Confidence: 0.86140543

00:21:39.970 --> 00:21:41.758 But say if you had surgery

NOTE Confidence: 0.86140543

00:21:41.758 --> 00:21:42.950 as opposed to radiation,

NOTE Confidence: 0.86140543

00:21:42.950 --> 00:21:45.930 your risk will be A, so that that is clearly,

NOTE Confidence: 0.86140543

00:21:45.930 --> 00:21:48.016 I think, where the field is moving.

NOTE Confidence: 0.86140543

00:21:48.020 --> 00:21:51.206 It is a bit challenging because

NOTE Confidence: 0.86140543

00:21:51.210 --> 00:21:52.465 treatment for prostate cancer is

NOTE Confidence: 0.86140543

00:21:52.465 --> 00:21:54.210 very much up to the patients.

NOTE Confidence: 0.86140543

00:21:54.210 --> 00:21:56.010 There are many other factors that

NOTE Confidence: 0.86140543

00:21:56.010 --> 00:21:57.991 lead to these things and so really

NOTE Confidence: 0.86140543

00:21:57.991 --> 00:21:59.664 to do that in a rigorous way,

NOTE Confidence: 0.86140543

00:21:59.670 --> 00:22:01.651 we would need to do a randomized

NOTE Confidence: 0.86140543

00:22:01.651 --> 00:22:03.593 trial where we say we're going to

NOTE Confidence: 0.86140543

00:22:03.593 --> 00:22:05.740 flip a coin and

NOTE Confidence: 0.86140543

00:22:05.740 --> 00:22:07.595 half the group is going

NOTE Confidence: 0.86140543

00:22:07.595 --> 00:22:09.582 to have surgery and half is going

NOTE Confidence: 0.86140543

00:22:09.582 --> 00:22:11.301 to have radiation and we're going

NOTE Confidence: 0.86140543

00:22:11.301 --> 00:22:13.333 to look at

NOTE Confidence: 0.86140543

00:22:13.394 --> 00:22:15.249 how the genomic test or the

NOTE Confidence: 0.86140543

00:22:15.249 --> 00:22:16.323 MRI predicted the outcome,

NOTE Confidence: 0.86140543

00:22:16.323 --> 00:22:18.780 so I don't think that's ever going to happen,

NOTE Confidence: 0.86140543

00:22:18.780 --> 00:22:21.100 where we're going to be able to modify

NOTE Confidence: 0.86140543

00:22:21.100 --> 00:22:22.440 treatment decisions based on that.

NOTE Confidence: 0.86140543

00:22:22.440 --> 00:22:24.565 But we're getting closer with

NOTE Confidence: 0.86140543

00:22:24.565 --> 00:22:26.690 other studies that

NOTE Confidence: 0.86140543

00:22:26.765 --> 00:22:29.105 are looking at genomics to help

NOTE Confidence: 0.86140543

00:22:29.110 --> 00:22:29.706 guide treatment,

NOTE Confidence: 0.86140543

00:22:29.706 --> 00:22:31.196 and stratify risk and predict

NOTE Confidence: 0.86140543

00:22:31.196 --> 00:22:32.640 response to various treatments.

NOTE Confidence: 0.86140543

00:22:32.640 --> 00:22:34.831 So I think that is very much

NOTE Confidence: 0.86140543

00:22:34.831 --> 00:22:36.490 where we should be going,

NOTE Confidence: 0.86140543

00:22:36.490 --> 00:22:38.100 but we're not there yet.

NOTE Confidence: 0.854645

00:22:38.790 --> 00:22:40.810 So Michael, you have mentioned

NOTE Confidence: 0.854645

00:22:40.810 --> 00:22:43.290 surgery and radiation a few times

NOTE Confidence: 0.854645

00:22:43.290 --> 00:22:45.618 and not so much systemic therapy.

NOTE Confidence: 0.854645

00:22:45.620 --> 00:22:48.112 But when we talk on this show

NOTE Confidence: 0.854645

00:22:48.112 --> 00:22:51.248 as we do a lot about genomics,

NOTE Confidence: 0.854645

00:22:51.250 --> 00:22:52.858 very often we're talking

NOTE Confidence: 0.854645

00:22:52.858 --> 00:22:54.868 about as you said,

NOTE Confidence: 0.854645

00:22:54.870 --> 00:22:57.306 genes that are turned on or turned

NOTE Confidence: 0.854645

00:22:57.306 --> 00:22:59.689 off within a particular tumor.

NOTE Confidence: 0.854645

00:22:59.690 --> 00:23:01.298 Oftentimes these are targets

NOTE Confidence: 0.854645

00:23:01.298 --> 00:23:02.906 for various systemic therapies.

NOTE Confidence: 0.854645

00:23:02.910 --> 00:23:06.126 Has that been looked at in prostate cancer?

NOTE Confidence: 0.86563706

00:23:07.700 --> 00:23:09.430 The cancer is interesting because

NOTE Confidence: 0.86563706

00:23:09.430 --> 00:23:11.839 I think in comparison to some of

NOTE Confidence: 0.86563706

00:23:11.839 --> 00:23:13.715 the other cancers, such as lung,

NOTE Confidence: 0.86563706

00:23:13.715 --> 00:23:15.605 that really do have these actionable

NOTE Confidence: 0.86563706

00:23:15.605 --> 00:23:17.974 driver mutations that there are drugs

NOTE Confidence: 0.86563706

00:23:17.974 --> 00:23:19.964 specifically targeting a certain mutation

NOTE Confidence: 0.86563706

00:23:20.029 --> 00:23:22.045 that has not really been the case

NOTE Confidence: 0.86563706

00:23:22.045 --> 00:23:23.924 in prostate cancer for many reasons.

NOTE Confidence: 0.86563706

00:23:23.924 --> 00:23:25.545 Number one, the main systemic

NOTE Confidence: 0.86563706

00:23:25.545 --> 00:23:27.435 therapies for people who have advanced

NOTE Confidence: 0.86563706

00:23:27.435 --> 00:23:29.176 or metastatic prostate cancer

NOTE Confidence: 0.86563706

00:23:29.176 --> 00:23:31.004 work by suppressing testosterone.

NOTE Confidence: 0.86563706

00:23:31.010 --> 00:23:32.830 Those are very effective treatments

NOTE Confidence: 0.86563706

00:23:32.830 --> 00:23:34.640 regardless of genomic profile,

NOTE Confidence: 0.86563706

00:23:34.640 --> 00:23:37.536 that is kind of the mainstay of treatment,

NOTE Confidence: 0.86563706

00:23:37.540 --> 00:23:40.255 and they almost universally have

NOTE Confidence: 0.86563706

00:23:40.255 --> 00:23:41.884 a good response.

NOTE Confidence: 0.86563706

00:23:41.890 --> 00:23:45.316 But there is increasing recognition that

NOTE Confidence: 0.86563706

00:23:45.316 --> 00:23:48.969 there are molecular and biomarker

NOTE Confidence: 0.86563706

00:23:48.970 --> 00:23:50.494 hallmarks such as homologous

NOTE Confidence: 0.86563706

00:23:50.494 --> 00:23:51.637 recombination gene mutations,

NOTE Confidence: 0.86563706

00:23:51.640 --> 00:23:53.328 microsatellite instability or

NOTE Confidence: 0.86563706

00:23:53.328 --> 00:23:55.438 DNA mismatch repair deficiencies that

NOTE Confidence: 0.86563706

00:23:55.438 --> 00:23:57.514 can lead to targeted treatments for

NOTE Confidence: 0.86563706

00:23:57.514 --> 00:23:59.566 men who do have metastatic prostate

NOTE Confidence: 0.86563706

00:23:59.566 --> 00:24:01.576 cancer or advanced prostate cancer,

NOTE Confidence: 0.86563706

00:24:01.580 --> 00:24:02.396 and so that,

NOTE Confidence: 0.86563706

00:24:02.396 --> 00:24:04.824 I think is one of the big changes

NOTE Confidence: 0.86563706

00:24:04.824 --> 00:24:07.530 that has occurred in recent years,

NOTE Confidence: 0.86563706

00:24:07.530 --> 00:24:10.181 is the recommendation that we do

NOTE Confidence: 0.86563706

00:24:10.181 --> 00:24:12.221 germline testing for patients with

NOTE Confidence: 0.86563706

00:24:12.221 --> 00:24:14.153 regional or metastatic prostate cancer

NOTE Confidence: 0.86563706

00:24:14.153 --> 00:24:16.750 to see if they have an actionable

NOTE Confidence: 0.86563706

00:24:16.819 --> 00:24:18.769 mutation that could be targeted.

NOTE Confidence: 0.85662526

00:24:19.460 --> 00:24:22.008 And so kind of getting back to

NOTE Confidence: 0.85662526

00:24:22.008 --> 00:24:24.579 one of the confusing parts of

NOTE Confidence: 0.85662526

00:24:24.579 --> 00:24:28.399 terminology that I think a lot of our

NOTE Confidence: 0.85662526

00:24:28.399 --> 00:24:31.369 listeners might get mixed up about,

NOTE Confidence: 0.85662526

00:24:31.370 --> 00:24:33.575 it goes back to something

NOTE Confidence: 0.85662526

00:24:33.575 --> 00:24:35.780 that you just pointed out.

NOTE Confidence: 0.85662526

00:24:35.780 --> 00:24:37.544 The difference between germline

NOTE Confidence: 0.85662526

00:24:37.544 --> 00:24:39.308 mutations and somatic mutations,

NOTE Confidence: 0.85662526

00:24:39.310 --> 00:24:41.992 so earlier for example you

NOTE Confidence: 0.85662526

00:24:41.992 --> 00:24:44.667 mentioned that men who had a

NOTE Confidence: 0.85662526

00:24:44.667 --> 00:24:47.043 BRCA genetic mutation may be at

NOTE Confidence: 0.85662526

00:24:47.043 --> 00:24:49.558 a higher risk of developing

NOTE Confidence: 0.85662526

00:24:49.560 --> 00:24:50.276 prostate cancer,

NOTE Confidence: 0.85662526

00:24:50.276 --> 00:24:52.066 but that is fundamentally different

NOTE Confidence: 0.85662526

00:24:52.066 --> 00:24:53.538 than this genomic testing

NOTE Confidence: 0.85662526

00:24:53.538 --> 00:24:54.926 that you're talking about.

NOTE Confidence: 0.85662526

00:24:54.930 --> 00:24:57.786 Can you flesh that out for our listeners?

NOTE Confidence: 0.85662526

00:24:57.790 --> 00:24:58.150 Absolutely,

NOTE Confidence: 0.837791

00:24:58.150 --> 00:25:01.086 when we speak about these

NOTE Confidence: 0.837791

00:25:01.086 --> 00:25:02.855 germline mutations we're talking about

NOTE Confidence: 0.837791

00:25:02.855 --> 00:25:05.921 the DNA that were born with that

NOTE Confidence: 0.837791

00:25:05.921 --> 00:25:08.525 that essentially has been inherited to us,

NOTE Confidence: 0.837791

00:25:08.530 --> 00:25:11.490 which is in our germ line is present in all

NOTE Confidence: 0.837791

00:25:11.559 --> 00:25:14.367 of ourselves and they may predispose to the

NOTE Confidence: 0.837791

00:25:14.367 --> 00:25:17.479 risk of developing cancer and the BRCA2

NOTE Confidence: 0.837791

00:25:17.480 --> 00:25:20.364 mutation is a very well acknowledged

NOTE Confidence: 0.837791

00:25:20.370 --> 00:25:23.570 mutation that confers cancer risk.

NOTE Confidence: 0.837791

00:25:23.570 --> 00:25:25.355 When we speak about the

NOTE Confidence: 0.837791

00:25:25.355 --> 00:25:26.426 panel genomic testing,

NOTE Confidence: 0.837791

00:25:26.430 --> 00:25:28.566 we're looking at relative expression levels,

NOTE Confidence: 0.837791

00:25:28.570 --> 00:25:30.712 how turned up or turned down

NOTE Confidence: 0.837791

00:25:30.712 --> 00:25:32.140 genes are within tumors,

NOTE Confidence: 0.837791

00:25:32.140 --> 00:25:33.925 and these are not necessarily

NOTE Confidence: 0.837791

00:25:33.925 --> 00:25:35.710 genes which have been inherited,

NOTE Confidence: 0.837791

00:25:35.710 --> 00:25:37.170 or mutations within genes,

NOTE Confidence: 0.837791

00:25:37.170 --> 00:25:38.995 but it's a measurement

NOTE Confidence: 0.837791

00:25:38.995 --> 00:25:40.708 of how active they are,

NOTE Confidence: 0.837791

00:25:40.710 --> 00:25:44.222 so this is not a good gene or a bad gene,

NOTE Confidence: 0.837791

00:25:47.490 --> 00:25:48.116 we're wondering,

NOTE Confidence: 0.837791

00:25:48.116 --> 00:25:49.994 how this was conferred,

NOTE Confidence: 0.837791

00:25:50.000 --> 00:25:51.525 because genetics and prostate cancer

NOTE Confidence: 0.837791

00:25:51.525 --> 00:25:53.423 risk is such a common question

NOTE Confidence: 0.837791

00:25:53.423 --> 00:25:54.978 that we get because prostate

NOTE Confidence: 0.837791

00:25:54.978 --> 00:25:56.909 cancer is very common and there's

NOTE Confidence: 0.837791

00:25:56.910 --> 00:25:59.017 a thought that many

NOTE Confidence: 0.837791

00:25:59.017 --> 00:26:01.075 patients have that they inherited a

NOTE Confidence: 0.837791

00:26:01.075 --> 00:26:02.905 certain cancer predisposition from a

NOTE Confidence: 0.837791

00:26:02.905 --> 00:26:05.069 family member and that may be the case.

NOTE Confidence: 0.837791

00:26:05.070 --> 00:26:07.838 And there are certain

NOTE Confidence: 0.837791

00:26:08.283 --> 00:26:10.055 well recognized genetic mutations

NOTE Confidence: 0.837791

00:26:10.055 --> 00:26:13.250 that can be inherited in the germline,

NOTE Confidence: 0.837791

00:26:13.250 --> 00:26:15.524 but we're looking at levels of

NOTE Confidence: 0.837791

00:26:15.524 --> 00:26:17.674 cancer levels of gene expression

NOTE Confidence: 0.837791

00:26:17.674 --> 00:26:20.469 associated with the cancer outcome.

NOTE Confidence: 0.8435585

00:26:21.220 --> 00:26:24.148 Yeah, and so you had mentioned that

NOTE Confidence: 0.8435585

00:26:24.148 --> 00:26:26.720 in addition to this genomic profile,

NOTE Confidence: 0.8435585

00:26:26.720 --> 00:26:29.600 that men will often make decisions based on

NOTE Confidence: 0.8435585

00:26:29.600 --> 00:26:32.219 other factors based on personal preference,

NOTE Confidence: 0.8435585

00:26:32.220 --> 00:26:35.364 but for a lot of men I can

NOTE Confidence: 0.8435585

00:26:35.370 --> 00:26:38.547 imagine that you know they come

NOTE Confidence: 0.8435585

00:26:38.547 --> 00:26:42.044 in and you say you've got prostate cancer.

NOTE Confidence: 0.8435585

00:26:42.050 --> 00:26:44.794 You know you can have active surveillance.

NOTE Confidence: 0.8435585

00:26:44.800 --> 00:26:46.368 You can have surgery.

NOTE Confidence: 0.8435585

00:26:46.368 --> 00:26:47.936 You can have surgery,

NOTE Confidence: 0.8435585

00:26:47.940 --> 00:26:49.624 plus radiation and the

00:26:51.730 --> 00:26:54.172 genomic testing how to interpret

NOTE Confidence: 0.8435585

00:26:54.172 --> 00:26:56.891 that number, your 10 year disease

NOTE Confidence: 0.8435585

00:26:56.891 --> 00:26:59.610 free survival risk is going to be 10%.

NOTE Confidence: 0.8435585

00:26:59.610 --> 00:27:00.870 What does that mean?

NOTE Confidence: 0.8435585

00:27:00.870 --> 00:27:04.017 Can you help us to understand how

NOTE Confidence: 0.8435585

00:27:04.017 --> 00:27:06.775 you discuss that with the patient and

NOTE Confidence: 0.8435585

00:27:06.847 --> 00:27:09.654 how they might factor in that information

NOTE Confidence: 0.8435585

00:27:09.654 --> 00:27:11.668 and what other characteristics or

NOTE Confidence: 0.8435585

00:27:11.668 --> 00:27:14.496 factors they may consider when trying to

NOTE Confidence: 0.8435585

00:27:14.496 --> 00:27:16.858 figure out how they should be treated?

NOTE Confidence: 0.8435585

00:27:16.860 --> 00:27:19.485 I can just imagine that they

NOTE Confidence: 0.8435585

00:27:19.485 --> 00:27:22.114 say look doc, I don't want cancer.

NOTE Confidence: 0.8435585

00:27:22.114 --> 00:27:25.221 I want to live as long and as

NOTE Confidence: 0.8435585

00:27:25.221 --> 00:27:26.737 well as I possibly can.

NOTE Confidence: 0.85663754

00:27:29.632 --> 00:27:31.080 These conversations are universally difficult.

NOTE Confidence: 0.85663754

00:27:31.080 --> 00:27:33.186 I think having a cancer diagnosis

NOTE Confidence: 0.85663754

00:27:33.186 --> 00:27:35.070 no matter what the grade,

NOTE Confidence: 0.85663754

00:27:35.070 --> 00:27:36.880 no matter what the stage,

NOTE Confidence: 0.85663754

00:27:36.880 --> 00:27:39.407 no matter what your doctor tells you,

NOTE Confidence: 0.85663754

00:27:39.410 --> 00:27:41.220 is inherently an anxiety provoking

NOTE Confidence: 0.85663754

00:27:41.220 --> 00:27:42.306 and stressful experience.

NOTE Confidence: 0.85663754

00:27:42.310 --> 00:27:44.837 There has been a lot of change,

NOTE Confidence: 0.85663754

00:27:44.840 --> 00:27:47.639 I think in the awareness of men of the

NOTE Confidence: 0.85663754

00:27:47.639 --> 00:27:50.628 fact that prostate cancer is very common,

NOTE Confidence: 0.85663754

00:27:50.630 --> 00:27:52.078 that the outcomes without

NOTE Confidence: 0.85663754

00:27:52.078 --> 00:27:53.526 treatment may be excellent,

NOTE Confidence: 0.85663754

00:27:53.530 --> 00:27:55.340 and so that has changed.

NOTE Confidence: 0.85663754

00:27:55.340 --> 00:27:56.660 A lot of men are

NOTE Confidence: 0.85663754

00:27:56.660 --> 00:27:58.640 expecting that diagnosis and have

NOTE Confidence: 0.85663754

00:27:58.705 --> 00:28:00.835 had friends or family members who

NOTE Confidence: 0.85663754

00:28:00.835 --> 00:28:03.040 have gone through the same thing.

NOTE Confidence: 0.85663754

00:28:03.040 --> 00:28:05.456 But still there is the kind of reflexive

NOTE Confidence: 0.85663754

00:28:05.456 --> 00:28:07.634 belief that any cancer risk should be

NOTE Confidence: 0.85663754

00:28:07.634 --> 00:28:10.080 reduced that you hear that word you

NOTE Confidence: 0.85663754

00:28:10.080 --> 00:28:12.215 want it out of your body.

NOTE Confidence: 0.85663754

00:28:12.220 --> 00:28:13.332 You want it treated,

NOTE Confidence: 0.85663754

00:28:13.332 --> 00:28:15.000 no matter what

NOTE Confidence: 0.85663754

00:28:15.063 --> 00:28:16.200 the consequences is,

NOTE Confidence: 0.85663754

00:28:16.200 --> 00:28:18.792 and I think that's very often the initial

NOTE Confidence: 0.85663754

00:28:18.792 --> 00:28:21.085 reaction is I don't care what it does.

NOTE Confidence: 0.85663754

00:28:21.090 --> 00:28:22.314 I want this gone.

NOTE Confidence: 0.85663754

00:28:22.314 --> 00:28:23.844 I want to treat it,

NOTE Confidence: 0.85663754

00:28:23.850 --> 00:28:26.258 and so that's where I

NOTE Confidence: 0.85663754

00:28:26.258 --> 00:28:28.399 think building a personal relationship is so

NOTE Confidence: 0.85663754

00:28:28.399 --> 00:28:30.893 important to give people time, space,

NOTE Confidence: 0.85663754

00:28:30.893 --> 00:28:33.397 support for dealing with that and

NOTE Confidence: 0.85663754

00:28:33.400 --> 00:28:35.200 understanding what the diagnosis is

NOTE Confidence: 0.85663754

00:28:35.200 --> 00:28:37.878 and really in the cool light of day

NOTE Confidence: 0.85663754

00:28:37.880 --> 00:28:40.211 integrating all of the information and really

NOTE Confidence: 0.85663754

00:28:40.211 --> 00:28:42.656 trying to zone in on what the risks are,

NOTE Confidence: 0.85663754

00:28:42.660 --> 00:28:44.012 what the benefits are.

NOTE Confidence: 0.85663754

00:28:44.012 --> 00:28:46.040 And it's really not a one

NOTE Confidence: 0.85663754

00:28:46.110 --> 00:28:47.730 size fits all approach.

NOTE Confidence: 0.85663754

00:28:47.730 --> 00:28:48.720 Active surveillance is

NOTE Confidence: 0.85663754

00:28:48.720 --> 00:28:50.040 not right for everybody,

NOTE Confidence: 0.85663754

00:28:50.040 --> 00:28:52.350 but nor is treatment right for everyone.

NOTE Confidence: 0.85663754

00:28:52.350 --> 00:28:55.450 And so I think that really doing that in the

NOTE Confidence: 0.85663754

00:28:55.520 --> 00:28:58.544 context of a truly shared decision between

00:28:58.891 --> 00:29:01.278 stakeholders on the patient side and on

NOTE Confidence: 0.85663754

00:29:01.278 --> 00:29:03.247 the physician side are so important.

NOTE Confidence: 0.85663754

00:29:03.250 --> 00:29:05.938 These tools are just tools and

NOTE Confidence: 0.85663754

00:29:05.940 --> 00:29:08.103 the hope is that

NOTE Confidence: 0.85663754

00:29:08.103 --> 00:29:09.969 they do provide more clarity,

NOTE Confidence: 0.85663754

00:29:09.970 --> 00:29:11.650 but I don't believe they're

NOTE Confidence: 0.85663754

00:29:11.650 --> 00:29:13.330 sort of magically the answer.

NOTE Confidence: 0.85663754

00:29:13.330 --> 00:29:15.206 And actually we are leading a study

NOTE Confidence: 0.85663754

00:29:15.206 --> 00:29:17.199 right now to help understand the

NOTE Confidence: 0.85663754

00:29:17.199 --> 00:29:19.449 personal experience and it's an interview

NOTE Confidence: 0.85663754

00:29:19.449 --> 00:29:21.727 based study where we were interviewing

NOTE Confidence: 0.85663754

00:29:21.730 --> 00:29:24.537 people going through the experience

NOTE Confidence: 0.85663754

00:29:24.537 --> 00:29:26.608 and we essentially want to open

NOTE Confidence: 0.85663754

00:29:26.608 --> 00:29:28.910 the door and hear from them and learn

NOTE Confidence: 0.85663754

00:29:28.910 --> 00:29:30.975 what is the experience of having a

NOTE Confidence: 0.85663754

00:29:30.975 --> 00:29:32.787 prostate cancer diagnosis and what is

NOTE Confidence: 0.85663754

00:29:32.787 --> 00:29:34.527 the experience of having genomic testing?

NOTE Confidence: 0.85663754

00:29:34.530 --> 00:29:36.306 Does it help? Does it hurt?

NOTE Confidence: 0.85663754

00:29:36.310 --> 00:29:37.494 Does it create uncertainty?

NOTE Confidence: 0.85663754

00:29:37.494 --> 00:29:38.678 Does it alleviate uncertainty?

NOTE Confidence: 0.85663754

00:29:38.680 --> 00:29:40.752 And I'm very excited to be involved

NOTE Confidence: 0.85663754

00:29:40.752 --> 00:29:41.640 in that study.

NOTE Confidence: 0.85663754

00:29:41.640 --> 00:29:43.348 Right now I actually just came off

NOTE Confidence: 0.85663754

00:29:43.348 --> 00:29:45.469 of a call where we're going through

NOTE Confidence: 0.85663754

00:29:45.469 --> 00:29:47.467 these interviews and we've been so

NOTE Confidence: 0.85663754

00:29:47.523 --> 00:29:49.317 fortunate to have men share this

NOTE Confidence: 0.85663754

00:29:49.317 --> 00:29:51.110 very personal part of their lives

NOTE Confidence: 0.85663754

00:29:51.110 --> 00:29:53.175 with us and give us really new

NOTE Confidence: 0.85663754

00:29:53.180 --> 00:29:55.094 and what I believe will be transformative

NOTE Confidence: 0.85663754

00:29:55.094 --> 00:29:56.662 information about what it's like

NOTE Confidence: 0.85663754

00:29:56.662 --> 00:29:57.618 to go through this.

NOTE Confidence: 0.85663754

00:29:57.620 --> 00:29:59.540 Because when these tests are

00:30:00.011 --> 00:30:02.366 studied in laboratories and by companies,

NOTE Confidence: 0.85663754

00:30:02.370 --> 00:30:04.926 there's such an excitement to bring

NOTE Confidence: 0.85663754

00:30:04.926 --> 00:30:07.470 new technologies which do provide

NOTE Confidence: 0.85663754

00:30:07.470 --> 00:30:08.766 very helpful scientific information,

NOTE Confidence: 0.85663754

00:30:08.766 --> 00:30:11.118 but we're trying to anchor it back

NOTE Confidence: 0.85663754

00:30:11.118 --> 00:30:13.326 to the patient level and see how

NOTE Confidence: 0.85663754

00:30:13.326 --> 00:30:14.791 is this going to help

NOTE Confidence: 0.8576877

00:30:14.854 --> 00:30:16.750 a given person. How is it

NOTE Confidence: 0.8576877

00:30:16.750 --> 00:30:18.350 going to help their family?

NOTE Confidence: 0.8576877

00:30:18.350 --> 00:30:19.950 And so that's really what

NOTE Confidence: 0.8576877

00:30:19.950 --> 00:30:22.830 we're interested in in the in the next step.

NOTE Confidence: 0.8576877

00:30:22.830 --> 00:30:24.110 Doctor Michael Leapman is

NOTE Confidence: 0.8576877

00:30:24.110 --> 00:30:25.390 assistant professor of urology

NOTE Confidence: 0.8576877

00:30:25.390 --> 00:30:27.308 at the Yale School of Medicine.

NOTE Confidence: 0.8576877

00:30:27.310 --> 00:30:28.594 If you have questions,

NOTE Confidence: 0.8576877

00:30:28.594 --> 00:30:29.878 the address is canceranswers@yale.edu

NOTE Confidence: 0.8576877

00:30:29.878 --> 00:30:31.651 and past editions of the program

NOTE Confidence: 0.8576877

00:30:31.651 --> 00:30:33.271 are available in audio and written

NOTE Confidence: 0.8576877

00:30:33.319 --> 00:30:34.669 form at yalecancercenter.org.

NOTE Confidence: 0.8576877

00:30:34.670 --> 00:30:36.693 We hope you'll join us next week

NOTE Confidence: 0.8576877

00:30:36.693 --> 00:30:39.568 to learn more about the fight against cancer.

NOTE Confidence: 0.8576877

00:30:39.570 --> 00:30:41.760 Here on Connecticut public radio.