WEBVTT

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

NOTE Confidence: 0.8569666

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

NOTE Confidence: 0.8569666

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

NOTE Confidence: 0.8569666

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

NOTE Confidence: 0.8569666

00:00:10.420 --> 00:00:14.240 More information at astrazeneca-us.com.

NOTE Confidence: 0.8569666

00:00:14.240 --> 00:00:16.082 Welcome to Yale Cancer Answers with

NOTE Confidence: 0.8569666

00:00:16.082 --> 00:00:18.462 your host doctor Anees Chagpar.

NOTE Confidence: 0.8569666

00:00:18.462 --> 00:00:20.277 Yale Cancer Answers features the

NOTE Confidence: 0.8569666

00:00:20.277 --> 00:00:22.473 latest information on cancer care by

NOTE Confidence: 0.8569666

00:00:22.473 --> 00:00:23.881 welcoming oncologists and specialists

NOTE Confidence: 0.8569666

00:00:23.881 --> 00:00:26.290 who are on the forefront of the

NOTE Confidence: 0.8569666

00:00:26.290 --> 00:00:28.390 battle to fight cancer. This week

NOTE Confidence: 0.8569666

00:00:28.390 --> 00:00:30.388 it's a conversation about head and

NOTE Confidence: 0.8569666

00:00:30.388 --> 00:00:32.542 neck cancer with Doctor Aarti Bhatia.

NOTE Confidence: 0.8569666

00:00:32.542 --> 00:00:34.352 Doctor Bhatia is assistant professor

NOTE Confidence: 0.8569666

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00:00:34.352 --> 00:00:36.169 of medicine and medical oncology

NOTE Confidence: 0.8569666

00:00:36.169 --> 00:00:38.047 at the Yale School of Medicine,

NOTE Confidence: 0.8569666

00:00:38.050 --> 00:00:40.672 where Doctor Chagpar is a

NOTE Confidence: 0.8569666

00:00:40.672 --> 00:00:42.420 professor of surgical oncology.

00:00:42.770 --> 00:00:45.704 Aarti, maybe you can start off by telling us a

NOTE Confidence: 0.81852335

00:00:45.704 --> 00:00:48.435 little bit more about head neck cancers.

NOTE Confidence: 0.81852335

00:00:48.440 --> 00:00:51.617 It seems like there would be a lot of

NOTE Confidence: 0.81852335

00:00:51.620 --> 00:00:52.972 cancers in that bucket.

NOTE Confidence: 0.81852335

00:00:52.972 --> 00:00:55.520 It is actually a pretty wide bucket.

NOTE Confidence: 0.81852335

00:00:55.520 --> 00:00:57.998 You know if you think about it,

NOTE Confidence: 0.81852335

00:00:58.000 --> 00:01:00.118 the head and neck is a

NOTE Confidence: 0.81852335

00:01:00.118 --> 00:01:01.177 pretty concise structure,

NOTE Confidence: 0.81852335

00:01:01.180 --> 00:01:02.620 but diagnosis, treatment follows

NOTE Confidence: 0.81852335

00:01:02.620 --> 00:01:05.178 like the site of origin of the

NOTE Confidence: 0.81852335

00:01:05.178 --> 00:01:07.194 tumor within the head neck region.

NOTE Confidence: 0.81852335

00:01:07.200 --> 00:01:09.629 So broadly it encompasses a lot

NOTE Confidence: 0.81852335

00:01:09.629 --> 00:01:11.910 of tumors which arise from the

NOTE Confidence: 0.81852335

00:01:11.910 --> 00:01:14.226 mucosa within the head and neck.

NOTE Confidence: 0.81852335

00:01:14.230 --> 00:01:17.083 But you know, they could arise in the mouth,

NOTE Confidence: 0.81852335

00:01:17.090 --> 00:01:19.316 so that would be oral cavity tumors.

NOTE Confidence: 0.81852335

00:01:19.320 --> 00:01:22.173 They could arise in the back of the throat,

NOTE Confidence: 0.81852335

00:01:22.180 --> 00:01:23.765 so that would be oropharyngeal

NOTE Confidence: 0.81852335

00:01:23.765 --> 00:01:25.033 tumors or tonsillar tumors.

NOTE Confidence: 0.81852335

00:01:25.040 --> 00:01:26.944 They could arise in our voice box

NOTE Confidence: 0.81852335

00:01:26.944 --> 00:01:28.860 that would be laryngeal tumors.

NOTE Confidence: 0.81852335

00:01:28.860 --> 00:01:31.079 The back of the nose is nasal

NOTE Confidence: 0.81852335

00:01:31.079 --> 00:01:31.713 pharyngeal tumors.

NOTE Confidence: 0.81852335

00:01:31.720 --> 00:01:33.946 You could also have salivary gland cancers,

NOTE Confidence: 0.81852335

00:01:33.950 --> 00:01:36.568 and each of those sites is treated

NOTE Confidence: 0.81852335

00:01:36.568 --> 00:01:38.535 differently in terms of how we

NOTE Confidence: 0.81852335

00:01:38.535 --> 00:01:40.620 work it up and how we manage it.

NOTE Confidence: 0.80153626

00:01:41.850 --> 00:01:44.958 And are they all lumped together?

NOTE Confidence: 0.80153626

00:01:44.960 --> 00:01:47.764 Basically because they're all

NOTE Confidence: 0.80153626

00:01:47.764 --> 00:01:50.310 pretty rare, or I wouldn't say

NOTE Confidence: 0.85975343

00:01:50.310 --> 00:01:52.998 they are rare, together head neck

NOTE Confidence: 0.85975343

00:01:52.998 --> 00:01:55.621 cancers always come within the top 10

NOTE Confidence: 0.85975343

00:01:55.621 --> 00:01:58.270 most common cancers in the United States.

NOTE Confidence: 0.85975343

00:01:58.270 --> 00:02:00.867 You know there's also a much larger

NOTE Confidence: 0.85975343

00:02:00.867 --> 00:02:02.812 proportion of tumors that arise

NOTE Confidence: 0.85975343

00:02:02.812 --> 00:02:04.707 outside of the United States,

NOTE Confidence: 0.85975343

00:02:04.710 --> 00:02:07.104 so for instance, Asia has a very

NOTE Confidence: 0.85975343

00:02:07.104 --> 00:02:09.847 large number of new head neck cancers

NOTE Confidence: 0.85975343

00:02:09.847 --> 00:02:13.300 that are diagnosed every year, but

NOTE Confidence: 0.85975343

00:02:13.300 --> 00:02:15.526 the reason they are lumped together is

NOTE Confidence: 0.85975343

00:02:15.526 --> 00:02:17.598 because they share a common Histology.

NOTE Confidence: 0.85975343

00:02:17.600 --> 00:02:19.586 So when we look at

NOTE Confidence: 0.85975343

00:02:19.590 --> 00:02:21.038 tumors under the microscope,

NOTE Confidence: 0.85975343

00:02:21.038 --> 00:02:23.521 most tumors arising from the head and

NOTE Confidence: 0.85975343

00:02:23.521 --> 00:02:25.529 neck region tend to have what we call

NOTE Confidence: 0.85975343

00:02:25.529 --> 00:02:27.680 a squamous Histology and based off

NOTE Confidence: 0.85975343

00:02:27.680 --> 00:02:30.180 that they are clubbed together as one

NOTE Confidence: 0.8386756

00:02:30.180 --> 00:02:32.280 entity. But they are different in

NOTE Confidence: 0.8386756

00:02:32.280 --> 00:02:34.607 terms of how they're treated and we're

NOTE Confidence: 0.8386756

00:02:34.607 --> 00:02:37.130 going to get into that in a second,

NOTE Confidence: 0.8386756

00:02:37.130 --> 00:02:40.418 but just take one step back,

NOTE Confidence: 0.8386756

00:02:40.420 --> 00:02:42.250 what is the etiology or the

NOTE Confidence: 0.8386756

00:02:42.250 --> 00:02:44.380 cause of these head neck cancers?

NOTE Confidence: 0.8386756

00:02:44.380 --> 00:02:46.228 Why are they more common in

NOTE Confidence: 0.8386756

00:02:46.228 --> 00:02:48.339 Asia than they are for example,

NOTE Confidence: 0.8386756

00:02:48.340 --> 00:02:50.044 in the United States and what

NOTE Confidence: 0.8386756

00:02:50.044 --> 00:02:52.384 are some of the risk factors that

NOTE Confidence: 0.8386756

00:02:52.384 --> 00:02:54.279 people should be watching for?

NOTE Confidence: 0.83569247

00:02:55.220 --> 00:02:57.770 So the common etiologies worldwide is,

NOTE Confidence: 0.83569247

00:02:57.770 --> 00:02:59.470 you know, tobacco exposure,

NOTE Confidence: 0.83569247

00:02:59.470 --> 00:03:01.104 alcohol exposure. In Asia

NOTE Confidence: 0.83569247

00:03:01.104 --> 00:03:03.848 there are a couple additional risk factors

NOTE Confidence: 0.83569247

00:03:03.848 --> 00:03:07.118 that increase the incidence of these cancers.

NOTE Confidence: 0.83569247

00:03:07.120 --> 00:03:10.347 So for instance, in Southeast Asia you

NOTE Confidence: 0.83569247

00:03:10.347 --> 00:03:13.915 know people tend to chew a lot of tobacco.

NOTE Confidence: 0.83569247

00:03:13.920 --> 00:03:17.200 They tend to chew betel nut and those

NOTE Confidence: 0.83569247

00:03:17.200 --> 00:03:19.711 natural substances can also increase their

NOTE Confidence: 0.83569247

00:03:19.711 --> 00:03:22.673 risk of acquiring head and neck cancers

NOTE Confidence: 0.83569247

00:03:22.673 --> 00:03:25.436 in countries like China. In Hong Kong,

NOTE Confidence: 0.83569247

00:03:25.436 --> 00:03:28.094 there is an incidence of nasal,

NOTE Confidence: 0.83569247

00:03:28.100 --> 00:03:30.602 pharyngeal cancers which are caused by

NOTE Confidence: 0.83569247

00:03:30.602 --> 00:03:33.229 the Epstein Barr virus or EBV virus.

NOTE Confidence: 0.83569247

00:03:33.230 --> 00:03:34.409 It's almost endemic,

NOTE Confidence: 0.83569247

00:03:34.409 --> 00:03:36.374 endemic proportions in those countries,

NOTE Confidence: 0.83569247

00:03:36.380 --> 00:03:38.543 so a lot of head neck cancers

NOTE Confidence: 0.83569247

00:03:38.543 --> 00:03:40.710 tend to be nasopharyngeal.

NOTE Confidence: 0.83569247

00:03:45.050 --> 00:03:47.312 In the United States and in

NOTE Confidence: 0.83569247

00:03:47.312 --> 00:03:49.380 the Western world at large,

NOTE Confidence: 0.83569247

00:03:49.380 --> 00:03:52.446 we also see several head and neck cancers

NOTE Confidence: 0.83569247

00:03:52.446 --> 00:03:55.002 arising in Association with the human

NOTE Confidence: 0.83569247

00:03:55.002 --> 00:03:57.336 Papilloma virus or the HPV virus.

NOTE Confidence: 0.83569247

00:03:57.340 --> 00:03:58.056 Most commonly,

NOTE Confidence: 0.83569247

00:03:58.056 --> 00:03:59.488 people associate that with

NOTE Confidence: 0.83569247

00:03:59.488 --> 00:04:00.920 cervical cancer in women,

NOTE Confidence: 0.83569247

00:04:00.920 --> 00:04:03.384 but there's a rising incidence of HPV

NOTE Confidence: 0.83569247

00:04:03.384 --> 00:04:05.928 head and neck cancers in the Western world.

NOTE Confidence: 0.8432901

00:04:07.530 --> 00:04:10.624 And so when we think about risk

NOTE Confidence: 0.8432901

00:04:10.624 --> 00:04:13.180 factors for developing these cancers,

NOTE Confidence: 0.8432901

00:04:13.180 --> 00:04:16.477 and we often think about primary prevention,

NOTE Confidence: 0.8432901

00:04:16.480 --> 00:04:19.476 so how can we reduce getting these

7

NOTE Confidence: 0.8432901

00:04:19.476 --> 00:04:21.874 risk factors and thereby reduce

NOTE Confidence: 0.8432901

00:04:21.874 --> 00:04:24.958 our risk of getting these cancers?

NOTE Confidence: 0.8432901

00:04:24.960 --> 00:04:28.019 It seems that the two that you've

NOTE Confidence: 0.8432901

00:04:28.019 --> 00:04:31.402 mentioned right off the top would be

NOTE Confidence: 0.8432901

00:04:31.402 --> 00:04:34.372 reduce your smoking or tobacco consumption,

NOTE Confidence: 0.8432901

00:04:34.380 --> 00:04:36.440 whether that's chewing tobacco

NOTE Confidence: 0.8432901

00:04:36.440 --> 00:04:37.985 or smoking tobacco,

NOTE Confidence: 0.8432901

00:04:37.990 --> 00:04:40.460 and getting an HPV vaccine. Is that right?

NOTE Confidence: 0.85439324

00:04:40.460 --> 00:04:42.924 That is right, so you know,

NOTE Confidence: 0.85439324

00:04:42.930 --> 00:04:44.700 the HPV vaccine is something

NOTE Confidence: 0.85439324

00:04:44.700 --> 00:04:46.882 that still doesn't have a lot

NOTE Confidence: 0.85439324

00:04:46.882 --> 00:04:48.577 of uptake in the Community,

NOTE Confidence: 0.85439324

00:04:48.580 --> 00:04:51.748 and it's good to be aware

NOTE Confidence: 0.85439324

00:04:51.748 --> 00:04:54.574 that the sooner you get it in life,

NOTE Confidence: 0.85439324

00:04:54.580 --> 00:04:56.668 ideally in your preteen years before

NOTE Confidence: 0.85439324

00:04:56.668 --> 00:04:59.182 you have a chance of being exposed

NOTE Confidence: 0.85439324

00:04:59.182 --> 00:05:01.288 to the virus and the infection,

NOTE Confidence: 0.85439324

00:05:01.290 --> 00:05:03.565 the much better protection that the virus

NOTE Confidence: 0.85439324

00:05:03.565 --> 00:05:05.520 offers you against multiple cancers.

NOTE Confidence: 0.85439324

00:05:05.520 --> 00:05:07.638 So for women it protects you

NOTE Confidence: 0.85439324

00:05:07.638 --> 00:05:08.697 against cervical cancer,

NOTE Confidence: 0.85439324

00:05:08.700 --> 00:05:10.750 head and neck cancer, anogenital cancers.

NOTE Confidence: 0.85439324

00:05:10.750 --> 00:05:13.792 And for men it protects you from the head and

NOTE Confidence: 0.85439324

00:05:13.800 --> 00:05:15.840 neck cancers and the anogenital cancers.

NOTE Confidence: 0.85439324

00:05:15.840 --> 00:05:18.038 So yes, and another thing

NOTE Confidence: 0.85439324

00:05:18.038 --> 00:05:20.718 to be aware of is that the FDA

NOTE Confidence: 0.85439324

00:05:20.718 --> 00:05:22.388 has recently increased the age

NOTE Confidence: 0.85439324

00:05:22.461 --> 00:05:24.585 limit to which you could actually

NOTE Confidence: 0.85439324

00:05:24.585 --> 00:05:26.660 be eligible to get the vaccine.

NOTE Confidence: 0.85439324

00:05:26.660 --> 00:05:29.730 So previously it used to be about 26 years.

NOTE Confidence: 0.85439324

00:05:29.730 --> 00:05:32.074 Now it's up to 45 years so you

NOTE Confidence: 0.85439324

00:05:32.074 --> 00:05:34.517 know people who did not meet the

NOTE Confidence: 0.85439324

00:05:34.517 --> 00:05:36.732 initial cutoff for the vaccine are

NOTE Confidence: 0.85439324

00:05:36.732 --> 00:05:38.886 now eligible to get the vaccine.

NOTE Confidence: 0.9003522

00:05:39.970 --> 00:05:41.951 And so why do you think that

NOTE Confidence: 0.9003522

00:05:41.951 --> 00:05:43.783 there is so much hesitancy

NOTE Confidence: 0.9003522

00:05:43.783 --> 00:05:46.058 about getting the HPV vaccine?

NOTE Confidence: 0.9003522

00:05:46.060 --> 00:05:48.608 I mean, it seems that it would

NOTE Confidence: 0.9003522

00:05:48.608 --> 00:05:52.339 be a no brainer if it can reduce

NOTE Confidence: 0.9003522

00:05:52.339 --> 00:05:54.879 your risk of getting cancer.

NOTE Confidence: 0.9003522

00:05:54.880 --> 00:05:57.000 Certainly HPV vaccines

NOTE Confidence: 0.9003522

00:05:57.000 --> 00:05:59.621 have been around for awhile and right

NOTE Confidence: 0.9003522

00:05:59.621 --> 00:06:02.165 now during the covid epidemic

NOTE Confidence: 0.9003522

00:06:02.170 --> 00:06:04.315 we've seen some hesitancy with

NOTE Confidence: 0.9003522

00:06:04.315 --> 00:06:06.460 regards to vaccination for covid,

NOTE Confidence: 0.9003522

00:06:06.460 --> 00:06:08.956 based primarily off of the speed

NOTE Confidence: 0.9003522

00:06:08.956 --> 00:06:11.258 and the rapidity with which

NOTE Confidence: 0.9003522

00:06:11.258 --> 00:06:13.478 those vaccines were developed.

NOTE Confidence: 0.9003522

00:06:13.480 --> 00:06:15.810 But the HPV vaccines have

NOTE Confidence: 0.9003522

00:06:15.810 --> 00:06:18.140 been around for a while,

NOTE Confidence: 0.9003522

00:06:18.140 --> 00:06:20.936 so why aren't people getting vaccinated?

NOTE Confidence: 0.9003522

00:06:20.940 --> 00:06:24.139 Is it that this isn't really something

NOTE Confidence: 0.9003522

00:06:24.139 --> 00:06:26.989 that's been established in school programs?

NOTE Confidence: 0.9003522

00:06:26.990 --> 00:06:29.786 When kids get their usual measles,

NOTE Confidence: 0.9003522

00:06:29.790 --> 00:06:31.654 mumps, and rubella vaccine?

NOTE Confidence: 0.9003522

00:06:31.654 --> 00:06:33.518 Is it celebrity endorsement

NOTE Confidence: 0.9003522

00:06:33.518 --> 00:06:34.450 against vaccination?

NOTE Confidence: 0.9003522

00:06:34.450 --> 00:06:37.705 Why do you think that there is

NOTE Confidence: 0.9003522

00:06:37.705 --> 00:06:38.635 this hesitancy?

00:06:39.580 --> 00:06:42.370 I think it's a combination of factors.

NOTE Confidence: 0.8813195

00:06:42.370 --> 00:06:45.450 One is the lack of awareness.

NOTE Confidence: 0.8813195

00:06:45.450 --> 00:06:47.606 A lot of people do not know

00:06:49.700 --> 00:06:53.088 about the Association with HPV.

00:06:58.410 --> 00:07:00.903 The second is that it's not a part of

NOTE Confidence: 0.8813195

00:07:00.903 --> 00:07:03.349 the national immunization schedule,

NOTE Confidence: 0.8813195

00:07:03.350 --> 00:07:05.342 unlike the MMR vaccine, which then

NOTE Confidence: 0.8813195

00:07:05.342 --> 00:07:07.909 gets offered to all pediatric patients.

NOTE Confidence: 0.8813195

00:07:07.910 --> 00:07:09.430 But this one doesn't,

NOTE Confidence: 0.8813195

00:07:09.430 --> 00:07:11.710 and the third is, I think,

NOTE Confidence: 0.8813195

00:07:11.710 --> 00:07:12.850 a cultural hesitancy.

NOTE Confidence: 0.8813195

00:07:12.850 --> 00:07:15.104 You know, HPV is a sexually acquired

NOTE Confidence: 0.8813195

00:07:15.104 --> 00:07:16.166 infection,

NOTE Confidence: 0.8813195

00:07:16.166 --> 00:07:18.761 and I think people worry that getting

NOTE Confidence: 0.8813195

00:07:18.761 --> 00:07:21.209 teenagers a vaccine against a sexually

NOTE Confidence: 0.8813195

00:07:21.210 --> 00:07:23.550 transmitted infection will in turn then

NOTE Confidence: 0.8813195

00:07:23.550 --> 00:07:24.918 promote promiscuity so

NOTE Confidence: 0.8813195

00:07:24.918 --> 00:07:27.378 I think a lot of people worry

NOTE Confidence: 0.8813195

00:07:27.378 --> 00:07:29.068 about that reason as well.

NOTE Confidence: 0.88113725

00:07:30.180 --> 00:07:33.186 And so is that why it's not part of

NOTE Confidence: 0.88113725

00:07:33.186 --> 00:07:36.188 the national vaccination schedule?

NOTE Confidence: 0.88113725

00:07:36.190 --> 00:07:39.241 I mean, it seems as though if the

NOTE Confidence: 0.88113725

00:07:39.241 --> 00:07:42.546 CDC and other public health officials

NOTE Confidence: 0.88113725

00:07:42.546 --> 00:07:45.426 recommend getting the HPV vaccine,

NOTE Confidence: 0.88113725

00:07:45.430 --> 00:07:48.657 and certainly cervical cancers,

NOTE Confidence: 0.88113725

00:07:48.660 --> 00:07:49.941 head, neck cancers,

NOTE Confidence: 0.88113725

00:07:49.941 --> 00:07:52.076 anogenital cancers are significant in

NOTE Confidence: 0.88113725

00:07:52.076 --> 00:07:55.127 terms of their public health consequences.

NOTE Confidence: 0.88113725

00:07:55.130 --> 00:07:59.870 Why isn't it part of the national schedule?

NOTE Confidence: 0.86312425

00:07:59.870 --> 00:08:01.838 I think one because it's

00:08:03.684 --> 00:08:05.286 been maybe within the last decade

NOTE Confidence: 0.86312425

00:08:05.286 --> 00:08:07.712 or so that we've started to see

NOTE Confidence: 0.86312425

00:08:07.712 --> 00:08:09.176 results from clinical trials

NOTE Confidence: 0.86312425

00:08:09.176 --> 00:08:10.962 establishing the efficacy of the

NOTE Confidence: 0.86312425

00:08:10.962 --> 00:08:12.326 vaccine against these cancers.

NOTE Confidence: 0.86312425

00:08:12.330 --> 00:08:14.914 And two, I think just a cultural

13

00:08:14.914 --> 00:08:16.599 uptake hasn't been that much,

00:08:16.600 --> 00:08:18.664 but it would be great to see it

00:08:18.664 --> 00:08:20.830 become a part of the national

00:08:20.830 --> 00:08:22.800 immunization schedule so

00:08:22.800 --> 00:08:25.170 people have to opt out of getting

00:08:25.170 --> 00:08:27.418 the vaccine instead of opting in to get it.

00:08:27.420 --> 00:08:30.579 And so for the people who are

00:08:30.579 --> 00:08:33.177 listening to this show and are thinking,

00:08:33.180 --> 00:08:35.688 it seems as though

00:08:35.688 --> 00:08:37.360 this vaccine is safe.

00:08:37.360 --> 00:08:40.286 It's highly efficacious as I understand it,

00:08:40.290 --> 00:08:41.958 can prevent over 90%,

00:08:41.958 --> 00:08:44.882 maybe even higher, of these cancers,

00:08:44.882 --> 00:08:46.136 especially cervical cancer.

00:08:46.140 --> 00:08:49.059 But also other forms of cancer.

00:08:49.060 --> 00:08:51.150 Why wouldn't I get it?

NOTE Confidence: 0.86312425

00:08:51.150 --> 00:08:54.076 How do they go about doing that?

NOTE Confidence: 0.86312425

00:08:54.080 --> 00:08:56.462 Is that something that they can

NOTE Confidence: 0.86312425

00:08:56.462 --> 00:08:58.680 get through their doctors offices?

NOTE Confidence: 0.86312425

00:08:58.680 --> 00:09:00.770 Is it covered by insurance?

00:09:01.656 --> 00:09:04.314 What are the other potential barriers

NOTE Confidence: 0.86312425

00:09:04.320 --> 00:09:06.570 that people can address?

NOTE Confidence: 0.8819561

00:09:06.570 --> 00:09:08.315 It shoud be fairly straightforward to get

NOTE Confidence: 0.8819561

00:09:08.315 --> 00:09:10.935 it so it is covered by insurance

NOTE Confidence: 0.8819561

00:09:10.935 --> 00:09:12.950 right from the preteen years.

NOTE Confidence: 0.8819561

00:09:12.950 --> 00:09:15.022 So age 9-10 until someone gets to

NOTE Confidence: 0.8819561

00:09:15.022 --> 00:09:18.289 the age of 45 years and it should be

NOTE Confidence: 0.8819561

00:09:18.289 --> 00:09:20.355 fairly straightforward to call your

NOTE Confidence: 0.8819561

00:09:20.355 --> 00:09:23.067 pediatrician or your primary care doctor,

NOTE Confidence: 0.8819561

00:09:23.070 --> 00:09:26.445 and you know, go in and get the shot.

NOTE Confidence: 0.8819561

00:09:26.450 --> 00:09:28.320 Most clinics offer the vaccine.

NOTE Confidence: 0.8328066

00:09:29.950 --> 00:09:31.822 And really it's been efficacious

NOTE Confidence: 0.8328066

00:09:31.822 --> 00:09:33.381 and minimal side effects, right?

NOTE Confidence: 0.8328066

00:09:33.381 --> 00:09:35.570 Well, there are some side effects. Nothing

NOTE Confidence: 0.8328066

00:09:35.570 --> 00:09:36.814 like the covid vaccine.

NOTE Confidence: 0.8328066

00:09:36.814 --> 00:09:39.000 So you know right off the bat,

NOTE Confidence: 0.8328066

00:09:39.000 --> 00:09:41.004 that's something a little bit better

NOTE Confidence: 0.8328066

00:09:41.004 --> 00:09:42.964 tolerated than the covid shot so

NOTE Confidence: 0.8328066

00:09:42.964 --> 00:09:44.924 if people could deal with the covid shot,

NOTE Confidence: 0.8328066

00:09:44.930 --> 00:09:46.490 they can definitely deal with

NOTE Confidence: 0.8328066

00:09:46.490 --> 00:09:48.050 the HPV vaccine,

NOTE Confidence: 0.8328066

00:09:48.050 --> 00:09:49.916 but there are minimal side effects.

NOTE Confidence: 0.8328066

00:09:49.920 --> 00:09:52.568 Most of them are short term, they

NOTE Confidence: 0.8328066

00:09:52.568 --> 00:09:54.600 dissipate within a day or two.

NOTE Confidence: 0.8735652

00:09:55.540 --> 00:10:00.104 OK, great so aside from getting the

NOTE Confidence: 0.8735652

00:10:00.110 --> 00:10:02.160 HPV vaccine the other risk

NOTE Confidence: 0.8735652

00:10:02.160 --> 00:10:03.800 factors are really tobacco,

NOTE Confidence: 0.8735652

00:10:03.800 --> 00:10:06.670 which has gone down in this country,

NOTE Confidence: 0.8735652

00:10:06.670 --> 00:10:09.130 at least in terms of smoking.

NOTE Confidence: 0.8735652

00:10:09.130 --> 00:10:11.572 The other question that people may

NOTE Confidence: 0.8735652

00:10:11.572 --> 00:10:14.458 have is with regards to E cigarettes.

NOTE Confidence: 0.8735652

00:10:14.460 --> 00:10:16.510 We found that

NOTE Confidence: 0.8735652

00:10:16.510 --> 00:10:18.580 as people's smoking in terms

NOTE Confidence: 0.8735652

00:10:18.580 --> 00:10:20.650 of smoking tobacco has gone

NOTE Confidence: 0.8735652

00:10:20.733 --> 00:10:22.658 down in the United States,

NOTE Confidence: 0.8735652

00:10:22.660 --> 00:10:25.530 E-cigarettes seem to have gone up.

NOTE Confidence: 0.8735652

00:10:25.530 --> 00:10:27.170 Does that increase your

NOTE Confidence: 0.8735652

00:10:27.170 --> 00:10:29.220 risk of head and neck cancers?

NOTE Confidence: 0.86695015

00:10:30.590 --> 00:10:32.036 There isn't a lot of data

NOTE Confidence: 0.86695015

00:10:32.036 --> 00:10:33.519 that's looked at that.

NOTE Confidence: 0.86695015

00:10:33.520 --> 00:10:35.228 Again, E cigarettes are a new phenomenon.

NOTE Confidence: 0.86695015

00:10:35.230 --> 00:10:36.810 It's really only been

NOTE Confidence: 0.86695015

00:10:36.810 --> 00:10:38.785 within the past few years.

NOTE Confidence: 0.86695015

00:10:38.790 --> 00:10:40.794 It theoretically would have a lower

NOTE Confidence: 0.86695015

00:10:40.794 --> 00:10:42.480 risk than regular cigarettes and

NOTE Confidence: 0.86695015

00:10:42.480 --> 00:10:43.960 causing head and neck cancers,

NOTE Confidence: 0.86695015

00:10:43.960 --> 00:10:45.976 but I'm not sure that it totally

NOTE Confidence: 0.86695015

00:10:45.976 --> 00:10:47.510 eliminates the risk altogether.

NOTE Confidence: 0.89426523

00:10:48.760 --> 00:10:50.854 And then the other

NOTE Confidence: 0.89426523

00:10:50.854 --> 00:10:52.724 thing that people often put

NOTE Confidence: 0.89426523

00:10:52.724 --> 00:10:54.739 together is smoking and alcohol.

NOTE Confidence: 0.89426523

00:10:54.740 --> 00:10:56.610 What's the impact of alcohol

NOTE Confidence: 0.89426523

00:10:56.610 --> 00:10:58.106 on head and neck cancers?

NOTE Confidence: 0.85837954

00:10:59.850 --> 00:11:01.830 Almost the same as smoking,

NOTE Confidence: 0.85837954

00:11:01.830 --> 00:11:05.138 so you know smoking.

NOTE Confidence: 0.85837954

00:11:05.140 --> 00:11:07.387 when you inhale the smoke,

NOTE Confidence: 0.85837954

00:11:07.390 --> 00:11:09.766 it goes down all the way from your head

NOTE Confidence: 0.85837954

00:11:09.766 --> 00:11:12.419 and neck passages down to your lung

18

NOTE Confidence: 0.85837954

00:11:12.419 --> 00:11:14.336 passages and with alcohol, similarly it goes

NOTE Confidence: 0.85837954

00:11:14.336 --> 00:11:16.744 down your mouth, the back of your

NOTE Confidence: 0.85837954

00:11:16.744 --> 00:11:18.988 throat and then into the food pipe.

NOTE Confidence: 0.85837954

00:11:18.990 --> 00:11:21.069 So we do see a significant proportion

NOTE Confidence: 0.85837954

00:11:21.069 --> 00:11:23.053 of patients who've never smoked but

NOTE Confidence: 0.85837954

00:11:23.053 --> 00:11:24.778 have a significant alcohol history

NOTE Confidence: 0.85837954

00:11:24.780 --> 00:11:27.678 who then go on to develop head and neck cancers.

NOTE Confidence: 0.85837954

00:11:27.680 --> 00:11:30.900 So I would say the risk is about the same.

NOTE Confidence: 0.85837954

00:11:30.900 --> 00:11:31.779 It's also cumulative,

NOTE Confidence: 0.85837954

00:11:31.779 --> 00:11:33.830 so the more the exposure to either

NOTE Confidence: 0.85837954

00:11:33.889 --> 00:11:35.409 substance or both substances,

NOTE Confidence: 0.85837954

00:11:35.410 --> 00:11:37.474 the higher your chance

NOTE Confidence: 0.85837954

00:11:37.474 --> 00:11:39.990 of developing a cancer.

NOTE Confidence: 0.85641265

00:11:39.990 --> 00:11:41.798 The next question that

NOTE Confidence: 0.85641265

00:11:41.798 --> 00:11:44.510 everybody is going to ask is,

NOTE Confidence: 0.85641265

19

00:11:44.510 --> 00:11:48.326 is there a safe limit? Is it okay to have 1

NOTE Confidence: 0.85641265

00:11:48.326 --> 00:11:51.739 drink at dinner or is there

NOTE Confidence: 0.85641265

00:11:51.740 --> 00:11:54.841 a certain threshold at which

NOTE Confidence: 0.85641265

00:11:54.841 --> 00:11:57.170 people should really be cautious?

NOTE Confidence: 0.8611666

00:11:58.740 --> 00:12:00.658 Of course you want to avoid

NOTE Confidence: 0.8611666

00:12:00.658 --> 00:12:01.519 binge drinking,

NOTE Confidence: 0.8611666

00:12:01.519 --> 00:12:03.682 and there are these thresholds

NOTE Confidence: 0.8611666

00:12:03.682 --> 00:12:05.585 that are set by the CDC as well.

NOTE Confidence: 0.8611666

00:12:05.590 --> 00:12:07.096 and that

NOTE Confidence: 0.8611666

00:12:07.096 --> 00:12:08.600 needs to be double checked,

NOTE Confidence: 0.8611666

00:12:08.600 --> 00:12:11.705 but maybe it's 2 drinks a day for women

NOTE Confidence: 0.8611666

00:12:11.705 --> 00:12:14.630 and three drinks at a time for men.

NOTE Confidence: 0.8611666

00:12:14.630 --> 00:12:16.496 The safest is to minimize though,

NOTE Confidence: 0.8611666

00:12:16.500 --> 00:12:18.523 'cause I think everyone has a personal

NOTE Confidence: 0.8611666

00:12:18.523 --> 00:12:19.920 body threshold that's different,

NOTE Confidence: 0.8611666

00:12:19.920 --> 00:12:22.174 we see some people

NOTE Confidence: 0.8611666

00:12:22.174 --> 00:12:24.048 who've smoked 100 pack years and

NOTE Confidence: 0.8611666

00:12:24.048 --> 00:12:26.062 do not get head and neck cancers,

NOTE Confidence: 0.8611666

00:12:26.062 --> 00:12:28.162 and then we see some people have

NOTE Confidence: 0.8611666

00:12:28.162 --> 00:12:29.818 smoked just ten years and then

NOTE Confidence: 0.8611666

00:12:29.818 --> 00:12:31.812 have a head and neck cancer

NOTE Confidence: 0.8611666

00:12:31.812 --> 00:12:33.288 that's not virus associated,

NOTE Confidence: 0.8611666

00:12:33.290 --> 00:12:34.850 so is presumably smoking associated.

NOTE Confidence: 0.8611666

00:12:34.850 --> 00:12:36.710 So I think everyone just has

NOTE Confidence: 0.8611666

00:12:36.710 --> 00:12:37.640 a different threshold.

NOTE Confidence: 0.8611666

00:12:37.640 --> 00:12:39.195 Doing away with smoking altogether

NOTE Confidence: 0.8611666

00:12:39.195 --> 00:12:40.439 is healthy for everyone,

NOTE Confidence: 0.8611666

00:12:40.440 --> 00:12:41.980 and minimizing how much alcohol

NOTE Confidence: 0.8611666

00:12:41.980 --> 00:12:44.193 you drink is also the best thing

NOTE Confidence: 0.8611666

00:12:44.193 --> 00:12:45.728 you could do for yourself.

NOTE Confidence: 0.8806924

00:12:47.230 --> 00:12:49.672 And so when we move away

NOTE Confidence: 0.8806924

00:12:49.672 --> 00:12:51.300 from now primary prevention,

NOTE Confidence: 0.8806924

00:12:51.300 --> 00:12:54.724 we've kind of talked about the risk factors

NOTE Confidence: 0.8806924

00:12:54.724 --> 00:12:57.808 and things we can do to minimize that.

NOTE Confidence: 0.8806924

00:12:57.810 --> 00:13:00.365 The next thing that people often talk

NOTE Confidence: 0.8806924

00:13:00.365 --> 00:13:03.099 about is secondary prevention or screening.

NOTE Confidence: 0.8806924

00:13:03.100 --> 00:13:05.949 Now, unlike a lot of other cancers,

NOTE Confidence: 0.8806924

00:13:05.950 --> 00:13:07.562 breast cancer, colon cancer,

NOTE Confidence: 0.8806924

00:13:07.562 --> 00:13:10.430 where we really have good screening tests,

NOTE Confidence: 0.8806924

00:13:10.430 --> 00:13:13.298 do we have good screening tests

NOTE Confidence: 0.8806924

00:13:13.298 --> 00:13:15.990 for head and neck cancer?

NOTE Confidence: 0.8806924

00:13:15.990 --> 00:13:17.878 So screening hasn't shown to

NOTE Confidence: 0.85980976

00:13:17.880 --> 00:13:20.034 save lives for patients who

NOTE Confidence: 0.85980976

00:13:20.034 --> 00:13:22.789 go on to develop head neck cancer,

NOTE Confidence: 0.85980976

00:13:22.790 --> 00:13:24.680 but in our own experience,

NOTE Confidence: 0.85980976

00:13:24.680 --> 00:13:27.074 the way head neck cancer

NOTE Confidence: 0.85980976

00:13:27.074 --> 00:13:29.009 is most commonly diagnosed is

NOTE Confidence: 0.85980976

00:13:29.009 --> 00:13:31.109 when someone notices a lesion,

NOTE Confidence: 0.85980976

00:13:31.110 --> 00:13:34.134 say in the oral cavity or in the back

NOTE Confidence: 0.85980976

00:13:34.134 --> 00:13:37.159 of the throat and is then referred

NOTE Confidence: 0.85980976

00:13:37.160 --> 00:13:38.496 to the oncology team.

NOTE Confidence: 0.85980976

00:13:38.496 --> 00:13:41.497 So that tends to be found

NOTE Confidence: 0.85980976

00:13:41.497 --> 00:13:43.345 serendipitously by somebody's doctor or

NOTE Confidence: 0.85980976

00:13:43.345 --> 00:13:46.119 dentist who looks in their mouth.

NOTE Confidence: 0.85980976

00:13:46.120 --> 00:13:48.115 Yes, but I hear that

NOTE Confidence: 0.85980976

00:13:48.115 --> 00:13:50.735 you were about to say that you

NOTE Confidence: 0.85980976

00:13:50.735 --> 00:13:52.007 organize community screening

NOTE Confidence: 0.85980976

00:13:52.007 --> 00:13:54.080 programs that might be helpful,

NOTE Confidence: 0.85980976

00:13:54.080 --> 00:13:56.537 and I'd love to delve a little

NOTE Confidence: 0.85980976

00:13:56.537 --> 00:13:58.070 bit more into that.

NOTE Confidence: 0.85980976

00:13:58.070 --> 00:14:01.319 But first we need to take a medical minute,

NOTE Confidence: 0.85980976

00:14:01.320 --> 00:14:03.492 so please stay tuned to learn

NOTE Confidence: 0.85980976

00:14:03.492 --> 00:14:05.310 more about head and neck

NOTE Confidence: 0.8556028

00:14:05.310 --> 00:14:07.120 cancers with my guest doctor

NOTE Confidence: 0.8556028

00:14:07.120 --> 00:14:09.400 Aarti Bhatia.

NOTE Confidence: 0.8556028

00:14:09.400 --> 00:14:11.659 Support for Yale Cancer Answers comes from AstraZeneca, working

NOTE Confidence: 0.8556028

00:14:11.659 --> 00:14:14.355 to eliminate cancer as a cause of death.

NOTE Confidence: 0.8556028

00:14:14.360 --> 00:14:17.420 Learn more at astrazeneca-us.com.

NOTE Confidence: 0.8556028

00:14:17.420 --> 00:14:20.668 This is a medical minute about lung cancer.

NOTE Confidence: 0.8556028

00:14:20.670 --> 00:14:23.218 More than 85% of lung cancer diagnosis

NOTE Confidence: 0.8556028

00:14:23.218 --> 00:14:26.146 are related to smoking and quitting, even

NOTE Confidence: 0.8556028

00:14:26.146 --> 00:14:28.786 after decades of use can significantly

NOTE Confidence: 0.8556028

00:14:28.859 --> 00:14:31.253 reduce your risk of developing lung

NOTE Confidence: 0.8556028

00:14:31.253 --> 00:14:33.231 cancer. For lung cancer patients,

NOTE Confidence: 0.8556028

00:14:33.231 --> 00:14:35.136 clinical trials are currently underway

NOTE Confidence: 0.8556028

00:14:35.136 --> 00:14:37.310 to test innovative new treatments.

NOTE Confidence: 0.8556028

00:14:37.310 --> 00:14:40.316 Advances are being made by utilizing

NOTE Confidence: 0.8556028

00:14:40.316 --> 00:14:42.320 targeted therapies and immunotherapies.

NOTE Confidence: 0.8556028

00:14:42.396 --> 00:14:44.454 The BATTLE II trial aims to learn

NOTE Confidence: 0.8556028

00:14:44.454 --> 00:14:47.040 if a drug or combination of drugs

NOTE Confidence: 0.8556028

00:14:47.040 --> 00:14:49.488 based on personal biomarkers can help

NOTE Confidence: 0.8556028

00:14:49.490 --> 00:14:52.486 to control non small cell lung cancer.

NOTE Confidence: 0.8556028

00:14:52.490 --> 00:14:55.265 More information is available

NOTE Confidence: 0.8556028

00:14:55.265 --> 00:14:56.375 at yalecancercenter.org.

NOTE Confidence: 0.8556028

00:14:56.380 --> 00:14:59.716 You're listening to Connecticut Public Radio.

NOTE Confidence: 0.8413052

00:15:00.910 --> 00:15:03.028 Welcome back to Yale Cancer Answers.

NOTE Confidence: 0.8413052

00:15:03.030 --> 00:15:04.932 This is doctor Anees Chagpar

NOTE Confidence: 0.8413052

00:15:04.932 --> 00:15:07.069 and I'm joined tonight by

NOTE Confidence: 0.8413052

00:15:07.069 --> 00:15:09.049 my guest Doctor Aarti Bhatia.

NOTE Confidence: 0.8413052

00:15:09.050 --> 00:15:11.192 We're talking about head and neck

NOTE Confidence: 0.8413052

00:15:11.192 --> 00:15:13.300 cancers and right before the break,

NOTE Confidence: 0.8413052

00:15:13.300 --> 00:15:15.424 you made a comment that

NOTE Confidence: 0.8413052

00:15:15.424 --> 00:15:16.840 I found really interesting.

NOTE Confidence: 0.8413052

00:15:16.840 --> 00:15:18.380 You said that

NOTE Confidence: 0.8413052

00:15:18.380 --> 00:15:20.690 screening for head neck cancers has

NOTE Confidence: 0.8413052

00:15:20.769 --> 00:15:23.265 not been shown to improve survival.

NOTE Confidence: 0.8413052

00:15:23.270 --> 00:15:25.316 That for many people,

NOTE Confidence: 0.8413052

00:15:25.320 --> 00:15:27.030 I think would seem counter

NOTE Confidence: 0.8413052

00:15:27.030 --> 00:15:28.398 intuitive for most cancers.

NOTE Confidence: 0.8413052

00:15:28.400 --> 00:15:31.136 We think if we pick it up early,

NOTE Confidence: 0.8413052

00:15:31.140 --> 00:15:33.186 the earlier we pick it up,

NOTE Confidence: 0.8413052

00:15:33.190 --> 00:15:35.236 the easier it is to treat,

NOTE Confidence: 0.8413052

00:15:35.240 --> 00:15:37.286 the better the survival rate is.

NOTE Confidence: 0.8413052

00:15:37.290 --> 00:15:39.666 So why do you think that is that

NOTE Confidence: 0.8413052

00:15:39.666 --> 00:15:41.121 that screening really hasn't

NOTE Confidence: 0.8413052

00:15:41.121 --> 00:15:43.106 been shown to affect survival?

NOTE Confidence: 0.87632143

00:15:44.330 --> 00:15:46.562 Well, I think a large part of that

NOTE Confidence: 0.87632143

00:15:46.562 --> 00:15:48.444 is because patients present with

NOTE Confidence: 0.87632143

00:15:48.444 --> 00:15:50.539 symptoms pretty early on.

NOTE Confidence: 0.87632143

00:15:50.540 --> 00:15:53.148 I mean, if you have a bleeding ulcer

NOTE Confidence: 0.87632143

00:15:53.148 --> 00:15:55.720 in the mouth, you have sore throat,

NOTE Confidence: 0.87632143

00:15:55.720 --> 00:15:57.790 you have trouble swallowing or chewing,

NOTE Confidence: 0.87632143

00:15:57.790 --> 00:15:59.510 you notice a neck lump,

NOTE Confidence: 0.87632143

00:15:59.510 --> 00:16:01.220 most people aren't going to

NOTE Confidence: 0.87632143

00:16:01.220 --> 00:16:03.650 sit on it for months or years.

NOTE Confidence: 0.87632143

00:16:03.650 --> 00:16:05.953 They're going to go see a doctor

NOTE Confidence: 0.87632143

00:16:05.953 --> 00:16:08.139 and figure out what's going on.

NOTE Confidence: 0.87632143

00:16:08.140 --> 00:16:10.066 So because of the

NOTE Confidence: 0.87632143

00:16:10.066 --> 00:16:12.155 location of these tumors and how

NOTE Confidence: 0.87632143

00:16:12.155 --> 00:16:14.000 early they present with symptoms,

NOTE Confidence: 0.87632143

00:16:14.000 --> 00:16:16.070 most people are diagnosed early on,

NOTE Confidence: 0.87632143

00:16:16.070 --> 00:16:17.402 and in early stages.

NOTE Confidence: 0.87632143

00:16:17.402 --> 00:16:19.917 So the vast majority of our patients

NOTE Confidence: 0.87632143

00:16:19.917 --> 00:16:22.117 come in with curable cancers,

NOTE Confidence: 0.87632143

00:16:22.120 --> 00:16:24.304 so I think there isn't much

NOTE Confidence: 0.87632143

00:16:24.304 --> 00:16:25.760 more that screening does.

00:16:26.488 --> 00:16:28.308 Screening picks up early cancers,

NOTE Confidence: 0.87632143

00:16:28.310 --> 00:16:30.125 but then people come in

NOTE Confidence: 0.87632143

00:16:30.125 --> 00:16:31.577 with early cancers anyway,

NOTE Confidence: 0.87632143

00:16:31.580 --> 00:16:33.584 so for that reason it hasn't

NOTE Confidence: 0.87632143

00:16:33.584 --> 00:16:35.590 been shown to improve survival.

NOTE Confidence: 0.87632143

00:16:35.590 --> 00:16:38.860 But we still think it's helpful to

NOTE Confidence: 0.87632143

00:16:38.860 --> 00:16:41.050 engage in community wide screening efforts,

NOTE Confidence: 0.87632143

00:16:41.050 --> 00:16:43.228 especially in the high risk population.

NOTE Confidence: 0.87632143

00:16:43.230 --> 00:16:45.778 So in patients who have a significant

NOTE Confidence: 0.87632143

00:16:45.778 --> 00:16:47.238 smoking exposure, alcohol exposure,

NOTE Confidence: 0.87632143

00:16:47.238 --> 00:16:48.330 multiple partners,

NOTE Confidence: 0.87632143

00:16:48.330 --> 00:16:50.610 it makes sense to have them

00:16:51.568 --> 00:16:53.963 engage with their dentist or

NOTE Confidence: 0.87632143

00:16:53.963 --> 00:16:56.556 oral surgeons, ENTs, to see if

NOTE Confidence: 0.87632143

00:16:56.556 --> 00:16:59.055 they have any lesions that can be

NOTE Confidence: 0.87632143

00:16:59.060 --> 00:17:00.725 intervened in an early

NOTE Confidence: 0.87632143

00:17:00.725 --> 00:17:02.940 course in the disease

NOTE Confidence: 0.84821457

00:17:02.940 --> 00:17:05.708 I think that's one of the

NOTE Confidence: 0.84821457

00:17:05.708 --> 00:17:08.238 beauties of head neck cancers is that

NOTE Confidence: 0.84821457

00:17:08.240 --> 00:17:09.850 because the lesions

NOTE Confidence: 0.84821457

00:17:09.850 --> 00:17:12.304 in the head and neck are such that

NOTE Confidence: 0.84821457

00:17:12.304 --> 00:17:14.239 they will present with symptoms,

NOTE Confidence: 0.84821457

00:17:14.240 --> 00:17:16.358 it can be found earlier than,

NOTE Confidence: 0.84821457

00:17:16.360 --> 00:17:18.115 for example, other cancers that

NOTE Confidence: 0.84821457

00:17:18.115 --> 00:17:20.240 we've talked about on this show,

NOTE Confidence: 0.84821457

00:17:20.240 --> 00:17:23.320 which tend to be pretty silent and

NOTE Confidence: 0.84821457

00:17:23.320 --> 00:17:25.610 patients present quite late.

NOTE Confidence: 0.84821457

00:17:25.610 --> 00:17:29.426 So you mentioned a few of the symptoms that

NOTE Confidence: 0.84821457

00:17:29.426 --> 00:17:32.575 people should be looking out for, right?

NOTE Confidence: 0.84821457

00:17:32.575 --> 00:17:33.880 Bleeding, ulcer, nosebleeds,

NOTE Confidence: 0.84821457

00:17:33.880 --> 00:17:35.620 lump in the throat,

NOTE Confidence: 0.84821457

00:17:35.620 --> 00:17:36.922 losing your voice,

NOTE Confidence: 0.84821457

00:17:36.922 --> 00:17:37.790 hoarseness, cough.

NOTE Confidence: 0.84821457

00:17:37.790 --> 00:17:40.424 Are there other things that people

NOTE Confidence: 0.84821457

00:17:40.424 --> 00:17:42.580 should be looking out for?

NOTE Confidence: 0.84821457

00:17:42.580 --> 00:17:44.750 And seeing their doctor about?

NOTE Confidence: 0.8473764

00:17:47.490 --> 00:17:49.940 Sometimes you may even have

NOTE Confidence: 0.8473764

00:17:49.940 --> 00:17:52.190 oral lesions which tend not to bleed,

NOTE Confidence: 0.8473764

00:17:52.190 --> 00:17:54.549 but they've just been there for awhile.

NOTE Confidence: 0.8473764

00:17:54.550 --> 00:17:57.172 Some of those can be precancerous,

NOTE Confidence: 0.8473764

00:17:57.172 --> 00:17:58.702 some precancerous lesions will then

NOTE Confidence: 0.8473764

00:17:58.702 --> 00:18:00.929 go on to transform into cancer,

NOTE Confidence: 0.8473764

00:18:00.930 --> 00:18:03.945 so even if it isn't a very bothersome lesion,

NOTE Confidence: 0.8473764

00:18:03.950 --> 00:18:06.638 but just has been there around for awhile,

NOTE Confidence: 0.8473764

00:18:06.640 --> 00:18:08.320 you want to make sure

NOTE Confidence: 0.8473764

00:18:08.320 --> 00:18:10.000 you see someone about it

NOTE Confidence: 0.8473764

00:18:10.000 --> 00:18:11.680 and get it checked out.

NOTE Confidence: 0.8473764

00:18:11.680 --> 00:18:14.025 Yeah, and for many people,

NOTE Confidence: 0.8473764

00:18:14.030 --> 00:18:16.466 going to your doctor for

NOTE Confidence: 0.8473764

00:18:16.466 --> 00:18:18.400 a regular checkup once a year,

NOTE Confidence: 0.8473764

00:18:18.400 --> 00:18:21.703 or seeing your dentist once or twice a year

NOTE Confidence: 0.8473764

00:18:21.710 --> 00:18:23.480 is a really good thing to

NOTE Confidence: 0.8473764

00:18:23.480 --> 00:18:25.420 do because as you mentioned,

NOTE Confidence: 0.8473764

00:18:25.420 --> 00:18:27.786 it's often on these visits that

NOTE Confidence: 0.8473764

00:18:27.786 --> 00:18:30.464 people can pick up on lesions that may

NOTE Confidence: 0.8473764

00:18:30.464 --> 00:18:32.829 not have been bothersome to you.

00:18:35.530 --> 00:18:38.056 They can then see it as suspicious

NOTE Confidence: 0.8473764

00:18:38.056 --> 00:18:41.118 and move on to the next step.

NOTE Confidence: 0.8473764

00:18:41.120 --> 00:18:43.262 So when you do go to your

NOTE Confidence: 0.8473764

00:18:43.262 --> 00:18:45.460 dentist or your doctor and they

NOTE Confidence: 0.8473764

00:18:45.460 --> 00:18:47.798 find something,

NOTE Confidence: 0.8473764

00:18:47.800 --> 00:18:50.635 what's the next step in terms of making a

NOTE Confidence: 0.8473764

00:18:50.635 --> 00:18:52.806 diagnosis and moving on with treatment?

NOTE Confidence: 0.8342621

00:18:54.380 --> 00:18:56.360 So if the dentist

NOTE Confidence: 0.8342621

00:18:56.360 --> 00:18:57.680 finds something that's suspicious,

NOTE Confidence: 0.8342621

00:18:57.680 --> 00:18:59.714 they will either refer you to

NOTE Confidence: 0.8342621

00:18:59.714 --> 00:19:01.639 an oral surgeon or an ENT,

NOTE Confidence: 0.8342621

00:19:01.640 --> 00:19:03.650 and both those kind of physicians

NOTE Confidence: 0.8342621

00:19:03.650 --> 00:19:05.930 can make a diagnosis with a biopsy,

NOTE Confidence: 0.8342621

00:19:05.930 --> 00:19:08.233 so we need to typically get some

NOTE Confidence: 0.8342621

00:19:08.233 --> 00:19:10.550 of that tissue out with a needle.

NOTE Confidence: 0.8342621

00:19:10.550 --> 00:19:12.572 Look at it under the microscope

NOTE Confidence: 0.8342621

00:19:12.572 --> 00:19:14.180 and see what's going on,

NOTE Confidence: 0.8342621

00:19:14.180 --> 00:19:15.830 and if that diagnosis is cancer,

NOTE Confidence: 0.8342621

00:19:15.830 --> 00:19:18.091 the next step is usually

NOTE Confidence: 0.8342621

00:19:18.091 --> 00:19:20.672 scans where we try to find out to

NOTE Confidence: 0.8342621

00:19:20.672 --> 00:19:22.760 what extent has this cancer spread.

NOTE Confidence: 0.8342621

00:19:22.760 --> 00:19:24.410 Is it involving adjacent structures?

NOTE Confidence: 0.8342621

00:19:24.410 --> 00:19:26.966 Is it involving some neck nodes?

NOTE Confidence: 0.8342621

00:19:26.970 --> 00:19:29.514 Is it a local tumor or has it

NOTE Confidence: 0.8342621

00:19:29.514 --> 00:19:31.763 spread and then from

NOTE Confidence: 0.8342621

00:19:31.763 --> 00:19:34.478 then on you get involved with the

NOTE Confidence: 0.8342621

00:19:34.478 --> 00:19:36.872 rest of the oncology team so you

NOTE Confidence: 0.8342621

00:19:36.872 --> 00:19:38.264 meet a radiation oncologist.

NOTE Confidence: 0.8342621

00:19:38.264 --> 00:19:40.024 You made a medical oncologist,

NOTE Confidence: 0.8342621

00:19:40.030 --> 00:19:41.800 which is someone like me,

NOTE Confidence: 0.8342621

00:19:41.800 --> 00:19:44.264 and usually treatment will then be planned,

NOTE Confidence: 0.8342621

00:19:44.270 --> 00:19:46.030 involving a course of radiation

NOTE Confidence: 0.8342621

00:19:46.030 --> 00:19:47.438 or chemotherapy or surgery,

NOTE Confidence: 0.8342621

00:19:47.440 --> 00:19:49.666 or a combination of these so

NOTE Confidence: 0.8342621

00:19:49.666 --> 00:19:51.150 multidisciplinary management is

NOTE Confidence: 0.8342621

00:19:51.213 --> 00:19:52.948 key to treating and formulating

NOTE Confidence: 0.8342621

00:19:52.948 --> 00:19:55.071 a good treatment plan for head

NOTE Confidence: 0.8342621

00:19:55.071 --> 00:19:57.039 and neck cancer patients and in

NOTE Confidence: 0.8342621

00:19:57.039 --> 00:19:59.110 fact outcomes are tied to being

NOTE Confidence: 0.8342621

00:19:59.110 --> 00:20:00.190 treated at large

NOTE Confidence: 0.8342621

00:20:00.190 --> 00:20:00.774 volume centers,

NOTE Confidence: 0.8342621

00:20:00.774 --> 00:20:03.110 so you want to make sure you see

NOTE Confidence: 0.8342621

00:20:03.176 --> 00:20:05.186 someone who has many

NOTE Confidence: 0.8342621

00:20:05.186 --> 00:20:06.943 head neck cancer patients and

NOTE Confidence: 0.8342621

00:20:06.943 --> 00:20:08.718 has dealt with their treatment.

NOTE Confidence: 0.8748267

00:20:09.770 --> 00:20:12.623 Yeah, and when

NOTE Confidence: 0.8748267

00:20:12.623 --> 00:20:15.430 you talk about large volume centers,

NOTE Confidence: 0.8748267

00:20:15.430 --> 00:20:18.157 I think part of that may have to do

NOTE Confidence: 0.8748267

00:20:18.157 --> 00:20:20.817 with the expertise of the clinicians

NOTE Confidence: 0.8748267

00:20:20.817 --> 00:20:23.884 themselves and the fact that they

NOTE Confidence: 0.8748267

00:20:23.884 --> 00:20:26.732 see these cancers day in and day out.

NOTE Confidence: 0.8748267

00:20:26.740 --> 00:20:28.938 But the other might be some

NOTE Confidence: 0.8748267

00:20:28.938 --> 00:20:31.380 of the things that they have at

NOTE Confidence: 0.8748267

00:20:31.380 --> 00:20:33.160 large volume centers that may

NOTE Confidence: 0.8748267

00:20:33.160 --> 00:20:35.410 not be ubiquitously available.

NOTE Confidence: 0.8748267

00:20:35.410 --> 00:20:38.049 So talk to us a little bit

NOTE Confidence: 0.8748267

00:20:38.049 --> 00:20:39.180 about personalized medicine.

NOTE Confidence: 0.8748267

00:20:39.180 --> 00:20:42.644 We find that in so many cancers now,

NOTE Confidence: 0.8748267

00:20:42.650 --> 00:20:44.865 especially the large volume centers

NOTE Confidence: 0.8748267

00:20:44.865 --> 00:20:47.901 really are tailoring care in terms of

NOTE Confidence: 0.8748267

00:20:47.901 --> 00:20:50.519 the genomics of a particular cancer and

NOTE Confidence: 0.8748267

00:20:50.519 --> 00:20:53.011 using that information, that molecular

NOTE Confidence: 0.8748267

00:20:53.011 --> 00:20:55.571 information, to really tailor their

NOTE Confidence: 0.8748267

00:20:55.571 --> 00:20:58.568 therapy in terms of that multi modality

NOTE Confidence: 0.8748267

00:20:58.568 --> 00:21:01.469 care that you were talking about.

NOTE Confidence: 0.8748267

00:21:01.470 --> 00:21:04.146 Can you talk more about that?

NOTE Confidence: 0.8439441

00:21:05.280 --> 00:21:06.032 Yes, absolutely.

NOTE Confidence: 0.8439441

00:21:06.032 --> 00:21:08.664 So you know that's valid for patients

NOTE Confidence: 0.8439441

00:21:08.664 --> 00:21:11.123 who have more advanced disease or

NOTE Confidence: 0.8439441

00:21:11.123 --> 00:21:13.133 incurable disease at our center.

NOTE Confidence: 0.8439441

00:21:13.140 --> 00:21:15.632 And I'm sure at many other large

NOTE Confidence: 0.8439441

00:21:15.632 --> 00:21:17.460 volume centers with expertise,

NOTE Confidence: 0.8439441

00:21:17.460 --> 00:21:19.728 we do what we call molecular

NOTE Confidence: 0.8439441

00:21:19.728 --> 00:21:21.790 sequencing or profiling of tumors.

NOTE Confidence: 0.8439441

00:21:21.790 --> 00:21:24.534 So the biopsies are analyzed for their

NOTE Confidence: 0.8439441

00:21:24.540 --> 00:21:26.455 genes that are present

NOTE Confidence: 0.8439441

00:21:26.455 --> 00:21:28.860 in the tumor and

NOTE Confidence: 0.8439441

00:21:28.860 --> 00:21:31.674 we then determine is this gene something

NOTE Confidence: 0.8439441

00:21:31.674 --> 00:21:33.968 that was inherited by the patient,

NOTE Confidence: 0.8439441

00:21:33.970 --> 00:21:36.140 or is it something that

NOTE Confidence: 0.8439441

00:21:36.140 --> 00:21:38.989 originated in the oral cavity

NOTE Confidence: 0.8439441

00:21:38.989 --> 00:21:42.397 or in the mucosa of the head neck

NOTE Confidence: 0.8439441

00:21:42.397 --> 00:21:45.938 and then went on to cause a tumor,

NOTE Confidence: 0.8439441

00:21:45.940 --> 00:21:48.670 and sometimes knowing what these genetic

NOTE Confidence: 0.8439441

00:21:48.670 --> 00:21:51.480 defects or mutations are in the tumor,

NOTE Confidence: 0.8439441

00:21:51.480 --> 00:21:53.610 help us identify drugs or

NOTE Confidence: 0.8439441

00:21:53.610 --> 00:21:55.338 targeted therapies,

NOTE Confidence: 0.8439441

00:21:55.338 --> 00:21:57.930 which then will specifically go and

NOTE Confidence: 0.8439441

00:21:58.007 --> 00:22:00.137 target or inhibit that aberrant

NOTE Confidence: 0.8439441

00:22:00.137 --> 00:22:02.732 protein or aberrant mutation so the

NOTE Confidence: 0.8439441

00:22:02.732 --> 00:22:05.108 cancer can come under better control.

NOTE Confidence: 0.8439441

00:22:05.110 --> 00:22:07.330 Some of these drugs are

NOTE Confidence: 0.8439441

00:22:07.330 --> 00:22:09.358 FDA approved in these settings and

NOTE Confidence: 0.8439441

00:22:09.358 --> 00:22:11.594 some of these drugs are available

NOTE Confidence: 0.8439441

00:22:11.594 --> 00:22:14.036 on clinical trials and clearly more

NOTE Confidence: 0.8439441

00:22:14.036 --> 00:22:15.955 clinical trials will be available

NOTE Confidence: 0.8439441

00:22:15.955 --> 00:22:18.025 at the larger volume centers where

NOTE Confidence: 0.8439441

00:22:18.025 --> 00:22:20.205 we have the patient still offer

NOTE Confidence: 0.8439441

00:22:20.205 --> 00:22:21.306 these studies too,

NOTE Confidence: 0.8439441

00:22:21.310 --> 00:22:23.518 but even for patients who have

NOTE Confidence: 0.8439441

00:22:23.518 --> 00:22:24.996 curable disease,

NOTE Confidence: 0.8439441

00:22:24.996 --> 00:22:26.100 like we mentioned,

NOTE Confidence: 0.8439441

00:22:26.100 --> 00:22:28.122 head and neck cancers tend to present

NOTE Confidence: 0.8439441

00:22:28.122 --> 00:22:30.509 most often in the curative stage,

00:22:32.460 --> 00:22:34.056 Therapeutic modalities like

NOTE Confidence: 0.8439441

00:22:34.056 --> 00:22:35.120 robotic surgeries,

NOTE Confidence: 0.8439441

00:22:35.120 --> 00:22:37.340 advanced radiation techniques are

NOTE Confidence: 0.8439441

00:22:37.340 --> 00:22:40.115 sometimes available only at the

NOTE Confidence: 0.8439441

00:22:40.115 --> 00:22:44.190 large volume centers and

00:22:45.180 --> 00:22:47.160 along with improving your prognosis or

NOTE Confidence: 0.8439441

00:22:47.160 --> 00:22:49.008 outcomes for treating these cancers,

NOTE Confidence: 0.8439441

00:22:49.010 --> 00:22:51.140 it also helps minimize the side

NOTE Confidence: 0.8439441

00:22:51.140 --> 00:22:53.205 effects that you have and you

NOTE Confidence: 0.8439441

00:22:53.205 --> 00:22:55.221 have to then live with for the

NOTE Confidence: 0.8439441

00:22:55.221 --> 00:22:57.827 rest of your life as a result

NOTE Confidence: 0.8439441

00:22:57.827 --> 00:22:59.327 of undergoing cancer treatment.

NOTE Confidence: 0.8439441

00:22:59.330 --> 00:23:00.359 So there are

NOTE Confidence: 0.8522464

00:23:00.360 --> 00:23:01.732 many advantages to being

NOTE Confidence: 0.8522464

00:23:01.732 --> 00:23:03.447 seen at large volume centers.

NOTE Confidence: 0.8522464

00:23:03.450 --> 00:23:05.914 One of the things I think that

NOTE Confidence: 0.8522464

00:23:05.914 --> 00:23:07.645 you mentioned which many people

NOTE Confidence: 0.8522464

00:23:07.645 --> 00:23:09.733 might find curious is that

NOTE Confidence: 0.8522464

00:23:09.733 --> 00:23:12.046 when you talk about genomics,

NOTE Confidence: 0.8522464

00:23:12.050 --> 00:23:13.770 and tailored therapy,

NOTE Confidence: 0.8522464

00:23:13.770 --> 00:23:15.924 that's mainly for people who

NOTE Confidence: 0.8522464

00:23:15.924 --> 00:23:17.360 present with advanced cancers.

NOTE Confidence: 0.8522464

00:23:17.360 --> 00:23:20.184 So is it the case that in more

NOTE Confidence: 0.8522464

00:23:20.184 --> 00:23:22.519 early stage cancers the systemic

NOTE Confidence: 0.8522464

00:23:22.519 --> 00:23:25.084 therapy or the chemotherapies tend

NOTE Confidence: 0.8522464

00:23:25.084 --> 00:23:28.219 to be uniform across patients?

NOTE Confidence: 0.8740899

00:23:29.990 --> 00:23:31.990 That is probably true for

NOTE Confidence: 0.8740899

00:23:31.990 --> 00:23:33.590 head and neck cancers.

NOTE Confidence: 0.8740899

00:23:33.590 --> 00:23:36.390 That might change in the

NOTE Confidence: 0.8740899

00:23:36.390 --> 00:23:38.321 future though, so for instance,

NOTE Confidence: 0.8740899

00:23:38.321 --> 00:23:40.206 immunotherapy is currently approved only

NOTE Confidence: 0.8740899

00:23:40.206 --> 00:23:42.790 in the treatment of advanced cancers.

NOTE Confidence: 0.8740899

00:23:42.790 --> 00:23:45.142 But we now have many trials which

NOTE Confidence: 0.8740899

00:23:45.142 --> 00:23:47.043 are looking to move immunotherapy

NOTE Confidence: 0.8740899

00:23:47.043 --> 00:23:49.892 into the curative setting and see if

NOTE Confidence: 0.8740899

00:23:49.892 --> 00:23:53.021 we can improve cure chances for our

NOTE Confidence: 0.8740899

00:23:53.021 --> 00:23:55.149 patients with locally advanced disease.

NOTE Confidence: 0.8740899

00:23:55.149 --> 00:23:57.303 So there are biomarkers which we

NOTE Confidence: 0.8740899

00:23:57.303 --> 00:23:59.675 use to predict which patients

NOTE Confidence: 0.8740899

00:23:59.675 --> 00:24:02.135 will respond to immunotherapy in the

NOTE Confidence: 0.8740899

00:24:02.135 --> 00:24:04.373 advanced setting and that might become

NOTE Confidence: 0.8740899

00:24:04.373 --> 00:24:06.846 standard of care for even patients who

NOTE Confidence: 0.8740899

00:24:06.846 --> 00:24:08.964 are in the locally advanced settings.

NOTE Confidence: 0.8740899

00:24:08.970 --> 00:24:11.094 So we're using chemo and

NOTE Confidence: 0.8740899

00:24:11.094 --> 00:24:12.510 standard radiation for cure,

NOTE Confidence: 0.8740899

00:24:12.510 --> 00:24:14.806 but we're maybe adding on a partner

NOTE Confidence: 0.8740899

00:24:14.806 --> 00:24:17.338 drug like an immunotherapy drug based on

NOTE Confidence: 0.8740899

00:24:17.338 --> 00:24:20.650 what trials show us in the next few years.

NOTE Confidence: 0.8740899

00:24:20.650 --> 00:24:23.090 There is a chance that we may not

NOTE Confidence: 0.8740899

00:24:23.090 --> 00:24:25.661 be using that for everyone but

NOTE Confidence: 0.8740899

00:24:25.661 --> 00:24:27.549 personalizing it for patients

NOTE Confidence: 0.8740899

00:24:27.550 --> 00:24:29.625 who have these positive biomarkers

NOTE Confidence: 0.8740899

00:24:29.625 --> 00:24:32.212 which then predicts for a better

NOTE Confidence: 0.8740899

00:24:32.212 --> 00:24:33.088 outcome with

NOTE Confidence: 0.8735724

00:24:33.090 --> 00:24:34.790 immunotherapy.

NOTE Confidence: 0.8735724

00:24:34.790 --> 00:24:36.891 In general, what is the prognosis

NOTE Confidence: 0.8735724

00:24:36.891 --> 00:24:38.976 for patients who present with

NOTE Confidence: 0.8735724

00:24:38.976 --> 00:24:41.178 early stage head neck cancers?

NOTE Confidence: 0.8506493

00:24:42.050 --> 00:24:44.966 So a large part of that depends on whether

NOTE Confidence: 0.8506493

00:24:44.966 --> 00:24:47.745 or not they are associated with HPV,

NOTE Confidence: 0.8506493

00:24:47.750 --> 00:24:49.862 so having the HPV virus associated

NOTE Confidence: 0.8506493

00:24:49.862 --> 00:24:51.693 cancer confers a much better

NOTE Confidence: 0.8506493

00:24:51.693 --> 00:24:53.799 prognosis and in the early stage,

NOTE Confidence: 0.8506493

00:24:53.800 --> 00:24:56.280 80 to 90% of these patients can be

NOTE Confidence: 0.8506493

00:24:56.280 --> 00:24:58.565 cured five years out in patients

NOTE Confidence: 0.8506493

00:24:58.565 --> 00:25:00.555 who have HPV negative disease,

NOTE Confidence: 0.8506493

00:25:00.560 --> 00:25:03.045 that number is a little bit lower,

NOTE Confidence: 0.8506493

00:25:03.050 --> 00:25:05.930 but if you compare with a lot of other

NOTE Confidence: 0.8506493

00:25:05.930 --> 00:25:08.390 cancer types it's still pretty good.

NOTE Confidence: 0.8506493

00:25:08.390 --> 00:25:11.630 You know we are able to cure about on

NOTE Confidence: 0.8506493

00:25:11.630 --> 00:25:13.778 average 60% of HPV negative patients.

NOTE Confidence: 0.8506493

00:25:13.778 --> 00:25:15.980 Early stage with curative intent treatment.

NOTE Confidence: 0.8506493

00:25:15.980 --> 00:25:18.254 Of course, we're always trying to

NOTE Confidence: 0.8506493

00:25:18.254 --> 00:25:20.367 do research and clinical trials to

NOTE Confidence: 0.8506493

00:25:20.367 --> 00:25:22.790 see if we can move that bar up and,

NOTE Confidence: 0.8506493

00:25:22.790 --> 00:25:24.734 you know, get a higher proportion

NOTE Confidence: 0.8506493

00:25:24.734 --> 00:25:26.030 of our patients cured.

NOTE Confidence: 0.8506493

00:25:26.030 --> 00:25:27.645 And that's also the advantage

NOTE Confidence: 0.8506493

00:25:27.645 --> 00:25:28.937 of being seen at a

NOTE Confidence: 0.8506493

00:25:28.940 --> 00:25:30.380 larger centers that

NOTE Confidence: 0.8506493

00:25:30.380 --> 00:25:32.280 has these trials to maybe make

NOTE Confidence: 0.8506493

00:25:32.280 --> 00:25:33.477 treatment more aggressive.

NOTE Confidence: 0.8506493

00:25:33.480 --> 00:25:35.790 To intensify your treatment so we can

NOTE Confidence: 0.8506493

00:25:35.790 --> 00:25:38.659 move that bar up for our patients.

00:25:38.990 --> 00:25:41.897 That was going to be one of my questions,

NOTE Confidence: 0.87188363

00:25:41.900 --> 00:25:44.611 which is, for many patients, they

NOTE Confidence: 0.87188363

00:25:44.611 --> 00:25:47.698 hear about clinical trials and they think

NOTE Confidence: 0.87188363

00:25:47.698 --> 00:25:51.420 I have a fairly early stage cancer,

NOTE Confidence: 0.87188363

00:25:51.420 --> 00:25:55.568 prognosis is reasonably good,

NOTE Confidence: 0.87188363

00:25:55.570 --> 00:25:58.356 clinical trials always sound a little scary.

NOTE Confidence: 0.87188363

00:25:58.360 --> 00:26:00.866 Do I really want to be a

NOTE Confidence: 0.87188363

00:26:00.866 --> 00:26:03.549 Guinea pig in the early stage?

NOTE Confidence: 0.87188363

00:26:03.550 --> 00:26:06.166 So what do you say to patients who

NOTE Confidence: 0.87188363

00:26:06.166 --> 00:26:08.249 might be contemplating whether they

NOTE Confidence: 0.87188363

00:26:08.249 --> 00:26:11.930 really ought to be in a clinical trial?

NOTE Confidence: 0.87188363

00:26:11.930 --> 00:26:14.335 If they have potentially curative

NOTE Confidence: 0.87188363

00:26:14.335 --> 00:26:16.610 cancer or not?

NOTE Confidence: 0.8836969

00:26:16.610 --> 00:26:18.340 Two things.

NOTE Confidence: 0.8836969

00:26:18.340 --> 00:26:20.344 One, it's always good to remember

NOTE Confidence: 0.8836969

00:26:20.344 --> 00:26:22.449 that what is standard treatment today

NOTE Confidence: 0.8836969

00:26:22.449 --> 00:26:24.906 was a clinical trial some years ago,

NOTE Confidence: 0.8836969

00:26:24.910 --> 00:26:27.798 so we would have not gotten to the

NOTE Confidence: 0.8836969

00:26:27.798 --> 00:26:29.750 treatments that we are at today

NOTE Confidence: 0.8836969

00:26:29.750 --> 00:26:31.826 if we had not

NOTE Confidence: 0.8836969

00:26:31.830 --> 00:26:33.560 used some other patients in

NOTE Confidence: 0.8836969

00:26:33.560 --> 00:26:35.290 the past on clinical trials.

NOTE Confidence: 0.8836969

00:26:35.290 --> 00:26:37.866 The second thing is that we always try

NOTE Confidence: 0.8836969

00:26:37.866 --> 00:26:40.017 to carefully match and screen patients

NOTE Confidence: 0.8836969

00:26:40.017 --> 00:26:42.560 to the available trials that we have.

NOTE Confidence: 0.8836969

00:26:42.560 --> 00:26:44.630 So we're always

NOTE Confidence: 0.8836969

00:26:44.630 --> 00:26:46.540 thinking about what benefit does

NOTE Confidence: 0.8836969

00:26:46.540 --> 00:26:48.450 it directly offer that patient.

NOTE Confidence: 0.8836969

00:26:48.450 --> 00:26:50.508 And even if there is a chance

NOTE Confidence: 0.8836969

00:26:50.508 --> 00:26:51.390 of some benefit,

NOTE Confidence: 0.8836969

00:26:51.390 --> 00:26:53.441 then that's the ideal patient

NOTE Confidence: 0.8836969

00:26:53.441 --> 00:26:55.509 to be matched to a clinical trial.

NOTE Confidence: 0.8836969

00:26:55.510 --> 00:26:56.239 So of course,

NOTE Confidence: 0.8836969

00:26:56.239 --> 00:26:57.940 if we think that there is no

NOTE Confidence: 0.8836969

00:26:57.999 --> 00:26:59.619 possible benefit to someone,

NOTE Confidence: 0.8836969

00:26:59.620 --> 00:27:02.266 we're not going to put them on a trial,

NOTE Confidence: 0.8836969

00:27:02.270 --> 00:27:03.446 so we're

NOTE Confidence: 0.8836969

00:27:03.446 --> 00:27:04.328 carefully screening patients.

NOTE Confidence: 0.8836969

00:27:04.330 --> 00:27:05.800 It's also a mutual decision,

NOTE Confidence: 0.8836969

00:27:05.800 --> 00:27:07.190 so it's not something that's

NOTE Confidence: 0.8836969

00:27:07.190 --> 00:27:09.030 going to be forced on anyone,

NOTE Confidence: 0.8836969

00:27:09.030 --> 00:27:10.890 but it's worth at least hearing

NOTE Confidence: 0.8836969

00:27:10.890 --> 00:27:12.560 out your options and then

NOTE Confidence: 0.8836969

00:27:12.560 --> 00:27:14.036 making an informed choice.

00:27:14.400 --> 00:27:16.920 And I think it's so important for

NOTE Confidence: 0.8887299

00:27:16.920 --> 00:27:19.069 people to realize that

NOTE Confidence: 0.8887299

00:27:19.070 --> 00:27:20.900 on average patients who participate

NOTE Confidence: 0.8887299

00:27:20.900 --> 00:27:23.133 in clinical trials tend to do

NOTE Confidence: 0.8887299

00:27:23.133 --> 00:27:24.808 better than patients who don't.

NOTE Confidence: 0.8887299

00:27:24.810 --> 00:27:26.605 Because we're always testing what

NOTE Confidence: 0.8887299

00:27:26.605 --> 00:27:28.400 we think is tomorrow's therapy,

NOTE Confidence: 0.8887299

00:27:28.400 --> 00:27:29.836 the next great therapy,

NOTE Confidence: 0.8887299

00:27:29.836 --> 00:27:31.990 how we can move that bar,

NOTE Confidence: 0.8887299

00:27:31.990 --> 00:27:33.800 as you said to standard

NOTE Confidence: 0.8887299

00:27:33.800 --> 00:27:35.940 of care today and so on.

NOTE Confidence: 0.8887299

00:27:35.940 --> 00:27:38.088 Average people tend to do better.

NOTE Confidence: 0.8887299

00:27:38.090 --> 00:27:40.112 The other question that I want

NOTE Confidence: 0.8887299

00:27:40.112 --> 00:27:42.292 to circle back to before the

NOTE Confidence: 0.8887299

00:27:42.292 --> 00:27:44.560 show closes is an important one,

NOTE Confidence: 0.8887299

00:27:44.560 --> 00:27:45.688 and that is,

NOTE Confidence: 0.8887299

00:27:45.688 --> 00:27:47.944 you mentioned that people who have

NOTE Confidence: 0.8887299

00:27:47.944 --> 00:27:50.430 HPV positive cancers tend to do

NOTE Confidence: 0.8887299

00:27:50.430 --> 00:27:52.830 better than people who have HPV

NOTE Confidence: 0.8887299

00:27:52.830 --> 00:27:55.252 negative cancers and I want you to

NOTE Confidence: 0.8887299

00:27:55.252 --> 00:27:57.656 kind of dispel a misconception that

NOTE Confidence: 0.8887299

00:27:57.656 --> 00:28:00.594 some people might have then, which is,

NOTE Confidence: 0.8887299

00:28:00.594 --> 00:28:03.303 why should I get the HPV vaccine,

NOTE Confidence: 0.8887299

00:28:03.310 --> 00:28:05.732 if that then would prevent me from

NOTE Confidence: 0.8887299

00:28:05.732 --> 00:28:07.970 getting an HPV positive cancer.

NOTE Confidence: 0.8887299

00:28:07.970 --> 00:28:10.682 So then I would be more likely to

NOTE Confidence: 0.8887299

00:28:10.682 --> 00:28:13.397 get an HPV negative cancer and

NOTE Confidence: 0.86604726

00:28:13.400 --> 00:28:15.860 do worse.

NOTE Confidence: 0.86604726

00:28:15.860 --> 00:28:18.632 Getting the vaccine does not increase your risk of getting

NOTE Confidence: 0.86604726

00:28:18.632 --> 00:28:21.190 the HPV negative cancer and HPV

NOTE Confidence: 0.86604726

00:28:21.190 --> 00:28:23.105 Positive cancers actually tend to

NOTE Confidence: 0.86604726

00:28:23.105 --> 00:28:26.237 occur earlier in life so where

NOTE Confidence: 0.86604726

00:28:26.237 --> 00:28:28.535 HPV negative cancers need a certain

NOTE Confidence: 0.86604726

00:28:28.535 --> 00:28:30.801 degree of tobacco and alcohol exposure

NOTE Confidence: 0.86604726

00:28:30.801 --> 00:28:33.382 for them to develop and usually occur

NOTE Confidence: 0.86604726

00:28:33.382 --> 00:28:36.430 in the 6th or 7th decade of life.

NOTE Confidence: 0.86604726

00:28:36.430 --> 00:28:38.335 HPV positive cancers can occur

NOTE Confidence: 0.86604726

00:28:38.335 --> 00:28:40.621 as early as the third, fourth,

NOTE Confidence: 0.86604726

00:28:40.621 --> 00:28:43.669 fifth decades of life and think about it.

NOTE Confidence: 0.86604726

00:28:43.670 --> 00:28:46.337 Now you have a highly curable cancer,

NOTE Confidence: 0.86604726

00:28:46.340 --> 00:28:46.990 but the

NOTE Confidence: 0.86604726

00:28:46.990 --> 00:28:48.940 treatment is just as aggressive

NOTE Confidence: 0.86604726

00:28:48.940 --> 00:28:51.216 as HPV negative cancers by the

NOTE Confidence: 0.86604726

00:28:51.216 --> 00:28:52.776 current standard of care,

NOTE Confidence: 0.86604726

00:28:52.780 --> 00:28:55.209 so you're going to live out all

NOTE Confidence: 0.86604726

00:28:55.209 --> 00:28:55.903 these decades

NOTE Confidence: 0.86604726

00:28:55.910 --> 00:28:57.938 dealing with the side effects of

NOTE Confidence: 0.86604726

00:28:57.938 --> 00:29:00.069 treatment and for anyone who's known

NOTE Confidence: 0.86604726

00:29:00.070 --> 00:29:02.026 someone going through head and neck cancer

NOTE Confidence: 0.86604726

00:29:02.026 --> 00:29:04.579 treatment or has gone through it themselves,

NOTE Confidence: 0.86604726

00:29:04.580 --> 00:29:05.364 it's probably

NOTE Confidence: 0.86604726

00:29:05.364 --> 00:29:07.716 a nightmare to live

NOTE Confidence: 0.86604726

00:29:07.716 --> 00:29:09.651 through and something that stays

NOTE Confidence: 0.86604726

00:29:09.651 --> 00:29:12.580 with you for the rest of your life.

NOTE Confidence: 0.86604726

00:29:12.580 --> 00:29:14.270 The side effects can be

NOTE Confidence: 0.8704625

00:29:14.270 --> 00:29:15.618 pretty disabling for many,

NOTE Confidence: 0.8704625

00:29:15.618 --> 00:29:16.629 many years afterwards.

NOTE Confidence: 0.8704625

00:29:16.630 --> 00:29:18.395 Doctor Aarti Bhatia is assistant

NOTE Confidence: 0.8704625

00:29:18.395 --> 00:29:20.160 professor of medicine and medical

NOTE Confidence: 0.8704625

00:29:20.218 --> 00:29:22.360 oncology at the Yale School of Medicine.

NOTE Confidence: 0.8704625

00:29:22.360 --> 00:29:23.676 If you have questions,

NOTE Confidence: 0.8704625

00:29:23.676 --> 00:29:25.321 the address is canceranswers@yale.edu

NOTE Confidence: 0.8704625

00:29:25.321 --> 00:29:27.142 and past editions of the

NOTE Confidence: 0.8704625

00:29:27.142 --> 00:29:29.064 program are available in audio and

NOTE Confidence: 0.8704625

00:29:29.064 --> 00:29:30.776 written form at yalecancercenter.org,

NOTE Confidence: 0.8704625

00:29:30.780 --> 00:29:33.116 we hope you'll join us next week to

NOTE Confidence: 0.8704625

00:29:33.116 --> 00:29:35.401 learn more about the fight against

NOTE Confidence: 0.8704625

00:29:35.401 --> 00:29:37.843 cancer here on Connecticut Public Radio.