

WEBVTT

00:00:00.000 -> 00:00:02.640 Support for Yale Cancer Answers

NOTE Confidence: 0.8572267

00:00:02.640 -> 00:00:05.280 comes from AstraZeneca, dedicated

NOTE Confidence: 0.8572267

00:00:05.367 -> 00:00:07.887 to advancing options and providing

NOTE Confidence: 0.8572267

00:00:07.887 -> 00:00:11.060 hope for people living with cancer.

NOTE Confidence: 0.8572267

00:00:11.060 -> 00:00:13.040 More information at [astrazeneca-us.com](http://astrazeneca-us.com).

NOTE Confidence: 0.831440399999999

00:00:15.180 -> 00:00:16.974 Welcome to Yale Cancer Answers with

NOTE Confidence: 0.831440399999999

00:00:16.974 -> 00:00:19.274 your host doctor Anees Chagpar.

NOTE Confidence: 0.831440399999999

00:00:19.274 -> 00:00:21.014 Yale Cancer Answers features the

NOTE Confidence: 0.831440399999999

00:00:21.014 -> 00:00:23.141 latest information on cancer care by

NOTE Confidence: 0.831440399999999

00:00:23.141 -> 00:00:24.513 welcoming oncologists and specialists

NOTE Confidence: 0.831440399999999

00:00:24.513 -> 00:00:26.840 who are on the forefront of the

NOTE Confidence: 0.831440399999999

00:00:26.840 -> 00:00:28.870 battle to fight cancer. This week,

NOTE Confidence: 0.831440399999999

00:00:28.870 -> 00:00:30.850 it's a conversation about colon and

NOTE Confidence: 0.831440399999999

00:00:30.850 -> 00:00:32.880 rectal cancer with doctor Amit Khanna,

NOTE Confidence: 0.831440399999999

00:00:32.880 -> 00:00:34.908 doctor Khanna is the director of

NOTE Confidence: 0.831440399999999

00:00:34.908 -> 00:00:37.017 Colon and rectal surgery for the  
NOTE Confidence: 0.8314403999999999

00:00:37.017 -> 00:00:38.762 Bridgeport region and an associate  
NOTE Confidence: 0.8314403999999999

00:00:38.762 -> 00:00:40.782 professor at the Yale School of  
NOTE Confidence: 0.8314403999999999

00:00:40.782 -> 00:00:42.896 Medicine where Doctor Chagpar is a  
NOTE Confidence: 0.8314403999999999

00:00:42.900 -> 00:00:45.940 professor of surgical oncology.  
NOTE Confidence: 0.8329717

00:00:45.940 -> 00:00:48.470 Amit, maybe we can start  
NOTE Confidence: 0.8329717

00:00:48.470 -> 00:00:51.000 off by you telling us  
NOTE Confidence: 0.8329717

00:00:51.000 -> 00:00:55.545 a little bit about yourself and what you do.  
NOTE Confidence: 0.8329717

00:00:55.550 -> 00:00:58.644 So I'm a colon and rectal surgeon  
NOTE Confidence: 0.8329717

00:00:58.644 -> 00:01:02.242 and I treat diseases both benign and  
NOTE Confidence: 0.8329717

00:01:02.242 -> 00:01:06.180 malignant of the colon and the rectum  
NOTE Confidence: 0.8329717

00:01:06.180 -> 00:01:09.568 and also help to organize programs for  
NOTE Confidence: 0.8329717

00:01:09.568 -> 00:01:12.250 our digestive health service lines.  
NOTE Confidence: 0.8329717

00:01:12.250 -> 00:01:15.550 So it includes all digestive  
NOTE Confidence: 0.8329717

00:01:15.550 -> 00:01:16.870 health disorders.  
NOTE Confidence: 0.8329717

00:01:16.870 -> 00:01:20.000 And largely also a lot of what we do is

NOTE Confidence: 0.8329717

00:01:20.086 -> 00:01:22.976 educate the community on prevention.

NOTE Confidence: 0.8329717

00:01:22.980 -> 00:01:24.198 So let's pick

NOTE Confidence: 0.8620771

00:01:24.200 -> 00:01:27.192 up on that and put two of those

NOTE Confidence: 0.8620771

00:01:27.192 -> 00:01:29.757 things together so you know when

NOTE Confidence: 0.8620771

00:01:29.757 -> 00:01:31.922 we talk about colorectal cancer,

NOTE Confidence: 0.8620771

00:01:31.930 -> 00:01:35.186 tell us a little bit more about it.

NOTE Confidence: 0.8620771

00:01:35.190 -> 00:01:36.814 How common is it?

NOTE Confidence: 0.8620771

00:01:36.814 -> 00:01:39.658 How lethal is it? Who gets it?

NOTE Confidence: 0.8620771

00:01:39.660 -> 00:01:41.224 Why should we care?

NOTE Confidence: 0.8620771

00:01:41.224 -> 00:01:43.570 So it's a huge public

NOTE Confidence: 0.8620771

00:01:43.659 -> 00:01:46.242 health issue for us.

NOTE Confidence: 0.8620771

00:01:46.242 -> 00:01:48.447 We're probably going to see, the

NOTE Confidence: 0.8620771

00:01:48.450 -> 00:01:51.240 predicted number of cases by the

NOTE Confidence: 0.8620771

00:01:51.240 -> 00:01:53.570 American Cancer Society is

NOTE Confidence: 0.8620771

00:01:53.570 -> 00:01:56.306 approaching 150,000 new cases of colon

NOTE Confidence: 0.8620771

00:01:56.306 -> 00:01:59.608 and rectal cancer in the United States.

NOTE Confidence: 0.8620771

00:01:59.610 -> 00:02:02.556 Right now, it's the third most

NOTE Confidence: 0.8620771

00:02:02.556 -> 00:02:05.022 commonly diagnosed cancer in the

NOTE Confidence: 0.8620771

00:02:05.022 -> 00:02:07.518 United States in men and women.

NOTE Confidence: 0.8620771

00:02:07.520 -> 00:02:11.048 The good news is that we're seeing

NOTE Confidence: 0.8620771

00:02:11.048 -> 00:02:14.486 lower incidence rates in older populations,

NOTE Confidence: 0.8620771

00:02:14.490 -> 00:02:15.436 but unfortunately,

NOTE Confidence: 0.8620771

00:02:15.436 -> 00:02:19.220 we are also seeing some trends

NOTE Confidence: 0.8620771

00:02:19.220 -> 00:02:21.410 or increases in younger adults,

NOTE Confidence: 0.8620771

00:02:21.410 -> 00:02:25.334 so we're making progress in a lot of areas,

NOTE Confidence: 0.8620771

00:02:25.340 -> 00:02:27.956 and we're also facing new challenges

NOTE Confidence: 0.8574582

00:02:27.960 -> 00:02:30.145 and others.

NOTE Confidence: 0.8574582

00:02:30.145 -> 00:02:31.890 When you say younger adults, how

NOTE Confidence: 0.8574582

00:02:31.890 -> 00:02:34.518 young is young?

NOTE Confidence: 0.8574582

00:02:34.520 -> 00:02:36.320 Classically our screening

NOTE Confidence: 0.8574582

00:02:36.320 -> 00:02:39.320 guidelines have been aimed at

NOTE Confidence: 0.8574582

00:02:39.320 -> 00:02:41.53athletes the population older than 50,

NOTE Confidence: 0.8574582

00:02:41.530 -> 00:02:44.278 so the classic age of getting

NOTE Confidence: 0.8574582

00:02:44.278 -> 00:02:46.639 your first colonoscopy if you

NOTE Confidence: 0.8574582

00:02:46.639 -> 00:02:49.285 don't have a family history or

NOTE Confidence: 0.8574582

00:02:49.285 -> 00:02:51.699 other risk factors has been 50,

NOTE Confidence: 0.8574582

00:02:51.700 -> 00:02:53.750 and that's largely been designed

NOTE Confidence: 0.8574582

00:02:53.750 -> 00:02:56.354 because we know that the incidence

NOTE Confidence: 0.8574582

00:02:56.354 -> 00:02:58.282 of colorectal cancer rises

NOTE Confidence: 0.8574582

00:02:58.282 -> 00:03:00.980 significantly after the age of 50,

NOTE Confidence: 0.8574582

00:03:00.980 -> 00:03:04.067 and that's been the way it's been

00:03:06.280 -> 00:03:09.668 for many, many years. In 2018 though,

NOTE Confidence: 0.8574582

00:03:09.670 -> 00:03:13.296 a recognition of changes in our cancer

NOTE Confidence: 0.8574582

00:03:13.296 -> 00:03:16.462 statistics showed that we were

NOTE Confidence: 0.8574582

00:03:16.462 -> 00:03:19.504 seeing patients in their younger years,

NOTE Confidence: 0.8574582

00:03:19.510 -> 00:03:22.246 meaning under 50 having

NOTE Confidence: 0.8574582

00:03:22.246 -> 00:03:25.729 a rise in their incidence,

NOTE Confidence: 0.8574582

00:03:25.730 -> 00:03:29.629 and so we were very concerned about

NOTE Confidence: 0.8574582

00:03:29.629 -> 00:03:33.259 that from about 2012 to 2016 we

NOTE Confidence: 0.8574582

00:03:33.259 -> 00:03:36.115 were seeing about a 2% increase

NOTE Confidence: 0.8574582

00:03:36.115 -> 00:03:38.840 in younger populations under 50

NOTE Confidence: 0.8574582

00:03:38.840 -> 00:03:40.475 developing colorectal cancer.

NOTE Confidence: 0.8574582

00:03:40.480 -> 00:03:42.530 And so organizations like the

NOTE Confidence: 0.8574582

00:03:42.530 -> 00:03:45.006 American Cancer Society in 2018 dropped

NOTE Confidence: 0.8574582

00:03:45.006 -> 00:03:47.136 the age of recommendation to 45.

NOTE Confidence: 0.8574582

00:03:47.140 -> 00:03:49.444 Not all of the societies

NOTE Confidence: 0.8574582

00:03:49.444 -> 00:03:51.460 have gone along with that,

NOTE Confidence: 0.8574582

00:03:51.460 -> 00:03:53.590 but there's an increasing recognition

NOTE Confidence: 0.8574582

00:03:53.590 -> 00:03:55.720 that it's becoming a greater

NOTE Confidence: 0.8574582

00:03:55.791 -> 00:03:57.729 issue than just those over 50.

NOTE Confidence: 0.8574582

00:03:57.730 -> 00:03:58.900 And do we

NOTE Confidence: 0.87010056

00:03:58.900 -> 00:04:02.042 know why that is? I mean, why are

NOTE Confidence: 0.87010056

00:04:02.042 -> 00:04:04.388 young people now getting colon cancer?

NOTE Confidence: 0.87010056

00:04:04.390 -> 00:04:06.350 So it's a great question,

NOTE Confidence: 0.87010056

00:04:06.350 -> 00:04:08.756 and I think that we don't

NOTE Confidence: 0.87010056

00:04:08.756 -> 00:04:10.910 know the answer, we have

NOTE Confidence: 0.87010056

00:04:10.910 -> 00:04:14.256 some data and some evidence that suggests

NOTE Confidence: 0.87010056

00:04:14.256 -> 00:04:17.235 that a significant portion of the

NOTE Confidence: 0.87010056

00:04:17.235 -> 00:04:20.157 younger population has a family history,

NOTE Confidence: 0.87010056

00:04:20.160 -> 00:04:22.600 and there's some genetic component,

NOTE Confidence: 0.87010056

00:04:22.600 -> 00:04:25.516 but that's not the whole story,

NOTE Confidence: 0.87010056

00:04:25.520 -> 00:04:28.481 so only about 40% of those patients

NOTE Confidence: 0.87010056

00:04:28.481 -> 00:04:31.882 have a family history and an even

NOTE Confidence: 0.87010056

00:04:31.882 -> 00:04:34.942 smaller percent actually have a genetic

NOTE Confidence: 0.87010056

00:04:35.029 -> 00:04:37.579 predisposition that we're aware of

NOTE Confidence: 0.87010056

00:04:37.579 -> 00:04:40.818 to put them at increased risk so

NOTE Confidence: 0.87010056

00:04:40.818 -> 00:04:43.570 it's got to be something that is not

NOTE Confidence: 0.87010056

00:04:43.647 -> 00:04:46.092 related to those specific family

NOTE Confidence: 0.87010056

00:04:46.092 -> 00:04:48.537 history risks and those genetic

NOTE Confidence: 0.87010056

00:04:48.616 -> 00:04:50.946 disorders which predispose patients to

NOTE Confidence: 0.87010056

00:04:50.946 -> 00:04:54.100 get colon cancer at an earlier age.

NOTE Confidence: 0.87010056

00:04:54.100 -> 00:04:56.560 In fact, the majority of those

NOTE Confidence: 0.87010056

00:04:56.560 -> 00:04:59.160 patients don't have those risk factors.

NOTE Confidence: 0.87010056

00:04:59.160 -> 00:05:01.840 So what we really think is that it

NOTE Confidence: 0.87010056

00:05:01.840 -> 00:05:04.688 could be related to what we call

NOTE Confidence: 0.87010056

00:05:04.688 -> 00:05:06.788 the lifestyle risk factors and

NOTE Confidence: 0.87010056

00:05:06.872 -> 00:05:08.819 environmental factors.

00:05:09.660 -> 00:05:12.180 Tell me more about what those lifestyle

NOTE Confidence: 0.8596764

00:05:12.180 -> 00:05:13.860 and environmental factors are.

00:05:16.230 -> 00:05:19.569 Obviously the big one whenever we're talking

NOTE Confidence: 0.8750518

00:05:19.569 -> 00:05:21.898 about digestive diseases is our diet,

00:05:25.310 -> 00:05:27.065 and the younger population under 50s

NOTE Confidence: 0.8750518

00:05:27.065 -> 00:05:29.266 it may impact their risk for

NOTE Confidence: 0.8750518

00:05:29.266 -> 00:05:31.196 colorectal cancer is being studied,

NOTE Confidence: 0.8750518

00:05:31.200 -> 00:05:34.136 and we don't know exactly how that is,



NOTE Confidence: 0.8750518

00:05:34.140 -> 00:05:37.084 but we do have some surrogates for that,

NOTE Confidence: 0.8750518

00:05:37.090 -> 00:05:39.286 and one of them is obesity,

NOTE Confidence: 0.8750518

00:05:39.290 -> 00:05:41.130 which we know increases the

NOTE Confidence: 0.8750518

00:05:41.130 -> 00:05:42.602 risk of colorectal cancer.

NOTE Confidence: 0.8750518

00:05:42.610 -> 00:05:45.298 We also know that physical inactivity

NOTE Confidence: 0.8750518

00:05:45.298 -> 00:05:48.540 increases the risk of colorectal cancer.

NOTE Confidence: 0.8750518

00:05:48.540 -> 00:05:50.715 We also know that there's

NOTE Confidence: 0.8750518

00:05:50.715 -> 00:05:52.455 data that the microbiome,

NOTE Confidence: 0.8750518

00:05:52.460 -> 00:05:54.508 meaning the bacterial flora,

NOTE Confidence: 0.8750518

00:05:54.508 -> 00:05:57.580 the balance of different bacteria that

NOTE Confidence: 0.8750518

00:05:57.661 -> 00:06:00.712 reside in the colon and in the GI tract,

NOTE Confidence: 0.8750518

00:06:00.720 -> 00:06:03.618 may play a role in the development

NOTE Confidence: 0.8750518

00:06:03.618 -> 00:06:05.510 of colorectal cancer.

NOTE Confidence: 0.8750518

00:06:05.510 -> 00:06:08.156 And there is a lot of research

NOTE Confidence: 0.8750518

00:06:08.156 -> 00:06:11.357 going on now to help us understand

NOTE Confidence: 0.8750518

00:06:11.357 -> 00:06:13.333 what those factors are,  
NOTE Confidence: 0.8750518

00:06:13.340 -> 00:06:17.246 but at this time it's not entirely clear what  
NOTE Confidence: 0.87412596

00:06:17.250 -> 00:06:20.110 about other factors I mean.  
NOTE Confidence: 0.87412596

00:06:20.110 -> 00:06:24.135 Smoked meats, particular fats in the diet,  
NOTE Confidence: 0.87412596

00:06:24.140 -> 00:06:26.444 anything like that increase  
NOTE Confidence: 0.87412596

00:06:26.444 -> 00:06:29.324 your risk of colorectal cancer.  
NOTE Confidence: 0.85051787

00:06:29.330 -> 00:06:31.398 Absolutely great point, yeah,  
NOTE Confidence: 0.85051787

00:06:31.398 -> 00:06:35.195 I think that we know that processed  
NOTE Confidence: 0.85051787

00:06:35.195 -> 00:06:38.753 meats just as those you described  
NOTE Confidence: 0.85051787

00:06:38.753 -> 00:06:41.852 are associated with an increased  
NOTE Confidence: 0.85051787

00:06:41.852 -> 00:06:44.300 risk of colorectal cancer.  
NOTE Confidence: 0.85051787

00:06:44.300 -> 00:06:48.320 And now you know we are  
NOTE Confidence: 0.85051787

00:06:48.320 -> 00:06:50.330 looking to understand.  
NOTE Confidence: 0.85051787

00:06:50.330 -> 00:06:51.608 In younger populations,  
NOTE Confidence: 0.85051787

00:06:51.608 -> 00:06:55.178 how much of a factor those are playing  
NOTE Confidence: 0.85051787

00:06:55.178 -> 00:06:57.703 in the development of colorectal

NOTE Confidence: 0.85051787

00:06:57.703 -> 00:07:01.272 cancer in these younger age groups and

NOTE Confidence: 0.85051787

00:07:01.272 -> 00:07:03.717 of note identifying patients earlier

NOTE Confidence: 0.85051787

00:07:03.717 -> 00:07:06.134 with early stage disease affords

NOTE Confidence: 0.85051787

00:07:06.134 -> 00:07:08.524 that patient a better survival,

NOTE Confidence: 0.85051787

00:07:08.530 -> 00:07:12.354 and so if we can catch lesions early,

NOTE Confidence: 0.85051787

00:07:12.360 -> 00:07:15.391 we have a much better chance of

NOTE Confidence: 0.85051787

00:07:15.391 -> 00:07:17.332 helping that patient through

NOTE Confidence: 0.85051787

00:07:17.332 -> 00:07:20.107 their cancer journey and having.

NOTE Confidence: 0.85051787

00:07:20.110 -> 00:07:23.106 An ultimate great outcome for that patient,

NOTE Confidence: 0.85051787

00:07:23.110 -> 00:07:25.693 but the later they present or the

NOTE Confidence: 0.85051787

00:07:25.693 -> 00:07:27.873 later we diagnose those patients

NOTE Confidence: 0.85051787

00:07:27.873 -> 00:07:30.867 and their stages more advanced it

NOTE Confidence: 0.85051787

00:07:30.867 -> 00:07:33.138 becomes increasingly harder to get

NOTE Confidence: 0.85051787

00:07:33.138 -> 00:07:35.128 those patients a good outcome,

NOTE Confidence: 0.85051787

00:07:35.130 -> 00:07:37.572 and so in the younger populations

NOTE Confidence: 0.85051787

00:07:37.572 -> 00:07:39.722 particularly it's it's a challenge  
NOTE Confidence: 0.85051787

00:07:39.722 -> 00:07:41.937 because it's a paradigm shift  
NOTE Confidence: 0.85051787

00:07:41.937 -> 00:07:43.709 you know within within,  
NOTE Confidence: 0.85051787

00:07:43.710 -> 00:07:45.850 not only the patient themselves,  
NOTE Confidence: 0.85051787

00:07:45.850 -> 00:07:49.420 but also in the healthcare community to  
NOTE Confidence: 0.85051787

00:07:49.420 -> 00:07:52.659 recognize that patients under the age of 50.  
NOTE Confidence: 0.85051787

00:07:52.660 -> 00:07:53.434 You know,  
NOTE Confidence: 0.85051787

00:07:53.434 -> 00:07:56.143 are a group of patients that are  
NOTE Confidence: 0.85051787

00:07:56.143 -> 00:07:59.037 still at risk for colorectal cancer,  
NOTE Confidence: 0.85051787

00:07:59.040 -> 00:08:00.740 and it's not just  
NOTE Confidence: 0.8370847

00:08:00.740 -> 00:08:03.638 50 plus folks. What are the signs  
NOTE Confidence: 0.8370847

00:08:03.638 -> 00:08:06.260 and symptoms that people should be  
NOTE Confidence: 0.8370847

00:08:06.260 -> 00:08:08.385 looking for that they should  
NOTE Confidence: 0.8370847

00:08:08.385 -> 00:08:10.935 go and see their doctor? Yeah,  
NOTE Confidence: 0.8370847

00:08:10.935 -> 00:08:14.335 so I think there's such a important thing.  
NOTE Confidence: 0.8370847

00:08:14.340 -> 00:08:16.968 I think for patients to understand

NOTE Confidence: 0.8370847

00:08:16.968 -> 00:08:19.188 is that rectal bleeding being

NOTE Confidence: 0.8370847

00:08:19.188 -> 00:08:21.138 a very very common thing,

NOTE Confidence: 0.8370847

00:08:21.140 -> 00:08:23.768 but it's abnormal, it's always abnormal.

NOTE Confidence: 0.8370847

00:08:23.770 -> 00:08:26.136 And so if you're having rectal bleeding,

NOTE Confidence: 0.8370847

00:08:26.140 -> 00:08:27.830 that's something that needs to

NOTE Confidence: 0.8370847

00:08:27.830 -> 00:08:29.520 be investigated by your provider.

NOTE Confidence: 0.8370847

00:08:29.520 -> 00:08:31.536 A change in your bowel function,

NOTE Confidence: 0.8370847

00:08:31.540 -> 00:08:34.244 so if your bowel function is I'm regular,

NOTE Confidence: 0.8370847

00:08:34.250 -> 00:08:36.609 you know, once or twice a day,

NOTE Confidence: 0.8370847

00:08:36.610 -> 00:08:38.976 and now you're going 6 times today.

NOTE Confidence: 0.8370847

00:08:38.980 -> 00:08:41.668 That that's something that you want

NOTE Confidence: 0.8370847

00:08:41.668 -> 00:08:44.240 to communicate to your provider.

NOTE Confidence: 0.8370847

00:08:44.240 -> 00:08:46.058 And weight loss is a really

NOTE Confidence: 0.8370847

00:08:46.058 -> 00:08:46.967 important one too.

NOTE Confidence: 0.8370847

00:08:46.970 -> 00:08:48.704 If you're not trying to lose

NOTE Confidence: 0.8370847

00:08:48.704 -> 00:08:50.300 weight and you're losing weight,

NOTE Confidence: 0.8370847

00:08:50.300 -> 00:08:52.760 or you have a significant

NOTE Confidence: 0.8370847

00:08:52.760 -> 00:08:54.728 change in your appetite.

NOTE Confidence: 0.8370847

00:08:54.730 -> 00:08:58.272 Change in bowel function may also be

NOTE Confidence: 0.8370847

00:08:58.272 -> 00:09:00.842 just discomfort when you're moving

NOTE Confidence: 0.8370847

00:09:00.842 -> 00:09:04.195 your bowels or a change in the

NOTE Confidence: 0.8370847

00:09:04.195 -> 00:09:07.256 character of your stools or the color,

NOTE Confidence: 0.8370847

00:09:07.260 -> 00:09:10.176 and those are all signs that

NOTE Confidence: 0.8370847

00:09:10.176 -> 00:09:12.679 you should communicate to your

NOTE Confidence: 0.8370847

00:09:12.679 -> 00:09:15.457 physician and be aware of that.

NOTE Confidence: 0.8370847

00:09:15.460 -> 00:09:18.550 Those changes really do need

NOTE Confidence: 0.8370847

00:09:18.550 -> 00:09:21.640 to be discussed and evaluated.

NOTE Confidence: 0.8370847

00:09:21.640 -> 00:09:23.938 I think it's also really important

NOTE Confidence: 0.8370847

00:09:23.938 -> 00:09:26.050 to understand your family history.

NOTE Confidence: 0.8370847

00:09:26.050 -> 00:09:28.801 So if you've got siblings or older

NOTE Confidence: 0.8370847

00:09:28.801 -> 00:09:32.068 siblings and you know you're 35 and you're,

NOTE Confidence: 0.8370847

00:09:32.070 -> 00:09:34.737 you know may have an older sibling

NOTE Confidence: 0.8370847

00:09:34.737 -> 00:09:37.201 or your parents or other family

NOTE Confidence: 0.8370847

00:09:37.201 -> 00:09:40.085 members that have a history of polyps,

NOTE Confidence: 0.8370847

00:09:40.090 -> 00:09:42.328 and so having a family history

NOTE Confidence: 0.8370847

00:09:42.328 -> 00:09:45.201 of polyps can also impact how you

NOTE Confidence: 0.8370847

00:09:45.201 -> 00:09:46.497 should be screened.

NOTE Confidence: 0.8370847

00:09:46.500 -> 00:09:49.900 And so I think the paradigm of screening

NOTE Confidence: 0.8370847

00:09:49.900 -> 00:09:52.329 patients just based on their age.

NOTE Confidence: 0.8370847

00:09:52.330 -> 00:09:54.010 Is is not adequate and what we

NOTE Confidence: 0.8370847

00:09:54.010 -> 00:09:55.798 really need to think about is

NOTE Confidence: 0.8370847

00:09:55.798 -> 00:09:57.142 personalized screening for each

NOTE Confidence: 0.8370847

00:09:57.142 -> 00:09:59.003 patient and then educating patients

NOTE Confidence: 0.8370847

00:09:59.003 -> 00:10:01.373 on the importance of recognition of

NOTE Confidence: 0.8370847

00:10:01.373 -> 00:10:03.178 symptoms regardless of their age.

NOTE Confidence: 0.8370847

00:10:03.178 -> 00:10:05.780 And so I'm going to pick up on

NOTE Confidence: 0.882619

00:10:05.780 -> 00:10:07.586 screening in a minute but but  
NOTE Confidence: 0.882619

00:10:07.586 -> 00:10:09.390 getting back to these symptoms,  
NOTE Confidence: 0.882619

00:10:09.390 -> 00:10:12.333 I mean for many of our listeners out there,  
NOTE Confidence: 0.882619

00:10:12.340 -> 00:10:14.308 they may be thinking, you know,  
NOTE Confidence: 0.882619

00:10:14.310 -> 00:10:17.253 if I have a little bit of rectal bleeding,  
NOTE Confidence: 0.882619

00:10:17.260 -> 00:10:18.900 it might just be hemorrhoids.  
NOTE Confidence: 0.882619

00:10:18.900 -> 00:10:22.180 If you know I have a little bit of diarrhea,  
NOTE Confidence: 0.882619

00:10:22.180 -> 00:10:25.476 it might be you know, the meal that I.  
NOTE Confidence: 0.882619

00:10:25.476 -> 00:10:27.546 Late last night that just  
NOTE Confidence: 0.882619

00:10:27.546 -> 00:10:29.229 didn't agree with me.  
NOTE Confidence: 0.882619

00:10:29.230 -> 00:10:32.086 You know, is there is there a time  
NOTE Confidence: 0.882619

00:10:32.086 -> 00:10:34.821 frame that these symptoms should be  
NOTE Confidence: 0.882619

00:10:34.821 -> 00:10:37.725 continuous for or present for before  
NOTE Confidence: 0.882619

00:10:37.811 -> 00:10:40.829 people start sounding the alarm bells?  
NOTE Confidence: 0.8650716

00:10:40.830 -> 00:10:43.506 I think it's a great point.  
NOTE Confidence: 0.8650716

00:10:43.510 -> 00:10:46.204 I usually tell patients that if



NOTE Confidence: 0.8650716

00:10:46.204 -> 00:10:48.502 you've noticed a consistent if

NOTE Confidence: 0.8650716

00:10:48.502 -> 00:10:50.206 you've noted consistent symptoms

NOTE Confidence: 0.8650716

00:10:50.206 -> 00:10:52.870 over a period of two weeks,

NOTE Confidence: 0.8650716

00:10:52.870 -> 00:10:57.654 that's probably enough for you to seek care.

NOTE Confidence: 0.8650716

00:10:57.660 -> 00:10:59.595 And sometimes patients are very

NOTE Confidence: 0.8650716

00:10:59.595 -> 00:11:02.349 astute in saying you know what I ate,

NOTE Confidence: 0.8650716

00:11:02.350 -> 00:11:05.326 something that was bad yesterday and I got

NOTE Confidence: 0.8650716

00:11:05.326 -> 00:11:08.489 sick and then two days later I felt fine.

NOTE Confidence: 0.8650716

00:11:08.490 -> 00:11:11.164 I think it's the patients that are

NOTE Confidence: 0.8650716

00:11:11.164 -> 00:11:13.360 having a sustained set of symptoms

NOTE Confidence: 0.8650716

00:11:13.360 -> 00:11:16.070 over a period of two weeks or more,

NOTE Confidence: 0.8650716

00:11:16.070 -> 00:11:18.236 and those are the patients were

NOTE Confidence: 0.8650716

00:11:18.236 -> 00:11:19.680 real concerned about period.

NOTE Confidence: 0.8650716

00:11:19.680 -> 00:11:22.081 I mean if we think about patients

NOTE Confidence: 0.8650716

00:11:22.081 -> 00:11:24.368 who have rectal pain for example,

NOTE Confidence: 0.8650716

00:11:24.370 -> 00:11:27.178 over a period of at least.  
NOTE Confidence: 0.8650716

00:11:27.180 -> 00:11:29.418 You know two to three weeks.  
NOTE Confidence: 0.8650716

00:11:29.420 -> 00:11:32.409 An rectal bleeding that can be a  
NOTE Confidence: 0.8650716

00:11:32.409 -> 00:11:35.200 significant issue and not every one  
NOTE Confidence: 0.8650716

00:11:35.200 -> 00:11:37.575 of these patients that's having  
NOTE Confidence: 0.8650716

00:11:37.575 -> 00:11:39.948 these symptoms is going to have.  
NOTE Confidence: 0.8650716

00:11:39.950 -> 00:11:41.012 A colorectal cancer.  
NOTE Confidence: 0.8650716

00:11:41.012 -> 00:11:43.068 In fact, the majority or not,  
NOTE Confidence: 0.8650716

00:11:43.068 -> 00:11:45.090 but we know you're at increased  
NOTE Confidence: 0.8650716

00:11:45.156 -> 00:11:47.358 risk when you have those symptoms,  
NOTE Confidence: 0.8650716

00:11:47.360 -> 00:11:50.008 and I think that it's also sort of  
NOTE Confidence: 0.8650716

00:11:50.008 -> 00:11:52.656 the engine warning light of the body.  
NOTE Confidence: 0.8650716

00:11:52.660 -> 00:11:54.662 And I always say this to patients  
NOTE Confidence: 0.8650716

00:11:54.662 -> 00:11:57.079 who may come in with a benign  
NOTE Confidence: 0.8650716

00:11:57.079 -> 00:11:58.944 anorectal disorder which may cause  
NOTE Confidence: 0.8650716

00:11:58.944 -> 00:12:01.130 bleeding hemorrhoids or anal fissure,

NOTE Confidence: 0.8650716

00:12:01.130 -> 00:12:03.946 which is a tear in the anal mucosa,

NOTE Confidence: 0.8650716

00:12:03.950 -> 00:12:06.435 but that warning system we want to

NOTE Confidence: 0.8650716

00:12:06.435 -> 00:12:08.679 treat that bleeding so that that

NOTE Confidence: 0.8650716

00:12:08.679 -> 00:12:10.529 warning systems intact right so?

NOTE Confidence: 0.8650716

00:12:10.530 -> 00:12:12.324 If you do have hemorrhoids and

NOTE Confidence: 0.8650716

00:12:12.324 -> 00:12:13.871 you're bleeding every so often

NOTE Confidence: 0.8650716

00:12:13.871 -> 00:12:15.599 if it's happening all the time,

NOTE Confidence: 0.8650716

00:12:15.600 -> 00:12:17.721 then you really lose that as a

NOTE Confidence: 0.8650716

00:12:17.721 -> 00:12:19.267 warning signal because it's happening

NOTE Confidence: 0.8650716

00:12:19.267 -> 00:12:21.555 every so often and you blow it off.

NOTE Confidence: 0.8650716

00:12:21.560 -> 00:12:23.864 So we really want to get those other

NOTE Confidence: 0.8650716

00:12:23.864 -> 00:12:25.407 benign diseases treated so that

NOTE Confidence: 0.8650716

00:12:25.407 -> 00:12:27.219 we still have that warning system

NOTE Confidence: 0.8581116

00:12:27.220 -> 00:12:29.794 in place. We're going to take a short break

NOTE Confidence: 0.8581116

00:12:29.794 -> 00:12:32.274 for a medical minute when we come back.

NOTE Confidence: 0.8581116

00:12:32.280 -> 00:12:34.261 We're going to talk more about screening  
NOTE Confidence: 0.8581116

00:12:34.261 -> 00:12:36.160 with my guest doctor Amit Khanna.  
NOTE Confidence: 0.83841366

00:12:36.790 -> 00:12:39.345 Support for Yale Cancer Answers  
NOTE Confidence: 0.83841366

00:12:39.345 -> 00:12:42.389 comes from AstraZeneca, working to  
NOTE Confidence: 0.83841366

00:12:42.389 -> 00:12:45.224 eliminate cancer as a cause of death.  
NOTE Confidence: 0.83841366

00:12:45.230 -> 00:12:47.110 Learn more at [astrazeneca-us.com](http://astrazeneca-us.com).  
NOTE Confidence: 0.8897158

00:12:49.230 -> 00:12:52.518 This is a medical minute about breast cancer,  
NOTE Confidence: 0.8897158

00:12:52.520 -> 00:12:54.575 the most common cancer in  
NOTE Confidence: 0.8897158

00:12:54.575 -> 00:12:56.219 women in Connecticut alone.  
NOTE Confidence: 0.8897158

00:12:56.220 -> 00:12:58.290 Approximately 3000 women will be  
NOTE Confidence: 0.8897158

00:12:58.290 -> 00:13:00.740 diagnosed with breast cancer this year,  
NOTE Confidence: 0.8897158

00:13:00.740 -> 00:13:02.790 but thanks to earlier detection,  
NOTE Confidence: 0.8897158

00:13:02.790 -> 00:13:04.850 noninvasive treatments, and novel therapies,  
NOTE Confidence: 0.8897158

00:13:04.850 -> 00:13:07.699 there are more options for patients to  
NOTE Confidence: 0.8897158

00:13:07.699 -> 00:13:10.190 fight breast cancer than ever before.  
NOTE Confidence: 0.8897158

00:13:10.190 -> 00:13:12.656 Women should schedule a baseline mammogram

NOTE Confidence: 0.8897158

00:13:12.656 -> 00:13:16.327 beginning at age 40 or earlier if they have

NOTE Confidence: 0.8897158

00:13:16.327 -> 00:13:18.820 risk factors associated with breast cancer.

NOTE Confidence: 0.8897158

00:13:18.820 -> 00:13:20.755 Digital breast Tomosynthesis or

NOTE Confidence: 0.8897158

00:13:20.755 -> 00:13:22.303 3D mammography is transforming

NOTE Confidence: 0.8897158

00:13:22.303 -> 00:13:24.238 breast screening by significantly

NOTE Confidence: 0.8897158

00:13:24.240 -> 00:13:25.896 reducing unnecessary procedures

NOTE Confidence: 0.8897158

00:13:25.896 -> 00:13:29.208 while picking up more cancers and

NOTE Confidence: 0.8897158

00:13:29.208 -> 00:13:31.915 eliminating some of the fear and anxiety

NOTE Confidence: 0.8897158

00:13:31.920 -> 00:13:33.360 that many women experience.

NOTE Confidence: 0.8897158

00:13:33.360 -> 00:13:35.280 More information is available

NOTE Confidence: 0.8897158

00:13:35.280 -> 00:13:36.240 at [yalecancercenter.org](http://yalecancercenter.org).

NOTE Confidence: 0.8897158

00:13:36.240 -> 00:13:40.290 You're listening to Connecticut public radio.

NOTE Confidence: 0.8897158

00:13:40.290 -> 00:13:40.670 Welcome

NOTE Confidence: 0.84109855

00:13:40.670 -> 00:13:42.570 back to Yale Cancer Answers.

NOTE Confidence: 0.84109855

00:13:42.570 -> 00:13:45.335 This is doctor Anees Chagpar and

NOTE Confidence: 0.84109855

00:13:45.335 -> 00:13:47.510 I'm joined tonight by my guest,  
NOTE Confidence: 0.84109855

00:13:47.510 -> 00:13:48.812 doctor Amit Khanna.  
NOTE Confidence: 0.84109855

00:13:48.812 -> 00:13:51.416 We're talking about surgical care of  
NOTE Confidence: 0.84109855

00:13:51.416 -> 00:13:53.660 colorectal cancer and right before  
NOTE Confidence: 0.84109855

00:13:53.660 -> 00:13:56.163 the break we were talking about this  
NOTE Confidence: 0.84109855

00:13:56.163 -> 00:13:58.564 increase that we've seen in terms of  
NOTE Confidence: 0.84109855

00:13:58.564 -> 00:14:00.490 young people getting colorectal cancer.  
NOTE Confidence: 0.84109855

00:14:00.490 -> 00:14:04.019 And we talked a little bit about the symptoms  
NOTE Confidence: 0.84109855

00:14:04.019 -> 00:14:06.890 that people should be on the lookout for.  
NOTE Confidence: 0.84109855

00:14:06.890 -> 00:14:09.098 Whether that's a change in bowel  
NOTE Confidence: 0.84109855

00:14:09.098 -> 00:14:11.517 habit or whether it's feeling full  
NOTE Confidence: 0.84109855

00:14:11.517 -> 00:14:13.707 or whether it's rectal bleeding.  
NOTE Confidence: 0.84109855

00:14:13.710 -> 00:14:16.230 But oftentimes am I mistaken,  
00:14:17.502 -> 00:14:20.046 that oftentimes if you've got symptoms and  
NOTE Confidence: 0.84109855

00:14:20.046 -> 00:14:23.270 you're presenting with colorectal cancer,  
NOTE Confidence: 0.84109855

00:14:23.270 -> 00:14:25.500 you're picking up colorectal cancers  
NOTE Confidence: 0.84109855

00:14:25.500 -> 00:14:28.800 later than if you were asymptomatic?  
00:14:29.300 -> 00:14:32.318 Is that right?  
NOTE Confidence: 0.823217  
00:14:32.320 -> 00:14:35.338 Absolutely, depending on where the colon lesion,  
NOTE Confidence: 0.823217  
00:14:35.340 -> 00:14:38.358 or polyp, which is early changes  
NOTE Confidence: 0.823217  
00:14:38.358 -> 00:14:41.904 or abnormal changes, or growths in  
NOTE Confidence: 0.823217  
00:14:41.904 -> 00:14:46.650 the colon that are not cancer yet.  
NOTE Confidence: 0.823217  
00:14:46.650 -> 00:14:49.220 You may be completely asymptomatic,  
NOTE Confidence: 0.823217  
00:14:49.220 -> 00:14:52.100 and if they are on the  
NOTE Confidence: 0.823217  
00:14:52.100 -> 00:14:54.870 right side of the colon,  
NOTE Confidence: 0.823217  
00:14:54.870 -> 00:14:59.496 you may not ever develop any symptoms at all,  
NOTE Confidence: 0.823217  
00:14:59.500 -> 00:15:02.168 and that's the fundamental  
NOTE Confidence: 0.823217  
00:15:02.168 -> 00:15:05.503 benefit of doing screening for  
NOTE Confidence: 0.823217  
00:15:05.510 -> 00:15:07.916 colorectal polyps and colorectal cancers  
NOTE Confidence: 0.823217  
00:15:07.920 -> 00:15:10.416 using a variety of  
NOTE Confidence: 0.823217  
00:15:10.416 -> 00:15:12.521 modalities because you can be  
NOTE Confidence: 0.823217  
00:15:12.521 -> 00:15:14.346 asymptomatic and so one of  
NOTE Confidence: 0.88147247

00:15:14.350 -> 00:15:16.684 the things that I always think  
NOTE Confidence: 0.88147247

00:15:16.684 -> 00:15:18.693 is great about colorectal cancer  
NOTE Confidence: 0.88147247

00:15:18.693 -> 00:15:20.943 screening is that you can pick  
NOTE Confidence: 0.88147247

00:15:20.943 -> 00:15:23.458 up these cancers like you can  
NOTE Confidence: 0.88147247

00:15:23.458 -> 00:15:25.206 with many screening modalities.  
NOTE Confidence: 0.88147247

00:15:25.210 -> 00:15:27.496 You can pick up these cancers  
NOTE Confidence: 0.88147247

00:15:27.496 -> 00:15:29.630 before they become a cancer,  
NOTE Confidence: 0.88147247

00:15:29.630 -> 00:15:31.685 and you can potentially eliminate  
NOTE Confidence: 0.88147247

00:15:31.685 -> 00:15:34.210 them right then and there during  
NOTE Confidence: 0.88147247

00:15:34.210 -> 00:15:36.598 that screening test so that  
NOTE Confidence: 0.88147247

00:15:36.600 -> 00:15:38.008 it's not just screening,  
NOTE Confidence: 0.88147247

00:15:38.008 -> 00:15:39.416 it's also prevented it.  
NOTE Confidence: 0.88147247

00:15:43.660 -> 00:15:46.264 When I was in medical school and I was trying  
NOTE Confidence: 0.87262315

00:15:46.264 -> 00:15:48.931 to figure out what it is I wanted  
NOTE Confidence: 0.87262315

00:15:48.931 -> 00:15:51.624 to do with with my life in terms  
NOTE Confidence: 0.87262315

00:15:51.624 -> 00:15:53.898 of my profession and my focus,  
NOTE Confidence: 0.87262315



00:15:53.900 -> 00:15:56.364 that was really very appealing to me.  
NOTE Confidence: 0.87262315

00:15:56.370 -> 00:15:58.266 Was the idea that you could  
NOTE Confidence: 0.87262315

00:15:58.266 -> 00:16:00.002 identify disease in its early  
NOTE Confidence: 0.87262315

00:16:00.002 -> 00:16:02.017 form and intervene and change  
NOTE Confidence: 0.87262315

00:16:02.020 -> 00:16:04.684 the course of someone's life and  
NOTE Confidence: 0.87262315

00:16:04.684 -> 00:16:07.639 prevent them from having to go through  
NOTE Confidence: 0.87262315

00:16:07.640 -> 00:16:10.050 cancer or potentially improve their  
NOTE Confidence: 0.87262315

00:16:10.050 -> 00:16:13.750 quality of life.  
NOTE Confidence: 0.87262315

00:16:13.750 -> 00:16:16.570 We're able to use a variety  
NOTE Confidence: 0.87262315

00:16:16.570 -> 00:16:17.980 of different tests to  
NOTE Confidence: 0.87262315

00:16:17.980 -> 00:16:19.860 identify early stages  
NOTE Confidence: 0.87262315

00:16:19.860 -> 00:16:22.210 of the disease, so let's  
NOTE Confidence: 0.8790568

00:16:22.210 -> 00:16:25.030 talk about these  
NOTE Confidence: 0.8790568

00:16:25.030 -> 00:16:27.386 screening modalities, and  
NOTE Confidence: 0.8790568

00:16:27.386 -> 00:16:30.218 first off the indications for screening  
NOTE Confidence: 0.8790568

00:16:30.218 -> 00:16:33.016 and who needs to get screening.

NOTE Confidence: 0.8790568

00:16:33.020 -> 00:16:35.370 So you mentioned that the

NOTE Confidence: 0.8790568

00:16:35.370 -> 00:16:36.780 American Cancer Society,

NOTE Confidence: 0.8790568

00:16:36.780 -> 00:16:39.170 because we've seen an increase

NOTE Confidence: 0.8790568

00:16:39.170 -> 00:16:40.928 in colorectal cancer,

NOTE Confidence: 0.8790568

00:16:40.928 -> 00:16:44.444 in young patients has moved their

NOTE Confidence: 0.8790568

00:16:44.444 -> 00:16:46.559 guidelines down to asymptomatic

NOTE Confidence: 0.8790568

00:16:46.559 -> 00:16:49.912 people starting at the age of 45.

NOTE Confidence: 0.8790568

00:16:49.920 -> 00:16:51.990 But you also mentioned that

NOTE Confidence: 0.8790568

00:16:51.990 -> 00:16:54.060 it shouldn't just be age.

NOTE Confidence: 0.8790568

00:16:54.060 -> 00:16:57.364 So if you do have a family history,

NOTE Confidence: 0.8790568

00:16:57.370 -> 00:16:59.860 let's say when should you

NOTE Confidence: 0.8733836

00:16:59.860 -> 00:17:02.135 get screened, the general thought

NOTE Confidence: 0.8733836

00:17:02.135 -> 00:17:04.410 is that personalized screening is

NOTE Confidence: 0.8733836

00:17:04.478 -> 00:17:06.974 going to be a much more high yield

NOTE Confidence: 0.8733836

00:17:06.974 -> 00:17:08.960 approach to screening patients.

NOTE Confidence: 0.8733836

00:17:08.960 -> 00:17:11.066 So what are those things that  
NOTE Confidence: 0.8733836

00:17:11.066 -> 00:17:13.072 are important with a personal  
NOTE Confidence: 0.8733836

00:17:13.072 -> 00:17:15.168 history of colorectal cancer?  
NOTE Confidence: 0.8733836

00:17:15.170 -> 00:17:18.490 If you've had a history of polyps yourself,  
NOTE Confidence: 0.8733836

00:17:18.490 -> 00:17:21.286 or you personally had colorectal cancer  
NOTE Confidence: 0.8733836

00:17:21.290 -> 00:17:23.880 that's a much higher risk group.  
NOTE Confidence: 0.8733836

00:17:23.880 -> 00:17:26.379 A family history of colorectal cancer,  
NOTE Confidence: 0.8733836

00:17:26.380 -> 00:17:28.072 personal history of inflammatory  
NOTE Confidence: 0.8733836

00:17:28.072 -> 00:17:28.918 bowel disease.  
NOTE Confidence: 0.8733836

00:17:28.920 -> 00:17:31.464 Whether that's colitis  
NOTE Confidence: 0.8733836

00:17:31.464 -> 00:17:32.736 or Crohn's disease.  
NOTE Confidence: 0.8733836

00:17:32.740 -> 00:17:35.526 And then, if you've had a suspected  
NOTE Confidence: 0.8733836

00:17:35.526 -> 00:17:37.640 history of some familial syndromes  
NOTE Confidence: 0.8733836

00:17:37.640 -> 00:17:41.008 that puts you at high risk for  
NOTE Confidence: 0.8733836

00:17:41.090 -> 00:17:43.712 having polyps and then also things  
NOTE Confidence: 0.8733836

00:17:43.712 -> 00:17:46.306 like having a history of radiation,

NOTE Confidence: 0.8733836

00:17:46.306 -> 00:17:48.844 those are all things that put

NOTE Confidence: 0.8733836

00:17:48.844 -> 00:17:50.968 you at a higher risk,

NOTE Confidence: 0.8733836

00:17:50.970 -> 00:17:51.416 including

NOTE Confidence: 0.8733836

00:17:51.416 -> 00:17:53.646 family members that have had

NOTE Confidence: 0.8733836

00:17:53.646 -> 00:17:55.430 colorectal cancer or polyps

NOTE Confidence: 0.8733836

00:17:55.506 -> 00:17:57.500 on their colonoscopies.

NOTE Confidence: 0.891731

00:17:57.500 -> 00:18:02.243 And if you fit into any of those criteria

NOTE Confidence: 0.891731

00:18:02.250 -> 00:18:04.398 when should you be getting screened?

NOTE Confidence: 0.884277

00:18:04.400 -> 00:18:06.548 So depending on your risk category,

NOTE Confidence: 0.884277

00:18:06.550 -> 00:18:09.049 it's not the same for every patient,

NOTE Confidence: 0.884277

00:18:09.050 -> 00:18:11.283 but if we look at patients that

NOTE Confidence: 0.884277

00:18:11.283 -> 00:18:13.106 have a strong family history

NOTE Confidence: 0.884277

00:18:13.106 -> 00:18:15.494 or have a known family member,

NOTE Confidence: 0.884277

00:18:15.500 -> 00:18:17.630 it depends on how close that

NOTE Confidence: 0.884277

00:18:17.630 -> 00:18:19.430 family member is to you.

NOTE Confidence: 0.884277

00:18:19.430 -> 00:18:21.978 So a first degree relative might be  
NOTE Confidence: 0.884277

00:18:21.978 -> 00:18:24.089 different than you know a cousin,  
NOTE Confidence: 0.884277

00:18:24.090 -> 00:18:26.290 but generally what we say is if you  
NOTE Confidence: 0.884277

00:18:26.290 -> 00:18:28.647 have a first degree family member  
NOTE Confidence: 0.884277

00:18:28.647 -> 00:18:31.245 who's developed colon or rectal cancer,  
NOTE Confidence: 0.884277

00:18:31.250 -> 00:18:34.194 we should be screening that patient at least  
NOTE Confidence: 0.884277

00:18:34.200 -> 00:18:36.825 10 years prior to when that patient's  
NOTE Confidence: 0.884277

00:18:36.825 -> 00:18:38.710 family member was diagnosed.  
NOTE Confidence: 0.884277

00:18:38.710 -> 00:18:41.552 So 10 years prior to their  
NOTE Confidence: 0.884277

00:18:41.552 -> 00:18:44.039 diagnosis or 45 years of age.  
00:18:45.680 -> 00:18:46.910 You mentioned radiation.  
NOTE Confidence: 0.884277

00:18:46.910 -> 00:18:48.140 So if you've  
NOTE Confidence: 0.87651026

00:18:48.140 -> 00:18:50.600 had a previous history of radiation,  
NOTE Confidence: 0.87651026

00:18:50.600 -> 00:18:53.060 you're in a higher risk category.  
NOTE Confidence: 0.87651026

00:18:53.060 -> 00:18:56.750 What do you mean by a history of radiation?  
NOTE Confidence: 0.87651026

00:18:56.750 -> 00:19:00.030 Is that going to a tanning Salon?  
NOTE Confidence: 0.87651026

00:19:00.030 -> 00:19:02.900 Is that getting a chest X ray?

NOTE Confidence: 0.87651026

00:19:02.900 -> 00:19:04.244 Is that having

NOTE Confidence: 0.87651026

00:19:04.244 -> 00:19:06.484 radiation therapy for ovarian cancer?

NOTE Confidence: 0.87651026

00:19:06.490 -> 00:19:09.550 What is that and how does that

NOTE Confidence: 0.87651026

00:19:09.550 -> 00:19:12.957 play into when you should be getting

NOTE Confidence: 0.87651026

00:19:12.957 -> 00:19:15.790 screened for colorectal cancer?

NOTE Confidence: 0.8653579

00:19:15.790 -> 00:19:18.744 We're talking about radiation for

NOTE Confidence: 0.8653579

00:19:18.750 -> 00:19:20.438 pelvic or abdominal cancers,

00:19:22.183 -> 00:19:25.021 so radiation to treat a prior cancer

NOTE Confidence: 0.8653579

00:19:25.021 -> 00:19:28.147 in the abdomen those are the

NOTE Confidence: 0.8653579

00:19:28.147 -> 00:19:31.660 patients that we tend to want

NOTE Confidence: 0.8653579

00:19:31.660 -> 00:19:34.636 to identify and screen more frequently.

NOTE Confidence: 0.8653579

00:19:34.640 -> 00:19:36.974 The lower dose radiation patients

00:19:39.306 -> 00:19:41.634 maybe having perhaps more frequent exposure,

00:19:42.382 -> 00:19:44.979 we don't know enough about those patients

NOTE Confidence: 0.8653579

00:19:44.979 -> 00:19:47.788 to justify screening them at a

NOTE Confidence: 0.8653579

00:19:47.788 -> 00:19:50.199 different or more aggressive interval.

NOTE Confidence: 0.8653579

00:19:50.200 -> 00:19:51.990 It's more for patients that  
NOTE Confidence: 0.8653579

00:19:51.990 -> 00:19:54.262 have had treatment for a prior  
NOTE Confidence: 0.8653579

00:19:54.262 -> 00:19:56.327 cancer with radiation to the  
NOTE Confidence: 0.8653579

00:19:56.327 -> 00:19:57.979 abdomen or pelvic region.  
00:19:58.370 -> 00:20:00.624 When you talk about  
NOTE Confidence: 0.847437

00:20:00.624 -> 00:20:03.040 screening it at different intervals,  
NOTE Confidence: 0.847437

00:20:03.040 -> 00:20:05.959 it really brings up this whole bugaboo  
NOTE Confidence: 0.847437

00:20:05.960 -> 00:20:09.215 of the different screening modalities  
NOTE Confidence: 0.847437

00:20:09.215 -> 00:20:13.800 so people have heard about things like  
NOTE Confidence: 0.847437

00:20:13.800 -> 00:20:16.453 stool tests that are advertised  
NOTE Confidence: 0.847437

00:20:16.453 -> 00:20:19.787 on TV all the way up to colonoscopies,  
NOTE Confidence: 0.847437

00:20:19.790 -> 00:20:22.352 and then these are all  
NOTE Confidence: 0.847437

00:20:22.352 -> 00:20:24.170 recommended at different intervals.  
NOTE Confidence: 0.847437

00:20:24.170 -> 00:20:26.570 So can you walk us through  
NOTE Confidence: 0.847437

00:20:26.570 -> 00:20:28.964 what are the recommended  
NOTE Confidence: 0.847437

00:20:28.964 -> 00:20:30.560 tests for colorectal screening?  
NOTE Confidence: 0.847437

00:20:30.560 -> 00:20:33.346 How frequently we should be getting them,

NOTE Confidence: 0.847437

00:20:33.350 -> 00:20:35.345 and how you decide what

NOTE Confidence: 0.847437

00:20:35.345 -> 00:20:37.340 test you should be getting?

NOTE Confidence: 0.847437

00:20:37.340 -> 00:20:39.850 I mean, should everybody be

NOTE Confidence: 0.847437

00:20:39.850 -> 00:20:42.360 getting colonoscopies or is it

NOTE Confidence: 0.847437

00:20:42.455 -> 00:20:45.227 just simpler to do a stool test?

NOTE Confidence: 0.847437

00:20:45.230 -> 00:20:47.708 How do we make these decisions?

NOTE Confidence: 0.86920244

00:20:47.710 -> 00:20:50.650 It's a great question and it's

NOTE Confidence: 0.86920244

00:20:50.650 -> 00:20:53.182 honestly the most frequent question

NOTE Confidence: 0.86920244

00:20:53.182 -> 00:20:56.056 I get asked by family members

NOTE Confidence: 0.86920244

00:20:56.060 -> 00:20:57.600 and friends,

NOTE Confidence: 0.86920244

00:20:57.600 -> 00:21:00.472 what test should I get and the answer

NOTE Confidence: 0.86920244

00:21:00.472 -> 00:21:03.312 I always have is the same which is

NOTE Confidence: 0.86920244

00:21:03.310 -> 00:21:06.070 the test that you're willing

NOTE Confidence: 0.86920244

00:21:06.070 -> 00:21:09.540 to get is the best test,

NOTE Confidence: 0.86920244

00:21:09.540 -> 00:21:13.222 so often patients I see are very



NOTE Confidence: 0.86920244

00:21:13.222 -> 00:21:16.706 hesitant to have a colonoscopy in

NOTE Confidence: 0.86920244

00:21:16.706 -> 00:21:20.288 the interval for an average risk

NOTE Confidence: 0.86920244

00:21:20.290 -> 00:21:24.240 patient is at age 45.

00:21:29.050 -> 00:21:32.258 And then if you have a normal exam,

NOTE Confidence: 0.86920244

00:21:32.260 -> 00:21:35.468 it's to have a follow up colonoscopy at

NOTE Confidence: 0.86920244

00:21:35.468 -> 00:21:38.280 10 years, but there are other options.

NOTE Confidence: 0.86920244

00:21:38.280 -> 00:21:40.280 Some patients don't want to

NOTE Confidence: 0.86920244

00:21:40.280 -> 00:21:41.480 undergo a colonoscopy.

NOTE Confidence: 0.86920244

00:21:41.480 -> 00:21:43.490 The cost is an issue.

NOTE Confidence: 0.86920244

00:21:43.490 -> 00:21:46.206 They may not have access to a

NOTE Confidence: 0.86920244

00:21:46.206 -> 00:21:48.228 colonoscopy or it's quite

NOTE Confidence: 0.86920244

00:21:48.228 -> 00:21:50.556 costly for them and there are

NOTE Confidence: 0.86920244

00:21:50.556 -> 00:21:52.708 other ways to approach this

NOTE Confidence: 0.86920244

00:21:52.710 -> 00:21:55.188 for average risk individuals and I

NOTE Confidence: 0.86920244

00:21:55.190 -> 00:21:57.866 emphasize average risk individuals which is the most

NOTE Confidence: 0.86920244

00:21:57.870 -> 00:22:00.708 I think widely advertised one that  
NOTE Confidence: 0.86920244

00:22:00.708 -> 00:22:04.557 you'll see on TV is a stool DNA test,  
NOTE Confidence: 0.86920244

00:22:04.560 -> 00:22:07.755 and that's one that is sent as a kit to  
NOTE Confidence: 0.86920244

00:22:07.755 -> 00:22:10.998 your home and then you send a stool  
NOTE Confidence: 0.86920244

00:22:10.998 -> 00:22:13.439 sample back and that's generally  
NOTE Confidence: 0.86920244

00:22:13.439 -> 00:22:17.485 supposed to be performed every three years.  
NOTE Confidence: 0.86920244

00:22:17.490 -> 00:22:19.274 If it is positive,  
NOTE Confidence: 0.86920244

00:22:19.274 -> 00:22:21.950 it's important that patients understand that,  
NOTE Confidence: 0.86920244

00:22:21.950 -> 00:22:24.692 then they are going to be  
NOTE Confidence: 0.86920244

00:22:24.692 -> 00:22:26.063 recommended to have  
NOTE Confidence: 0.86920244

00:22:26.070 -> 00:22:26.932 a colonoscopy,  
NOTE Confidence: 0.86920244

00:22:26.932 -> 00:22:29.087 so those two tests combined  
NOTE Confidence: 0.86920244

00:22:29.087 -> 00:22:31.260 can be more expensive.  
NOTE Confidence: 0.86920244

00:22:31.260 -> 00:22:34.564 than having a colonoscopy alone.  
NOTE Confidence: 0.86920244

00:22:34.570 -> 00:22:37.580 The other two tests that are stool  
NOTE Confidence: 0.86920244

00:22:37.580 -> 00:22:40.992 based tests are what we call fit

NOTE Confidence: 0.86920244

00:22:40.992 -> 00:22:43.527 tests or fecal immunochemical tests,

NOTE Confidence: 0.86920244

00:22:43.530 -> 00:22:45.890 which are sensitive for detecting

NOTE Confidence: 0.86920244

00:22:45.890 -> 00:22:47.778 blood in the stool,

NOTE Confidence: 0.86920244

00:22:47.780 -> 00:22:50.882 and then something called a

NOTE Confidence: 0.86920244

00:22:50.882 -> 00:22:53.877 fecal occult blood test or

NOTE Confidence: 0.86920244

00:22:53.877 -> 00:22:56.373 an FOBFOBT test which is done

NOTE Confidence: 0.86920244

00:22:56.380 -> 00:22:58.767 annually both of those other two tests,

NOTE Confidence: 0.86920244

00:22:58.770 -> 00:23:01.157 the fit test and the FOBT tests

NOTE Confidence: 0.86920244

00:23:01.157 -> 00:23:02.180 are done annually,

NOTE Confidence: 0.86920244

00:23:02.180 -> 00:23:05.249 so those are cards you get sent home with,

NOTE Confidence: 0.86920244

00:23:05.250 -> 00:23:08.031 and then you send back to your doctor and they

NOTE Confidence: 0.86920244

00:23:08.031 -> 00:23:10.698 process for the presence of blood.

NOTE Confidence: 0.86920244

00:23:10.700 -> 00:23:12.892 I mean the other two tests that we

NOTE Confidence: 0.86920244

00:23:12.892 -> 00:23:15.140 call structural exams include,

NOTE Confidence: 0.86920244

00:23:15.140 -> 00:23:16.500 CT COLONOGRAPHY,

NOTE Confidence: 0.86920244

00:23:16.500 -> 00:23:18.200 which is a CT scan,  
NOTE Confidence: 0.86920244

00:23:18.200 -> 00:23:20.928 that creates images of your colon,  
NOTE Confidence: 0.86920244

00:23:20.930 -> 00:23:22.976 and that's sort of been termed  
NOTE Confidence: 0.86920244

00:23:22.976 -> 00:23:23.999 the virtual colonoscopy.  
NOTE Confidence: 0.86920244

00:23:24.000 -> 00:23:26.526 And then there's a more limited  
NOTE Confidence: 0.86920244

00:23:26.530 -> 00:23:26.991 colonoscopy,  
NOTE Confidence: 0.86920244

00:23:26.991 -> 00:23:29.757 which is known as a flexible  
NOTE Confidence: 0.86920244

00:23:29.757 -> 00:23:31.562 sigmoidoscopies and those other  
NOTE Confidence: 0.86920244

00:23:31.562 -> 00:23:33.668 two tests the CT colonography and  
NOTE Confidence: 0.86920244

00:23:33.668 -> 00:23:36.026 the flex SIG as we refer to it,  
NOTE Confidence: 0.86920244

00:23:36.030 -> 00:23:37.910 a flexible sigmoidoscopies the intervals  
NOTE Confidence: 0.86920244

00:23:37.910 -> 00:23:40.210 on those are every five years,  
NOTE Confidence: 0.86920244

00:23:40.210 -> 00:23:43.010 but I want to make clear that the  
NOTE Confidence: 0.86920244

00:23:43.010 -> 00:23:44.176 flexible sigmoidoscopies have limitations  
NOTE Confidence: 0.86920244

00:23:44.176 -> 00:23:46.570 because it's only exposing or it's  
NOTE Confidence: 0.86920244

00:23:46.570 -> 00:23:48.974 only visualizing the rectum in the

NOTE Confidence: 0.86920244

00:23:48.974 -> 00:23:51.326 sigmoid colon and we know that

NOTE Confidence: 0.86920244

00:23:51.326 -> 00:23:53.999 lesions can grow in the middle part

NOTE Confidence: 0.86920244

00:23:53.999 -> 00:23:56.929 and on the right part of the colon,

NOTE Confidence: 0.86920244

00:23:56.930 -> 00:23:59.040 and those can be missed.

NOTE Confidence: 0.86920244

00:23:59.040 -> 00:24:01.374 So we emphasize that a colonoscopy

NOTE Confidence: 0.86920244

00:24:01.374 -> 00:24:02.930 has some significant advantages

NOTE Confidence: 0.86920244

00:24:02.998 -> 00:24:04.768 over flexible sigmoidoscopies,

NOTE Confidence: 0.86920244

00:24:04.770 -> 00:24:08.235 and then the limitation of the CT

NOTE Confidence: 0.86920244

00:24:08.235 -> 00:24:11.829 colonography is that if you do see a polyp,

NOTE Confidence: 0.86920244

00:24:11.830 -> 00:24:15.076 you can't intervene at that time.

NOTE Confidence: 0.86920244

00:24:15.080 -> 00:24:16.585 And so the colonoscopy has

NOTE Confidence: 0.86920244

00:24:16.585 -> 00:24:18.090 the opportunity to be both

NOTE Confidence: 0.85858434

00:24:18.147 -> 00:24:19.680 diagnostic and therapeutic.

NOTE Confidence: 0.85858434

00:24:19.680 -> 00:24:21.096 If polyps are identified,

NOTE Confidence: 0.85858434

00:24:21.096 -> 00:24:23.220 they can be removed in the

NOTE Confidence: 0.85858434

00:24:23.288 -> 00:24:25.350 same setting.  
NOTE Confidence: 0.85858434

00:24:25.350 -> 00:24:27.095 Many advantages and disadvantages  
NOTE Confidence: 0.85858434

00:24:27.095 -> 00:24:29.240 of all of these different tests.  
NOTE Confidence: 0.85858434

00:24:29.240 -> 00:24:31.286 So let's go over them  
NOTE Confidence: 0.85858434

00:24:31.286 -> 00:24:33.130 just a little bit more.  
NOTE Confidence: 0.85858434

00:24:33.130 -> 00:24:35.608 So the fit test and the FOBT.  
NOTE Confidence: 0.85858434

00:24:35.610 -> 00:24:38.088 These are both stool based tests,  
NOTE Confidence: 0.85858434

00:24:38.090 -> 00:24:39.502 and they're both annual.  
NOTE Confidence: 0.85858434

00:24:39.502 -> 00:24:41.274 So if somebody says, well,  
NOTE Confidence: 0.85858434

00:24:41.274 -> 00:24:44.106 I don't mind doing a stool based test,  
NOTE Confidence: 0.85858434

00:24:44.110 -> 00:24:45.169 which one is better?  
NOTE Confidence: 0.844789

00:24:46.000 -> 00:24:49.960 Well, I think that the cost of the fit tests  
NOTE Confidence: 0.844789

00:24:50.050 -> 00:24:53.738 and the FOBT tests make it very scalable.  
NOTE Confidence: 0.844789

00:24:53.740 -> 00:24:56.554 So doing an annual exam for one  
NOTE Confidence: 0.844789

00:24:56.554 -> 00:24:58.899 of these tests is actually,  
NOTE Confidence: 0.844789

00:24:58.900 -> 00:25:01.050 inexpensive.

00:25:03.516 -> 00:25:05.780 The problems with some of these  
NOTE Confidence: 0.844789

00:25:05.780 -> 00:25:08.360 is that a lot of patients  
NOTE Confidence: 0.844789

00:25:08.360 -> 00:25:10.080 don't send them back,  
NOTE Confidence: 0.844789

00:25:10.080 -> 00:25:14.380 and so the yield on those can be an issue,  
NOTE Confidence: 0.844789

00:25:14.380 -> 00:25:16.610 but it's a reasonable test.  
NOTE Confidence: 0.844789

00:25:16.610 -> 00:25:18.870 It's good for detecting blood,  
NOTE Confidence: 0.844789

00:25:18.870 -> 00:25:22.020 but it's also a cross sectional test,  
NOTE Confidence: 0.844789

00:25:22.020 -> 00:25:25.289 so if you're not bleeding at that  
NOTE Confidence: 0.844789

00:25:25.289 -> 00:25:28.339 instance when you do the test from,  
NOTE Confidence: 0.844789

00:25:28.340 -> 00:25:30.590 say, a polyp that's present,  
NOTE Confidence: 0.844789

00:25:30.590 -> 00:25:32.850 or potentially an early lesion,  
NOTE Confidence: 0.844789

00:25:32.850 -> 00:25:34.274 you might miss it.  
NOTE Confidence: 0.844789

00:25:34.274 -> 00:25:37.564 The stool DNA test is a bit more  
NOTE Confidence: 0.844789

00:25:37.564 -> 00:25:40.234 sensitive because it's looking for  
NOTE Confidence: 0.844789

00:25:40.234 -> 00:25:42.770 specific changes in stool DNA,  
NOTE Confidence: 0.844789

00:25:42.770 -> 00:25:45.195 and it's quite good at

NOTE Confidence: 0.844789

00:25:45.195 -> 00:25:47.620 picking up cancers above 90%

NOTE Confidence: 0.844789

00:25:47.620 -> 00:25:48.230 sensitive,

NOTE Confidence: 0.844789

00:25:48.230 -> 00:25:53.720 the downside of the stool DNA tests are that

NOTE Confidence: 0.844789

00:25:53.720 -> 00:25:55.196 they're not as specific,

NOTE Confidence: 0.844789

00:25:55.196 -> 00:25:57.859 so it isn't that uncommon that we will

NOTE Confidence: 0.844789

00:25:57.859 -> 00:25:59.739 find patients who have positive

NOTE Confidence: 0.844789

00:25:59.739 -> 00:26:02.388 stool DNA tests and they get a

NOTE Confidence: 0.844789

00:26:02.388 -> 00:26:04.536 colonoscopy and we don't find polyps

NOTE Confidence: 0.844789

00:26:04.540 -> 00:26:07.249 it's not as specific

NOTE Confidence: 0.844789

00:26:07.249 -> 00:26:09.760 as we would like it to be,

NOTE Confidence: 0.844789

00:26:09.760 -> 00:26:11.625 but it's still a pretty

NOTE Confidence: 0.844789

00:26:11.625 -> 00:26:13.117 reliable test and

NOTE Confidence: 0.844789

00:26:13.120 -> 00:26:15.936 I think we're going to see more and

NOTE Confidence: 0.844789

00:26:15.936 -> 00:26:17.793 more patients take advantage of

NOTE Confidence: 0.844789

00:26:17.793 -> 00:26:20.785 stool DNA based tests as sort of a

NOTE Confidence: 0.844789



00:26:20.785 -> 00:26:23.185 filter before they go to colonoscopy.  
NOTE Confidence: 0.82592076

00:26:23.710 -> 00:26:26.550 And those stool DNA tests you said are  
NOTE Confidence: 0.82592076

00:26:26.550 -> 00:26:29.220 only three years versus the fit test  
NOTE Confidence: 0.82592076

00:26:29.220 -> 00:26:31.050 And the FOBT which is every  
NOTE Confidence: 0.82592076

00:26:31.050 -> 00:26:34.138 year, right?  
NOTE Confidence: 0.82592076

00:26:34.138 -> 00:26:36.007 And an important misconception that I often  
NOTE Confidence: 0.82592076

00:26:36.007 -> 00:26:38.053 hear with patients is they'll think  
NOTE Confidence: 0.82592076

00:26:38.053 -> 00:26:40.614 that the stool DNA test is equivalent  
NOTE Confidence: 0.82592076

00:26:40.614 -> 00:26:42.791 to a colonoscopy, and it's not.  
NOTE Confidence: 0.82592076

00:26:42.791 -> 00:26:44.626 The interval is very different.  
NOTE Confidence: 0.82592076

00:26:44.630 -> 00:26:47.334 The stool based DNA test is every three  
NOTE Confidence: 0.82592076

00:26:47.334 -> 00:26:50.130 years and a colonoscopy every 10 years,  
NOTE Confidence: 0.82592076

00:26:50.130 -> 00:26:53.066 and so it's really up to the patient  
NOTE Confidence: 0.82592076

00:26:53.066 -> 00:26:56.158 to decide well do I want to do  
NOTE Confidence: 0.82592076

00:26:56.160 -> 00:26:57.435 Colonoscopy and be done with  
NOTE Confidence: 0.82592076

00:26:57.435 -> 00:26:58.455 this for 10 years

NOTE Confidence: 0.82592076

00:26:58.460 -> 00:27:01.280 if it's normal or do I want to have to

NOTE Confidence: 0.82592076

00:27:01.359 -> 00:27:04.474 keep going through this every three years?

NOTE Confidence: 0.82592076

00:27:04.480 -> 00:27:05.790 And if they are positive,

NOTE Confidence: 0.82592076

00:27:05.790 -> 00:27:07.873 any of the DNA tests, then I'm going

NOTE Confidence: 0.82592076

00:27:07.873 -> 00:27:09.700 to have to have a colonoscopy anyway.

00:27:12.740 -> 00:27:15.370 And then if it is

NOTE Confidence: 0.82592076

00:27:15.444 -> 00:27:17.940 positive I have to have colonoscopy.

NOTE Confidence: 0.82592076

00:27:17.940 -> 00:27:20.047 If I get a colonoscopy to start

NOTE Confidence: 0.82592076

00:27:20.047 -> 00:27:21.839 off with and it's normal,

NOTE Confidence: 0.82592076

00:27:21.840 -> 00:27:24.115 I could go to 10 years,

NOTE Confidence: 0.82592076

00:27:24.120 -> 00:27:26.070 but if they do find something,

NOTE Confidence: 0.82592076

00:27:26.070 -> 00:27:26.720 they would

NOTE Confidence: 0.8684103

00:27:26.720 -> 00:27:29.192 also be able to treat it at the

NOTE Confidence: 0.8684103

00:27:29.192 -> 00:27:31.272 same time in most cases.

NOTE Confidence: 0.8684103

00:27:31.272 -> 00:27:33.596 So my final question just really quickly

NOTE Confidence: 0.8684103

00:27:33.596 -> 00:27:36.135 in the 30 seconds that we have left,

NOTE Confidence: 0.8684103

00:27:36.140 -> 00:27:37.770 you mentioned that colonoscopies are

NOTE Confidence: 0.8684103

00:27:37.770 -> 00:27:38.418 really expensive,

NOTE Confidence: 0.8684103

00:27:38.418 -> 00:27:40.686 but aren't they covered by insurance yet?

NOTE Confidence: 0.8684103

00:27:40.690 -> 00:27:42.315 They are covered by insurance

NOTE Confidence: 0.8684103

00:27:42.315 -> 00:27:43.615 and Medicare covers, colonoscopy,

NOTE Confidence: 0.8684103

00:27:43.615 -> 00:27:45.565 and most insurance plans cover colonoscopy.

NOTE Confidence: 0.8684103

00:27:45.570 -> 00:27:48.210 We also have state by state

NOTE Confidence: 0.8684103

00:27:48.210 -> 00:27:49.479 variation in colonoscopy,

NOTE Confidence: 0.8684103

00:27:49.479 -> 00:27:52.946 but most Medicaid in most

NOTE Confidence: 0.8684103

00:27:52.946 -> 00:27:55.096 states covers colonoscopy and there

NOTE Confidence: 0.8684103

00:27:55.096 -> 00:27:58.424 are actually a lot of resources to

NOTE Confidence: 0.8684103

00:27:58.424 -> 00:28:00.464 help patients access colonoscopy,

NOTE Confidence: 0.8684103

00:28:00.470 -> 00:28:03.194 but sometimes the out of pocket

NOTE Confidence: 0.8684103

00:28:03.194 -> 00:28:04.556 expenses for colonoscopy,

NOTE Confidence: 0.8684103

00:28:04.560 -> 00:28:06.500 even with insured patients,

NOTE Confidence: 0.8684103

00:28:06.500 -> 00:28:09.410 can be significant and so  
NOTE Confidence: 0.8684103

00:28:09.497 -> 00:28:11.367 one of the goals  
NOTE Confidence: 0.8684103

00:28:11.370 -> 00:28:14.296 I think for us as a healthcare  
NOTE Confidence: 0.8684103

00:28:14.296 -> 00:28:16.920 system is to realize that  
NOTE Confidence: 0.8684103

00:28:16.920 -> 00:28:19.804 the return on the investment for us  
NOTE Confidence: 0.8684103

00:28:19.810 -> 00:28:21.594 increasing our screening colonoscopy  
NOTE Confidence: 0.8684103

00:28:21.594 -> 00:28:25.180 rates has been borne out in the data,  
NOTE Confidence: 0.8684103

00:28:25.180 -> 00:28:27.490 and that colorectal cancer in the  
NOTE Confidence: 0.8684103

00:28:27.490 -> 00:28:30.066 50 and above age group has  
NOTE Confidence: 0.8684103

00:28:30.066 -> 00:28:33.030 really been impacted by the advent of  
NOTE Confidence: 0.8684103

00:28:33.030 -> 00:28:35.506 aggressive screening colonoscopy programs.  
NOTE Confidence: 0.8550117

00:28:36.160 -> 00:28:37.800 Doctor Amit Khanna is director  
NOTE Confidence: 0.8550117

00:28:37.800 -> 00:28:39.440 of Colon and rectal surgery  
NOTE Confidence: 0.8550117

00:28:39.506 -> 00:28:40.978 for the Bridgeport region  
NOTE Confidence: 0.8550117

00:28:40.980 -> 00:28:42.700 and is an associate professor at  
NOTE Confidence: 0.8550117

00:28:42.700 -> 00:28:44.420 the Yale School of Medicine.

NOTE Confidence: 0.8550117

00:28:44.420 -> 00:28:46.418 If you have questions the address is

NOTE Confidence: 0.8550117

00:28:46.418 -> 00:28:48.101 cancer answers at yale.edu and

NOTE Confidence: 0.8550117

00:28:48.101 -> 00:28:49.871 past addition to the program are

NOTE Confidence: 0.8550117

00:28:49.871 -> 00:28:51.696 available in audio and written

NOTE Confidence: 0.8550117

00:28:51.696 -> 00:28:53.016 form at yalecancercenter.org.

NOTE Confidence: 0.8550117

00:28:53.020 -> 00:28:55.524 We hope you'll join us next week to

NOTE Confidence: 0.8550117

00:28:55.524 -> 00:28:57.959 learn more about the fight against

NOTE Confidence: 0.8550117

00:28:57.959 -> 00:29:00.569 cancer here on Connecticut Public Radio.