

WEBVTT

00:00:00.000 -> 00:00:02.545 Funding for Yale Cancer Answers

NOTE Confidence: 0.953102473571429

00:00:02.545 -> 00:00:05.090 is provided by Smilow Cancer

NOTE Confidence: 0.953102473571429

00:00:05.174 -> 00:00:07.378 Hospital and AstraZeneca.

NOTE Confidence: 0.953102473571429

00:00:07.380 -> 00:00:08.684 Welcome to Yale Cancer

NOTE Confidence: 0.953102473571429

00:00:08.684 -> 00:00:09.988 Answers with your host

NOTE Confidence: 0.953102473571429

00:00:09.990 -> 00:00:12.447 Dr. Anees Chagpar. Yale Cancer Answers

NOTE Confidence: 0.953102473571429

00:00:12.447 -> 00:00:14.476 features the latest information on

NOTE Confidence: 0.953102473571429

00:00:14.476 -> 00:00:17.194 cancer care by welcoming oncologists and

NOTE Confidence: 0.953102473571429

00:00:17.194 -> 00:00:19.768 specialists who are on the forefront of

NOTE Confidence: 0.953102473571429

00:00:19.768 -> 00:00:22.102 the battle to fight cancer. This week,

NOTE Confidence: 0.953102473571429

00:00:22.102 -> 00:00:23.932 it's a conversation about thyroid

NOTE Confidence: 0.953102473571429

00:00:23.932 -> 00:00:25.669 cancer with Doctor Grace Lee.

NOTE Confidence: 0.953102473571429

00:00:25.670 -> 00:00:27.452 Doctor Lee is an assistant professor

NOTE Confidence: 0.953102473571429

00:00:27.452 -> 00:00:29.539 of surgery at the Yale School of

NOTE Confidence: 0.953102473571429

00:00:29.539 -> 00:00:31.219 Medicine where Doctor Chagpar is

NOTE Confidence: 0.953102473571429

00:00:31.219 -> 00:00:33.267 a professor of surgical oncology.

NOTE Confidence: 0.984242213

00:00:34.380 -> 00:00:36.186 Grace, maybe we can start off by

NOTE Confidence: 0.984242213

00:00:36.186 -> 00:00:38.136 you telling us a little bit about

NOTE Confidence: 0.984242213

00:00:38.136 -> 00:00:40.040 yourself and about what you do.

NOTE Confidence: 0.974203992222222

00:00:40.050 -> 00:00:43.038 As an endocrine surgeon I

NOTE Confidence: 0.974203992222222

00:00:43.038 -> 00:00:45.030 remove the thyroid, parathyroid in

NOTE Confidence: 0.974203992222222

00:00:45.120 -> 00:00:48.335 adrenal glands for various different

NOTE Confidence: 0.974203992222222

00:00:48.335 -> 00:00:50.264 disorders including cancer.

NOTE Confidence: 0.974203992222222

00:00:50.270 -> 00:00:53.372 My areas of clinical and research

NOTE Confidence: 0.974203992222222

00:00:53.372 -> 00:00:54.923 interest include different

NOTE Confidence: 0.974203992222222

00:00:54.923 -> 00:00:56.597 minimally invasive techniques

NOTE Confidence: 0.974203992222222

00:00:56.597 -> 00:00:59.292 and new imaging techniques for

NOTE Confidence: 0.974203992222222

00:00:59.292 -> 00:01:01.730 treatment of endocrine disorders.

NOTE Confidence: 0.970094495

00:01:01.800 -> 00:01:03.585 So let's start off by talking a

NOTE Confidence: 0.970094495

00:01:03.585 -> 00:01:05.199 little bit about thyroid cancer.

NOTE Confidence: 0.970094495

00:01:05.200 -> 00:01:07.260 After all, it is thyroid

NOTE Confidence: 0.970094495

00:01:07.260 -> 00:01:08.496 cancer awareness month.

NOTE Confidence: 0.970094495

00:01:08.500 -> 00:01:10.988 So tell us a little bit more about

NOTE Confidence: 0.970094495

00:01:10.988 -> 00:01:12.780 the epidemiology of thyroid cancer.

NOTE Confidence: 0.970094495

00:01:12.780 -> 00:01:14.940 How many people get diagnosed?

NOTE Confidence: 0.970094495

00:01:14.940 -> 00:01:17.236 How many people succumb to their disease?

NOTE Confidence: 0.970094495

00:01:17.240 -> 00:01:18.488 How common is this?

NOTE Confidence: 0.769741365

00:01:19.360 -> 00:01:23.228 So thyroid cancer is

NOTE Confidence: 0.769741365

00:01:23.230 -> 00:01:26.314 number wise, about the eighth most

NOTE Confidence: 0.769741365

00:01:26.314 -> 00:01:28.990 common cancer in the US, however,

NOTE Confidence: 0.769741365

00:01:28.990 -> 00:01:32.001 it only accounts for about 4% of

NOTE Confidence: 0.769741365

00:01:32.001 -> 00:01:34.587 all the new cancers being diagnosed,

NOTE Confidence: 0.769741365

00:01:34.590 -> 00:01:37.240 and people who succumb to

NOTE Confidence: 0.769741365

00:01:37.240 -> 00:01:38.830 thyroid cancer annually

NOTE Confidence: 0.769741365

00:01:38.830 -> 00:01:43.035 we guesstimate at about 2000 so

NOTE Confidence: 0.769741365

00:01:43.035 -> 00:01:46.485 it is not as prevalent as

NOTE Confidence: 0.769741365

00:01:46.485 -> 00:01:49.959 breast cancer or colon cancer,
NOTE Confidence: 0.769741365

00:01:49.960 -> 00:01:52.804 but what's interesting is that new
NOTE Confidence: 0.769741365

00:01:52.804 -> 00:01:55.195 diagnoses of thyroid cancers have
NOTE Confidence: 0.769741365

00:01:55.195 -> 00:01:57.709 tripled in the past three decades.
NOTE Confidence: 0.769741365

00:01:57.710 -> 00:02:00.804 It is one of the most rapidly
NOTE Confidence: 0.769741365

00:02:00.804 -> 00:02:02.660 increasing cancers in the US
NOTE Confidence: 0.769741365

00:02:02.660 -> 00:02:04.724 but we believe that much of
NOTE Confidence: 0.769741365

00:02:04.724 -> 00:02:06.967 the increase owes to the fact
NOTE Confidence: 0.769741365

00:02:06.967 -> 00:02:08.937 that we're just catching them
NOTE Confidence: 0.769741365

00:02:08.937 -> 00:02:10.990 earlier and more frequently,
NOTE Confidence: 0.769741365

00:02:10.990 -> 00:02:12.766 as mentioned before,
NOTE Confidence: 0.769741365

00:02:12.766 -> 00:02:13.950 we utilized
NOTE Confidence: 0.769741365

00:02:13.950 -> 00:02:17.800 various diagnostic imaging to further
NOTE Confidence: 0.769741365

00:02:17.800 -> 00:02:21.232 elucidate many conditions and we
NOTE Confidence: 0.769741365

00:02:21.232 -> 00:02:24.037 just catch these incidental thyroid
NOTE Confidence: 0.769741365

00:02:24.037 -> 00:02:27.014 nodules while we are just looking

NOTE Confidence: 0.769741365

00:02:27.014 -> 00:02:29.780 into our body for different diseases.

NOTE Confidence: 0.769741365

00:02:29.780 -> 00:02:32.280 So thyroid nodules are just

NOTE Confidence: 0.769741365

00:02:32.280 -> 00:02:34.965 being caught earlier and more

NOTE Confidence: 0.769741365

00:02:34.965 -> 00:02:37.630 frequently. Some of these imaging

NOTE Confidence: 0.769741365

00:02:37.630 -> 00:02:40.205 studies that patients get include

NOTE Confidence: 0.769741365

00:02:40.205 -> 00:02:43.218 CT scans after a car accident.

NOTE Confidence: 0.769741365

00:02:43.220 -> 00:02:46.104 Pet CT to survey and other cancers

NOTE Confidence: 0.769741365

00:02:46.104 -> 00:02:48.948 such as breast cancer or Melanoma

NOTE Confidence: 0.769741365

00:02:48.950 -> 00:02:50.518 or even carotid ultrasound,

NOTE Confidence: 0.769741365

00:02:50.518 -> 00:02:52.086 to examine narrowing of

NOTE Confidence: 0.769741365

00:02:52.086 -> 00:02:53.430 the carotid arteries.

NOTE Confidence: 0.98001511

00:02:53.800 -> 00:02:56.410 Let's dig a little bit more

NOTE Confidence: 0.98001511

00:02:56.410 -> 00:02:58.817 into that because I find that statistic

NOTE Confidence: 0.98001511

00:02:58.817 -> 00:03:03.192 of a tripling in the rate of thyroid

NOTE Confidence: 0.98001511

00:03:03.192 -> 00:03:06.980 cancers to be really quite an awesome,

NOTE Confidence: 0.98001511

00:03:06.980 -> 00:03:10.766 not in the sense of awesome 'awesome' but awesome

NOTE Confidence: 0.98001511

00:03:10.766 -> 00:03:14.640 in the sense of a huge number deserving of awe.

00:03:17.004 -> 00:03:20.420 What are the risk factors for thyroid cancer?

NOTE Confidence: 0.98001511

00:03:20.420 -> 00:03:23.556 I appreciate that you said that

NOTE Confidence: 0.98001511

00:03:23.560 -> 00:03:26.820 we think that a lot of this is just because

NOTE Confidence: 0.98001511

00:03:26.899 -> 00:03:30.680 of an increasing rate of detection,

NOTE Confidence: 0.98001511

00:03:30.680 -> 00:03:33.976 but help us to understand what are the

NOTE Confidence: 0.98001511

00:03:33.976 -> 00:03:36.230 etiologic causes of thyroid cancer?

NOTE Confidence: 0.983482328

00:03:36.340 -> 00:03:38.160 That's an excellent question,

NOTE Confidence: 0.983482328

00:03:38.160 -> 00:03:40.960 if we can actually get down to

NOTE Confidence: 0.983482328

00:03:41.027 -> 00:03:43.757 the bottom of why thyroid cancer happens

NOTE Confidence: 0.983482328

00:03:43.760 -> 00:03:46.088 perhaps we can even prevent it,

NOTE Confidence: 0.983482328

00:03:46.090 -> 00:03:50.446 so there have been many studies that have

NOTE Confidence: 0.983482328

00:03:50.446 -> 00:03:53.757 been performed to characterize who are the

NOTE Confidence: 0.983482328

00:03:53.757 -> 00:03:56.927 folks that are getting thyroid cancer.

NOTE Confidence: 0.983482328

00:03:56.930 -> 00:03:58.964 Why we are catching

NOTE Confidence: 0.983482328

00:03:58.964 -> 00:04:00.730 and detecting more of them.

NOTE Confidence: 0.983482328

00:04:00.730 -> 00:04:03.943 Some of the risk factors for

NOTE Confidence: 0.983482328

00:04:03.943 -> 00:04:06.520 thyroid cancer include being a woman

NOTE Confidence: 0.983482328

00:04:06.520 -> 00:04:10.433 and of the Asian race and

NOTE Confidence: 0.983482328

00:04:10.433 -> 00:04:13.760 age between 25 to 65 years old.

NOTE Confidence: 0.983482328

00:04:13.760 -> 00:04:15.910 Although we do see some

NOTE Confidence: 0.983482328

00:04:15.910 -> 00:04:18.710 extreme distribution of ages,

NOTE Confidence: 0.983482328

00:04:18.710 -> 00:04:22.210 such as pediatric population versus

NOTE Confidence: 0.983482328

00:04:22.210 -> 00:04:25.420 very advanced age population.

NOTE Confidence: 0.986016675

00:04:26.390 -> 00:04:27.850 And also having had

NOTE Confidence: 0.984340156521739

00:04:27.880 -> 00:04:30.160 prior radiation treatment to the

NOTE Confidence: 0.984340156521739

00:04:30.160 -> 00:04:34.094 head and neck area as a child or

NOTE Confidence: 0.984340156521739

00:04:34.094 -> 00:04:36.186 having had environmental radiation

NOTE Confidence: 0.984340156521739

00:04:36.186 -> 00:04:39.450 exposure such as a nuclear accident.

NOTE Confidence: 0.984340156521739

00:04:39.450 -> 00:04:41.988 And having a family member with

NOTE Confidence: 0.984340156521739

00:04:41.988 -> 00:04:44.218 history of thyroid disease or

NOTE Confidence: 0.984340156521739
00:04:44.218 -> 00:04:46.528 enlarged thyroid or thyroid cancer.
NOTE Confidence: 0.984340156521739
00:04:46.530 -> 00:04:49.565 And again, the detection catches
NOTE Confidence: 0.984340156521739
00:04:49.565 -> 00:04:51.386 incidental thyroid nodules.
NOTE Confidence: 0.984340156521739
00:04:51.390 -> 00:04:53.666 Not necessarily thyroid cancer.
NOTE Confidence: 0.984340156521739
00:04:53.666 -> 00:04:57.080 So most of these thyroid nodules
NOTE Confidence: 0.984340156521739
00:04:57.178 -> 00:04:59.848 turn out to be benign nodules.
NOTE Confidence: 0.984340156521739
00:04:59.850 -> 00:05:01.758 But because we're catching
NOTE Confidence: 0.984340156521739
00:05:01.758 -> 00:05:03.666 benign nodules,
NOTE Confidence: 0.984340156521739
00:05:03.670 -> 00:05:05.338 we are also seeing the increase
NOTE Confidence: 0.984340156521739
00:05:05.338 -> 00:05:06.172 of thyroid cancer.
NOTE Confidence: 0.982275885
00:05:06.970 -> 00:05:08.650 When you talk
NOTE Confidence: 0.982275885
00:05:08.650 -> 00:05:09.770 about the risk factors,
NOTE Confidence: 0.982275885
00:05:09.770 -> 00:05:11.768 a lot of the things you mentioned
NOTE Confidence: 0.982275885
00:05:11.768 -> 00:05:13.469 are things that we cannot change.
NOTE Confidence: 0.982275885
00:05:13.470 -> 00:05:16.068 Being a woman, your age,
NOTE Confidence: 0.982275885

00:05:16.070 -> 00:05:18.420 your race or ethnicity,
NOTE Confidence: 0.982275885

00:05:18.420 -> 00:05:21.555 your family history.
NOTE Confidence: 0.982275885

00:05:21.555 -> 00:05:25.560 And the things that are other
NOTE Confidence: 0.982275885

00:05:25.560 -> 00:05:28.520 risk factors, exposure to radiation,
NOTE Confidence: 0.982275885

00:05:28.520 -> 00:05:31.430 nuclear accidents,
NOTE Confidence: 0.982275885

00:05:31.430 -> 00:05:33.870 thankfully, not many of us, I think,
NOTE Confidence: 0.982275885

00:05:33.870 -> 00:05:36.450 can claim to have that,
NOTE Confidence: 0.982275885

00:05:36.450 -> 00:05:38.162 and certainly sometimes when
NOTE Confidence: 0.982275885

00:05:38.162 -> 00:05:40.302 we're exposed to radiation due
NOTE Confidence: 0.982275885

00:05:40.302 -> 00:05:42.528 to CT scans or other things,
NOTE Confidence: 0.982275885

00:05:42.530 -> 00:05:44.955 those may be beyond
NOTE Confidence: 0.982275885

00:05:44.955 -> 00:05:47.380 our control as well.
NOTE Confidence: 0.982275885

00:05:47.380 -> 00:05:50.812 Are there any factors that our audience
NOTE Confidence: 0.982275885

00:05:50.812 -> 00:05:53.983 might be interested in that increase
NOTE Confidence: 0.982275885

00:05:53.983 -> 00:05:56.281 or decrease your risk of thyroid
NOTE Confidence: 0.982275885

00:05:56.281 -> 00:05:58.309 cancer that you can control?

NOTE Confidence: 0.982275885

00:05:58.310 -> 00:06:00.518 And so I'm thinking here about

NOTE Confidence: 0.982275885

00:06:00.518 -> 00:06:02.940 things like an iodine deficiency

NOTE Confidence: 0.982275885

00:06:02.940 -> 00:06:06.980 that we know can have a role to

NOTE Confidence: 0.982275885

00:06:06.980 -> 00:06:09.230 play in benign thyroid conditions.

NOTE Confidence: 0.982275885

00:06:09.230 -> 00:06:12.446 Any role for that in terms of cancers?

NOTE Confidence: 0.982275885

00:06:12.450 -> 00:06:16.125 Any other factors that

NOTE Confidence: 0.982275885

00:06:16.125 -> 00:06:19.640 people could potentially control?

00:06:20.060 -> 00:06:22.448 That's very interesting question.

NOTE Confidence: 0.973546919333333

00:06:22.448 -> 00:06:26.722 I do occasionally have a patient

NOTE Confidence: 0.973546919333333

00:06:26.722 -> 00:06:30.304 who's interested in modifying their diet

NOTE Confidence: 0.973546919333333

00:06:30.304 -> 00:06:33.953 to either combat the existing thyroid

NOTE Confidence: 0.973546919333333

00:06:33.953 -> 00:06:37.481 cancer or help their family members

NOTE Confidence: 0.973546919333333

00:06:37.481 -> 00:06:40.870 prevent from getting thyroid cancer.

NOTE Confidence: 0.973546919333333

00:06:40.870 -> 00:06:42.970 Iodine deficiency certainly

NOTE Confidence: 0.973546919333333

00:06:42.970 -> 00:06:47.058 can be the cause of a goiter,

NOTE Confidence: 0.973546919333333

00:06:47.060 -> 00:06:48.812 an enlarged thyroid gland.

NOTE Confidence: 0.973546919333333
00:06:48.812 -> 00:06:52.160 But I do not believe there has
NOTE Confidence: 0.973546919333333
00:06:52.160 -> 00:06:54.676 been an established linkage
NOTE Confidence: 0.973546919333333
00:06:54.676 -> 00:06:57.192 between iodine supplementation and
NOTE Confidence: 0.973546919333333
00:06:57.192 -> 00:06:59.810 decreased rate of thyroid cancer.
NOTE Confidence: 0.973546919333333
00:06:59.810 -> 00:07:03.008 So at the current time point,
NOTE Confidence: 0.973546919333333
00:07:03.010 -> 00:07:05.908 I think detection and appropriate treatment
NOTE Confidence: 0.973546919333333
00:07:05.908 -> 00:07:09.289 will be the best course of action
NOTE Confidence: 0.973546919333333
00:07:09.290 -> 00:07:12.538 once one is found to have thyroid cancer.
00:07:16.140 -> 00:07:18.270 Getting back to that original statistic,
NOTE Confidence: 0.987855273333333
00:07:18.270 -> 00:07:20.710 this tripling of thyroid cancers,
NOTE Confidence: 0.987855273333333
00:07:20.710 -> 00:07:23.139 it doesn't seem that there has been
NOTE Confidence: 0.987855273333333
00:07:23.139 -> 00:07:25.530 a tripling of nuclear accidents.
NOTE Confidence: 0.987855273333333
00:07:25.530 -> 00:07:28.686 If anything, I think our nuclear
NOTE Confidence: 0.987855273333333
00:07:28.686 -> 00:07:30.790 exposures have generally declined,
NOTE Confidence: 0.987855273333333
00:07:30.790 -> 00:07:34.829 as safety protocols have improved,
NOTE Confidence: 0.987855273333333
00:07:34.830 -> 00:07:37.427 one wouldn't think that there

NOTE Confidence: 0.987855273333333
00:07:37.427 -> 00:07:40.230 would have been a difference in terms of
NOTE Confidence: 0.987855273333333
00:07:40.230 -> 00:07:44.270 age or gender or race over the last
NOTE Confidence: 0.987855273333333
00:07:44.270 -> 00:07:46.640 few decades where we've seen this
NOTE Confidence: 0.987855273333333
00:07:46.640 -> 00:07:49.400 tripling and so that brings us to
NOTE Confidence: 0.987855273333333
00:07:49.400 -> 00:07:51.596 this whole area of of detection,
NOTE Confidence: 0.987855273333333
00:07:51.600 -> 00:07:54.680 which you surmise is really the
NOTE Confidence: 0.987855273333333
00:07:54.680 -> 00:07:58.215 thing at the driving seat of
NOTE Confidence: 0.987855273333333
00:07:58.215 -> 00:08:00.865 this tripling of thyroid cancer.
NOTE Confidence: 0.987855273333333
00:08:00.870 -> 00:08:02.410 Has anybody looked at that?
NOTE Confidence: 0.987855273333333
00:08:02.410 -> 00:08:05.956 Has the rate at which we are imaging
NOTE Confidence: 0.987855273333333
00:08:05.956 -> 00:08:09.287 people increased at that same proportion?
NOTE Confidence: 0.987855273333333
00:08:09.290 -> 00:08:12.360 So in other words we all know that
NOTE Confidence: 0.987855273333333
00:08:12.441 -> 00:08:15.519 there's been this burgeoning of technology.
NOTE Confidence: 0.987855273333333
00:08:15.520 -> 00:08:18.173 And we seem to do more imaging
NOTE Confidence: 0.987855273333333
00:08:18.173 -> 00:08:20.040 nowadays than we used to.
NOTE Confidence: 0.987855273333333

00:08:20.040 -> 00:08:22.756 At least that's how it feels anecdotally.
NOTE Confidence: 0.9878552733333333

00:08:22.760 -> 00:08:24.888 But has anybody looked at that to see
NOTE Confidence: 0.9878552733333333

00:08:24.888 -> 00:08:26.728 whether these two trends are parallel?
NOTE Confidence: 0.9841546333333333

00:08:27.660 -> 00:08:29.012 Yeah, I believe so.
NOTE Confidence: 0.9841546333333333

00:08:29.012 -> 00:08:32.480 So in much of thyroid cancer literature,
NOTE Confidence: 0.9841546333333333

00:08:32.480 -> 00:08:37.748 we always attribute the partial rapid
NOTE Confidence: 0.9841546333333333

00:08:37.748 -> 00:08:42.033 increase in thyroid cancer being
NOTE Confidence: 0.9841546333333333

00:08:42.033 -> 00:08:45.898 prevalent to essentially the detection,
NOTE Confidence: 0.9841546333333333

00:08:45.900 -> 00:08:48.980 in leading to earlier diagnosis,
NOTE Confidence: 0.9841546333333333

00:08:48.980 -> 00:08:52.220 not necessarily more aggressive treatment,
NOTE Confidence: 0.9841546333333333

00:08:52.220 -> 00:08:56.756 we have been scaling back down on the
NOTE Confidence: 0.9841546333333333

00:08:56.760 -> 00:09:00.020 resection of these thyroid cancers.
NOTE Confidence: 0.9841546333333333

00:09:00.020 -> 00:09:03.436 So not all thyroid cancers lead to surgery,
NOTE Confidence: 0.9841546333333333

00:09:03.440 -> 00:09:07.017 but it is certainly true that there
NOTE Confidence: 0.9841546333333333

00:09:07.017 -> 00:09:10.070 is clear correlation between the
NOTE Confidence: 0.9841546333333333

00:09:10.070 -> 00:09:13.230 utilization of imaging studies

NOTE Confidence: 0.984154633333333
00:09:13.230 -> 00:09:16.390 in multiple different aspects.
NOTE Confidence: 0.984154633333333
00:09:16.390 -> 00:09:19.900 And also perhaps patient awareness
NOTE Confidence: 0.984154633333333
00:09:19.900 -> 00:09:23.467 in clinician exam skills being
NOTE Confidence: 0.984154633333333
00:09:23.467 -> 00:09:27.781 improved lead to detection of the
NOTE Confidence: 0.984154633333333
00:09:27.781 -> 00:09:31.038 thyroid nodules and go down the
NOTE Confidence: 0.984154633333333
00:09:31.038 -> 00:09:32.818 pathway of thyroid cancer detection.
NOTE Confidence: 0.980417906923077
00:09:33.130 -> 00:09:34.754 Let's talk a little bit
NOTE Confidence: 0.980417906923077
00:09:34.754 -> 00:09:35.990 about that because as you say,
NOTE Confidence: 0.980417906923077
00:09:35.990 -> 00:09:37.400 not all thyroid nodules that
NOTE Confidence: 0.980417906923077
00:09:37.400 -> 00:09:38.965 may be picked up incidentally,
NOTE Confidence: 0.980417906923077
00:09:38.965 -> 00:09:41.575 either on imaging or on physical
NOTE Confidence: 0.980417906923077
00:09:41.575 -> 00:09:43.569 exam are actually a cancer.
NOTE Confidence: 0.980417906923077
00:09:43.570 -> 00:09:46.786 So let's suppose somebody does have
NOTE Confidence: 0.980417906923077
00:09:46.786 -> 00:09:49.670 a scan done for whatever reason
NOTE Confidence: 0.980417906923077
00:09:49.670 -> 00:09:51.548 and the thyroid nodule is found.
NOTE Confidence: 0.980417906923077

00:09:51.550 -> 00:09:54.642 How do we get from incidental thyroid
NOTE Confidence: 0.980417906923077

00:09:54.642 -> 00:09:58.464 nodule to making a diagnosis of cancer?
NOTE Confidence: 0.980417906923077

00:09:58.470 -> 00:09:59.478 How does that work?
NOTE Confidence: 0.985968668

00:09:59.990 -> 00:10:02.020 Yeah, so as we mentioned,
NOTE Confidence: 0.985968668

00:10:02.020 -> 00:10:05.079 it is not uncommon that we just
NOTE Confidence: 0.985968668

00:10:05.079 -> 00:10:07.917 stumble upon a thyroid nodule being
NOTE Confidence: 0.985968668

00:10:07.917 -> 00:10:11.819 mentioned on a CT scan that a patient
NOTE Confidence: 0.985968668

00:10:11.819 -> 00:10:15.144 may have gotten for neck pain or
NOTE Confidence: 0.985968668

00:10:15.150 -> 00:10:20.267 just to rule out lung nodules etc.
NOTE Confidence: 0.985968668

00:10:20.270 -> 00:10:23.546 So after initial detection of the
NOTE Confidence: 0.985968668

00:10:23.546 -> 00:10:27.800 thyroid nodule on a different modality,
NOTE Confidence: 0.985968668

00:10:27.800 -> 00:10:30.905 we do a comprehensive neck
NOTE Confidence: 0.985968668

00:10:30.905 -> 00:10:34.660 ultrasound as the gold standard exam.
00:10:36.570 -> 00:10:39.825 If the patient does not have recent
NOTE Confidence: 0.985968668

00:10:39.825 -> 00:10:42.120 thyroid function that was drawn
NOTE Confidence: 0.985968668

00:10:42.120 -> 00:10:45.980 with a routine yearly checkup.
NOTE Confidence: 0.985968668

00:10:45.980 -> 00:10:49.670 So after the ultrasound is obtained,
NOTE Confidence: 0.985968668

00:10:49.670 -> 00:10:52.130 we can then
NOTE Confidence: 0.985968668

00:10:52.130 -> 00:10:54.770 detect whether the thyroid nodule
NOTE Confidence: 0.985968668

00:10:54.770 -> 00:10:58.705 is of the appropriate size and if
NOTE Confidence: 0.985968668

00:10:58.705 -> 00:11:01.700 that nodule has specific ultrasound
NOTE Confidence: 0.985968668

00:11:01.700 -> 00:11:04.756 characteristics that make us worried
NOTE Confidence: 0.985968668

00:11:04.756 -> 00:11:08.260 about that thyroid nodule being cancerous.
NOTE Confidence: 0.985968668

00:11:08.260 -> 00:11:10.519 And if we
NOTE Confidence: 0.985968668

00:11:10.520 -> 00:11:13.785 give that thyroid nodule appropriate
NOTE Confidence: 0.985968668

00:11:13.785 -> 00:11:18.092 numbers and if we surmise that the
NOTE Confidence: 0.985968668

00:11:18.092 -> 00:11:21.476 nodule is meeting the biopsy criteria,
NOTE Confidence: 0.985968668

00:11:21.480 -> 00:11:24.455 then what we usually do is
NOTE Confidence: 0.985968668

00:11:24.455 -> 00:11:27.252 a fine needle aspiration biopsy
NOTE Confidence: 0.985968668

00:11:27.252 -> 00:11:30.787 under the guidance of ultrasound
NOTE Confidence: 0.985968668

00:11:30.790 -> 00:11:32.758 to have our pathologists then take
NOTE Confidence: 0.985968668

00:11:32.758 -> 00:11:35.778 a look at some of the cell samples

NOTE Confidence: 0.985968668

00:11:35.778 -> 00:11:37.823 obtained from their thyroid nodule.

NOTE Confidence: 0.967282023333333

00:11:38.280 -> 00:11:40.494 So let's flush that out a little bit.

NOTE Confidence: 0.967282023333333

00:11:40.500 -> 00:11:41.754 You mentioned that

NOTE Confidence: 0.967282023333333

00:11:41.754 -> 00:11:43.844 there are some size criteria,

NOTE Confidence: 0.967282023333333

00:11:43.850 -> 00:11:45.795 some morphologic criteria that you

NOTE Confidence: 0.967282023333333

00:11:45.795 -> 00:11:48.968 look at in terms of a thyroid nodule

NOTE Confidence: 0.967282023333333

00:11:48.970 -> 00:11:51.690 to kind of gauge your suspicion as to

NOTE Confidence: 0.967282023333333

00:11:51.690 -> 00:11:54.206 whether this could be malignant or not,

NOTE Confidence: 0.967282023333333

00:11:54.210 -> 00:11:56.010 tell us a little bit more

NOTE Confidence: 0.967282023333333

00:11:56.010 -> 00:11:57.510 about what those criteria are.

NOTE Confidence: 0.967282023333333

00:11:57.510 -> 00:11:59.886 What are the things that make you worried

NOTE Confidence: 0.967282023333333

00:11:59.886 -> 00:12:02.457 that a thyroid nodule could be cancer?

NOTE Confidence: 0.944501742

00:12:02.770 -> 00:12:06.740 Yeah, so generally speaking we

NOTE Confidence: 0.944501742

00:12:06.740 -> 00:12:10.710 worry about bigger thyroid nodules.

NOTE Confidence: 0.944501742

00:12:10.710 -> 00:12:14.930 That's generally speaking.

NOTE Confidence: 0.915846776

00:12:14.940 -> 00:12:16.170 And how big is big grade?
NOTE Confidence: 0.98458436125

00:12:17.810 -> 00:12:20.615 We consider anything less than
NOTE Confidence: 0.98458436125

00:12:20.615 -> 00:12:24.710 1 centimeter as kind of
NOTE Confidence: 0.98458436125

00:12:24.710 -> 00:12:28.072 microterritory and 1 centimeter or greater
NOTE Confidence: 0.98458436125

00:12:28.072 -> 00:12:31.380 at least meets the size criteria.
NOTE Confidence: 0.98458436125

00:12:31.380 -> 00:12:35.145 If the thyroid nodule looks worrisome
NOTE Confidence: 0.98458436125

00:12:35.145 -> 00:12:39.265 enough on the ultrasound and some of the
NOTE Confidence: 0.98458436125

00:12:39.265 -> 00:12:42.488 worrisome features are the thyroid nodule
NOTE Confidence: 0.98458436125

00:12:42.488 -> 00:12:48.240 being solid rather than mostly fluid,
NOTE Confidence: 0.98458436125

00:12:48.240 -> 00:12:50.920 or mixed solid and fluid,
NOTE Confidence: 0.98458436125

00:12:50.920 -> 00:12:54.056 what we call cystic and it has what
NOTE Confidence: 0.98458436125

00:12:54.056 -> 00:12:56.706 we call hypoechoic characteristic
NOTE Confidence: 0.98458436125

00:12:56.706 -> 00:12:59.361 onto ultrasound microcalcifications
NOTE Confidence: 0.98458436125

00:12:59.361 -> 00:13:04.455 irregular borders taller than wide, etc.
NOTE Confidence: 0.98458436125

00:13:04.455 -> 00:13:08.445 So we radiologists are very familiar
NOTE Confidence: 0.98458436125

00:13:08.445 -> 00:13:11.124 with assigning certain

NOTE Confidence: 0.98458436125

00:13:11.124 -> 00:13:13.974 points to these thyroid nodules

NOTE Confidence: 0.98458436125

00:13:13.974 -> 00:13:18.270 to see if this is thyroid nodule

NOTE Confidence: 0.98458436125

00:13:18.270 -> 00:13:21.035 should then proceed to the

NOTE Confidence: 0.98458436125

00:13:21.035 -> 00:13:23.247 biopsy stage or

NOTE Confidence: 0.98458436125

00:13:23.250 -> 00:13:25.718 this thyroid nodule looks

NOTE Confidence: 0.98458436125

00:13:25.718 -> 00:13:28.186 to be pretty innocuous.

NOTE Confidence: 0.98458436125

00:13:28.190 -> 00:13:29.910 Although it is 2 centimeters

NOTE Confidence: 0.98458436125

00:13:29.910 -> 00:13:31.200 or three centimeters,

NOTE Confidence: 0.98458436125

00:13:31.200 -> 00:13:33.540 and perhaps we can watch it.

NOTE Confidence: 0.985418738333333

00:13:34.390 -> 00:13:37.038 And so we're going to pick up on

NOTE Confidence: 0.985418738333333

00:13:37.038 -> 00:13:38.939 this conversation about what happens

NOTE Confidence: 0.985418738333333

00:13:38.939 -> 00:13:40.889 once that diagnosis of thyroid

NOTE Confidence: 0.985418738333333

00:13:40.889 -> 00:13:43.200 cancer is made right after we take

NOTE Confidence: 0.985418738333333

00:13:43.200 -> 00:13:45.292 a short break for a medical minute.

NOTE Confidence: 0.985418738333333

00:13:45.292 -> 00:13:47.504 Please stay tuned to learn more about

NOTE Confidence: 0.985418738333333

00:13:47.504 -> 00:13:49.463 the care of patients with thyroid
NOTE Confidence: 0.9854187383333333

00:13:49.463 -> 00:13:51.550 cancer with my guest doctor Grace Lee.
NOTE Confidence: 0.919608576

00:13:52.210 -> 00:13:54.125 Support for Yale Cancer Answers
NOTE Confidence: 0.919608576

00:13:54.125 -> 00:13:56.040 comes from Smilow Cancer Hospital,
NOTE Confidence: 0.919608576

00:13:56.040 -> 00:13:58.010 where an individualized approach to
NOTE Confidence: 0.919608576

00:13:58.010 -> 00:13:59.980 prostate cancer screening is used
NOTE Confidence: 0.919608576

00:14:00.044 -> 00:14:02.030 to determine which men are eligible
NOTE Confidence: 0.919608576

00:14:02.030 -> 00:14:03.990 and would benefit from screening.
NOTE Confidence: 0.919608576

00:14:03.990 -> 00:14:07.572 To learn more, visit Yale Cancer
NOTE Confidence: 0.919608576

00:14:07.572 -> 00:14:09.960 Center dot org slash screening.
NOTE Confidence: 0.919608576

00:14:09.960 -> 00:14:11.838 Genetic testing can be useful for
NOTE Confidence: 0.919608576

00:14:11.838 -> 00:14:13.673 people with certain types of cancer
NOTE Confidence: 0.919608576

00:14:13.673 -> 00:14:15.528 that seem to run in their families.
NOTE Confidence: 0.919608576

00:14:15.530 -> 00:14:18.044 Genetic counseling is a process that
NOTE Confidence: 0.919608576

00:14:18.044 -> 00:14:20.179 includes collecting a detailed personal
NOTE Confidence: 0.919608576

00:14:20.179 -> 00:14:22.937 and family history or risk assessment and

NOTE Confidence: 0.919608576

00:14:22.937 -> 00:14:25.478 a discussion of genetic testing options.

NOTE Confidence: 0.919608576

00:14:25.480 -> 00:14:27.794 Only about 5 to 10% of all

NOTE Confidence: 0.919608576

00:14:27.794 -> 00:14:28.820 cancers are inherited,

NOTE Confidence: 0.919608576

00:14:28.820 -> 00:14:30.880 and genetic testing is not

NOTE Confidence: 0.919608576

00:14:30.880 -> 00:14:32.116 recommended for everyone.

NOTE Confidence: 0.919608576

00:14:32.120 -> 00:14:34.442 Individuals who have a personal and

NOTE Confidence: 0.919608576

00:14:34.442 -> 00:14:36.510 or family history that includes

NOTE Confidence: 0.919608576

00:14:36.510 -> 00:14:38.735 cancer at unusually early ages,

NOTE Confidence: 0.919608576

00:14:38.740 -> 00:14:39.422 multiple relatives

NOTE Confidence: 0.919608576

00:14:39.422 -> 00:14:41.809 on the same side of the family

NOTE Confidence: 0.919608576

00:14:41.809 -> 00:14:43.210 with the same cancer,

NOTE Confidence: 0.919608576

00:14:43.210 -> 00:14:45.040 more than one diagnosis of

NOTE Confidence: 0.919608576

00:14:45.040 -> 00:14:46.870 cancer in the same individual,

NOTE Confidence: 0.919608576

00:14:46.870 -> 00:14:49.677 rare cancers or family history of a

NOTE Confidence: 0.919608576

00:14:49.677 -> 00:14:51.992 known altered cancer predisposing gene

NOTE Confidence: 0.919608576

00:14:51.992 -> 00:14:55.106 could be candidates for genetic testing.

NOTE Confidence: 0.919608576

00:14:55.110 -> 00:14:57.195 Resources for genetic counseling and

NOTE Confidence: 0.919608576

00:14:57.195 -> 00:14:59.280 testing are available at federally

NOTE Confidence: 0.919608576

00:14:59.344 -> 00:15:00.577 designated comprehensive cancer

NOTE Confidence: 0.919608576

00:15:00.577 -> 00:15:03.043 centers such as Yale Cancer Center

NOTE Confidence: 0.919608576

00:15:03.043 -> 00:15:04.988 and Smilow Cancer Hospital.

NOTE Confidence: 0.919608576

00:15:04.990 -> 00:15:08.050 More information is available at

NOTE Confidence: 0.919608576

00:15:08.050 -> 00:15:09.346 yalecancercenter.org. You're listening

NOTE Confidence: 0.919608576

00:15:09.346 -> 00:15:11.074 to Connecticut Public Radio.

NOTE Confidence: 0.902571371666667

00:15:11.580 -> 00:15:14.160 Welcome back to Yale Cancer Answers.

NOTE Confidence: 0.902571371666667

00:15:14.160 -> 00:15:16.653 This is doctor Anees Chagpar and I'm

NOTE Confidence: 0.902571371666667

00:15:16.653 -> 00:15:19.097 joined tonight by my guest Doctor Grace Lee.

NOTE Confidence: 0.902571371666667

00:15:19.100 -> 00:15:21.578 We're talking about the care of

NOTE Confidence: 0.902571371666667

00:15:21.578 -> 00:15:23.703 patients with thyroid cancer in

NOTE Confidence: 0.902571371666667

00:15:23.703 -> 00:15:26.079 honor of Thyroid Cancer Awareness

NOTE Confidence: 0.902571371666667

00:15:26.079 -> 00:15:27.840 Month and right before the break,

NOTE Confidence: 0.902571371666667
00:15:27.840 -> 00:15:30.582 Grace was telling us this amazing
NOTE Confidence: 0.902571371666667
00:15:30.582 -> 00:15:32.965 statistic that thyroid cancers have
NOTE Confidence: 0.902571371666667
00:15:32.965 -> 00:15:35.345 actually tripled in recent history
NOTE Confidence: 0.902571371666667
00:15:35.350 -> 00:15:38.213 in large part due to an increase
NOTE Confidence: 0.902571371666667
00:15:38.213 -> 00:15:39.440 in standard imaging.
NOTE Confidence: 0.902571371666667
00:15:39.440 -> 00:15:41.860 So we're stumbling upon these
NOTE Confidence: 0.902571371666667
00:15:41.860 -> 00:15:43.579 incidental thyroid nodules,
NOTE Confidence: 0.902571371666667
00:15:43.579 -> 00:15:46.444 which, if they're large enough,
NOTE Confidence: 0.902571371666667
00:15:46.450 -> 00:15:49.180 and if they have certain
NOTE Confidence: 0.902571371666667
00:15:49.180 -> 00:15:51.364 morphologic features on ultrasound,
NOTE Confidence: 0.902571371666667
00:15:51.370 -> 00:15:55.024 are warranting a biopsy and that biopsy
NOTE Confidence: 0.902571371666667
00:15:55.024 -> 00:15:58.070 can sometimes reveal thyroid cancers.
NOTE Confidence: 0.902571371666667
00:15:58.070 -> 00:15:59.910 So Grace,
NOTE Confidence: 0.902571371666667
00:15:59.910 -> 00:16:03.090 before the break you were mentioning that
NOTE Confidence: 0.902571371666667
00:16:03.090 -> 00:16:06.835 thyroid cancer is not a uniform disease.
NOTE Confidence: 0.902571371666667

00:16:06.840 -> 00:16:08.277 It's not homogeneous.
NOTE Confidence: 0.902571371666667

00:16:08.277 -> 00:16:12.110 Not all thyroid cancers are treated the same.
NOTE Confidence: 0.902571371666667

00:16:12.110 -> 00:16:14.927 So tell us a little bit more about that.
NOTE Confidence: 0.902571371666667

00:16:14.930 -> 00:16:16.166 First of all,
NOTE Confidence: 0.902571371666667

00:16:16.166 -> 00:16:19.050 are there different kinds of thyroid cancer?
NOTE Confidence: 0.902571371666667

00:16:19.050 -> 00:16:21.310 And second of all,
NOTE Confidence: 0.902571371666667

00:16:21.310 -> 00:16:24.974 how does that impact what you do next?
NOTE Confidence: 0.902571371666667

00:16:24.974 -> 00:16:25.676 There are
NOTE Confidence: 0.9869247375

00:16:25.690 -> 00:16:28.714 about four different major
NOTE Confidence: 0.9869247375

00:16:28.714 -> 00:16:31.738 types of thyroid cancers.
NOTE Confidence: 0.9869247375

00:16:31.740 -> 00:16:35.450 The good news is that the most
NOTE Confidence: 0.9869247375

00:16:35.450 -> 00:16:38.298 common thyroid cancer known as
NOTE Confidence: 0.9869247375

00:16:38.298 -> 00:16:40.814 papillary thyroid cancer actually
NOTE Confidence: 0.9869247375

00:16:40.814 -> 00:16:43.330 carries the best prognosis.
NOTE Confidence: 0.9869247375

00:16:43.330 -> 00:16:48.244 So most people, about 90% of the
NOTE Confidence: 0.9869247375

00:16:48.244 -> 00:16:50.776 patients that I treat come in

NOTE Confidence: 0.9869247375

00:16:50.776 -> 00:16:53.510 with papillary thyroid cancer,

NOTE Confidence: 0.9869247375

00:16:53.510 -> 00:16:58.103 and the rest, 10% comprise of

NOTE Confidence: 0.9869247375

00:16:58.103 -> 00:17:01.147 other follicular medullary or

NOTE Confidence: 0.9869247375

00:17:01.147 -> 00:17:03.430 anaplastic thyroid cancers.

NOTE Confidence: 0.9869247375

00:17:03.430 -> 00:17:06.188 And other good news is that seven

NOTE Confidence: 0.9869247375

00:17:06.188 -> 00:17:09.284 out of those ten patients recently

NOTE Confidence: 0.9869247375

00:17:09.284 -> 00:17:12.674 diagnosed with thyroid cancer come in

NOTE Confidence: 0.9869247375

00:17:12.674 -> 00:17:15.978 with the cancer that is well behaving,

NOTE Confidence: 0.9869247375

00:17:15.980 -> 00:17:19.220 meaning their cancer has not actually

NOTE Confidence: 0.9869247375

00:17:19.220 -> 00:17:22.210 spread outside of the thyroid.

NOTE Confidence: 0.9869247375

00:17:22.210 -> 00:17:25.066 So most of the people who get

NOTE Confidence: 0.9869247375

00:17:25.066 -> 00:17:27.719 the diagnosis of thyroid cancer,

NOTE Confidence: 0.9869247375

00:17:27.720 -> 00:17:30.176 although it is quite terrifying,

NOTE Confidence: 0.9869247375

00:17:30.176 -> 00:17:33.246 should be reassured that as

NOTE Confidence: 0.9869247375

00:17:33.246 -> 00:17:35.649 long as we treat them

NOTE Confidence: 0.9869247375

00:17:35.650 -> 00:17:39.358 the right way they're going to
NOTE Confidence: 0.9869247375

00:17:39.358 -> 00:17:42.479 be enjoying excellent prognosis.
NOTE Confidence: 0.983584356

00:17:42.870 -> 00:17:44.816 Tell us a little bit
NOTE Confidence: 0.983584356

00:17:44.816 -> 00:17:47.380 more about that, I mean
NOTE Confidence: 0.983584356

00:17:47.380 -> 00:17:49.500 90% of patients have papillary
NOTE Confidence: 0.983584356

00:17:49.500 -> 00:17:52.460 cancers which have a good prognosis.
NOTE Confidence: 0.983584356

00:17:52.460 -> 00:17:57.158 Of those, 70% are well behaved,
NOTE Confidence: 0.983584356

00:17:57.160 -> 00:17:59.144 but these patients still
NOTE Confidence: 0.983584356

00:17:59.144 -> 00:18:00.602 require treatment, right?
NOTE Confidence: 0.983584356

00:18:00.602 -> 00:18:03.503 Or is it that thyroid cancer has
NOTE Confidence: 0.983584356

00:18:03.503 -> 00:18:05.960 now gone the way of other cancers
NOTE Confidence: 0.983584356

00:18:06.031 -> 00:18:07.986 in terms of watchful waiting?
NOTE Confidence: 0.967676351666667

00:18:08.660 -> 00:18:13.148 That's a hotly debated
NOTE Confidence: 0.967676351666667

00:18:13.150 -> 00:18:17.795 very individualized choice, but the
NOTE Confidence: 0.967676351666667

00:18:17.795 -> 00:18:22.440 mainstay treatment for thyroid cancer,
NOTE Confidence: 0.967676351666667

00:18:22.440 -> 00:18:25.280 first and foremost is surgical,

NOTE Confidence: 0.967676351666667
00:18:25.280 -> 00:18:28.034 or if the cancer has gone
NOTE Confidence: 0.967676351666667
00:18:28.034 -> 00:18:29.870 outside of the thyroid,
NOTE Confidence: 0.967676351666667
00:18:29.870 -> 00:18:34.414 then we would treat by removing the entire
NOTE Confidence: 0.967676351666667
00:18:34.414 -> 00:18:39.195 thyroid as well as the involved lymph nodes.
NOTE Confidence: 0.967676351666667
00:18:39.200 -> 00:18:42.956 Watchful waiting in the thyroid world,
NOTE Confidence: 0.967676351666667
00:18:42.960 -> 00:18:45.860 we call that active surveillance.
NOTE Confidence: 0.967676351666667
00:18:45.860 -> 00:18:51.296 We can sometimes employ that approach,
NOTE Confidence: 0.967676351666667
00:18:51.300 -> 00:18:53.772 which is another right answer to
NOTE Confidence: 0.967676351666667
00:18:53.772 -> 00:18:55.420 this thyroid cancer management.
NOTE Confidence: 0.967676351666667
00:18:55.420 -> 00:18:58.666 We can go active surveillance route
NOTE Confidence: 0.967676351666667
00:18:58.666 -> 00:19:01.560 if the papillary thyroid cancer,
NOTE Confidence: 0.967676351666667
00:19:01.560 -> 00:19:03.385 the well behaving thyroid cancer
NOTE Confidence: 0.967676351666667
00:19:03.385 -> 00:19:06.259 happens to be less than one centimeter.
NOTE Confidence: 0.967676351666667
00:19:06.260 -> 00:19:09.684 So if there is no risk of this
NOTE Confidence: 0.967676351666667
00:19:09.690 -> 00:19:12.840 cancer invading into the nerve or
NOTE Confidence: 0.967676351666667

00:19:12.840 -> 00:19:16.044 the cancer going outside of the
NOTE Confidence: 0.967676351666667

00:19:16.044 -> 00:19:19.062 thyroid is well cushioned by normal
NOTE Confidence: 0.967676351666667

00:19:19.062 -> 00:19:22.340 thyroid and the patient is very
NOTE Confidence: 0.967676351666667

00:19:22.340 -> 00:19:25.962 motivated and reliable to comply with
NOTE Confidence: 0.967676351666667

00:19:25.962 -> 00:19:28.970 this active surveillance program.
NOTE Confidence: 0.967676351666667

00:19:28.970 -> 00:19:32.060 We can certainly go that route,
NOTE Confidence: 0.967676351666667

00:19:32.060 -> 00:19:35.546 but any thyroid cancer that is between
NOTE Confidence: 0.967676351666667

00:19:35.546 -> 00:19:38.289 one centimeter to 4 centimeter
00:19:39.214 -> 00:19:42.448 can go either half of the thyroid
NOTE Confidence: 0.967676351666667

00:19:42.448 -> 00:19:45.674 that's containing that cancer or the
NOTE Confidence: 0.967676351666667

00:19:45.674 -> 00:19:48.734 entire thyroid to be removed.
NOTE Confidence: 0.967676351666667

00:19:48.740 -> 00:19:51.530 So there are multiple right answers.
NOTE Confidence: 0.985031559230769

00:20:02.500 -> 00:20:03.851 Let me just pick up
NOTE Confidence: 0.985031559230769

00:20:03.851 -> 00:20:05.298 on a couple of things there.
NOTE Confidence: 0.985031559230769

00:20:05.300 -> 00:20:07.532 So the first thing is in
NOTE Confidence: 0.985031559230769

00:20:07.532 -> 00:20:09.020 terms of active surveillance.
NOTE Confidence: 0.985031559230769

00:20:09.020 -> 00:20:11.582 This is for people who have papillary
NOTE Confidence: 0.985031559230769

00:20:11.582 -> 00:20:13.574 cancers that are well differentiated
NOTE Confidence: 0.985031559230769

00:20:13.574 -> 00:20:16.052 that are less than one centimeter.
00:20:20.220 -> 00:20:22.500 What does active surveillance
NOTE Confidence: 0.985031559230769

00:20:22.500 -> 00:20:23.640 actually entail?
NOTE Confidence: 0.985031559230769

00:20:23.640 -> 00:20:26.174 I mean, is this an ultrasound
NOTE Confidence: 0.985031559230769

00:20:26.174 -> 00:20:29.086 every six months to make sure that
NOTE Confidence: 0.985031559230769

00:20:29.086 -> 00:20:31.266 this thyroid nodule isn't growing?
NOTE Confidence: 0.985031559230769

00:20:31.270 -> 00:20:33.034 Is it blood work?
NOTE Confidence: 0.985031559230769

00:20:33.034 -> 00:20:35.239 Is it CT scans?
NOTE Confidence: 0.985031559230769

00:20:35.240 -> 00:20:37.110 What exactly does that entail?
NOTE Confidence: 0.989687575714286

00:20:37.840 -> 00:20:40.480 Great question. Yes,
NOTE Confidence: 0.989687575714286

00:20:40.480 -> 00:20:48.700 it would mean actively monitoring the size
NOTE Confidence: 0.989687575714286

00:20:48.700 -> 00:20:52.732 or the growth changes of that biopsy
NOTE Confidence: 0.989687575714286

00:20:52.732 -> 00:20:55.910 known micro papillary thyroid cancer
NOTE Confidence: 0.989687575714286

00:20:55.910 -> 00:20:59.220 and is some clinician dependent,
NOTE Confidence: 0.989687575714286

00:20:59.220 -> 00:21:02.376 but usually about every six months
NOTE Confidence: 0.989687575714286

00:21:02.376 -> 00:21:06.382 to a year ultrasound exam and the
NOTE Confidence: 0.989687575714286

00:21:06.382 -> 00:21:10.648 thyroid cancer is not something that
NOTE Confidence: 0.989687575714286

00:21:10.648 -> 00:21:13.830 we follow on laboratory values.
NOTE Confidence: 0.989687575714286

00:21:13.830 -> 00:21:15.870 So it's heavily
NOTE Confidence: 0.989687575714286

00:21:15.870 -> 00:21:19.698 image independent and sometimes even a
NOTE Confidence: 0.989687575714286

00:21:19.698 -> 00:21:24.560 neck CT is utilized to pick up on lymph
NOTE Confidence: 0.989687575714286

00:21:24.560 -> 00:21:29.680 node spread a little bit more closely.
NOTE Confidence: 0.989687575714286

00:21:29.680 -> 00:21:33.088 It is what's called a wolf in sheep
NOTE Confidence: 0.989687575714286

00:21:33.088 -> 00:21:36.708 clothing by one of my mentors because
NOTE Confidence: 0.989687575714286

00:21:36.708 -> 00:21:40.206 even micro papillary cancer can spread to
NOTE Confidence: 0.989687575714286

00:21:40.206 -> 00:21:43.370 nearby lymph nodes in the thyroid cancer world,
NOTE Confidence: 0.989687575714286

00:21:43.370 -> 00:21:46.856 even the lymphatic spread does not
NOTE Confidence: 0.989687575714286

00:21:46.856 -> 00:21:49.180 necessarily mean worse prognosis.
NOTE Confidence: 0.989687575714286

00:21:49.180 -> 00:21:51.990 However, it is more advanced
NOTE Confidence: 0.989687575714286

00:21:51.990 -> 00:21:54.346 or at least local,

NOTE Confidence: 0.989687575714286
00:21:54.346 -> 00:21:56.344 regionally advanced disease.
NOTE Confidence: 0.989687575714286
00:21:56.344 -> 00:21:59.674 So we treat those folks
NOTE Confidence: 0.989687575714286
00:21:59.680 -> 00:22:02.865 almost as equally as someone who has
NOTE Confidence: 0.989687575714286
00:22:02.865 -> 00:22:06.246 bigger cancer and the folks that I'm
NOTE Confidence: 0.989687575714286
00:22:06.246 -> 00:22:09.132 talking about are patients under active
NOTE Confidence: 0.989687575714286
00:22:09.217 -> 00:22:13.970 surveillance and by watching them carefully,
NOTE Confidence: 0.989687575714286
00:22:13.970 -> 00:22:15.530 it may earn them,
NOTE Confidence: 0.989687575714286
00:22:15.530 -> 00:22:18.894 or it may buy them an extra five years
NOTE Confidence: 0.989687575714286
00:22:18.894 -> 00:22:22.654 extra 10 years with their own thyroid.
NOTE Confidence: 0.989687575714286
00:22:22.654 -> 00:22:26.200 And surgical
NOTE Confidence: 0.989687575714286
00:22:26.307 -> 00:22:29.727 treatment always is an option.
NOTE Confidence: 0.989687575714286
00:22:29.730 -> 00:22:31.005 But generally speaking,
NOTE Confidence: 0.989687575714286
00:22:31.005 -> 00:22:33.980 if the size of that micro cancer
NOTE Confidence: 0.989687575714286
00:22:34.057 -> 00:22:36.407 changes by about 3 millimeters,
NOTE Confidence: 0.989687575714286
00:22:36.410 -> 00:22:38.246 we say, well, OK.
NOTE Confidence: 0.989687575714286

00:22:38.246 -> 00:22:41.000 I think it's time to intervene,
NOTE Confidence: 0.989687575714286

00:22:41.000 -> 00:22:43.688 and most of the studies on
NOTE Confidence: 0.989687575714286

00:22:43.688 -> 00:22:45.993 active surveillance comes out of
NOTE Confidence: 0.989687575714286

00:22:45.993 -> 00:22:48.537 Japan and their long term result
NOTE Confidence: 0.989687575714286

00:22:48.537 -> 00:22:50.700 is actually quite excellent.
00:22:51.270 -> 00:22:52.594 So you really are watching
NOTE Confidence: 0.9864802725

00:22:52.594 -> 00:22:53.918 these people very closely.
NOTE Confidence: 0.9864802725

00:22:53.920 -> 00:22:56.608 I mean, even 3 millimeters doesn't sound
NOTE Confidence: 0.9864802725

00:22:56.608 -> 00:22:59.070 like a whole lot to the people
NOTE Confidence: 0.9864802725

00:22:59.070 -> 00:23:00.990 who are listening to our show today,
NOTE Confidence: 0.9864802725

00:23:00.990 -> 00:23:03.770 I'm sure, but really
NOTE Confidence: 0.9864802725

00:23:03.770 -> 00:23:07.910 that is going to trigger you moving to
NOTE Confidence: 0.9864802725

00:23:07.910 -> 00:23:10.110 a more aggressive surgical approach
NOTE Confidence: 0.9864802725

00:23:10.110 -> 00:23:12.749 as opposed to active surveillance.
NOTE Confidence: 0.9864802725

00:23:12.750 -> 00:23:14.508 My next question has to do
NOTE Confidence: 0.9864802725

00:23:14.508 -> 00:23:15.680 with that surgical approach.
NOTE Confidence: 0.9864802725

00:23:15.680 -> 00:23:18.151 You mentioned that for people who have
NOTE Confidence: 0.9864802725

00:23:18.151 -> 00:23:21.008 larger tumors, so larger than one centimeter,
NOTE Confidence: 0.9864802725

00:23:21.010 -> 00:23:24.804 you could do a partial thyroidectomy,
NOTE Confidence: 0.9864802725

00:23:24.810 -> 00:23:27.113 take out just that part of the
NOTE Confidence: 0.9864802725

00:23:27.113 -> 00:23:28.950 thyroid that had the cancer.
NOTE Confidence: 0.9864802725

00:23:28.950 -> 00:23:31.379 Or you could take out the whole
NOTE Confidence: 0.9864802725

00:23:31.379 -> 00:23:33.998 thyroid and you said this
NOTE Confidence: 0.9864802725

00:23:33.998 -> 00:23:36.711 is really a decision that's made by
NOTE Confidence: 0.9864802725

00:23:36.711 -> 00:23:38.985 the team and is personalized
NOTE Confidence: 0.9864802725

00:23:38.990 -> 00:23:43.990 what factors go into deciding what kind
NOTE Confidence: 0.9864802725

00:23:43.990 -> 00:23:46.510 of an operation a patient should have?
00:23:47.080 -> 00:23:49.075 One would think that it's a big
NOTE Confidence: 0.9864802725

00:23:49.075 -> 00:23:51.308 difference between having only part of your
NOTE Confidence: 0.9864802725

00:23:51.310 -> 00:23:53.185 thyroid removed and having your
NOTE Confidence: 0.9864802725

00:23:53.185 -> 00:23:54.310 whole thyroid removed?
NOTE Confidence: 0.986218198235294

00:23:54.880 -> 00:23:57.528 Yes, this is a discussion
NOTE Confidence: 0.986218198235294

00:23:57.528 -> 00:24:00.837 that I get to have multiple times a week,

NOTE Confidence: 0.986218198235294

00:24:00.840 -> 00:24:04.592 so I usually talk about the benefits first

NOTE Confidence: 0.986218198235294

00:24:04.592 -> 00:24:08.639 of only removing half of the thyroid and

NOTE Confidence: 0.986218198235294

00:24:08.640 -> 00:24:12.805 this is a change that the American

NOTE Confidence: 0.986218198235294

00:24:12.805 -> 00:24:14.590 Thyroid Association instituted

NOTE Confidence: 0.986218198235294

00:24:14.687 -> 00:24:18.050 in 2015 because there is such a

NOTE Confidence: 0.986218198235294

00:24:18.050 -> 00:24:20.535 increase in the prevalence of

NOTE Confidence: 0.986218198235294

00:24:20.535 -> 00:24:24.302 thyroid cancers, so perhaps a less

NOTE Confidence: 0.986218198235294

00:24:24.302 -> 00:24:26.990 aggressive approach is warranted,

NOTE Confidence: 0.986218198235294

00:24:26.990 -> 00:24:29.814 as I think what the experts were thinking,

NOTE Confidence: 0.986218198235294

00:24:29.820 -> 00:24:32.508 so the benefit of only removing half

NOTE Confidence: 0.986218198235294

00:24:32.508 -> 00:24:34.890 of the thyroid that contains cancer

NOTE Confidence: 0.986218198235294

00:24:34.890 -> 00:24:38.055 is that there is a pretty good chance

NOTE Confidence: 0.986218198235294

00:24:38.055 -> 00:24:40.449 that the remaining thyroid may be

NOTE Confidence: 0.986218198235294

00:24:40.449 -> 00:24:44.615 able to pick up the missing half and

NOTE Confidence: 0.986218198235294

00:24:44.615 -> 00:24:48.590 still give you enough thyroid hormone.

00:24:50.030 -> 00:24:53.390 So if you lose the entire thyroid,
NOTE Confidence: 0.986218198235294

00:24:53.390 -> 00:24:56.974 you will have to take a thyroid
NOTE Confidence: 0.986218198235294

00:24:56.974 -> 00:24:59.350 hormone supplementation pill everyday.
NOTE Confidence: 0.986218198235294

00:24:59.350 -> 00:25:03.220 But if you have at least half of a thyroid,
NOTE Confidence: 0.986218198235294

00:25:03.220 -> 00:25:04.273 that is normal
NOTE Confidence: 0.986218198235294

00:25:04.273 -> 00:25:05.326 remaining in you,
NOTE Confidence: 0.986218198235294

00:25:05.330 -> 00:25:07.906 there is a pretty good chance that you
NOTE Confidence: 0.986218198235294

00:25:07.906 -> 00:25:11.209 may be able to avoid the medication aspect,
NOTE Confidence: 0.986218198235294

00:25:11.210 -> 00:25:13.990 so that's one plus.
NOTE Confidence: 0.986218198235294

00:25:13.990 -> 00:25:18.160 And although the thyroid surgery is
NOTE Confidence: 0.986218198235294

00:25:18.160 -> 00:25:22.240 very safe when done in expert hands and
NOTE Confidence: 0.986218198235294

00:25:22.240 -> 00:25:26.780 known to have very low complication rate it
NOTE Confidence: 0.986218198235294

00:25:26.780 -> 00:25:29.953 will double the amount of thyroid
NOTE Confidence: 0.986218198235294

00:25:29.953 -> 00:25:32.868 resection and obviously put you at
NOTE Confidence: 0.986218198235294

00:25:32.868 -> 00:25:36.740 double the risk of complications,
NOTE Confidence: 0.986218198235294

00:25:36.740 -> 00:25:39.680 so those are some of the things

NOTE Confidence: 0.986218198235294
00:25:39.680 -> 00:25:40.940 that we discuss.
NOTE Confidence: 0.986218198235294
00:25:40.940 -> 00:25:45.115 Obviously if one thyroid nodule
NOTE Confidence: 0.986218198235294
00:25:45.115 -> 00:25:47.620 was biopsied
NOTE Confidence: 0.986218198235294
00:25:47.620 -> 00:25:51.130 happens to have some genetic mutations,
NOTE Confidence: 0.986218198235294
00:25:51.130 -> 00:25:55.848 such as a brief V600 E mutation.
NOTE Confidence: 0.986218198235294
00:25:55.850 -> 00:25:58.725 Or if the patient has
NOTE Confidence: 0.986218198235294
00:25:58.725 -> 00:25:59.875 Hashimoto's thyroiditis,
NOTE Confidence: 0.986218198235294
00:25:59.880 -> 00:26:02.880 has a family history of thyroid cancer,
NOTE Confidence: 0.986218198235294
00:26:02.880 -> 00:26:05.805 or has another sizable nodule
NOTE Confidence: 0.986218198235294
00:26:05.805 -> 00:26:08.145 on the other side,
NOTE Confidence: 0.986218198235294
00:26:08.150 -> 00:26:10.940 then maybe it's better for us
NOTE Confidence: 0.986218198235294
00:26:10.940 -> 00:26:13.600 to do an up front
NOTE Confidence: 0.986218198235294
00:26:13.600 -> 00:26:16.750 total removal of the thyroid so
NOTE Confidence: 0.986218198235294
00:26:16.750 -> 00:26:19.732 we can catch perhaps multiple
NOTE Confidence: 0.986218198235294
00:26:19.732 -> 00:26:22.308 spots of thyroid cancer,
NOTE Confidence: 0.986218198235294

00:26:22.310 -> 00:26:25.448 which is a pretty well known
NOTE Confidence: 0.986218198235294

00:26:25.448 -> 00:26:28.460 phenomenon in thyroid cancer patients.
NOTE Confidence: 0.986218198235294

00:26:28.460 -> 00:26:31.449 So those are some of the considerations
NOTE Confidence: 0.986218198235294

00:26:31.449 -> 00:26:33.883 when we discuss should we take
NOTE Confidence: 0.986218198235294

00:26:33.883 -> 00:26:36.668 out half or the entire thyroid?
NOTE Confidence: 0.986218198235294

00:26:36.668 -> 00:26:38.219 And of course,
NOTE Confidence: 0.986218198235294

00:26:38.220 -> 00:26:41.508 if the patient happens to have
NOTE Confidence: 0.986218198235294

00:26:41.510 -> 00:26:43.422 the lymph node spread
NOTE Confidence: 0.986218198235294

00:26:43.422 -> 00:26:45.334 already outside the thyroid
NOTE Confidence: 0.986218198235294

00:26:45.334 -> 00:26:48.077 and then the discussion is OK,
NOTE Confidence: 0.986218198235294

00:26:48.080 -> 00:26:51.352 we should just go ahead and remove the
NOTE Confidence: 0.986218198235294

00:26:51.352 -> 00:26:53.641 entire thyroid and the compartments
NOTE Confidence: 0.986218198235294

00:26:53.641 -> 00:26:56.860 where the diseased lymph nodes are and
NOTE Confidence: 0.984341302727273

00:26:56.870 -> 00:26:59.845 so it sounds like if the thyroid
NOTE Confidence: 0.984341302727273

00:26:59.845 -> 00:27:01.860 is otherwise pretty healthy,
NOTE Confidence: 0.984341302727273

00:27:01.860 -> 00:27:05.230 no Hashimoto's, no other nodules

NOTE Confidence: 0.984341302727273
00:27:05.230 -> 00:27:09.715 and the thyroid cancer itself has
NOTE Confidence: 0.984341302727273
00:27:09.715 -> 00:27:13.110 not spread to lymph nodes.
NOTE Confidence: 0.984341302727273
00:27:13.110 -> 00:27:15.497 But still is more than one centimeter.
NOTE Confidence: 0.984341302727273
00:27:15.500 -> 00:27:17.290 It sounds like your general
NOTE Confidence: 0.984341302727273
00:27:17.290 -> 00:27:19.080 recommendation is a partial thyroidectomy.
NOTE Confidence: 0.984341302727273
00:27:19.080 -> 00:27:19.689 Is that right?
NOTE Confidence: 0.9889725425
00:27:20.290 -> 00:27:21.850 That's right.
00:27:24.780 -> 00:27:26.748 So far we've been
NOTE Confidence: 0.985249704
00:27:26.748 -> 00:27:28.060 talking about papillary cancers,
NOTE Confidence: 0.985249704
00:27:28.060 -> 00:27:29.876 if it was one of the other kinds,
NOTE Confidence: 0.985249704
00:27:29.880 -> 00:27:31.880 the follicular, the medullary,
NOTE Confidence: 0.985249704
00:27:31.880 -> 00:27:32.880 the anaplastic,
NOTE Confidence: 0.985249704
00:27:32.880 -> 00:27:34.806 that 10% that we were talking
NOTE Confidence: 0.985249704
00:27:34.806 -> 00:27:36.999 about at the top of the show,
NOTE Confidence: 0.985249704
00:27:37.000 -> 00:27:38.350 does that change your mind?
NOTE Confidence: 0.96064595
00:27:38.900 -> 00:27:42.508 Yes, so in the case of medullary thyroid

NOTE Confidence: 0.96064595

00:27:42.508 -> 00:27:44.820 cancer, thank goodness is pretty rare,

NOTE Confidence: 0.96064595

00:27:44.820 -> 00:27:50.156 but there is a genetic disposition and the

NOTE Confidence: 0.96064595

00:27:50.160 -> 00:27:53.520 cancer itself portends to worse prognosis.

NOTE Confidence: 0.96064595

00:27:53.520 -> 00:27:57.280 We would be doing at minimum total thyroid

NOTE Confidence: 0.96064595

00:27:57.280 -> 00:28:00.541 surgery and what's called central neck

NOTE Confidence: 0.96064595

00:28:00.541 -> 00:28:03.883 lymph node dissection from the get go.

NOTE Confidence: 0.96064595

00:28:03.890 -> 00:28:06.620 So the extent that we talk

NOTE Confidence: 0.96064595

00:28:06.620 -> 00:28:09.147 about for different types of

NOTE Confidence: 0.96064595

00:28:09.147 -> 00:28:11.599 thyroid cancer very drastically.

NOTE Confidence: 0.96064595

00:28:11.600 -> 00:28:14.197 And of course in the case of

NOTE Confidence: 0.96064595

00:28:14.197 -> 00:28:15.310 anaplastic thyroid cancer,

NOTE Confidence: 0.96064595

00:28:15.310 -> 00:28:19.076 if the patient is a surgical candidate,

NOTE Confidence: 0.96064595

00:28:19.080 -> 00:28:22.713 then we can certainly attempt to reset

NOTE Confidence: 0.96064595

00:28:22.713 -> 00:28:26.369 or debulk the bulk of the disease.

NOTE Confidence: 0.96064595

00:28:26.370 -> 00:28:29.345 But the unfortunate part is that anaplastic

NOTE Confidence: 0.96064595

00:28:29.345 -> 00:28:31.810 thyroid cancer is often incurable.

NOTE Confidence: 0.9469210793333333

00:28:32.530 -> 00:28:34.833 Doctor Grace Lee is an assistant professor

NOTE Confidence: 0.9469210793333333

00:28:34.833 -> 00:28:37.528 of surgery at the Yale School of Medicine.

NOTE Confidence: 0.9469210793333333

00:28:37.530 -> 00:28:39.190 If you have questions,

NOTE Confidence: 0.9469210793333333

00:28:39.190 -> 00:28:41.265 the addresses cancer answers at

NOTE Confidence: 0.9469210793333333

00:28:41.270 -> 00:28:43.826 yale.edu and past editions of the

NOTE Confidence: 0.9469210793333333

00:28:43.826 -> 00:28:46.345 program are available in audio and

NOTE Confidence: 0.9469210793333333

00:28:46.345 -> 00:28:47.774 written form at yalecancercenter.org.

NOTE Confidence: 0.9469210793333333

00:28:47.774 -> 00:28:50.366 We hope you'll join us next week to

NOTE Confidence: 0.9469210793333333

00:28:50.366 -> 00:28:52.338 learn more about the fight against

NOTE Confidence: 0.9469210793333333

00:28:52.338 -> 00:28:53.933 cancer here on Connecticut Public

NOTE Confidence: 0.9469210793333333

00:28:53.984 -> 00:28:55.499 radio funding for Yale Cancer

NOTE Confidence: 0.9469210793333333

00:28:55.499 -> 00:28:57.014 Answers is provided by Smilow

NOTE Confidence: 0.9469210793333333

00:28:57.020 -> 00:29:00.000 Cancer Hospital and AstraZeneca.