

WEBVTT

00:00:00.000 --> 00:00:03.186 Funding for Yale Cancer Answers is

NOTE Confidence: 0.9423118

00:00:03.186 --> 00:00:06.200 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.9423118

00:00:06.200 --> 00:00:08.375 Welcome to Yale Cancer Answers

NOTE Confidence: 0.9423118

00:00:08.375 --> 00:00:10.115 with Doctor Anees Chagpar.

NOTE Confidence: 0.9423118

00:00:10.120 --> 00:00:11.600 Yale Cancer Answers features

NOTE Confidence: 0.9423118

00:00:11.600 --> 00:00:13.450 the latest information on cancer

NOTE Confidence: 0.9423118

00:00:13.450 --> 00:00:15.345 care by welcoming oncologists and

NOTE Confidence: 0.9423118

00:00:15.345 --> 00:00:17.535 specialists who are on the forefront

NOTE Confidence: 0.9423118

00:00:17.594 --> 00:00:19.280 of the battle to fight cancer.

NOTE Confidence: 0.9423118

00:00:19.280 --> 00:00:21.150 This week it's a conversation

NOTE Confidence: 0.9423118

00:00:21.150 --> 00:00:23.020 about advanced techniques in breast

NOTE Confidence: 0.9423118

00:00:23.080 --> 00:00:24.980 surgery with Doctor Tristen Park.

NOTE Confidence: 0.9423118

00:00:24.980 --> 00:00:26.990 Dr. Park is an assistant professor

NOTE Confidence: 0.9423118

00:00:26.990 --> 00:00:29.037 and Doctor Chagpar is a professor

NOTE Confidence: 0.9423118

00:00:29.037 --> 00:00:30.975 of surgical oncology at the Yale

NOTE Confidence: 0.9423118

00:00:30.975 --> 00:00:32.220 School of Medicine.
NOTE Confidence: 0.92850924

00:00:33.460 --> 00:00:35.273 Tristen, maybe we can start off by
NOTE Confidence: 0.92850924

00:00:35.273 --> 00:00:37.100 you telling us a little bit more
NOTE Confidence: 0.92850924

00:00:37.100 --> 00:00:39.019 about yourself and what it is you do.
NOTE Confidence: 0.92850924

00:00:39.380 --> 00:00:42.230 Sure. So I'm an assistant professor
NOTE Confidence: 0.92850924

00:00:42.230 --> 00:00:44.686 of surgical oncology specifically
NOTE Confidence: 0.92850924

00:00:44.686 --> 00:00:47.764 taking care of breast cancer patients
NOTE Confidence: 0.92850924

00:00:47.764 --> 00:00:50.428 and patients with breast disease.
NOTE Confidence: 0.92850924

00:00:50.430 --> 00:00:56.110 I teach and help mentor medical
NOTE Confidence: 0.92850924

00:00:56.110 --> 00:00:58.410 students and residents at the
NOTE Confidence: 0.92850924

00:00:58.410 --> 00:01:01.494 Yale School of Medicine as well as
NOTE Confidence: 0.92850924

00:01:01.494 --> 00:01:03.624 the Yale General Surgery program.
NOTE Confidence: 0.92850924

00:01:03.630 --> 00:01:06.546 We also have a wonderful
NOTE Confidence: 0.92850924

00:01:06.550 --> 00:01:07.690 breast cancer fellowship.
NOTE Confidence: 0.92850924

00:01:07.690 --> 00:01:09.716 So we also train fellows.
NOTE Confidence: 0.92850924

00:01:09.716 --> 00:01:13.400 and I help in their education and

NOTE Confidence: 0.92850924

00:01:13.400 --> 00:01:16.810 clinically I take care of locally

NOTE Confidence: 0.92850924

00:01:16.810 --> 00:01:19.870 advanced and early stage breast cancer

NOTE Confidence: 0.92850924

00:01:19.870 --> 00:01:23.416 patients as a surgeon and my other

NOTE Confidence: 0.92850924

00:01:23.416 --> 00:01:25.906 research interests include the use

NOTE Confidence: 0.92850924

00:01:25.906 --> 00:01:28.550 of immunotherapy and the treatment

NOTE Confidence: 0.92850924

00:01:28.550 --> 00:01:31.220 of triple negative breast cancers.

NOTE Confidence: 0.92850924

00:01:31.220 --> 00:01:35.664 And I'm also involved in some international

NOTE Confidence: 0.92850924

00:01:35.664 --> 00:01:39.241 work with collaborations with large

NOTE Confidence: 0.92850924

00:01:39.241 --> 00:01:40.747 cancer centers in the East Asia,

NOTE Confidence: 0.92850924

00:01:40.750 --> 00:01:41.749 namely South Korea.

NOTE Confidence: 0.93235546

00:01:42.670 --> 00:01:46.606 Great. So let's dive into some

NOTE Confidence: 0.93235546

00:01:46.606 --> 00:01:48.622 of the work that you've been doing

NOTE Confidence: 0.93235546

00:01:48.622 --> 00:01:50.610 and particularly today we wanted

NOTE Confidence: 0.93235546

00:01:50.610 --> 00:01:53.458 to find out a little bit more

NOTE Confidence: 0.93235546

00:01:53.458 --> 00:01:55.390 about surgical management of breast

NOTE Confidence: 0.93235546

00:01:55.390 --> 00:01:58.510 cancers as well as some of the more
NOTE Confidence: 0.93235546

00:01:58.510 --> 00:02:00.706 newer techniques that are being used.
NOTE Confidence: 0.93235546

00:02:00.710 --> 00:02:03.502 So maybe you could start off by painting
NOTE Confidence: 0.93235546

00:02:03.502 --> 00:02:05.916 a landscape of what surgery really
NOTE Confidence: 0.93235546

00:02:05.916 --> 00:02:08.376 looks like for breast cancer patients,
NOTE Confidence: 0.93235546

00:02:08.380 --> 00:02:10.144 when do they need surgery and
NOTE Confidence: 0.93235546

00:02:10.144 --> 00:02:12.096 what kind of surgery are we
NOTE Confidence: 0.93235546

00:02:12.096 --> 00:02:13.806 talking about when we think about
NOTE Confidence: 0.93235546

00:02:13.860 --> 00:02:15.340 surgery for breast cancers?
NOTE Confidence: 0.93046874

00:02:16.180 --> 00:02:20.191 So anyone with early or
NOTE Confidence: 0.93046874

00:02:20.191 --> 00:02:23.288 locally advanced breast cancer needs
NOTE Confidence: 0.93046874

00:02:23.288 --> 00:02:27.296 surgery, that's part and parcel of
NOTE Confidence: 0.93046874

00:02:27.300 --> 00:02:29.500 the multidisciplinary approach to
NOTE Confidence: 0.93046874

00:02:29.500 --> 00:02:32.076 treating breast cancer in 2023.
NOTE Confidence: 0.93046874

00:02:32.076 --> 00:02:34.332 So anyone that has breast disease
NOTE Confidence: 0.93046874

00:02:34.332 --> 00:02:36.259 or breast cancer that's localized

NOTE Confidence: 0.93046874

00:02:36.259 --> 00:02:38.814 to the breast or the lymph nodes

NOTE Confidence: 0.93046874

00:02:38.820 --> 00:02:41.904 would need a surgery in conjunction

NOTE Confidence: 0.93046874

00:02:41.904 --> 00:02:44.725 with local radiation therapy on some

NOTE Confidence: 0.93046874

00:02:44.725 --> 00:02:47.617 sort of systemic therapy that may

NOTE Confidence: 0.93046874

00:02:47.617 --> 00:02:50.137 be chemotherapy or endocrine therapy

NOTE Confidence: 0.93046874

00:02:50.140 --> 00:02:52.260 and now immunotherapy as well,

NOTE Confidence: 0.93046874

00:02:52.260 --> 00:02:54.265 something that targets the immune

NOTE Confidence: 0.93046874

00:02:54.265 --> 00:02:56.316 system to help decrease the size

NOTE Confidence: 0.93046874

00:02:56.316 --> 00:02:58.575 of the cancer if not make it go

NOTE Confidence: 0.93046874

00:02:58.575 --> 00:02:59.696 away and prevent recurrences.

NOTE Confidence: 0.93046874

00:02:59.696 --> 00:03:02.459 So that's kind of thinking of it

NOTE Confidence: 0.93046874

00:03:02.459 --> 00:03:04.787 as a three pronged approach.

NOTE Confidence: 0.93046874

00:03:04.790 --> 00:03:06.260 The treatment of breast cancer and surgery

NOTE Confidence: 0.93046874

00:03:06.260 --> 00:03:07.868 is definitely a very important part of it.

NOTE Confidence: 0.92978376

00:03:08.190 --> 00:03:11.697 Yeah. And so when we think about

NOTE Confidence: 0.92978376

00:03:11.697 --> 00:03:13.990 surgery for breast cancer,
NOTE Confidence: 0.92978376

00:03:13.990 --> 00:03:16.396 I often think about it kind
NOTE Confidence: 0.92978376

00:03:16.396 --> 00:03:18.790 of in two separate buckets.
NOTE Confidence: 0.92978376

00:03:18.790 --> 00:03:21.628 So surgery for the breast cancer
NOTE Confidence: 0.92978376

00:03:21.628 --> 00:03:24.034 itself within the breast and then
NOTE Confidence: 0.92978376

00:03:24.034 --> 00:03:25.319 surgery for the lymph nodes.
NOTE Confidence: 0.92978376

00:03:25.320 --> 00:03:27.440 So maybe we could talk a little bit
NOTE Confidence: 0.92978376

00:03:27.440 --> 00:03:29.237 about each of those two buckets.
NOTE Confidence: 0.92978376

00:03:29.240 --> 00:03:31.655 So when a patient comes to you
NOTE Confidence: 0.92978376

00:03:31.655 --> 00:03:34.617 and has say an early stage breast
NOTE Confidence: 0.92978376

00:03:34.617 --> 00:03:36.496 cancer and you're thinking about
NOTE Confidence: 0.92978376

00:03:36.496 --> 00:03:39.086 how are you going to remove this
NOTE Confidence: 0.92978376

00:03:39.086 --> 00:03:41.036 cancer from the breast itself,
NOTE Confidence: 0.92978376

00:03:41.040 --> 00:03:42.420 what are the options that
NOTE Confidence: 0.92978376

00:03:42.420 --> 00:03:43.800 you lay out for patients?
NOTE Confidence: 0.92944986

00:03:44.360 --> 00:03:46.790 Well, a lot of it has to do with the

NOTE Confidence: 0.92944986
00:03:46.860 --> 00:03:49.508 subtype of cancer and the tumor
NOTE Confidence: 0.92944986
00:03:49.508 --> 00:03:53.170 to breast ratio for the patient.
00:03:56.122 --> 00:04:01.156 So an easy way to think about it is if it's a
NOTE Confidence: 0.92944986
00:04:01.156 --> 00:04:03.858 smaller cancer that takes
NOTE Confidence: 0.92944986
00:04:03.858 --> 00:04:06.370 up less than 20% of the breast volume
NOTE Confidence: 0.93647426
00:04:09.410 --> 00:04:10.935 doing something called a partial
NOTE Confidence: 0.93647426
00:04:10.935 --> 00:04:12.735 mastectomy which is just removing the
NOTE Confidence: 0.93647426
00:04:12.735 --> 00:04:14.317 tumor with a rim of healthy normal
NOTE Confidence: 0.93647426
00:04:14.317 --> 00:04:15.996 tissue and not having to take the
NOTE Confidence: 0.93647426
00:04:15.996 --> 00:04:18.020 whole breast or a mastectomy is a
NOTE Confidence: 0.93647426
00:04:18.020 --> 00:04:20.295 terrific option in this day and
NOTE Confidence: 0.93647426
00:04:20.295 --> 00:04:22.976 age that would be in conjunction with
NOTE Confidence: 0.93647426
00:04:22.980 --> 00:04:25.458 whole breast radiation therapy and
NOTE Confidence: 0.93647426
00:04:25.458 --> 00:04:28.299 potentially some sort of systemic therapy.
NOTE Confidence: 0.93647426
00:04:28.300 --> 00:04:32.017 If the tumor is much larger than
NOTE Confidence: 0.93647426
00:04:32.020 --> 00:04:34.001 than that and takes up a significant

NOTE Confidence: 0.93647426

00:04:34.001 --> 00:04:35.300 portion of the breast,

NOTE Confidence: 0.93647426

00:04:35.300 --> 00:04:39.980 generally 30% or more,

NOTE Confidence: 0.93647426

00:04:39.980 --> 00:04:43.532 then removal via mastectomy and with

NOTE Confidence: 0.93647426

00:04:43.532 --> 00:04:45.900 some subsequent reconstruction most

NOTE Confidence: 0.93647426

00:04:45.985 --> 00:04:48.370 of the time would be

NOTE Confidence: 0.93647426

00:04:48.370 --> 00:04:49.850 the recommended course of action.

NOTE Confidence: 0.9314578

00:04:50.970 --> 00:04:52.710 And even for those patients

NOTE Confidence: 0.9314578

00:04:52.710 --> 00:04:54.450 that do have larger tumors,

NOTE Confidence: 0.9314578

00:04:54.450 --> 00:04:55.724 if they came to you and said,

NOTE Confidence: 0.9314578

00:04:55.730 --> 00:04:57.450 but Doctor Park, you know,

NOTE Confidence: 0.9314578

00:04:57.450 --> 00:04:59.410 I really want to save my breast.

NOTE Confidence: 0.9314578

00:04:59.410 --> 00:05:01.144 Are there tricks that

NOTE Confidence: 0.9314578

00:05:01.144 --> 00:05:02.997 you have up your sleeve that

NOTE Confidence: 0.9314578

00:05:02.997 --> 00:05:04.881 can help patients who want an

NOTE Confidence: 0.9314578

00:05:04.881 --> 00:05:06.279 option for breast conservation

NOTE Confidence: 0.9314578

00:05:06.279 --> 00:05:08.764 even if they have a larger tumor?

NOTE Confidence: 0.94053245

00:05:09.520 --> 00:05:10.106 Well, definitely.

NOTE Confidence: 0.94053245

00:05:10.106 --> 00:05:12.157 And now in this day and age,

NOTE Confidence: 0.94053245

00:05:12.160 --> 00:05:13.785 with all of our advancements

NOTE Confidence: 0.94053245

00:05:13.785 --> 00:05:14.760 in systemic therapy,

NOTE Confidence: 0.94053245

00:05:14.760 --> 00:05:17.118 we could do something called neoadjuvant

NOTE Confidence: 0.94053245

00:05:17.118 --> 00:05:18.690 systemic therapy to potentially

NOTE Confidence: 0.94053245

00:05:18.752 --> 00:05:20.719 shrink the tumor so that they could

NOTE Confidence: 0.94053245

00:05:20.720 --> 00:05:22.470 convert them from

NOTE Confidence: 0.94053245

00:05:22.470 --> 00:05:23.520 mastectomy to lumpectomy.

NOTE Confidence: 0.94053245

00:05:23.520 --> 00:05:25.095 So if it's an estrogen

NOTE Confidence: 0.94053245

00:05:25.095 --> 00:05:26.040 receptor positive tumor,

NOTE Confidence: 0.94053245

00:05:26.040 --> 00:05:28.320 we could use estrogen blocking

NOTE Confidence: 0.94053245

00:05:28.320 --> 00:05:30.600 agents to shrink the tumor.

NOTE Confidence: 0.94053245

00:05:30.600 --> 00:05:32.958 And then if it's other subtypes,

NOTE Confidence: 0.94053245

00:05:32.960 --> 00:05:35.225 there's other targeted therapies which

NOTE Confidence: 0.94053245

00:05:35.225 --> 00:05:39.201 include drugs that target the HER2-Neu

NOTE Confidence: 0.94053245

00:05:39.201 --> 00:05:42.281 receptor or if it's a breast subtype,

NOTE Confidence: 0.94053245

00:05:42.281 --> 00:05:43.669 breast tumor subtype that

NOTE Confidence: 0.94053245

00:05:43.669 --> 00:05:45.320 doesn't express any receptors,

NOTE Confidence: 0.94053245

00:05:45.320 --> 00:05:45.748 immunotherapy,

NOTE Confidence: 0.94053245

00:05:45.748 --> 00:05:47.888 which targets the immune system

NOTE Confidence: 0.94053245

00:05:47.888 --> 00:05:49.600 in conjunction with chemotherapy,

NOTE Confidence: 0.94053245

00:05:49.600 --> 00:05:53.542 has had some very clinically

NOTE Confidence: 0.94053245

00:05:53.542 --> 00:05:54.546 meaningful shrinkages,

NOTE Confidence: 0.94053245

00:05:54.546 --> 00:05:56.554 if not complete responses,

NOTE Confidence: 0.94053245

00:05:56.560 --> 00:06:00.958 meaning the tumor shrinks almost completely,

NOTE Confidence: 0.94053245

00:06:00.960 --> 00:06:04.986 allowing for the tumor to shrink

NOTE Confidence: 0.94053245

00:06:04.986 --> 00:06:06.840 and therefore to fit that criteria

NOTE Confidence: 0.94053245

00:06:06.903 --> 00:06:08.390 to do breast conservation therapy.

00:06:10.590 --> 00:06:13.062 A lot of patients when they're faced with

NOTE Confidence: 0.93556964

00:06:13.062 --> 00:06:15.105 a cancer diagnosis may understandably

NOTE Confidence: 0.93556964

00:06:15.105 --> 00:06:17.823 be very anxious about that diagnosis.

NOTE Confidence: 0.93556964

00:06:17.830 --> 00:06:20.428 And may say things like,

NOTE Confidence: 0.93556964

00:06:20.430 --> 00:06:22.470 but you know, Doc,

NOTE Confidence: 0.93556964

00:06:22.470 --> 00:06:24.114 I'm not married to my breast

NOTE Confidence: 0.93556964

00:06:24.114 --> 00:06:25.710 and I just want it out.

NOTE Confidence: 0.93556964

00:06:25.710 --> 00:06:27.460 I don't want to have to think

NOTE Confidence: 0.93556964

00:06:27.460 --> 00:06:29.070 about this breast cancer anymore.

NOTE Confidence: 0.93556964

00:06:29.070 --> 00:06:31.390 I don't want to worry about it anymore.

NOTE Confidence: 0.93556964

00:06:31.390 --> 00:06:32.902 What kind of conversation do you

NOTE Confidence: 0.93556964

00:06:32.902 --> 00:06:34.190 have with patients like that?

NOTE Confidence: 0.92841864

00:06:35.030 --> 00:06:38.082 Well, in in the case where breast

NOTE Confidence: 0.92841864

00:06:38.082 --> 00:06:40.314 conservation is a very viable

NOTE Confidence: 0.92841864

00:06:40.314 --> 00:06:42.470 option for them and I feel like

NOTE Confidence: 0.92841864

00:06:42.538 --> 00:06:45.070 they're speaking more out of anxiety,

NOTE Confidence: 0.92841864

00:06:45.070 --> 00:06:48.790 I go over the pros and cons of

NOTE Confidence: 0.92841864

00:06:48.790 --> 00:06:51.508 a mastectomy including
NOTE Confidence: 0.92841864

00:06:51.510 --> 00:06:53.346 even with the mastectomy
NOTE Confidence: 0.92841864

00:06:53.346 --> 00:06:54.264 going absolutely perfectly
NOTE Confidence: 0.92841864

00:06:54.270 --> 00:06:57.861 there are longterm kind of sequelae
NOTE Confidence: 0.92841864

00:06:57.861 --> 00:06:59.787 or ramifications that one would have
NOTE Confidence: 0.92841864

00:06:59.787 --> 00:07:01.876 to deal with which includes
NOTE Confidence: 0.92841864

00:07:01.876 --> 00:07:04.012 even if it goes absolutely perfectly,
NOTE Confidence: 0.92841864

00:07:04.020 --> 00:07:06.526 like the nerve supply to the breast
NOTE Confidence: 0.92841864

00:07:06.526 --> 00:07:08.780 skin is is removed NOTE Confidence: 0.92841864

00:07:08.780 --> 00:07:09.980 as part of the mastectomy.
NOTE Confidence: 0.92841864

00:07:09.980 --> 00:07:11.980 So the chest wall will be numb.
NOTE Confidence: 0.92841864

00:07:11.980 --> 00:07:13.968 Meaning that you won't be able to
NOTE Confidence: 0.92841864

00:07:13.968 --> 00:07:16.140 feel people when they hug you or just
NOTE Confidence: 0.92841864

00:07:16.140 --> 00:07:18.540 even kind of practical things like you may
NOTE Confidence: 0.92841864

00:07:19.900 --> 00:07:21.632 accidentally burn yourself or
NOTE Confidence: 0.92841864

00:07:21.632 --> 00:07:24.030 if you leave a cold pack
NOTE Confidence: 0.92841864

00:07:24.030 --> 00:07:26.268 on that part of the body too long.
NOTE Confidence: 0.92841864

00:07:26.270 --> 00:07:27.838 It's like things like that
NOTE Confidence: 0.92841864

00:07:27.838 --> 00:07:29.470 to be concerned about in addition to,
NOTE Confidence: 0.92841864

00:07:29.470 --> 00:07:29.852 you know,
NOTE Confidence: 0.92841864

00:07:29.852 --> 00:07:31.189 smaller things like when
NOTE Confidence: 0.92841864

00:07:31.189 --> 00:07:32.746 you greet someone and hug them,
NOTE Confidence: 0.92841864

00:07:32.750 --> 00:07:34.227 you won't be able to feel that.
NOTE Confidence: 0.92841864

00:07:34.230 --> 00:07:35.950 So I talk about that.
NOTE Confidence: 0.92841864

00:07:36.790 --> 00:07:39.430 Even if everything went smoothly,
NOTE Confidence: 0.92841864

00:07:39.430 --> 00:07:41.110 there's always the risk of complications,
NOTE Confidence: 0.92841864

00:07:41.110 --> 00:07:42.688 which include infections
NOTE Confidence: 0.92841864

00:07:42.688 --> 00:07:44.266 and wound complications,
NOTE Confidence: 0.92841864

00:07:44.270 --> 00:07:47.310 chronic pain and therefore some
00:07:47.970 --> 00:07:49.290 further treatment and potentially
NOTE Confidence: 0.92841864

00:07:49.290 --> 00:07:49.950 further operations.
NOTE Confidence: 0.92841864

00:07:49.950 --> 00:07:55.202 So it's one thing to take that as
NOTE Confidence: 0.92841864

00:07:55.202 --> 00:07:58.349 a necessary cost
NOTE Confidence: 0.92841864

00:07:58.349 --> 00:08:00.050 if you have no other choice than
NOTE Confidence: 0.92841864

00:08:00.105 --> 00:08:01.749 to do a mastectomy because your
NOTE Confidence: 0.92841864

00:08:01.749 --> 00:08:03.285 tumors large and not responding
NOTE Confidence: 0.92841864

00:08:03.285 --> 00:08:05.175 to therapy and etcetera.
NOTE Confidence: 0.92841864

00:08:05.180 --> 00:08:06.260 But it's another thing to
00:08:07.484 --> 00:08:11.156 have these two perfectly viable options
NOTE Confidence: 0.92841864

00:08:11.156 --> 00:08:14.220 and kind of subject yourself to
00:08:14.814 --> 00:08:16.299 something that may have more
NOTE Confidence: 0.9394707

00:08:18.580 --> 00:08:20.660 serious sequelae without you
NOTE Confidence: 0.9394707

00:08:20.660 --> 00:08:23.260 thinking through it very carefully.
NOTE Confidence: 0.9394707

00:08:23.260 --> 00:08:24.540 So I always
NOTE Confidence: 0.9394707

00:08:24.540 --> 00:08:25.860 bring that up. And NOTE Confidence: 0.9394707

00:08:25.860 --> 00:08:27.500 sometimes that really gives patients
NOTE Confidence: 0.9394707

00:08:27.500 --> 00:08:29.300 pause and helps them
00:08:31.620 --> 00:08:33.444 make a decision not
NOTE Confidence: 0.9394707

00:08:33.444 --> 00:08:34.660 completely based on anxiety.
NOTE Confidence: 0.9394707

00:08:35.500 --> 00:08:38.924 What about patients who may

NOTE Confidence: 0.9394707

00:08:38.924 --> 00:08:41.044 have a genetic mutation and

NOTE Confidence: 0.9394707

00:08:41.044 --> 00:08:42.740 they're thinking about people

NOTE Confidence: 0.9394707

00:08:42.816 --> 00:08:45.612 like Angelina Jolie who had both

NOTE Confidence: 0.9394707

00:08:45.612 --> 00:08:47.476 breasts removed and reconstructed?

NOTE Confidence: 0.9394707

00:08:47.480 --> 00:08:48.760 How do you advise them?

NOTE Confidence: 0.9394707

00:08:48.760 --> 00:08:51.304 I mean, is that an irrational

NOTE Confidence: 0.9394707

00:08:51.304 --> 00:08:53.000 decision that they're making?

NOTE Confidence: 0.9394707

00:08:53.000 --> 00:08:54.760 How do you talk to them about that?

NOTE Confidence: 0.9292855

00:08:55.280 --> 00:08:58.240 Well, in the setting of a genetic mutation,

NOTE Confidence: 0.9292855

00:08:58.240 --> 00:09:02.460 since they do have a higher

NOTE Confidence: 0.9292855

00:09:02.460 --> 00:09:05.086 predisposition for 2nd cancers and

NOTE Confidence: 0.9292855

00:09:05.086 --> 00:09:07.716 other sporadic cancers,

NOTE Confidence: 0.9292855

00:09:07.720 --> 00:09:09.532 that's kind of a different

NOTE Confidence: 0.9292855

00:09:09.532 --> 00:09:11.185 population than someone that

NOTE Confidence: 0.9292855

00:09:11.185 --> 00:09:13.397 just has an isolated breast cancer.

NOTE Confidence: 0.9292855

00:09:13.397 --> 00:09:16.750 So that that definitely is not unreasonable

NOTE Confidence: 0.9292855

00:09:16.830 --> 00:09:19.500 and that that is a decent portion of

NOTE Confidence: 0.9292855

00:09:19.500 --> 00:09:22.428 the population that requests, you know,

NOTE Confidence: 0.9292855

00:09:22.428 --> 00:09:25.644 mastectomy for or or even bilateral

NOTE Confidence: 0.9292855

00:09:25.644 --> 00:09:28.458 mastectomy for maximal risk reduction.

NOTE Confidence: 0.9292855

00:09:28.460 --> 00:09:29.860 But I kind of consider that as

NOTE Confidence: 0.9292855

00:09:29.860 --> 00:09:30.780 as a separate group.

NOTE Confidence: 0.9396412

00:09:32.060 --> 00:09:34.820 So for the patients who

NOTE Confidence: 0.9396412

00:09:34.820 --> 00:09:37.580 either opt for a mastectomy,

NOTE Confidence: 0.9396412

00:09:37.580 --> 00:09:40.045 either because they have cancer

NOTE Confidence: 0.9396412

00:09:40.045 --> 00:09:42.755 or because they may have a

NOTE Confidence: 0.9396412

00:09:42.755 --> 00:09:44.527 genetic predisposition or they

NOTE Confidence: 0.9396412

00:09:44.527 --> 00:09:46.650 may be at increased risk.

NOTE Confidence: 0.9396412

00:09:46.650 --> 00:09:49.070 Are there newer techniques that

NOTE Confidence: 0.9396412

00:09:49.070 --> 00:09:51.610 you're now using that allow

NOTE Confidence: 0.9396412

00:09:51.610 --> 00:09:55.210 patients to have a better cosmetic

NOTE Confidence: 0.9396412

00:09:55.210 --> 00:09:57.674 result than what historically was

NOTE Confidence: 0.9396412

00:09:57.674 --> 00:10:00.415 done in the past where patients

NOTE Confidence: 0.9396412

00:10:00.415 --> 00:10:03.250 were left with a flat chest wall?

NOTE Confidence: 0.9375404

00:10:04.130 --> 00:10:06.730 Well, now we have things,

NOTE Confidence: 0.9375404

00:10:06.730 --> 00:10:08.440 I mean we definitely have

NOTE Confidence: 0.9375404

00:10:08.440 --> 00:10:09.808 reconstruction which is a

NOTE Confidence: 0.9375404

00:10:09.808 --> 00:10:11.458 partnership with a plastic surgeon.

NOTE Confidence: 0.9375404

00:10:11.460 --> 00:10:14.340 So the plastic surgeon would offer

NOTE Confidence: 0.9375404

00:10:14.340 --> 00:10:16.716 some sort of reconstruction that might

NOTE Confidence: 0.9375404

00:10:16.716 --> 00:10:19.262 that either may be in the form of

NOTE Confidence: 0.9375404

00:10:19.262 --> 00:10:21.068 implant or using their own natural

NOTE Confidence: 0.9375404

00:10:21.068 --> 00:10:23.180 tissue like from their belly that's

NOTE Confidence: 0.9375404

00:10:23.180 --> 00:10:25.095 called the DIEP flat reconstruction.

NOTE Confidence: 0.9375404

00:10:25.100 --> 00:10:27.830 So that that's always definitely

NOTE Confidence: 0.9375404

00:10:27.830 --> 00:10:30.014 part of the conversation.

NOTE Confidence: 0.9375404

00:10:30.020 --> 00:10:31.790 But from the purely the
NOTE Confidence: 0.9375404

00:10:31.790 --> 00:10:32.498 mastectomy standpoint,
NOTE Confidence: 0.9375404

00:10:32.500 --> 00:10:36.180 there's the use of something called *****
NOTE Confidence: 0.9375404

00:10:36.180 --> 00:10:38.205 sparing mastectomy where the incision
NOTE Confidence: 0.9375404

00:10:38.205 --> 00:10:40.643 is hidden in the infra mammary fold,
NOTE Confidence: 0.9375404

00:10:40.643 --> 00:10:42.540 kind of like where you would think
NOTE Confidence: 0.9375404

00:10:42.592 --> 00:10:44.349 the underwire of your bra would be.
NOTE Confidence: 0.9375404

00:10:44.350 --> 00:10:45.114 So it's very hidden.
NOTE Confidence: 0.9375404

00:10:45.114 --> 00:10:46.069 So when you're sitting up,
NOTE Confidence: 0.9375404

00:10:46.070 --> 00:10:47.742 you can't see it and then all of
NOTE Confidence: 0.9375404

00:10:47.742 --> 00:10:49.355 the breast tissue and the surgery
NOTE Confidence: 0.9375404

00:10:49.355 --> 00:10:50.785 is done through that incision.
NOTE Confidence: 0.9375404

00:10:50.790 --> 00:10:52.990 It's basically like a hidden
NOTE Confidence: 0.9375404

00:10:52.990 --> 00:10:55.682 scar and the the entire skin
NOTE Confidence: 0.9375404

00:10:55.682 --> 00:10:58.552 and ***** shell is preserved.
NOTE Confidence: 0.9375404

00:10:58.552 --> 00:11:02.476 And when the reconstruction is completed,

NOTE Confidence: 0.9375404

00:11:02.480 --> 00:11:03.492 you know the outside

NOTE Confidence: 0.9375404

00:11:03.492 --> 00:11:04.757 portion of the body looks,

NOTE Confidence: 0.9375404

00:11:04.760 --> 00:11:06.230 you know pretty much the same as

NOTE Confidence: 0.9375404

00:11:06.230 --> 00:11:07.769 it did before because all of the

NOTE Confidence: 0.9375404

00:11:07.769 --> 00:11:09.717 skin and the ***** is intact and

NOTE Confidence: 0.9375404

00:11:09.717 --> 00:11:11.871 the the breast tissues removed and

NOTE Confidence: 0.9375404

00:11:11.871 --> 00:11:14.098 it has been replaced with either

NOTE Confidence: 0.9375404

00:11:14.098 --> 00:11:16.364 on the space has been replaced

NOTE Confidence: 0.9375404

00:11:16.364 --> 00:11:18.653 with either an implant or or

NOTE Confidence: 0.9375404

00:11:18.653 --> 00:11:20.118 the tissue from your abdomen.

NOTE Confidence: 0.9386749

00:11:21.520 --> 00:11:23.860 Are there risks associated with

NOTE Confidence: 0.9386749

00:11:23.860 --> 00:11:26.051 a ***** sparing mastectomy that

NOTE Confidence: 0.9386749

00:11:26.051 --> 00:11:27.719 you counsel patients about?

NOTE Confidence: 0.9386749

00:11:28.480 --> 00:11:31.948 Well, there's definitely risk of practical

NOTE Confidence: 0.9386749

00:11:31.948 --> 00:11:34.605 risks that include like skin ***** necrosis,

NOTE Confidence: 0.9386749

00:11:34.605 --> 00:11:36.880 meaning the blood supply to the *****
NOTE Confidence: 0.9386749

00:11:36.880 --> 00:11:39.248 is compromised due to the to the surgery
NOTE Confidence: 0.9386749

00:11:39.248 --> 00:11:41.717 and then over some time then the *****
NOTE Confidence: 0.9386749

00:11:41.720 --> 00:11:44.560 may actually die and need to be removed,
NOTE Confidence: 0.9386749

00:11:44.560 --> 00:11:46.560 which is definitely not a,
NOTE Confidence: 0.9386749

00:11:46.560 --> 00:11:48.720 you know, a pleasant experience.
NOTE Confidence: 0.9386749

00:11:48.720 --> 00:11:51.750 So we definitely counsel the patient
NOTE Confidence: 0.9386749

00:11:51.750 --> 00:11:54.830 on the you know the potential of that
NOTE Confidence: 0.9386749

00:11:54.830 --> 00:11:57.079 happening folks for folks that you know
NOTE Confidence: 0.9386749

00:11:57.080 --> 00:11:59.915 are at the most risk of that would be
NOTE Confidence: 0.9386749

00:11:59.920 --> 00:12:02.280 generally people with certain anatomy,
NOTE Confidence: 0.9386749

00:12:02.280 --> 00:12:06.276 larger breast size, mortosis or droopiness,
NOTE Confidence: 0.9386749

00:12:06.280 --> 00:12:07.669 smoking history, diabetes,
NOTE Confidence: 0.9386749

00:12:07.669 --> 00:12:10.447 anything that could kind of compromise
NOTE Confidence: 0.9386749

00:12:10.447 --> 00:12:12.797 the blood flow to to that area.
NOTE Confidence: 0.9386749

00:12:12.800 --> 00:12:15.908 So generally we cut take that into

NOTE Confidence: 0.9386749

00:12:15.908 --> 00:12:18.087 consideration when offering that type

NOTE Confidence: 0.9386749

00:12:18.087 --> 00:12:20.397 of procedure to patients as well.

NOTE Confidence: 0.9386749

00:12:20.400 --> 00:12:23.410 And if the patients are very enthusiastic

NOTE Confidence: 0.9386749

00:12:23.410 --> 00:12:25.410 about it despite having some,

NOTE Confidence: 0.9386749

00:12:25.410 --> 00:12:27.769 perhaps some some of these risk factors,

NOTE Confidence: 0.9386749

00:12:27.770 --> 00:12:28.130 you know,

NOTE Confidence: 0.9386749

00:12:28.130 --> 00:12:29.030 we definitely counsel them that

NOTE Confidence: 0.9386749

00:12:29.030 --> 00:12:30.138 you know they're at a higher risk

NOTE Confidence: 0.9386749

00:12:30.138 --> 00:12:31.622 of ***** necrosis and potentially

NOTE Confidence: 0.9386749

00:12:31.622 --> 00:12:34.450 additional surgery to have to remove it.

NOTE Confidence: 0.94355243

00:12:35.170 --> 00:12:36.610 Are there other options for

NOTE Confidence: 0.94355243

00:12:36.610 --> 00:12:37.762 those kinds of patients?

NOTE Confidence: 0.94355243

00:12:40.570 --> 00:12:42.310 Well, there's definitely options

NOTE Confidence: 0.94355243

00:12:42.310 --> 00:12:44.485 that include a skin spraying

NOTE Confidence: 0.94355243

00:12:44.485 --> 00:12:48.210 mastectomy with ***** reconstruction.

NOTE Confidence: 0.94355243

00:12:48.210 --> 00:12:50.498 In this day and age it could look
NOTE Confidence: 0.94355243

00:12:50.498 --> 00:12:51.812 extremely realistic with with
NOTE Confidence: 0.94355243

00:12:51.812 --> 00:12:53.852 arial or tattooing and a plastic
NOTE Confidence: 0.94355243

00:12:53.852 --> 00:12:55.189 surgeon reconstructs the *****.
NOTE Confidence: 0.94355243

00:12:55.190 --> 00:12:57.170 And you know, sometimes I can't
NOTE Confidence: 0.94355243

00:12:57.170 --> 00:12:58.892 even tell the difference between
NOTE Confidence: 0.94355243

00:12:58.892 --> 00:13:00.878 a native ***** area or complex on
NOTE Confidence: 0.94355243

00:13:00.878 --> 00:13:02.330 the left side versus a reconstructed
NOTE Confidence: 0.94355243

00:13:02.380 --> 00:13:03.350 one on the right side.
NOTE Confidence: 0.94355243

00:13:03.350 --> 00:13:04.827 And I always do a double take.
NOTE Confidence: 0.94355243

00:13:04.830 --> 00:13:07.188 So it's it's quite realistic and
NOTE Confidence: 0.94355243

00:13:07.188 --> 00:13:09.430 advanced in this day and age.
NOTE Confidence: 0.94355243

00:13:09.430 --> 00:13:11.806 The other option if for instance
NOTE Confidence: 0.94355243

00:13:11.806 --> 00:13:14.278 if the issue is too large of a
NOTE Confidence: 0.94355243

00:13:14.278 --> 00:13:15.941 breast size entosis is we could do
NOTE Confidence: 0.94355243

00:13:15.941 --> 00:13:17.346 something called a staged *****

NOTE Confidence: 0.94355243

00:13:17.350 --> 00:13:19.118 Sparring mastectomy where in

NOTE Confidence: 0.94355243

00:13:19.118 --> 00:13:21.328 partnership with a plastic surgeon,

NOTE Confidence: 0.94355243

00:13:21.330 --> 00:13:22.329 a ***** reduction,

NOTE Confidence: 0.94355243

00:13:22.329 --> 00:13:24.660 a breast reduction is done so that

NOTE Confidence: 0.94355243

00:13:24.730 --> 00:13:26.770 their anatomy is more amenable to

NOTE Confidence: 0.9405284

00:13:28.850 --> 00:13:29.850 more amenable to a *****

NOTE Confidence: 0.9405284

00:13:29.850 --> 00:13:31.110 spraying mastectomy.

NOTE Confidence: 0.9405284

00:13:31.110 --> 00:13:33.826 So usually decreasing the amount of

NOTE Confidence: 0.9405284

00:13:33.826 --> 00:13:36.010 tosis and decreasing the breast volume.

NOTE Confidence: 0.9405284

00:13:36.010 --> 00:13:37.130 And then after that's all

NOTE Confidence: 0.9405284

00:13:37.130 --> 00:13:38.853 healed up then we do the actual

NOTE Confidence: 0.9405284

00:13:38.853 --> 00:13:39.842 ***** spraying mastectomy.

NOTE Confidence: 0.9405284

00:13:39.842 --> 00:13:42.334 So in particularly in the case of

NOTE Confidence: 0.9405284

00:13:42.334 --> 00:13:43.956 gene mutation positive patients

NOTE Confidence: 0.9405284

00:13:43.956 --> 00:13:46.368 that don't have an active cancer,

NOTE Confidence: 0.9405284

00:13:46.370 --> 00:13:50.002 that could be a that could be a
NOTE Confidence: 0.9405284

00:13:50.002 --> 00:13:51.960 nice kind of compromise like a nice
NOTE Confidence: 0.9405284

00:13:51.960 --> 00:13:53.818 stepwise way to get to the the goal,
NOTE Confidence: 0.93756

00:13:54.540 --> 00:13:57.130 terrific. So we have to take a
NOTE Confidence: 0.93756

00:13:57.130 --> 00:13:59.700 quick break for a medical minute.
NOTE Confidence: 0.93756

00:13:59.700 --> 00:14:01.947 Please stay tuned to learn more about
NOTE Confidence: 0.93756

00:14:01.947 --> 00:14:03.533 advanced techniques and breast surgery
NOTE Confidence: 0.93756

00:14:03.533 --> 00:14:05.540 with my guest Dr. Tristen Park.
NOTE Confidence: 0.93756

00:14:06.220 --> 00:14:08.185 Funding for Yale Cancer Answers
NOTE Confidence: 0.93756

00:14:08.185 --> 00:14:10.150 comes from Smilow Cancer Hospital
NOTE Confidence: 0.93756

00:14:10.218 --> 00:14:12.906 where 16 locations across the region
NOTE Confidence: 0.93756

00:14:12.906 --> 00:14:14.698 provide patients with individualized,
NOTE Confidence: 0.93756

00:14:14.700 --> 00:14:16.052 innovative, convenient,
NOTE Confidence: 0.93756

00:14:16.052 --> 00:14:18.080 and comprehensive care.
NOTE Confidence: 0.93756

00:14:18.080 --> 00:14:21.230 Find a Smilow location near you
NOTE Confidence: 0.93756

00:14:21.230 --> 00:14:23.920 at smilowcancerhospital.org.

NOTE Confidence: 0.93756

00:14:23.920 --> 00:14:26.370 There are over 16.9 million

NOTE Confidence: 0.93756

00:14:26.370 --> 00:14:29.277 cancer survivors in the US and

NOTE Confidence: 0.93756

00:14:29.277 --> 00:14:31.200 over 240,000 here in Connecticut.

NOTE Confidence: 0.93756

00:14:31.200 --> 00:14:32.760 Completing treatment for cancer

NOTE Confidence: 0.93756

00:14:32.760 --> 00:14:35.040 is a very exciting milestone,

NOTE Confidence: 0.93756

00:14:35.040 --> 00:14:37.020 but cancer and its treatment can

NOTE Confidence: 0.93756

00:14:37.020 --> 00:14:39.120 be a life changing experience.

NOTE Confidence: 0.93756

00:14:39.120 --> 00:14:41.352 The return to normal activities and

NOTE Confidence: 0.93756

00:14:41.352 --> 00:14:42.840 relationships may be difficult,

NOTE Confidence: 0.93756

00:14:42.840 --> 00:14:45.276 and cancer survivors may face other

NOTE Confidence: 0.93756

00:14:45.276 --> 00:14:47.450 longterm side effects of cancer,

NOTE Confidence: 0.93756

00:14:47.450 --> 00:14:49.628 including heart problems,

NOTE Confidence: 0.93756

00:14:49.628 --> 00:14:51.806 osteoporosis, fertility issues,

NOTE Confidence: 0.93756

00:14:51.810 --> 00:14:54.645 and an increased risk of second cancers.

NOTE Confidence: 0.93756

00:14:54.650 --> 00:14:57.235 Resources for cancer survivors are

NOTE Confidence: 0.93756

00:14:57.235 --> 00:14:59.303 available at federally designated
NOTE Confidence: 0.93756

00:14:59.303 --> 00:15:00.573 comprehensive Cancer centers
NOTE Confidence: 0.93756

00:15:00.573 --> 00:15:02.619 such as Yale Cancer Center
NOTE Confidence: 0.93756

00:15:02.619 --> 00:15:04.690 and Smilow Cancer Hospital.
NOTE Confidence: 0.93756

00:15:04.690 --> 00:15:06.670 To keep cancer survivors well
NOTE Confidence: 0.93756

00:15:06.670 --> 00:15:08.650 and focused on healthy living.
NOTE Confidence: 0.93756

00:15:08.650 --> 00:15:10.930 The Smilow Cancer Hospital Survivorship
NOTE Confidence: 0.93756

00:15:10.930 --> 00:15:13.210 Clinic focuses on providing guidance
NOTE Confidence: 0.93756

00:15:13.271 --> 00:15:15.455 and direction to empower survivors to
NOTE Confidence: 0.93756

00:15:15.455 --> 00:15:17.770 take steps to maximize their health,
NOTE Confidence: 0.93756

00:15:17.770 --> 00:15:19.234 quality of life,
NOTE Confidence: 0.93756

00:15:19.234 --> 00:15:20.210 and longevity.
NOTE Confidence: 0.93756

00:15:20.210 --> 00:15:22.514 More information is available
NOTE Confidence: 0.93756

00:15:22.514 --> 00:15:23.667 at yalecancercenter.org.
NOTE Confidence: 0.93756

00:15:23.667 --> 00:15:27.129 You're listening to Connecticut Public Radio.
NOTE Confidence: 0.93756

00:15:27.130 --> 00:15:27.490 Welcome

NOTE Confidence: 0.93069446

00:15:27.490 --> 00:15:29.010 back to Yale Cancer Answers.

NOTE Confidence: 0.93069446

00:15:29.010 --> 00:15:30.610 This is Doctor Anees Chagpar,

NOTE Confidence: 0.93069446

00:15:30.610 --> 00:15:32.766 and I'm joined tonight by my guest,

NOTE Confidence: 0.93069446

00:15:32.770 --> 00:15:34.144 Doctor Tristen Park.

NOTE Confidence: 0.93069446

00:15:34.144 --> 00:15:35.980 We're talking about advanced

NOTE Confidence: 0.93069446

00:15:35.980 --> 00:15:38.280 techniques in breast cancer surgery.

NOTE Confidence: 0.93069446

00:15:38.280 --> 00:15:39.880 And right before the break,

NOTE Confidence: 0.93069446

00:15:39.880 --> 00:15:41.880 we were talking about different

NOTE Confidence: 0.93069446

00:15:41.880 --> 00:15:43.080 techniques for mastectomy,

NOTE Confidence: 0.93069446

00:15:43.080 --> 00:15:45.168 so skin sparing,

NOTE Confidence: 0.93069446

00:15:45.168 --> 00:15:47.613 mastectomies, nipple sparing,

NOTE Confidence: 0.93069446

00:15:47.613 --> 00:15:49.719 mastectomies, etcetera.

NOTE Confidence: 0.93069446

00:15:49.720 --> 00:15:52.720 So before we leave the topic of mastectomies,

NOTE Confidence: 0.93069446

00:15:52.720 --> 00:15:54.638 Tristen, I was wondering if you could

NOTE Confidence: 0.93069446

00:15:54.640 --> 00:15:56.957 tell us a little bit more about

NOTE Confidence: 0.93069446

00:15:56.957 --> 00:15:58.920 different techniques of reconstruction.

NOTE Confidence: 0.93069446

00:15:58.920 --> 00:16:01.080 You had mentioned that, you know,

NOTE Confidence: 0.93069446

00:16:01.080 --> 00:16:04.320 in this day and age a lot of

NOTE Confidence: 0.93069446

00:16:04.320 --> 00:16:06.781 women can have reconstruction as

NOTE Confidence: 0.93069446

00:16:06.781 --> 00:16:09.448 opposed to being flat as was the

NOTE Confidence: 0.93069446

00:16:09.448 --> 00:16:11.105 case historically when people

NOTE Confidence: 0.93069446

00:16:11.105 --> 00:16:13.160 didn't really have a choice.

NOTE Confidence: 0.93069446

00:16:13.160 --> 00:16:15.524 So what are the options for

NOTE Confidence: 0.93069446

00:16:15.524 --> 00:16:17.480 reconstruction and how do you,

NOTE Confidence: 0.93069446

00:16:17.480 --> 00:16:19.550 how do patients make a decision

NOTE Confidence: 0.93069446

00:16:19.550 --> 00:16:21.320 about what's right for them?

NOTE Confidence: 0.932896002222222

00:16:23.040 --> 00:16:27.657 Sure. So I always tell my patients there are,

NOTE Confidence: 0.932896002222222

00:16:27.660 --> 00:16:31.755 you know, definitely 2 viable options for

NOTE Confidence: 0.932896002222222

00:16:31.755 --> 00:16:35.248 for reconstruction after after mastectomy.

NOTE Confidence: 0.932896002222222

00:16:35.248 --> 00:16:39.610 One is no reconstruction And then

NOTE Confidence: 0.932896002222222

00:16:39.717 --> 00:16:41.970 and then we discussed the use of

NOTE Confidence: 0.932896002222222

00:16:41.970 --> 00:16:44.020 prosthesis and the pros and cons of

NOTE Confidence: 0.932896002222222

00:16:44.020 --> 00:16:45.980 not have needing additional surgery.

00:16:47.148 --> 00:16:49.816 Then I say the other arm of that branch

NOTE Confidence: 0.932896002222222

00:16:49.816 --> 00:16:51.500 is doing some sort of reconstruction.

NOTE Confidence: 0.932896002222222

00:16:51.500 --> 00:16:54.065 And within reconstruction,

NOTE Confidence: 0.932896002222222

00:16:54.065 --> 00:16:56.450 there's implant based reconstruction

NOTE Confidence: 0.932896002222222

00:16:56.450 --> 00:16:59.000 versus like tissue based reconstruction.

NOTE Confidence: 0.932896002222222

00:16:59.000 --> 00:17:01.520 So I counsel patients that implant based

NOTE Confidence: 0.932896002222222

00:17:01.520 --> 00:17:03.370 reconstruction is like the classical

NOTE Confidence: 0.932896002222222

00:17:03.370 --> 00:17:05.826 thought of the classical implant

NOTE Confidence: 0.932896002222222

00:17:05.826 --> 00:17:11.240 where a implant is used to

NOTE Confidence: 0.932896002222222

00:17:11.240 --> 00:17:15.110 reconstruct and take up the volume of the

NOTE Confidence: 0.932896002222222

00:17:15.110 --> 00:17:17.279 breast tissue that's been removed.

NOTE Confidence: 0.932896002222222

00:17:17.280 --> 00:17:19.912 Generally it's a two staged operation in

NOTE Confidence: 0.932896002222222

00:17:19.912 --> 00:17:22.400 partnership with a plastic surgeon where

NOTE Confidence: 0.932896002222222

00:17:22.400 --> 00:17:24.974 they put something called an expander in

NOTE Confidence: 0.932896002222222
00:17:24.974 --> 00:17:27.644 first which kind of is like a placeholder
NOTE Confidence: 0.932896002222222
00:17:27.644 --> 00:17:29.720 and then as the expander is expanded
NOTE Confidence: 0.932896002222222
00:17:29.720 --> 00:17:32.443 over a period of a few months to the
NOTE Confidence: 0.932896002222222
00:17:32.443 --> 00:17:34.333 ideal size and then that's switched
NOTE Confidence: 0.932896002222222
00:17:34.333 --> 00:17:36.619 out for the final permanent implant.
NOTE Confidence: 0.932896002222222
00:17:36.620 --> 00:17:39.338 So at that point you could get to the
NOTE Confidence: 0.932896002222222
00:17:39.340 --> 00:17:41.684 goal breast size and then the
NOTE Confidence: 0.932896002222222
00:17:41.684 --> 00:17:43.714 final implant is placed afte
NOTE Confidence: 0.932896002222222
00:17:43.714 --> 00:17:46.122 the rest of the tissues have healed
NOTE Confidence: 0.932896002222222
00:17:46.122 --> 00:17:48.376 up well after the index mastectomy.
NOTE Confidence: 0.932896002222222
00:17:48.380 --> 00:17:50.534 The other option is using something
NOTE Confidence: 0.932896002222222
00:17:50.534 --> 00:17:51.970 called tissue based reconstruction
NOTE Confidence: 0.932896002222222
00:17:52.023 --> 00:17:54.360 where, in partnership with a plastic
NOTE Confidence: 0.932896002222222
00:17:54.360 --> 00:17:56.680 surgeon, tissue from the abdomen or
NOTE Confidence: 0.932896002222222
00:17:56.680 --> 00:17:58.600 other parts of the body could be used.
NOTE Confidence: 0.932896002222222

00:17:58.600 --> 00:18:00.640 Although abdomen is the most common.
NOTE Confidence: 0.932896002222222

00:18:00.640 --> 00:18:03.076 That's called the DIEP flap reconstruction.
NOTE Confidence: 0.932896002222222

00:18:03.080 --> 00:18:05.404 Basically in layman's terms we
NOTE Confidence: 0.932896002222222

00:18:05.404 --> 00:18:08.164 describe it as like a tummy tuck
NOTE Confidence: 0.932896002222222

00:18:08.164 --> 00:18:10.639 and the tissues then placed into the
NOTE Confidence: 0.932896002222222

00:18:10.639 --> 00:18:14.558 breast skin capsule to replace the volume.
NOTE Confidence: 0.932896002222222

00:18:14.560 --> 00:18:17.722 So the pluses and minuses is that
NOTE Confidence: 0.932896002222222

00:18:17.722 --> 00:18:20.026 the implant based reconstruction is a
NOTE Confidence: 0.932896002222222

00:18:20.026 --> 00:18:24.366 little bit easier to do regarding time.
NOTE Confidence: 0.932896002222222

00:18:24.366 --> 00:18:26.994 It adds maybe another
NOTE Confidence: 0.932896002222222

00:18:26.994 --> 00:18:28.930 hour to the surgery.
NOTE Confidence: 0.932896002222222

00:18:28.930 --> 00:18:29.926 So that's the pluses of that.
NOTE Confidence: 0.932896002222222

00:18:29.930 --> 00:18:30.290 However,
00:18:31.730 --> 00:18:33.641 some people think it doesn't
NOTE Confidence: 0.932896002222222

00:18:33.641 --> 00:18:35.446 feel very natural and it does have
NOTE Confidence: 0.932896002222222

00:18:35.446 --> 00:18:36.844 to be replaced every 10 years.
NOTE Confidence: 0.932896002222222

00:18:36.850 --> 00:18:38.738 The tissue based reconstruction,
NOTE Confidence: 0.932896002222222

00:18:38.738 --> 00:18:41.570 it definitely feels more natural as
NOTE Confidence: 0.932896002222222

00:18:41.639 --> 00:18:43.928 it is your normal tissue
NOTE Confidence: 0.932896002222222

00:18:43.930 --> 00:18:46.310 but it is a large operation
NOTE Confidence: 0.932896002222222

00:18:46.310 --> 00:18:48.809 that takes an additional,
NOTE Confidence: 0.932896002222222

00:18:48.810 --> 00:18:50.910 sometimes four to six hours
NOTE Confidence: 0.932896002222222

00:18:50.910 --> 00:18:53.230 where in a separate part of your
NOTE Confidence: 0.932896002222222

00:18:53.230 --> 00:18:55.866 body is being operated on and that
NOTE Confidence: 0.932896002222222

00:18:55.866 --> 00:18:58.006 technically doesn't need an operation.
NOTE Confidence: 0.932896002222222

00:18:58.010 --> 00:19:00.775 So there's always complications
NOTE Confidence: 0.932896002222222

00:19:00.775 --> 00:19:02.775 that are associated with that
NOTE Confidence: 0.932896002222222

00:19:02.775 --> 00:19:05.043 as well as kind of more intense
NOTE Confidence: 0.932896002222222

00:19:05.043 --> 00:19:07.317 wound healing and just the recovery
NOTE Confidence: 0.932896002222222

00:19:07.317 --> 00:19:09.408 period because in addition to having
NOTE Confidence: 0.932896002222222

00:19:09.410 --> 00:19:11.796 your breasts operated on,
NOTE Confidence: 0.932896002222222

00:19:11.796 --> 00:19:13.434 you're also having your entire

NOTE Confidence: 0.932896002222222
00:19:13.434 --> 00:19:14.489 abdomen operated on as well.
NOTE Confidence: 0.932896002222222
00:19:14.490 --> 00:19:16.298 So that adds
NOTE Confidence: 0.932896002222222
00:19:16.298 --> 00:19:18.159 to the recovery period and the
NOTE Confidence: 0.932896002222222
00:19:18.159 --> 00:19:19.844 arduousness of the recovery.
NOTE Confidence: 0.932896002222222
00:19:19.850 --> 00:19:20.198 However,
NOTE Confidence: 0.932896002222222
00:19:20.198 --> 00:19:22.982 a lot of people like it
NOTE Confidence: 0.932896002222222
00:19:22.982 --> 00:19:25.007 because it feels very natural.
NOTE Confidence: 0.932896002222222
00:19:25.010 --> 00:19:26.690 It feels like it's part of them,
NOTE Confidence: 0.932896002222222
00:19:26.690 --> 00:19:29.210 there's no foreign body
NOTE Confidence: 0.932896002222222
00:19:29.210 --> 00:19:31.730 in themselves and there is no need for
NOTE Confidence: 0.92964697
00:19:31.730 --> 00:19:33.180 switching out an implant every
NOTE Confidence: 0.92964697
00:19:33.180 --> 00:19:34.630 10 years.
NOTE Confidence: 0.92964697
00:19:34.630 --> 00:19:35.815 Generally patients that
NOTE Confidence: 0.92964697
00:19:35.815 --> 00:19:37.790 are on the younger side,
NOTE Confidence: 0.92964697
00:19:37.790 --> 00:19:40.100 healthier and could tolerate a much
NOTE Confidence: 0.92964697

00:19:40.100 --> 00:19:42.302 longer operation and have this type
NOTE Confidence: 0.92964697

00:19:42.302 --> 00:19:43.734 of more complex reconstruction
NOTE Confidence: 0.92964697

00:19:43.734 --> 00:19:45.629 would be better candidates,
NOTE Confidence: 0.92964697

00:19:45.630 --> 00:19:47.710 although there are plenty of
NOTE Confidence: 0.92964697

00:19:47.710 --> 00:19:49.130 more elderly patients that
NOTE Confidence: 0.92964697

00:19:49.130 --> 00:19:50.905 could tolerate it just fine.
NOTE Confidence: 0.92964697

00:19:50.910 --> 00:19:52.030 As long as they're in
NOTE Confidence: 0.92964697

00:19:52.030 --> 00:19:52.830 good health.
NOTE Confidence: 0.9410838

00:19:52.870 --> 00:19:55.310 So I can imagine that you know,
NOTE Confidence: 0.9410838

00:19:55.310 --> 00:19:56.990 patients may have a number of questions.
NOTE Confidence: 0.9410838

00:19:56.990 --> 00:19:59.138 So one of the questions
NOTE Confidence: 0.9410838

00:19:59.138 --> 00:20:01.493 that often comes up is,
NOTE Confidence: 0.9410838

00:20:01.493 --> 00:20:04.608 are implants safe? There's been
NOTE Confidence: 0.9410838

00:20:04.610 --> 00:20:06.665 some horror stories in the
NOTE Confidence: 0.9410838

00:20:06.665 --> 00:20:08.722 past of implants rupturing,
NOTE Confidence: 0.9410838

00:20:08.722 --> 00:20:12.418 of leakage, even of some cancers

NOTE Confidence: 0.9410838

00:20:12.418 --> 00:20:15.010 developing from implants.

NOTE Confidence: 0.9410838

00:20:15.010 --> 00:20:17.152 So how do you counsel patients when

NOTE Confidence: 0.9410838

00:20:17.152 --> 00:20:19.450 they ask you are implants safe?

NOTE Confidence: 0.9357954

00:20:19.450 --> 00:20:21.470 Implants are very safe.

NOTE Confidence: 0.9357954

00:20:21.470 --> 00:20:23.995 Regarding the kind of concern

NOTE Confidence: 0.9357954

00:20:23.995 --> 00:20:26.729 about the the cancer formation,

NOTE Confidence: 0.9357954

00:20:26.730 --> 00:20:29.340 it was a very rare type of lymphoma with

NOTE Confidence: 0.9357954

00:20:29.340 --> 00:20:32.336 a very specific type of textured implant

NOTE Confidence: 0.9357954

00:20:32.340 --> 00:20:34.384 that had been that particular type of

NOTE Confidence: 0.9357954

00:20:34.384 --> 00:20:36.620 implant has been removed from the market.

NOTE Confidence: 0.9357954

00:20:36.620 --> 00:20:38.138 So you can't get that anymore.

NOTE Confidence: 0.9357954

00:20:38.140 --> 00:20:40.204 And even with that incidence

NOTE Confidence: 0.9357954

00:20:40.204 --> 00:20:41.580 was extremely low.

NOTE Confidence: 0.9357954

00:20:41.580 --> 00:20:42.800 But that being said,

NOTE Confidence: 0.9357954

00:20:42.800 --> 00:20:44.020 it's off the market,

NOTE Confidence: 0.9357954

00:20:44.020 --> 00:20:46.156 you can't physically obtain that type
NOTE Confidence: 0.9357954

00:20:46.156 --> 00:20:48.540 of implant even if you wanted to.
NOTE Confidence: 0.9357954

00:20:48.540 --> 00:20:51.825 So that has definitely been
NOTE Confidence: 0.9357954

00:20:51.825 --> 00:20:55.400 addressed quite thoroughly and
NOTE Confidence: 0.9357954

00:20:55.400 --> 00:20:57.240 patients have also been recalled,
NOTE Confidence: 0.9357954

00:20:57.240 --> 00:20:59.319 the ones that have gotten it
NOTE Confidence: 0.9357954

00:20:59.319 --> 00:21:01.680 had them removed and
NOTE Confidence: 0.9357954

00:21:01.680 --> 00:21:04.164 replaced with a non textured implant.
NOTE Confidence: 0.9357954

00:21:04.164 --> 00:21:06.570 So there's that and then there's
NOTE Confidence: 0.9357954

00:21:06.650 --> 00:21:09.272 the more kind of common potential
NOTE Confidence: 0.9357954

00:21:09.272 --> 00:21:11.020 complications that may
NOTE Confidence: 0.9357954

00:21:11.098 --> 00:21:12.971 include rupture or infection.
NOTE Confidence: 0.9357954

00:21:12.971 --> 00:21:15.713 The risks of that are present,
NOTE Confidence: 0.9357954

00:21:15.720 --> 00:21:18.373 but overall it's very well
NOTE Confidence: 0.9357954

00:21:18.373 --> 00:21:21.258 tolerated and if it does happen,
NOTE Confidence: 0.9357954

00:21:21.260 --> 00:21:22.940 it would have to result

NOTE Confidence: 0.9357954

00:21:22.940 --> 00:21:24.695 in a surgery to remove it and

NOTE Confidence: 0.9357954

00:21:24.695 --> 00:21:26.659 then replace it at a later time.

NOTE Confidence: 0.9357954

00:21:26.660 --> 00:21:29.912 But overall it's considered quite

NOTE Confidence: 0.9357954

00:21:29.912 --> 00:21:32.020 safe and well tolerated procedure.

NOTE Confidence: 0.9409453

00:21:32.340 --> 00:21:34.025 Is everyone a candidate for

NOTE Confidence: 0.9409453

00:21:34.025 --> 00:21:35.373 the tummy tuck procedure?

NOTE Confidence: 0.9409453

00:21:35.380 --> 00:21:37.860 I can imagine that a lot of patients

NOTE Confidence: 0.9409453

00:21:37.860 --> 00:21:39.855 kind of get really excited about that,

NOTE Confidence: 0.9409453

00:21:39.860 --> 00:21:44.428 but some might not have enough belly tissue.

NOTE Confidence: 0.9409453

00:21:44.430 --> 00:21:46.968 So how do you kind of get around that

NOTE Confidence: 0.9409453

00:21:46.968 --> 00:21:48.948 and are there other contraindications

NOTE Confidence: 0.9409453

00:21:48.948 --> 00:21:51.384 to having a diep flap?

NOTE Confidence: 0.9319089

00:21:51.990 --> 00:21:59.067 Yeah. So for the flap it requires

NOTE Confidence: 0.9319089

00:21:59.067 --> 00:22:02.169 a kind of reconnecting these very

NOTE Confidence: 0.9319089

00:22:02.169 --> 00:22:04.964 small blood vessels together from

00:22:07.434 --> 00:22:10.010 abdominal tissue to the chest.

NOTE Confidence: 0.9319089

00:22:10.010 --> 00:22:12.008 So if there's any compromise to

NOTE Confidence: 0.9319089

00:22:12.008 --> 00:22:13.890 those little tiny blood vessels,

NOTE Confidence: 0.9319089

00:22:13.890 --> 00:22:17.226 like if you're a smoker or

NOTE Confidence: 0.9319089

00:22:17.226 --> 00:22:19.450 have other vascular problems,

NOTE Confidence: 0.9319089

00:22:19.450 --> 00:22:21.378 you know you would not be a good

NOTE Confidence: 0.9319089

00:22:21.378 --> 00:22:23.025 candidate for that because that

NOTE Confidence: 0.9319089

00:22:23.025 --> 00:22:25.930 would mean that the graft would not work.

NOTE Confidence: 0.9319089

00:22:25.930 --> 00:22:29.415 And so that's definitely

NOTE Confidence: 0.9319089

00:22:29.415 --> 00:22:31.236 a contraindication.

NOTE Confidence: 0.9319089

00:22:31.236 --> 00:22:32.727 Morbid obesity would be a contra indication.

NOTE Confidence: 0.9319089

00:22:32.730 --> 00:22:34.236 So most of our plastic surgeons

NOTE Confidence: 0.9319089

00:22:34.236 --> 00:22:36.311 want the patients to be in a kind of

NOTE Confidence: 0.9319089

00:22:36.311 --> 00:22:37.738 more healthy BMI range to

NOTE Confidence: 0.9319089

00:22:37.738 --> 00:22:38.962 tolerate that type of surgery and

NOTE Confidence: 0.9319089

00:22:38.962 --> 00:22:40.570 the surgery itself is quite long.

NOTE Confidence: 0.9319089

00:22:40.570 --> 00:22:43.288 So it's a good extra
NOTE Confidence: 0.9319089

00:22:43.290 --> 00:22:46.050 6 plus hours of surgery.
NOTE Confidence: 0.9319089

00:22:46.050 --> 00:22:48.696 So to just be in good physical
NOTE Confidence: 0.9319089

00:22:48.696 --> 00:22:51.262 shape to tolerate that length of
NOTE Confidence: 0.9319089

00:22:51.262 --> 00:22:53.956 anesthesia and being in the operating
NOTE Confidence: 0.9319089

00:22:53.956 --> 00:22:55.523 room is necessary.
NOTE Confidence: 0.9319089

00:22:55.523 --> 00:22:58.120 If you're too thin and do not
NOTE Confidence: 0.9319089

00:22:58.209 --> 00:23:00.309 have enough abdominal fat,
NOTE Confidence: 0.9319089

00:23:00.310 --> 00:23:01.862 abdominal tissue for this
NOTE Confidence: 0.9319089

00:23:01.862 --> 00:23:03.026 type of reconstruction
NOTE Confidence: 0.94059384

00:23:05.270 --> 00:23:09.938 we can do some kind of a hybrid approach.
NOTE Confidence: 0.94059384

00:23:09.938 --> 00:23:12.432 I've seen that spearheaded bioplastic
NOTE Confidence: 0.94059384

00:23:12.432 --> 00:23:14.718 surgeons where they combine both an
NOTE Confidence: 0.94059384

00:23:14.718 --> 00:23:16.830 implant with a diep flap or
NOTE Confidence: 0.94059384

00:23:16.830 --> 00:23:18.377 tissue from a different area where you
NOTE Confidence: 0.94059384

00:23:18.377 --> 00:23:20.122 still have that extra

NOTE Confidence: 0.94059384

00:23:20.122 --> 00:23:21.750 tissue coverage to make it feel natural.

NOTE Confidence: 0.94059384

00:23:21.750 --> 00:23:24.900 But you have the implant to give it

00:23:25.636 --> 00:23:26.980 some more volume as well.

NOTE Confidence: 0.94059384

00:23:26.980 --> 00:23:29.422 So there's some

NOTE Confidence: 0.94059384

00:23:29.422 --> 00:23:32.517 tips and tricks that our plastic

NOTE Confidence: 0.94059384

00:23:32.517 --> 00:23:34.860 surgeons make use of in patients

NOTE Confidence: 0.94059384

00:23:34.860 --> 00:23:36.740 that don't have enough tissue.

NOTE Confidence: 0.9280752

00:23:37.660 --> 00:23:41.017 So the other question that can come up is

NOTE Confidence: 0.9280752

00:23:41.020 --> 00:23:43.696 after a mastectomy and reconstruction.

NOTE Confidence: 0.9280752

00:23:43.700 --> 00:23:46.148 So now people look like they

NOTE Confidence: 0.9280752

00:23:46.148 --> 00:23:48.408 have a breast, although their

NOTE Confidence: 0.9280752

00:23:48.408 --> 00:23:50.978 breast tissue has been removed.

NOTE Confidence: 0.9280752

00:23:50.980 --> 00:23:53.060 Do they still need a mammogram every year?

NOTE Confidence: 0.93551993

00:23:53.800 --> 00:23:56.816 They do not need a mammogram every year

NOTE Confidence: 0.93551993

00:23:56.816 --> 00:23:58.195 because the definition of a mastectomy

NOTE Confidence: 0.93551993

00:23:58.195 --> 00:23:59.759 is removing all of the breast tissue.

NOTE Confidence: 0.93551993

00:23:59.760 --> 00:24:02.278 I usually quote like 98-99% of the

NOTE Confidence: 0.93551993

00:24:02.278 --> 00:24:04.072 breast tissue is removed by the

NOTE Confidence: 0.93551993

00:24:04.072 --> 00:24:05.684 surgeon because we can't remove

NOTE Confidence: 0.93551993

00:24:05.684 --> 00:24:07.274 every single last breast cell,

NOTE Confidence: 0.93551993

00:24:07.280 --> 00:24:09.290 but everything that's visible by

NOTE Confidence: 0.93551993

00:24:09.290 --> 00:24:12.040 the human eye of the surgeon is removed.

NOTE Confidence: 0.93551993

00:24:12.040 --> 00:24:15.851 So with 98-99% of the

NOTE Confidence: 0.93551993

00:24:15.851 --> 00:24:17.891 breast tissue being removed there

NOTE Confidence: 0.93551993

00:24:17.891 --> 00:24:21.642 is no role for mammograms as there

NOTE Confidence: 0.93551993

00:24:21.642 --> 00:24:23.609 is no breast tissue left to detect.

NOTE Confidence: 0.93551993

00:24:23.610 --> 00:24:25.610 So the main way that one would

NOTE Confidence: 0.93551993

00:24:25.610 --> 00:24:27.838 at that point you have maximally

NOTE Confidence: 0.93551993

00:24:27.838 --> 00:24:30.225 risk reduced the patient so that their

NOTE Confidence: 0.93551993

00:24:30.225 --> 00:24:32.187 future risk of developing any cancer

NOTE Confidence: 0.93551993

00:24:32.187 --> 00:24:35.470 is down to you know 1 to 2% maybe.

NOTE Confidence: 0.93551993

00:24:35.470 --> 00:24:37.570 And if it does happen,
NOTE Confidence: 0.93551993

00:24:37.570 --> 00:24:41.450 it would kind of be discovered on the
NOTE Confidence: 0.93551993

00:24:41.450 --> 00:24:44.530 physical exam usually as some sort of
NOTE Confidence: 0.93551993

00:24:44.530 --> 00:24:47.530 pea round kind of finding
NOTE Confidence: 0.93551993

00:24:47.530 --> 00:24:50.966 usually under the skin somewhere
NOTE Confidence: 0.93551993

00:24:50.970 --> 00:24:52.830 and that's how it would manifest.
NOTE Confidence: 0.93551993

00:24:52.830 --> 00:24:53.362 If that does happen,
00:24:53.630 --> 00:24:55.429 sometimes we ultrasound that to kind of
NOTE Confidence: 0.93551993

00:24:55.429 --> 00:24:57.388 confirm it and then biopsy it.
NOTE Confidence: 0.93551993

00:24:57.390 --> 00:24:59.693 But in general the role of screening
NOTE Confidence: 0.93551993

00:24:59.693 --> 00:25:01.469 mammograms is obsolete once all or
NOTE Confidence: 0.93551993

00:25:01.470 --> 00:25:03.241 most of the breast
NOTE Confidence: 0.93551993

00:25:03.241 --> 00:25:04.870 tissue is removed after mastectomy.
NOTE Confidence: 0.9411596

00:25:05.830 --> 00:25:08.710 So we've kind of talked about
NOTE Confidence: 0.9411596

00:25:08.710 --> 00:25:10.630 the techniques for mastectomy.
NOTE Confidence: 0.9411596

00:25:10.630 --> 00:25:12.190 You had mentioned before the
NOTE Confidence: 0.9411596

00:25:12.190 --> 00:25:13.750 other option
NOTE Confidence: 0.9411596

00:25:13.811 --> 00:25:15.427 is breast conserving surgery,
NOTE Confidence: 0.9411596

00:25:15.430 --> 00:25:16.184 partial mastectomies.
NOTE Confidence: 0.9411596

00:25:16.184 --> 00:25:18.823 But one of the things that you
NOTE Confidence: 0.9411596

00:25:18.823 --> 00:25:21.159 had mentioned in terms of the
NOTE Confidence: 0.9411596

00:25:21.159 --> 00:25:22.984 mastectomy side was that for
NOTE Confidence: 0.9411596

00:25:22.984 --> 00:25:24.694 patients who have larger breasts,
NOTE Confidence: 0.9411596

00:25:24.700 --> 00:25:29.100 this can often be combined with a reduction.
NOTE Confidence: 0.9411596

00:25:29.100 --> 00:25:30.934 So if people have larger breasts but
NOTE Confidence: 0.9411596

00:25:30.934 --> 00:25:32.898 they want to preserve the breasts,
NOTE Confidence: 0.9411596

00:25:32.900 --> 00:25:35.140 they want to have a partial mastectomy,
NOTE Confidence: 0.9411596

00:25:35.140 --> 00:25:36.939 can they have a reduction as well?
NOTE Confidence: 0.9301793

00:25:37.620 --> 00:25:39.895 Yes. That is a definitely a great
NOTE Confidence: 0.9301793

00:25:42.060 --> 00:25:44.720 kind of tool in our pocket
NOTE Confidence: 0.9301793

00:25:44.720 --> 00:25:47.724 for both treating the cancer
NOTE Confidence: 0.9301793

00:25:47.724 --> 00:25:49.540 and sometimes having

NOTE Confidence: 0.92814785

00:25:52.280 --> 00:25:54.524 very large breast size could be

NOTE Confidence: 0.92814785

00:25:54.524 --> 00:25:56.643 a detriment to quality of life

NOTE Confidence: 0.92814785

00:25:56.643 --> 00:25:58.224 like inability to exercise well,

NOTE Confidence: 0.92814785

00:25:58.224 --> 00:26:01.004 back pain, neck pain etcetera.

NOTE Confidence: 0.92814785

00:26:01.004 --> 00:26:04.208 So in patients where breast

NOTE Confidence: 0.92814785

00:26:04.208 --> 00:26:06.048 reduction could even improve their

NOTE Confidence: 0.92814785

00:26:06.048 --> 00:26:08.279 their quality of life at baseline,

NOTE Confidence: 0.92814785

00:26:08.280 --> 00:26:09.660 it's definitely a

NOTE Confidence: 0.92814785

00:26:09.660 --> 00:26:11.040 wonderful option for patients.

NOTE Confidence: 0.92814785

00:26:11.040 --> 00:26:13.495 So in that setting usually it's

NOTE Confidence: 0.92814785

00:26:13.495 --> 00:26:15.560 done in partnership with a plastic surgeon.

NOTE Confidence: 0.92814785

00:26:15.560 --> 00:26:17.600 The breast tumor is removed.

NOTE Confidence: 0.92814785

00:26:17.600 --> 00:26:21.366 The lymph nodes are tested and then

NOTE Confidence: 0.92814785

00:26:21.370 --> 00:26:23.274 concomitantly the plastic surgeon

NOTE Confidence: 0.92814785

00:26:23.274 --> 00:26:26.130 then with the leftover breast tissue

NOTE Confidence: 0.92814785

00:26:26.203 --> 00:26:28.393 does the breast reduction on both

NOTE Confidence: 0.92814785

00:26:28.393 --> 00:26:30.318 sides and and then you're

NOTE Confidence: 0.92814785

00:26:30.318 --> 00:26:32.488 left with a smaller breast

NOTE Confidence: 0.92814785

00:26:32.488 --> 00:26:35.043 size on both sides and

NOTE Confidence: 0.92814785

00:26:35.043 --> 00:26:37.186 your breast cancer is removed

NOTE Confidence: 0.92814785

00:26:37.186 --> 00:26:39.406 and the lymph nodes are staged.

NOTE Confidence: 0.92814785

00:26:39.410 --> 00:26:43.130 And patients generally really,

NOTE Confidence: 0.92814785

00:26:43.130 --> 00:26:44.330 really appreciate that because

NOTE Confidence: 0.92814785

00:26:44.330 --> 00:26:46.110 not only are you treating

NOTE Confidence: 0.92814785

00:26:46.110 --> 00:26:47.450 their breast cancer but

NOTE Confidence: 0.92814785

00:26:47.450 --> 00:26:49.616 their quality of life is definitely

NOTE Confidence: 0.92814785

00:26:49.616 --> 00:26:51.657 better due to decrease pain and

NOTE Confidence: 0.92814785

00:26:51.657 --> 00:26:53.252 you know improved mobility and

NOTE Confidence: 0.92814785

00:26:53.252 --> 00:26:54.778 ability to be more active.

NOTE Confidence: 0.933475

00:26:55.580 --> 00:26:57.560 So then the other question

NOTE Confidence: 0.933475

00:26:57.560 --> 00:26:59.339 that might come up is,

NOTE Confidence: 0.933475

00:26:59.340 --> 00:27:00.972 it's really great that

NOTE Confidence: 0.933475

00:27:00.972 --> 00:27:02.660 patients can get a reduction,

NOTE Confidence: 0.933475

00:27:02.660 --> 00:27:05.593 they can get a lift potentially they

NOTE Confidence: 0.933475

00:27:05.593 --> 00:27:09.352 can get maybe even a tummy tuck if they

NOTE Confidence: 0.933475

00:27:09.352 --> 00:27:12.058 have a mastectomy with a diep flap.

NOTE Confidence: 0.933475

00:27:12.060 --> 00:27:13.640 And many of them may say, well,

NOTE Confidence: 0.933475

00:27:13.640 --> 00:27:15.540 geez, that all sounds very

NOTE Confidence: 0.933475

00:27:15.540 --> 00:27:17.600 much like cosmetic surgery.

NOTE Confidence: 0.933475

00:27:17.600 --> 00:27:20.175 Will my insurance cover this?

NOTE Confidence: 0.9344435

00:27:21.380 --> 00:27:22.555 So that's definitely a

NOTE Confidence: 0.9344435

00:27:22.555 --> 00:27:23.980 question that I get a lot.

NOTE Confidence: 0.9344435

00:27:23.980 --> 00:27:26.332 And as long as you have a cancer

NOTE Confidence: 0.9344435

00:27:26.332 --> 00:27:28.339 diagnosis and this is done in

NOTE Confidence: 0.9344435

00:27:28.340 --> 00:27:29.695 part and parcel with the

NOTE Confidence: 0.9344435

00:27:29.695 --> 00:27:30.779 removal of the tumor,

NOTE Confidence: 0.9344435

00:27:30.780 --> 00:27:32.820 it will be covered by insurance.

NOTE Confidence: 0.9344435

00:27:32.820 --> 00:27:35.940 And actually in the late 90s,

NOTE Confidence: 0.9344435

00:27:35.940 --> 00:27:41.295 the US government mandated that all breast

NOTE Confidence: 0.9344435

00:27:41.295 --> 00:27:43.458 reconstruction associated with breast

NOTE Confidence: 0.9344435

00:27:43.458 --> 00:27:46.720 cancer must be covered by all insurances.

NOTE Confidence: 0.9344435

00:27:46.720 --> 00:27:48.870 So that's definitely a

NOTE Confidence: 0.9344435

00:27:48.870 --> 00:27:50.512 great thing about

NOTE Confidence: 0.9344435

00:27:50.512 --> 00:27:51.568 the system that we have in

NOTE Confidence: 0.9344435

00:27:51.568 --> 00:27:52.479 place in this country.

NOTE Confidence: 0.9387142

00:27:52.800 --> 00:27:54.720 Including doing the symmetry

NOTE Confidence: 0.9387142

00:27:54.720 --> 00:27:56.900 operation on the other side, right.

NOTE Confidence: 0.9387142

00:27:56.900 --> 00:27:58.200 If they have a reduction.

NOTE Confidence: 0.9387142

00:27:58.986 --> 00:28:01.268 Most of the time, the symmetry

NOTE Confidence: 0.9387142

00:28:01.268 --> 00:28:03.438 operations can be done concurrently,

NOTE Confidence: 0.9387142

00:28:03.440 --> 00:28:08.124 but sometimes patients opt to wait

NOTE Confidence: 0.9387142

00:28:08.124 --> 00:28:10.064 until their complete cancer treatment

NOTE Confidence: 0.9387142

00:28:10.064 --> 00:28:12.118 is finished on the cancer side.

NOTE Confidence: 0.9387142

00:28:12.120 --> 00:28:13.920 And then after everything's healed

NOTE Confidence: 0.9387142

00:28:13.920 --> 00:28:15.720 up and radiation is finished,

NOTE Confidence: 0.9387142

00:28:15.720 --> 00:28:17.800 which may alter the size of the

NOTE Confidence: 0.9387142

00:28:17.800 --> 00:28:20.516 breast bearing the cancer.

NOTE Confidence: 0.9387142

00:28:20.520 --> 00:28:22.458 Then we know what we're dealing

NOTE Confidence: 0.9387142

00:28:22.458 --> 00:28:24.209 with in the symmetry procedure

NOTE Confidence: 0.9387142

00:28:24.209 --> 00:28:26.174 could kind of replicate exactly

NOTE Confidence: 0.9387142

00:28:26.174 --> 00:28:28.576 the end product of the other side.

NOTE Confidence: 0.9387142

00:28:28.576 --> 00:28:30.032 And that's called a

NOTE Confidence: 0.9387142

00:28:30.032 --> 00:28:31.184 symmetrizing procedure and that's

NOTE Confidence: 0.9387142

00:28:31.184 --> 00:28:32.120 definitely covered as well.

NOTE Confidence: 0.9397054

00:28:32.840 --> 00:28:35.216 Doctor Tristan Park is an assistant

NOTE Confidence: 0.9397054

00:28:35.216 --> 00:28:36.800 professor of surgical oncology

NOTE Confidence: 0.9397054

00:28:36.860 --> 00:28:38.720 at the Yale School of Medicine.

NOTE Confidence: 0.9397054

00:28:38.720 --> 00:28:40.802 If you have questions, the address
NOTE Confidence: 0.9397054

00:28:40.802 --> 00:28:43.078 is Cancer Answers at Yale dot Edu,
NOTE Confidence: 0.9397054

00:28:43.080 --> 00:28:45.438 and past editions of the program
NOTE Confidence: 0.9397054

00:28:45.438 --> 00:28:47.760 are available in audio and written
NOTE Confidence: 0.9397054

00:28:47.760 --> 00:28:48.745 form at yalecancercenter.org.
NOTE Confidence: 0.9397054

00:28:48.745 --> 00:28:51.185 We hope you'll join us next week to
NOTE Confidence: 0.9397054

00:28:51.185 --> 00:28:53.039 learn more about the fight against
NOTE Confidence: 0.9397054

00:28:53.039 --> 00:28:54.880 cancer here on Connecticut Public Radio.
NOTE Confidence: 0.9397054

00:28:54.880 --> 00:28:57.502 Funding for Yale Cancer Answers is
NOTE Confidence: 0.9397054

00:28:57.502 --> 00:29:00.000 provided by Smilow Cancer Hospital.