

WEBVTT

00:00:00.000 --> 00:00:02.196 Funding for Yale Cancer Answers is

NOTE Confidence: 0.932001961818182

00:00:02.196 --> 00:00:04.280 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.815411287777778

00:00:06.320 --> 00:00:08.540 Welcome to Yale Cancer Answers

NOTE Confidence: 0.815411287777778

00:00:08.540 --> 00:00:10.316 with Doctor Anees Chagpar.

NOTE Confidence: 0.815411287777778

00:00:10.320 --> 00:00:12.150 Yale Cancer Answers features the

NOTE Confidence: 0.815411287777778

00:00:12.150 --> 00:00:13.614 latest information on cancer

NOTE Confidence: 0.815411287777778

00:00:13.614 --> 00:00:15.476 care by welcoming oncologists and

NOTE Confidence: 0.815411287777778

00:00:15.476 --> 00:00:17.636 specialists who are on the forefront

NOTE Confidence: 0.815411287777778

00:00:17.696 --> 00:00:19.358 of the battle to fight cancer.

NOTE Confidence: 0.815411287777778

00:00:19.360 --> 00:00:21.340 This week, it's a conversation about

NOTE Confidence: 0.815411287777778

00:00:21.340 --> 00:00:23.608 the benefits of exercise in the care

NOTE Confidence: 0.815411287777778

00:00:23.608 --> 00:00:25.390 of patients with breast cancer with

NOTE Confidence: 0.815411287777778

00:00:25.390 --> 00:00:27.320 doctors Tara Sanft and Melinda Irwin.

NOTE Confidence: 0.815411287777778

00:00:27.320 --> 00:00:29.432 Doctor Sanft is an associate professor

NOTE Confidence: 0.815411287777778

00:00:29.432 --> 00:00:31.400 of medicine and medical oncology

NOTE Confidence: 0.815411287777778

00:00:31.400 --> 00:00:32.008 and Dr. Irwin  
NOTE Confidence: 0.815411287777778

00:00:32.008 --> 00:00:33.832 is the Susan Dwight Bliss  
NOTE Confidence: 0.815411287777778

00:00:33.832 --> 00:00:35.608 Professor of Epidemiology at the  
NOTE Confidence: 0.815411287777778

00:00:35.608 --> 00:00:37.080 Yale School of Medicine,  
NOTE Confidence: 0.815411287777778

00:00:37.080 --> 00:00:39.000 where Doctor Chagpar is a  
NOTE Confidence: 0.815411287777778

00:00:39.000 --> 00:00:40.280 professor of surgical oncology.  
NOTE Confidence: 0.964395423913043

00:00:41.480 --> 00:00:43.370 So maybe we'll start off with each  
NOTE Confidence: 0.964395423913043

00:00:43.370 --> 00:00:45.594 of you telling us a little bit more  
NOTE Confidence: 0.964395423913043

00:00:45.594 --> 00:00:47.559 about yourselves and what it is you do.  
NOTE Confidence: 0.964395423913043

00:00:47.560 --> 00:00:49.000 Tara, can we start with you?  
NOTE Confidence: 0.920321518333333

00:00:49.360 --> 00:00:51.916 So I'm a breast medical oncologist.  
NOTE Confidence: 0.920321518333333

00:00:51.920 --> 00:00:55.154 I've been practicing for about 14 years.  
NOTE Confidence: 0.920321518333333

00:00:55.160 --> 00:00:57.512 I see patients who are recently  
NOTE Confidence: 0.920321518333333

00:00:57.512 --> 00:00:59.080 diagnosed with breast cancer,  
NOTE Confidence: 0.920321518333333

00:00:59.080 --> 00:01:03.245 and I also run a survivorship program  
NOTE Confidence: 0.920321518333333

00:01:03.245 --> 00:01:06.325 here where we have a multidisciplinary

NOTE Confidence: 0.920321518333333  
00:01:06.325 --> 00:01:08.313 approach to cancer survivorship  
NOTE Confidence: 0.920321518333333  
00:01:08.320 --> 00:01:11.008 in a clinic that includes a  
NOTE Confidence: 0.920321518333333  
00:01:11.008 --> 00:01:12.410 physical therapist, a dietitian,  
NOTE Confidence: 0.920321518333333  
00:01:12.410 --> 00:01:15.078 a social worker, and a physician's assistant.  
NOTE Confidence: 0.920321518333333  
00:01:15.078 --> 00:01:17.592 There we see patients of all  
NOTE Confidence: 0.920321518333333  
00:01:17.592 --> 00:01:19.120 diagnoses after treatment.  
NOTE Confidence: 0.966329936875  
00:01:19.280 --> 00:01:21.016 And Melinda, can you tell us a little  
NOTE Confidence: 0.966329936875  
00:01:21.016 --> 00:01:22.955 bit more about yourself and what you do?  
NOTE Confidence: 0.912014503846154  
00:01:23.680 --> 00:01:27.883 Sure, happy to. So I am trained in both  
NOTE Confidence: 0.912014503846154  
00:01:27.883 --> 00:01:30.600 epidemiology and exercise Physiology.  
NOTE Confidence: 0.912014503846154  
00:01:30.600 --> 00:01:33.631 And for about the past 20 years I've  
NOTE Confidence: 0.912014503846154  
00:01:33.631 --> 00:01:35.977 been leading, along with colleagues such  
NOTE Confidence: 0.912014503846154  
00:01:35.977 --> 00:01:38.620 as Tara, clinical trials where we look  
NOTE Confidence: 0.912014503846154  
00:01:38.620 --> 00:01:41.690 at the effect of exercise and also  
NOTE Confidence: 0.912014503846154  
00:01:41.690 --> 00:01:43.964 sometimes the role of weight management  
NOTE Confidence: 0.912014503846154

00:01:43.964 --> 00:01:46.919 and nutrition on various cancer outcomes.  
NOTE Confidence: 0.912014503846154

00:01:46.920 --> 00:01:49.433 We've looked at this in breast cancer  
NOTE Confidence: 0.912014503846154

00:01:49.433 --> 00:01:51.583 and other cancers really trying to  
NOTE Confidence: 0.912014503846154

00:01:51.583 --> 00:01:53.914 figure out the role of exercise in  
NOTE Confidence: 0.912014503846154

00:01:53.920 --> 00:01:55.880 mechanisms for improving prognosis,  
NOTE Confidence: 0.912014503846154

00:01:55.880 --> 00:01:59.395 but also its role in patient reported  
NOTE Confidence: 0.912014503846154

00:01:59.395 --> 00:02:02.874 outcomes and how exercise can improve that.  
NOTE Confidence: 0.912014503846154

00:02:02.880 --> 00:02:05.190 And much of the research that we  
NOTE Confidence: 0.912014503846154

00:02:05.190 --> 00:02:07.612 and others have done has informed  
NOTE Confidence: 0.912014503846154

00:02:07.612 --> 00:02:09.690 guidelines that are now making its way  
NOTE Confidence: 0.912014503846154

00:02:09.690 --> 00:02:11.400 into standard of care for treatment.  
NOTE Confidence: 0.89124369

00:02:12.720 --> 00:02:14.680 And so to that point, Tara,  
NOTE Confidence: 0.89124369

00:02:14.680 --> 00:02:17.174 can you talk a little bit about the  
NOTE Confidence: 0.89124369

00:02:17.174 --> 00:02:18.952 role that exercise plays in the  
NOTE Confidence: 0.89124369

00:02:18.952 --> 00:02:20.992 treatment and management  
NOTE Confidence: 0.89124369

00:02:20.992 --> 00:02:22.832 of patients with breast cancer?

NOTE Confidence: 0.6537211

00:02:24.160 --> 00:02:29.075 Sure. You know exercise has been

NOTE Confidence: 0.6537211

00:02:29.075 --> 00:02:32.550 shown to improve many outcomes in

NOTE Confidence: 0.6537211

00:02:32.550 --> 00:02:35.655 survivorship and even during

NOTE Confidence: 0.6537211

00:02:35.655 --> 00:02:37.651 treatment there's very strong

NOTE Confidence: 0.6537211

00:02:37.651 --> 00:02:39.936 data that suggests that exercise

NOTE Confidence: 0.6537211

00:02:39.936 --> 00:02:41.999 improves cancer related fatigue,

NOTE Confidence: 0.6537211

00:02:42.000 --> 00:02:44.276 reduces anxiety and depression,

NOTE Confidence: 0.6537211

00:02:44.276 --> 00:02:47.121 improves sleep quality and helps

NOTE Confidence: 0.6537211

00:02:47.121 --> 00:02:48.868 patients maintain function

NOTE Confidence: 0.6537211

00:02:48.868 --> 00:02:51.598 both during and after treatment.

NOTE Confidence: 0.6537211

00:02:51.600 --> 00:02:54.342 There's also data that's emerged that

NOTE Confidence: 0.6537211

00:02:54.342 --> 00:02:57.125 shows that patients who have more

NOTE Confidence: 0.6537211

00:02:57.125 --> 00:02:59.647 physical activity in their life may

NOTE Confidence: 0.6537211

00:02:59.647 --> 00:03:01.936 have better long term outcomes in terms

NOTE Confidence: 0.6537211

00:03:01.936 --> 00:03:03.955 of reduced breast cancer recurrence

NOTE Confidence: 0.6537211

00:03:03.955 --> 00:03:06.115 and better overall survival.  
NOTE Confidence: 0.8615079975

00:03:07.520 --> 00:03:09.080 And I might just add to that,  
NOTE Confidence: 0.8615079975

00:03:09.080 --> 00:03:11.330 what's really exciting is the  
NOTE Confidence: 0.8615079975

00:03:11.330 --> 00:03:13.962 research that we and many others  
NOTE Confidence: 0.8615079975

00:03:13.962 --> 00:03:16.086 have done has really shown that  
NOTE Confidence: 0.8615079975

00:03:16.086 --> 00:03:18.451 even little bits of exercise or  
NOTE Confidence: 0.8615079975

00:03:18.451 --> 00:03:21.100 physical activity can have an impact.  
NOTE Confidence: 0.8615079975

00:03:21.100 --> 00:03:25.210 So it's not necessarily you know,  
NOTE Confidence: 0.8615079975

00:03:25.210 --> 00:03:27.345 high levels or high intensities or high  
NOTE Confidence: 0.8615079975

00:03:27.345 --> 00:03:29.316 amounts of exercise that are required,  
NOTE Confidence: 0.8615079975

00:03:29.320 --> 00:03:31.612 but it's pretty compelling evidence that  
NOTE Confidence: 0.8615079975

00:03:31.612 --> 00:03:33.960 doing something is better than nothing.  
NOTE Confidence: 0.8615079975

00:03:33.960 --> 00:03:36.865 So even if it's  
NOTE Confidence: 0.8615079975

00:03:36.865 --> 00:03:38.790 the recommended amount of physical  
NOTE Confidence: 0.8615079975

00:03:38.790 --> 00:03:40.600 activity, 2 1/2 hours per week,  
NOTE Confidence: 0.8615079975

00:03:40.600 --> 00:03:41.960 but there's evidence showing

NOTE Confidence: 0.8615079975

00:03:41.960 --> 00:03:44.000 that even less than that amount

NOTE Confidence: 0.8615079975

00:03:44.066 --> 00:03:45.598 is beneficial for outcomes.

NOTE Confidence: 0.694683715

00:03:47.000 --> 00:03:50.360 And so when should

NOTE Confidence: 0.694683715

00:03:50.360 --> 00:03:52.212 patients really start exercising?

NOTE Confidence: 0.694683715

00:03:54.000 --> 00:03:57.115 I think that when people are initially

NOTE Confidence: 0.694683715

00:03:57.115 --> 00:03:59.240 diagnosed with breast cancer,

NOTE Confidence: 0.694683715

00:03:59.240 --> 00:04:00.748 their first concept is,

NOTE Confidence: 0.694683715

00:04:00.748 --> 00:04:04.600 oh my God, I've got breast cancer,

NOTE Confidence: 0.694683715

00:04:04.600 --> 00:04:06.516 not let me see what I can

NOTE Confidence: 0.694683715

00:04:06.516 --> 00:04:07.880 do to increase my exercise.

NOTE Confidence: 0.694683715

00:04:07.880 --> 00:04:10.960 So can you talk a little bit about

NOTE Confidence: 0.694683715

00:04:10.960 --> 00:04:14.135 when people should start integrating

NOTE Confidence: 0.694683715

00:04:14.135 --> 00:04:17.024 more exercise into their lives?

NOTE Confidence: 0.694683715

00:04:17.024 --> 00:04:18.664 Ideally it should be before

NOTE Confidence: 0.694683715

00:04:18.664 --> 00:04:20.440 they ever get breast cancer.

NOTE Confidence: 0.694683715

00:04:20.440 --> 00:04:23.450 But how do you have that conversation  
NOTE Confidence: 0.694683715

00:04:23.450 --> 00:04:26.108 with people and start getting  
NOTE Confidence: 0.694683715

00:04:26.108 --> 00:04:29.396 exercise into the  
NOTE Confidence: 0.694683715

00:04:29.396 --> 00:04:31.959 treatment algorithm if you would  
NOTE Confidence: 0.694683715

00:04:31.960 --> 00:04:33.916 for people with breast cancer?  
NOTE Confidence: 0.95443668

00:04:34.800 --> 00:04:36.160 Yeah, thanks for asking that.  
NOTE Confidence: 0.95443668

00:04:36.160 --> 00:04:39.340 I find this to be one of the  
NOTE Confidence: 0.95443668

00:04:39.432 --> 00:04:42.348 most compelling times in medical care  
NOTE Confidence: 0.95443668

00:04:42.348 --> 00:04:46.240 which is soon after diagnosis.  
NOTE Confidence: 0.95443668

00:04:46.240 --> 00:04:49.392 It's unusual for us as adults to  
NOTE Confidence: 0.95443668

00:04:49.392 --> 00:04:52.518 really make major life changes sometimes  
NOTE Confidence: 0.95443668

00:04:52.520 --> 00:04:55.600 until we have a teachable moment.  
NOTE Confidence: 0.95443668

00:04:55.600 --> 00:04:57.988 An example is maybe becoming pregnant for  
NOTE Confidence: 0.95443668

00:04:57.988 --> 00:05:01.109 the first time or having a heart attack  
NOTE Confidence: 0.95443668

00:05:01.109 --> 00:05:03.920 for instance and cancer is one of  
NOTE Confidence: 0.95443668

00:05:03.920 --> 00:05:06.996 those times when as adults we tend to be



NOTE Confidence: 0.95443668

00:05:06.996 --> 00:05:09.919 open and motivated to make major changes.

NOTE Confidence: 0.95443668

00:05:09.920 --> 00:05:11.705 So first of all we should

NOTE Confidence: 0.95443668

00:05:11.705 --> 00:05:13.078 all be exercising, all of us.

NOTE Confidence: 0.95443668

00:05:13.080 --> 00:05:14.767 But we know that the vast majority

NOTE Confidence: 0.95443668

00:05:14.767 --> 00:05:16.763 of us do not meet the recommended

NOTE Confidence: 0.95443668

00:05:16.763 --> 00:05:18.920 guidelines of 2 1/2 hours per week.

NOTE Confidence: 0.95443668

00:05:18.920 --> 00:05:19.948 And as Melinda said,

NOTE Confidence: 0.95443668

00:05:19.948 --> 00:05:21.233 something is better than nothing.

NOTE Confidence: 0.95443668

00:05:21.240 --> 00:05:23.515 But a lot of people are not

NOTE Confidence: 0.95443668

00:05:23.520 --> 00:05:25.280 meeting even close to that.

NOTE Confidence: 0.95443668

00:05:25.280 --> 00:05:28.283 So soon after diagnosis is this teachable

NOTE Confidence: 0.95443668

00:05:28.283 --> 00:05:31.168 moment where we can start to help our

NOTE Confidence: 0.95443668

00:05:31.168 --> 00:05:33.296 patients become a part of their care

NOTE Confidence: 0.95443668

00:05:33.296 --> 00:05:36.095 by giving them more control over what

NOTE Confidence: 0.95443668

00:05:36.095 --> 00:05:38.424 they're doing between visits,

NOTE Confidence: 0.95443668

00:05:38.424 --> 00:05:41.640 at home, by moving a little bit more.  
NOTE Confidence: 0.95443668

00:05:41.640 --> 00:05:42.720 That being said,  
NOTE Confidence: 0.95443668

00:05:42.720 --> 00:05:44.958 there are a significant number  
NOTE Confidence: 0.95443668

00:05:44.958 --> 00:05:47.274 of patients who are overwhelmed with  
NOTE Confidence: 0.95443668

00:05:47.274 --> 00:05:48.799 the diagnosis process,  
NOTE Confidence: 0.95443668

00:05:48.800 --> 00:05:49.191 understandably.  
NOTE Confidence: 0.95443668

00:05:49.191 --> 00:05:51.928 And certainly we don't want to shame  
NOTE Confidence: 0.95443668

00:05:51.928 --> 00:05:54.360 people for not being able to adopt  
NOTE Confidence: 0.95443668

00:05:54.360 --> 00:05:56.080 these healthy behaviors right away.  
NOTE Confidence: 0.95443668

00:05:57.544 --> 00:05:59.374 That's where survivorship comes in after  
NOTE Confidence: 0.95443668

00:05:59.374 --> 00:06:00.717 treatment to really encourage  
NOTE Confidence: 0.95443668

00:06:00.717 --> 00:06:02.845 patients at that point to start to  
NOTE Confidence: 0.95443668

00:06:02.910 --> 00:06:04.575 rethink their approach and maybe  
NOTE Confidence: 0.95443668

00:06:04.575 --> 00:06:06.718 tweak what they're doing a little  
NOTE Confidence: 0.95443668

00:06:06.718 --> 00:06:09.586 bit to optimize their health after  
NOTE Confidence: 0.95443668

00:06:09.586 --> 00:06:12.039 treatment anywhere along the spectrum.

NOTE Confidence: 0.95443668

00:06:12.040 --> 00:06:14.038 We want to encourage patients

NOTE Confidence: 0.95443668

00:06:14.040 --> 00:06:16.432 do this because it has so many

NOTE Confidence: 0.95443668

00:06:16.432 --> 00:06:18.360 upsides and very few downsides.

NOTE Confidence: 0.931663694230769

00:06:18.840 --> 00:06:20.646 And Melinda, maybe you can

NOTE Confidence: 0.931663694230769

00:06:20.646 --> 00:06:22.801 talk a little bit about some of

NOTE Confidence: 0.931663694230769

00:06:22.801 --> 00:06:24.571 the trials that you've done

NOTE Confidence: 0.931663694230769

00:06:24.571 --> 00:06:26.438 and shed a bit of light into the research.

NOTE Confidence: 0.931663694230769

00:06:26.440 --> 00:06:28.438 Has the research been done more in the

NOTE Confidence: 0.931663694230769

00:06:32.893 --> 00:06:35.026 survivorship period when people are

NOTE Confidence: 0.931663694230769

00:06:35.026 --> 00:06:37.118 going through chemotherapy afterwards?

NOTE Confidence: 0.931663694230769

00:06:37.120 --> 00:06:39.810 And talk a little bit about

NOTE Confidence: 0.931663694230769

00:06:39.810 --> 00:06:43.400 kind of where this little bit is better,

NOTE Confidence: 0.931663694230769

00:06:43.400 --> 00:06:45.360 something is better than nothing

NOTE Confidence: 0.931663694230769

00:06:45.360 --> 00:06:47.320 comes in and whether there's

NOTE Confidence: 0.931663694230769

00:06:47.320 --> 00:06:49.304 a minimum.

NOTE Confidence: 0.931663694230769

00:06:49.304 --> 00:06:52.400 If I exercise only 10 minutes,  
NOTE Confidence: 0.931663694230769

00:06:52.400 --> 00:06:53.464 is that good enough?  
NOTE Confidence: 0.931663694230769

00:06:53.464 --> 00:06:55.752 Can you talk a little bit about the  
NOTE Confidence: 0.931663694230769

00:06:55.752 --> 00:06:57.957 research that's been done in this area?  
NOTE Confidence: 0.768410402

00:06:58.720 --> 00:07:01.280 Sure, yes. So for probably  
NOTE Confidence: 0.768410402

00:07:01.280 --> 00:07:03.296 a good 10 or so years,  
NOTE Confidence: 0.768410402

00:07:03.296 --> 00:07:05.120 most of the research looking at  
NOTE Confidence: 0.768410402

00:07:05.194 --> 00:07:07.204 exercise after cancer diagnosis has  
NOTE Confidence: 0.768410402

00:07:07.204 --> 00:07:09.800 been in the post treatment setting.  
NOTE Confidence: 0.768410402

00:07:09.800 --> 00:07:13.076 So after chemotherapy and radiation  
NOTE Confidence: 0.768410402

00:07:13.080 --> 00:07:17.160 treatment looking at how exercise might  
NOTE Confidence: 0.768410402

00:07:17.160 --> 00:07:19.880 improve patient reported outcomes,  
NOTE Confidence: 0.768410402

00:07:19.880 --> 00:07:23.080 sleep, quality of life, fatigue.  
NOTE Confidence: 0.768410402

00:07:23.080 --> 00:07:24.694 And from the research that Tara  
NOTE Confidence: 0.768410402

00:07:24.694 --> 00:07:26.896 and I have done as well as many  
NOTE Confidence: 0.768410402

00:07:26.896 --> 00:07:28.676 others, has shown that some patients,

NOTE Confidence: 0.768410402

00:07:28.676 --> 00:07:31.182 not all but some patients, when they

NOTE Confidence: 0.768410402

00:07:31.182 --> 00:07:33.760 hear of the benefits of exercise in

NOTE Confidence: 0.768410402

00:07:33.760 --> 00:07:36.001 that post treatment time setting and

NOTE Confidence: 0.768410402

00:07:36.001 --> 00:07:37.968 they hear of potential benefits that

NOTE Confidence: 0.768410402

00:07:37.968 --> 00:07:39.999 it could have had during treatment,

NOTE Confidence: 0.768410402

00:07:40.000 --> 00:07:42.429 they ask, why didn't I receive this

NOTE Confidence: 0.768410402

00:07:42.429 --> 00:07:44.160 information sooner at diagnosis?

NOTE Confidence: 0.768410402

00:07:44.160 --> 00:07:45.720 And so as Tara suggested,

NOTE Confidence: 0.768410402

00:07:45.720 --> 00:07:48.392 some people do want that information

NOTE Confidence: 0.768410402

00:07:48.392 --> 00:07:51.464 earlier and assistance in adding

NOTE Confidence: 0.768410402

00:07:51.464 --> 00:07:54.958 exercise into their routine during treatment.

NOTE Confidence: 0.768410402

00:07:54.960 --> 00:07:57.512 And so Tara and I actually led a

NOTE Confidence: 0.768410402

00:07:57.512 --> 00:07:59.884 trial together that just completed and

NOTE Confidence: 0.768410402

00:07:59.884 --> 00:08:02.068 was recently published that was an

NOTE Confidence: 0.768410402

00:08:02.068 --> 00:08:03.737 exercise and nutrition intervention

NOTE Confidence: 0.768410402

00:08:03.737 --> 00:08:06.277 during chemotherapy for breast cancer.

NOTE Confidence: 0.768410402

00:08:06.280 --> 00:08:08.040 And when we say exercise,

NOTE Confidence: 0.768410402

00:08:08.040 --> 00:08:10.168 what we mean is we prescribe

NOTE Confidence: 0.768410402

00:08:10.168 --> 00:08:12.531 for these women primarily a brisk

NOTE Confidence: 0.768410402

00:08:12.531 --> 00:08:14.613 walking program that could be done

NOTE Confidence: 0.768410402

00:08:14.679 --> 00:08:16.503 at their home, in their neighborhood,

NOTE Confidence: 0.768410402

00:08:16.503 --> 00:08:20.084 as well as we developed a home based

NOTE Confidence: 0.768410402

00:08:20.084 --> 00:08:22.448 resistance strength training

NOTE Confidence: 0.768410402

00:08:22.448 --> 00:08:24.200 program in their home, and

NOTE Confidence: 0.768410402

00:08:24.200 --> 00:08:26.474 we create creative material to help

NOTE Confidence: 0.768410402

00:08:26.474 --> 00:08:29.118 them figure out which exercises to do.

NOTE Confidence: 0.768410402

00:08:29.120 --> 00:08:31.484 And the importance of initiating this

NOTE Confidence: 0.768410402

00:08:31.484 --> 00:08:33.842 during treatment is to maintain or

NOTE Confidence: 0.768410402

00:08:33.842 --> 00:08:36.327 even maybe increase a bit your muscle

NOTE Confidence: 0.768410402

00:08:36.327 --> 00:08:38.753 mass because we know that muscle

NOTE Confidence: 0.768410402

00:08:38.753 --> 00:08:40.758 is important for various outcomes

NOTE Confidence: 0.768410402

00:08:40.760 --> 00:08:42.944 and there could be adverse effects

NOTE Confidence: 0.768410402

00:08:42.944 --> 00:08:44.400 of chemotherapy on muscle.

NOTE Confidence: 0.768410402

00:08:44.400 --> 00:08:46.486 So the idea of exercising either

NOTE Confidence: 0.768410402

00:08:46.486 --> 00:08:48.530 with just brisk walking which is

NOTE Confidence: 0.768410402

00:08:48.530 --> 00:08:50.340 a weight bearing activity during

NOTE Confidence: 0.768410402

00:08:50.340 --> 00:08:52.358 treatment to maintain muscle mass,

NOTE Confidence: 0.768410402

00:08:52.360 --> 00:08:55.208 but if not then in the post treatment

NOTE Confidence: 0.768410402

00:08:55.208 --> 00:08:57.680 setting helping to improve other outcomes

NOTE Confidence: 0.768410402

00:08:57.680 --> 00:08:59.078 is really important to think about.

NOTE Confidence: 0.768410402

00:08:59.080 --> 00:09:01.592 And one of the approaches we had

NOTE Confidence: 0.768410402

00:09:01.592 --> 00:09:03.784 our study participants consider is

NOTE Confidence: 0.768410402

00:09:03.784 --> 00:09:06.175 that shortly after diagnosis

NOTE Confidence: 0.768410402

00:09:06.175 --> 00:09:08.070 friends and family and neighbors

NOTE Confidence: 0.768410402

00:09:08.133 --> 00:09:10.706 want to help out and often

NOTE Confidence: 0.768410402

00:09:10.706 --> 00:09:12.760 bringing over meals or whatnot.

NOTE Confidence: 0.768410402

00:09:12.760 --> 00:09:15.161 And so we recommended that if there  
NOTE Confidence: 0.768410402

00:09:15.161 --> 00:09:17.396 was an opportunity for them to set up  
NOTE Confidence: 0.768410402

00:09:17.400 --> 00:09:19.400 a time each week to walk with someone,  
NOTE Confidence: 0.768410402

00:09:19.400 --> 00:09:20.760 a neighbor or a friend,  
NOTE Confidence: 0.768410402

00:09:20.760 --> 00:09:22.440 that might be helpful as well.  
NOTE Confidence: 0.768410402

00:09:22.440 --> 00:09:23.367 And you know,  
NOTE Confidence: 0.768410402

00:09:23.367 --> 00:09:25.530 these walks could be for 10  
NOTE Confidence: 0.768410402

00:09:25.606 --> 00:09:28.280 minutes or 30 minutes depending on the  
NOTE Confidence: 0.768410402

00:09:28.280 --> 00:09:30.200 individual's ability and how they feel,  
NOTE Confidence: 0.768410402

00:09:30.200 --> 00:09:32.480 how many days post chemotherapy it might be.  
NOTE Confidence: 0.768410402

00:09:32.480 --> 00:09:34.076 We know that those couple  
NOTE Confidence: 0.768410402

00:09:34.076 --> 00:09:35.998 days post chemo are a little bit  
NOTE Confidence: 0.768410402

00:09:35.998 --> 00:09:37.594 more challenging than say the week  
NOTE Confidence: 0.768410402

00:09:37.594 --> 00:09:38.720 or two thereafter.  
NOTE Confidence: 0.889933158571429

00:09:39.960 --> 00:09:43.430 I love the idea of  
NOTE Confidence: 0.889933158571429

00:09:43.430 --> 00:09:46.280 instead of bringing over a cake



NOTE Confidence: 0.889933158571429

00:09:46.280 --> 00:09:49.556 to offer to walk with somebody,

NOTE Confidence: 0.889933158571429

00:09:49.560 --> 00:09:52.668 it might actually be just as good

NOTE Confidence: 0.889933158571429

00:09:52.668 --> 00:09:56.092 for their heart and soul and

NOTE Confidence: 0.889933158571429

00:09:56.092 --> 00:09:58.600 might actually be helpful in their

NOTE Confidence: 0.889933158571429

00:09:58.600 --> 00:10:00.744 survivorship journey.

00:10:03.120 --> 00:10:05.285 Tara, Melinda had mentioned resistance training

NOTE Confidence: 0.889933158571429

00:10:05.285 --> 00:10:08.519 and walking. Is one better than the other?

NOTE Confidence: 0.889933158571429

00:10:08.520 --> 00:10:10.914 Do you prescribe both to your patients?

NOTE Confidence: 0.889933158571429

00:10:10.920 --> 00:10:12.376 How much of each?

NOTE Confidence: 0.889933158571429

00:10:12.376 --> 00:10:14.560 What should patients be aware of?

NOTE Confidence: 0.8208614425

00:10:15.840 --> 00:10:17.340 Yeah, and I'll welcome

NOTE Confidence: 0.8208614425

00:10:17.340 --> 00:10:19.188 Melinda to chime in, too.

NOTE Confidence: 0.8208614425

00:10:19.188 --> 00:10:22.320 But you know, I have to say for a

NOTE Confidence: 0.8208614425

00:10:22.415 --> 00:10:24.848 long time the only thing I was really

NOTE Confidence: 0.8208614425

00:10:24.848 --> 00:10:26.560 recommending to my patients was walking.

NOTE Confidence: 0.8208614425

00:10:26.560 --> 00:10:29.278 And that's a lot because of the

NOTE Confidence: 0.8208614425

00:10:29.278 --> 00:10:31.617 trials leading into our most recent

NOTE Confidence: 0.8208614425

00:10:31.617 --> 00:10:34.200 study showed the benefits of walking.

NOTE Confidence: 0.8208614425

00:10:34.200 --> 00:10:36.040 It's free for most people.

NOTE Confidence: 0.8208614425

00:10:36.040 --> 00:10:37.360 If you have a safe place,

NOTE Confidence: 0.8208614425

00:10:37.360 --> 00:10:39.952 you can do it right out of your home.

NOTE Confidence: 0.8208614425

00:10:39.960 --> 00:10:42.456 I have to say that the evidence is

NOTE Confidence: 0.8208614425

00:10:42.456 --> 00:10:44.696 emerging that also strength training

NOTE Confidence: 0.8208614425

00:10:44.696 --> 00:10:47.376 is extremely beneficial and I

NOTE Confidence: 0.8208614425

00:10:47.376 --> 00:10:49.476 feel like it's been undervalued

NOTE Confidence: 0.8208614425

00:10:49.480 --> 00:10:53.200 socially because at least in the

NOTE Confidence: 0.8208614425

00:10:53.200 --> 00:10:54.880 female population that I take care of,

NOTE Confidence: 0.8208614425

00:10:54.880 --> 00:10:56.880 very few women are strength

NOTE Confidence: 0.8208614425

00:10:56.880 --> 00:10:58.880 training on a routine basis.

00:11:00.424 --> 00:11:01.968 I think it points towards

NOTE Confidence: 0.8208614425

00:11:01.968 --> 00:11:03.560 easier treatment completion.

NOTE Confidence: 0.8208614425

00:11:03.560 --> 00:11:05.780 There's some data that suggests

NOTE Confidence: 0.8208614425

00:11:05.780 --> 00:11:07.839 that when strength training is added,

NOTE Confidence: 0.8208614425

00:11:07.840 --> 00:11:09.812 so cardiovascular and strength

NOTE Confidence: 0.8208614425

00:11:09.812 --> 00:11:11.744 training are both two parts

NOTE Confidence: 0.8208614425

00:11:11.744 --> 00:11:14.074 of a Ying and a Yang to

NOTE Confidence: 0.8208614425

00:11:14.074 --> 00:11:16.048 exercise that I think we need to

NOTE Confidence: 0.8208614425

00:11:16.115 --> 00:11:18.275 really be enforcing both of them.

NOTE Confidence: 0.8208614425

00:11:18.280 --> 00:11:18.930 And Melinda,

NOTE Confidence: 0.8208614425

00:11:18.930 --> 00:11:21.240 I'd love to hear your opinion on that.

NOTE Confidence: 0.830953926666667

00:11:21.440 --> 00:11:22.880 Yeah, I agree with that.

NOTE Confidence: 0.830953926666667

00:11:22.880 --> 00:11:24.875 I mean first and foremost if we

NOTE Confidence: 0.830953926666667

00:11:24.875 --> 00:11:27.053 just get people going from not

NOTE Confidence: 0.830953926666667

00:11:27.053 --> 00:11:29.288 very much to doing something and

NOTE Confidence: 0.830953926666667

00:11:29.288 --> 00:11:31.241 if they choose walking and are

NOTE Confidence: 0.830953926666667

00:11:31.241 --> 00:11:33.110 not able to or they're not really

NOTE Confidence: 0.830953926666667

00:11:33.110 --> 00:11:34.158 enjoying the strength training,

NOTE Confidence: 0.830953926666667

00:11:34.160 --> 00:11:35.600 then that's better than not  
NOTE Confidence: 0.830953926666667

00:11:35.600 --> 00:11:37.040 doing either or vice versa.  
NOTE Confidence: 0.830953926666667

00:11:37.040 --> 00:11:39.440 We have found that some of our  
NOTE Confidence: 0.830953926666667

00:11:39.440 --> 00:11:40.870 participants have really appreciated  
NOTE Confidence: 0.830953926666667

00:11:40.870 --> 00:11:43.180 the home based strength training program  
NOTE Confidence: 0.830953926666667

00:11:43.180 --> 00:11:45.540 and that was easier for them to do  
NOTE Confidence: 0.830953926666667

00:11:45.540 --> 00:11:47.592 than to get outside and go walking.  
NOTE Confidence: 0.830953926666667

00:11:47.592 --> 00:11:50.411 And the nice thing is nowadays if  
NOTE Confidence: 0.830953926666667

00:11:50.411 --> 00:11:52.756 someone has an iPhone or an iPad,  
NOTE Confidence: 0.830953926666667

00:11:52.756 --> 00:11:54.748 there's so many apps that they  
NOTE Confidence: 0.830953926666667

00:11:54.748 --> 00:11:57.244 can download for free that do  
NOTE Confidence: 0.830953926666667

00:11:57.244 --> 00:11:58.912 a different daily workout.  
00:11:59.440 --> 00:12:01.260 Whether it be a Pilates or a  
NOTE Confidence: 0.830953926666667

00:12:01.260 --> 00:12:02.958 resistance strength training program,  
NOTE Confidence: 0.830953926666667

00:12:02.960 --> 00:12:05.956 we've developed one as well for participants.  
00:12:07.860 --> 00:12:10.235 But I encourage walking and or strength  
NOTE Confidence: 0.830953926666667

00:12:10.235 --> 00:12:12.758 training and while both are fantastic,

NOTE Confidence: 0.830953926666667  
00:12:12.760 --> 00:12:15.720 just doing something that really  
NOTE Confidence: 0.830953926666667  
00:12:15.720 --> 00:12:17.244 makes them feel good and it's  
NOTE Confidence: 0.830953926666667  
00:12:17.244 --> 00:12:18.889 easier for them to initiate is  
NOTE Confidence: 0.830953926666667  
00:12:18.889 --> 00:12:20.599 probably a good place to start.  
NOTE Confidence: 0.906636834166667  
00:12:21.240 --> 00:12:24.957 And one of the things that you  
NOTE Confidence: 0.906636834166667  
00:12:24.957 --> 00:12:27.548 mentioned was that it's free and  
NOTE Confidence: 0.906636834166667  
00:12:27.548 --> 00:12:30.480 doesn't really require a lot of equipment.  
NOTE Confidence: 0.906636834166667  
00:12:30.480 --> 00:12:32.736 So even the strength training, Tara,  
NOTE Confidence: 0.906636834166667  
00:12:32.736 --> 00:12:35.795 can you talk a little  
NOTE Confidence: 0.906636834166667  
00:12:35.795 --> 00:12:38.200 bit about what you are advocating?  
NOTE Confidence: 0.906636834166667  
00:12:38.200 --> 00:12:40.720 I mean some people when they hear  
NOTE Confidence: 0.906636834166667  
00:12:40.720 --> 00:12:42.055 strength training, they think, jeez,  
NOTE Confidence: 0.906636834166667  
00:12:42.055 --> 00:12:43.920 I'm going to need to go to the gym.  
NOTE Confidence: 0.906636834166667  
00:12:43.920 --> 00:12:45.480 I'm going to need to  
NOTE Confidence: 0.906636834166667  
00:12:45.480 --> 00:12:47.060 pick up heavy weights,  
NOTE Confidence: 0.906636834166667

00:12:47.060 --> 00:12:49.035 but other people might say,  
NOTE Confidence: 0.906636834166667

00:12:49.040 --> 00:12:51.120 you know, what if I have a couple  
NOTE Confidence: 0.906636834166667

00:12:51.120 --> 00:12:53.039 of jugs of laundry detergent,  
NOTE Confidence: 0.906636834166667

00:12:53.040 --> 00:12:55.119 I can do a bit of strength  
NOTE Confidence: 0.906636834166667

00:12:55.120 --> 00:12:56.760 training in my own home.  
NOTE Confidence: 0.906636834166667

00:12:56.760 --> 00:12:58.920 Can you talk a little bit about that?  
NOTE Confidence: 0.940980443125

00:12:59.640 --> 00:13:01.552 Yeah, you're reminding me that I used to  
NOTE Confidence: 0.940980443125

00:13:01.552 --> 00:13:03.680 tell my 80 year old grandmother to just  
NOTE Confidence: 0.940980443125

00:13:03.680 --> 00:13:07.880 you know, bicep curl a soup can  
NOTE Confidence: 0.940980443125

00:13:07.880 --> 00:13:09.902 because she wasn't doing  
NOTE Confidence: 0.940980443125

00:13:09.902 --> 00:13:12.561 anything and she would do this in  
NOTE Confidence: 0.940980443125

00:13:12.561 --> 00:13:14.433 her kitchen while she was cooking.  
NOTE Confidence: 0.940980443125

00:13:14.440 --> 00:13:16.732 I think we overlook  
NOTE Confidence: 0.940980443125

00:13:16.732 --> 00:13:19.815 body weight strength training, right?  
NOTE Confidence: 0.940980443125

00:13:19.815 --> 00:13:23.280 So there are simple moves that can  
NOTE Confidence: 0.940980443125

00:13:23.280 --> 00:13:26.800 place a load on certain parts of your

NOTE Confidence: 0.940980443125

00:13:26.800 --> 00:13:30.334 body like a plank or a squat that

NOTE Confidence: 0.940980443125

00:13:30.334 --> 00:13:33.399 again requires no equipment at all.

NOTE Confidence: 0.940980443125

00:13:33.400 --> 00:13:35.485 And there's also resistance bands

NOTE Confidence: 0.940980443125

00:13:35.485 --> 00:13:38.632 that you can buy on the Internet or

NOTE Confidence: 0.940980443125

00:13:38.632 --> 00:13:40.840 or at your local department stores.

NOTE Confidence: 0.940980443125

00:13:40.840 --> 00:13:43.528 And those also provide

NOTE Confidence: 0.940980443125

00:13:43.528 --> 00:13:45.726 some just natural resistance that

NOTE Confidence: 0.940980443125

00:13:45.726 --> 00:13:48.156 don't require massive number of

NOTE Confidence: 0.940980443125

00:13:48.160 --> 00:13:49.495 weights and dumbbells.

NOTE Confidence: 0.940980443125

00:13:49.495 --> 00:13:52.070 I think we're really evolving with

NOTE Confidence: 0.940980443125

00:13:52.070 --> 00:13:54.440 how we talk about strength training.

NOTE Confidence: 0.940980443125

00:13:54.440 --> 00:13:56.072 It's no longer just beefing up

NOTE Confidence: 0.940980443125

00:13:56.072 --> 00:13:57.160 to get big muscles.

NOTE Confidence: 0.96432969625

00:13:57.600 --> 00:13:58.904 Well, that's great information.

NOTE Confidence: 0.96432969625

00:13:58.904 --> 00:14:01.257 We are going to take a short

NOTE Confidence: 0.96432969625

00:14:01.257 --> 00:14:02.917 break for a medical minute.  
NOTE Confidence: 0.96432969625

00:14:02.920 --> 00:14:04.040 Please stay tuned to learn  
NOTE Confidence: 0.96432969625

00:14:04.040 --> 00:14:05.960 more about exercise and breast  
NOTE Confidence: 0.96432969625

00:14:05.960 --> 00:14:07.880 cancer with my guests Dr.  
NOTE Confidence: 0.96432969625

00:14:07.880 --> 00:14:09.920 Tara Sanft and Melinda Irwin.  
NOTE Confidence: 0.890991611

00:14:10.560 --> 00:14:12.540 Funding for Yale Cancer Answers  
NOTE Confidence: 0.890991611

00:14:12.540 --> 00:14:14.520 comes from Smilow Cancer Hospital,  
NOTE Confidence: 0.890991611

00:14:14.520 --> 00:14:16.265 where spiritual care offers support  
NOTE Confidence: 0.890991611

00:14:16.265 --> 00:14:18.374 to patients seeking peace in the  
NOTE Confidence: 0.890991611

00:14:18.374 --> 00:14:19.919 midst of their cancer journey,  
NOTE Confidence: 0.890991611

00:14:19.920 --> 00:14:21.744 while respecting the unique  
NOTE Confidence: 0.890991611

00:14:21.744 --> 00:14:22.737 philosophies, spiritualities,  
NOTE Confidence: 0.890991611

00:14:22.737 --> 00:14:25.959 and religions of patients and caregivers.  
NOTE Confidence: 0.890991611

00:14:25.960 --> 00:14:28.080 Smilowcancerhospital.org.  
NOTE Confidence: 0.9580957875

00:14:30.320 --> 00:14:32.140 The American Cancer Society  
NOTE Confidence: 0.9580957875

00:14:32.140 --> 00:14:34.348 estimates that more than 65,000



NOTE Confidence: 0.9580957875

00:14:34.348 --> 00:14:36.288 Americans will be diagnosed with

NOTE Confidence: 0.9580957875

00:14:36.288 --> 00:14:38.560 head and neck cancer this year,

NOTE Confidence: 0.9580957875

00:14:38.560 --> 00:14:41.675 making up about 4% of all cancers

NOTE Confidence: 0.9580957875

00:14:41.675 --> 00:14:43.317 diagnosed. When detected early,

NOTE Confidence: 0.9580957875

00:14:43.317 --> 00:14:45.711 however, head and neck cancers are

NOTE Confidence: 0.9580957875

00:14:45.711 --> 00:14:47.920 easily treated and highly curable.

NOTE Confidence: 0.9580957875

00:14:47.920 --> 00:14:49.912 Clinical trials are currently

NOTE Confidence: 0.9580957875

00:14:49.912 --> 00:14:51.904 underway at federally designated

NOTE Confidence: 0.9580957875

00:14:51.904 --> 00:14:53.440 Comprehensive Cancer Centers,

NOTE Confidence: 0.9580957875

00:14:53.440 --> 00:14:56.352 such as Yale Cancer Center and Smilow

NOTE Confidence: 0.9580957875

00:14:56.352 --> 00:14:58.736 Cancer Hospital to test innovative new

NOTE Confidence: 0.9580957875

00:14:58.736 --> 00:15:01.118 treatments for head and neck cancers.

NOTE Confidence: 0.9580957875

00:15:01.120 --> 00:15:03.015 Yale Cancer Center was recently

NOTE Confidence: 0.9580957875

00:15:03.015 --> 00:15:04.910 awarded grants from the National

NOTE Confidence: 0.9580957875

00:15:04.974 --> 00:15:07.273 Institutes of Health to fund the

NOTE Confidence: 0.9580957875

00:15:07.273 --> 00:15:09.499 Yale Head and Neck Cancer Specialized  
NOTE Confidence: 0.9580957875

00:15:09.499 --> 00:15:11.438 Program of Research Excellence,  
NOTE Confidence: 0.9580957875

00:15:11.440 --> 00:15:12.258 or SPORE,  
NOTE Confidence: 0.9580957875

00:15:12.258 --> 00:15:14.303 to address critical barriers to  
NOTE Confidence: 0.9580957875

00:15:14.303 --> 00:15:17.269 treatment of head and neck squamous cell  
NOTE Confidence: 0.9580957875

00:15:17.269 --> 00:15:19.765 carcinoma due to resistance to immune  
NOTE Confidence: 0.9580957875

00:15:19.840 --> 00:15:22.200 DNA damaging and targeted therapy.  
NOTE Confidence: 0.9580957875

00:15:22.200 --> 00:15:24.600 More information is available  
NOTE Confidence: 0.9580957875

00:15:24.600 --> 00:15:25.645 at [yalecancercenter.org](http://yalecancercenter.org).  
NOTE Confidence: 0.9580957875

00:15:25.645 --> 00:15:28.315 You're listening to Connecticut Public Radio.  
NOTE Confidence: 0.941582711666667

00:15:29.160 --> 00:15:31.236 Welcome back to Yale Cancer Answers.  
NOTE Confidence: 0.941582711666667

00:15:31.240 --> 00:15:33.617 This is Doctor Anees Chagpar and  
NOTE Confidence: 0.941582711666667

00:15:33.617 --> 00:15:35.626 I'm joined tonight by my guests, Dr.  
NOTE Confidence: 0.941582711666667

00:15:35.626 --> 00:15:37.956 Tara Sanft and Melinda Irwin.  
NOTE Confidence: 0.941582711666667

00:15:37.960 --> 00:15:40.053 We're talking about exercise as a standard  
NOTE Confidence: 0.941582711666667

00:15:40.053 --> 00:15:42.397 of care for women with breast cancer.

NOTE Confidence: 0.941582711666667  
00:15:42.400 --> 00:15:43.740 Now before the break,  
NOTE Confidence: 0.941582711666667  
00:15:43.740 --> 00:15:46.117 we were talking about the value of  
NOTE Confidence: 0.941582711666667  
00:15:46.117 --> 00:15:48.196 exercise and how there have been a  
NOTE Confidence: 0.941582711666667  
00:15:48.196 --> 00:15:50.760 number of studies that have demonstrated  
NOTE Confidence: 0.941582711666667  
00:15:50.760 --> 00:15:53.532 that it improves quality of life,  
NOTE Confidence: 0.941582711666667  
00:15:53.532 --> 00:15:57.396 it can improve chemotherapy completion rates.  
NOTE Confidence: 0.941582711666667  
00:15:57.400 --> 00:15:59.357 Overall, it's just good for us.  
NOTE Confidence: 0.941582711666667  
00:15:59.357 --> 00:16:01.856 And so Tara, maybe you can talk  
NOTE Confidence: 0.941582711666667  
00:16:01.856 --> 00:16:04.894 a little bit about how it is now  
NOTE Confidence: 0.941582711666667  
00:16:04.894 --> 00:16:06.880 becoming a standard of care.  
NOTE Confidence: 0.946958188  
00:16:07.560 --> 00:16:11.390 I'm so excited to see exercise  
NOTE Confidence: 0.946958188  
00:16:11.390 --> 00:16:15.520 become a part of the treatment plan.  
NOTE Confidence: 0.946958188  
00:16:15.520 --> 00:16:17.932 And you know, one way that we see this  
NOTE Confidence: 0.946958188  
00:16:17.932 --> 00:16:20.755 is in program standards as you mentioned.  
NOTE Confidence: 0.946958188  
00:16:20.760 --> 00:16:23.782 And the national accreditation  
NOTE Confidence: 0.946958188

00:16:23.782 --> 00:16:26.728 program for breast centers is one  
NOTE Confidence: 0.946958188

00:16:26.728 --> 00:16:29.135 of those programs that's been in  
NOTE Confidence: 0.946958188

00:16:29.135 --> 00:16:30.360 existence for quite some time.  
NOTE Confidence: 0.946958188

00:16:30.360 --> 00:16:33.420 And their goal is really  
NOTE Confidence: 0.946958188

00:16:33.420 --> 00:16:36.531 to make sure that NAPBC accredited  
NOTE Confidence: 0.946958188

00:16:36.531 --> 00:16:39.237 programs are offering all the components  
NOTE Confidence: 0.946958188

00:16:39.237 --> 00:16:42.078 of care that make care excellent.  
NOTE Confidence: 0.946958188

00:16:42.080 --> 00:16:45.190 And recently they've just revamped  
NOTE Confidence: 0.946958188

00:16:45.190 --> 00:16:46.434 their standards.  
NOTE Confidence: 0.946958188

00:16:46.440 --> 00:16:48.720 And I'm just going to read one of  
NOTE Confidence: 0.946958188

00:16:48.720 --> 00:16:50.858 the lines from the standard and to  
NOTE Confidence: 0.946958188

00:16:50.858 --> 00:16:52.972 me this as a patient experience  
NOTE Confidence: 0.946958188

00:16:52.972 --> 00:16:54.565 officer speaks volumes.  
NOTE Confidence: 0.946958188

00:16:54.565 --> 00:16:57.960 They say that patients must be viewed  
NOTE Confidence: 0.946958188

00:16:57.960 --> 00:17:02.236 in the context of their entire personhood.  
NOTE Confidence: 0.946958188

00:17:02.240 --> 00:17:05.184 And I just think that is what we

NOTE Confidence: 0.946958188

00:17:05.184 --> 00:17:06.912 should all be doing across medicine.

NOTE Confidence: 0.946958188

00:17:06.920 --> 00:17:09.269 And I love to see that in writing

NOTE Confidence: 0.946958188

00:17:09.269 --> 00:17:11.737 and part of that personhood

NOTE Confidence: 0.946958188

00:17:11.737 --> 00:17:13.877 includes how someone is functioning.

NOTE Confidence: 0.946958188

00:17:13.880 --> 00:17:16.244 So really starting at diagnosis and

NOTE Confidence: 0.946958188

00:17:16.244 --> 00:17:17.820 spanning throughout the treatment

NOTE Confidence: 0.946958188

00:17:17.885 --> 00:17:19.797 trajectory and into survivorship.

NOTE Confidence: 0.946958188

00:17:19.800 --> 00:17:22.450 All patients must be considered

NOTE Confidence: 0.946958188

00:17:22.450 --> 00:17:24.826 for functional assessment and

NOTE Confidence: 0.946958188

00:17:24.826 --> 00:17:27.184 the program standards want to see

NOTE Confidence: 0.946958188

00:17:27.184 --> 00:17:29.506 documentation of exercise therapy

NOTE Confidence: 0.946958188

00:17:29.506 --> 00:17:30.239 recommendations.

NOTE Confidence: 0.883575486666667

00:17:31.120 --> 00:17:33.392 Melinda, I want to go back to you.

NOTE Confidence: 0.883575486666667

00:17:33.392 --> 00:17:35.378 What are the recommendations

NOTE Confidence: 0.883575486666667

00:17:35.378 --> 00:17:38.160 that based on the evidence

NOTE Confidence: 0.883575486666667

00:17:38.160 --> 00:17:39.280 doctors should be suggesting?

NOTE Confidence: 0.883575486666667

00:17:39.280 --> 00:17:41.712 I mean, we talked about the 2 1/2

NOTE Confidence: 0.883575486666667

00:17:41.712 --> 00:17:43.956 hours being the current guidelines but

NOTE Confidence: 0.883575486666667

00:17:43.956 --> 00:17:46.276 something being better than nothing.

NOTE Confidence: 0.883575486666667

00:17:46.280 --> 00:17:48.275 Can you talk a little bit about,

NOTE Confidence: 0.883575486666667

00:17:48.280 --> 00:17:52.116 you know what you would suggest as

NOTE Confidence: 0.883575486666667

00:17:52.120 --> 00:17:54.088 an initial recommendation both from

NOTE Confidence: 0.883575486666667

00:17:54.088 --> 00:17:56.824 the walking standpoint as well as

NOTE Confidence: 0.883575486666667

00:17:56.824 --> 00:17:59.599 from a strength training standpoint,

NOTE Confidence: 0.883575486666667

00:17:59.600 --> 00:18:01.288 where should patients

NOTE Confidence: 0.883575486666667

00:18:01.288 --> 00:18:03.000 and doctors start?

NOTE Confidence: 0.950747568888889

00:18:03.440 --> 00:18:04.880 I'd like to just first

NOTE Confidence: 0.950747568888889

00:18:04.880 --> 00:18:06.032 make two quick comments.

NOTE Confidence: 0.950747568888889

00:18:06.040 --> 00:18:08.210 I really appreciate what Tara just

NOTE Confidence: 0.950747568888889

00:18:08.210 --> 00:18:10.400 read and the importance of

NOTE Confidence: 0.950747568888889

00:18:10.400 --> 00:18:13.280 focusing on the whole person.

NOTE Confidence: 0.950747568888889  
00:18:13.280 --> 00:18:14.810 And I'm reminded of one  
NOTE Confidence: 0.950747568888889  
00:18:14.810 --> 00:18:16.034 of our study participants.  
NOTE Confidence: 0.950747568888889  
00:18:16.040 --> 00:18:18.278 In fact, there were many study  
NOTE Confidence: 0.950747568888889  
00:18:18.278 --> 00:18:20.739 participants in our trial that was  
NOTE Confidence: 0.950747568888889  
00:18:20.739 --> 00:18:22.974 of exercise during chemotherapy where  
NOTE Confidence: 0.950747568888889  
00:18:22.974 --> 00:18:25.293 these women reported at the end of  
NOTE Confidence: 0.950747568888889  
00:18:25.293 --> 00:18:27.030 the intervention which was at the  
NOTE Confidence: 0.950747568888889  
00:18:27.030 --> 00:18:28.800 end of their chemotherapy that they  
NOTE Confidence: 0.950747568888889  
00:18:28.800 --> 00:18:32.520 felt stronger and physically more fit  
NOTE Confidence: 0.950747568888889  
00:18:32.520 --> 00:18:36.480 at the end of chemotherapy than before.  
NOTE Confidence: 0.950747568888889  
00:18:36.480 --> 00:18:38.979 And the program we offered them was  
NOTE Confidence: 0.950747568888889  
00:18:38.979 --> 00:18:40.781 a primarily brisk walking upwards  
NOTE Confidence: 0.950747568888889  
00:18:40.781 --> 00:18:43.862 of 2 1/2 hours per week and twice a  
NOTE Confidence: 0.950747568888889  
00:18:43.862 --> 00:18:46.452 week the at home resistance  
NOTE Confidence: 0.950747568888889  
00:18:46.452 --> 00:18:47.992 strength training program with  
NOTE Confidence: 0.950747568888889

00:18:47.992 --> 00:18:50.764 dumbbells that were 2 lbs and 5  
NOTE Confidence: 0.950747568888889

00:18:50.764 --> 00:18:53.399 lbs and also resistance bands.  
NOTE Confidence: 0.950747568888889

00:18:53.400 --> 00:18:56.288 The other thing to note is that exercise  
NOTE Confidence: 0.950747568888889

00:18:56.288 --> 00:18:59.187 has benefits also for other outcomes  
NOTE Confidence: 0.950747568888889

00:18:59.187 --> 00:19:01.287 including cardiovascular disease and  
NOTE Confidence: 0.950747568888889

00:19:01.287 --> 00:19:04.120 hypertension and cholesterol and diabetes.  
NOTE Confidence: 0.950747568888889

00:19:04.120 --> 00:19:06.598 So while it's improving cancer outcomes,  
NOTE Confidence: 0.950747568888889

00:19:06.600 --> 00:19:08.380 it's also improving other outcomes  
NOTE Confidence: 0.950747568888889

00:19:08.380 --> 00:19:10.600 we know that are important  
NOTE Confidence: 0.950747568888889

00:19:10.600 --> 00:19:12.800 to patients with breast cancer.  
NOTE Confidence: 0.950747568888889

00:19:12.800 --> 00:19:14.690 I also think it's important that  
NOTE Confidence: 0.950747568888889

00:19:14.690 --> 00:19:17.488 the research and the focus shift  
NOTE Confidence: 0.950747568888889

00:19:17.488 --> 00:19:21.120 on helping providers be able  
NOTE Confidence: 0.950747568888889

00:19:21.120 --> 00:19:24.360 to not just recommend exercise,  
NOTE Confidence: 0.950747568888889

00:19:24.360 --> 00:19:26.160 but who to refer them to.  
NOTE Confidence: 0.950747568888889

00:19:26.160 --> 00:19:27.750 There's survivorship clinics



NOTE Confidence: 0.950747568888889  
00:19:27.750 --> 00:19:30.400 and programs at cancer centers,  
NOTE Confidence: 0.950747568888889  
00:19:30.400 --> 00:19:32.532 cancer hospitals and community  
NOTE Confidence: 0.950747568888889  
00:19:32.532 --> 00:19:33.598 based organizations.  
NOTE Confidence: 0.950747568888889  
00:19:33.600 --> 00:19:35.485 So it's important that we  
NOTE Confidence: 0.950747568888889  
00:19:35.485 --> 00:19:36.993 just don't recommend it,  
NOTE Confidence: 0.950747568888889  
00:19:37.000 --> 00:19:39.968 but we follow up with who to refer  
NOTE Confidence: 0.950747568888889  
00:19:39.968 --> 00:19:43.352 them to and are writing them a  
NOTE Confidence: 0.950747568888889  
00:19:43.352 --> 00:19:45.760 prescription that meets  
NOTE Confidence: 0.950747568888889  
00:19:46.586 --> 00:19:48.590 what they're able to do in their  
NOTE Confidence: 0.950747568888889  
00:19:48.590 --> 00:19:49.960 neighborhood or in their home.  
NOTE Confidence: 0.950747568888889  
00:19:49.960 --> 00:19:52.208 If they just leave being told to walk  
NOTE Confidence: 0.950747568888889  
00:19:52.208 --> 00:19:54.918 more and maybe do some resistance training,  
NOTE Confidence: 0.950747568888889  
00:19:54.920 --> 00:19:57.098 that's probably a little bit more  
NOTE Confidence: 0.950747568888889  
00:19:57.098 --> 00:19:58.929 challenging for the patient to  
NOTE Confidence: 0.950747568888889  
00:19:58.929 --> 00:20:01.120 understand how much when and where.  
NOTE Confidence: 0.950747568888889

00:20:01.120 --> 00:20:03.424 So if we can get even more specific  
NOTE Confidence: 0.950747568888889

00:20:03.424 --> 00:20:05.644 with the referral process and or  
NOTE Confidence: 0.950747568888889

00:20:05.644 --> 00:20:08.002 writing a prescription that would be  
NOTE Confidence: 0.950747568888889

00:20:08.074 --> 00:20:10.958 really important to take these standards of  
NOTE Confidence: 0.950747568888889

00:20:10.960 --> 00:20:12.004 incorporating physical  
NOTE Confidence: 0.950747568888889

00:20:12.004 --> 00:20:13.396 activity into clinical care.  
NOTE Confidence: 0.78699886

00:20:13.800 --> 00:20:16.998 And one of the things,  
NOTE Confidence: 0.78699886

00:20:17.000 --> 00:20:19.292 Tara, in the studies,  
NOTE Confidence: 0.78699886

00:20:19.292 --> 00:20:22.090 there was somebody kind of  
NOTE Confidence: 0.78699886

00:20:22.090 --> 00:20:24.320 presumably checking in on these patients.  
NOTE Confidence: 0.78699886

00:20:24.320 --> 00:20:25.576 How are you doing?  
NOTE Confidence: 0.78699886

00:20:25.576 --> 00:20:28.598 Did you do your walking?  
NOTE Confidence: 0.78699886

00:20:28.600 --> 00:20:32.032 What are the resources available to  
NOTE Confidence: 0.78699886

00:20:32.032 --> 00:20:35.084 patients in the community in terms  
NOTE Confidence: 0.78699886

00:20:35.084 --> 00:20:38.012 of having someone check in on them  
NOTE Confidence: 0.78699886

00:20:38.012 --> 00:20:40.425 and provide this kind of ongoing

NOTE Confidence: 0.78699886

00:20:40.425 --> 00:20:43.040 support in terms of their exercise?

NOTE Confidence: 0.874557774444444

00:20:43.760 --> 00:20:45.992 I'm glad you asked this.

NOTE Confidence: 0.874557774444444

00:20:46.000 --> 00:20:49.180 I do want to mention that

NOTE Confidence: 0.874557774444444

00:20:49.180 --> 00:20:51.850 in addition to prescribing let's say

NOTE Confidence: 0.874557774444444

00:20:51.929 --> 00:20:54.753 a walking program or again if

NOTE Confidence: 0.874557774444444

00:20:54.753 --> 00:20:57.648 there's something you like to do

NOTE Confidence: 0.874557774444444

00:20:57.648 --> 00:21:00.800 because that's the best form of exercise.

NOTE Confidence: 0.874557774444444

00:21:00.800 --> 00:21:04.664 There is also a movement towards more

NOTE Confidence: 0.874557774444444

00:21:04.664 --> 00:21:07.640 formal assessments and prescriptions

NOTE Confidence: 0.874557774444444

00:21:07.640 --> 00:21:08.771 through professionally trained

NOTE Confidence: 0.874557774444444

00:21:08.771 --> 00:21:10.279 physical therapists for instance.

NOTE Confidence: 0.874557774444444

00:21:10.280 --> 00:21:13.496 And many places label this

NOTE Confidence: 0.874557774444444

00:21:13.496 --> 00:21:15.640 an oncology rehab program.

NOTE Confidence: 0.874557774444444

00:21:15.640 --> 00:21:18.560 And often if it's instilled sort of at

NOTE Confidence: 0.874557774444444

00:21:18.560 --> 00:21:20.628 diagnosis before all your treatments

NOTE Confidence: 0.874557774444444

00:21:20.628 --> 00:21:23.780 get started, we call it prehab.  
NOTE Confidence: 0.8745577744444444

00:21:23.780 --> 00:21:27.691 So rehab and prehab and for extensive  
NOTE Confidence: 0.8745577744444444

00:21:27.691 --> 00:21:30.376 surgeries or extensive treatments or  
NOTE Confidence: 0.8745577744444444

00:21:30.376 --> 00:21:34.243 an individual who has a lot of  
NOTE Confidence: 0.8745577744444444

00:21:34.243 --> 00:21:36.770 issues going on that may impact their  
NOTE Confidence: 0.8745577744444444

00:21:36.850 --> 00:21:39.436 safety as it relates to exercise,  
NOTE Confidence: 0.8745577744444444

00:21:39.440 --> 00:21:42.135 a physical therapist or an ANC rehab  
NOTE Confidence: 0.8745577744444444

00:21:42.135 --> 00:21:45.236 program is definitely the way to go.  
NOTE Confidence: 0.8745577744444444

00:21:45.240 --> 00:21:47.557 And again not every place is fortunate  
NOTE Confidence: 0.8745577744444444

00:21:47.557 --> 00:21:49.680 to enjoy these resources,  
NOTE Confidence: 0.8745577744444444

00:21:49.680 --> 00:21:51.920 but I think putting them into the  
NOTE Confidence: 0.8745577744444444

00:21:51.920 --> 00:21:54.000 standards will ensure that institutions  
NOTE Confidence: 0.8745577744444444

00:21:54.000 --> 00:21:57.360 who want to be accredited will spend  
NOTE Confidence: 0.8745577744444444

00:21:57.445 --> 00:21:59.448 more investment in getting  
NOTE Confidence: 0.8745577744444444

00:21:59.448 --> 00:22:01.558 these programs up and running.  
NOTE Confidence: 0.8745577744444444

00:22:01.560 --> 00:22:03.762 In terms of the coaching

NOTE Confidence: 0.8745577744444444  
00:22:03.762 --> 00:22:05.520 or having someone check in,  
NOTE Confidence: 0.8745577744444444  
00:22:05.520 --> 00:22:07.550 we had our trained interventionist  
NOTE Confidence: 0.8745577744444444  
00:22:07.550 --> 00:22:09.961 check in with the patients 11  
NOTE Confidence: 0.8745577744444444  
00:22:09.961 --> 00:22:12.117 times over the course of the year.  
NOTE Confidence: 0.8745577744444444  
00:22:12.120 --> 00:22:15.234 So again it wasn't a daily check in process.  
NOTE Confidence: 0.8745577744444444  
00:22:15.240 --> 00:22:17.226 It was more intense at  
NOTE Confidence: 0.8745577744444444  
00:22:17.226 --> 00:22:19.369 the beginning and then spaced out  
NOTE Confidence: 0.8745577744444444  
00:22:19.369 --> 00:22:21.234 over the following months.  
NOTE Confidence: 0.8745577744444444  
00:22:21.240 --> 00:22:24.558 There are other wonderful community programs.  
NOTE Confidence: 0.8745577744444444  
00:22:24.560 --> 00:22:26.968 One that comes to mind that my patients  
NOTE Confidence: 0.8745577744444444  
00:22:26.968 --> 00:22:29.119 love is the LIVESTRONG program,  
NOTE Confidence: 0.8745577744444444  
00:22:29.120 --> 00:22:31.460 which is a national program offered  
NOTE Confidence: 0.8745577744444444  
00:22:31.460 --> 00:22:35.120 at many YMCAS that is specific to  
NOTE Confidence: 0.8745577744444444  
00:22:35.120 --> 00:22:38.040 cancer patients and the programming  
NOTE Confidence: 0.8745577744444444  
00:22:38.040 --> 00:22:39.916 allows for more of a community feel.  
NOTE Confidence: 0.8745577744444444

00:22:39.920 --> 00:22:41.593 So if you like to exercise with  
NOTE Confidence: 0.8745577744444444

00:22:41.593 --> 00:22:43.622 a group of people who have been  
NOTE Confidence: 0.8745577744444444

00:22:43.622 --> 00:22:45.500 through something that is  
NOTE Confidence: 0.8745577744444444

00:22:45.560 --> 00:22:47.440 not exactly your experience,  
NOTE Confidence: 0.8745577744444444

00:22:47.440 --> 00:22:49.785 but maybe close to it because of  
NOTE Confidence: 0.8745577744444444

00:22:49.785 --> 00:22:51.554 the common thread of being a  
NOTE Confidence: 0.8745577744444444

00:22:51.554 --> 00:22:53.360 cancer patient or a cancer survivor,  
NOTE Confidence: 0.8745577744444444

00:22:53.360 --> 00:22:55.376 this is really something that I  
NOTE Confidence: 0.8745577744444444

00:22:55.376 --> 00:22:57.560 encourage people to take advantage of.  
NOTE Confidence: 0.8745577744444444

00:22:57.560 --> 00:22:59.248 And then of course,  
NOTE Confidence: 0.8745577744444444

00:22:59.248 --> 00:23:01.358 there's other supervised programs at,  
NOTE Confidence: 0.8745577744444444

00:23:01.360 --> 00:23:02.206 you know,  
NOTE Confidence: 0.8745577744444444

00:23:02.206 --> 00:23:04.744 community centers and things where  
NOTE Confidence: 0.8745577744444444

00:23:04.744 --> 00:23:07.780 you can do not as intense exercise maybe,  
NOTE Confidence: 0.8745577744444444

00:23:07.780 --> 00:23:10.577 but also build a community and whatever  
NOTE Confidence: 0.8745577744444444

00:23:10.577 --> 00:23:12.599 exercise that feels right for you.

NOTE Confidence: 0.902592867333334

00:23:13.280 --> 00:23:15.455 Yeah, Melinda, I'm just thinking

NOTE Confidence: 0.902592867333334

00:23:15.455 --> 00:23:18.192 about people who may be listening

NOTE Confidence: 0.902592867333334

00:23:18.192 --> 00:23:20.880 to this and thinking, you know,

NOTE Confidence: 0.902592867333334

00:23:20.880 --> 00:23:23.160 I was diagnosed whatever last year,

NOTE Confidence: 0.902592867333334

00:23:23.160 --> 00:23:27.560 last month, a decade ago, and wasn't

NOTE Confidence: 0.902592867333334

00:23:27.560 --> 00:23:29.880 really provided this recommendation.

NOTE Confidence: 0.902592867333334

00:23:29.880 --> 00:23:33.730 But in hearing about the benefits of

NOTE Confidence: 0.902592867333334

00:23:33.730 --> 00:23:36.280 exercise, it may be helpful for me to start,

NOTE Confidence: 0.902592867333334

00:23:36.280 --> 00:23:39.220 even though I didn't start at the

NOTE Confidence: 0.902592867333334

00:23:39.220 --> 00:23:41.824 time of diagnosis. Two questions, first,

NOTE Confidence: 0.902592867333334

00:23:41.824 --> 00:23:45.640 is it still valuable to start a week,

NOTE Confidence: 0.902592867333334

00:23:45.640 --> 00:23:48.118 a month, a decade after diagnosis?

NOTE Confidence: 0.902592867333334

00:23:48.120 --> 00:23:51.879 And 2nd, where can people get resources

NOTE Confidence: 0.902592867333334

00:23:51.880 --> 00:23:54.264 if they're finished their cancer journey,

NOTE Confidence: 0.902592867333334

00:23:54.264 --> 00:23:56.952 at least their acute cancer journey?

NOTE Confidence: 0.902592867333334

00:23:56.960 --> 00:24:00.008 Are the recommendations that you had  
NOTE Confidence: 0.902592867333334

00:24:00.008 --> 00:24:03.495 provided to patients available in  
NOTE Confidence: 0.902592867333334

00:24:03.495 --> 00:24:07.642 an online accessible kind of  
NOTE Confidence: 0.902592867333334

00:24:07.642 --> 00:24:10.680 platform where survivors can access that?  
NOTE Confidence: 0.93676279

00:24:11.240 --> 00:24:12.428 Yeah, really important questions.  
NOTE Confidence: 0.93676279

00:24:12.428 --> 00:24:13.913 And I would say yes,  
NOTE Confidence: 0.93676279

00:24:13.920 --> 00:24:16.503 it's never too late to start a  
NOTE Confidence: 0.93676279

00:24:16.503 --> 00:24:18.661 program whether they were diagnosed  
NOTE Confidence: 0.93676279

00:24:18.661 --> 00:24:21.164 yesterday or 10-20 years ago.  
NOTE Confidence: 0.93676279

00:24:21.164 --> 00:24:25.278 I would say the the first stop could  
NOTE Confidence: 0.93676279

00:24:25.278 --> 00:24:28.280 be outreach to if they're still  
NOTE Confidence: 0.93676279

00:24:28.280 --> 00:24:29.956 regularly seeing their oncologist  
NOTE Confidence: 0.93676279

00:24:29.956 --> 00:24:32.980 reaching out to them or to their  
NOTE Confidence: 0.93676279

00:24:32.980 --> 00:24:35.578 primary care doctor and asking them  
NOTE Confidence: 0.93676279

00:24:35.578 --> 00:24:38.105 about resources that might be available  
NOTE Confidence: 0.93676279

00:24:38.105 --> 00:24:40.793 at the hospital or in the community.



NOTE Confidence: 0.93676279

00:24:40.800 --> 00:24:43.638 They might have documents available that

NOTE Confidence: 0.93676279

00:24:43.638 --> 00:24:46.686 list resources if they're just diagnosed

NOTE Confidence: 0.93676279

00:24:46.686 --> 00:24:49.396 or just recently completing treatment.

NOTE Confidence: 0.93676279

00:24:49.400 --> 00:24:53.674 I would like to see hospitals think about

NOTE Confidence: 0.93676279

00:24:53.674 --> 00:24:55.959 their cardiovascular rehab programs,

NOTE Confidence: 0.93676279

00:24:55.960 --> 00:24:58.000 cardiac rehab programs that are

NOTE Confidence: 0.93676279

00:24:58.000 --> 00:25:00.240 available and thinking about how to

NOTE Confidence: 0.93676279

00:25:00.240 --> 00:25:02.280 share resources either to broaden it

NOTE Confidence: 0.93676279

00:25:02.280 --> 00:25:06.152 to include a cancer rehab program.

NOTE Confidence: 0.93676279

00:25:06.152 --> 00:25:08.214 And many times those are offered

NOTE Confidence: 0.93676279

00:25:08.214 --> 00:25:10.296 at least cardiac rehab is offered

NOTE Confidence: 0.93676279

00:25:10.296 --> 00:25:12.173 right after a cardiovascular event

NOTE Confidence: 0.93676279

00:25:12.173 --> 00:25:14.038 and maybe not years later.

NOTE Confidence: 0.93676279

00:25:14.040 --> 00:25:18.037 But I know for example survivorship programs,

NOTE Confidence: 0.93676279

00:25:18.040 --> 00:25:20.110 they might see patients anytime

NOTE Confidence: 0.93676279

00:25:20.110 --> 00:25:22.180 after diagnosis upward to 10-20

NOTE Confidence: 0.93676279

00:25:22.250 --> 00:25:23.720 years after diagnosis.

NOTE Confidence: 0.93676279

00:25:23.720 --> 00:25:26.992 And so that's a really good first

NOTE Confidence: 0.93676279

00:25:26.992 --> 00:25:29.372 stop as well to to reach out

NOTE Confidence: 0.93676279

00:25:29.372 --> 00:25:30.756 to those survivorship programs.

NOTE Confidence: 0.93676279

00:25:30.760 --> 00:25:33.154 Also Tara mentioned the YMCA and

NOTE Confidence: 0.93676279

00:25:33.154 --> 00:25:35.160 the Livestrong program.

NOTE Confidence: 0.93676279

00:25:35.160 --> 00:25:38.676 Many YMCA's also offer related programs,

NOTE Confidence: 0.93676279

00:25:38.680 --> 00:25:40.800 not necessarily specific to cancer,

NOTE Confidence: 0.93676279

00:25:40.800 --> 00:25:42.531 but for example,

NOTE Confidence: 0.93676279

00:25:42.531 --> 00:25:45.514 the Diabetes Prevention program is

NOTE Confidence: 0.93676279

00:25:45.514 --> 00:25:47.873 open that focuses on exercise and nutrition.

NOTE Confidence: 0.93676279

00:25:47.880 --> 00:25:49.705 Those are at YMCA's there's

NOTE Confidence: 0.93676279

00:25:49.705 --> 00:25:51.530 programs called the Silver Sneakers

NOTE Confidence: 0.93676279

00:25:51.593 --> 00:25:53.158 Exercise programs at the Y.

NOTE Confidence: 0.93676279

00:25:53.160 --> 00:25:56.160 For people of a certain age,

NOTE Confidence: 0.93676279

00:25:56.160 --> 00:25:58.444 Medicare reimburses programs that

NOTE Confidence: 0.93676279

00:25:58.444 --> 00:26:01.299 are more weight management focused

NOTE Confidence: 0.93676279

00:26:01.299 --> 00:26:03.359 that includes exercise.

NOTE Confidence: 0.93676279

00:26:03.360 --> 00:26:05.440 So definitely talking to the primary

NOTE Confidence: 0.93676279

00:26:05.440 --> 00:26:07.840 care physician and the oncologist

NOTE Confidence: 0.93676279

00:26:07.840 --> 00:26:09.826 can provide some information

NOTE Confidence: 0.93676279

00:26:09.826 --> 00:26:11.878 and is a good starting point.

NOTE Confidence: 0.870195651666667

00:26:14.000 --> 00:26:15.320 If I could add into that,

NOTE Confidence: 0.870195651666667

00:26:15.320 --> 00:26:18.387 you know we do see patients long

NOTE Confidence: 0.870195651666667

00:26:18.387 --> 00:26:21.429 after treatment has ended in our

NOTE Confidence: 0.870195651666667

00:26:21.429 --> 00:26:23.401 multidisciplinary clinic and

NOTE Confidence: 0.870195651666667

00:26:23.401 --> 00:26:25.639 we always reminisce or say that

NOTE Confidence: 0.870195651666667

00:26:25.640 --> 00:26:27.579 patients find us when they need us

NOTE Confidence: 0.870195651666667

00:26:27.579 --> 00:26:29.677 and then our other mantra is

NOTE Confidence: 0.870195651666667

00:26:29.677 --> 00:26:31.720 that we meet them where they're at.

NOTE Confidence: 0.870195651666667

00:26:31.720 --> 00:26:33.488 So you know there are people who used

NOTE Confidence: 0.870195651666667

00:26:33.488 --> 00:26:35.673 to run marathons and then maybe had

NOTE Confidence: 0.870195651666667

00:26:35.673 --> 00:26:37.358 extensive cancer treatment and thought,

NOTE Confidence: 0.870195651666667

00:26:37.414 --> 00:26:39.475 I don't think I could ever do that again.

NOTE Confidence: 0.870195651666667

00:26:39.480 --> 00:26:41.316 But eventually they want to

NOTE Confidence: 0.870195651666667

00:26:41.316 --> 00:26:43.744 know if they could and so you know

NOTE Confidence: 0.870195651666667

00:26:43.744 --> 00:26:46.590 I think it's never too late to

NOTE Confidence: 0.870195651666667

00:26:46.590 --> 00:26:48.707 reevaluate goals and hopes

NOTE Confidence: 0.870195651666667

00:26:48.707 --> 00:26:51.304 and dreams and that can come

NOTE Confidence: 0.870195651666667

00:26:51.304 --> 00:26:52.919 anytime after cancer treatment.

NOTE Confidence: 0.9709192

00:26:54.080 --> 00:26:58.035 Yeah. One of the questions

NOTE Confidence: 0.9709192

00:26:58.035 --> 00:27:01.119 that I'm thinking about is that

NOTE Confidence: 0.9709192

00:27:01.120 --> 00:27:03.340 there must be some barriers right

NOTE Confidence: 0.9709192

00:27:03.340 --> 00:27:05.679 to getting patients to exercise.

NOTE Confidence: 0.9709192

00:27:05.680 --> 00:27:08.236 One might be I'm too tired.

NOTE Confidence: 0.9709192

00:27:08.240 --> 00:27:11.080 One might be I don't have enough time.

NOTE Confidence: 0.9709192

00:27:11.080 --> 00:27:13.920 One might be I'm too stressed out.

NOTE Confidence: 0.9709192

00:27:13.920 --> 00:27:17.864 How do you counsel patients

NOTE Confidence: 0.9709192

00:27:17.864 --> 00:27:22.560 about getting over those barriers, Tara?

NOTE Confidence: 0.897627135833333

00:27:23.360 --> 00:27:25.936 Yeah, I think these are

NOTE Confidence: 0.897627135833333

00:27:25.936 --> 00:27:28.199 really good points and so true.

NOTE Confidence: 0.95529997

00:27:30.440 --> 00:27:33.317 Our culture, our work culture in this

NOTE Confidence: 0.95529997

00:27:33.317 --> 00:27:36.434 country is one of exhaustion, time limited

NOTE Confidence: 0.95529997

00:27:36.434 --> 00:27:39.073 resources and a lot of stress.

NOTE Confidence: 0.95529997

00:27:39.080 --> 00:27:41.796 So I think validating that is

NOTE Confidence: 0.95529997

00:27:41.800 --> 00:27:43.624 really important.

NOTE Confidence: 0.95529997

00:27:43.624 --> 00:27:47.820 And then we try to encourage

NOTE Confidence: 0.95529997

00:27:47.820 --> 00:27:50.520 patients that whatever they're doing,

NOTE Confidence: 0.95529997

00:27:50.520 --> 00:27:53.610 is there a way to do a little bit

NOTE Confidence: 0.95529997

00:27:53.697 --> 00:27:56.344 more or to make certain trade-offs so

NOTE Confidence: 0.95529997

00:27:56.344 --> 00:27:58.679 that you're still meeting your goals?

NOTE Confidence: 0.95529997

00:27:58.680 --> 00:28:02.225 You know, and I've had the privilege of  
NOTE Confidence: 0.95529997

00:28:02.225 --> 00:28:04.304 working with the physical therapist who does  
NOTE Confidence: 0.95529997

00:28:04.304 --> 00:28:06.392 all of our exercise counseling and you know,  
NOTE Confidence: 0.95529997

00:28:06.400 --> 00:28:09.120 he has a little tip sheet on ways  
NOTE Confidence: 0.95529997

00:28:09.120 --> 00:28:11.840 to get in a little bit more movement.  
NOTE Confidence: 0.95529997

00:28:11.840 --> 00:28:13.862 And I think everyone  
NOTE Confidence: 0.95529997

00:28:13.862 --> 00:28:15.629 understands the concept of parking  
NOTE Confidence: 0.95529997

00:28:15.629 --> 00:28:17.759 in the furthest away parking spot.  
NOTE Confidence: 0.95529997

00:28:17.760 --> 00:28:19.278 But that counts and  
NOTE Confidence: 0.95529997

00:28:19.280 --> 00:28:20.240 are we doing that?  
00:28:20.968 --> 00:28:22.676 I would love to see the stairways,  
NOTE Confidence: 0.95529997

00:28:22.680 --> 00:28:23.776 even in our hospitals,  
NOTE Confidence: 0.95529997

00:28:23.776 --> 00:28:25.420 be the central focus  
NOTE Confidence: 0.95529997

00:28:25.481 --> 00:28:27.116 rather than the elevator banks.  
NOTE Confidence: 0.8449147883333333

00:28:27.800 --> 00:28:30.278 Doctor Tara Sanft is an associate professor  
NOTE Confidence: 0.8449147883333333

00:28:30.278 --> 00:28:33.120 of Medicine and Medical oncology, and Dr.  
NOTE Confidence: 0.8449147883333333

00:28:33.120 --> 00:28:35.160 Melinda Irwin is the Susan Dwight  
NOTE Confidence: 0.8449147883333333

00:28:35.160 --> 00:28:36.611 Bliss Professor of Epidemiology  
NOTE Confidence: 0.8449147883333333

00:28:36.611 --> 00:28:38.717 at the Yale School of Medicine.  
NOTE Confidence: 0.8449147883333333

00:28:38.720 --> 00:28:40.708 If you have questions,  
NOTE Confidence: 0.8449147883333333

00:28:40.708 --> 00:28:42.658 the address is canceranswers@yale.edu,  
NOTE Confidence: 0.8449147883333333

00:28:42.658 --> 00:28:45.406 and past additions of the program  
NOTE Confidence: 0.8449147883333333

00:28:45.406 --> 00:28:47.780 are available in audio and written  
NOTE Confidence: 0.8449147883333333

00:28:47.780 --> 00:28:48.708 form at yalecancercenter.org.  
NOTE Confidence: 0.8449147883333333

00:28:48.708 --> 00:28:51.172 We hope you'll join us next week to  
NOTE Confidence: 0.8449147883333333

00:28:51.172 --> 00:28:53.057 learn more about the fight against  
NOTE Confidence: 0.8449147883333333

00:28:53.057 --> 00:28:54.920 cancer here on Connecticut Public Radio.  
NOTE Confidence: 0.8449147883333333

00:28:54.920 --> 00:28:57.524 Funding for Yale Cancer Answers is  
NOTE Confidence: 0.8449147883333333

00:28:57.524 --> 00:29:00.000 provided by Smilow Cancer Hospital.