

WEBVTT

00:00:00.000 --> 00:00:03.198 Funding for Yale Cancer Answers is

NOTE Confidence: 0.938257276363636

00:00:03.198 --> 00:00:06.240 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.938257276363636

00:00:06.240 --> 00:00:08.395 Welcome to Yale Cancer Answers

NOTE Confidence: 0.938257276363636

00:00:08.395 --> 00:00:10.119 with Doctor Anees Chagpar.

NOTE Confidence: 0.938257276363636

00:00:10.120 --> 00:00:11.548 Yale Cancer Answers features

NOTE Confidence: 0.938257276363636

00:00:11.548 --> 00:00:13.333 the latest information on cancer

NOTE Confidence: 0.938257276363636

00:00:13.333 --> 00:00:15.162 care by welcoming oncologists and

NOTE Confidence: 0.938257276363636

00:00:15.162 --> 00:00:17.274 specialists who are on the forefront

NOTE Confidence: 0.938257276363636

00:00:17.333 --> 00:00:18.959 of the battle to fight cancer.

NOTE Confidence: 0.938257276363636

00:00:18.960 --> 00:00:20.808 This week it's a conversation about

NOTE Confidence: 0.938257276363636

00:00:20.808 --> 00:00:23.255 living a value based life with cancer

NOTE Confidence: 0.938257276363636

00:00:23.255 --> 00:00:25.157 with doctor Gabriel Cartagena.

NOTE Confidence: 0.938257276363636

00:00:25.157 --> 00:00:26.942 Dr. Cartagena is an assistant professor

NOTE Confidence: 0.938257276363636

00:00:26.942 --> 00:00:29.457 of Psychiatry at the Yale School of

NOTE Confidence: 0.938257276363636

00:00:29.457 --> 00:00:31.380 Medicine where Doctor Chagpar is

NOTE Confidence: 0.938257276363636

00:00:31.380 --> 00:00:32.960 a professor of surgical oncology.
NOTE Confidence: 0.945008901304348

00:00:34.280 --> 00:00:36.072 Gabriel, maybe we can start off
NOTE Confidence: 0.945008901304348

00:00:36.072 --> 00:00:38.105 by you telling us a little bit more
NOTE Confidence: 0.945008901304348

00:00:38.105 --> 00:00:39.879 about yourself and what it is you do.
NOTE Confidence: 0.925639968333333

00:00:41.480 --> 00:00:43.460 I'm a licensed clinical
NOTE Confidence: 0.925639968333333

00:00:43.460 --> 00:00:45.440 psychologist with an emphasis in
NOTE Confidence: 0.925639968333333

00:00:45.507 --> 00:00:47.988 training in health psychology and
NOTE Confidence: 0.925639968333333

00:00:47.988 --> 00:00:49.558 further expertise in psycho oncology,
NOTE Confidence: 0.925639968333333

00:00:49.560 --> 00:00:51.690 which is the psychosocial support
NOTE Confidence: 0.925639968333333

00:00:51.690 --> 00:00:53.394 of cancer related distress.
NOTE Confidence: 0.925639968333333

00:00:53.400 --> 00:00:55.632 I grew up in a military
NOTE Confidence: 0.925639968333333

00:00:55.632 --> 00:00:57.120 family from Puerto Rico,
NOTE Confidence: 0.925639968333333

00:00:57.120 --> 00:00:59.760 and after moving around a lot,
NOTE Confidence: 0.925639968333333

00:00:59.760 --> 00:01:01.643 one of the things I was observing
NOTE Confidence: 0.925639968333333

00:01:01.643 --> 00:01:03.230 between the diaspora and my homeland
NOTE Confidence: 0.925639968333333

00:01:03.230 --> 00:01:05.240 in Puerto Rico was the significant

NOTE Confidence: 0.925639968333333
00:01:05.240 --> 00:01:08.300 disparities with regard to cancer
NOTE Confidence: 0.925639968333333
00:01:08.300 --> 00:01:11.240 mortality, cancer occurrence,
NOTE Confidence: 0.925639968333333
00:01:11.240 --> 00:01:12.432 the juxtaposition between that
NOTE Confidence: 0.925639968333333
00:01:12.432 --> 00:01:13.922 for individuals who lived on
NOTE Confidence: 0.925639968333333
00:01:13.922 --> 00:01:15.497 the island as opposed to those
NOTE Confidence: 0.925639968333333
00:01:15.497 --> 00:01:17.200 diaspora who lived on the mainland.
NOTE Confidence: 0.925639968333333
00:01:17.200 --> 00:01:19.528 And that completely impacted my family
NOTE Confidence: 0.925639968333333
00:01:19.528 --> 00:01:22.062 and continues to impact my family and
NOTE Confidence: 0.925639968333333
00:01:22.062 --> 00:01:24.559 was very formative for the way that I
NOTE Confidence: 0.925639968333333
00:01:24.559 --> 00:01:26.839 was viewing health at a very young age.
NOTE Confidence: 0.925639968333333
00:01:26.840 --> 00:01:29.516 From there, I developed a really,
NOTE Confidence: 0.925639968333333
00:01:29.520 --> 00:01:31.656 I would say,
NOTE Confidence: 0.925639968333333
00:01:31.656 --> 00:01:34.708 passionate interest in public health
NOTE Confidence: 0.925639968333333
00:01:34.708 --> 00:01:37.880 at the Nexus of psychology and medicine.
NOTE Confidence: 0.925639968333333
00:01:37.880 --> 00:01:39.480 So in my undergraduate training,
NOTE Confidence: 0.925639968333333

00:01:39.480 --> 00:01:41.916 I studied survivorship and chronic illness,
NOTE Confidence: 0.925639968333333

00:01:41.920 --> 00:01:44.070 particularly HIV and cancer in
NOTE Confidence: 0.925639968333333

00:01:44.070 --> 00:01:47.400 Alaska as well as in South Africa.
NOTE Confidence: 0.925639968333333

00:01:47.400 --> 00:01:48.732 And then I completed my graduate
NOTE Confidence: 0.925639968333333

00:01:48.732 --> 00:01:50.079 training at the University of Florida,
NOTE Confidence: 0.925639968333333

00:01:50.080 --> 00:01:51.552 specifically in Psycho Oncology.
NOTE Confidence: 0.925639968333333

00:01:51.552 --> 00:01:53.392 And the rest is history.
NOTE Confidence: 0.925639968333333

00:01:53.400 --> 00:01:54.092 I never looked back.
NOTE Confidence: 0.925639968333333

00:01:54.092 --> 00:01:55.400 I fell in love with this field.
NOTE Confidence: 0.83992687

00:01:55.800 --> 00:01:58.869 You certainly have been around a lot and
NOTE Confidence: 0.83992687

00:01:58.869 --> 00:02:01.875 have had a lot of life experiences.
NOTE Confidence: 0.83992687

00:02:01.880 --> 00:02:04.057 Talk to us a little bit more
NOTE Confidence: 0.83992687

00:02:04.057 --> 00:02:05.449 about those formative experiences
NOTE Confidence: 0.83992687

00:02:05.449 --> 00:02:07.795 that kind of shaped your career.
NOTE Confidence: 0.83992687

00:02:07.800 --> 00:02:10.831 You had talked a little bit about
NOTE Confidence: 0.83992687

00:02:10.831 --> 00:02:12.872 the disparities that you

NOTE Confidence: 0.83992687

00:02:12.872 --> 00:02:15.720 saw growing up in Puerto Rico.

NOTE Confidence: 0.83992687

00:02:15.720 --> 00:02:18.954 Tell us a bit more about what

NOTE Confidence: 0.83992687

00:02:18.954 --> 00:02:21.088 exactly those disparities were and

NOTE Confidence: 0.83992687

00:02:21.088 --> 00:02:23.384 how it is that that really shaped

NOTE Confidence: 0.83992687

00:02:23.384 --> 00:02:26.107 what you do now and how do you

NOTE Confidence: 0.83992687

00:02:26.107 --> 00:02:28.320 try to address those disparities?

NOTE Confidence: 0.844096436

00:02:28.640 --> 00:02:30.288 These are great questions,

NOTE Confidence: 0.844096436

00:02:30.288 --> 00:02:32.348 some of the most formative

NOTE Confidence: 0.844096436

00:02:32.348 --> 00:02:33.519 experiences that influence not

NOTE Confidence: 0.844096436

00:02:33.519 --> 00:02:35.037 only my career in Psycho Oncology,

NOTE Confidence: 0.844096436

00:02:35.040 --> 00:02:36.636 but also my career in cancer

NOTE Confidence: 0.844096436

00:02:36.640 --> 00:02:38.770 health disparities research and advocacy

NOTE Confidence: 0.844096436

00:02:38.770 --> 00:02:41.696 work has been in noticing the fundamental

NOTE Confidence: 0.844096436

00:02:41.696 --> 00:02:44.563 lack of infrastructure when it comes to

NOTE Confidence: 0.844096436

00:02:44.563 --> 00:02:46.796 healthcare access in Puerto Rico itself.

NOTE Confidence: 0.844096436

00:02:46.796 --> 00:02:49.010 So the ability for family members
NOTE Confidence: 0.844096436

00:02:49.077 --> 00:02:51.117 to just get regular screenings,
NOTE Confidence: 0.844096436

00:02:51.120 --> 00:02:53.016 the accessibility that's there,
NOTE Confidence: 0.844096436

00:02:53.016 --> 00:02:54.930 the access to and supply,
NOTE Confidence: 0.844096436

00:02:54.930 --> 00:02:56.400 for lack of a better word,
NOTE Confidence: 0.844096436

00:02:56.400 --> 00:02:57.480 of healthcare professionals
NOTE Confidence: 0.844096436

00:02:57.480 --> 00:02:58.920 working on the island.
NOTE Confidence: 0.844096436

00:02:58.920 --> 00:03:00.502 Each of those was detrimental to the
NOTE Confidence: 0.844096436

00:03:00.502 --> 00:03:01.800 outcomes of particular family members,
NOTE Confidence: 0.844096436

00:03:01.800 --> 00:03:04.062 but also to the Puerto Rican
NOTE Confidence: 0.844096436

00:03:04.062 --> 00:03:05.193 community at large.
NOTE Confidence: 0.844096436

00:03:05.200 --> 00:03:07.096 And so those experiences,
NOTE Confidence: 0.844096436

00:03:07.096 --> 00:03:09.960 as I saw the lack of access
NOTE Confidence: 0.844096436

00:03:09.960 --> 00:03:11.400 really impacting long term,
NOTE Confidence: 0.844096436

00:03:11.400 --> 00:03:12.664 the occurrence of cancer,
NOTE Confidence: 0.844096436

00:03:12.664 --> 00:03:14.560 the outcomes of cancer and unfortunately,

NOTE Confidence: 0.844096436

00:03:14.560 --> 00:03:17.080 the mortality that struck my family

NOTE Confidence: 0.844096436

00:03:17.080 --> 00:03:19.481 started to make me think about why

NOTE Confidence: 0.844096436

00:03:19.481 --> 00:03:21.360 these inequities exist structurally,

NOTE Confidence: 0.844096436

00:03:21.360 --> 00:03:23.180 what is the relationship between

NOTE Confidence: 0.844096436

00:03:23.180 --> 00:03:25.513 historically Puerto Rico and the United

NOTE Confidence: 0.844096436

00:03:25.513 --> 00:03:27.798 States that facilitated these disparities?

NOTE Confidence: 0.844096436

00:03:27.800 --> 00:03:29.235 And then as someone who's growing up,

NOTE Confidence: 0.844096436

00:03:29.240 --> 00:03:30.768 then in the diaspora,

NOTE Confidence: 0.844096436

00:03:30.768 --> 00:03:33.110 who has the privilege of more

NOTE Confidence: 0.844096436

00:03:33.110 --> 00:03:34.400 accessibility to healthcare,

NOTE Confidence: 0.844096436

00:03:34.400 --> 00:03:36.550 different access to education and

NOTE Confidence: 0.844096436

00:03:36.550 --> 00:03:38.600 different opportunities in that realm,

NOTE Confidence: 0.844096436

00:03:38.600 --> 00:03:41.300 what could I do with my privilege to address

NOTE Confidence: 0.844096436

00:03:41.300 --> 00:03:43.760 these disparities in a comprehensive way?

NOTE Confidence: 0.844096436

00:03:43.760 --> 00:03:44.226 And so,

NOTE Confidence: 0.844096436

00:03:44.226 --> 00:03:45.158 going through my undergraduate
NOTE Confidence: 0.844096436

00:03:45.158 --> 00:03:46.839 training and then my graduate training,
NOTE Confidence: 0.844096436

00:03:46.840 --> 00:03:49.400 I started to realize that as a psychologist,
NOTE Confidence: 0.844096436

00:03:49.400 --> 00:03:51.840 there is not only a level of education,
NOTE Confidence: 0.844096436

00:03:51.840 --> 00:03:52.920 but also a level of power,
NOTE Confidence: 0.844096436

00:03:52.920 --> 00:03:55.280 particularly within the healthcare system,
NOTE Confidence: 0.844096436

00:03:55.280 --> 00:03:57.248 to not only support the psychosocial
NOTE Confidence: 0.844096436

00:03:57.248 --> 00:03:59.618 needs of someone who's undergoing cancer
NOTE Confidence: 0.844096436

00:03:59.618 --> 00:04:01.208 treatment or even in survivorship,
NOTE Confidence: 0.844096436

00:04:01.208 --> 00:04:03.426 but to also be the loudest voice in
NOTE Confidence: 0.844096436

00:04:03.426 --> 00:04:05.260 the room when it comes to advocating
NOTE Confidence: 0.844096436

00:04:05.260 --> 00:04:07.524 for the needs of this individual in a
NOTE Confidence: 0.844096436

00:04:07.524 --> 00:04:09.086 medical setting or a healthcare team.
NOTE Confidence: 0.844096436

00:04:09.086 --> 00:04:10.538 And that proved to be really
NOTE Confidence: 0.844096436

00:04:10.538 --> 00:04:11.079 invaluable to me,
NOTE Confidence: 0.844096436

00:04:11.080 --> 00:04:13.168 not only in the clinical context

NOTE Confidence: 0.844096436

00:04:13.168 --> 00:04:15.080 where individuals who are going

NOTE Confidence: 0.844096436

00:04:15.080 --> 00:04:16.634 through treatment don't necessarily

NOTE Confidence: 0.844096436

00:04:16.634 --> 00:04:18.853 know what should be next or what

NOTE Confidence: 0.844096436

00:04:18.853 --> 00:04:20.750 could be next and are relying on

NOTE Confidence: 0.844096436

00:04:20.750 --> 00:04:22.452 the voice of their provider in

NOTE Confidence: 0.844096436

00:04:22.452 --> 00:04:24.318 order to guide their next steps.

NOTE Confidence: 0.844096436

00:04:24.320 --> 00:04:25.485 But that should always align

NOTE Confidence: 0.844096436

00:04:25.485 --> 00:04:26.912 with what their values are and

NOTE Confidence: 0.844096436

00:04:26.912 --> 00:04:28.396 sometimes that gets lost in the mix.

NOTE Confidence: 0.844096436

00:04:28.400 --> 00:04:29.985 So from the clinical standpoint

NOTE Confidence: 0.844096436

00:04:29.985 --> 00:04:31.898 all of my previous experiences have

NOTE Confidence: 0.844096436

00:04:31.898 --> 00:04:33.795 informed the way that I advocate for

NOTE Confidence: 0.844096436

00:04:33.795 --> 00:04:35.518 the patient on top of providing

NOTE Confidence: 0.844096436

00:04:35.520 --> 00:04:37.255 therapeutic intervention as well as

NOTE Confidence: 0.844096436

00:04:37.255 --> 00:04:39.882 my research work when it comes to

NOTE Confidence: 0.844096436

00:04:39.882 --> 00:04:41.947 provider level and community level

NOTE Confidence: 0.844096436

00:04:41.947 --> 00:04:43.386 interventions to improve cancer

NOTE Confidence: 0.844096436

00:04:43.386 --> 00:04:44.754 outcomes for minoritized groups.

NOTE Confidence: 0.82352966375

00:04:45.280 --> 00:04:47.765 You know one of the

NOTE Confidence: 0.82352966375

00:04:47.765 --> 00:04:50.152 statements that you made just now

NOTE Confidence: 0.82352966375

00:04:50.152 --> 00:04:53.644 was really aligning what you are

NOTE Confidence: 0.82352966375

00:04:53.644 --> 00:04:57.057 advocating for thinking about living

NOTE Confidence: 0.82352966375

00:04:57.057 --> 00:04:59.559 a value based life with cancer.

NOTE Confidence: 0.82352966375

00:04:59.560 --> 00:05:01.359 Can you talk a little bit more

NOTE Confidence: 0.82352966375

00:05:01.359 --> 00:05:02.759 about what exactly that means?

NOTE Confidence: 0.960192451111111

00:05:03.200 --> 00:05:04.439 Absolutely. This conversation

NOTE Confidence: 0.960192451111111

00:05:04.439 --> 00:05:06.917 that I have with my patients,

NOTE Confidence: 0.960192451111111

00:05:06.920 --> 00:05:09.472 when I get the feedback that

NOTE Confidence: 0.960192451111111

00:05:09.472 --> 00:05:11.954 it often feels sort of a trite

NOTE Confidence: 0.960192451111111

00:05:11.954 --> 00:05:15.038 phrase, living based on your values.

NOTE Confidence: 0.960192451111111

00:05:15.040 --> 00:05:16.461 It's definitely one that we use a

NOTE Confidence: 0.9601924511111111
00:05:16.461 --> 00:05:17.960 lot within the psychological realm,
NOTE Confidence: 0.9601924511111111
00:05:17.960 --> 00:05:19.199 but it holds a lot of weight
NOTE Confidence: 0.9601924511111111
00:05:19.199 --> 00:05:20.439 and a lot of importance,
NOTE Confidence: 0.9601924511111111
00:05:20.440 --> 00:05:22.696 particularly in the context of a
NOTE Confidence: 0.9601924511111111
00:05:22.696 --> 00:05:24.200 cancer diagnosis and treatment
NOTE Confidence: 0.9601924511111111
00:05:24.261 --> 00:05:26.544 where a lot of my patients call it a
NOTE Confidence: 0.9601924511111111
00:05:26.544 --> 00:05:28.678 right hook to the jaw in their life.
NOTE Confidence: 0.9601924511111111
00:05:28.680 --> 00:05:30.080 They didn't see it coming.
NOTE Confidence: 0.9601924511111111
00:05:30.080 --> 00:05:32.112 They had no guidebook as to what to
NOTE Confidence: 0.9601924511111111
00:05:32.112 --> 00:05:34.157 do next and no understanding of what
NOTE Confidence: 0.9601924511111111
00:05:34.157 --> 00:05:36.287 to do next other than the skills
NOTE Confidence: 0.9601924511111111
00:05:36.287 --> 00:05:37.540 that have that they've acquired
NOTE Confidence: 0.9601924511111111
00:05:37.540 --> 00:05:38.640 throughout their entire life in
NOTE Confidence: 0.9601924511111111
00:05:38.640 --> 00:05:40.035 order to get to where they are now.
NOTE Confidence: 0.9601924511111111
00:05:40.040 --> 00:05:41.840 And there's a sense of helplessness
NOTE Confidence: 0.9601924511111111

00:05:41.840 --> 00:05:44.008 and hopelessness and in the pursuit

NOTE Confidence: 0.9601924511111111

00:05:44.008 --> 00:05:46.926 of figuring out what the next step

NOTE Confidence: 0.9601924511111111

00:05:46.926 --> 00:05:49.800 is to grapple with this uncertainty,

NOTE Confidence: 0.9601924511111111

00:05:49.800 --> 00:05:52.288 what gets lost in the mix more often

NOTE Confidence: 0.9601924511111111

00:05:52.288 --> 00:05:54.764 than not is what's valuable to you.

NOTE Confidence: 0.9601924511111111

00:05:54.764 --> 00:05:55.997 You're undergoing treatment.

NOTE Confidence: 0.9601924511111111

00:05:56.000 --> 00:05:58.076 You are shifting your entire life,

NOTE Confidence: 0.9601924511111111

00:05:58.080 --> 00:05:59.001 your family's life,

NOTE Confidence: 0.9601924511111111

00:05:59.001 --> 00:06:01.500 the life of your chosen family or your

NOTE Confidence: 0.9601924511111111

00:06:01.500 --> 00:06:03.226 loved ones to survive essentially.

NOTE Confidence: 0.9601924511111111

00:06:03.226 --> 00:06:04.754 And in that process,

NOTE Confidence: 0.9601924511111111

00:06:04.760 --> 00:06:06.210 there's very little time for

NOTE Confidence: 0.9601924511111111

00:06:06.210 --> 00:06:07.660 individuals to sit and reflect

NOTE Confidence: 0.9601924511111111

00:06:07.711 --> 00:06:09.241 on what's important to them in

NOTE Confidence: 0.9601924511111111

00:06:09.241 --> 00:06:10.760 the moment other than survival.

NOTE Confidence: 0.9601924511111111

00:06:10.760 --> 00:06:12.286 And one of the key aspects that

NOTE Confidence: 0.9601924511111111
00:06:12.286 --> 00:06:14.438 I do in my work is to work with
NOTE Confidence: 0.9601924511111111
00:06:14.438 --> 00:06:15.766 the individual on a one-on-one
NOTE Confidence: 0.9601924511111111
00:06:15.766 --> 00:06:17.915 basis as well as with their team
NOTE Confidence: 0.9601924511111111
00:06:17.920 --> 00:06:20.182 to truly tap into and understand
NOTE Confidence: 0.9601924511111111
00:06:20.182 --> 00:06:22.760 what is the richness of their life,
NOTE Confidence: 0.9601924511111111
00:06:22.760 --> 00:06:24.940 what is valuable to them and what's
NOTE Confidence: 0.9601924511111111
00:06:24.940 --> 00:06:26.320 important to them throughout this process.
NOTE Confidence: 0.9601924511111111
00:06:26.320 --> 00:06:27.760 Because without those as anchors,
NOTE Confidence: 0.9601924511111111
00:06:27.760 --> 00:06:28.496 it's incredibly,
NOTE Confidence: 0.9601924511111111
00:06:28.496 --> 00:06:29.968 incredibly distressing to go
NOTE Confidence: 0.9601924511111111
00:06:29.968 --> 00:06:31.072 through this process.
NOTE Confidence: 0.895438188571429
00:06:31.560 --> 00:06:34.696 I can imagine how those conversations play
NOTE Confidence: 0.895438188571429
00:06:34.696 --> 00:06:37.558 in particular for patients who may be,
NOTE Confidence: 0.895438188571429
00:06:37.560 --> 00:06:41.160 you know, at the end of life thinking
NOTE Confidence: 0.895438188571429
00:06:41.160 --> 00:06:45.360 about decisions like do I pursue more
NOTE Confidence: 0.895438188571429

00:06:45.360 --> 00:06:48.960 aggressive treatment that may make me sicker,
NOTE Confidence: 0.895438188571429

00:06:48.960 --> 00:06:52.840 may make me be in the hospital longer versus
NOTE Confidence: 0.895438188571429

00:06:52.840 --> 00:06:56.659 being with my family and being comfortable.
NOTE Confidence: 0.895438188571429

00:06:56.659 --> 00:06:59.273 Can you talk a little bit more about
NOTE Confidence: 0.895438188571429

00:06:59.273 --> 00:07:01.433 those kinds of discussions that you
NOTE Confidence: 0.895438188571429

00:07:01.433 --> 00:07:03.504 have with patients? Because I can
NOTE Confidence: 0.895438188571429

00:07:03.504 --> 00:07:05.800 imagine that that's very difficult
NOTE Confidence: 0.895438188571429

00:07:05.800 --> 00:07:08.971 because one would imagine that the base
NOTE Confidence: 0.895438188571429

00:07:08.971 --> 00:07:11.518 instinct is, I want to survive at any cost.
NOTE Confidence: 0.895438188571429

00:07:11.520 --> 00:07:14.200 I'll do whatever it takes.
NOTE Confidence: 0.895438188571429

00:07:14.200 --> 00:07:16.804 But sometimes that may not be exactly
NOTE Confidence: 0.895438188571429

00:07:16.804 --> 00:07:18.800 aligned with your true values.
NOTE Confidence: 0.895438188571429

00:07:19.200 --> 00:07:21.720 Absolutely.
NOTE Confidence: 0.932647345

00:07:21.720 --> 00:07:23.040 In having these conversations,
NOTE Confidence: 0.932647345

00:07:23.040 --> 00:07:25.296 they often come up, as you mentioned,
NOTE Confidence: 0.932647345

00:07:25.296 --> 00:07:27.480 that this really critical and difficult Nexus

NOTE Confidence: 0.932647345

00:07:27.530 --> 00:07:29.558 where the individual's trying to balance,

NOTE Confidence: 0.932647345

00:07:29.560 --> 00:07:32.971 well, I want to live the most life that

NOTE Confidence: 0.932647345

00:07:32.971 --> 00:07:36.000 I possibly can and balance it with well,

NOTE Confidence: 0.932647345

00:07:36.000 --> 00:07:37.384 what is the quality of the life that

NOTE Confidence: 0.932647345

00:07:37.384 --> 00:07:38.559 I'm going to be living as well.

NOTE Confidence: 0.932647345

00:07:38.560 --> 00:07:40.960 And it's a hard conversation that's

NOTE Confidence: 0.932647345

00:07:40.960 --> 00:07:42.883 often preempted by the medical team

NOTE Confidence: 0.932647345

00:07:42.883 --> 00:07:44.570 and then brought to bear within the

NOTE Confidence: 0.932647345

00:07:44.622 --> 00:07:46.476 therapeutic context where we talk about,

NOTE Confidence: 0.932647345

00:07:46.480 --> 00:07:47.974 well, what would quality of life

NOTE Confidence: 0.932647345

00:07:47.974 --> 00:07:49.511 actually look like if you took

NOTE Confidence: 0.932647345

00:07:49.511 --> 00:07:50.993 option A with regard to treatment?

NOTE Confidence: 0.932647345

00:07:51.000 --> 00:07:53.520 If you pursued more aggressive treatment,

NOTE Confidence: 0.932647345

00:07:53.520 --> 00:07:55.600 understanding some of the risks,

NOTE Confidence: 0.932647345

00:07:55.600 --> 00:07:57.777 processing some of the risks that your

NOTE Confidence: 0.932647345

00:07:57.777 --> 00:08:00.039 medical provider had just discussed with you,
NOTE Confidence: 0.932647345

00:08:00.040 --> 00:08:01.636 what would your life look like?
NOTE Confidence: 0.932647345

00:08:01.640 --> 00:08:05.016 Is that something that you would be OK with?
NOTE Confidence: 0.932647345

00:08:05.016 --> 00:08:07.648 Would you feel comfortable living months,
NOTE Confidence: 0.932647345

00:08:07.648 --> 00:08:10.941 if not a year more if it meant that
NOTE Confidence: 0.932647345

00:08:10.941 --> 00:08:13.035 your quality of life was lesser?
NOTE Confidence: 0.932647345

00:08:13.040 --> 00:08:15.240 If you're perhaps less mobile,
NOTE Confidence: 0.932647345

00:08:15.240 --> 00:08:17.344 less able to connect with your family members
NOTE Confidence: 0.932647345

00:08:17.344 --> 00:08:19.559 or your loved ones or your chosen family,
NOTE Confidence: 0.932647345

00:08:19.560 --> 00:08:21.288 in what way would you feel
NOTE Confidence: 0.932647345

00:08:21.288 --> 00:08:22.440 comfortable with that process?
NOTE Confidence: 0.932647345

00:08:22.440 --> 00:08:24.365 And what decisions are going to align
NOTE Confidence: 0.932647345

00:08:24.365 --> 00:08:26.538 you the most with how you would like
NOTE Confidence: 0.932647345

00:08:26.538 --> 00:08:28.924 your quality of life to be and how you
NOTE Confidence: 0.932647345

00:08:28.924 --> 00:08:30.800 would like your life to continue to be?
NOTE Confidence: 0.859856572222222

00:08:31.160 --> 00:08:32.078 Yeah, for sure.

NOTE Confidence: 0.859856572222222
00:08:32.078 --> 00:08:34.852 And I can imagine that not all
NOTE Confidence: 0.859856572222222
00:08:34.852 --> 00:08:36.716 of these conversations necessarily
NOTE Confidence: 0.859856572222222
00:08:36.716 --> 00:08:39.680 have to be at the end of life.
NOTE Confidence: 0.859856572222222
00:08:39.680 --> 00:08:42.935 I can imagine that some of these
NOTE Confidence: 0.859856572222222
00:08:42.935 --> 00:08:45.780 conversations maybe even while you're
NOTE Confidence: 0.859856572222222
00:08:45.780 --> 00:08:48.755 undergoing treatment and thinking about,
NOTE Confidence: 0.859856572222222
00:08:48.760 --> 00:08:52.120 you know what is valuable to you and
NOTE Confidence: 0.859856572222222
00:08:52.120 --> 00:08:55.959 where do you want to expend your energy.
NOTE Confidence: 0.859856572222222
00:08:55.960 --> 00:08:59.096 So I know that many patients
NOTE Confidence: 0.859856572222222
00:08:59.096 --> 00:09:01.800 before they get a cancer diagnosis,
NOTE Confidence: 0.859856572222222
00:09:01.800 --> 00:09:03.978 which as you mentioned is very
NOTE Confidence: 0.859856572222222
00:09:03.978 --> 00:09:06.533 often like the unseen
NOTE Confidence: 0.859856572222222
00:09:06.533 --> 00:09:09.393 right hook, are doing everything.
NOTE Confidence: 0.859856572222222
00:09:09.393 --> 00:09:11.859 They are looking after the kids
NOTE Confidence: 0.859856572222222
00:09:11.859 --> 00:09:14.338 in the home and going to work
NOTE Confidence: 0.859856572222222

00:09:14.338 --> 00:09:15.880 and doing 17,000 things.
NOTE Confidence: 0.859856572222222

00:09:15.880 --> 00:09:19.102 And now all of a sudden, you know,
NOTE Confidence: 0.859856572222222

00:09:19.102 --> 00:09:20.557 you're faced with this diagnosis,
NOTE Confidence: 0.859856572222222

00:09:20.560 --> 00:09:23.060 you're undergoing treatment and
NOTE Confidence: 0.859856572222222

00:09:23.060 --> 00:09:26.370 you have to prioritize where you
NOTE Confidence: 0.859856572222222

00:09:26.370 --> 00:09:28.800 are going to expend your energy.
NOTE Confidence: 0.859856572222222

00:09:28.800 --> 00:09:30.372 Are those the kinds of conversations
NOTE Confidence: 0.859856572222222

00:09:30.372 --> 00:09:32.280 that you have with patients as well?
NOTE Confidence: 0.859856572222222

00:09:32.280 --> 00:09:34.240 And what kinds of advice do
NOTE Confidence: 0.859856572222222

00:09:34.240 --> 00:09:35.952 you give them when they have
NOTE Confidence: 0.859856572222222

00:09:35.952 --> 00:09:37.608 what one of my patients called
NOTE Confidence: 0.859856572222222

00:09:37.608 --> 00:09:39.319 the superwoman complex?
NOTE Confidence: 0.923923272857143

00:09:39.960 --> 00:09:41.148 I'm very familiar with
NOTE Confidence: 0.923923272857143

00:09:41.148 --> 00:09:42.039 the superwoman complex.
NOTE Confidence: 0.923923272857143

00:09:42.040 --> 00:09:43.552 It comes up a lot with the people
NOTE Confidence: 0.923923272857143

00:09:43.552 --> 00:09:45.367 that I work with and it's a

NOTE Confidence: 0.923923272857143
00:09:45.367 --> 00:09:46.479 difficult conversation to have
NOTE Confidence: 0.923923272857143
00:09:46.479 --> 00:09:48.040 because for many individuals
NOTE Confidence: 0.923923272857143
00:09:48.040 --> 00:09:49.160 while they recognize that it's
NOTE Confidence: 0.923923272857143
00:09:49.160 --> 00:09:50.760 important to take care of themselves.
NOTE Confidence: 0.923923272857143
00:09:50.760 --> 00:09:52.260 I mean, that's why they're coming
NOTE Confidence: 0.923923272857143
00:09:52.260 --> 00:09:53.800 to their oncologist to begin with.
NOTE Confidence: 0.923923272857143
00:09:53.800 --> 00:09:55.480 They have a profound love for their family,
NOTE Confidence: 0.923923272857143
00:09:55.480 --> 00:09:56.560 for the roles that they have,
NOTE Confidence: 0.923923272857143
00:09:56.560 --> 00:09:58.520 for the many hats that they wear.
NOTE Confidence: 0.923923272857143
00:09:58.520 --> 00:10:03.610 And there's external feedback that
NOTE Confidence: 0.923923272857143
00:10:03.610 --> 00:10:05.800 individuals were given that any difficult
NOTE Confidence: 0.923923272857143
00:10:05.800 --> 00:10:07.882 emotions that they are experiencing at the
NOTE Confidence: 0.923923272857143
00:10:07.882 --> 00:10:10.399 time is too much for anyone else to handle.
NOTE Confidence: 0.923923272857143
00:10:10.400 --> 00:10:11.399 And it needs to be put in a way,
NOTE Confidence: 0.923923272857143
00:10:11.400 --> 00:10:12.072 in the box.
NOTE Confidence: 0.923923272857143

00:10:12.072 --> 00:10:13.416 And then we have internal feedback
NOTE Confidence: 0.923923272857143

00:10:13.416 --> 00:10:14.319 that tells us, well,
NOTE Confidence: 0.923923272857143

00:10:14.319 --> 00:10:15.992 I'm have to put on a strong
NOTE Confidence: 0.923923272857143

00:10:15.992 --> 00:10:17.840 face for the people that I love.
NOTE Confidence: 0.923923272857143

00:10:17.840 --> 00:10:20.430 I can't let anyone know that I'm
NOTE Confidence: 0.923923272857143

00:10:20.430 --> 00:10:22.017 struggling because there are
NOTE Confidence: 0.923923272857143

00:10:22.017 --> 00:10:23.426 implications or implications for
NOTE Confidence: 0.923923272857143

00:10:23.426 --> 00:10:25.477 my character or my sense of self
NOTE Confidence: 0.923923272857143

00:10:25.480 --> 00:10:27.696 if people were to know that I was
NOTE Confidence: 0.923923272857143

00:10:27.696 --> 00:10:29.159 struggling with this diagnosis.
NOTE Confidence: 0.923923272857143

00:10:29.160 --> 00:10:32.500 And so the conversation more often
NOTE Confidence: 0.923923272857143

00:10:32.500 --> 00:10:35.430 than not begins with talking about the
NOTE Confidence: 0.923923272857143

00:10:35.430 --> 00:10:37.719 different roles that are important to you.
NOTE Confidence: 0.923923272857143

00:10:37.720 --> 00:10:39.320 What hats do you wear?
NOTE Confidence: 0.923923272857143

00:10:39.320 --> 00:10:41.318 What things make you who you are and what
NOTE Confidence: 0.923923272857143

00:10:41.318 --> 00:10:43.359 things do you have a profound relationship with?

NOTE Confidence: 0.923923272857143
00:10:43.360 --> 00:10:45.412 And then we start to challenge
NOTE Confidence: 0.923923272857143
00:10:45.412 --> 00:10:46.873 and talk about, well,
NOTE Confidence: 0.923923272857143
00:10:46.873 --> 00:10:49.245 if you're struggling with this and
NOTE Confidence: 0.923923272857143
00:10:49.245 --> 00:10:50.680 you were to let your family see,
NOTE Confidence: 0.923923272857143
00:10:50.680 --> 00:10:51.162 for instance,
NOTE Confidence: 0.923923272857143
00:10:51.162 --> 00:10:52.608 or the people that you care
NOTE Confidence: 0.923923272857143
00:10:52.608 --> 00:10:53.998 about see this for instance,
NOTE Confidence: 0.923923272857143
00:10:54.000 --> 00:10:54.875 how would that change their
NOTE Confidence: 0.923923272857143
00:10:54.875 --> 00:10:55.400 perception of you?
NOTE Confidence: 0.923923272857143
00:10:55.400 --> 00:10:56.400 Would it actually change
NOTE Confidence: 0.923923272857143
00:10:56.400 --> 00:10:57.400 their perception of you?
NOTE Confidence: 0.923923272857143
00:10:57.400 --> 00:10:59.158 Or would they perhaps view you
NOTE Confidence: 0.923923272857143
00:10:59.158 --> 00:11:00.762 as even stronger for seeking
NOTE Confidence: 0.923923272857143
00:11:00.762 --> 00:11:02.602 out support for modeling what
NOTE Confidence: 0.923923272857143
00:11:02.602 --> 00:11:04.074 healthy coping looks like?
NOTE Confidence: 0.84250624

00:11:04.440 --> 00:11:07.800 Yeah, for sure. I can imagine that
NOTE Confidence: 0.84250624

00:11:07.800 --> 00:11:10.110 for many patients that's
NOTE Confidence: 0.84250624

00:11:10.110 --> 00:11:12.359 difficult to ask for help.
NOTE Confidence: 0.84250624

00:11:12.360 --> 00:11:13.640 But as you say, it
NOTE Confidence: 0.84250624

00:11:13.640 --> 00:11:18.197 often is not only modeling what
NOTE Confidence: 0.84250624

00:11:18.200 --> 00:11:20.000 good coping behavior looks like,
NOTE Confidence: 0.84250624

00:11:20.000 --> 00:11:22.262 but giving your family the opportunity
NOTE Confidence: 0.84250624

00:11:22.262 --> 00:11:25.440 to be part of this journey with you.
NOTE Confidence: 0.84250624

00:11:25.440 --> 00:11:28.212 Because very often people want to
NOTE Confidence: 0.84250624

00:11:28.212 --> 00:11:30.392 help and they want to be close to you
NOTE Confidence: 0.84250624

00:11:30.392 --> 00:11:32.246 and they want to show you that they
NOTE Confidence: 0.84250624

00:11:32.246 --> 00:11:34.157 they love you and they care for you.
NOTE Confidence: 0.84250624

00:11:34.160 --> 00:11:38.520 And by voicing how they can do that,
NOTE Confidence: 0.84250624

00:11:38.520 --> 00:11:40.235 you often can allow them to be
NOTE Confidence: 0.84250624

00:11:40.235 --> 00:11:41.999 part of that journey with you.
NOTE Confidence: 0.880264030625

00:11:42.160 --> 00:11:43.620 Absolutely. And I want to

NOTE Confidence: 0.880264030625

00:11:43.620 --> 00:11:45.504 recognize some of the the prior

NOTE Confidence: 0.880264030625

00:11:45.504 --> 00:11:47.319 question that you had mentioned,

NOTE Confidence: 0.880264030625

00:11:47.320 --> 00:11:49.826 which is what advice would I give with

NOTE Confidence: 0.880264030625

00:11:49.826 --> 00:11:52.156 regard to having these conversations?

NOTE Confidence: 0.880264030625

00:11:52.160 --> 00:11:54.105 Starting these conversations and then

NOTE Confidence: 0.880264030625

00:11:54.105 --> 00:11:55.661 developing the coping strategies

NOTE Confidence: 0.880264030625

00:11:55.661 --> 00:11:57.678 that are necessary to get through this.

NOTE Confidence: 0.880264030625

00:11:57.680 --> 00:11:58.900 For someone who's newly diagnosed

NOTE Confidence: 0.880264030625

00:11:58.900 --> 00:11:59.876 or starting in treatment,

NOTE Confidence: 0.880264030625

00:11:59.880 --> 00:12:01.248 there are a few things that

NOTE Confidence: 0.880264030625

00:12:01.248 --> 00:12:02.160 I would really recommend.

NOTE Confidence: 0.880264030625

00:12:02.160 --> 00:12:04.976 The first one almost feels a little

NOTE Confidence: 0.880264030625

00:12:04.976 --> 00:12:06.436 bit trite too, but it's breathe.

NOTE Confidence: 0.880264030625

00:12:06.436 --> 00:12:07.948 It'll be the first thing

NOTE Confidence: 0.880264030625

00:12:07.948 --> 00:12:09.399 that any therapist tells you,

NOTE Confidence: 0.880264030625

00:12:09.400 --> 00:12:11.278 and the only thing that will
NOTE Confidence: 0.880264030625

00:12:11.280 --> 00:12:13.289 allow you to ground yourself to
NOTE Confidence: 0.880264030625

00:12:13.289 --> 00:12:15.478 your body and to the present moment.
NOTE Confidence: 0.880264030625

00:12:15.480 --> 00:12:17.300 And the next one is to be
NOTE Confidence: 0.880264030625

00:12:17.300 --> 00:12:18.080 compassionate with yourself.
NOTE Confidence: 0.880264030625

00:12:18.080 --> 00:12:19.724 No one has developed a guidebook
NOTE Confidence: 0.880264030625

00:12:19.724 --> 00:12:21.470 and given it to you regarding
NOTE Confidence: 0.880264030625

00:12:21.470 --> 00:12:23.514 how do you navigate any of this.
NOTE Confidence: 0.880264030625

00:12:23.520 --> 00:12:24.925 This is all uncharted territory
NOTE Confidence: 0.880264030625

00:12:24.925 --> 00:12:26.675 and you're using the skills that
NOTE Confidence: 0.880264030625

00:12:26.675 --> 00:12:27.839 you've developed throughout your
NOTE Confidence: 0.880264030625

00:12:27.839 --> 00:12:29.906 entire life in order to survive this
NOTE Confidence: 0.880264030625

00:12:29.906 --> 00:12:31.592 moment and you're doing the absolute
NOTE Confidence: 0.880264030625

00:12:31.592 --> 00:12:34.092 best that you can. And the next one
NOTE Confidence: 0.880264030625

00:12:34.092 --> 00:12:36.170 really aligned with our topic of
NOTE Confidence: 0.880264030625

00:12:36.170 --> 00:12:38.676 conversation is to be true to yourself.

NOTE Confidence: 0.880264030625

00:12:38.680 --> 00:12:39.868 Thinking about and reflecting

NOTE Confidence: 0.880264030625

00:12:39.868 --> 00:12:41.353 on what's important to you,

NOTE Confidence: 0.880264030625

00:12:41.360 --> 00:12:42.568 whether that's your family,

NOTE Confidence: 0.880264030625

00:12:42.568 --> 00:12:43.474 your different roles,

NOTE Confidence: 0.880264030625

00:12:43.480 --> 00:12:44.800 the values that you have,

NOTE Confidence: 0.880264030625

00:12:44.800 --> 00:12:46.560 those are the anchors that

NOTE Confidence: 0.880264030625

00:12:46.560 --> 00:12:48.584 are important to develop.

NOTE Confidence: 0.880264030625

00:12:48.584 --> 00:12:49.596 Think about,

NOTE Confidence: 0.880264030625

00:12:49.600 --> 00:12:52.480 harness and touch base on,

NOTE Confidence: 0.880264030625

00:12:52.480 --> 00:12:54.454 and then from there giving yourself

NOTE Confidence: 0.880264030625

00:12:54.454 --> 00:12:57.000 permission to feel what it is you're feeling.

NOTE Confidence: 0.880264030625

00:12:57.000 --> 00:12:59.944 Our society more often than not has a

NOTE Confidence: 0.880264030625

00:12:59.944 --> 00:13:01.640 really complicated relationship with

NOTE Confidence: 0.880264030625

00:13:01.640 --> 00:13:03.760 complicated feelings such as grief,

NOTE Confidence: 0.880264030625

00:13:03.760 --> 00:13:05.888 anger, frustration, and fear.

NOTE Confidence: 0.880264030625

00:13:05.888 --> 00:13:08.548 Allowing yourself to feel those
NOTE Confidence: 0.880264030625

00:13:08.548 --> 00:13:10.960 allows you to essentially name
NOTE Confidence: 0.880264030625

00:13:10.960 --> 00:13:11.900 what the struggle is,
NOTE Confidence: 0.880264030625

00:13:11.900 --> 00:13:13.855 and it gives you more power and it
NOTE Confidence: 0.880264030625

00:13:13.855 --> 00:13:15.325 gives you more ability to develop
NOTE Confidence: 0.880264030625

00:13:15.325 --> 00:13:16.874 the coping strategies that are
NOTE Confidence: 0.880264030625

00:13:16.874 --> 00:13:18.554 necessary to battle the uncertainty,
NOTE Confidence: 0.880264030625

00:13:18.560 --> 00:13:19.781 battle the depression,
NOTE Confidence: 0.880264030625

00:13:19.781 --> 00:13:22.223 battle the anxiety that are often
NOTE Confidence: 0.880264030625

00:13:22.223 --> 00:13:24.080 inherent to a cancer diagnosis,
NOTE Confidence: 0.880264030625

00:13:24.080 --> 00:13:26.276 and then finally kind of dovetailing
NOTE Confidence: 0.880264030625

00:13:26.280 --> 00:13:27.780 reminding yourself that it's OK
NOTE Confidence: 0.880264030625

00:13:27.780 --> 00:13:29.280 to get support from others.
NOTE Confidence: 0.880264030625

00:13:29.280 --> 00:13:31.200 Support systems are crucial,
NOTE Confidence: 0.880264030625

00:13:31.200 --> 00:13:32.160 particularly here.
NOTE Confidence: 0.95509448

00:13:34.120 --> 00:13:36.480 Yeah, all good, good tips.

NOTE Confidence: 0.95509448

00:13:36.480 --> 00:13:38.349 We do need to take a short

NOTE Confidence: 0.95509448

00:13:38.349 --> 00:13:40.280 break for a medical minute,

NOTE Confidence: 0.95509448

00:13:40.280 --> 00:13:42.230 but please stay tuned to learn

NOTE Confidence: 0.95509448

00:13:42.230 --> 00:13:44.300 more about living a value based

NOTE Confidence: 0.95509448

00:13:44.300 --> 00:13:46.400 life with cancer with my guest,

NOTE Confidence: 0.95509448

00:13:46.400 --> 00:13:48.278 Doctor Gabriel Cartagena.

NOTE Confidence: 0.912347991

00:13:48.760 --> 00:13:50.840 Funding for Yale Cancer Answers

NOTE Confidence: 0.912347991

00:13:50.840 --> 00:13:52.920 comes from Smilow Cancer Hospital,

NOTE Confidence: 0.912347991

00:13:52.920 --> 00:13:55.380 where the lung cancer screening program

NOTE Confidence: 0.912347991

00:13:55.380 --> 00:13:57.838 provides screening to those at risk

NOTE Confidence: 0.912347991

00:13:57.838 --> 00:13:59.718 for lung cancer and individualized,

NOTE Confidence: 0.912347991

00:13:59.720 --> 00:14:02.320 state-of-the-art evaluation of lung nodules.

NOTE Confidence: 0.912347991

00:14:02.320 --> 00:14:07.120 To learn more visit smilowcancerhospital.org.

NOTE Confidence: 0.912347991

00:14:07.120 --> 00:14:09.820 The American Cancer Society estimates that

NOTE Confidence: 0.912347991

00:14:09.820 --> 00:14:12.610 more than 65,000 Americans will be diagnosed

NOTE Confidence: 0.912347991

00:14:12.610 --> 00:14:15.199 with head and neck cancer this year,
NOTE Confidence: 0.912347991

00:14:15.200 --> 00:14:18.420 making up about 4% of all cancers
NOTE Confidence: 0.912347991

00:14:18.420 --> 00:14:20.077 diagnosed when detected early.
NOTE Confidence: 0.912347991

00:14:20.077 --> 00:14:22.471 However, head and neck cancers are
NOTE Confidence: 0.912347991

00:14:22.471 --> 00:14:24.680 easily treated and highly curable.
NOTE Confidence: 0.912347991

00:14:24.680 --> 00:14:26.736 Clinical trials are currently
NOTE Confidence: 0.912347991

00:14:26.736 --> 00:14:28.792 underway at federally designated
NOTE Confidence: 0.912347991

00:14:28.792 --> 00:14:30.683 Comprehensive Cancer Centers such
NOTE Confidence: 0.912347991

00:14:30.683 --> 00:14:33.224 as Yale Cancer Center and Smilow
NOTE Confidence: 0.912347991

00:14:33.224 --> 00:14:35.579 Cancer Hospital to test innovative new
NOTE Confidence: 0.912347991

00:14:35.579 --> 00:14:37.913 treatments for head and neck cancers.
NOTE Confidence: 0.912347991

00:14:37.920 --> 00:14:39.890 Yale Cancer Center was recently
NOTE Confidence: 0.912347991

00:14:39.890 --> 00:14:41.860 awarded grants from the National
NOTE Confidence: 0.912347991

00:14:41.921 --> 00:14:44.119 Institutes of Health to fund the Yale
NOTE Confidence: 0.912347991

00:14:44.119 --> 00:14:46.148 Head and Neck Cancer Specialized
NOTE Confidence: 0.912347991

00:14:46.148 --> 00:14:48.200 Program of Research Excellence,

NOTE Confidence: 0.912347991
00:14:48.200 --> 00:14:49.028 or SPORE,
NOTE Confidence: 0.912347991
00:14:49.028 --> 00:14:51.098 to address critical barriers to
NOTE Confidence: 0.912347991
00:14:51.098 --> 00:14:54.096 treatment of head and neck squamous cell
NOTE Confidence: 0.912347991
00:14:54.096 --> 00:14:56.622 carcinoma due to resistance to immune
NOTE Confidence: 0.912347991
00:14:56.693 --> 00:14:59.078 DNA damaging and targeted therapy.
NOTE Confidence: 0.912347991
00:14:59.080 --> 00:15:01.384 More information is available
NOTE Confidence: 0.912347991
00:15:01.384 --> 00:15:02.565 at yalecancercenter.org.
NOTE Confidence: 0.912347991
00:15:02.565 --> 00:15:06.195 You're listening to Connecticut Public Radio.
NOTE Confidence: 0.912347991
00:15:06.200 --> 00:15:06.640 Welcome
NOTE Confidence: 0.965592486
00:15:06.640 --> 00:15:08.360 back to Yale Cancer Answers.
NOTE Confidence: 0.965592486
00:15:08.360 --> 00:15:10.190 This is Doctor Anees Chagpar and
NOTE Confidence: 0.965592486
00:15:10.190 --> 00:15:11.959 I'm joined tonight by my guest,
NOTE Confidence: 0.965592486
00:15:11.960 --> 00:15:13.385 Doctor Gabriel Cartagena.
NOTE Confidence: 0.965592486
00:15:13.385 --> 00:15:15.760 We're discussing the field of
NOTE Confidence: 0.965592486
00:15:15.760 --> 00:15:17.809 psycho oncology and living a
NOTE Confidence: 0.965592486

00:15:17.809 --> 00:15:19.519 value based life with cancer.
NOTE Confidence: 0.965592486

00:15:19.520 --> 00:15:21.060 Now, before the break,
NOTE Confidence: 0.965592486

00:15:21.060 --> 00:15:23.881 we were talking about the many kind
NOTE Confidence: 0.965592486

00:15:23.881 --> 00:15:26.016 of psychological afflictions on top
NOTE Confidence: 0.965592486

00:15:26.016 --> 00:15:29.169 of the physical afflictions that a
NOTE Confidence: 0.965592486

00:15:29.169 --> 00:15:31.573 cancer diagnosis brings everything
NOTE Confidence: 0.965592486

00:15:31.573 --> 00:15:35.238 from fear to existential crisis.
NOTE Confidence: 0.965592486

00:15:35.240 --> 00:15:35.932 So Gabriel,
NOTE Confidence: 0.965592486

00:15:35.932 --> 00:15:38.354 maybe you can talk a little bit
NOTE Confidence: 0.965592486

00:15:38.354 --> 00:15:40.392 more specifically about some of
NOTE Confidence: 0.965592486

00:15:40.392 --> 00:15:42.816 the tricks and tools that you
NOTE Confidence: 0.965592486

00:15:42.889 --> 00:15:45.427 give your patients in terms of
NOTE Confidence: 0.965592486

00:15:45.427 --> 00:15:47.320 managing through these crises.
NOTE Confidence: 0.802781636363636

00:15:48.000 --> 00:15:49.360 That's a great question.
NOTE Confidence: 0.802781636363636

00:15:49.360 --> 00:15:51.400 So there are different evidence based
NOTE Confidence: 0.802781636363636

00:15:51.457 --> 00:15:53.297 modalities that I use in my

NOTE Confidence: 0.802781636363636
00:15:53.297 --> 00:15:55.128 work in Psycho Oncology and there's
NOTE Confidence: 0.802781636363636
00:15:55.128 --> 00:15:57.080 no one size fit all treatment
NOTE Confidence: 0.802781636363636
00:15:57.131 --> 00:15:58.839 for the people that they work with.
NOTE Confidence: 0.802781636363636
00:15:58.840 --> 00:16:01.080 In fact, it's a combination of different
NOTE Confidence: 0.802781636363636
00:16:01.080 --> 00:16:03.176 skills and different tactics that
NOTE Confidence: 0.802781636363636
00:16:03.176 --> 00:16:05.852 are the most important to helping anyone
NOTE Confidence: 0.802781636363636
00:16:05.852 --> 00:16:08.340 develop their toolbox to manage their
NOTE Confidence: 0.802781636363636
00:16:08.340 --> 00:16:10.440 cancer diagnosis and get through treatment.
NOTE Confidence: 0.802781636363636
00:16:10.440 --> 00:16:12.092 And so one of the primary ones
NOTE Confidence: 0.802781636363636
00:16:12.092 --> 00:16:13.200 is cognitive behavioral therapy,
NOTE Confidence: 0.802781636363636
00:16:13.200 --> 00:16:14.808 also known as CBT.
NOTE Confidence: 0.802781636363636
00:16:14.808 --> 00:16:16.818 And that's a psychotherapy that
NOTE Confidence: 0.802781636363636
00:16:16.818 --> 00:16:19.054 really focuses on how we feel,
NOTE Confidence: 0.802781636363636
00:16:19.054 --> 00:16:20.860 how we think and how we behave
NOTE Confidence: 0.802781636363636
00:16:20.920 --> 00:16:23.188 intertwines and where in that triangle
NOTE Confidence: 0.802781636363636

00:16:23.188 --> 00:16:25.240 exists the most distress for you.

NOTE Confidence: 0.802781636363636

00:16:25.240 --> 00:16:26.268 And so for instance,

NOTE Confidence: 0.802781636363636

00:16:26.268 --> 00:16:28.757 I like to pull an example that's

NOTE Confidence: 0.802781636363636

00:16:28.757 --> 00:16:31.379 cancer related for an individual who

NOTE Confidence: 0.802781636363636

00:16:31.379 --> 00:16:34.337 has really no history of being truly

NOTE Confidence: 0.802781636363636

00:16:34.337 --> 00:16:36.359 angry or frustrated or having outbursts.

NOTE Confidence: 0.802781636363636

00:16:36.360 --> 00:16:38.892 They're noticing that since

NOTE Confidence: 0.802781636363636

00:16:38.892 --> 00:16:40.158 their diagnosis,

NOTE Confidence: 0.802781636363636

00:16:40.160 --> 00:16:42.338 they're more angry and frustrated at

NOTE Confidence: 0.802781636363636

00:16:42.338 --> 00:16:45.160 what they regard as the smallest things.

NOTE Confidence: 0.802781636363636

00:16:45.160 --> 00:16:46.360 They can't really anticipate that.

NOTE Confidence: 0.802781636363636

00:16:46.360 --> 00:16:47.396 They don't know where it's coming from,

NOTE Confidence: 0.802781636363636

00:16:47.400 --> 00:16:48.792 but suddenly they're having an outburst

NOTE Confidence: 0.802781636363636

00:16:48.792 --> 00:16:50.456 in the kitchen at family members that

NOTE Confidence: 0.802781636363636

00:16:50.456 --> 00:16:52.080 they would have never done that with.

NOTE Confidence: 0.802781636363636

00:16:52.080 --> 00:16:54.125 And so one of the the places that

NOTE Confidence: 0.802781636363636
00:16:54.125 --> 00:16:55.350 we start when it comes to cognitive
NOTE Confidence: 0.802781636363636
00:16:55.387 --> 00:16:56.610 behavioral therapy, for instance,
NOTE Confidence: 0.802781636363636
00:16:56.610 --> 00:16:58.306 is really honing in on, well,
NOTE Confidence: 0.802781636363636
00:16:58.306 --> 00:16:59.636 what was your experience before?
NOTE Confidence: 0.802781636363636
00:16:59.640 --> 00:17:02.032 What are the events that led up to
NOTE Confidence: 0.802781636363636
00:17:02.032 --> 00:17:04.680 or the antecedents to that moment?
NOTE Confidence: 0.802781636363636
00:17:04.680 --> 00:17:06.206 Can you remember what you were thinking
NOTE Confidence: 0.802781636363636
00:17:06.206 --> 00:17:07.359 and feeling during that moment?
NOTE Confidence: 0.802781636363636
00:17:07.360 --> 00:17:09.280 How did your body feel?
NOTE Confidence: 0.802781636363636
00:17:09.280 --> 00:17:10.306 And then afterward,
NOTE Confidence: 0.802781636363636
00:17:10.306 --> 00:17:12.358 how did you feel and think?
NOTE Confidence: 0.802781636363636
00:17:12.360 --> 00:17:13.280 And more often than not,
NOTE Confidence: 0.802781636363636
00:17:13.280 --> 00:17:14.512 the people that I work with at
NOTE Confidence: 0.802781636363636
00:17:14.512 --> 00:17:15.040 the very outset,
NOTE Confidence: 0.802781636363636
00:17:15.040 --> 00:17:16.990 when we start to ask these
NOTE Confidence: 0.802781636363636

00:17:16.990 --> 00:17:17.640 fundamental questions,
NOTE Confidence: 0.802781636363636

00:17:17.640 --> 00:17:20.272 have a hard time remembering any
NOTE Confidence: 0.802781636363636

00:17:20.272 --> 00:17:22.160 of the nuance of the moment or the
NOTE Confidence: 0.802781636363636

00:17:22.207 --> 00:17:23.995 distress that they were going through.
NOTE Confidence: 0.802781636363636

00:17:24.000 --> 00:17:25.881 And so the key part of CBT at the
NOTE Confidence: 0.802781636363636

00:17:25.881 --> 00:17:27.918 very beginning is to build awareness.
NOTE Confidence: 0.802781636363636

00:17:27.920 --> 00:17:30.336 How am I thinking, feeling, responding,
NOTE Confidence: 0.802781636363636

00:17:30.336 --> 00:17:33.280 behaving throughout these instances,
NOTE Confidence: 0.802781636363636

00:17:33.280 --> 00:17:34.995 both in distress and outside of distress?
NOTE Confidence: 0.802781636363636

00:17:35.000 --> 00:17:36.540 And that greater awareness allows
NOTE Confidence: 0.802781636363636

00:17:36.540 --> 00:17:38.440 us to dig deeper into, well,
NOTE Confidence: 0.802781636363636

00:17:38.440 --> 00:17:39.880 why did that occur?
NOTE Confidence: 0.802781636363636

00:17:39.880 --> 00:17:41.630 And so in this particular instance that
NOTE Confidence: 0.802781636363636

00:17:41.630 --> 00:17:43.480 I'm bringing up for the cancer patient,
NOTE Confidence: 0.952513107647059

00:17:45.960 --> 00:17:47.700 they find that they're being
NOTE Confidence: 0.952513107647059

00:17:47.700 --> 00:17:49.440 triggered when there's even a

NOTE Confidence: 0.952513107647059
00:17:49.500 --> 00:17:51.719 semblance of a mention of the future.
NOTE Confidence: 0.952513107647059
00:17:51.720 --> 00:17:53.556 So a family member talks about
NOTE Confidence: 0.952513107647059
00:17:53.560 --> 00:17:54.928 a concert that they want to
NOTE Confidence: 0.952513107647059
00:17:54.928 --> 00:17:56.680 go to in five to six months.
NOTE Confidence: 0.952513107647059
00:17:56.680 --> 00:17:58.240 Well, that five to six months
NOTE Confidence: 0.952513107647059
00:17:58.240 --> 00:17:59.880 to this patient is uncertain.
NOTE Confidence: 0.952513107647059
00:17:59.880 --> 00:18:02.184 But to be reminded
NOTE Confidence: 0.952513107647059
00:18:02.184 --> 00:18:04.210 of that uncertainty brings a
NOTE Confidence: 0.952513107647059
00:18:04.210 --> 00:18:05.878 significant level of distress.
NOTE Confidence: 0.952513107647059
00:18:05.880 --> 00:18:06.788 And at this point,
NOTE Confidence: 0.952513107647059
00:18:06.788 --> 00:18:08.387 they don't really have the language to
NOTE Confidence: 0.952513107647059
00:18:08.387 --> 00:18:09.899 be able to express to the person that
NOTE Confidence: 0.952513107647059
00:18:09.899 --> 00:18:11.396 they love that this is distressing,
NOTE Confidence: 0.952513107647059
00:18:11.400 --> 00:18:13.008 but they do know within their
NOTE Confidence: 0.952513107647059
00:18:13.008 --> 00:18:14.080 body that it exists.
NOTE Confidence: 0.952513107647059

00:18:14.080 --> 00:18:15.900 And so the next level of work
NOTE Confidence: 0.952513107647059

00:18:15.900 --> 00:18:17.199 that we do in CBT,
NOTE Confidence: 0.952513107647059

00:18:17.200 --> 00:18:20.320 now that we've kind of identified
NOTE Confidence: 0.952513107647059

00:18:20.320 --> 00:18:21.972 the how and the why, is, well,
NOTE Confidence: 0.952513107647059

00:18:21.972 --> 00:18:23.274 what do I do with this knowledge?
NOTE Confidence: 0.952513107647059

00:18:23.280 --> 00:18:24.435 What do I do with this awareness?
NOTE Confidence: 0.952513107647059

00:18:24.440 --> 00:18:26.197 And what skills do I pull in?
NOTE Confidence: 0.952513107647059

00:18:26.200 --> 00:18:27.894 And in a moment where you're feeling
NOTE Confidence: 0.952513107647059

00:18:27.894 --> 00:18:29.080 particularly angry and irritable.
NOTE Confidence: 0.952513107647059

00:18:29.080 --> 00:18:30.640 And it feels as though,
NOTE Confidence: 0.952513107647059

00:18:30.640 --> 00:18:32.416 let's say for instance,
NOTE Confidence: 0.952513107647059

00:18:32.416 --> 00:18:33.748 uncontrollable skills like
NOTE Confidence: 0.952513107647059

00:18:33.748 --> 00:18:34.636 diaphragmatic breathing,
NOTE Confidence: 0.952513107647059

00:18:34.640 --> 00:18:36.112 progressive muscle relaxation are
NOTE Confidence: 0.952513107647059

00:18:36.112 --> 00:18:38.320 things that you can do individually,
NOTE Confidence: 0.952513107647059

00:18:38.320 --> 00:18:40.560 even outside of the sight of family members.

NOTE Confidence: 0.952513107647059
00:18:40.560 --> 00:18:42.156 You can do them privately.
NOTE Confidence: 0.952513107647059
00:18:42.160 --> 00:18:43.912 That allow you to touch base
NOTE Confidence: 0.952513107647059
00:18:43.912 --> 00:18:45.834 with your body and how you're
NOTE Confidence: 0.952513107647059
00:18:45.834 --> 00:18:47.904 feeling and bring you back to
NOTE Confidence: 0.952513107647059
00:18:47.904 --> 00:18:49.634 awareness of the current moment,
NOTE Confidence: 0.952513107647059
00:18:49.640 --> 00:18:52.370 awareness of your emotions and an
NOTE Confidence: 0.952513107647059
00:18:52.370 --> 00:18:55.000 understanding of what was the antecedent,
NOTE Confidence: 0.952513107647059
00:18:55.000 --> 00:18:56.720 what did you experience?
NOTE Confidence: 0.952513107647059
00:18:56.720 --> 00:18:58.632 And now that you have the skills to
NOTE Confidence: 0.952513107647059
00:18:58.632 --> 00:19:00.959 kind of temper the previous frustration,
NOTE Confidence: 0.952513107647059
00:19:00.960 --> 00:19:02.835 then we develop the language
NOTE Confidence: 0.952513107647059
00:19:02.835 --> 00:19:03.960 to respond differently,
NOTE Confidence: 0.952513107647059
00:19:03.960 --> 00:19:05.832 to start to develop the communication
NOTE Confidence: 0.952513107647059
00:19:05.832 --> 00:19:07.738 styles that would be necessary to
NOTE Confidence: 0.952513107647059
00:19:07.738 --> 00:19:09.243 talk through the distress with
NOTE Confidence: 0.952513107647059

00:19:09.243 --> 00:19:11.117 a partner or with a loved one.
NOTE Confidence: 0.952513107647059

00:19:11.120 --> 00:19:12.962 And then eventually be able to
NOTE Confidence: 0.952513107647059

00:19:12.962 --> 00:19:15.119 look at the mention of the future,
NOTE Confidence: 0.952513107647059

00:19:15.120 --> 00:19:16.812 of the mention of uncertainty with
NOTE Confidence: 0.952513107647059

00:19:16.812 --> 00:19:18.845 a few more skills in your toolbox
NOTE Confidence: 0.952513107647059

00:19:18.845 --> 00:19:20.819 than you had before and a supportive
NOTE Confidence: 0.952513107647059

00:19:20.878 --> 00:19:22.702 partner who's on the same page
NOTE Confidence: 0.952513107647059

00:19:22.702 --> 00:19:24.560 with you in understanding of what
NOTE Confidence: 0.952513107647059

00:19:24.560 --> 00:19:26.160 you're experiencing in the moment.
NOTE Confidence: 0.952513107647059

00:19:26.160 --> 00:19:28.337 Another one of them is acceptance and
NOTE Confidence: 0.952513107647059

00:19:28.337 --> 00:19:30.072 commitment therapy, also known as ACT.
NOTE Confidence: 0.952513107647059

00:19:30.072 --> 00:19:32.800 And that one is sort of similar to CBT,
NOTE Confidence: 0.952513107647059

00:19:32.800 --> 00:19:35.454 but it's more focused on being present,
NOTE Confidence: 0.952513107647059

00:19:35.454 --> 00:19:37.176 mindful and non judgmental of the
NOTE Confidence: 0.952513107647059

00:19:37.176 --> 00:19:39.117 thoughts and feelings that you're having.
NOTE Confidence: 0.952513107647059

00:19:39.120 --> 00:19:41.320 It often characterizes the anxiety

NOTE Confidence: 0.952513107647059
00:19:41.320 --> 00:19:43.764 that you experience as fleeting and
NOTE Confidence: 0.952513107647059
00:19:43.764 --> 00:19:45.474 something that you should welcome.
NOTE Confidence: 0.952513107647059
00:19:45.480 --> 00:19:46.964 And I know that can sound
NOTE Confidence: 0.952513107647059
00:19:46.964 --> 00:19:48.833 kind of strange, but I
NOTE Confidence: 0.952513107647059
00:19:48.833 --> 00:19:52.010 often talk to my patients about
NOTE Confidence: 0.952513107647059
00:19:52.010 --> 00:19:54.560 welcoming uncertainty into the room.
NOTE Confidence: 0.952513107647059
00:19:54.560 --> 00:19:56.639 You pull up a chair for it.
NOTE Confidence: 0.952513107647059
00:19:56.640 --> 00:19:59.480 You sit down. You get acquainted with it.
NOTE Confidence: 0.952513107647059
00:19:59.480 --> 00:20:01.517 You get a better understanding of it.
NOTE Confidence: 0.952513107647059
00:20:01.520 --> 00:20:02.832 And through welcoming uncertainty
NOTE Confidence: 0.952513107647059
00:20:02.832 --> 00:20:05.088 and allowing it to exist in the
NOTE Confidence: 0.952513107647059
00:20:05.088 --> 00:20:06.936 space so you can both live your life
NOTE Confidence: 0.952513107647059
00:20:06.936 --> 00:20:08.840 in a fruitful and meaningful way.
NOTE Confidence: 0.952513107647059
00:20:08.840 --> 00:20:10.648 In a value based way as well as
NOTE Confidence: 0.952513107647059
00:20:10.648 --> 00:20:12.480 allow the thought and the feeling,
NOTE Confidence: 0.952513107647059

00:20:12.480 --> 00:20:14.210 however scary or however dangerous

NOTE Confidence: 0.952513107647059

00:20:14.210 --> 00:20:16.200 it may feel to come in,

NOTE Confidence: 0.952513107647059

00:20:16.200 --> 00:20:17.598 sit with you and come out.

NOTE Confidence: 0.899261649047619

00:20:19.200 --> 00:20:21.776 Yeah, a lot of that sounds

NOTE Confidence: 0.899261649047619

00:20:21.776 --> 00:20:24.104 very similar to techniques of

NOTE Confidence: 0.899261649047619

00:20:24.104 --> 00:20:26.380 mindfulness that we've talked

NOTE Confidence: 0.899261649047619

00:20:26.380 --> 00:20:29.160 about previously on this show.

NOTE Confidence: 0.899261649047619

00:20:29.160 --> 00:20:30.520 Are the two related?

NOTE Confidence: 0.94692762625

00:20:31.160 --> 00:20:32.276 They are often related,

NOTE Confidence: 0.94692762625

00:20:32.276 --> 00:20:33.950 and that's a great question because

NOTE Confidence: 0.94692762625

00:20:34.004 --> 00:20:35.899 there are many different mindfulness

NOTE Confidence: 0.94692762625

00:20:35.899 --> 00:20:37.171 principles, particularly in the

NOTE Confidence: 0.94692762625

00:20:37.171 --> 00:20:38.359 evolution of psycho oncology,

NOTE Confidence: 0.94692762625

00:20:38.360 --> 00:20:40.592 that are being folded into evidence

NOTE Confidence: 0.94692762625

00:20:40.592 --> 00:20:42.080 based practices and treatment.

NOTE Confidence: 0.94692762625

00:20:42.080 --> 00:20:43.235 And so mindfulness,

NOTE Confidence: 0.94692762625

00:20:43.235 --> 00:20:47.960 in and of itself, as an Eastern practice,

NOTE Confidence: 0.94692762625

00:20:47.960 --> 00:20:50.956 focuses on the present moment and allows

NOTE Confidence: 0.94692762625

00:20:50.960 --> 00:20:54.272 different aspects of the present moment

NOTE Confidence: 0.94692762625

00:20:54.272 --> 00:20:58.020 to continue to pass in an acceptable way.

NOTE Confidence: 0.94692762625

00:20:58.020 --> 00:20:59.560 So without any judgement,

NOTE Confidence: 0.94692762625

00:20:59.560 --> 00:21:00.760 the reality of the situation

NOTE Confidence: 0.94692762625

00:21:00.760 --> 00:21:01.720 as it occurs now,

NOTE Confidence: 0.94692762625

00:21:01.720 --> 00:21:03.688 the reality of your thought as it occurs

NOTE Confidence: 0.94692762625

00:21:03.688 --> 00:21:05.920 now is a thought that is occurring now.

NOTE Confidence: 0.94692762625

00:21:05.920 --> 00:21:08.336 But it has no predication on the future

NOTE Confidence: 0.94692762625

00:21:08.336 --> 00:21:10.318 and therefore can be experienced now,

NOTE Confidence: 0.94692762625

00:21:10.320 --> 00:21:12.308 can be welcomed now and then can

NOTE Confidence: 0.94692762625

00:21:12.308 --> 00:21:14.214 pass through so that you can move

NOTE Confidence: 0.94692762625

00:21:14.214 --> 00:21:16.360 on to the next aspect of your life.

NOTE Confidence: 0.94692762625

00:21:16.360 --> 00:21:18.984 And so those core tenets of being able

NOTE Confidence: 0.94692762625

00:21:18.984 --> 00:21:21.018 to accept the current moment and be
NOTE Confidence: 0.94692762625

00:21:21.018 --> 00:21:22.696 present with the current moment as
NOTE Confidence: 0.94692762625

00:21:22.696 --> 00:21:24.432 much as possible in a non judgmental
NOTE Confidence: 0.94692762625

00:21:24.432 --> 00:21:26.544 way are folded into some of the
NOTE Confidence: 0.94692762625

00:21:26.544 --> 00:21:27.752 Acceptance and commitment therapy
NOTE Confidence: 0.94692762625

00:21:27.760 --> 00:21:30.076 principles that we do in treatment,
NOTE Confidence: 0.94692762625

00:21:30.080 --> 00:21:31.500 as well as something like
NOTE Confidence: 0.94692762625

00:21:31.500 --> 00:21:32.636 cognitive behavioral therapy too.
NOTE Confidence: 0.94692762625

00:21:32.640 --> 00:21:34.680 Now the cognition piece of CBT,
NOTE Confidence: 0.94692762625

00:21:34.680 --> 00:21:35.608 for instance,
NOTE Confidence: 0.94692762625

00:21:35.608 --> 00:21:39.274 we start to break down and chew on the
NOTE Confidence: 0.94692762625

00:21:39.274 --> 00:21:41.264 really distressing thoughts that might
NOTE Confidence: 0.94692762625

00:21:41.264 --> 00:21:44.078 occur to someone who's going through cancer.
NOTE Confidence: 0.94692762625

00:21:44.080 --> 00:21:46.384 And a lot of that approach
NOTE Confidence: 0.94692762625

00:21:46.384 --> 00:21:47.920 necessitates a non judgmental
NOTE Confidence: 0.94692762625

00:21:47.996 --> 00:21:49.916 stance and a mindful stance.

00:21:50.320 --> 00:21:54.545 I can imagine that some
NOTE Confidence: 0.972475905

00:21:54.545 --> 00:21:56.680 people who may be listening to this,
NOTE Confidence: 0.972475905

00:21:56.680 --> 00:21:58.954 this might really resonate with them
NOTE Confidence: 0.972475905

00:21:58.954 --> 00:22:02.080 and the the concept of being present
NOTE Confidence: 0.972475905

00:22:02.080 --> 00:22:05.776 and non judgmental and
NOTE Confidence: 0.972475905

00:22:05.776 --> 00:22:08.150 having a thought, accepting the
NOTE Confidence: 0.972475905

00:22:08.150 --> 00:22:11.240 thought and then letting it go,
NOTE Confidence: 0.972475905

00:22:11.240 --> 00:22:13.640 very much similar to meditation
NOTE Confidence: 0.972475905

00:22:13.640 --> 00:22:15.560 practices and so on.
NOTE Confidence: 0.972475905

00:22:15.560 --> 00:22:17.840 Others I can imagine, however,
NOTE Confidence: 0.972475905

00:22:17.840 --> 00:22:19.840 may be thinking, you know,
NOTE Confidence: 0.972475905

00:22:19.840 --> 00:22:22.873 this is all a little too Zen for me.
NOTE Confidence: 0.972475905

00:22:22.880 --> 00:22:25.477 If I've been just diagnosed with cancer,
NOTE Confidence: 0.972475905

00:22:25.480 --> 00:22:27.797 my thoughts are going to be racing.
NOTE Confidence: 0.972475905

00:22:27.800 --> 00:22:29.576 In terms of #1,
NOTE Confidence: 0.972475905

00:22:29.576 --> 00:22:32.240 I don't really like the diagnosis,

NOTE Confidence: 0.972475905

00:22:32.240 --> 00:22:34.480 #2 I'm grappling with my own mortality,

NOTE Confidence: 0.972475905

00:22:34.480 --> 00:22:36.455 and #3 I'm worried about

NOTE Confidence: 0.972475905

00:22:36.455 --> 00:22:38.035 all of the practicalities.

NOTE Confidence: 0.972475905

00:22:38.040 --> 00:22:39.314 What's going to happen to my kids?

NOTE Confidence: 0.972475905

00:22:39.320 --> 00:22:41.035 What's going to happen to the finances,

NOTE Confidence: 0.972475905

00:22:41.040 --> 00:22:42.344 What's going to happen,

NOTE Confidence: 0.972475905

00:22:42.344 --> 00:22:44.812 am I going to be able

NOTE Confidence: 0.972475905

00:22:44.812 --> 00:22:46.919 to keep my next meal down?

NOTE Confidence: 0.972475905

00:22:46.920 --> 00:22:50.263 And so it may be really difficult for

NOTE Confidence: 0.972475905

00:22:50.263 --> 00:22:53.647 some people to kind of accept this idea

NOTE Confidence: 0.972475905

00:22:53.647 --> 00:22:57.199 of being present and non judgmental.

00:22:57.998 --> 00:22:59.594 How do you deal with that?

NOTE Confidence: 0.859186376111111

00:23:00.480 --> 00:23:01.544 That's a wonderful question

NOTE Confidence: 0.859186376111111

00:23:01.544 --> 00:23:03.140 because most of the people that

NOTE Confidence: 0.859186376111111

00:23:03.193 --> 00:23:04.633 I work with out out of the gate,

NOTE Confidence: 0.859186376111111

00:23:04.640 --> 00:23:07.800 that is their response to not only some

NOTE Confidence: 0.859186376111111

00:23:07.800 --> 00:23:09.480 of the principles I start to introduce.

NOTE Confidence: 0.859186376111111

00:23:09.480 --> 00:23:11.740 So if I'm starting to give a little bit of

NOTE Confidence: 0.859186376111111

00:23:11.794 --> 00:23:13.994 psychoeducation as to what ACT or CBT is,

NOTE Confidence: 0.859186376111111

00:23:14.000 --> 00:23:16.816 but also feedback that they have from what

NOTE Confidence: 0.859186376111111

00:23:16.816 --> 00:23:19.279 they've heard about psychotherapy so far.

NOTE Confidence: 0.859186376111111

00:23:19.280 --> 00:23:20.876 And the first thing I always want

NOTE Confidence: 0.859186376111111

00:23:20.876 --> 00:23:22.699 to do is completely validate the

NOTE Confidence: 0.859186376111111

00:23:22.699 --> 00:23:24.853 reactions and the responses that they

NOTE Confidence: 0.859186376111111

00:23:24.853 --> 00:23:26.959 have to this primordial uncertainty.

NOTE Confidence: 0.859186376111111

00:23:26.960 --> 00:23:28.720 Like I said before, it is a right

NOTE Confidence: 0.859186376111111

00:23:28.720 --> 00:23:30.399 hook that you did not see coming.

NOTE Confidence: 0.859186376111111

00:23:30.400 --> 00:23:31.620 And so your responses and

NOTE Confidence: 0.859186376111111

00:23:31.620 --> 00:23:32.840 your questions with regard to,

NOTE Confidence: 0.859186376111111

00:23:32.840 --> 00:23:33.960 well, what happens tomorrow?

NOTE Confidence: 0.859186376111111

00:23:33.960 --> 00:23:36.080 What will happen to my family members?

NOTE Confidence: 0.859186376111111

00:23:36.080 --> 00:23:37.400 What will that relationship look like?
NOTE Confidence: 0.8591863761111111

00:23:37.400 --> 00:23:39.440 Whether the practicality is both financial,
NOTE Confidence: 0.8591863761111111

00:23:39.440 --> 00:23:40.814 we could talk about financial toxicity
NOTE Confidence: 0.8591863761111111

00:23:40.814 --> 00:23:42.799 in the way that that plays in there too,
NOTE Confidence: 0.8591863761111111

00:23:42.800 --> 00:23:44.390 but also more practical with regard
NOTE Confidence: 0.8591863761111111

00:23:44.390 --> 00:23:45.936 to schedule, with regard to work,
NOTE Confidence: 0.8591863761111111

00:23:45.936 --> 00:23:47.847 with regard to what my body will
NOTE Confidence: 0.8591863761111111

00:23:47.847 --> 00:23:48.840 look like afterward.
NOTE Confidence: 0.8591863761111111

00:23:48.840 --> 00:23:51.150 Each of these questions is so
NOTE Confidence: 0.8591863761111111

00:23:51.150 --> 00:23:54.640 incredibly valid and important.
NOTE Confidence: 0.8591863761111111

00:23:54.640 --> 00:23:58.085 To even begin psychotherapy and begin
NOTE Confidence: 0.8591863761111111

00:23:58.085 --> 00:24:00.920 a treatment that's going to be helpful
NOTE Confidence: 0.8591863761111111

00:24:00.920 --> 00:24:02.996 does not necessitate the idea of
00:24:03.386 --> 00:24:06.088 that's a thought and it can pass
NOTE Confidence: 0.8591863761111111

00:24:06.088 --> 00:24:08.358 through and then you will be OK.
NOTE Confidence: 0.8591863761111111

00:24:08.360 --> 00:24:10.424 It's about sitting with the uncertainty
NOTE Confidence: 0.8591863761111111

00:24:10.424 --> 00:24:11.800 of validating it completely,
NOTE Confidence: 0.8591863761111111

00:24:11.800 --> 00:24:13.760 knowing that it will exist and that
NOTE Confidence: 0.8591863761111111

00:24:13.760 --> 00:24:15.743 it is inherent to the process and
NOTE Confidence: 0.8591863761111111

00:24:15.743 --> 00:24:18.470 being able to contend with it in a way
NOTE Confidence: 0.8591863761111111

00:24:18.551 --> 00:24:20.250 that allows you to make something of
NOTE Confidence: 0.8591863761111111

00:24:20.250 --> 00:24:22.119 it and allow you to live your life.
NOTE Confidence: 0.8591863761111111

00:24:22.120 --> 00:24:23.236 So what does that look like?
NOTE Confidence: 0.8591863761111111

00:24:23.240 --> 00:24:26.638 So you come in with incredible anxiety
NOTE Confidence: 0.8591863761111111

00:24:26.638 --> 00:24:28.440 and distress regarding this diagnosis.
NOTE Confidence: 0.8591863761111111

00:24:28.440 --> 00:24:30.198 You're asking the questions about the
NOTE Confidence: 0.8591863761111111

00:24:30.198 --> 00:24:32.160 future and the uncertainty that that holds.
NOTE Confidence: 0.8591863761111111

00:24:32.160 --> 00:24:32.468 However,
NOTE Confidence: 0.8591863761111111

00:24:32.468 --> 00:24:34.932 when you sit in the therapy room or
NOTE Confidence: 0.8591863761111111

00:24:34.932 --> 00:24:37.234 you try to navigate things with a
NOTE Confidence: 0.8591863761111111

00:24:37.234 --> 00:24:39.304 spouse or a partner, for instance,
NOTE Confidence: 0.8591863761111111

00:24:39.304 --> 00:24:41.264 complete shutting down with regard

NOTE Confidence: 0.859186376111111
00:24:41.264 --> 00:24:43.022 to the conversation and avoidance
NOTE Confidence: 0.859186376111111
00:24:43.022 --> 00:24:45.094 is what we would call it in the
NOTE Confidence: 0.859186376111111
00:24:45.161 --> 00:24:46.199 therapeutic terms.
NOTE Confidence: 0.859186376111111
00:24:46.200 --> 00:24:48.096 But that avoidance fosters
NOTE Confidence: 0.859186376111111
00:24:48.096 --> 00:24:49.518 much more distress,
NOTE Confidence: 0.859186376111111
00:24:49.520 --> 00:24:52.598 more levels of depression, more anxiety.
NOTE Confidence: 0.859186376111111
00:24:52.600 --> 00:24:53.800 And so there needs to be a balance,
NOTE Confidence: 0.859186376111111
00:24:53.800 --> 00:24:56.360 particularly when it comes to psychotherapy.
NOTE Confidence: 0.859186376111111
00:24:56.360 --> 00:24:58.160 And that's what the core
NOTE Confidence: 0.859186376111111
00:24:58.160 --> 00:24:59.840 tenet of being mindful is,
NOTE Confidence: 0.859186376111111
00:24:59.840 --> 00:25:01.892 the balance between the distress that
NOTE Confidence: 0.859186376111111
00:25:01.892 --> 00:25:03.650 you experience and allowing yourself
NOTE Confidence: 0.859186376111111
00:25:03.650 --> 00:25:05.411 to experience it and sitting with
NOTE Confidence: 0.859186376111111
00:25:05.411 --> 00:25:07.542 it in such a way and developing the
NOTE Confidence: 0.859186376111111
00:25:07.542 --> 00:25:09.453 skills to manage your emotions when it
NOTE Confidence: 0.859186376111111

00:25:09.453 --> 00:25:11.558 comes to how you're feeling about it,
NOTE Confidence: 0.8591863761111111

00:25:11.560 --> 00:25:13.877 such that you can observe it differently
NOTE Confidence: 0.8591863761111111

00:25:13.880 --> 00:25:15.035 when you're in the heat of distress.
NOTE Confidence: 0.8591863761111111

00:25:15.040 --> 00:25:15.706 Without those skills,
NOTE Confidence: 0.8591863761111111

00:25:15.706 --> 00:25:17.038 it's really hard to think of,
NOTE Confidence: 0.8591863761111111

00:25:17.040 --> 00:25:18.600 well, what do I do next?
NOTE Confidence: 0.8591863761111111

00:25:18.600 --> 00:25:20.413 Even when it comes to something like
NOTE Confidence: 0.8591863761111111

00:25:20.413 --> 00:25:21.800 scheduling the next appointment,
NOTE Confidence: 0.8591863761111111

00:25:21.800 --> 00:25:23.840 if you have the skills developed
NOTE Confidence: 0.8591863761111111

00:25:23.840 --> 00:25:25.822 in therapy to be able to look at
NOTE Confidence: 0.8591863761111111

00:25:25.822 --> 00:25:26.473 the situation differently,
NOTE Confidence: 0.8591863761111111

00:25:26.480 --> 00:25:28.226 still feel the same amount of
NOTE Confidence: 0.8591863761111111

00:25:28.226 --> 00:25:29.390 anxiety because nothing about
NOTE Confidence: 0.8591863761111111

00:25:29.445 --> 00:25:30.677 that anxiety has changed,
NOTE Confidence: 0.8591863761111111

00:25:30.680 --> 00:25:31.730 but to merely look at
NOTE Confidence: 0.8591863761111111

00:25:31.730 --> 00:25:32.360 the thought differently,

NOTE Confidence: 0.859186376111111
00:25:32.360 --> 00:25:35.000 to look at the experience differently,
NOTE Confidence: 0.953688701818182
00:25:35.000 --> 00:25:36.134 you might be able to contend
NOTE Confidence: 0.953688701818182
00:25:36.134 --> 00:25:37.120 with it differently as well.
NOTE Confidence: 0.953688701818182
00:25:37.120 --> 00:25:38.115 You might be able to say, well,
NOTE Confidence: 0.953688701818182
00:25:38.115 --> 00:25:39.675 I'm going to schedule it in this way
NOTE Confidence: 0.953688701818182
00:25:39.680 --> 00:25:40.840 that aligns with my values.
NOTE Confidence: 0.953688701818182
00:25:40.840 --> 00:25:43.640 Now I can talk a little
NOTE Confidence: 0.953688701818182
00:25:43.640 --> 00:25:44.400 bit more to my partner,
NOTE Confidence: 0.953688701818182
00:25:44.400 --> 00:25:47.200 the people that I value about this now,
NOTE Confidence: 0.953688701818182
00:25:47.200 --> 00:25:49.398 and start to build my support network.
NOTE Confidence: 0.953688701818182
00:25:49.400 --> 00:25:50.562 I can start to engage with things
NOTE Confidence: 0.953688701818182
00:25:50.562 --> 00:25:51.640 that are really important to me,
NOTE Confidence: 0.953688701818182
00:25:51.640 --> 00:25:53.098 despite feeling fatigue,
NOTE Confidence: 0.953688701818182
00:25:53.098 --> 00:25:54.556 despite feeling pain.
NOTE Confidence: 0.953688701818182
00:25:54.560 --> 00:25:56.632 And I get to choose what that looks
NOTE Confidence: 0.953688701818182

00:25:56.632 --> 00:25:58.604 like rather than the anxiety or
NOTE Confidence: 0.953688701818182

00:25:58.604 --> 00:25:59.996 depression feeling so overwhelming
NOTE Confidence: 0.953688701818182

00:25:59.996 --> 00:26:01.988 that you wouldn't be able to do
NOTE Confidence: 0.953688701818182

00:26:01.988 --> 00:26:03.040 either of those things.
NOTE Confidence: 0.822393797142857

00:26:05.000 --> 00:26:08.234 Yeah, it makes me think that you
NOTE Confidence: 0.822393797142857

00:26:08.234 --> 00:26:11.558 know this idea of being present.
NOTE Confidence: 0.822393797142857

00:26:11.560 --> 00:26:13.744 It really may not solve all
NOTE Confidence: 0.822393797142857

00:26:13.744 --> 00:26:16.079 of the problems of the world,
NOTE Confidence: 0.822393797142857

00:26:16.080 --> 00:26:19.960 but it may not put out the fire,
NOTE Confidence: 0.822393797142857

00:26:19.960 --> 00:26:22.109 but it might clear some of the
NOTE Confidence: 0.822393797142857

00:26:22.109 --> 00:26:24.556 smoke so that at least there's clear
NOTE Confidence: 0.822393797142857

00:26:24.556 --> 00:26:29.120 air for you now to think about
NOTE Confidence: 0.822393797142857

00:26:29.120 --> 00:26:31.437 how you will put out the fire,
NOTE Confidence: 0.822393797142857

00:26:31.440 --> 00:26:34.198 how you will deal with the issues
NOTE Confidence: 0.822393797142857

00:26:34.200 --> 00:26:38.022 without having the the fog of all
NOTE Confidence: 0.822393797142857

00:26:38.022 --> 00:26:40.720 of the emotions that you might

NOTE Confidence: 0.822393797142857
00:26:40.720 --> 00:26:42.720 be feeling running rampant that
NOTE Confidence: 0.822393797142857
00:26:42.720 --> 00:26:45.119 that sometimes can get in the way.
NOTE Confidence: 0.822393797142857
00:26:45.120 --> 00:26:48.270 And I think that that might
NOTE Confidence: 0.822393797142857
00:26:48.270 --> 00:26:51.030 really be a way to help people who
NOTE Confidence: 0.822393797142857
00:26:51.030 --> 00:26:52.960 may come at this with,
NOTE Confidence: 0.822393797142857
00:26:52.960 --> 00:26:55.840 but I just need solutions to my problems.
NOTE Confidence: 0.822393797142857
00:26:55.840 --> 00:26:58.983 It sounds more like that what you're
NOTE Confidence: 0.822393797142857
00:26:58.983 --> 00:27:02.052 doing with Psycho Oncology might not
NOTE Confidence: 0.822393797142857
00:27:02.052 --> 00:27:04.792 be solving the problem of you know,
NOTE Confidence: 0.822393797142857
00:27:04.792 --> 00:27:06.640 this is how you're going to make
NOTE Confidence: 0.822393797142857
00:27:06.700 --> 00:27:08.494 your schedule and this is
NOTE Confidence: 0.822393797142857
00:27:08.494 --> 00:27:10.280 how the finances will play out.
NOTE Confidence: 0.822393797142857
00:27:10.280 --> 00:27:14.159 But more so let me help you to clear
NOTE Confidence: 0.822393797142857
00:27:14.159 --> 00:27:17.383 your mind such that you are able
NOTE Confidence: 0.822393797142857
00:27:17.383 --> 00:27:20.280 to now more productively focus on
NOTE Confidence: 0.822393797142857

00:27:20.280 --> 00:27:21.919 those solutions. Is that right?
NOTE Confidence: 0.945396881666667

00:27:22.360 --> 00:27:26.320 Absolutely. The ability to gain clarity
NOTE Confidence: 0.945396881666667

00:27:26.320 --> 00:27:28.968 and also master what it is that you're
NOTE Confidence: 0.945396881666667

00:27:28.968 --> 00:27:30.851 feeling in a way that's productive,
NOTE Confidence: 0.945396881666667

00:27:30.851 --> 00:27:32.837 in a way that's value based.
NOTE Confidence: 0.945396881666667

00:27:32.840 --> 00:27:34.880 So when you are in situations in which
NOTE Confidence: 0.945396881666667

00:27:34.880 --> 00:27:36.400 you're feeling incredible distress,
NOTE Confidence: 0.945396881666667

00:27:36.400 --> 00:27:39.158 those even getting closer to a solution
NOTE Confidence: 0.945396881666667

00:27:39.158 --> 00:27:41.044 oriented or problem focused sort
NOTE Confidence: 0.945396881666667

00:27:41.044 --> 00:27:43.556 of path when it comes to what's my
NOTE Confidence: 0.945396881666667

00:27:43.629 --> 00:27:46.240 schedule going to look like or finances
NOTE Confidence: 0.945396881666667

00:27:46.240 --> 00:27:47.640 or even how I'm going to navigate.
NOTE Confidence: 0.945396881666667

00:27:47.640 --> 00:27:50.286 The fact that I have these things at home
NOTE Confidence: 0.945396881666667

00:27:50.286 --> 00:27:52.836 that I want to do but I'm experiencing
NOTE Confidence: 0.945396881666667

00:27:52.836 --> 00:27:54.799 pain or fatigue from treatment.
NOTE Confidence: 0.945396881666667

00:27:54.800 --> 00:27:56.494 It's more difficult to do those things

NOTE Confidence: 0.945396881666667
00:27:56.494 --> 00:27:58.317 when you're in the depths of distress,
NOTE Confidence: 0.945396881666667
00:27:58.320 --> 00:27:59.760 if you're avoiding the distress or
NOTE Confidence: 0.945396881666667
00:27:59.760 --> 00:28:01.800 if you have no support system there.
NOTE Confidence: 0.945396881666667
00:28:01.800 --> 00:28:03.560 So psychotherapy, as you'd mentioned,
NOTE Confidence: 0.945396881666667
00:28:03.560 --> 00:28:06.040 really does a lot of the the validation
NOTE Confidence: 0.945396881666667
00:28:06.040 --> 00:28:08.346 work as well as skill work in order
NOTE Confidence: 0.945396881666667
00:28:08.346 --> 00:28:10.576 to be able to clear some sort of
NOTE Confidence: 0.945396881666667
00:28:10.576 --> 00:28:12.742 path for you to get to the next
NOTE Confidence: 0.945396881666667
00:28:12.742 --> 00:28:14.639 step that you want to get to.
NOTE Confidence: 0.945396881666667
00:28:14.640 --> 00:28:15.868 And so the brush,
NOTE Confidence: 0.945396881666667
00:28:15.868 --> 00:28:18.158 we would say is the emotional distress
NOTE Confidence: 0.945396881666667
00:28:18.158 --> 00:28:20.396 that is inherent to and completely
NOTE Confidence: 0.945396881666667
00:28:20.396 --> 00:28:23.488 valid for the experience and the
NOTE Confidence: 0.945396881666667
00:28:23.488 --> 00:28:26.533 skills are your machete pretty
NOTE Confidence: 0.945396881666667
00:28:26.533 --> 00:28:28.879 much to clear through the brush
NOTE Confidence: 0.945396881666667

00:28:28.879 --> 00:28:31.148 and give yourself the the vision of
NOTE Confidence: 0.945396881666667

00:28:31.148 --> 00:28:32.520 what that new path could look like.
NOTE Confidence: 0.910003566

00:28:33.280 --> 00:28:35.235 Doctor Gabriel Cartagena is an
NOTE Confidence: 0.910003566

00:28:35.235 --> 00:28:36.799 assistant professor of psychiatry
NOTE Confidence: 0.910003566

00:28:36.799 --> 00:28:38.836 at the Yale School of Medicine.
NOTE Confidence: 0.910003566

00:28:38.840 --> 00:28:40.804 If you have questions,
NOTE Confidence: 0.910003566

00:28:40.804 --> 00:28:42.840 the address is canceranswers@yale.edu,
NOTE Confidence: 0.910003566

00:28:42.840 --> 00:28:44.791 and past editions of the program
NOTE Confidence: 0.910003566

00:28:44.791 --> 00:28:47.617 are available in audio and written
NOTE Confidence: 0.910003566

00:28:47.617 --> 00:28:48.863 form at yalecancercenter.org.
NOTE Confidence: 0.910003566

00:28:48.863 --> 00:28:51.287 We hope you'll join us next week to
NOTE Confidence: 0.910003566

00:28:51.287 --> 00:28:53.130 learn more about the fight against
NOTE Confidence: 0.910003566

00:28:53.130 --> 00:28:54.960 cancer here on Connecticut Public Radio.
NOTE Confidence: 0.910003566

00:28:54.960 --> 00:28:57.546 Funding for Yale Cancer Answers is
NOTE Confidence: 0.910003566

00:28:57.546 --> 00:29:00.000 provided by Smilow Cancer Hospital.