

WEBVTT

00:00:00.000 --> 00:00:03.228 Funding for Yale Cancer Answers is

NOTE Confidence: 0.815263929090909

00:00:03.228 --> 00:00:06.280 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.815263929090909

00:00:06.280 --> 00:00:08.520 Welcome to Yale Cancer Answers

NOTE Confidence: 0.815263929090909

00:00:08.520 --> 00:00:10.312 with Doctor Anees Chagpar.

NOTE Confidence: 0.815263929090909

00:00:10.320 --> 00:00:11.812 Yale Cancer Answers features

NOTE Confidence: 0.815263929090909

00:00:11.812 --> 00:00:13.677 the latest information on cancer

NOTE Confidence: 0.815263929090909

00:00:13.677 --> 00:00:15.586 care by welcoming oncologists and

NOTE Confidence: 0.815263929090909

00:00:15.586 --> 00:00:17.794 specialists who are on the forefront

NOTE Confidence: 0.815263929090909

00:00:17.851 --> 00:00:19.549 of the battle to fight cancer.

NOTE Confidence: 0.815263929090909

00:00:19.550 --> 00:00:21.800 This week it's a conversation about

NOTE Confidence: 0.815263929090909

00:00:21.800 --> 00:00:24.199 Psycho Oncology with Doctor Shannon Mazur.

NOTE Confidence: 0.815263929090909

00:00:24.200 --> 00:00:26.433 Dr. Mazur is an assistant professor of

NOTE Confidence: 0.815263929090909

00:00:26.433 --> 00:00:28.819 psychiatry at the Yale School of Medicine,

NOTE Confidence: 0.815263929090909

00:00:28.820 --> 00:00:30.992 where Doctor Chagpar is a professor

NOTE Confidence: 0.815263929090909

00:00:30.992 --> 00:00:32.078 of surgical oncology.

NOTE Confidence: 0.893606635217391

00:00:33.390 --> 00:00:34.884 So Shannon, maybe we can start
NOTE Confidence: 0.893606635217391

00:00:34.884 --> 00:00:36.649 off by you telling us a little
NOTE Confidence: 0.893606635217391

00:00:36.649 --> 00:00:38.083 bit more about yourself and what it is you do?
00:00:40.576 --> 00:00:42.200 Sure, I'm currently working
NOTE Confidence: 0.80939651

00:00:42.210 --> 00:00:44.891 as a psycho oncologist at the Cancer
NOTE Confidence: 0.80939651

00:00:44.891 --> 00:00:47.889 Center and my background got me here.
NOTE Confidence: 0.80939651

00:00:47.890 --> 00:00:50.914 I have always been interested in medicine
NOTE Confidence: 0.80939651

00:00:50.914 --> 00:00:53.089 and human interactions from a young
NOTE Confidence: 0.80939651

00:00:53.089 --> 00:00:54.758 age and at some point along the way,
NOTE Confidence: 0.80939651

00:00:54.760 --> 00:00:56.615 I got heavily involved in bioethics and
NOTE Confidence: 0.80939651

00:00:56.615 --> 00:00:58.958 it led to me having a masters degree
NOTE Confidence: 0.80939651

00:00:58.958 --> 00:01:01.042 in bioethics and then taught in the
NOTE Confidence: 0.80939651

00:01:01.042 --> 00:01:02.932 field for quite a few years before
NOTE Confidence: 0.80939651

00:01:02.932 --> 00:01:04.270 actually going to medical school.
NOTE Confidence: 0.80939651

00:01:04.270 --> 00:01:06.440 And when I was involved in bioethics,
NOTE Confidence: 0.80939651

00:01:06.440 --> 00:01:08.575 that led to a deep interest in
NOTE Confidence: 0.80939651

00:01:08.575 --> 00:01:11.235 end of life care and some of the
NOTE Confidence: 0.80939651

00:01:11.235 --> 00:01:13.830 issues that come with end of life
NOTE Confidence: 0.80939651

00:01:13.830 --> 00:01:15.955 care and inevitably Hospice care,
NOTE Confidence: 0.80939651

00:01:15.960 --> 00:01:16.914 palliative care,
NOTE Confidence: 0.80939651

00:01:16.914 --> 00:01:20.730 and how we handle people who are seriously
NOTE Confidence: 0.80939651

00:01:20.815 --> 00:01:23.722 ill and all of my work along the way
NOTE Confidence: 0.80939651

00:01:23.722 --> 00:01:26.558 led to me becoming a psychiatrist,
NOTE Confidence: 0.80939651

00:01:26.560 --> 00:01:28.204 going through medical school,
NOTE Confidence: 0.80939651

00:01:28.204 --> 00:01:30.670 and then eventually doing a fellowship
NOTE Confidence: 0.80939651

00:01:30.737 --> 00:01:32.796 within consult medicine for psychiatry
NOTE Confidence: 0.80939651

00:01:32.796 --> 00:01:34.916 and following up with that,
NOTE Confidence: 0.80939651

00:01:34.920 --> 00:01:37.064 working specifically with
NOTE Confidence: 0.80939651

00:01:37.064 --> 00:01:40.280 cancer patients and psychiatry.
NOTE Confidence: 0.80939651

00:01:40.360 --> 00:01:42.712 The field of psycho oncology is
NOTE Confidence: 0.80939651

00:01:42.712 --> 00:01:46.024 where I reside now and have both
NOTE Confidence: 0.80939651

00:01:46.024 --> 00:01:48.514 work that is inpatient and outpatient

NOTE Confidence: 0.80939651

00:01:48.520 --> 00:01:51.418 work and psychology can be thought

NOTE Confidence: 0.80939651

00:01:51.418 --> 00:01:53.646 of as working within the hospital.

NOTE Confidence: 0.80939651

00:01:53.646 --> 00:01:55.867 And also there's aspects to it that

NOTE Confidence: 0.80939651

00:01:55.867 --> 00:01:57.806 are done as an outpatient and the

NOTE Confidence: 0.80939651

00:01:57.806 --> 00:01:59.802 continuity of care that can come with

NOTE Confidence: 0.80939651

00:01:59.802 --> 00:02:02.050 those that are not currently hospitalized.

NOTE Confidence: 0.929518265454545

00:02:02.810 --> 00:02:04.973 So, let's pick up on that

NOTE Confidence: 0.929518265454545

00:02:04.973 --> 00:02:06.350 conversation at that point.

NOTE Confidence: 0.929518265454545

00:02:06.350 --> 00:02:07.934 So for many of

NOTE Confidence: 0.929518265454545

00:02:07.934 --> 00:02:09.640 the people in our audience,

NOTE Confidence: 0.929518265454545

00:02:09.640 --> 00:02:11.692 we may not be completely familiar

NOTE Confidence: 0.929518265454545

00:02:11.692 --> 00:02:14.209 with the field of psycho oncology.

NOTE Confidence: 0.929518265454545

00:02:14.210 --> 00:02:16.898 Many of us know about medical

NOTE Confidence: 0.929518265454545

00:02:16.898 --> 00:02:18.690 oncology or surgical oncology,

NOTE Confidence: 0.929518265454545

00:02:18.690 --> 00:02:19.850 radiation oncology,

NOTE Confidence: 0.929518265454545

00:02:19.850 --> 00:02:22.750 what exactly is psycho oncology?
NOTE Confidence: 0.82249802125

00:02:23.460 --> 00:02:26.112 So Psycho Oncology first came about
NOTE Confidence: 0.82249802125

00:02:26.112 --> 00:02:29.035 around the 1970s in Western countries and
NOTE Confidence: 0.82249802125

00:02:29.035 --> 00:02:31.776 in Western culture and came about that
NOTE Confidence: 0.82249802125

00:02:31.776 --> 00:02:34.700 there used to be cancer as a diagnosis,
NOTE Confidence: 0.82249802125

00:02:34.700 --> 00:02:37.980 was kind of a stigma, it
NOTE Confidence: 0.82249802125

00:02:37.980 --> 00:02:39.320 wasn't talked about as much.
NOTE Confidence: 0.82249802125

00:02:39.320 --> 00:02:42.071 And there became this movement within the
NOTE Confidence: 0.82249802125

00:02:42.071 --> 00:02:44.640 1970s where patients were starting
NOTE Confidence: 0.82249802125

00:02:44.640 --> 00:02:47.720 to have more conversations about it and
NOTE Confidence: 0.82249802125

00:02:47.720 --> 00:02:50.716 integrating in more social aspects
NOTE Confidence: 0.82249802125

00:02:50.716 --> 00:02:53.619 into their care and really not having
NOTE Confidence: 0.82249802125

00:02:53.620 --> 00:02:56.796 what was once deemed just as
NOTE Confidence: 0.82249802125

00:02:56.796 --> 00:02:59.710 this death sentence and able to
NOTE Confidence: 0.82249802125

00:02:59.710 --> 00:03:02.144 talk more about it amongst providers,
NOTE Confidence: 0.82249802125

00:03:02.144 --> 00:03:03.206 society, family members.

NOTE Confidence: 0.82249802125

00:03:03.206 --> 00:03:05.738 And so the the field of Psycho

NOTE Confidence: 0.82249802125

00:03:05.738 --> 00:03:07.826 Oncology first started to get its

NOTE Confidence: 0.82249802125

00:03:07.826 --> 00:03:09.972 roots around that time in the 1970s

NOTE Confidence: 0.82249802125

00:03:09.972 --> 00:03:12.646 and then kind of sprang from there.

NOTE Confidence: 0.82249802125

00:03:12.650 --> 00:03:14.022 So it is a relatively new field,

NOTE Confidence: 0.82249802125

00:03:14.022 --> 00:03:17.116 but even more so I would say in the

NOTE Confidence: 0.82249802125

00:03:17.116 --> 00:03:19.370 last 20 years has started to become

NOTE Confidence: 0.82249802125

00:03:19.440 --> 00:03:22.562 integrated into most of the larger cancer

NOTE Confidence: 0.82249802125

00:03:22.562 --> 00:03:25.218 hospitals because there became this

NOTE Confidence: 0.82249802125

00:03:25.218 --> 00:03:28.644 knowledge that within the field

NOTE Confidence: 0.82249802125

00:03:28.644 --> 00:03:31.544 of psychology that the main 2 aspects

NOTE Confidence: 0.82249802125

00:03:31.544 --> 00:03:34.302 is that it's studying the impact of

NOTE Confidence: 0.82249802125

00:03:34.302 --> 00:03:36.737 behavior and psychosocial factors on

NOTE Confidence: 0.82249802125

00:03:36.737 --> 00:03:39.887 cancer and cancer morbidity and mortality.

NOTE Confidence: 0.82249802125

00:03:39.890 --> 00:03:41.304 And also the flip side of that,

NOTE Confidence: 0.82249802125

00:03:41.310 --> 00:03:43.338 which is how psychological
NOTE Confidence: 0.82249802125

00:03:43.338 --> 00:03:45.366 influences can influence cancer.
NOTE Confidence: 0.82249802125

00:03:45.370 --> 00:03:47.910 So seeing both how behavior
NOTE Confidence: 0.82249802125

00:03:47.910 --> 00:03:48.926 influences cancer,
NOTE Confidence: 0.82249802125

00:03:48.930 --> 00:03:50.695 but how cancer influences our
NOTE Confidence: 0.82249802125

00:03:50.695 --> 00:03:52.858 behavior and our mental.
NOTE Confidence: 0.82249802125

00:03:52.858 --> 00:03:54.834 Psycho oncology
NOTE Confidence: 0.82249802125

00:03:54.834 --> 00:03:57.816 kind of integrates in both
NOTE Confidence: 0.82249802125

00:03:57.816 --> 00:04:01.499 aspects of that showing that beyond just
NOTE Confidence: 0.82249802125

00:04:01.499 --> 00:04:03.798 the medical treatment there's
NOTE Confidence: 0.82249802125

00:04:03.798 --> 00:04:06.012 this whole other aspect to cancer
NOTE Confidence: 0.82249802125

00:04:06.012 --> 00:04:08.759 care and treatment that we need to be
NOTE Confidence: 0.82249802125

00:04:08.759 --> 00:04:11.489 examining and to bring in as part of a
NOTE Confidence: 0.82249802125

00:04:11.489 --> 00:04:13.748 holistic approach to cancer.
NOTE Confidence: 0.82249802125

00:04:13.748 --> 00:04:16.076 We know that depending
NOTE Confidence: 0.82249802125

00:04:16.076 --> 00:04:17.894 upon what source you look at

NOTE Confidence: 0.82249802125

00:04:17.894 --> 00:04:19.239 and what what research paper you read,

NOTE Confidence: 0.82249802125

00:04:19.240 --> 00:04:22.804 the kind of common number that is most

NOTE Confidence: 0.82249802125

00:04:22.804 --> 00:04:25.898 commonly seen is that about 35% of patients

NOTE Confidence: 0.82249802125

00:04:25.898 --> 00:04:27.928 who have cancer diagnosis will

NOTE Confidence: 0.82249802125

00:04:27.928 --> 00:04:30.826 at some point have a psychiatric

NOTE Confidence: 0.82249802125

00:04:30.826 --> 00:04:33.336 disorder or diagnosis within the

NOTE Confidence: 0.82249802125

00:04:33.336 --> 00:04:35.320 trajectory of their treatment.

NOTE Confidence: 0.82249802125

00:04:35.320 --> 00:04:37.119 So whether that's at the

NOTE Confidence: 0.82249802125

00:04:37.119 --> 00:04:38.653 beginning and whether that's through

NOTE Confidence: 0.82249802125

00:04:38.653 --> 00:04:40.418 the treatment or transitioning through

NOTE Confidence: 0.82249802125

00:04:40.418 --> 00:04:42.150 survivorship and end of life care,

NOTE Confidence: 0.82249802125

00:04:42.150 --> 00:04:45.728 but about 35% and I almost think that

NOTE Confidence: 0.82249802125

00:04:45.728 --> 00:04:47.660 that is somewhat of a low number,

NOTE Confidence: 0.82249802125

00:04:47.660 --> 00:04:49.436 but that's really kind of getting

NOTE Confidence: 0.82249802125

00:04:49.436 --> 00:04:51.967 to those who meet the actual

NOTE Confidence: 0.82249802125

00:04:51.967 --> 00:04:53.978 kind of disorder diagnosis and we
NOTE Confidence: 0.82249802125

00:04:53.978 --> 00:04:56.366 see that this number continues to
NOTE Confidence: 0.82249802125

00:04:56.370 --> 00:04:59.506 increase in the sense that we have
NOTE Confidence: 0.82249802125

00:04:59.506 --> 00:05:01.762 medical progress showing
NOTE Confidence: 0.82249802125

00:05:01.762 --> 00:05:03.847 more survivors being able
NOTE Confidence: 0.82249802125

00:05:03.847 --> 00:05:05.880 to survive through the cancer and
NOTE Confidence: 0.82249802125

00:05:05.880 --> 00:05:07.168 longer periods of time.
NOTE Confidence: 0.82249802125

00:05:07.170 --> 00:05:08.759 And then also just the fact that
NOTE Confidence: 0.82249802125

00:05:08.759 --> 00:05:10.550 we see that increased life
NOTE Confidence: 0.82249802125

00:05:10.550 --> 00:05:12.305 expectancy leading to higher numbers
NOTE Confidence: 0.82249802125

00:05:12.305 --> 00:05:14.148 of cancer patients in general.
00:05:14.882 --> 00:05:17.078 So this number has continued to grow
NOTE Confidence: 0.82249802125

00:05:17.078 --> 00:05:19.621 and is becoming as I mentioned
NOTE Confidence: 0.82249802125

00:05:19.621 --> 00:05:21.950 kind of more integrated into many
NOTE Confidence: 0.82249802125

00:05:21.950 --> 00:05:24.150 of the larger cancer hospitals.
NOTE Confidence: 0.888938925833333

00:05:24.670 --> 00:05:26.353 So that's interesting.
NOTE Confidence: 0.888938925833333

00:05:26.353 --> 00:05:29.158 35% of cancer survivors will
NOTE Confidence: 0.888938925833333

00:05:29.158 --> 00:05:32.509 have a psychiatric diagnosis.
NOTE Confidence: 0.888938925833333

00:05:32.510 --> 00:05:34.780 Certainly, as you pointed out,
NOTE Confidence: 0.888938925833333

00:05:34.780 --> 00:05:37.918 the impact of cancer can be
NOTE Confidence: 0.888938925833333

00:05:37.920 --> 00:05:39.675 quite significant in terms of
NOTE Confidence: 0.888938925833333

00:05:39.675 --> 00:05:41.079 the patient's mental health.
NOTE Confidence: 0.888938925833333

00:05:41.080 --> 00:05:43.460 I mean, certainly I think many of
NOTE Confidence: 0.888938925833333

00:05:43.460 --> 00:05:45.279 our listeners can imagine that
NOTE Confidence: 0.888938925833333

00:05:45.279 --> 00:05:47.475 if given a diagnosis of cancer,
NOTE Confidence: 0.888938925833333

00:05:47.480 --> 00:05:52.160 one may face anxiety or depression,
NOTE Confidence: 0.888938925833333

00:05:52.160 --> 00:05:55.898 but that may be more so attributed
NOTE Confidence: 0.888938925833333

00:05:55.898 --> 00:05:58.760 to the diagnosis itself and
NOTE Confidence: 0.888938925833333

00:05:58.760 --> 00:06:01.340 being able to cope rather
NOTE Confidence: 0.888938925833333

00:06:01.340 --> 00:06:04.177 than a disorder of
NOTE Confidence: 0.888938925833333

00:06:04.177 --> 00:06:06.737 transmitters in your brain.
NOTE Confidence: 0.888938925833333

00:06:06.740 --> 00:06:09.232 Can you talk a little bit more

NOTE Confidence: 0.888938925833333
00:06:09.232 --> 00:06:11.876 about the diagnosis that's made
NOTE Confidence: 0.888938925833333
00:06:11.876 --> 00:06:14.498 in these 35% of cancer survivors
NOTE Confidence: 0.888938925833333
00:06:14.498 --> 00:06:16.940 and whether that's a transient
NOTE Confidence: 0.888938925833333
00:06:17.018 --> 00:06:19.303 thing or whether there actually
NOTE Confidence: 0.888938925833333
00:06:19.303 --> 00:06:21.588 is an impact on neurotransmitters
NOTE Confidence: 0.888938925833333
00:06:21.659 --> 00:06:23.479 that needs to be dealt with in
NOTE Confidence: 0.888938925833333
00:06:23.479 --> 00:06:26.050 a pharmacologic manner.
NOTE Confidence: 0.72773496375
00:06:26.600 --> 00:06:29.128 That's a great question and I think
NOTE Confidence: 0.72773496375
00:06:29.130 --> 00:06:31.636 it's a multifold answer and part of
NOTE Confidence: 0.72773496375
00:06:31.636 --> 00:06:34.580 that is that we obviously within that
NOTE Confidence: 0.72773496375
00:06:34.580 --> 00:06:36.974 35% there are patients who have already
NOTE Confidence: 0.72773496375
00:06:36.974 --> 00:06:38.819 had pre-existing mental health issues.
NOTE Confidence: 0.72773496375
00:06:38.820 --> 00:06:41.232 So somebody who's struggled with anxiety
NOTE Confidence: 0.72773496375
00:06:41.232 --> 00:06:43.568 or depression throughout their entire life
NOTE Confidence: 0.72773496375
00:06:43.568 --> 00:06:45.798 they're included in that 35%.
NOTE Confidence: 0.72773496375

00:06:45.798 --> 00:06:48.209 So we know there are people who whether
NOTE Confidence: 0.72773496375

00:06:48.209 --> 00:06:50.723 it was kind of already genetically
NOTE Confidence: 0.72773496375

00:06:50.723 --> 00:06:53.273 predisposed or had
NOTE Confidence: 0.72773496375

00:06:53.273 --> 00:06:55.024 an organic presentation throughout
NOTE Confidence: 0.72773496375

00:06:55.024 --> 00:06:57.943 their life that will also
NOTE Confidence: 0.72773496375

00:06:57.943 --> 00:07:00.066 either have a worsening of their
NOTE Confidence: 0.72773496375

00:07:00.070 --> 00:07:02.639 symptoms or just a continuation of their
NOTE Confidence: 0.72773496375

00:07:02.639 --> 00:07:04.799 symptoms through their cancer diagnosis.
NOTE Confidence: 0.72773496375

00:07:04.800 --> 00:07:07.347 But the other side of that is what I
NOTE Confidence: 0.72773496375

00:07:07.347 --> 00:07:09.594 think you're getting at is there's
NOTE Confidence: 0.72773496375

00:07:09.594 --> 00:07:12.173 a large percentage of
NOTE Confidence: 0.72773496375

00:07:12.173 --> 00:07:14.033 this population that has
NOTE Confidence: 0.72773496375

00:07:14.033 --> 00:07:15.428 no prior psychiatric history,
NOTE Confidence: 0.72773496375

00:07:15.428 --> 00:07:17.732 has never seen a psychiatrist or
NOTE Confidence: 0.72773496375

00:07:17.732 --> 00:07:19.821 a therapist that never considered
NOTE Confidence: 0.72773496375

00:07:19.821 --> 00:07:21.916 themselves to struggle with anxiety

NOTE Confidence: 0.72773496375

00:07:21.916 --> 00:07:24.485 or depression who are now in this

NOTE Confidence: 0.72773496375

00:07:24.485 --> 00:07:26.349 situation with cancer and finding that

NOTE Confidence: 0.72773496375

00:07:26.349 --> 00:07:28.547 they're starting to have some of those

NOTE Confidence: 0.72773496375

00:07:28.547 --> 00:07:30.416 symptoms and so we can look at it

NOTE Confidence: 0.72773496375

00:07:30.420 --> 00:07:33.039 in an acute aspect and then

NOTE Confidence: 0.72773496375

00:07:33.039 --> 00:07:35.476 also kind of looking at the more

NOTE Confidence: 0.72773496375

00:07:35.476 --> 00:07:37.991 long haul and changes

NOTE Confidence: 0.72773496375

00:07:37.991 --> 00:07:40.546 that may come and so acutely many

NOTE Confidence: 0.72773496375

00:07:40.546 --> 00:07:42.870 patients of course have an

NOTE Confidence: 0.72773496375

00:07:42.945 --> 00:07:45.497 adjustment to finding out

NOTE Confidence: 0.72773496375

00:07:45.497 --> 00:07:48.469 a cancer diagnosis, it can be very shocking,

NOTE Confidence: 0.72773496375

00:07:48.470 --> 00:07:49.958 it can be very distressing and can bring

NOTE Confidence: 0.72773496375

00:07:49.958 --> 00:07:51.887 up a whole lot of emotions and

NOTE Confidence: 0.72773496375

00:07:51.887 --> 00:07:53.645 that's to be expected from anybody.

NOTE Confidence: 0.72773496375

00:07:53.650 --> 00:07:55.492 And so that doesn't necessarily mean

NOTE Confidence: 0.72773496375

00:07:55.492 --> 00:07:57.903 that you have a a mental health issue
NOTE Confidence: 0.72773496375

00:07:57.903 --> 00:08:00.590 or that there is need for
NOTE Confidence: 0.72773496375

00:08:00.590 --> 00:08:01.760 acquisition or intervention,
NOTE Confidence: 0.72773496375

00:08:01.760 --> 00:08:04.308 it just means that quite frankly you're
NOTE Confidence: 0.72773496375

00:08:04.308 --> 00:08:06. kind of normal and that's
NOTE Confidence: 0.72773496375

00:08:06.929 --> 00:08:09.979 to be expected with having such a large
NOTE Confidence: 0.72773496375

00:08:09.979 --> 00:08:12.355 diagnosis or revelation happen.
NOTE Confidence: 0.72773496375

00:08:12.360 --> 00:08:14.201 But what some patients will have
NOTE Confidence: 0.72773496375

00:08:14.201 --> 00:08:16.199 is that this will then continue on.
NOTE Confidence: 0.72773496375

00:08:16.200 --> 00:08:17.971 It's not just that kind of initial
NOTE Confidence: 0.72773496375

00:08:17.971 --> 00:08:19.646 shock or that initial adjustment and
NOTE Confidence: 0.72773496375

00:08:19.646 --> 00:08:21.995 it can actually lead to what we
NOTE Confidence: 0.72773496375

00:08:21.995 --> 00:08:23.771 would then qualify as an adjustment
NOTE Confidence: 0.72773496375

00:08:23.771 --> 00:08:25.479 disorder and that would
NOTE Confidence: 0.72773496375

00:08:25.479 --> 00:08:27.908 mean that it would be a continued
NOTE Confidence: 0.72773496375

00:08:27.908 --> 00:08:30.584 presence of the symptoms whether that

NOTE Confidence: 0.72773496375

00:08:30.590 --> 00:08:33.509 is depression or anxiety or

NOTE Confidence: 0.72773496375

00:08:33.509 --> 00:08:35.820 other symptoms that it could come

NOTE Confidence: 0.72773496375

00:08:35.820 --> 00:08:38.702 with it leading to it now

NOTE Confidence: 0.72773496375

00:08:38.702 --> 00:08:40.681 interfering with their ability

NOTE Confidence: 0.72773496375

00:08:40.681 --> 00:08:43.165 either to have quality of life,

NOTE Confidence: 0.72773496375

00:08:43.170 --> 00:08:44.052 to attend appointments,

NOTE Confidence: 0.72773496375

00:08:44.052 --> 00:08:46.515 to go about their daily life to the

NOTE Confidence: 0.72773496375

00:08:46.515 --> 00:08:48.275 point where it's actually interfering

NOTE Confidence: 0.72773496375

00:08:48.275 --> 00:08:50.193 with their ability to function

NOTE Confidence: 0.72773496375

00:08:50.193 --> 00:08:51.985 as they had been from a

NOTE Confidence: 0.72773496375

00:08:51.990 --> 00:08:53.124 mental health standpoint.

NOTE Confidence: 0.72773496375

00:08:53.124 --> 00:08:55.770 Of course there's going to be physical

NOTE Confidence: 0.72773496375

00:08:55.832 --> 00:08:58.226 effects from the cancer or cancer treatments

NOTE Confidence: 0.72773496375

00:08:58.226 --> 00:09:00.620 that are also weighing in there but

NOTE Confidence: 0.72773496375

00:09:00.620 --> 00:09:02.414 focusing more on the

NOTE Confidence: 0.72773496375

00:09:02.414 --> 00:09:03.949 impact that their mental health
NOTE Confidence: 0.72773496375

00:09:03.949 --> 00:09:05.874 is at that point having on them.
NOTE Confidence: 0.72773496375

00:09:05.880 --> 00:09:09.289 Now there are also different types of
NOTE Confidence: 0.72773496375

00:09:09.289 --> 00:09:13.013 cancers that can lead to changes in
NOTE Confidence: 0.72773496375

00:09:13.013 --> 00:09:16.900 the more neuronal you know serotonergic,
NOTE Confidence: 0.72773496375

00:09:16.900 --> 00:09:18.972 hormonal impacts as well.
NOTE Confidence: 0.72773496375

00:09:18.972 --> 00:09:22.080 So that can actually cause
NOTE Confidence: 0.753276909166666

00:09:22.175 --> 00:09:23.920 an organic change in the body
NOTE Confidence: 0.753276909166666

00:09:23.920 --> 00:09:25.020 that would lead to this.
NOTE Confidence: 0.753276909166666

00:09:25.020 --> 00:09:26.850 So not just necessarily their
NOTE Confidence: 0.753276909166666

00:09:26.850 --> 00:09:29.124 adjustment to it but rather
NOTE Confidence: 0.753276909166666

00:09:29.124 --> 00:09:30.979 something that is a direct
NOTE Confidence: 0.753276909166666

00:09:30.980 --> 00:09:33.040 result from having the cancer.
NOTE Confidence: 0.753276909166666

00:09:33.040 --> 00:09:34.207 So for instance,
NOTE Confidence: 0.753276909166666

00:09:34.207 --> 00:09:36.541 obviously within a certain type of
NOTE Confidence: 0.753276909166666

00:09:36.541 --> 00:09:38.918 brain tumor or neurologic tumors,

NOTE Confidence: 0.753276909166666
00:09:38.920 --> 00:09:41.002 there can be changes in personality
NOTE Confidence: 0.753276909166666
00:09:41.002 --> 00:09:42.964 leading to either depression or anger
NOTE Confidence: 0.753276909166666
00:09:42.964 --> 00:09:44.784 or anxiety that is actually from
NOTE Confidence: 0.753276909166666
00:09:44.784 --> 00:09:46.506 a physical change that has occurred
NOTE Confidence: 0.753276909166666
00:09:46.506 --> 00:09:48.966 in the body due to the cancer.
NOTE Confidence: 0.753276909166666
00:09:48.966 --> 00:09:52.104 There can also be changes that
NOTE Confidence: 0.753276909166666
00:09:52.104 --> 00:09:54.468 occur due to treatments and so
NOTE Confidence: 0.753276909166666
00:09:54.468 --> 00:09:56.148 for instance tamoxifen and some
NOTE Confidence: 0.753276909166666
00:09:56.148 --> 00:09:58.140 of the aromatase inhibitors,
NOTE Confidence: 0.753276909166666
00:09:58.140 --> 00:10:00.415 some of the treatments that we use
NOTE Confidence: 0.753276909166666
00:10:00.415 --> 00:10:02.648 for breast cancer are known to cause
NOTE Confidence: 0.753276909166666
00:10:02.650 --> 00:10:04.245 these changes within
NOTE Confidence: 0.753276909166666
00:10:04.245 --> 00:10:06.380 women that can lead to anxiety,
NOTE Confidence: 0.753276909166666
00:10:06.380 --> 00:10:06.774 depression,
NOTE Confidence: 0.753276909166666
00:10:06.774 --> 00:10:07.562 agitation, insomnia, are
NOTE Confidence: 0.753276909166666

00:10:07.562 --> 00:10:10.630 some of the symptoms we start to see.

00:10:11.626 --> 00:10:13.618 It's multifold in the sense

NOTE Confidence: 0.753276909166666

00:10:13.618 --> 00:10:16.182 that 35% includes people who

NOTE Confidence: 0.753276909166666

00:10:16.182 --> 00:10:18.522 have already had prior diagnosis,

NOTE Confidence: 0.753276909166666

00:10:18.530 --> 00:10:20.392 patients who are just having a hard

NOTE Confidence: 0.753276909166666

00:10:20.392 --> 00:10:21.822 time adjusting to the diagnosis

NOTE Confidence: 0.753276909166666

00:10:21.822 --> 00:10:23.568 and then patients who have actually

NOTE Confidence: 0.753276909166666

00:10:23.568 --> 00:10:25.264 had some sort of physical change

NOTE Confidence: 0.753276909166666

00:10:25.264 --> 00:10:26.860 in their body whether that be

NOTE Confidence: 0.753276909166666

00:10:26.860 --> 00:10:29.051 due to the cancer itself or due

NOTE Confidence: 0.753276909166666

00:10:29.051 --> 00:10:30.884 to the treatments that

NOTE Confidence: 0.753276909166666

00:10:30.884 --> 00:10:32.809 lead to some of their symptoms.

00:10:34.000 --> 00:10:35.944 And I would imagine that your

NOTE Confidence: 0.896327190909091

00:10:35.944 --> 00:10:38.375 approach in terms of treatment

NOTE Confidence: 0.896327190909091

00:10:38.375 --> 00:10:41.280 is different between all of those groups.

NOTE Confidence: 0.896327190909091

00:10:41.280 --> 00:10:44.358 So there may be differences in

NOTE Confidence: 0.896327190909091

00:10:44.358 --> 00:10:47.060 how you approach somebody who is

NOTE Confidence: 0.896327190909091
00:10:47.060 --> 00:10:49.300 struggling with mental health issues,
NOTE Confidence: 0.896327190909091
00:10:49.300 --> 00:10:52.616 who's has brain metastases,
NOTE Confidence: 0.896327190909091
00:10:52.616 --> 00:10:57.590 or an actual physiologic
NOTE Confidence: 0.896327190909091
00:10:57.590 --> 00:11:00.820 anatomic issue versus somebody who
NOTE Confidence: 0.896327190909091
00:11:00.820 --> 00:11:04.050 is just really struggling with
NOTE Confidence: 0.896327190909091
00:11:04.050 --> 00:11:06.444 the diagnosis and trying to
NOTE Confidence: 0.896327190909091
00:11:06.444 --> 00:11:09.343 come to terms with that and trying
NOTE Confidence: 0.896327190909091
00:11:09.343 --> 00:11:11.785 to deal with the emotions that
NOTE Confidence: 0.896327190909091
00:11:11.785 --> 00:11:14.589 come with the diagnosis of cancer.
NOTE Confidence: 0.896327190909091
00:11:14.590 --> 00:11:16.478 Can you talk a little bit
NOTE Confidence: 0.896327190909091
00:11:16.478 --> 00:11:18.616 about how your approach may be similar
NOTE Confidence: 0.896327190909091
00:11:18.616 --> 00:11:20.226 or different in
NOTE Confidence: 0.896327190909091
00:11:20.282 --> 00:11:21.997 different groups of patients?
NOTE Confidence: 0.662832782857143
00:11:22.130 --> 00:11:23.106 Absolutely. Yeah.
NOTE Confidence: 0.662832782857143
00:11:23.106 --> 00:11:25.546 You're absolutely correct there.
NOTE Confidence: 0.662832782857143

00:11:25.550 --> 00:11:27.035 There's different factors that come
NOTE Confidence: 0.662832782857143

00:11:27.035 --> 00:11:28.860 into play with each person right.
NOTE Confidence: 0.662832782857143

00:11:28.860 --> 00:11:31.026 So it's definitely not a
NOTE Confidence: 0.662832782857143

00:11:31.026 --> 00:11:32.466 cookie cutter experience that
NOTE Confidence: 0.662832782857143

00:11:32.466 --> 00:11:34.256 you know there's many different
NOTE Confidence: 0.662832782857143

00:11:34.260 --> 00:11:36.787 factors that lead to how a patient reacts and
NOTE Confidence: 0.662832782857143

00:11:36.790 --> 00:11:38.350 how we're going to approach treating
NOTE Confidence: 0.662832782857143

00:11:38.350 --> 00:11:40.348 a patient and what sort of needs
NOTE Confidence: 0.662832782857143

00:11:40.348 --> 00:11:41.982 the patient may have and you touched
NOTE Confidence: 0.662832782857143

00:11:41.982 --> 00:11:43.980 on kind of one of the big things which
NOTE Confidence: 0.662832782857143

00:11:43.980 --> 00:11:47.298 is obviously the type of cancer.
NOTE Confidence: 0.662832782857143

00:11:47.300 --> 00:11:50.396 The difference between having a brain
NOTE Confidence: 0.662832782857143

00:11:50.396 --> 00:11:53.130 tumor versus having lung cancer,
NOTE Confidence: 0.662832782857143

00:11:53.130 --> 00:11:54.999 and what that means for
NOTE Confidence: 0.662832782857143

00:11:54.999 --> 00:11:56.504 their presentation from a mental
NOTE Confidence: 0.662832782857143

00:11:56.504 --> 00:11:57.160 health perspective.

NOTE Confidence: 0.662832782857143
00:11:57.160 --> 00:11:59.464 But there's other factors that also
NOTE Confidence: 0.662832782857143
00:11:59.464 --> 00:12:01.923 play into that, some biological
NOTE Confidence: 0.662832782857143
00:12:01.923 --> 00:12:04.485 and some kind of situational.
NOTE Confidence: 0.662832782857143
00:12:04.490 --> 00:12:06.527 So the biological ones could be
NOTE Confidence: 0.662832782857143
00:12:06.527 --> 00:12:08.477 you know family history of having
NOTE Confidence: 0.662832782857143
00:12:08.477 --> 00:12:10.162 a psychiatric illness before and
NOTE Confidence: 0.662832782857143
00:12:10.162 --> 00:12:11.929 how that might affect them.
NOTE Confidence: 0.662832782857143
00:12:11.930 --> 00:12:13.622 We use that sometimes when we're
NOTE Confidence: 0.662832782857143
00:12:13.622 --> 00:12:15.458 trying to select what type of
NOTE Confidence: 0.662832782857143
00:12:15.458 --> 00:12:17.186 medications might be helpful.
00:12:18.058 --> 00:12:20.674 If a family member had success
NOTE Confidence: 0.662832782857143
00:12:20.674 --> 00:12:23.048 on one type of medication,
NOTE Confidence: 0.662832782857143
00:12:23.050 --> 00:12:24.470 there's research and data
NOTE Confidence: 0.662832782857143
00:12:24.470 --> 00:12:26.404 to show that there there may be
NOTE Confidence: 0.662832782857143
00:12:26.404 --> 00:12:27.986 a link to them having a benefit
NOTE Confidence: 0.662832782857143
00:12:27.986 --> 00:12:29.538 from that medication as well.

NOTE Confidence: 0.662832782857143
00:12:29.540 --> 00:12:31.328 So we might start with that
NOTE Confidence: 0.662832782857143
00:12:31.328 --> 00:12:32.926 medication and those who have
NOTE Confidence: 0.662832782857143
00:12:32.926 --> 00:12:34.646 kind of prior psychiatric history
NOTE Confidence: 0.662832782857143
00:12:34.646 --> 00:12:36.658 or are predisposed to having
NOTE Confidence: 0.662832782857143
00:12:36.658 --> 00:12:38.380 worsening symptoms unfortunately.
NOTE Confidence: 0.662832782857143
00:12:38.380 --> 00:12:40.508 So we would treat those
NOTE Confidence: 0.662832782857143
00:12:40.508 --> 00:12:42.575 patients with that in mind as well and
NOTE Confidence: 0.662832782857143
00:12:42.575 --> 00:12:44.746 then a huge part of it can also come
NOTE Confidence: 0.662832782857143
00:12:44.746 --> 00:12:46.644 with where they are in their life.
NOTE Confidence: 0.662832782857143
00:12:46.644 --> 00:12:49.262 What their age is and
NOTE Confidence: 0.662832782857143
00:12:49.262 --> 00:12:51.556 what their functioning was
NOTE Confidence: 0.662832782857143
00:12:51.556 --> 00:12:54.484 prior to having this diagnosis and
NOTE Confidence: 0.662832782857143
00:12:54.484 --> 00:12:57.328 how that impacts them with their
NOTE Confidence: 0.662832782857143
00:12:57.330 --> 00:12:59.794 kind of mental state of either
NOTE Confidence: 0.662832782857143
00:12:59.794 --> 00:13:01.285 acceptance or difficulty with
NOTE Confidence: 0.662832782857143

00:13:01.285 --> 00:13:03.110 coping with the diagnosis.
NOTE Confidence: 0.662832782857143

00:13:03.110 --> 00:13:05.210 And some of that can also be
NOTE Confidence: 0.662832782857143

00:13:05.210 --> 00:13:07.470 what stage of cancer they're at.
NOTE Confidence: 0.662832782857143

00:13:07.470 --> 00:13:10.150 So if somebody who finds out that they
NOTE Confidence: 0.662832782857143

00:13:10.150 --> 00:13:12.302 have advanced cancer and is already
NOTE Confidence: 0.662832782857143

00:13:12.302 --> 00:13:14.426 you know stage four and treatment
NOTE Confidence: 0.662832782857143

00:13:14.496 --> 00:13:17.008 options are very limited or not at all,
NOTE Confidence: 0.662832782857143

00:13:17.010 --> 00:13:18.906 will have a
NOTE Confidence: 0.662832782857143

00:13:18.906 --> 00:13:20.170 much different
NOTE Confidence: 0.662832782857143

00:13:20.170 --> 00:13:22.410 impact of how we're going to treat
NOTE Confidence: 0.662832782857143

00:13:22.410 --> 00:13:23.987 them versus somebody who's in
NOTE Confidence: 0.662832782857143

00:13:23.987 --> 00:13:25.940 earlier stages has a lot of options
NOTE Confidence: 0.662832782857143

00:13:25.940 --> 00:13:27.847 who are really looking to try
NOTE Confidence: 0.662832782857143

00:13:27.847 --> 00:13:29.656 the long haul of hopefully many,
NOTE Confidence: 0.662832782857143

00:13:29.656 --> 00:13:31.924 many years ahead of them versus
NOTE Confidence: 0.662832782857143

00:13:31.924 --> 00:13:33.020 acutely stabilizing them.

NOTE Confidence: 0.901609356

00:13:33.800 --> 00:13:36.880 It sounds like it's a very

NOTE Confidence: 0.901609356

00:13:36.880 --> 00:13:39.291 complex field, psycho oncology and

NOTE Confidence: 0.901609356

00:13:39.291 --> 00:13:42.678 one that we still need to unpack.

NOTE Confidence: 0.901609356

00:13:42.678 --> 00:13:44.946 So we're going to dive further into

NOTE Confidence: 0.901609356

00:13:44.946 --> 00:13:47.200 this whole issue right after we take

NOTE Confidence: 0.901609356

00:13:47.200 --> 00:13:49.590 a short break for a medical minute.

NOTE Confidence: 0.901609356

00:13:49.590 --> 00:13:51.438 Please stay tuned to learn more

NOTE Confidence: 0.901609356

00:13:51.438 --> 00:13:53.474 about the benefits of Psycho Oncology

NOTE Confidence: 0.901609356

00:13:53.474 --> 00:13:55.700 with my guest Doctor Shannon Mazur.

NOTE Confidence: 0.82541092

00:13:56.090 --> 00:13:58.304 Funding for Yale Cancer Answers comes

NOTE Confidence: 0.82541092

00:13:58.304 --> 00:14:00.219 from Smilow Cancer Hospital where

NOTE Confidence: 0.82541092

00:14:00.219 --> 00:14:02.119 their cancer genetics and prevention

NOTE Confidence: 0.82541092

00:14:02.119 --> 00:14:04.100 program includes a colon cancer

NOTE Confidence: 0.82541092

00:14:04.100 --> 00:14:06.285 Genetics and prevention program that

NOTE Confidence: 0.82541092

00:14:06.285 --> 00:14:08.033 provides comprehensive risk assessment,

NOTE Confidence: 0.82541092

00:14:08.040 --> 00:14:10.740 education, and screening.
NOTE Confidence: 0.82541092

00:14:10.740 --> 00:14:13.780 Smilowcancerhospital.org.
NOTE Confidence: 0.82541092

00:14:13.780 --> 00:14:16.085 Over 230,000 Americans will be
NOTE Confidence: 0.82541092

00:14:16.085 --> 00:14:18.840 diagnosed with lung cancer this year,
NOTE Confidence: 0.82541092

00:14:18.840 --> 00:14:20.515 and in Connecticut alone there
NOTE Confidence: 0.82541092

00:14:20.515 --> 00:14:23.092 will be over 2700 new cases.
NOTE Confidence: 0.82541092

00:14:23.092 --> 00:14:25.772 More than 85% of lung cancer
NOTE Confidence: 0.82541092

00:14:25.772 --> 00:14:27.812 diagnosis are related to smoking,
NOTE Confidence: 0.82541092

00:14:27.820 --> 00:14:30.298 and quitting even after decades of use,
NOTE Confidence: 0.82541092

00:14:30.300 --> 00:14:32.405 can significantly reduce your risk
NOTE Confidence: 0.82541092

00:14:32.405 --> 00:14:34.840 of developing lung cancer each day.
NOTE Confidence: 0.82541092

00:14:34.840 --> 00:14:37.156 Patients with lung cancer are surviving
NOTE Confidence: 0.82541092

00:14:37.156 --> 00:14:39.601 thanks to increased access to advanced
NOTE Confidence: 0.82541092

00:14:39.601 --> 00:14:41.277 therapies and specialized care.
NOTE Confidence: 0.82541092

00:14:41.280 --> 00:14:42.648 New treatment options and
NOTE Confidence: 0.82541092

00:14:42.648 --> 00:14:44.016 surgical techniques are giving

NOTE Confidence: 0.82541092

00:14:44.020 --> 00:14:45.610 lung cancer survivors more hope

NOTE Confidence: 0.82541092

00:14:45.610 --> 00:14:47.670 than they have ever had before.

NOTE Confidence: 0.82541092

00:14:47.670 --> 00:14:50.215 Clinical trials are currently underway

NOTE Confidence: 0.82541092

00:14:50.215 --> 00:14:52.251 at federally designated Comprehensive

NOTE Confidence: 0.82541092

00:14:52.251 --> 00:14:54.392 cancer centers such as the battle

NOTE Confidence: 0.82541092

00:14:54.392 --> 00:14:56.645 two trial at Yale Cancer Center and

NOTE Confidence: 0.82541092

00:14:56.645 --> 00:14:58.836 Smilow Cancer Hospital to learn if a

NOTE Confidence: 0.82541092

00:14:58.836 --> 00:15:01.210 drug or combination of drugs based

NOTE Confidence: 0.82541092

00:15:01.210 --> 00:15:03.708 on personal biomarkers can help to

NOTE Confidence: 0.82541092

00:15:03.708 --> 00:15:05.910 control non small cell lung cancer.

NOTE Confidence: 0.82541092

00:15:05.910 --> 00:15:08.294 More information is available

NOTE Confidence: 0.82541092

00:15:08.294 --> 00:15:09.312 at yalecancercenter.org.

NOTE Confidence: 0.82541092

00:15:09.312 --> 00:15:11.844 You're listening to Connecticut public radio.

NOTE Confidence: 0.8114447433333333

00:15:12.890 --> 00:15:14.906 Welcome back to Yale Cancer Answers.

NOTE Confidence: 0.8114447433333333

00:15:14.910 --> 00:15:16.940 This is Doctor Anees Chagpar and

NOTE Confidence: 0.8114447433333333

00:15:16.940 --> 00:15:18.510 I'm joined tonight by my guest,
NOTE Confidence: 0.8114447433333333

00:15:18.510 --> 00:15:19.770 Doctor Shannon Mazur.
NOTE Confidence: 0.8114447433333333

00:15:19.770 --> 00:15:22.290 We're discussing the benefits of Psycho
NOTE Confidence: 0.8114447433333333

00:15:22.290 --> 00:15:24.397 oncology and right before the break,
NOTE Confidence: 0.8114447433333333

00:15:24.400 --> 00:15:26.650 Shannon had mentioned that about
NOTE Confidence: 0.8114447433333333

00:15:26.650 --> 00:15:28.948 35% of cancer survivors have some
NOTE Confidence: 0.8114447433333333

00:15:28.948 --> 00:15:31.869 sort of a mental health diagnosis,
NOTE Confidence: 0.8114447433333333

00:15:31.870 --> 00:15:34.750 whether that was a pre-existing diagnosis,
NOTE Confidence: 0.8114447433333333

00:15:34.750 --> 00:15:36.910 whether that was, you know,
NOTE Confidence: 0.8114447433333333

00:15:36.910 --> 00:15:39.720 adjustment disorder from just having
NOTE Confidence: 0.8114447433333333

00:15:39.720 --> 00:15:42.850 difficulty getting over the concept of
NOTE Confidence: 0.8114447433333333

00:15:42.850 --> 00:15:47.415 cancer, or whether there is actually
NOTE Confidence: 0.8114447433333333

00:15:47.415 --> 00:15:49.587 a functional anatomic impairment
NOTE Confidence: 0.8114447433333333

00:15:49.587 --> 00:15:52.893 in patients with brain tumors or
NOTE Confidence: 0.8114447433333333

00:15:52.893 --> 00:15:55.568 metastases or issues with treatment
NOTE Confidence: 0.8114447433333333

00:15:55.654 --> 00:15:57.959 that could affect the brain.

NOTE Confidence: 0.811444743333333
00:15:57.960 --> 00:15:58.950 So Shannon,
NOTE Confidence: 0.811444743333333
00:15:58.950 --> 00:16:01.425 you had mentioned that Psycho
NOTE Confidence: 0.811444743333333
00:16:01.425 --> 00:16:03.769 Oncology is relatively new field,
NOTE Confidence: 0.811444743333333
00:16:03.770 --> 00:16:06.260 started in about the 1970s,
NOTE Confidence: 0.811444743333333
00:16:06.260 --> 00:16:08.660 you know when I think about
NOTE Confidence: 0.811444743333333
00:16:08.660 --> 00:16:10.970 the number of people who are
NOTE Confidence: 0.811444743333333
00:16:10.970 --> 00:16:12.860 diagnosed with cancer every day,
NOTE Confidence: 0.811444743333333
00:16:12.860 --> 00:16:13.338 everywhere,
NOTE Confidence: 0.811444743333333
00:16:13.338 --> 00:16:15.250 all over the country,
NOTE Confidence: 0.811444743333333
00:16:15.250 --> 00:16:17.044 you can't help but imagine that
NOTE Confidence: 0.811444743333333
00:16:17.044 --> 00:16:18.673 many of those patients are
NOTE Confidence: 0.811444743333333
00:16:18.673 --> 00:16:20.177 struggling with the diagnosis,
NOTE Confidence: 0.811444743333333
00:16:20.180 --> 00:16:22.540 and it may or may not actually reach
NOTE Confidence: 0.811444743333333
00:16:22.540 --> 00:16:24.868 the level of an adjustment disorder.
NOTE Confidence: 0.811444743333333
00:16:24.870 --> 00:16:27.526 But many of these patients may not be
NOTE Confidence: 0.811444743333333

00:16:27.526 --> 00:16:30.388 near a dedicated psycho oncologist.

NOTE Confidence: 0.811444743333333

00:16:30.390 --> 00:16:33.228 Are there things that

NOTE Confidence: 0.811444743333333

00:16:33.228 --> 00:16:36.023 you would advise patients or their

NOTE Confidence: 0.811444743333333

00:16:36.023 --> 00:16:38.872 family members to do in terms of

NOTE Confidence: 0.811444743333333

00:16:38.872 --> 00:16:41.439 helpful hints to try to get over

NOTE Confidence: 0.811444743333333

00:16:41.440 --> 00:16:44.030 the adjustment to that diagnosis?

NOTE Confidence: 0.853486552

00:16:44.740 --> 00:16:46.833 That's a great question and you know

NOTE Confidence: 0.853486552

00:16:46.833 --> 00:16:48.547 hopefully most places do at least

NOTE Confidence: 0.853486552

00:16:48.547 --> 00:16:50.318 have a connection to a social worker.

NOTE Confidence: 0.853486552

00:16:50.320 --> 00:16:52.216 So the first thing is I would say

NOTE Confidence: 0.853486552

00:16:52.216 --> 00:16:54.242 speak up because you're not

NOTE Confidence: 0.853486552

00:16:54.242 --> 00:16:56.504 alone and you're not the first person

NOTE Confidence: 0.853486552

00:16:56.504 --> 00:16:58.279 going through cancer treatments that

NOTE Confidence: 0.853486552

00:16:58.279 --> 00:17:00.534 have had these sort of reactions.

NOTE Confidence: 0.853486552

00:17:00.534 --> 00:17:02.014 It is very normal.

NOTE Confidence: 0.853486552

00:17:02.020 --> 00:17:04.340 And that's one thing I really try

NOTE Confidence: 0.853486552

00:17:04.340 --> 00:17:06.733 to express to anybody that I meet is

NOTE Confidence: 0.853486552

00:17:06.733 --> 00:17:09.165 that if you've never had this problem

NOTE Confidence: 0.853486552

00:17:09.165 --> 00:17:11.565 before doesn't mean that this diagnosis

NOTE Confidence: 0.853486552

00:17:11.570 --> 00:17:13.136 doesn't rocked your world

NOTE Confidence: 0.853486552

00:17:13.136 --> 00:17:15.670 in a sense and so to speak up and

NOTE Confidence: 0.853486552

00:17:15.670 --> 00:17:17.314 to discuss that either with your

NOTE Confidence: 0.853486552

00:17:17.314 --> 00:17:19.204 oncologist or with your primary care

NOTE Confidence: 0.853486552

00:17:19.204 --> 00:17:21.430 provider or if you are able

NOTE Confidence: 0.853486552

00:17:21.430 --> 00:17:23.583 to get connected with a social worker

NOTE Confidence: 0.853486552

00:17:23.583 --> 00:17:25.293 because they can hopefully help

NOTE Confidence: 0.853486552

00:17:25.293 --> 00:17:27.398 direct you to resources if needed.

NOTE Confidence: 0.853486552

00:17:27.400 --> 00:17:30.010 And we do kind of think of this

NOTE Confidence: 0.853486552

00:17:30.087 --> 00:17:32.415 as in a pyramid in the sense that

NOTE Confidence: 0.853486552

00:17:32.420 --> 00:17:34.604 everybody's most likely going to have

NOTE Confidence: 0.853486552

00:17:34.604 --> 00:17:37.037 some reaction to the diagnosis and so

NOTE Confidence: 0.853486552

00:17:37.037 --> 00:17:39.583 that's kind of the large
NOTE Confidence: 0.853486552

00:17:39.583 --> 00:17:42.166 end of the pyramid and where everybody
NOTE Confidence: 0.853486552

00:17:42.170 --> 00:17:44.760 has this discussion with their
NOTE Confidence: 0.853486552

00:17:44.760 --> 00:17:46.799 oncology provider and is able
NOTE Confidence: 0.853486552

00:17:46.799 --> 00:17:48.815 to have some processing and we
NOTE Confidence: 0.853486552

00:17:48.884 --> 00:17:50.995 realize that as you move
NOTE Confidence: 0.853486552

00:17:50.995 --> 00:17:52.876 along there might be some that need
NOTE Confidence: 0.853486552

00:17:52.876 --> 00:17:54.988 to talk to a social workers and then
NOTE Confidence: 0.853486552

00:17:55.053 --> 00:17:57.225 if that's not enough maybe getting
NOTE Confidence: 0.853486552

00:17:57.225 --> 00:17:59.091 connected to group therapies.
NOTE Confidence: 0.853486552

00:17:59.091 --> 00:18:01.968 Because of the pandemic there are many
NOTE Confidence: 0.853486552

00:18:01.968 --> 00:18:04.117 group therapies that are out there
NOTE Confidence: 0.853486552

00:18:04.120 --> 00:18:06.445 either through your hospital system
NOTE Confidence: 0.853486552

00:18:06.445 --> 00:18:09.177 or oncology provider or kind of
NOTE Confidence: 0.853486552

00:18:09.177 --> 00:18:11.114 just in general people can join.
NOTE Confidence: 0.853486552

00:18:14.230 --> 00:18:16.144 Getting to the point of actually

NOTE Confidence: 0.853486552

00:18:16.144 --> 00:18:18.013 needing a psychologist or some type

NOTE Confidence: 0.853486552

00:18:18.013 --> 00:18:19.627 of therapist or counselor to be

NOTE Confidence: 0.853486552

00:18:19.627 --> 00:18:21.389 able to discuss their issues

NOTE Confidence: 0.853486552

00:18:21.389 --> 00:18:23.383 and then thinking kind of at the

NOTE Confidence: 0.853486552

00:18:23.383 --> 00:18:25.084 top of that pyramid would be getting

NOTE Confidence: 0.853486552

00:18:25.084 --> 00:18:26.439 actually to the psychiatrist.

NOTE Confidence: 0.853486552

00:18:26.440 --> 00:18:28.710 So somebody that would actually

NOTE Confidence: 0.853486552

00:18:28.710 --> 00:18:30.980 need medication management to try

NOTE Confidence: 0.853486552

00:18:31.050 --> 00:18:32.249 to help with their

NOTE Confidence: 0.853486552

00:18:32.249 --> 00:18:34.367 symptoms that they're having.

NOTE Confidence: 0.853486552

00:18:34.370 --> 00:18:38.267 So the first is always just speak up,

NOTE Confidence: 0.853486552

00:18:38.270 --> 00:18:39.658 communicate whether that's just

NOTE Confidence: 0.853486552

00:18:39.658 --> 00:18:41.740 with your provider or with your

NOTE Confidence: 0.853486552

00:18:41.740 --> 00:18:43.930 family members because trying to

NOTE Confidence: 0.853486552

00:18:43.930 --> 00:18:46.932 go through this in isolation is

NOTE Confidence: 0.853486552

00:18:46.932 --> 00:18:49.494 difficult if not impossible and so
NOTE Confidence: 0.853486552

00:18:49.494 --> 00:18:52.177 there are other resources available.
NOTE Confidence: 0.853486552

00:18:52.177 --> 00:18:54.379 But then also realizing that there
NOTE Confidence: 0.853486552

00:18:54.379 --> 00:18:57.057 are ways to kind of work through this
NOTE Confidence: 0.853486552

00:18:57.057 --> 00:18:59.568 ladder if you will to get to
NOTE Confidence: 0.853486552

00:18:59.568 --> 00:19:01.355 the level of need or assistance
NOTE Confidence: 0.853486552

00:19:01.355 --> 00:19:04.120 that you actually need.
NOTE Confidence: 0.844344863684211

00:19:04.410 --> 00:19:07.245 Great points in terms of
NOTE Confidence: 0.844344863684211

00:19:07.245 --> 00:19:09.762 actually speaking up because even if
NOTE Confidence: 0.844344863684211

00:19:09.762 --> 00:19:12.228 you can't access a psycho oncologist
NOTE Confidence: 0.844344863684211

00:19:12.230 --> 00:19:14.526 right from the get go you know having
NOTE Confidence: 0.844344863684211

00:19:14.526 --> 00:19:16.473 somebody to talk to your family
NOTE Confidence: 0.844344863684211

00:19:16.473 --> 00:19:18.441 doctor and nurse navigator or social
NOTE Confidence: 0.844344863684211

00:19:18.502 --> 00:19:21.228 work or somebody they can often help
NOTE Confidence: 0.844344863684211

00:19:21.228 --> 00:19:24.679 and or escalate as the case may be.
NOTE Confidence: 0.844344863684211

00:19:24.680 --> 00:19:27.332 Before the break you

NOTE Confidence: 0.844344863684211
00:19:27.332 --> 00:19:30.225 had mentioned kind of two aspects
NOTE Confidence: 0.844344863684211
00:19:30.225 --> 00:19:31.776 of Psycho Oncology.
NOTE Confidence: 0.844344863684211
00:19:31.780 --> 00:19:35.914 The first is how cancer affects behavior,
NOTE Confidence: 0.844344863684211
00:19:35.914 --> 00:19:38.038 it affects mental health and
NOTE Confidence: 0.844344863684211
00:19:38.038 --> 00:19:40.558 we've kind of dived into that a bit,
NOTE Confidence: 0.844344863684211
00:19:40.560 --> 00:19:42.672 but the other is
NOTE Confidence: 0.844344863684211
00:19:42.672 --> 00:19:46.058 how mental health
NOTE Confidence: 0.844344863684211
00:19:46.058 --> 00:19:48.386 can affect cancer.
NOTE Confidence: 0.844344863684211
00:19:48.390 --> 00:19:50.658 Can you talk a little bit more about that?
NOTE Confidence: 0.782776914444444
00:19:51.330 --> 00:19:54.215 Absolutely. So we know that
NOTE Confidence: 0.782776914444444
00:19:54.215 --> 00:19:56.523 within mental health
NOTE Confidence: 0.782776914444444
00:19:56.530 --> 00:19:58.530 that can lead to changes in our behavior,
NOTE Confidence: 0.782776914444444
00:19:58.530 --> 00:20:00.460 changes in our social interactions,
NOTE Confidence: 0.782776914444444
00:20:00.460 --> 00:20:04.864 changes in the way we're able to
NOTE Confidence: 0.782776914444444
00:20:04.864 --> 00:20:06.663 kind of process and work through life.
NOTE Confidence: 0.782776914444444

00:20:06.670 --> 00:20:09.930 And so when somebody's in
NOTE Confidence: 0.782776914444444

00:20:09.930 --> 00:20:11.622 mental distress or mentally
NOTE Confidence: 0.782776914444444

00:20:11.622 --> 00:20:14.160 unwell that can impact their
NOTE Confidence: 0.782776914444444

00:20:14.238 --> 00:20:16.608 ability to follow through with items
NOTE Confidence: 0.782776914444444

00:20:16.608 --> 00:20:19.479 that are for their cancer treatment.
NOTE Confidence: 0.782776914444444

00:20:19.480 --> 00:20:21.856 So in other words if somebody is too
NOTE Confidence: 0.782776914444444

00:20:21.856 --> 00:20:23.884 anxious and and suffering from very
NOTE Confidence: 0.782776914444444

00:20:23.884 --> 00:20:26.373 severe anxiety and not able to
NOTE Confidence: 0.782776914444444

00:20:26.373 --> 00:20:28.641 make it to their appointments because
NOTE Confidence: 0.782776914444444

00:20:28.641 --> 00:20:30.924 they're too panicked at the thought of
NOTE Confidence: 0.782776914444444

00:20:30.924 --> 00:20:32.640 going to the appointments or leaving
NOTE Confidence: 0.782776914444444

00:20:32.700 --> 00:20:34.512 their house and therefore
NOTE Confidence: 0.782776914444444

00:20:34.512 --> 00:20:36.607 they don't follow up with their
NOTE Confidence: 0.782776914444444

00:20:36.607 --> 00:20:38.263 treatments and they're not able
00:20:40.778 --> 00:20:43.109 to get recommended treatments or show up for
NOTE Confidence: 0.782776914444444

00:20:43.110 --> 00:20:45.450 the radiation or whatnot,
NOTE Confidence: 0.782776914444444

00:20:45.450 --> 00:20:48.306 the same aspect could be with depression.
NOTE Confidence: 0.782776914444444

00:20:48.310 --> 00:20:51.355 If somebody is having such severe
NOTE Confidence: 0.782776914444444

00:20:51.355 --> 00:20:53.776 depression that they're not able to get
NOTE Confidence: 0.782776914444444

00:20:53.776 --> 00:20:56.429 out of bed to try to eat some food,
NOTE Confidence: 0.782776914444444

00:20:56.430 --> 00:20:57.920 to try to stay hydrated,
NOTE Confidence: 0.782776914444444

00:20:57.920 --> 00:21:00.566 to be able to you know,
NOTE Confidence: 0.782776914444444

00:21:00.570 --> 00:21:01.920 again go to their appointments,
NOTE Confidence: 0.782776914444444

00:21:01.920 --> 00:21:03.216 things like that,
NOTE Confidence: 0.782776914444444

00:21:03.216 --> 00:21:06.240 we find that those
NOTE Confidence: 0.782776914444444

00:21:06.337 --> 00:21:08.897 psychological factors then end up
NOTE Confidence: 0.782776914444444

00:21:08.897 --> 00:21:12.610 having an impact on your oncological
00:21:13.678 --> 00:21:16.199 prognosis if you're not able to take the medica-
tions,
NOTE Confidence: 0.782776914444444

00:21:16.200 --> 00:21:17.950 if you're not able to show up
NOTE Confidence: 0.782776914444444

00:21:17.950 --> 00:21:18.700 to the appointments,
NOTE Confidence: 0.782776914444444

00:21:18.700 --> 00:21:20.704 if you're not able to participate
NOTE Confidence: 0.782776914444444

00:21:20.704 --> 00:21:22.826 in care planning you're gonna

NOTE Confidence: 0.782776914444444
00:21:22.826 --> 00:21:24.980 have worse prognosis with your cancer
NOTE Confidence: 0.782776914444444
00:21:24.980 --> 00:21:26.880 and that is something
NOTE Confidence: 0.782776914444444
00:21:26.880 --> 00:21:29.358 that we know and we have been
NOTE Confidence: 0.782776914444444
00:21:29.358 --> 00:21:32.550 able to kind of study and see
NOTE Confidence: 0.782776914444444
00:21:32.649 --> 00:21:35.529 that there can be an increase
NOTE Confidence: 0.744590783333333
00:21:37.660 --> 00:21:41.338 in longer survival,
NOTE Confidence: 0.744590783333333
00:21:41.340 --> 00:21:44.780 better rates of compliance,
NOTE Confidence: 0.744590783333333
00:21:44.780 --> 00:21:47.072 better prognosis if we're able to
NOTE Confidence: 0.744590783333333
00:21:47.072 --> 00:21:49.710 have a more steady mental health.
NOTE Confidence: 0.856062031
00:21:51.060 --> 00:21:53.349 And you mentioned and I think
NOTE Confidence: 0.856062031
00:21:53.349 --> 00:21:55.899 it seems to be common sense that
NOTE Confidence: 0.856062031
00:21:55.899 --> 00:21:58.131 there are patients who have a
NOTE Confidence: 0.856062031
00:21:58.209 --> 00:22:00.085 pre-existing diagnosis of mental
NOTE Confidence: 0.856062031
00:22:00.085 --> 00:22:03.540 health issues who may also get cancer.
NOTE Confidence: 0.856062031
00:22:03.540 --> 00:22:06.740 What proportion of cancer patients
NOTE Confidence: 0.856062031

00:22:06.740 --> 00:22:11.110 already have a mental health diagnosis?

NOTE Confidence: 0.7891247952

00:22:11.870 --> 00:22:13.622 And so that's another one

NOTE Confidence: 0.7891247952

00:22:13.622 --> 00:22:16.044 of those that's kind of up for

NOTE Confidence: 0.7891247952

00:22:16.044 --> 00:22:17.534 debate depending upon which resource

NOTE Confidence: 0.7891247952

00:22:17.534 --> 00:22:19.379 and data you're looking at.

NOTE Confidence: 0.7891247952

00:22:19.380 --> 00:22:23.444 But we say that about 1/4 of

NOTE Confidence: 0.7891247952

00:22:23.444 --> 00:22:26.180 all patients in America will have a

NOTE Confidence: 0.7891247952

00:22:26.180 --> 00:22:28.440 mental health disorder at some point.

NOTE Confidence: 0.7891247952

00:22:28.440 --> 00:22:30.519 And so if you want to think

NOTE Confidence: 0.7891247952

00:22:30.519 --> 00:22:34.440 of that within kind of that 35%

NOTE Confidence: 0.7891247952

00:22:34.440 --> 00:22:36.450 it is a little

NOTE Confidence: 0.7891247952

00:22:36.511 --> 00:22:38.419 bit of a convoluted way to look at

NOTE Confidence: 0.7891247952

00:22:38.419 --> 00:22:40.515 it but I would say the

NOTE Confidence: 0.7891247952

00:22:40.515 --> 00:22:43.588 majority of patients might have had

NOTE Confidence: 0.7891247952

00:22:43.588 --> 00:22:46.946 some history of either some mild anxiety

NOTE Confidence: 0.7891247952

00:22:46.946 --> 00:22:50.499 or depression and that gets

NOTE Confidence: 0.7891247952

00:22:50.499 --> 00:22:52.715 exacerbated through the diagnosis.

NOTE Confidence: 0.7891247952

00:22:52.720 --> 00:22:54.856 But if they and unfortunately

NOTE Confidence: 0.7891247952

00:22:54.856 --> 00:22:57.585 we also have a lot of patients

NOTE Confidence: 0.7891247952

00:22:57.585 --> 00:22:59.625 who had undiagnosed

NOTE Confidence: 0.7891247952

00:22:59.630 --> 00:23:01.105 psychological problems that had been

NOTE Confidence: 0.7891247952

00:23:01.105 --> 00:23:02.850 there throughout their life as well.

NOTE Confidence: 0.7891247952

00:23:02.850 --> 00:23:04.229 So it's kind of hard to give

NOTE Confidence: 0.7891247952

00:23:04.229 --> 00:23:05.190 you a specific number.

NOTE Confidence: 0.7891247952

00:23:05.190 --> 00:23:07.745 But I would say,

NOTE Confidence: 0.7891247952

00:23:07.750 --> 00:23:09.766 I personally in my clinic kind of

NOTE Confidence: 0.7891247952

00:23:09.766 --> 00:23:12.204 see half and half and I think

NOTE Confidence: 0.7891247952

00:23:12.204 --> 00:23:14.071 that might be somewhat standard

NOTE Confidence: 0.7891247952

00:23:14.071 --> 00:23:16.598 to kind of realize that you already

NOTE Confidence: 0.7891247952

00:23:16.598 --> 00:23:18.770 have about 1/4 of the population

NOTE Confidence: 0.7891247952

00:23:18.770 --> 00:23:20.150 that already has it.

NOTE Confidence: 0.7891247952

00:23:20.150 --> 00:23:22.649 That there is no direct correlation to
NOTE Confidence: 0.7891247952

00:23:22.649 --> 00:23:25.772 saying that just because you had a
NOTE Confidence: 0.7891247952

00:23:25.772 --> 00:23:27.356 pre-existing mental health condition
NOTE Confidence: 0.7891247952

00:23:27.356 --> 00:23:29.709 that you were more susceptible to
NOTE Confidence: 0.7891247952

00:23:29.710 --> 00:23:31.490 having a cancer diagnosis,
NOTE Confidence: 0.86129828

00:23:31.720 --> 00:23:33.880 but certainly if you
NOTE Confidence: 0.86129828

00:23:33.880 --> 00:23:35.917 have a mental health diagnosis,
NOTE Confidence: 0.86129828

00:23:35.920 --> 00:23:41.739 say schizophrenia or a different disorder,
NOTE Confidence: 0.86129828

00:23:41.739 --> 00:23:43.176 bipolar, et cetera,
NOTE Confidence: 0.86129828

00:23:43.176 --> 00:23:47.195 it may really affect you in terms of
NOTE Confidence: 0.86129828

00:23:47.195 --> 00:23:49.835 getting through the cancer journey.
NOTE Confidence: 0.86129828

00:23:49.840 --> 00:23:52.094 I mean it's hard enough for
NOTE Confidence: 0.86129828

00:23:52.094 --> 00:23:53.760 people without that diagnosis,
NOTE Confidence: 0.86129828

00:23:53.760 --> 00:23:56.238 but then it just adds in an
NOTE Confidence: 0.86129828

00:23:56.238 --> 00:23:58.320 extra layer of complexity.
NOTE Confidence: 0.86129828

00:23:58.320 --> 00:23:59.727 Can you talk a little bit more

NOTE Confidence: 0.86129828

00:23:59.730 --> 00:24:02.458 about that and how you may or may

NOTE Confidence: 0.86129828

00:24:02.458 --> 00:24:04.657 not interact with the patients

NOTE Confidence: 0.86129828

00:24:04.657 --> 00:24:06.581 already established healthcare team

NOTE Confidence: 0.86129828

00:24:06.581 --> 00:24:09.589 in terms of their mental health,

NOTE Confidence: 0.86129828

00:24:09.590 --> 00:24:11.309 their psychiatrists, etcetera.

NOTE Confidence: 0.832886386666667

00:24:11.940 --> 00:24:13.728 Yeah, one of the biggest problems

NOTE Confidence: 0.832886386666667

00:24:13.728 --> 00:24:16.180 is it comes with the

NOTE Confidence: 0.832886386666667

00:24:16.180 --> 00:24:18.852 follow up and being able to have them

NOTE Confidence: 0.832886386666667

00:24:18.852 --> 00:24:20.484 connected to consistent treatments

NOTE Confidence: 0.832886386666667

00:24:20.484 --> 00:24:22.886 because if they're not established

NOTE Confidence: 0.832886386666667

00:24:22.886 --> 00:24:26.090 within a kind of a stabilized on

NOTE Confidence: 0.832886386666667

00:24:26.090 --> 00:24:28.444 medications or with a stable living

NOTE Confidence: 0.832886386666667

00:24:28.444 --> 00:24:30.277 environment then unfortunately,

NOTE Confidence: 0.832886386666667

00:24:30.280 --> 00:24:32.620 once they're discharged to have

NOTE Confidence: 0.832886386666667

00:24:32.620 --> 00:24:34.978 follow up for for their therapies

NOTE Confidence: 0.832886386666667

00:24:34.978 --> 00:24:36.874 and treatments it's very hard
NOTE Confidence: 0.832886386666667

00:24:36.874 --> 00:24:38.808 to have them kind of come back.
NOTE Confidence: 0.832886386666667

00:24:38.810 --> 00:24:41.890 So we do see a significant number of
NOTE Confidence: 0.832886386666667

00:24:41.890 --> 00:24:44.709 patients with what we would consider
NOTE Confidence: 0.832886386666667

00:24:44.709 --> 00:24:47.466 serious mental health issues as you're
NOTE Confidence: 0.832886386666667

00:24:47.466 --> 00:24:49.824 mentioning the schizophrenia kind of this,
NOTE Confidence: 0.832886386666667

00:24:49.830 --> 00:24:52.581 the psychotic spectrum having a much harder
NOTE Confidence: 0.832886386666667

00:24:52.581 --> 00:24:55.828 time with the follow up and the close care.
NOTE Confidence: 0.832886386666667

00:24:55.830 --> 00:24:58.330 And so there are efforts that are put in to
NOTE Confidence: 0.832886386666667

00:24:58.391 --> 00:25:01.007 try to help stabilize, making sure that
NOTE Confidence: 0.832886386666667

00:25:01.010 --> 00:25:03.586 rides are set up ahead of time
NOTE Confidence: 0.832886386666667

00:25:03.586 --> 00:25:06.421 trying to get them into a stable
NOTE Confidence: 0.832886386666667

00:25:06.421 --> 00:25:09.349 living situation if they are
NOTE Confidence: 0.832886386666667

00:25:09.349 --> 00:25:12.624 unhoused or if they're not already
NOTE Confidence: 0.832886386666667

00:25:12.624 --> 00:25:15.840 connected to a psychiatrist or an
NOTE Confidence: 0.832886386666667

00:25:15.942 --> 00:25:17.448 outpatient treatment facility.

NOTE Confidence: 0.832886386666667
00:25:17.448 --> 00:25:20.132 Making sure that we can try to get them
NOTE Confidence: 0.832886386666667
00:25:20.132 --> 00:25:21.880 stabilized on psychiatric medications.
NOTE Confidence: 0.832886386666667
00:25:21.880 --> 00:25:24.127 Because we find that if we're
NOTE Confidence: 0.832886386666667
00:25:24.127 --> 00:25:26.545 able to get some of their symptoms,
NOTE Confidence: 0.832886386666667
00:25:26.545 --> 00:25:27.820 mental health symptoms,
NOTE Confidence: 0.832886386666667
00:25:27.820 --> 00:25:29.095 better under control,
NOTE Confidence: 0.832886386666667
00:25:29.100 --> 00:25:30.375 then they will have better
NOTE Confidence: 0.832886386666667
00:25:30.375 --> 00:25:31.140 outcomes with their
NOTE Confidence: 0.832886386666667
00:25:31.140 --> 00:25:32.988 cancer treatments and have better
NOTE Confidence: 0.832886386666667
00:25:32.988 --> 00:25:35.127 follow through and so looking at
NOTE Confidence: 0.832886386666667
00:25:35.127 --> 00:25:37.101 what's the best medication
NOTE Confidence: 0.832886386666667
00:25:37.159 --> 00:25:39.184 regimen for them to make it so that
NOTE Confidence: 0.832886386666667
00:25:39.184 --> 00:25:41.240 they will remain on their medications
NOTE Confidence: 0.832886386666667
00:25:41.240 --> 00:25:43.849 and try to have follow up.
00:25:47.290 --> 00:25:50.728 It can make their cancer treatment
NOTE Confidence: 0.832886386666667
00:25:50.730 --> 00:25:52.308 difficult in the sense of making

NOTE Confidence: 0.83288638666667
00:25:52.308 --> 00:25:53.979 sure that follow up is probably
NOTE Confidence: 0.83288638666667
00:25:53.979 --> 00:25:55.389 one of the biggest factors.
NOTE Confidence: 0.83288638666667
00:25:55.390 --> 00:25:57.934 But we do use that kind of
NOTE Confidence: 0.83288638666667
00:25:57.934 --> 00:25:59.320 collaborative care approach to
NOTE Confidence: 0.83288638666667
00:25:59.320 --> 00:26:01.360 really get as many people
NOTE Confidence: 0.83288638666667
00:26:01.360 --> 00:26:02.299 involved as possible.
NOTE Confidence: 0.83288638666667
00:26:02.299 --> 00:26:04.177 When we think of the collaborative
NOTE Confidence: 0.83288638666667
00:26:04.177 --> 00:26:06.190 care approach within Psycho Oncology,
NOTE Confidence: 0.83288638666667
00:26:06.190 --> 00:26:07.947 really kind of getting social work involved.
NOTE Confidence: 0.83288638666667
00:26:07.950 --> 00:26:10.035 The psychologist involved,
NOTE Confidence: 0.83288638666667
00:26:10.035 --> 00:26:12.266 the advanced practice providers,
NOTE Confidence: 0.83288638666667
00:26:12.266 --> 00:26:14.826 having the direct
NOTE Confidence: 0.83288638666667
00:26:14.826 --> 00:26:17.189 communication with the oncology team,
NOTE Confidence: 0.83288638666667
00:26:17.190 --> 00:26:18.086 streamlining communication,
NOTE Confidence: 0.83288638666667
00:26:18.086 --> 00:26:20.774 simplifying for the patient as much
NOTE Confidence: 0.83288638666667

00:26:20.774 --> 00:26:23.113 as possible and trying to get
NOTE Confidence: 0.832886386666667

00:26:23.113 --> 00:26:25.536 wrap around care for the patients who
NOTE Confidence: 0.832886386666667

00:26:25.536 --> 00:26:28.066 unfortunately sometimes come in unhoused,
NOTE Confidence: 0.832886386666667

00:26:28.070 --> 00:26:28.462 uninsured,
NOTE Confidence: 0.832886386666667

00:26:28.462 --> 00:26:30.030 not having financial resources
NOTE Confidence: 0.832886386666667

00:26:30.030 --> 00:26:32.728 and seeing what we can do to help.
NOTE Confidence: 0.832886386666667

00:26:32.730 --> 00:26:34.440 To help that patient population.
NOTE Confidence: 0.926012310526316

00:26:35.860 --> 00:26:38.410 You know, the other question that
NOTE Confidence: 0.926012310526316

00:26:38.410 --> 00:26:42.285 comes up is there's a lot of
NOTE Confidence: 0.926012310526316

00:26:42.285 --> 00:26:44.885 stigma around mental health diagnosis.
NOTE Confidence: 0.926012310526316

00:26:44.890 --> 00:26:48.580 And, I wonder whether
NOTE Confidence: 0.926012310526316

00:26:48.580 --> 00:26:52.444 you get pushback from patients and
NOTE Confidence: 0.926012310526316

00:26:52.444 --> 00:26:55.699 their families saying, you know
NOTE Confidence: 0.926012310526316

00:26:55.699 --> 00:26:58.897 I really don't need a psychiatrist.
NOTE Confidence: 0.926012310526316

00:26:58.900 --> 00:27:01.400 I'm not crazy. I'm just,
NOTE Confidence: 0.926012310526316

00:27:01.400 --> 00:27:03.560 you know, I have cancer.

NOTE Confidence: 0.926012310526316
00:27:03.560 --> 00:27:08.368 And how does the stigma of a mental
NOTE Confidence: 0.926012310526316
00:27:08.368 --> 00:27:10.800 health diagnosis affect patients
NOTE Confidence: 0.926012310526316
00:27:10.800 --> 00:27:12.900 who are going through cancer,
NOTE Confidence: 0.926012310526316
00:27:12.900 --> 00:27:15.670 patients who may need psycho
NOTE Confidence: 0.926012310526316
00:27:15.670 --> 00:27:16.778 oncology services
NOTE Confidence: 0.926012310526316
00:27:19.920 --> 00:27:22.500 and their reentry or continued existence
NOTE Confidence: 0.926012310526316
00:27:22.500 --> 00:27:25.392 in society with the stigma
NOTE Confidence: 0.926012310526316
00:27:25.392 --> 00:27:27.336 that sometimes is associated
NOTE Confidence: 0.926012310526316
00:27:27.336 --> 00:27:29.750 with mental health diagnosis.
NOTE Confidence: 0.81509543
00:27:30.420 --> 00:27:34.320 Yeah, unfortunately that is very true.
NOTE Confidence: 0.81509543
00:27:34.320 --> 00:27:36.856 We see it time and time again and
NOTE Confidence: 0.81509543
00:27:36.856 --> 00:27:39.082 and that stigma is still there
NOTE Confidence: 0.81509543
00:27:39.082 --> 00:27:41.080 and I think we're making some
NOTE Confidence: 0.81509543
00:27:41.080 --> 00:27:42.376 great strides within society.
NOTE Confidence: 0.81509543
00:27:42.380 --> 00:27:45.648 But it absolutely comes up time and
NOTE Confidence: 0.81509543

00:27:45.648 --> 00:27:48.476 time again and I think the biggest
NOTE Confidence: 0.81509543

00:27:48.476 --> 00:27:50.828 impact it has is delayed care.
NOTE Confidence: 0.81509543

00:27:50.830 --> 00:27:53.044 Patients will kind of fight or
NOTE Confidence: 0.81509543

00:27:53.044 --> 00:27:55.819 put off being connected to a
NOTE Confidence: 0.81509543

00:27:55.819 --> 00:27:57.049 psychiatrist or psychologist until
00:27:58.238 --> 00:28:00.631 there's a point where
NOTE Confidence: 0.81509543

00:28:00.631 --> 00:28:02.058 intervening where somebody has
NOTE Confidence: 0.81509543

00:28:02.058 --> 00:28:03.834 to intervene and that may
NOTE Confidence: 0.81509543

00:28:03.834 --> 00:28:05.639 come when they're hospitalized.
NOTE Confidence: 0.81509543

00:28:05.640 --> 00:28:07.440 I do get connected to patients
NOTE Confidence: 0.81509543

00:28:07.440 --> 00:28:09.021 frequently when they're in the
NOTE Confidence: 0.81509543

00:28:09.021 --> 00:28:10.325 hospital because the distress
NOTE Confidence: 0.81509543

00:28:10.325 --> 00:28:12.284 becomes kind of paramount to them
NOTE Confidence: 0.81509543

00:28:12.284 --> 00:28:13.904 needing to get connected to me.
NOTE Confidence: 0.81509543

00:28:13.910 --> 00:28:16.196 But I think the biggest problem
NOTE Confidence: 0.81509543

00:28:16.196 --> 00:28:18.672 is there are ways to help and
NOTE Confidence: 0.81509543

00:28:18.672 --> 00:28:20.530 it's not speaking
NOTE Confidence: 0.81509543

00:28:20.530 --> 00:28:22.980 up or not accepting that care delays
NOTE Confidence: 0.81509543

00:28:22.980 --> 00:28:25.057 that and many of the medications
NOTE Confidence: 0.81509543

00:28:25.057 --> 00:28:27.380 do take several weeks to take
NOTE Confidence: 0.81509543

00:28:27.380 --> 00:28:29.473 effect and so just kind of continues
NOTE Confidence: 0.81509543

00:28:29.473 --> 00:28:31.095 to push off getting the care
NOTE Confidence: 0.81509543

00:28:31.095 --> 00:28:32.720 that could be helpful for them.
NOTE Confidence: 0.907244616666667

00:28:33.460 --> 00:28:35.355 Doctor Shannon Mazur is an
NOTE Confidence: 0.907244616666667

00:28:35.355 --> 00:28:36.871 assistant professor of psychiatry
NOTE Confidence: 0.907244616666667

00:28:36.871 --> 00:28:38.999 at the Yale School of Medicine.
NOTE Confidence: 0.907244616666667

00:28:39.000 --> 00:28:41.068 If you have questions,
NOTE Confidence: 0.907244616666667

00:28:41.068 --> 00:28:43.086 the address is canceranswers@yale.edu,
NOTE Confidence: 0.907244616666667

00:28:43.086 --> 00:28:45.882 and past editions of the program
NOTE Confidence: 0.907244616666667

00:28:45.882 --> 00:28:48.309 are available in audio and written
NOTE Confidence: 0.907244616666667

00:28:48.309 --> 00:28:49.251 form at yalecancercenter.org.
NOTE Confidence: 0.907244616666667

00:28:49.251 --> 00:28:51.659 We hope you'll join us next week to

NOTE Confidence: 0.907244616666667

00:28:51.659 --> 00:28:53.500 learn more about the fight against

NOTE Confidence: 0.907244616666667

00:28:53.500 --> 00:28:55.320 cancer here on Connecticut Public Radio.

NOTE Confidence: 0.907244616666667

00:28:55.320 --> 00:28:57.726 Funding for Yale Cancer Answers is

NOTE Confidence: 0.907244616666667

00:28:57.726 --> 00:29:00.000 provided by Smilow Cancer Hospital.