

WEBVTT

NOTE duration: "00:41:25.802"

NOTE Confidence: 0.87152195

00:00:00.960 --> 00:00:02.639 Welcome for welcome for joining

NOTE Confidence: 0.87152195

00:00:02.639 --> 00:00:03.679 us. Welcome,

NOTE Confidence: 0.97049683

00:00:04.000 --> 00:00:05.940 tonight. And we're so grateful

NOTE Confidence: 0.97049683

00:00:06.000 --> 00:00:06.480 to,

NOTE Confidence: 0.50733024

00:00:07.120 --> 00:00:08.020 Valerie Cassella,

NOTE Confidence: 0.9922466

00:00:08.559 --> 00:00:10.000 who is, one of our

NOTE Confidence: 0.9922466

00:00:10.000 --> 00:00:10.900 nurse leaders,

NOTE Confidence: 0.9635703

00:00:11.759 --> 00:00:13.360 and really the heart of

NOTE Confidence: 0.9635703

00:00:13.360 --> 00:00:14.880 the Norma Freme Breast Center

NOTE Confidence: 0.9635703

00:00:14.880 --> 00:00:15.620 here in

NOTE Confidence: 0.9828689

00:00:16.845 --> 00:00:19.505 Trumbull for organizing this cancer

NOTE Confidence: 0.9828689

00:00:19.565 --> 00:00:20.065 survivorship

NOTE Confidence: 0.99951696

00:00:20.445 --> 00:00:20.945 series.

NOTE Confidence: 0.984307

00:00:21.405 --> 00:00:23.565 She is, very connected to

NOTE Confidence: 0.984307

00:00:23.565 --> 00:00:25.025 our patients and has,
NOTE Confidence: 0.97709286

00:00:26.204 --> 00:00:27.744 been for quite some time.
NOTE Confidence: 0.97709286

00:00:27.885 --> 00:00:29.165 And she asked me tonight
NOTE Confidence: 0.97709286

00:00:29.165 --> 00:00:30.045 to talk about,
NOTE Confidence: 0.9991281

00:00:31.189 --> 00:00:32.870 caring for yourself after a
NOTE Confidence: 0.9991281

00:00:32.870 --> 00:00:34.489 diagnosis of breast cancer.
NOTE Confidence: 0.98342836

00:00:43.815 --> 00:00:44.934 So when we think about
NOTE Confidence: 0.98342836

00:00:44.934 --> 00:00:47.274 breast cancer incidence and survivorship,
NOTE Confidence: 0.96620536

00:00:47.975 --> 00:00:49.095 we really think about the
NOTE Confidence: 0.96620536

00:00:49.095 --> 00:00:50.875 phases of care, the experience
NOTE Confidence: 0.96620536

00:00:50.934 --> 00:00:52.614 of women as, they are
NOTE Confidence: 0.96620536

00:00:52.614 --> 00:00:54.454 screened for, diagnosed, or treated
NOTE Confidence: 0.96620536

00:00:54.454 --> 00:00:55.515 for breast cancer.
NOTE Confidence: 0.91017425

00:00:57.120 --> 00:00:57.860 This is,
NOTE Confidence: 0.98548156

00:00:58.800 --> 00:01:00.020 the cancer survivorship
NOTE Confidence: 0.99678135

00:01:00.400 --> 00:01:01.620 continuum as

NOTE Confidence: 0.98345596
00:01:02.000 --> 00:01:03.040 defined in the,
NOTE Confidence: 0.92556024
00:01:03.600 --> 00:01:04.500 National Academy
NOTE Confidence: 0.9184561
00:01:04.959 --> 00:01:06.640 of Medicine report, delivering high
NOTE Confidence: 0.9184561
00:01:06.640 --> 00:01:08.160 quality cancer care that was
NOTE Confidence: 0.9184561
00:01:08.160 --> 00:01:10.180 published initially in twenty thirteen.
NOTE Confidence: 0.9954124
00:01:11.040 --> 00:01:13.535 But this cancer continuum really
NOTE Confidence: 0.9954124
00:01:13.535 --> 00:01:14.995 has come to define,
NOTE Confidence: 0.9941671
00:01:16.095 --> 00:01:17.455 both how we do research
NOTE Confidence: 0.9941671
00:01:17.455 --> 00:01:17.955 into,
NOTE Confidence: 0.95165753
00:01:18.895 --> 00:01:19.395 cancer,
NOTE Confidence: 0.9094809
00:01:20.015 --> 00:01:21.455 types and also how would
NOTE Confidence: 0.9094809
00:01:21.455 --> 00:01:22.995 we think about, treatment.
NOTE Confidence: 0.9916799
00:01:23.295 --> 00:01:24.495 And so tonight, we're gonna
NOTE Confidence: 0.9916799
00:01:24.495 --> 00:01:25.560 focus on this,
NOTE Confidence: 0.98303956
00:01:25.959 --> 00:01:27.399 divide our talk up based
NOTE Confidence: 0.98303956

00:01:27.399 --> 00:01:28.140 upon this,
NOTE Confidence: 0.99921787
00:01:28.680 --> 00:01:29.579 cancer survivorship
NOTE Confidence: 0.99941164
00:01:29.880 --> 00:01:30.380 continuum.
NOTE Confidence: 0.9557766
00:01:35.959 --> 00:01:37.000 Breast cancer is the most
NOTE Confidence: 0.9557766
00:01:37.000 --> 00:01:38.215 common cancer of women in
NOTE Confidence: 0.9557766
00:01:38.215 --> 00:01:39.814 the United States, accounting for
NOTE Confidence: 0.9557766
00:01:39.814 --> 00:01:41.255 about thirty percent of all
NOTE Confidence: 0.9557766
00:01:41.255 --> 00:01:42.395 cancers in women.
NOTE Confidence: 0.9688927
00:01:46.935 --> 00:01:48.215 In twenty twenty five, we
NOTE Confidence: 0.9688927
00:01:48.215 --> 00:01:49.494 estimate there will be three
NOTE Confidence: 0.9688927
00:01:49.494 --> 00:01:50.395 hundred and sixteen
NOTE Confidence: 0.987891
00:01:50.774 --> 00:01:52.800 thousand cases of invasive breast
NOTE Confidence: 0.987891
00:01:52.800 --> 00:01:54.580 cancer in the United States,
NOTE Confidence: 0.9968153
00:01:56.160 --> 00:01:57.840 and with a relative five
NOTE Confidence: 0.9968153
00:01:57.840 --> 00:01:59.760 year survival of over ninety
NOTE Confidence: 0.9968153
00:01:59.760 --> 00:02:00.260 percent.

NOTE Confidence: 0.99908787
00:02:00.960 --> 00:02:02.180 So breast cancer
NOTE Confidence: 0.99967676
00:02:02.560 --> 00:02:04.340 is a very curable
NOTE Confidence: 0.9993025
00:02:04.880 --> 00:02:05.380 cancer.
NOTE Confidence: 0.8779095
00:02:07.315 --> 00:02:08.135 This graph,
NOTE Confidence: 0.99973243
00:02:08.595 --> 00:02:09.095 demonstrates
NOTE Confidence: 0.9703542
00:02:09.395 --> 00:02:11.014 the rates of breast cancer,
NOTE Confidence: 0.96923614
00:02:12.035 --> 00:02:12.855 over time,
NOTE Confidence: 0.99798715
00:02:13.794 --> 00:02:15.334 where they have held relatively
NOTE Confidence: 0.9999236
00:02:15.715 --> 00:02:16.215 stable
NOTE Confidence: 0.84651697
00:02:16.514 --> 00:02:18.135 and breast cancer mortality,
NOTE Confidence: 0.9992118
00:02:18.834 --> 00:02:19.735 which continues
NOTE Confidence: 0.9936066
00:02:20.035 --> 00:02:20.855 to decrease.
NOTE Confidence: 0.9948368
00:02:21.700 --> 00:02:24.180 And the difference between our
NOTE Confidence: 0.9948368
00:02:24.180 --> 00:02:25.879 rates of incidence and mortality
NOTE Confidence: 0.9918837
00:02:26.419 --> 00:02:27.939 is the success of our
NOTE Confidence: 0.9918837

00:02:27.939 --> 00:02:30.519 our screening treatment and,
NOTE Confidence: 0.9851129

00:02:31.459 --> 00:02:31.959 cure.
NOTE Confidence: 0.96567535

00:02:35.655 --> 00:02:37.275 Again, breast cancer survival,
NOTE Confidence: 0.99405193

00:02:37.735 --> 00:02:39.194 when you take all comers,
NOTE Confidence: 0.99405193

00:02:39.254 --> 00:02:41.034 is greater than ninety percent.
NOTE Confidence: 0.97194666

00:02:42.055 --> 00:02:43.334 It's great to see it
NOTE Confidence: 0.97194666

00:02:43.334 --> 00:02:43.834 graphically,
NOTE Confidence: 0.9829906

00:02:44.215 --> 00:02:45.655 to know that most women
NOTE Confidence: 0.9829906

00:02:45.655 --> 00:02:46.715 with breast cancer,
NOTE Confidence: 0.80162966

00:02:48.055 --> 00:02:48.555 will,
NOTE Confidence: 0.9758799

00:02:50.340 --> 00:02:51.240 achieve a cure.
NOTE Confidence: 0.97738683

00:02:55.380 --> 00:02:56.660 We know that the likelihood
NOTE Confidence: 0.97738683

00:02:56.660 --> 00:02:58.120 of cure is really related
NOTE Confidence: 0.97738683

00:02:58.180 --> 00:03:00.520 to breath, stage at diagnosis.
NOTE Confidence: 0.99773985

00:03:01.300 --> 00:03:02.840 And women who are diagnosed
NOTE Confidence: 0.99773985

00:03:03.060 --> 00:03:04.520 with early stage

NOTE Confidence: 0.9960345
00:03:05.195 --> 00:03:06.335 localized disease
NOTE Confidence: 0.99759626
00:03:06.875 --> 00:03:08.635 have very high rates of
NOTE Confidence: 0.99759626
00:03:08.635 --> 00:03:09.695 long term survival.
NOTE Confidence: 0.98241544
00:03:10.794 --> 00:03:12.715 Regional disease, which would include
NOTE Confidence: 0.98241544
00:03:12.715 --> 00:03:15.195 lymph positive lymph nodes, also
NOTE Confidence: 0.98241544
00:03:15.195 --> 00:03:16.235 have a high rate of
NOTE Confidence: 0.98241544
00:03:16.235 --> 00:03:16.735 cure.
NOTE Confidence: 0.98938763
00:03:17.450 --> 00:03:18.990 And then women with metastatic
NOTE Confidence: 0.98938763
00:03:19.210 --> 00:03:20.669 disease or distant disease,
NOTE Confidence: 0.98547196
00:03:22.010 --> 00:03:23.630 have lower rates of,
NOTE Confidence: 0.99947673
00:03:24.090 --> 00:03:25.230 long term survival.
NOTE Confidence: 0.9935236
00:03:30.125 --> 00:03:31.485 And, again, just another way
NOTE Confidence: 0.9935236
00:03:31.485 --> 00:03:32.544 of looking at,
NOTE Confidence: 0.97658414
00:03:33.165 --> 00:03:34.925 this relative success that we
NOTE Confidence: 0.97658414
00:03:34.925 --> 00:03:36.625 have with breast cancer screening,
NOTE Confidence: 0.9892578

00:03:37.004 --> 00:03:38.525 we know that sixty four
NOTE Confidence: 0.9892578

00:03:38.525 --> 00:03:40.545 percent of women are diagnosed
NOTE Confidence: 0.9892578

00:03:40.605 --> 00:03:42.685 with localized or early stage
NOTE Confidence: 0.9892578

00:03:42.685 --> 00:03:43.185 disease.
NOTE Confidence: 0.98780376

00:03:43.700 --> 00:03:45.220 Another twenty eight percent was
NOTE Confidence: 0.98780376

00:03:45.220 --> 00:03:47.080 spread to regional lymph nodes.
NOTE Confidence: 0.9833311

00:03:47.700 --> 00:03:49.640 And this group, the majority
NOTE Confidence: 0.9833311

00:03:49.700 --> 00:03:51.060 of that pie graph are
NOTE Confidence: 0.9833311

00:03:51.060 --> 00:03:52.360 the women who have,
NOTE Confidence: 0.95103157

00:03:53.459 --> 00:03:54.920 the highest rates of survival,
NOTE Confidence: 0.99835

00:03:55.220 --> 00:03:56.840 averaging at ninety percent.
NOTE Confidence: 0.9954007

00:04:02.755 --> 00:04:03.715 This is one of a
NOTE Confidence: 0.9954007

00:04:03.715 --> 00:04:05.155 number of studies that have
NOTE Confidence: 0.9954007

00:04:05.155 --> 00:04:06.675 looked at the experience of
NOTE Confidence: 0.9954007

00:04:06.675 --> 00:04:07.415 breast cancer,
NOTE Confidence: 0.99956673

00:04:08.195 --> 00:04:08.695 screening

NOTE Confidence: 0.99535674
00:04:09.075 --> 00:04:10.855 on breast cancer survival.
NOTE Confidence: 0.99444944
00:04:11.570 --> 00:04:12.850 And in this graph, you
NOTE Confidence: 0.99444944
00:04:12.850 --> 00:04:13.890 can see in the top
NOTE Confidence: 0.99444944
00:04:13.890 --> 00:04:15.810 line here that women who
NOTE Confidence: 0.99444944
00:04:15.810 --> 00:04:18.230 undergo regular breast cancer screening
NOTE Confidence: 0.9852883
00:04:18.930 --> 00:04:21.190 have a ninety percent survival.
NOTE Confidence: 0.99469817
00:04:21.650 --> 00:04:23.110 These women who are diagnosed
NOTE Confidence: 0.99469817
00:04:23.170 --> 00:04:25.190 at the earliest possible stage.
NOTE Confidence: 0.987681
00:04:26.324 --> 00:04:27.444 The next line with the
NOTE Confidence: 0.987681
00:04:27.444 --> 00:04:28.345 green triangles
NOTE Confidence: 0.9962419
00:04:28.725 --> 00:04:30.025 are women who develop
NOTE Confidence: 0.9995629
00:04:30.805 --> 00:04:31.305 cancer
NOTE Confidence: 0.9943681
00:04:32.085 --> 00:04:34.025 in between their screening intervals.
NOTE Confidence: 0.99393314
00:04:34.485 --> 00:04:35.685 So these are typical
NOTE Confidence: 0.97659993
00:04:36.005 --> 00:04:38.085 typically more aggressive or faster
NOTE Confidence: 0.97659993

00:04:38.085 --> 00:04:40.230 moving tumors that will where
NOTE Confidence: 0.97659993

00:04:40.390 --> 00:04:42.230 women will develop symptoms in
NOTE Confidence: 0.97659993

00:04:42.230 --> 00:04:43.910 the year after a normal
NOTE Confidence: 0.97659993

00:04:43.910 --> 00:04:45.050 screening mammogram.
NOTE Confidence: 0.99358493

00:04:46.630 --> 00:04:48.550 The orange line at the
NOTE Confidence: 0.99358493

00:04:48.550 --> 00:04:49.910 bottom here are women who
NOTE Confidence: 0.99358493

00:04:49.910 --> 00:04:51.610 have never undergone screening.
NOTE Confidence: 0.9847358

00:04:52.634 --> 00:04:54.395 So, again, this is more
NOTE Confidence: 0.9847358

00:04:54.395 --> 00:04:54.895 evidence
NOTE Confidence: 0.98356044

00:04:55.275 --> 00:04:56.714 that the of the value
NOTE Confidence: 0.98356044

00:04:56.714 --> 00:04:57.935 of screening mammography,
NOTE Confidence: 0.9069879

00:04:59.035 --> 00:05:00.074 for to,
NOTE Confidence: 0.9961109

00:05:00.875 --> 00:05:02.315 diagnose women at the earliest
NOTE Confidence: 0.9961109

00:05:02.315 --> 00:05:04.495 possible stage and to ensure
NOTE Confidence: 0.9961109

00:05:04.714 --> 00:05:05.694 the best outcomes.
NOTE Confidence: 0.9917665

00:05:09.050 --> 00:05:10.169 So when we think about

NOTE Confidence: 0.9917665
00:05:10.169 --> 00:05:11.370 how to care for yourself
NOTE Confidence: 0.9917665
00:05:11.370 --> 00:05:12.970 with breast cancer, it's about
NOTE Confidence: 0.9917665
00:05:12.970 --> 00:05:14.729 caring for yourself before we're
NOTE Confidence: 0.9917665
00:05:14.729 --> 00:05:15.629 even diagnosed.
NOTE Confidence: 0.99812925
00:05:16.250 --> 00:05:17.949 And that is making sure,
NOTE Confidence: 0.99895805
00:05:18.650 --> 00:05:20.569 that we're all getting annual
NOTE Confidence: 0.99895805
00:05:20.569 --> 00:05:21.629 screening mammograms
NOTE Confidence: 0.97751915
00:05:22.475 --> 00:05:24.875 and also having regular breast
NOTE Confidence: 0.97751915
00:05:24.875 --> 00:05:25.775 self exams
NOTE Confidence: 0.97450954
00:05:26.075 --> 00:05:27.995 and an annual clinical breast
NOTE Confidence: 0.97450954
00:05:27.995 --> 00:05:29.214 exam with our physician.
NOTE Confidence: 0.9564953
00:05:34.979 --> 00:05:36.419 Once we have screening, imaging,
NOTE Confidence: 0.9564953
00:05:36.419 --> 00:05:37.639 and have an abnormality,
NOTE Confidence: 0.94053805
00:05:39.060 --> 00:05:40.839 most women will then undergo,
NOTE Confidence: 0.98731333
00:05:41.539 --> 00:05:42.039 diagnostic
NOTE Confidence: 0.9840963

00:05:42.740 --> 00:05:44.199 image guided biopsy.
NOTE Confidence: 0.9543025

00:05:46.580 --> 00:05:47.860 The standard of care, of
NOTE Confidence: 0.9543025

00:05:47.860 --> 00:05:49.139 course, is to have a
NOTE Confidence: 0.9543025

00:05:49.139 --> 00:05:50.360 biopsy before
NOTE Confidence: 0.9975006

00:05:50.675 --> 00:05:52.135 any surgery is completed.
NOTE Confidence: 0.99788225

00:05:52.755 --> 00:05:54.515 An image guided biopsy can
NOTE Confidence: 0.99788225

00:05:54.515 --> 00:05:56.775 be completed under ultrasound guidance,
NOTE Confidence: 0.96939987

00:05:57.475 --> 00:06:00.115 mammogram guidance, or MRI guidance
NOTE Confidence: 0.96939987

00:06:00.115 --> 00:06:01.555 if MRI was used as
NOTE Confidence: 0.96939987

00:06:01.555 --> 00:06:03.095 part of the screening plan.
NOTE Confidence: 0.9940926

00:06:08.560 --> 00:06:09.860 And then after a biopsy,
NOTE Confidence: 0.9940926

00:06:09.919 --> 00:06:11.060 there will be a pathology
NOTE Confidence: 0.9940926

00:06:11.360 --> 00:06:11.860 report.
NOTE Confidence: 0.9983393

00:06:13.200 --> 00:06:14.960 In the pathology report, the
NOTE Confidence: 0.9983393

00:06:14.960 --> 00:06:16.240 type of tumor will be
NOTE Confidence: 0.9983393

00:06:16.240 --> 00:06:16.740 described

NOTE Confidence: 0.97799474
00:06:17.440 --> 00:06:19.460 along with the tumor grade.
NOTE Confidence: 0.99736524
00:06:20.505 --> 00:06:22.105 Grade one is the best
NOTE Confidence: 0.99736524
00:06:22.105 --> 00:06:22.605 differentiated,
NOTE Confidence: 0.99835557
00:06:23.545 --> 00:06:25.405 the most normal looking cells.
NOTE Confidence: 0.98054695
00:06:26.265 --> 00:06:27.545 Grade two, they start to
NOTE Confidence: 0.98054695
00:06:27.545 --> 00:06:28.925 appear a little more abnormal.
NOTE Confidence: 0.98054695
00:06:29.065 --> 00:06:30.285 And grade three
NOTE Confidence: 0.97713774
00:06:30.745 --> 00:06:32.685 are the most abnormal appearing
NOTE Confidence: 0.97713774
00:06:32.745 --> 00:06:33.245 cells.
NOTE Confidence: 0.9991601
00:06:33.710 --> 00:06:36.190 Grade three tumors are faster
NOTE Confidence: 0.9991601
00:06:36.190 --> 00:06:36.690 growing
NOTE Confidence: 0.97583973
00:06:37.390 --> 00:06:38.430 and tend to be,
NOTE Confidence: 0.9798196
00:06:39.790 --> 00:06:40.510 of a more,
NOTE Confidence: 0.93147004
00:06:40.990 --> 00:06:41.490 aggressive,
NOTE Confidence: 0.87223333
00:06:42.510 --> 00:06:44.210 type requiring more therapy.
NOTE Confidence: 0.9510579

00:06:46.294 --> 00:06:48.055 Also in the pathology report
NOTE Confidence: 0.9510579

00:06:48.055 --> 00:06:49.354 will be the breast cancer,
NOTE Confidence: 0.9798576

00:06:50.534 --> 00:06:52.154 receptors or biomarkers.
NOTE Confidence: 0.9879258

00:06:53.254 --> 00:06:55.175 These receptors on the cell
NOTE Confidence: 0.9879258

00:06:55.175 --> 00:06:57.034 surface determine what's,
NOTE Confidence: 0.9451351

00:06:58.134 --> 00:06:59.654 what will control the cell's
NOTE Confidence: 0.9451351

00:06:59.654 --> 00:07:00.154 growth.
NOTE Confidence: 0.99410754

00:07:00.569 --> 00:07:02.169 There are three receptors that
NOTE Confidence: 0.99410754

00:07:02.169 --> 00:07:02.909 we evaluate.
NOTE Confidence: 0.99824095

00:07:03.849 --> 00:07:05.789 The estrogen receptor and progesterone
NOTE Confidence: 0.99379194

00:07:06.089 --> 00:07:08.029 receptor are the female hormones.
NOTE Confidence: 0.860724

00:07:09.210 --> 00:07:11.050 The other receptor is called
NOTE Confidence: 0.860724

00:07:11.050 --> 00:07:11.550 HER2,
NOTE Confidence: 0.9985566

00:07:12.405 --> 00:07:13.365 which is a marker of
NOTE Confidence: 0.9985566

00:07:13.365 --> 00:07:15.045 a very specific cancer that
NOTE Confidence: 0.9985566

00:07:15.045 --> 00:07:17.545 we treat with targeted molecular

NOTE Confidence: 0.9985566
00:07:17.764 --> 00:07:18.264 therapy.
NOTE Confidence: 0.99341804
00:07:22.325 --> 00:07:23.685 And so the breast cancer
NOTE Confidence: 0.99341804
00:07:23.685 --> 00:07:24.185 stage
NOTE Confidence: 0.99860275
00:07:24.805 --> 00:07:26.585 is determined by a combination
NOTE Confidence: 0.99860275
00:07:26.805 --> 00:07:27.625 of factors.
NOTE Confidence: 0.99927676
00:07:28.540 --> 00:07:29.280 It includes
NOTE Confidence: 0.9638992
00:07:29.820 --> 00:07:31.420 the estimate of the tumor
NOTE Confidence: 0.9638992
00:07:31.420 --> 00:07:31.920 size,
NOTE Confidence: 0.9568435
00:07:32.460 --> 00:07:34.060 based on the imaging findings
NOTE Confidence: 0.9568435
00:07:34.060 --> 00:07:35.360 and the physical exam.
NOTE Confidence: 0.9753871
00:07:36.460 --> 00:07:37.920 The lymph node status,
NOTE Confidence: 0.9541408
00:07:38.540 --> 00:07:41.020 also determined based upon physical
NOTE Confidence: 0.9541408
00:07:41.020 --> 00:07:42.720 exam and the imaging findings.
NOTE Confidence: 0.9986316
00:07:44.735 --> 00:07:46.115 We will look for metastatic
NOTE Confidence: 0.9986316
00:07:46.335 --> 00:07:48.014 disease if anyone has if
NOTE Confidence: 0.9986316

00:07:48.014 --> 00:07:49.395 a patient has a symptom.
NOTE Confidence: 0.99796826

00:07:49.855 --> 00:07:51.935 Otherwise, there's usually not a
NOTE Confidence: 0.99796826

00:07:51.935 --> 00:07:52.995 reason to do,
NOTE Confidence: 0.9889911

00:07:54.014 --> 00:07:55.235 scans for metastases
NOTE Confidence: 0.99862206

00:07:55.535 --> 00:07:56.755 elsewhere in the body,
NOTE Confidence: 0.9992531

00:07:57.695 --> 00:07:58.995 at the time of diagnosis.
NOTE Confidence: 0.95189613

00:08:00.870 --> 00:08:01.750 Then we look at the
NOTE Confidence: 0.95189613

00:08:01.750 --> 00:08:03.990 tumor biomarkers, the receptors of
NOTE Confidence: 0.95189613

00:08:03.990 --> 00:08:04.650 the estrogen,
NOTE Confidence: 0.986598

00:08:04.950 --> 00:08:05.450 progesterone,
NOTE Confidence: 0.9038687

00:08:05.830 --> 00:08:06.890 and HER2 receptor,
NOTE Confidence: 0.99812275

00:08:08.230 --> 00:08:09.610 and the tumor grade.
NOTE Confidence: 0.99664164

00:08:10.470 --> 00:08:11.910 These are all then put
NOTE Confidence: 0.99664164

00:08:11.910 --> 00:08:12.410 together
NOTE Confidence: 0.9987074

00:08:13.030 --> 00:08:15.050 to determine the tumor stage.
NOTE Confidence: 0.9996097

00:08:19.885 --> 00:08:21.165 So once you've been through

NOTE Confidence: 0.9996097
00:08:21.165 --> 00:08:21.665 screening
NOTE Confidence: 0.99217534
00:08:22.045 --> 00:08:23.725 and imaging and have a
NOTE Confidence: 0.99217534
00:08:23.725 --> 00:08:24.225 diagnosis
NOTE Confidence: 0.99949074
00:08:24.525 --> 00:08:25.585 of breast cancer,
NOTE Confidence: 0.99898434
00:08:26.605 --> 00:08:27.965 it's time to gather your
NOTE Confidence: 0.99898434
00:08:27.965 --> 00:08:28.465 team
NOTE Confidence: 0.9986588
00:08:28.849 --> 00:08:30.610 to then identify your sources
NOTE Confidence: 0.9986588
00:08:30.610 --> 00:08:31.750 of social support,
NOTE Confidence: 0.9971947
00:08:32.770 --> 00:08:34.610 to help walk you through
NOTE Confidence: 0.9971947
00:08:34.610 --> 00:08:35.350 the process,
NOTE Confidence: 0.9941034
00:08:36.290 --> 00:08:37.730 of breast cancer treatment and
NOTE Confidence: 0.9941034
00:08:37.730 --> 00:08:38.630 into survivorship.
NOTE Confidence: 0.99877423
00:08:41.595 --> 00:08:43.675 Your team might include family
NOTE Confidence: 0.99877423
00:08:43.675 --> 00:08:44.175 members,
NOTE Confidence: 0.99966604
00:08:44.875 --> 00:08:45.375 friends,
NOTE Confidence: 0.8871781

00:08:46.395 --> 00:08:47.535 spiritual advisors.
NOTE Confidence: 0.9939968

00:08:48.154 --> 00:08:49.375 It could be coworkers,
NOTE Confidence: 0.9601738

00:08:49.995 --> 00:08:51.375 supervisors, or mentors.
NOTE Confidence: 0.8579919

00:08:52.475 --> 00:08:54.154 Can include your health care
NOTE Confidence: 0.8579919

00:08:54.154 --> 00:08:54.654 providers,
NOTE Confidence: 0.99961746

00:08:56.140 --> 00:08:57.200 patient advocates,
NOTE Confidence: 0.99899083

00:08:57.580 --> 00:08:59.120 other cancer survivors,
NOTE Confidence: 0.9965596

00:08:59.580 --> 00:09:00.800 support group members.
NOTE Confidence: 0.9997309

00:09:01.820 --> 00:09:03.500 I included this picture from
NOTE Confidence: 0.9997309

00:09:03.500 --> 00:09:04.700 when I was treated for
NOTE Confidence: 0.9997309

00:09:04.700 --> 00:09:05.440 breast cancer
NOTE Confidence: 0.9976342

00:09:05.900 --> 00:09:06.960 in twenty sixteen.
NOTE Confidence: 0.9726731

00:09:07.904 --> 00:09:09.105 This is as I'm getting
NOTE Confidence: 0.9726731

00:09:09.105 --> 00:09:10.144 ready to roll back to
NOTE Confidence: 0.9726731

00:09:10.144 --> 00:09:12.065 the operating room, and my
NOTE Confidence: 0.9726731

00:09:12.065 --> 00:09:12.565 daughters

NOTE Confidence: 0.94162226

00:09:13.264 --> 00:09:14.625 my daughters, my son, my

NOTE Confidence: 0.94162226

00:09:14.625 --> 00:09:16.225 sister were all there with

NOTE Confidence: 0.94162226

00:09:16.225 --> 00:09:17.445 me on that day.

NOTE Confidence: 0.90934765

00:09:18.384 --> 00:09:19.764 This is my daughter, Eleanor.

NOTE Confidence: 0.9671386

00:09:24.649 --> 00:09:26.250 The benefits of social support

NOTE Confidence: 0.9671386

00:09:26.250 --> 00:09:27.689 and breast cancer treatment and

NOTE Confidence: 0.9671386

00:09:27.689 --> 00:09:29.449 outcomes are are very well

NOTE Confidence: 0.9671386

00:09:29.449 --> 00:09:29.949 documented.

NOTE Confidence: 0.99676174

00:09:30.809 --> 00:09:32.329 Several studies have looked at

NOTE Confidence: 0.99676174

00:09:32.329 --> 00:09:33.850 different types of social support

NOTE Confidence: 0.99676174

00:09:33.850 --> 00:09:35.129 and the benefits that they

NOTE Confidence: 0.99676174

00:09:35.129 --> 00:09:35.629 offer.

NOTE Confidence: 0.9925132

00:09:37.625 --> 00:09:39.245 Social support is clearly

NOTE Confidence: 0.9396741

00:09:40.184 --> 00:09:42.505 linked to reduce anxiety and

NOTE Confidence: 0.9396741

00:09:42.505 --> 00:09:43.005 stress,

NOTE Confidence: 0.9840753

00:09:44.505 --> 00:09:45.565 reduced fatigue,
NOTE Confidence: 0.99908847

00:09:46.184 --> 00:09:48.285 and reduced experience of pain.
NOTE Confidence: 0.99388236

00:09:49.610 --> 00:09:51.290 Social support is also linked
NOTE Confidence: 0.99388236

00:09:51.290 --> 00:09:52.350 to improved ability
NOTE Confidence: 0.95277923

00:09:52.650 --> 00:09:54.730 to, cope for feelings of
NOTE Confidence: 0.95277923

00:09:54.730 --> 00:09:55.230 control,
NOTE Confidence: 0.965761

00:09:56.570 --> 00:09:58.809 improved mood, self image, and
NOTE Confidence: 0.965761

00:09:58.809 --> 00:09:59.790 sexual function.
NOTE Confidence: 0.9840197

00:10:01.065 --> 00:10:02.505 And social support has a
NOTE Confidence: 0.9840197

00:10:02.505 --> 00:10:04.825 long term association with improved
NOTE Confidence: 0.9840197

00:10:04.825 --> 00:10:05.804 physical well-being
NOTE Confidence: 0.989872

00:10:06.345 --> 00:10:08.265 and ability to perform daily
NOTE Confidence: 0.989872

00:10:08.265 --> 00:10:08.765 tasks.
NOTE Confidence: 0.99222285

00:10:13.750 --> 00:10:15.029 So consider all the help
NOTE Confidence: 0.99222285

00:10:15.029 --> 00:10:15.929 that is available,
NOTE Confidence: 0.98972344

00:10:16.550 --> 00:10:18.150 to provide support as you

NOTE Confidence: 0.98972344

00:10:18.150 --> 00:10:20.550 go through treatment planning and

NOTE Confidence: 0.98972344

00:10:20.550 --> 00:10:22.470 treatment and survivorship for breast

NOTE Confidence: 0.98972344

00:10:22.470 --> 00:10:22.970 cancer.

NOTE Confidence: 0.99853957

00:10:23.670 --> 00:10:24.710 The kinds of help that

NOTE Confidence: 0.99853957

00:10:24.710 --> 00:10:25.990 are available can come from

NOTE Confidence: 0.99853957

00:10:25.990 --> 00:10:27.050 family and friends,

NOTE Confidence: 0.9964127

00:10:27.535 --> 00:10:28.735 can come from a patient

NOTE Confidence: 0.9964127

00:10:28.735 --> 00:10:29.235 navigator.

NOTE Confidence: 0.9743088

00:10:30.335 --> 00:10:32.434 We have on-site patient navigators

NOTE Confidence: 0.9743088

00:10:32.575 --> 00:10:33.934 in all of our treatment

NOTE Confidence: 0.9743088

00:10:33.934 --> 00:10:35.215 sites, but there are also

NOTE Confidence: 0.9743088

00:10:35.215 --> 00:10:36.895 patient navigators that are available

NOTE Confidence: 0.9743088

00:10:36.895 --> 00:10:38.915 from national organizations including,

NOTE Confidence: 0.89768237

00:10:41.309 --> 00:10:42.910 organizations like the Susan Komen

NOTE Confidence: 0.89768237

00:10:42.910 --> 00:10:44.449 Foundation where they have navigators

NOTE Confidence: 0.89768237

00:10:44.589 --> 00:10:45.089 available,
NOTE Confidence: 0.96625644

00:10:47.149 --> 00:10:49.170 for consultation at their website.
NOTE Confidence: 0.96779805

00:10:50.829 --> 00:10:52.350 It's always important to consider
NOTE Confidence: 0.96779805

00:10:52.350 --> 00:10:53.870 the cost of cancer treatment
NOTE Confidence: 0.96779805

00:10:53.870 --> 00:10:54.670 and and,
NOTE Confidence: 0.98249245

00:10:56.105 --> 00:10:58.105 other opportunities for support include
NOTE Confidence: 0.98249245

00:10:58.105 --> 00:10:59.245 a financial counselor.
NOTE Confidence: 0.9995552

00:10:59.865 --> 00:11:00.985 It could be a physical
NOTE Confidence: 0.9995552

00:11:00.985 --> 00:11:01.485 therapist,
NOTE Confidence: 0.9697087

00:11:01.945 --> 00:11:03.165 fertility specialist,
NOTE Confidence: 0.99957585

00:11:03.625 --> 00:11:04.845 a physical trainer,
NOTE Confidence: 0.9969891

00:11:05.305 --> 00:11:06.605 a massage therapist,
NOTE Confidence: 0.9398448

00:11:07.305 --> 00:11:08.825 support with house cleaning and
NOTE Confidence: 0.9398448

00:11:08.825 --> 00:11:09.325 childcare,
NOTE Confidence: 0.9401612

00:11:10.140 --> 00:11:12.140 acupuncture, music therapy, and other
NOTE Confidence: 0.9401612

00:11:12.140 --> 00:11:13.600 integrative mental therapies.

NOTE Confidence: 0.9947029
00:11:15.180 --> 00:11:16.300 Most important thing is to
NOTE Confidence: 0.9947029
00:11:16.300 --> 00:11:17.820 be willing to ask for
NOTE Confidence: 0.9947029
00:11:17.820 --> 00:11:18.320 help.
NOTE Confidence: 0.9691625
00:11:24.915 --> 00:11:26.775 And so after you've,
NOTE Confidence: 0.99851406
00:11:27.955 --> 00:11:29.575 gathered your team and identified
NOTE Confidence: 0.99851406
00:11:29.714 --> 00:11:30.695 social support,
NOTE Confidence: 0.99849355
00:11:31.875 --> 00:11:32.835 then you move into the
NOTE Confidence: 0.99849355
00:11:32.835 --> 00:11:34.675 phase of shared decision making
NOTE Confidence: 0.99849355
00:11:34.675 --> 00:11:36.455 or making a treatment plan.
NOTE Confidence: 0.99946404
00:11:40.510 --> 00:11:41.710 I'm gonna stop my share
NOTE Confidence: 0.99946404
00:11:41.710 --> 00:11:42.770 for just a minute
NOTE Confidence: 0.9917108
00:11:43.870 --> 00:11:45.150 and see if there are
NOTE Confidence: 0.9917108
00:11:45.150 --> 00:11:45.890 any questions.
NOTE Confidence: 0.99965364
00:11:47.470 --> 00:11:48.929 I'm looking at the chat.
NOTE Confidence: 0.9837561
00:11:50.075 --> 00:11:51.515 I don't see any chats
NOTE Confidence: 0.9837561

00:11:51.515 --> 00:11:52.795 yet. Any questions in the
NOTE Confidence: 0.9837561

00:11:52.795 --> 00:11:53.695 chat yet?
NOTE Confidence: 0.9930738

00:11:56.554 --> 00:11:57.595 So if there are any
NOTE Confidence: 0.9930738

00:11:57.595 --> 00:11:59.275 questions, don't hesitate to put
NOTE Confidence: 0.9930738

00:11:59.275 --> 00:12:00.154 them in the chat. I'm
NOTE Confidence: 0.9930738

00:12:00.154 --> 00:12:01.535 gonna go back to
NOTE Confidence: 0.99799025

00:12:02.315 --> 00:12:03.695 to sharing my screen.
NOTE Confidence: 0.99683124

00:12:10.020 --> 00:12:10.520 Okay.
NOTE Confidence: 0.938433

00:12:22.385 --> 00:12:23.684 So we know that multidisciplinary
NOTE Confidence: 0.9882123

00:12:25.425 --> 00:12:27.845 care is associated with improved
NOTE Confidence: 0.9882123

00:12:27.905 --> 00:12:30.085 outcomes in breast cancer treatment.
NOTE Confidence: 0.975691

00:12:30.959 --> 00:12:31.459 Multidisciplinary
NOTE Confidence: 0.9971506

00:12:32.240 --> 00:12:32.740 care
NOTE Confidence: 0.9988207

00:12:33.199 --> 00:12:34.579 includes a coordinated
NOTE Confidence: 0.999647

00:12:34.959 --> 00:12:35.459 team
NOTE Confidence: 0.9949304

00:12:35.760 --> 00:12:36.579 of professionals,

NOTE Confidence: 0.99955535

00:12:38.000 --> 00:12:39.440 dedicated to the treatment of

NOTE Confidence: 0.99955535

00:12:39.440 --> 00:12:40.899 women with breast cancer.

NOTE Confidence: 0.99599206

00:12:41.760 --> 00:12:42.500 The multidisciplinary

NOTE Confidence: 0.98988116

00:12:43.120 --> 00:12:44.559 team can include a breast

NOTE Confidence: 0.98988116

00:12:44.559 --> 00:12:46.535 surgeon, a a medical oncologist,

NOTE Confidence: 0.9922388

00:12:46.995 --> 00:12:48.375 a radiation oncologist,

NOTE Confidence: 0.99924475

00:12:48.915 --> 00:12:49.654 a pathologist,

NOTE Confidence: 0.9985614

00:12:51.554 --> 00:12:52.615 a breast radiologist,

NOTE Confidence: 0.99684817

00:12:53.315 --> 00:12:54.535 a patient navigator,

NOTE Confidence: 0.95928305

00:12:55.235 --> 00:12:57.495 our out outpatient clinical nurses,

NOTE Confidence: 0.9983906

00:12:57.875 --> 00:12:59.554 and all the supportive services

NOTE Confidence: 0.9983906

00:12:59.554 --> 00:13:00.695 that we just discussed.

NOTE Confidence: 0.928095

00:13:03.269 --> 00:13:05.269 The improved outcomes associated with

NOTE Confidence: 0.928095

00:13:05.269 --> 00:13:05.850 a multidisciplinary

NOTE Confidence: 0.98920757

00:13:06.470 --> 00:13:08.949 team include improved time to

NOTE Confidence: 0.98920757

00:13:08.949 --> 00:13:09.449 treatment,
NOTE Confidence: 0.957111

00:13:10.709 --> 00:13:12.490 the receipt of guideline,
NOTE Confidence: 0.9930713

00:13:12.949 --> 00:13:14.170 concordant treatment,
NOTE Confidence: 0.9816944

00:13:15.175 --> 00:13:16.795 improved patient satisfaction,
NOTE Confidence: 0.9985028

00:13:17.735 --> 00:13:19.675 and improved overall survival.
NOTE Confidence: 0.9623891

00:13:27.029 --> 00:13:27.750 And at the heart of
NOTE Confidence: 0.9623891

00:13:27.750 --> 00:13:28.410 the multidisciplinary
NOTE Confidence: 0.96302426

00:13:28.950 --> 00:13:30.250 team and that model
NOTE Confidence: 0.99255013

00:13:30.630 --> 00:13:32.570 is shared decision making.
NOTE Confidence: 0.99980146

00:13:34.070 --> 00:13:35.529 For every treatment
NOTE Confidence: 0.9971811

00:13:35.910 --> 00:13:37.370 that is provided,
NOTE Confidence: 0.9699386

00:13:38.390 --> 00:13:39.990 it is a decision that
NOTE Confidence: 0.9699386

00:13:39.990 --> 00:13:41.910 is made in in,
NOTE Confidence: 0.82703525

00:13:44.105 --> 00:13:45.165 a shared format
NOTE Confidence: 0.98970944

00:13:45.704 --> 00:13:46.764 amongst providers,
NOTE Confidence: 0.9661511

00:13:47.625 --> 00:13:48.125 patients,

NOTE Confidence: 0.98373127

00:13:48.584 --> 00:13:50.345 and their support, whether it's

NOTE Confidence: 0.98373127

00:13:50.345 --> 00:13:51.804 their family or their friends.

NOTE Confidence: 0.98560154

00:13:52.745 --> 00:13:54.285 So the patient and family's

NOTE Confidence: 0.98560154

00:13:54.504 --> 00:13:55.644 goals and preferences,

NOTE Confidence: 0.9015048

00:13:57.380 --> 00:14:00.100 that provider's clinical experience and

NOTE Confidence: 0.9015048

00:14:00.100 --> 00:14:00.600 expertise,

NOTE Confidence: 0.9894662

00:14:02.100 --> 00:14:04.120 what science has to offer,

NOTE Confidence: 0.96884567

00:14:05.940 --> 00:14:07.380 in terms of making a

NOTE Confidence: 0.96884567

00:14:07.380 --> 00:14:07.880 treatment,

NOTE Confidence: 0.83924973

00:14:08.340 --> 00:14:08.840 choice,

NOTE Confidence: 0.99696267

00:14:09.554 --> 00:14:10.695 And then the biological,

NOTE Confidence: 0.98413616

00:14:11.235 --> 00:14:11.735 psychological,

NOTE Confidence: 0.9275841

00:14:12.035 --> 00:14:13.335 and social context.

NOTE Confidence: 0.99381065

00:14:13.875 --> 00:14:14.615 Things like

NOTE Confidence: 0.9763903

00:14:14.995 --> 00:14:17.015 where you live, what resources

NOTE Confidence: 0.9763903

00:14:17.075 --> 00:14:17.815 are available,
NOTE Confidence: 0.91593874

00:14:18.434 --> 00:14:20.135 how old the patient is.
NOTE Confidence: 0.98337847

00:14:22.880 --> 00:14:24.160 Those will all come into
NOTE Confidence: 0.98337847

00:14:24.160 --> 00:14:25.200 play as we make a
NOTE Confidence: 0.98337847

00:14:25.200 --> 00:14:25.700 decision,
NOTE Confidence: 0.96352726

00:14:27.440 --> 00:14:28.640 in a shared way as
NOTE Confidence: 0.96352726

00:14:28.640 --> 00:14:29.220 a team.
NOTE Confidence: 0.98029786

00:14:33.280 --> 00:14:34.960 In this context, you'll make
NOTE Confidence: 0.98029786

00:14:34.960 --> 00:14:36.505 a treatment plan. And the
NOTE Confidence: 0.98029786

00:14:36.505 --> 00:14:38.024 treatment plan for breast cancer
NOTE Confidence: 0.98029786

00:14:38.024 --> 00:14:40.285 includes both local regional treatment,
NOTE Confidence: 0.97460777

00:14:40.665 --> 00:14:42.105 managing the cancer in the
NOTE Confidence: 0.97460777

00:14:42.105 --> 00:14:43.404 body where it is.
NOTE Confidence: 0.9896722

00:14:44.264 --> 00:14:45.485 Systemic treatment,
NOTE Confidence: 0.9982574

00:14:46.024 --> 00:14:48.024 preventing the development of cancer
NOTE Confidence: 0.9982574

00:14:48.024 --> 00:14:49.245 elsewhere in the body.

NOTE Confidence: 0.994794
00:14:50.290 --> 00:14:51.990 It will include a consideration
NOTE Confidence: 0.994794
00:14:52.130 --> 00:14:53.910 of genetic counseling and testing
NOTE Confidence: 0.9498605
00:14:55.170 --> 00:14:56.630 and fertility preservation.
NOTE Confidence: 0.99104375
00:15:02.130 --> 00:15:04.230 Local regional treatment can include
NOTE Confidence: 0.9039784
00:15:04.584 --> 00:15:05.404 breast conservation,
NOTE Confidence: 0.98398495
00:15:06.105 --> 00:15:07.325 which could be a lumpectomy
NOTE Confidence: 0.98398495
00:15:07.545 --> 00:15:09.545 or a partial mastectomy removing
NOTE Confidence: 0.98398495
00:15:09.545 --> 00:15:10.745 the area where the cancer
NOTE Confidence: 0.98398495
00:15:10.745 --> 00:15:12.445 is with a clear margin
NOTE Confidence: 0.9573226
00:15:12.904 --> 00:15:15.065 or a total mastectomy removing
NOTE Confidence: 0.9573226
00:15:15.065 --> 00:15:16.445 all of the breast tissue.
NOTE Confidence: 0.9945668
00:15:18.860 --> 00:15:20.220 The lymph node surgery might
NOTE Confidence: 0.9945668
00:15:20.220 --> 00:15:22.079 include simple lymph node sampling
NOTE Confidence: 0.9868829
00:15:23.180 --> 00:15:25.180 or an axillary dissection where
NOTE Confidence: 0.9868829
00:15:25.180 --> 00:15:26.300 all the lymph nodes from
NOTE Confidence: 0.9868829

00:15:26.300 --> 00:15:27.759 underneath the arm are removed.

NOTE Confidence: 0.9976249

00:15:28.940 --> 00:15:29.440 Increasingly,

NOTE Confidence: 0.988484

00:15:30.220 --> 00:15:31.660 our lymph node surgery may

NOTE Confidence: 0.988484

00:15:31.660 --> 00:15:33.339 be no lymph node surgery

NOTE Confidence: 0.988484

00:15:33.339 --> 00:15:34.399 needed at all.

NOTE Confidence: 0.999251

00:15:38.275 --> 00:15:40.035 Part of breast conservation is

NOTE Confidence: 0.999251

00:15:40.035 --> 00:15:41.735 the use of radiation therapy

NOTE Confidence: 0.98549443

00:15:42.435 --> 00:15:43.255 after lumpectomy

NOTE Confidence: 0.99717385

00:15:44.275 --> 00:15:46.355 to help reduce the risk

NOTE Confidence: 0.99717385

00:15:46.355 --> 00:15:47.655 for local recurrence.

NOTE Confidence: 0.9938443

00:15:52.259 --> 00:15:53.319 Systemic therapies,

NOTE Confidence: 0.96489465

00:15:54.660 --> 00:15:56.420 could include hormone therapy, which

NOTE Confidence: 0.96489465

00:15:56.420 --> 00:15:57.879 are estrogen blockers.

NOTE Confidence: 0.9430024

00:15:58.579 --> 00:16:00.040 These are drugs like tamoxifen

NOTE Confidence: 0.9430024

00:16:00.339 --> 00:16:01.000 or anastrozole.

NOTE Confidence: 0.97673583

00:16:02.165 --> 00:16:04.185 Targeted therapies that include monoclonal

NOTE Confidence: 0.97673583
00:16:04.485 --> 00:16:05.865 antibodies like trastuzumab
NOTE Confidence: 0.9069965
00:16:06.485 --> 00:16:08.425 for HER2 positive cancer,
NOTE Confidence: 0.9888352
00:16:09.925 --> 00:16:11.125 a new class of drugs
NOTE Confidence: 0.9888352
00:16:11.125 --> 00:16:12.985 called tyrosine kinase inhibitors,
NOTE Confidence: 0.98231417
00:16:14.165 --> 00:16:16.105 cyclin dependent kinase inhibitors,
NOTE Confidence: 0.9317038
00:16:17.470 --> 00:16:17.970 immunotherapy,
NOTE Confidence: 0.9924153
00:16:19.310 --> 00:16:21.010 or or standard chemotherapy
NOTE Confidence: 0.94893503
00:16:21.390 --> 00:16:22.530 agents like cyclophosphamide
NOTE Confidence: 0.8653231
00:16:23.150 --> 00:16:23.810 or taxider.
NOTE Confidence: 0.96223533
00:16:29.465 --> 00:16:30.745 So once you've brought together
NOTE Confidence: 0.96223533
00:16:30.745 --> 00:16:32.605 the multi your you've identified
NOTE Confidence: 0.96223533
00:16:32.665 --> 00:16:34.665 your social support, you've brought
NOTE Confidence: 0.96223533
00:16:34.665 --> 00:16:35.805 together your multidisciplinary
NOTE Confidence: 0.9076672
00:16:36.425 --> 00:16:36.925 team,
NOTE Confidence: 0.9910992
00:16:37.225 --> 00:16:39.065 and through shared decision making,
NOTE Confidence: 0.9910992

00:16:39.065 --> 00:16:40.345 you've put in place a
NOTE Confidence: 0.9910992

00:16:40.345 --> 00:16:41.325 treatment plan
NOTE Confidence: 0.90776235

00:16:41.740 --> 00:16:43.260 to begin treatment for breast
NOTE Confidence: 0.90776235

00:16:43.260 --> 00:16:43.760 cancer.
NOTE Confidence: 0.9669874

00:16:44.300 --> 00:16:45.740 That may be surgery as
NOTE Confidence: 0.9669874

00:16:45.740 --> 00:16:47.100 the first course of treatment
NOTE Confidence: 0.9669874

00:16:47.100 --> 00:16:48.380 or it may be systemic
NOTE Confidence: 0.9669874

00:16:48.380 --> 00:16:49.900 therapies as the first course
NOTE Confidence: 0.9669874

00:16:49.900 --> 00:16:50.560 of treatment.
NOTE Confidence: 0.9979954

00:16:51.420 --> 00:16:53.040 As you go through treatment,
NOTE Confidence: 0.99934536

00:16:54.195 --> 00:16:55.395 a big part of self
NOTE Confidence: 0.99934536

00:16:55.395 --> 00:16:57.655 care is managing the symptoms
NOTE Confidence: 0.99934536

00:16:57.715 --> 00:16:59.015 related to treatment.
NOTE Confidence: 0.93792814

00:17:02.835 --> 00:17:03.795 I'm gonna stop for a
NOTE Confidence: 0.93792814

00:17:03.795 --> 00:17:04.835 minute. I see there's a
NOTE Confidence: 0.93792814

00:17:04.835 --> 00:17:06.055 question in the chat.

NOTE Confidence: 0.9942596

00:17:09.110 --> 00:17:10.390 Can you talk more about

NOTE Confidence: 0.9942596

00:17:10.390 --> 00:17:12.150 systemic therapies and when they

NOTE Confidence: 0.9942596

00:17:12.150 --> 00:17:13.850 might be useful or appropriate?

NOTE Confidence: 0.99302185

00:17:14.230 --> 00:17:15.050 Happy to.

NOTE Confidence: 0.99701345

00:17:16.230 --> 00:17:18.650 Systemic therapies will be recommended

NOTE Confidence: 0.9997896

00:17:19.430 --> 00:17:20.570 for every

NOTE Confidence: 0.99816155

00:17:20.994 --> 00:17:22.994 breast cancer treatment plan. There

NOTE Confidence: 0.99816155

00:17:22.994 --> 00:17:24.294 will not be a time

NOTE Confidence: 0.99816155

00:17:24.515 --> 00:17:26.115 when we don't recommend some

NOTE Confidence: 0.99816155

00:17:26.115 --> 00:17:28.054 systemic therapy for an invasive

NOTE Confidence: 0.99816155

00:17:28.115 --> 00:17:28.855 breast cancer.

NOTE Confidence: 0.99903834

00:17:29.715 --> 00:17:30.914 The only time we would

NOTE Confidence: 0.99903834

00:17:30.914 --> 00:17:32.054 not necessarily

NOTE Confidence: 0.99986684

00:17:32.434 --> 00:17:32.934 recommend

NOTE Confidence: 0.9596801

00:17:33.570 --> 00:17:35.169 systemic therapy might be for

NOTE Confidence: 0.9596801

00:17:35.169 --> 00:17:36.929 ductal carcinoma in situ, which
NOTE Confidence: 0.9596801

00:17:36.929 --> 00:17:37.669 is noninvasive
NOTE Confidence: 0.9994532

00:17:38.049 --> 00:17:38.549 disease.
NOTE Confidence: 0.9875082

00:17:39.890 --> 00:17:42.070 The systemic therapies will be,
NOTE Confidence: 0.9995436

00:17:43.409 --> 00:17:45.090 tailored to the stage of
NOTE Confidence: 0.9995436

00:17:45.090 --> 00:17:45.830 the disease
NOTE Confidence: 0.9889942

00:17:46.210 --> 00:17:47.570 and the biology of the
NOTE Confidence: 0.9889942

00:17:47.570 --> 00:17:48.070 tumor.
NOTE Confidence: 0.97620404

00:17:48.835 --> 00:17:50.515 And so for early stage
NOTE Confidence: 0.97620404

00:17:50.515 --> 00:17:52.135 estrogen receptor positive,
NOTE Confidence: 0.9928742

00:17:52.915 --> 00:17:53.415 cancer,
NOTE Confidence: 0.9991991

00:17:54.035 --> 00:17:55.095 we might recommend
NOTE Confidence: 0.9796389

00:17:55.475 --> 00:17:57.395 estrogen blocking therapy, a drug
NOTE Confidence: 0.9796389

00:17:57.395 --> 00:17:58.135 like Tamoxifen.
NOTE Confidence: 0.9577625

00:17:59.635 --> 00:18:01.255 For a HER2 positive
NOTE Confidence: 0.9830047

00:18:01.650 --> 00:18:02.150 cancer,

NOTE Confidence: 0.9994424
00:18:02.450 --> 00:18:03.350 we would recommend
NOTE Confidence: 0.88884544
00:18:03.890 --> 00:18:04.930 if the tumor is bigger
NOTE Confidence: 0.88884544
00:18:04.930 --> 00:18:06.530 than five millimeters, we would
NOTE Confidence: 0.88884544
00:18:06.530 --> 00:18:07.030 recommend
NOTE Confidence: 0.99667895
00:18:07.490 --> 00:18:07.990 chemotherapy
NOTE Confidence: 0.9522714
00:18:08.850 --> 00:18:09.910 that would include
NOTE Confidence: 0.9846634
00:18:10.369 --> 00:18:12.070 HER2 targeted antibodies.
NOTE Confidence: 0.95290995
00:18:13.250 --> 00:18:15.855 And so, the the systemic
NOTE Confidence: 0.95290995
00:18:15.914 --> 00:18:17.515 therapy would be recommended for
NOTE Confidence: 0.95290995
00:18:17.515 --> 00:18:19.135 every invasive breast cancer,
NOTE Confidence: 0.98798317
00:18:19.595 --> 00:18:20.635 and then the type of
NOTE Confidence: 0.98798317
00:18:20.635 --> 00:18:22.554 therapy is really tailored to
NOTE Confidence: 0.98798317
00:18:22.554 --> 00:18:23.755 the stage of the disease
NOTE Confidence: 0.98798317
00:18:23.755 --> 00:18:24.955 and the biology of the
NOTE Confidence: 0.98798317
00:18:24.955 --> 00:18:25.455 tumor.
NOTE Confidence: 0.99086875

00:18:26.554 --> 00:18:27.674 Happy to talk more about
NOTE Confidence: 0.99086875

00:18:27.674 --> 00:18:29.054 that or answer more questions.
NOTE Confidence: 0.92967325

00:18:34.059 --> 00:18:35.019 I'm gonna move on to
NOTE Confidence: 0.92967325

00:18:35.019 --> 00:18:36.000 symptom management.
NOTE Confidence: 0.99933326

00:18:36.940 --> 00:18:38.460 And so self care during
NOTE Confidence: 0.99933326

00:18:38.460 --> 00:18:40.700 treatment is really about managing
NOTE Confidence: 0.99933326

00:18:40.700 --> 00:18:42.940 the symptoms related to the
NOTE Confidence: 0.99933326

00:18:42.940 --> 00:18:43.440 treatment.
NOTE Confidence: 0.98640317

00:18:44.225 --> 00:18:46.565 These symptoms really focus on,
NOTE Confidence: 0.998696

00:18:47.585 --> 00:18:48.085 pain,
NOTE Confidence: 0.9997405

00:18:48.705 --> 00:18:49.205 anxiety,
NOTE Confidence: 0.99969864

00:18:50.305 --> 00:18:50.805 nausea,
NOTE Confidence: 0.99969125

00:18:51.744 --> 00:18:52.244 insomnia,
NOTE Confidence: 0.9923578

00:18:53.505 --> 00:18:54.005 constipation,
NOTE Confidence: 0.99861336

00:18:55.105 --> 00:18:55.925 and fatigue.
NOTE Confidence: 0.9090809

00:19:00.770 --> 00:19:02.369 Based upon the system a

NOTE Confidence: 0.9090809
00:19:02.369 --> 00:19:03.890 systematic review of the literature,
NOTE Confidence: 0.9090809
00:19:03.890 --> 00:19:05.830 the Society for Integrative Oncology
NOTE Confidence: 0.9932478
00:19:06.130 --> 00:19:08.609 recommends integrative therapies that can
NOTE Confidence: 0.9932478
00:19:08.609 --> 00:19:10.390 help you manage those symptoms.
NOTE Confidence: 0.9650911
00:19:11.215 --> 00:19:12.735 As you are go through
NOTE Confidence: 0.9650911
00:19:12.735 --> 00:19:14.035 treatment, your provider,
NOTE Confidence: 0.9500895
00:19:14.335 --> 00:19:15.955 whether it's your medical oncologist
NOTE Confidence: 0.9500895
00:19:16.175 --> 00:19:17.215 or your surgeon or your
NOTE Confidence: 0.9500895
00:19:17.215 --> 00:19:18.355 radiation oncologist,
NOTE Confidence: 0.9663167
00:19:19.135 --> 00:19:19.635 will,
NOTE Confidence: 0.99787337
00:19:20.095 --> 00:19:20.915 have recommendations
NOTE Confidence: 0.9876776
00:19:21.295 --> 00:19:22.515 and provide support
NOTE Confidence: 0.99974984
00:19:22.815 --> 00:19:24.755 for symptoms related to treatment.
NOTE Confidence: 0.99732524
00:19:25.380 --> 00:19:27.000 These are additional integrative,
NOTE Confidence: 0.99880207
00:19:27.619 --> 00:19:29.140 therapies that can be considered
NOTE Confidence: 0.99880207

00:19:29.140 --> 00:19:30.280 for symptom management.
NOTE Confidence: 0.9982192

00:19:31.300 --> 00:19:33.240 For pain, you might consider
NOTE Confidence: 0.9982192

00:19:33.380 --> 00:19:33.880 acupuncture,
NOTE Confidence: 0.9398063

00:19:34.500 --> 00:19:35.800 reiki, or hypnosis.
NOTE Confidence: 0.99604666

00:19:36.420 --> 00:19:37.560 This is in addition
NOTE Confidence: 0.96819514

00:19:37.940 --> 00:19:38.600 to pain,
NOTE Confidence: 0.99896777

00:19:39.245 --> 00:19:40.765 therapies that might be prescribed
NOTE Confidence: 0.99896777

00:19:40.765 --> 00:19:41.745 by your providers.
NOTE Confidence: 0.99736

00:19:43.245 --> 00:19:43.985 For anxiety,
NOTE Confidence: 0.9992037

00:19:44.765 --> 00:19:46.365 there is evidence that supports
NOTE Confidence: 0.9992037

00:19:46.365 --> 00:19:47.825 the use of music therapy,
NOTE Confidence: 0.9992037

00:19:47.965 --> 00:19:48.465 meditation,
NOTE Confidence: 0.98676807

00:19:49.005 --> 00:19:51.265 stress management techniques, and yoga.
NOTE Confidence: 0.9999531

00:19:52.750 --> 00:19:53.250 Nausea
NOTE Confidence: 0.99615186

00:19:53.950 --> 00:19:55.390 can be also managed with
NOTE Confidence: 0.99615186

00:19:55.390 --> 00:19:55.890 acupuncture

NOTE Confidence: 0.98792875
00:19:56.430 --> 00:19:57.170 and yoga.
NOTE Confidence: 0.9779334
00:19:58.670 --> 00:19:59.170 Insomnia,
NOTE Confidence: 0.9979182
00:19:59.710 --> 00:20:00.609 which I hear
NOTE Confidence: 0.86644316
00:20:00.990 --> 00:20:02.450 a lot about from patients,
NOTE Confidence: 0.9913934
00:20:02.990 --> 00:20:04.430 can be managed with sleep
NOTE Confidence: 0.9913934
00:20:04.430 --> 00:20:06.450 hygiene techniques and yoga.
NOTE Confidence: 0.9612661
00:20:07.285 --> 00:20:08.244 Yoga is good for just
NOTE Confidence: 0.9612661
00:20:08.244 --> 00:20:09.385 about all of it.
NOTE Confidence: 0.994118
00:20:10.244 --> 00:20:10.744 Constipation
NOTE Confidence: 0.9138654
00:20:11.125 --> 00:20:12.484 can be managed with brachy
NOTE Confidence: 0.9138654
00:20:12.484 --> 00:20:14.105 and acupuncture as well.
NOTE Confidence: 0.9995967
00:20:15.365 --> 00:20:15.865 Fatigue
NOTE Confidence: 0.9872414
00:20:16.565 --> 00:20:18.345 is best managed with exercise.
NOTE Confidence: 0.9893902
00:20:18.725 --> 00:20:20.105 I know that seems counterintuitive
NOTE Confidence: 0.94920456
00:20:20.790 --> 00:20:22.330 that when you're most fatigued
NOTE Confidence: 0.94920456

00:20:22.630 --> 00:20:24.630 that exercise can help, but,
NOTE Confidence: 0.94920456

00:20:24.950 --> 00:20:26.390 the data on that's very
NOTE Confidence: 0.94920456

00:20:26.390 --> 00:20:26.890 clear.
NOTE Confidence: 0.99522054

00:20:27.830 --> 00:20:29.930 For depression or depressed mood,
NOTE Confidence: 0.99522054

00:20:30.230 --> 00:20:31.450 meditation, relaxation,
NOTE Confidence: 0.94892514

00:20:31.910 --> 00:20:33.750 yoga, massage, and music therapy
NOTE Confidence: 0.94892514

00:20:33.750 --> 00:20:34.490 are effective.
NOTE Confidence: 0.8041895

00:20:35.915 --> 00:20:37.375 And for neuropathy,
NOTE Confidence: 0.999305

00:20:37.994 --> 00:20:39.455 acupuncture can be helpful.
NOTE Confidence: 0.98396236

00:20:46.475 --> 00:20:47.515 So now that we've talked
NOTE Confidence: 0.98396236

00:20:47.515 --> 00:20:48.315 a little bit about,
NOTE Confidence: 0.99506986

00:20:49.355 --> 00:20:50.335 symptom management
NOTE Confidence: 0.9874737

00:20:52.210 --> 00:20:53.190 during treatment,
NOTE Confidence: 0.90270114

00:20:53.490 --> 00:20:54.929 I wanna talk up now
NOTE Confidence: 0.90270114

00:20:54.929 --> 00:20:56.869 about breast cancer survivorship.
NOTE Confidence: 0.98085755

00:20:59.809 --> 00:21:01.350 The National Cancer Institute

NOTE Confidence: 0.9934457
00:21:01.890 --> 00:21:03.990 has defined breast cancer survivorship
NOTE Confidence: 0.9929185
00:21:04.445 --> 00:21:05.825 or breast cancer survivors
NOTE Confidence: 0.9829329
00:21:06.285 --> 00:21:07.025 as individuals,
NOTE Confidence: 0.99932116
00:21:08.365 --> 00:21:09.905 from the time of diagnosis
NOTE Confidence: 0.986712
00:21:10.605 --> 00:21:12.045 through the balance of their
NOTE Confidence: 0.986712
00:21:12.045 --> 00:21:12.545 lives.
NOTE Confidence: 0.99217975
00:21:14.045 --> 00:21:15.325 So two years after I
NOTE Confidence: 0.99217975
00:21:15.325 --> 00:21:16.845 was treated for breast cancer,
NOTE Confidence: 0.99217975
00:21:16.845 --> 00:21:17.885 my daughter and I did
NOTE Confidence: 0.99217975
00:21:17.885 --> 00:21:19.184 a backpacking trip,
NOTE Confidence: 0.9086824
00:21:19.679 --> 00:21:21.600 in in the Alps in
NOTE Confidence: 0.9086824
00:21:21.600 --> 00:21:22.100 Europe.
NOTE Confidence: 0.9740527
00:21:23.039 --> 00:21:24.639 This was to celebrate my
NOTE Confidence: 0.9740527
00:21:24.639 --> 00:21:26.880 survivorship and her thirtieth birthday,
NOTE Confidence: 0.9740527
00:21:26.880 --> 00:21:28.559 and this is a photo
NOTE Confidence: 0.9740527

00:21:28.559 --> 00:21:29.059 from,
NOTE Confidence: 0.99288416
00:21:30.639 --> 00:21:32.100 a part of that backpacking
NOTE Confidence: 0.99288416
00:21:32.159 --> 00:21:32.659 trip.
NOTE Confidence: 0.9942578
00:21:37.725 --> 00:21:38.684 And so what are the
NOTE Confidence: 0.9942578
00:21:38.684 --> 00:21:40.945 components of breast cancer survivorship
NOTE Confidence: 0.99391484
00:21:41.244 --> 00:21:41.744 care?
NOTE Confidence: 0.9996166
00:21:42.284 --> 00:21:44.145 There are four key components
NOTE Confidence: 0.9996166
00:21:44.284 --> 00:21:45.345 of every survivorship
NOTE Confidence: 0.9943992
00:21:45.645 --> 00:21:46.145 visit.
NOTE Confidence: 0.99999225
00:21:46.924 --> 00:21:47.424 Survivorship
NOTE Confidence: 0.9950704
00:21:47.804 --> 00:21:49.325 really starts at the end
NOTE Confidence: 0.9950704
00:21:49.325 --> 00:21:50.544 of active treatment
NOTE Confidence: 0.9998388
00:21:51.070 --> 00:21:51.810 and extends for
NOTE Confidence: 0.9995165
00:21:52.190 --> 00:21:53.090 five years.
NOTE Confidence: 0.9994082
00:21:54.830 --> 00:21:56.290 The components of survivorship
NOTE Confidence: 0.9976499
00:21:56.590 --> 00:21:57.730 care include

NOTE Confidence: 0.9380808
00:21:58.510 --> 00:22:00.530 monitoring for breast cancer recurrence,
NOTE Confidence: 0.9987187
00:22:01.790 --> 00:22:03.390 monitoring for the late effects
NOTE Confidence: 0.9987187
00:22:03.390 --> 00:22:04.050 of treatment,
NOTE Confidence: 0.9962182
00:22:05.625 --> 00:22:08.125 supporting adherence to ongoing treatments,
NOTE Confidence: 0.9893976
00:22:08.984 --> 00:22:10.205 and health promotion.
NOTE Confidence: 0.96236545
00:22:14.185 --> 00:22:15.225 And just take a quick
NOTE Confidence: 0.96236545
00:22:15.225 --> 00:22:15.945 look at the chat and
NOTE Confidence: 0.96236545
00:22:15.945 --> 00:22:16.585 see if there are any
NOTE Confidence: 0.96236545
00:22:16.585 --> 00:22:18.125 other questions. Okay.
NOTE Confidence: 0.99846095
00:22:23.369 --> 00:22:24.430 So I'm
NOTE Confidence: 0.9657223
00:22:26.970 --> 00:22:28.650 I'm showing you the National
NOTE Confidence: 0.9657223
00:22:28.650 --> 00:22:30.730 Cancer Center Network guidelines for
NOTE Confidence: 0.9657223
00:22:30.730 --> 00:22:32.030 survivorship care.
NOTE Confidence: 0.9995928
00:22:32.595 --> 00:22:34.115 These are the guidelines for
NOTE Confidence: 0.9995928
00:22:34.115 --> 00:22:35.095 best practice
NOTE Confidence: 0.87178475

00:22:35.875 --> 00:22:36.375 that,
NOTE Confidence: 0.8828388

00:22:38.275 --> 00:22:38.775 define,
NOTE Confidence: 0.99755836

00:22:41.075 --> 00:22:42.355 what we do and how
NOTE Confidence: 0.99755836

00:22:42.355 --> 00:22:44.455 we provide survivorship care.
NOTE Confidence: 0.9477963

00:22:45.460 --> 00:22:47.299 This these guidelines are developed
NOTE Confidence: 0.9477963

00:22:47.299 --> 00:22:48.760 by an expert panel
NOTE Confidence: 0.9966608

00:22:49.140 --> 00:22:50.659 based upon review of the
NOTE Confidence: 0.9966608

00:22:50.659 --> 00:22:52.359 available scientific literature.
NOTE Confidence: 0.94706607

00:22:53.539 --> 00:22:55.380 And so, again, just to
NOTE Confidence: 0.94706607

00:22:55.380 --> 00:22:55.880 reiterate,
NOTE Confidence: 0.90130025

00:22:56.659 --> 00:22:57.135 the
NOTE Confidence: 0.9850902

00:22:57.535 --> 00:22:58.515 cancer survivorship
NOTE Confidence: 0.993889

00:22:58.895 --> 00:22:59.875 focuses on
NOTE Confidence: 0.9920761

00:23:00.255 --> 00:23:02.415 surveillance for cancer spread or
NOTE Confidence: 0.9920761

00:23:02.415 --> 00:23:02.915 recurrence
NOTE Confidence: 0.9440847

00:23:03.615 --> 00:23:06.275 and screening, for subsequent primary

NOTE Confidence: 0.9440847
00:23:06.335 --> 00:23:06.835 cancers.
NOTE Confidence: 0.99778384
00:23:08.015 --> 00:23:08.515 Monitoring
NOTE Confidence: 0.9986099
00:23:08.895 --> 00:23:10.415 for the long term effects
NOTE Confidence: 0.9986099
00:23:10.415 --> 00:23:11.075 of cancer
NOTE Confidence: 0.9881432
00:23:11.700 --> 00:23:12.679 including psychosocial,
NOTE Confidence: 0.91820884
00:23:13.460 --> 00:23:14.679 physical, and immunologic
NOTE Confidence: 0.99243706
00:23:15.059 --> 00:23:15.559 effects
NOTE Confidence: 0.9856149
00:23:16.020 --> 00:23:17.240 of the cancer itself,
NOTE Confidence: 0.9873363
00:23:18.580 --> 00:23:20.260 the prevention and detection of
NOTE Confidence: 0.9873363
00:23:20.260 --> 00:23:21.700 the late effects of cancer
NOTE Confidence: 0.9873363
00:23:21.700 --> 00:23:23.000 and cancer therapy.
NOTE Confidence: 0.9803591
00:23:23.524 --> 00:23:24.565 I see there's a question
NOTE Confidence: 0.9803591
00:23:24.565 --> 00:23:25.524 in the chat of what
NOTE Confidence: 0.9803591
00:23:25.524 --> 00:23:26.725 do you consider the late
NOTE Confidence: 0.9803591
00:23:26.725 --> 00:23:27.705 effects of treatment.
NOTE Confidence: 0.9768206

00:23:28.005 --> 00:23:29.284 We're gonna jump into that
NOTE Confidence: 0.9768206

00:23:29.284 --> 00:23:31.125 now. But with regards to
NOTE Confidence: 0.9768206

00:23:31.125 --> 00:23:32.644 breast cancer, this can,
NOTE Confidence: 0.99624187

00:23:33.365 --> 00:23:35.865 include neuropathy related to chemotherapy,
NOTE Confidence: 0.96313536

00:23:36.960 --> 00:23:37.460 lymphedema
NOTE Confidence: 0.99542844

00:23:38.000 --> 00:23:39.859 related to surgery and radiation,
NOTE Confidence: 0.998672

00:23:41.200 --> 00:23:41.700 depression
NOTE Confidence: 0.98995644

00:23:42.400 --> 00:23:44.080 related to the trauma of
NOTE Confidence: 0.98995644

00:23:44.080 --> 00:23:44.980 cancer treatment.
NOTE Confidence: 0.9942803

00:23:45.840 --> 00:23:47.200 These would all be considered
NOTE Confidence: 0.9942803

00:23:47.200 --> 00:23:48.020 late effects.
NOTE Confidence: 0.9306279

00:23:51.015 --> 00:23:53.255 Evaluation management of cancer related
NOTE Confidence: 0.9306279

00:23:53.255 --> 00:23:53.755 syndromes,
NOTE Confidence: 0.946364

00:23:55.015 --> 00:23:56.855 coordination of care with a
NOTE Confidence: 0.946364

00:23:56.855 --> 00:23:58.155 primary care provider,
NOTE Confidence: 0.9718253

00:23:59.414 --> 00:24:00.635 to ensure all,

NOTE Confidence: 0.8421529
00:24:01.575 --> 00:24:02.794 breast cancer survivors,
NOTE Confidence: 0.9801556
00:24:03.335 --> 00:24:04.635 health needs are met,
NOTE Confidence: 0.9987655
00:24:05.480 --> 00:24:07.980 and planning for ongoing survivorship
NOTE Confidence: 0.9987655
00:24:08.200 --> 00:24:08.700 care.
NOTE Confidence: 0.9836422
00:24:14.440 --> 00:24:15.960 So in monitoring for breast
NOTE Confidence: 0.9836422
00:24:15.960 --> 00:24:16.940 cancer recurrence,
NOTE Confidence: 0.96544033
00:24:18.424 --> 00:24:19.544 we can talk about,
NOTE Confidence: 0.99948716
00:24:20.105 --> 00:24:21.725 screening for local recurrence.
NOTE Confidence: 0.9710531
00:24:22.265 --> 00:24:23.544 Many women ask, don't I
NOTE Confidence: 0.9710531
00:24:23.544 --> 00:24:25.244 need a mammogram more often?
NOTE Confidence: 0.9428326
00:24:25.865 --> 00:24:26.365 And,
NOTE Confidence: 0.99649274
00:24:27.385 --> 00:24:28.664 the answer is no.
NOTE Confidence: 0.99508345
00:24:29.225 --> 00:24:30.365 Screening afterwards
NOTE Confidence: 0.73455936
00:24:30.984 --> 00:24:32.150 is at,
NOTE Confidence: 0.89308864
00:24:33.010 --> 00:24:35.350 annual mammogram is is adequate.
NOTE Confidence: 0.8816502

00:24:36.930 --> 00:24:39.330 A clinical exam though is
NOTE Confidence: 0.8816502

00:24:39.330 --> 00:24:41.250 equally, if not more important
NOTE Confidence: 0.8816502

00:24:41.250 --> 00:24:42.550 than screening imaging.
NOTE Confidence: 0.9669037

00:24:43.090 --> 00:24:44.690 The clinical exam, it would
NOTE Confidence: 0.9669037

00:24:44.690 --> 00:24:46.734 include a clinical breast exam
NOTE Confidence: 0.9669037

00:24:46.734 --> 00:24:48.195 if there's been breast conservation,
NOTE Confidence: 0.92641735

00:24:49.135 --> 00:24:50.435 an exam of the mastectomy
NOTE Confidence: 0.92641735

00:24:50.655 --> 00:24:51.795 site and the reconstruction.
NOTE Confidence: 0.98681825

00:24:52.895 --> 00:24:54.015 And those should occur at
NOTE Confidence: 0.98681825

00:24:54.015 --> 00:24:55.775 six month intervals for five
NOTE Confidence: 0.98681825

00:24:55.775 --> 00:24:56.275 years.
NOTE Confidence: 0.97321206

00:24:57.215 --> 00:24:59.055 Screening imaging can include a
NOTE Confidence: 0.97321206

00:24:59.055 --> 00:25:01.160 mammogram and an ultrasound or
NOTE Confidence: 0.97321206

00:25:01.160 --> 00:25:03.320 mammogram alone depending on if
NOTE Confidence: 0.97321206

00:25:03.320 --> 00:25:05.020 you, have had breast conservation
NOTE Confidence: 0.97321206

00:25:05.160 --> 00:25:05.820 or not.

NOTE Confidence: 0.98761016
00:25:06.600 --> 00:25:07.880 For young women or women
NOTE Confidence: 0.98761016
00:25:07.880 --> 00:25:09.000 with dense breasts who have
NOTE Confidence: 0.98761016
00:25:09.000 --> 00:25:10.940 breast conservation, we might recommend
NOTE Confidence: 0.98761016
00:25:11.000 --> 00:25:12.619 screening with a breast MRI.
NOTE Confidence: 0.9986196
00:25:13.234 --> 00:25:14.595 That screening plan will be
NOTE Confidence: 0.9986196
00:25:14.595 --> 00:25:16.055 tailored to every patient.
NOTE Confidence: 0.9292821
00:25:17.315 --> 00:25:18.994 We also look to monitor
NOTE Confidence: 0.9292821
00:25:18.994 --> 00:25:20.355 for symptoms and signs of
NOTE Confidence: 0.9292821
00:25:20.355 --> 00:25:22.215 a dis of distant recurrence
NOTE Confidence: 0.9539812
00:25:22.915 --> 00:25:24.515 that's done with clinical history
NOTE Confidence: 0.9539812
00:25:24.515 --> 00:25:25.255 and exam
NOTE Confidence: 0.8811405
00:25:26.160 --> 00:25:28.480 and screening imaging only when
NOTE Confidence: 0.8811405
00:25:28.480 --> 00:25:28.980 appropriate.
NOTE Confidence: 0.99191064
00:25:35.280 --> 00:25:36.640 Our evaluation for the late
NOTE Confidence: 0.99191064
00:25:36.640 --> 00:25:38.000 effects of treatment are really
NOTE Confidence: 0.99191064

00:25:38.000 --> 00:25:39.794 specific to the cancer stage,
NOTE Confidence: 0.99191064

00:25:39.794 --> 00:25:41.154 the tumor biology, and the
NOTE Confidence: 0.99191064

00:25:41.154 --> 00:25:42.695 treatments that have been received.
NOTE Confidence: 0.9901293

00:25:43.475 --> 00:25:45.174 And these can might include
NOTE Confidence: 0.99423337

00:25:45.554 --> 00:25:46.615 clinical exam,
NOTE Confidence: 0.99764764

00:25:47.234 --> 00:25:47.734 labs,
NOTE Confidence: 0.997213

00:25:48.274 --> 00:25:48.774 testing,
NOTE Confidence: 0.9992564

00:25:50.595 --> 00:25:51.494 or imaging.
NOTE Confidence: 0.9744847

00:25:56.490 --> 00:25:58.750 So this, monitoring for,
NOTE Confidence: 0.990386

00:25:59.210 --> 00:25:59.710 the
NOTE Confidence: 0.9392963

00:26:00.410 --> 00:26:02.250 late effects of treatment and
NOTE Confidence: 0.9392963

00:26:02.250 --> 00:26:04.030 for recurrence is complex,
NOTE Confidence: 0.99960107

00:26:04.410 --> 00:26:05.530 and this is an example
NOTE Confidence: 0.99960107

00:26:05.530 --> 00:26:06.570 of a rubric that we
NOTE Confidence: 0.99960107

00:26:06.570 --> 00:26:07.230 would use.
NOTE Confidence: 0.95819825

00:26:08.835 --> 00:26:09.715 This one is the one

NOTE Confidence: 0.95819825
00:26:09.715 --> 00:26:11.635 that is recommended by the
NOTE Confidence: 0.95819825
00:26:11.635 --> 00:26:13.335 National Cancer Center Network
NOTE Confidence: 0.98235977
00:26:13.875 --> 00:26:16.355 for monitoring cancer survivors and
NOTE Confidence: 0.98235977
00:26:16.355 --> 00:26:18.375 for evaluating for symptoms,
NOTE Confidence: 0.96546555
00:26:19.635 --> 00:26:20.934 related to treatment,
NOTE Confidence: 0.98209345
00:26:21.234 --> 00:26:23.095 cancer effects and treatment effects.
NOTE Confidence: 0.93044287
00:26:24.520 --> 00:26:25.900 They include monitoring
NOTE Confidence: 0.9384301
00:26:26.280 --> 00:26:27.500 for cardiac health,
NOTE Confidence: 0.9774039
00:26:28.280 --> 00:26:30.540 anxiety, depression, and trauma,
NOTE Confidence: 0.99954367
00:26:31.799 --> 00:26:32.940 cognitive function,
NOTE Confidence: 0.9997736
00:26:33.960 --> 00:26:34.460 fatigue,
NOTE Confidence: 0.9940176
00:26:35.640 --> 00:26:36.140 lymphedema,
NOTE Confidence: 0.9992881
00:26:37.905 --> 00:26:38.405 pain,
NOTE Confidence: 0.99460125
00:26:39.665 --> 00:26:41.525 hormone related symptoms,
NOTE Confidence: 0.99970055
00:26:42.705 --> 00:26:43.765 sexual health,
NOTE Confidence: 0.99974215

00:26:44.625 --> 00:26:45.125 fertility,
NOTE Confidence: 0.99972314

00:26:46.385 --> 00:26:47.285 sleep disorders,
NOTE Confidence: 0.99296653

00:26:48.705 --> 00:26:50.485 monitoring for a healthy lifestyle,
NOTE Confidence: 0.99778134

00:26:52.250 --> 00:26:52.750 immunizations
NOTE Confidence: 0.9694478

00:26:53.210 --> 00:26:54.029 and infections,
NOTE Confidence: 0.95295936

00:26:55.369 --> 00:26:57.369 and employment, and return to
NOTE Confidence: 0.95295936

00:26:57.369 --> 00:26:57.869 work.
NOTE Confidence: 0.9826603

00:27:04.445 --> 00:27:05.805 Here's an example of a
NOTE Confidence: 0.9826603

00:27:05.805 --> 00:27:06.785 fatigue assessment.
NOTE Confidence: 0.986054

00:27:07.244 --> 00:27:08.065 And so
NOTE Confidence: 0.97363347

00:27:08.525 --> 00:27:09.645 the kinds of things that
NOTE Confidence: 0.97363347

00:27:09.645 --> 00:27:10.785 we can do when patients
NOTE Confidence: 0.97363347

00:27:10.845 --> 00:27:11.825 report fatigue,
NOTE Confidence: 0.9735956

00:27:13.405 --> 00:27:14.765 it would include a history
NOTE Confidence: 0.9735956

00:27:14.765 --> 00:27:16.705 and physical exam, an evaluation
NOTE Confidence: 0.9735956

00:27:16.845 --> 00:27:18.065 of disease status,

NOTE Confidence: 0.9967952
00:27:18.619 --> 00:27:20.619 looking at contributing factors to
NOTE Confidence: 0.9967952
00:27:20.619 --> 00:27:21.119 fatigue,
NOTE Confidence: 0.9425965
00:27:23.180 --> 00:27:25.260 screening for emotional distress and
NOTE Confidence: 0.9425965
00:27:25.260 --> 00:27:26.240 sleep disturbance,
NOTE Confidence: 0.9695684
00:27:27.020 --> 00:27:29.180 a laboratory evaluation, and other
NOTE Confidence: 0.9695684
00:27:29.180 --> 00:27:30.480 diagnostic testing
NOTE Confidence: 0.9441992
00:27:30.940 --> 00:27:31.980 to help sort out of
NOTE Confidence: 0.9441992
00:27:31.980 --> 00:27:33.760 the issues that related to
NOTE Confidence: 0.99612087
00:27:34.815 --> 00:27:36.035 long term fatigue.
NOTE Confidence: 0.99914646
00:27:38.975 --> 00:27:40.355 Here's another example
NOTE Confidence: 0.98078877
00:27:40.895 --> 00:27:42.755 of the evaluation for lymphedema.
NOTE Confidence: 0.98078877
00:27:43.054 --> 00:27:44.095 We're gonna talk a little
NOTE Confidence: 0.98078877
00:27:44.095 --> 00:27:45.315 bit more about this.
NOTE Confidence: 0.9691303
00:27:47.160 --> 00:27:49.080 Women who have axillary surgery
NOTE Confidence: 0.9691303
00:27:49.080 --> 00:27:49.580 have,
NOTE Confidence: 0.92160773

00:27:50.200 --> 00:27:51.180 a ten percent,
NOTE Confidence: 0.9286768

00:27:52.119 --> 00:27:53.180 risk of lymphedema
NOTE Confidence: 0.9347147

00:27:53.720 --> 00:27:55.240 if, they have sentinel lymph
NOTE Confidence: 0.9347147

00:27:55.240 --> 00:27:56.840 node biopsy only. It can
NOTE Confidence: 0.9347147

00:27:56.840 --> 00:27:57.800 be up to a thirty
NOTE Confidence: 0.9347147

00:27:57.800 --> 00:27:59.100 percent risk for lymphedema
NOTE Confidence: 0.98110455

00:27:59.560 --> 00:28:01.580 for women who have, axillary
NOTE Confidence: 0.98110455

00:28:01.880 --> 00:28:02.380 dissection.
NOTE Confidence: 0.87979794

00:28:04.325 --> 00:28:06.465 And so screening and,
NOTE Confidence: 0.9976952

00:28:06.965 --> 00:28:07.785 for lymphedema
NOTE Confidence: 0.97441053

00:28:08.085 --> 00:28:09.445 is an important part of
NOTE Confidence: 0.97441053

00:28:09.445 --> 00:28:10.665 what we do at survivorship
NOTE Confidence: 0.9960096

00:28:10.965 --> 00:28:11.945 follow-up visits.
NOTE Confidence: 0.997382

00:28:12.405 --> 00:28:14.265 Once we identify a concern,
NOTE Confidence: 0.97616076

00:28:14.725 --> 00:28:15.925 we have ways of working
NOTE Confidence: 0.97616076

00:28:15.925 --> 00:28:17.145 it up and then

NOTE Confidence: 0.7573512
00:28:18.730 --> 00:28:19.230 referring,
NOTE Confidence: 0.9985605
00:28:20.250 --> 00:28:20.990 for treatment
NOTE Confidence: 0.963429
00:28:21.369 --> 00:28:22.909 that includes both
NOTE Confidence: 0.98913693
00:28:23.289 --> 00:28:24.750 specialized physical therapy,
NOTE Confidence: 0.96720016
00:28:25.289 --> 00:28:26.909 wearing a compression sleeve,
NOTE Confidence: 0.99443775
00:28:27.210 --> 00:28:28.830 or possibly even reconstructive
NOTE Confidence: 0.9996772
00:28:29.130 --> 00:28:29.630 surgery.
NOTE Confidence: 0.9971215
00:28:32.595 --> 00:28:34.515 Lymphedema can be associated with
NOTE Confidence: 0.9971215
00:28:34.515 --> 00:28:36.055 any axillary surgery.
NOTE Confidence: 0.996477
00:28:39.075 --> 00:28:40.215 The risk of lymphedema
NOTE Confidence: 0.79014343
00:28:40.755 --> 00:28:41.255 increases,
NOTE Confidence: 0.9998125
00:28:42.435 --> 00:28:44.055 with the extent of surgery
NOTE Confidence: 0.9395779
00:28:44.920 --> 00:28:46.380 with, related to obesity,
NOTE Confidence: 0.99270356
00:28:46.920 --> 00:28:47.420 diabetes,
NOTE Confidence: 0.978693
00:28:48.200 --> 00:28:49.340 someone who's smoking,
NOTE Confidence: 0.9633222

00:28:49.640 --> 00:28:50.920 someone who has a history
NOTE Confidence: 0.9633222

00:28:50.920 --> 00:28:52.380 of preexisting lymphedema,
NOTE Confidence: 0.9909454

00:28:53.160 --> 00:28:54.600 and for patients who receive
NOTE Confidence: 0.9909454

00:28:54.600 --> 00:28:55.740 radiation therapy.
NOTE Confidence: 0.9900553

00:28:56.905 --> 00:28:57.865 The important thing to know
NOTE Confidence: 0.9900553

00:28:57.865 --> 00:28:58.825 is that the most common
NOTE Confidence: 0.9900553

00:28:58.825 --> 00:29:00.745 time to develop lymphedema is
NOTE Confidence: 0.9900553

00:29:00.745 --> 00:29:02.425 eighteen months after the initial
NOTE Confidence: 0.9900553

00:29:02.425 --> 00:29:03.485 operation. Lymphedema
NOTE Confidence: 0.997767

00:29:04.025 --> 00:29:05.625 often does not happen right
NOTE Confidence: 0.997767

00:29:05.625 --> 00:29:06.125 away.
NOTE Confidence: 0.97013724

00:29:07.385 --> 00:29:09.965 Lymphedema can occur in stages
NOTE Confidence: 0.9499343

00:29:10.549 --> 00:29:12.070 where the arm only appears
NOTE Confidence: 0.9499343

00:29:12.070 --> 00:29:14.230 mildly swollen, maybe rings don't
NOTE Confidence: 0.9499343

00:29:14.230 --> 00:29:15.909 fit on fingers or watch
NOTE Confidence: 0.9499343

00:29:15.909 --> 00:29:16.970 leaves an impression.

NOTE Confidence: 0.9157688
00:29:18.470 --> 00:29:19.850 Stage two, lymphedema
NOTE Confidence: 0.9248016
00:29:20.549 --> 00:29:21.049 is,
NOTE Confidence: 0.99859434
00:29:21.750 --> 00:29:22.250 managed
NOTE Confidence: 0.98783857
00:29:22.630 --> 00:29:24.490 easily with elevation.
NOTE Confidence: 0.9853381
00:29:26.725 --> 00:29:28.325 And then stage three is
NOTE Confidence: 0.9853381
00:29:28.325 --> 00:29:30.505 when permanent swelling develops.
NOTE Confidence: 0.9820998
00:29:31.525 --> 00:29:32.825 Stage four lymphedema
NOTE Confidence: 0.99958956
00:29:33.365 --> 00:29:35.225 can be associated with significant
NOTE Confidence: 0.99958956
00:29:35.285 --> 00:29:36.105 skin changes.
NOTE Confidence: 0.99654
00:29:42.030 --> 00:29:43.490 So screening for lymphedema
NOTE Confidence: 0.9991201
00:29:44.030 --> 00:29:44.770 can include
NOTE Confidence: 0.6975701
00:29:45.470 --> 00:29:46.370 physical exam,
NOTE Confidence: 0.9989179
00:29:46.910 --> 00:29:48.210 monitoring of symptoms,
NOTE Confidence: 0.9586266
00:29:49.070 --> 00:29:49.890 limb measurements,
NOTE Confidence: 0.9699464
00:29:50.590 --> 00:29:51.970 or the use of bioimpedance,
NOTE Confidence: 0.9991688

00:29:52.429 --> 00:29:53.390 which is what we use
NOTE Confidence: 0.9991688

00:29:53.390 --> 00:29:54.770 in our practice here.
NOTE Confidence: 0.9387017

00:29:55.485 --> 00:29:55.985 Bioimpedance
NOTE Confidence: 0.78986275

00:29:56.445 --> 00:29:56.945 is,
NOTE Confidence: 0.96438104

00:29:58.365 --> 00:30:00.205 using a small electric current
NOTE Confidence: 0.96438104

00:30:00.205 --> 00:30:01.645 and looking at resistance to
NOTE Confidence: 0.96438104

00:30:01.645 --> 00:30:03.265 flow of that electric current.
NOTE Confidence: 0.99100274

00:30:03.725 --> 00:30:04.925 If we see that change
NOTE Confidence: 0.99100274

00:30:04.925 --> 00:30:06.285 over time, we know that
NOTE Confidence: 0.99100274

00:30:06.285 --> 00:30:07.905 patients are developing lymphedema
NOTE Confidence: 0.99854

00:30:08.400 --> 00:30:09.360 and we may be able
NOTE Confidence: 0.99854

00:30:09.360 --> 00:30:10.740 to identify lymphedema
NOTE Confidence: 0.9980464

00:30:11.040 --> 00:30:12.900 before patients ever have symptoms.
NOTE Confidence: 0.96077114

00:30:15.280 --> 00:30:17.120 Treatment for lymphedema as we,
NOTE Confidence: 0.96077114

00:30:17.120 --> 00:30:19.120 you know, mentioned includes physical
NOTE Confidence: 0.96077114

00:30:19.120 --> 00:30:20.880 therapy with a specially trained

NOTE Confidence: 0.96077114

00:30:20.880 --> 00:30:22.800 lymphedema therapist and wearing a

NOTE Confidence: 0.96077114

00:30:22.800 --> 00:30:23.940 compression sleeve.

NOTE Confidence: 0.9819455

00:30:24.674 --> 00:30:26.274 More severe lymphedema can be

NOTE Confidence: 0.9819455

00:30:26.274 --> 00:30:27.815 treated with a a lymphedema

NOTE Confidence: 0.9819455

00:30:28.034 --> 00:30:29.255 pump or with wraps.

NOTE Confidence: 0.97992796

00:30:36.470 --> 00:30:37.350 So now that we've talked

NOTE Confidence: 0.97992796

00:30:37.350 --> 00:30:38.650 a little bit about survivorship,

NOTE Confidence: 0.97992796

00:30:38.870 --> 00:30:40.170 which is a huge complex

NOTE Confidence: 0.97992796

00:30:40.230 --> 00:30:41.270 topic, we can talk,

NOTE Confidence: 0.9900228

00:30:41.910 --> 00:30:43.270 move on to the five

NOTE Confidence: 0.9900228

00:30:43.270 --> 00:30:44.950 things that we can all

NOTE Confidence: 0.9900228

00:30:44.950 --> 00:30:46.170 do every day

NOTE Confidence: 0.9754844

00:30:46.550 --> 00:30:48.410 to help reduce our risk

NOTE Confidence: 0.9754844

00:30:48.710 --> 00:30:50.170 of cancer recurrence.

NOTE Confidence: 0.995939

00:30:54.925 --> 00:30:57.005 So our survivorship healthy habits

NOTE Confidence: 0.995939

00:30:57.005 --> 00:30:58.445 are five things that we
NOTE Confidence: 0.995939
00:30:58.445 --> 00:30:59.105 can do.
NOTE Confidence: 0.97975385
00:30:59.565 --> 00:31:00.684 Number one is a plant
NOTE Confidence: 0.97975385
00:31:00.684 --> 00:31:01.505 based diet.
NOTE Confidence: 0.9986941
00:31:01.965 --> 00:31:03.825 Number two, limit alcohol.
NOTE Confidence: 0.9987464
00:31:04.860 --> 00:31:06.780 Number three, maintain a lean
NOTE Confidence: 0.9987464
00:31:06.780 --> 00:31:07.600 body mass.
NOTE Confidence: 0.9816386
00:31:08.300 --> 00:31:10.160 Number four is regular exercise.
NOTE Confidence: 0.9964209
00:31:11.020 --> 00:31:12.620 And number five is smoking
NOTE Confidence: 0.9964209
00:31:12.620 --> 00:31:13.120 cessation.
NOTE Confidence: 0.9634202
00:31:17.365 --> 00:31:18.985 So the plant based diet,
NOTE Confidence: 0.99851286
00:31:19.765 --> 00:31:21.304 this is really a Mediterranean
NOTE Confidence: 0.99867874
00:31:21.765 --> 00:31:22.265 diet
NOTE Confidence: 0.9312675
00:31:22.885 --> 00:31:24.485 focusing on fresh fruits and
NOTE Confidence: 0.9312675
00:31:24.485 --> 00:31:24.985 vegetables,
NOTE Confidence: 0.97592837
00:31:25.365 --> 00:31:27.525 at least five servings a

NOTE Confidence: 0.97592837
00:31:27.525 --> 00:31:28.025 day,
NOTE Confidence: 0.91217387
00:31:29.924 --> 00:31:30.905 healthy grains,
NOTE Confidence: 0.9987301
00:31:31.880 --> 00:31:33.180 and healthy proteins.
NOTE Confidence: 0.97688705
00:31:34.520 --> 00:31:35.900 So we know that,
NOTE Confidence: 0.99959606
00:31:36.840 --> 00:31:37.960 one of the sources of
NOTE Confidence: 0.99959606
00:31:37.960 --> 00:31:39.640 estrogen in our diet comes
NOTE Confidence: 0.99959606
00:31:39.640 --> 00:31:40.140 through
NOTE Confidence: 0.9384165
00:31:40.440 --> 00:31:41.340 meat and dairy.
NOTE Confidence: 0.9605552
00:31:41.800 --> 00:31:43.080 And so making sure that
NOTE Confidence: 0.9605552
00:31:43.080 --> 00:31:44.445 we limit that.
NOTE Confidence: 0.9647967
00:31:45.005 --> 00:31:46.284 And when we have meat
NOTE Confidence: 0.9647967
00:31:46.284 --> 00:31:47.325 or dairy that it's,
NOTE Confidence: 0.99956656
00:31:48.365 --> 00:31:49.904 not treated with hormones.
NOTE Confidence: 0.98893195
00:31:51.725 --> 00:31:54.044 The American Institute for Cancer
NOTE Confidence: 0.98893195
00:31:54.044 --> 00:31:54.544 Research
NOTE Confidence: 0.9988799

00:31:55.245 --> 00:31:56.945 is the most authoritative
NOTE Confidence: 0.9996668

00:31:57.325 --> 00:31:57.825 website
NOTE Confidence: 0.9899356

00:31:58.500 --> 00:32:00.200 on cancer risk and nutrition.
NOTE Confidence: 0.9983136

00:32:01.460 --> 00:32:02.600 It has a
NOTE Confidence: 0.8157252

00:32:03.060 --> 00:32:03.560 wonderful,
NOTE Confidence: 0.88800466

00:32:06.260 --> 00:32:07.400 resource for
NOTE Confidence: 0.9971307

00:32:07.860 --> 00:32:08.740 how to set up your
NOTE Confidence: 0.9971307

00:32:08.740 --> 00:32:09.240 kitchen,
NOTE Confidence: 0.9732397

00:32:10.585 --> 00:32:11.405 for recipes,
NOTE Confidence: 0.99376184

00:32:12.185 --> 00:32:13.485 for cooking classes.
NOTE Confidence: 0.9412199

00:32:14.505 --> 00:32:16.185 They currently have the Healthy
NOTE Confidence: 0.9412199

00:32:16.185 --> 00:32:17.625 Ten Challenge, which is this
NOTE Confidence: 0.9412199

00:32:17.625 --> 00:32:19.325 ten week interactive program,
NOTE Confidence: 0.99893475

00:32:20.185 --> 00:32:21.405 to kind of help build
NOTE Confidence: 0.99893475

00:32:21.465 --> 00:32:23.405 healthier habits around nutrition
NOTE Confidence: 0.97865885

00:32:23.945 --> 00:32:26.045 and everyday diet that is

NOTE Confidence: 0.81483626
00:32:26.580 --> 00:32:27.080 simple,
NOTE Confidence: 0.98870564
00:32:28.260 --> 00:32:29.559 and easy to achieve.
NOTE Confidence: 0.9755816
00:32:30.740 --> 00:32:32.020 This is really the the
NOTE Confidence: 0.9755816
00:32:32.020 --> 00:32:33.320 best and most authoritative
NOTE Confidence: 0.8166169
00:32:33.700 --> 00:32:34.200 resource,
NOTE Confidence: 0.94996357
00:32:34.740 --> 00:32:36.200 for nutrition and cancer.
NOTE Confidence: 0.9612247
00:32:40.775 --> 00:32:43.515 Limiting alcohol is also essential
NOTE Confidence: 0.9814622
00:32:43.815 --> 00:32:45.675 for, cancer risk reduction.
NOTE Confidence: 0.94705456
00:32:46.295 --> 00:32:47.975 The nurses health study found
NOTE Confidence: 0.94705456
00:32:47.975 --> 00:32:49.495 a seventy percent increase in
NOTE Confidence: 0.94705456
00:32:49.495 --> 00:32:50.395 breast cancer
NOTE Confidence: 0.99897003
00:32:50.870 --> 00:32:52.550 among women who reported more
NOTE Confidence: 0.99897003
00:32:52.550 --> 00:32:54.550 than three alcoholic drinks per
NOTE Confidence: 0.99897003
00:32:54.550 --> 00:32:55.050 week.
NOTE Confidence: 0.81687486
00:32:56.310 --> 00:32:56.630 The,
NOTE Confidence: 0.9494944

00:32:57.270 --> 00:32:59.610 most recent Surgeon General's report
NOTE Confidence: 0.9494944

00:32:59.670 --> 00:33:01.430 has a really identified that
NOTE Confidence: 0.9494944

00:33:01.430 --> 00:33:03.030 there's no level of alcohol
NOTE Confidence: 0.9494944

00:33:03.030 --> 00:33:04.890 consumption that was not associated
NOTE Confidence: 0.9494944

00:33:05.030 --> 00:33:06.875 with an increased cancer risk.
NOTE Confidence: 0.9760481

00:33:07.895 --> 00:33:09.675 We know that alcohol consumption
NOTE Confidence: 0.9760481

00:33:09.735 --> 00:33:11.415 is associated with an increase
NOTE Confidence: 0.9760481

00:33:11.415 --> 00:33:13.895 in circulating estrogen levels which
NOTE Confidence: 0.9760481

00:33:13.895 --> 00:33:15.175 is a risk factor for
NOTE Confidence: 0.9760481

00:33:15.175 --> 00:33:17.675 estrogen receptor positive breast cancer.
NOTE Confidence: 0.99168384

00:33:18.790 --> 00:33:19.610 And so,
NOTE Confidence: 0.99373055

00:33:20.470 --> 00:33:21.450 there is really
NOTE Confidence: 0.59057325

00:33:23.110 --> 00:33:23.610 no
NOTE Confidence: 0.99207556

00:33:24.150 --> 00:33:25.610 safe level of alcohol.
NOTE Confidence: 0.97534317

00:33:26.150 --> 00:33:27.050 We know that,
NOTE Confidence: 0.9913025

00:33:27.750 --> 00:33:29.830 keeping alcohol consumption to less

NOTE Confidence: 0.9913025

00:33:29.830 --> 00:33:31.370 than three drinks per week,

NOTE Confidence: 0.95939666

00:33:31.910 --> 00:33:34.150 should help reduce your risk

NOTE Confidence: 0.95939666

00:33:34.150 --> 00:33:35.105 of both

NOTE Confidence: 0.9534375

00:33:35.645 --> 00:33:37.485 developing breast cancer and breast

NOTE Confidence: 0.9534375

00:33:37.485 --> 00:33:38.465 cancer recurrence.

NOTE Confidence: 0.9862083

00:33:43.565 --> 00:33:45.565 Regular exercise. This could be

NOTE Confidence: 0.9862083

00:33:45.565 --> 00:33:46.225 a talk

NOTE Confidence: 0.9895932

00:33:46.684 --> 00:33:47.745 in and of itself.

NOTE Confidence: 0.87768435

00:33:48.300 --> 00:33:48.800 I'm

NOTE Confidence: 0.97906524

00:33:50.220 --> 00:33:51.580 actually I'm seeing a a

NOTE Confidence: 0.97906524

00:33:51.580 --> 00:33:52.940 question in the chat. How

NOTE Confidence: 0.97906524

00:33:52.940 --> 00:33:54.240 about fish and seafood?

NOTE Confidence: 0.9977037

00:33:55.740 --> 00:33:57.260 So fish and seafood is

NOTE Confidence: 0.9977037

00:33:57.260 --> 00:33:58.860 an excellent source of protein

NOTE Confidence: 0.9977037

00:33:58.860 --> 00:34:00.540 with not a significant cancer

NOTE Confidence: 0.9977037

00:34:00.540 --> 00:34:02.240 risk associated with it.
NOTE Confidence: 0.9937447

00:34:07.255 --> 00:34:09.015 There's always this question about
NOTE Confidence: 0.9937447

00:34:09.015 --> 00:34:11.655 sugar and cancer. Does sugar
NOTE Confidence: 0.9937447

00:34:11.655 --> 00:34:12.635 feed cancer?
NOTE Confidence: 0.9979303

00:34:13.255 --> 00:34:15.035 We can't say that it's
NOTE Confidence: 0.9979303

00:34:15.094 --> 00:34:16.234 sugar by itself,
NOTE Confidence: 0.9661889

00:34:16.775 --> 00:34:18.234 but we know it's excess
NOTE Confidence: 0.9661889

00:34:18.295 --> 00:34:18.795 calories,
NOTE Confidence: 0.99230033

00:34:19.440 --> 00:34:20.880 that can be associated with
NOTE Confidence: 0.99230033

00:34:20.880 --> 00:34:21.780 cancer risk.
NOTE Confidence: 0.95971906

00:34:22.160 --> 00:34:24.079 And so making sure that
NOTE Confidence: 0.95971906

00:34:24.079 --> 00:34:26.480 food is, has nutrients and
NOTE Confidence: 0.95971906

00:34:26.480 --> 00:34:28.260 as few calories as possible
NOTE Confidence: 0.95971906

00:34:28.480 --> 00:34:29.859 as in fruits and vegetables
NOTE Confidence: 0.95971906

00:34:30.000 --> 00:34:30.900 that can be,
NOTE Confidence: 0.9214986

00:34:31.760 --> 00:34:33.599 most associated with cancer risk

NOTE Confidence: 0.9214986
00:34:33.599 --> 00:34:34.099 reduction.
NOTE Confidence: 0.97465384
00:34:36.775 --> 00:34:37.895 And I promise at the
NOTE Confidence: 0.97465384
00:34:37.895 --> 00:34:39.495 end, I'll go back to
NOTE Confidence: 0.97465384
00:34:39.495 --> 00:34:39.815 the,
NOTE Confidence: 0.91321313
00:34:40.455 --> 00:34:40.955 AICR,
NOTE Confidence: 0.9757644
00:34:42.135 --> 00:34:43.495 information in that link, the
NOTE Confidence: 0.9757644
00:34:43.495 --> 00:34:45.594 American Institute for Cancer Research.
NOTE Confidence: 0.9403803
00:34:48.570 --> 00:34:50.090 With regards to exercise in
NOTE Confidence: 0.9403803
00:34:50.090 --> 00:34:51.690 cancer, there are I could
NOTE Confidence: 0.9403803
00:34:51.690 --> 00:34:52.810 talk about that for quite
NOTE Confidence: 0.9403803
00:34:52.810 --> 00:34:53.930 a while. So I just
NOTE Confidence: 0.9403803
00:34:53.930 --> 00:34:54.750 wanted to,
NOTE Confidence: 0.9980929
00:34:55.930 --> 00:34:57.550 summarize in one slide
NOTE Confidence: 0.9869379
00:34:57.930 --> 00:34:59.150 that there are several
NOTE Confidence: 0.99072623
00:34:59.450 --> 00:34:59.950 large
NOTE Confidence: 0.89725137

00:35:00.330 --> 00:35:01.469 multicenter trials
NOTE Confidence: 0.9855138

00:35:01.775 --> 00:35:03.375 that have demonstrate the benefit
NOTE Confidence: 0.9855138

00:35:03.375 --> 00:35:04.594 of regular exercise
NOTE Confidence: 0.94704217

00:35:04.975 --> 00:35:06.495 and reduction of risk for
NOTE Confidence: 0.94704217

00:35:06.495 --> 00:35:07.875 developing breast cancer
NOTE Confidence: 0.990317

00:35:08.175 --> 00:35:09.535 and for the prevention of
NOTE Confidence: 0.990317

00:35:09.535 --> 00:35:10.355 breast cancer
NOTE Confidence: 0.99812883

00:35:10.655 --> 00:35:11.155 recurrence.
NOTE Confidence: 0.9922917

00:35:12.335 --> 00:35:13.315 Current recommendations
NOTE Confidence: 0.997676

00:35:13.775 --> 00:35:14.975 is for at least thirty
NOTE Confidence: 0.997676

00:35:14.975 --> 00:35:16.114 minutes of exercise
NOTE Confidence: 0.89456165

00:35:16.575 --> 00:35:17.670 five times a week.
NOTE Confidence: 0.9762384

00:35:20.069 --> 00:35:21.750 The most recent large trial
NOTE Confidence: 0.9762384

00:35:21.750 --> 00:35:23.030 in colon cancer that was
NOTE Confidence: 0.9762384

00:35:23.030 --> 00:35:23.989 in the New England Journal
NOTE Confidence: 0.9762384

00:35:23.989 --> 00:35:25.690 of Medicine just this month

NOTE Confidence: 0.97037756
00:35:26.150 --> 00:35:27.369 found that a combination
NOTE Confidence: 0.98300445
00:35:27.910 --> 00:35:30.010 of both aerobic and
NOTE Confidence: 0.98807037
00:35:30.405 --> 00:35:32.265 exercise and weight training
NOTE Confidence: 0.99328226
00:35:32.805 --> 00:35:34.645 was the most effective in
NOTE Confidence: 0.99328226
00:35:34.645 --> 00:35:37.125 preventing preventing cancer recurrence in
NOTE Confidence: 0.99328226
00:35:37.125 --> 00:35:38.665 patients with colon cancer.
NOTE Confidence: 0.99716663
00:35:40.565 --> 00:35:42.105 So we just can't emphasize
NOTE Confidence: 0.99716663
00:35:42.165 --> 00:35:44.165 enough the importance of regular
NOTE Confidence: 0.99716663
00:35:44.165 --> 00:35:44.665 exercise
NOTE Confidence: 0.9549666
00:35:45.670 --> 00:35:46.890 in cancer survivorship.
NOTE Confidence: 0.98367405
00:35:48.469 --> 00:35:49.670 I'm not great at this
NOTE Confidence: 0.98367405
00:35:49.670 --> 00:35:50.969 myself, so I have
NOTE Confidence: 0.9992593
00:35:51.350 --> 00:35:53.130 to improve my habits there.
NOTE Confidence: 0.9900356
00:35:56.070 --> 00:35:57.270 The next is maintain a
NOTE Confidence: 0.9900356
00:35:57.270 --> 00:35:58.410 lean body mass.
NOTE Confidence: 0.9759127

00:35:59.105 --> 00:36:01.265 So increased body mass index
NOTE Confidence: 0.9759127

00:36:01.265 --> 00:36:02.704 is associated with the increased
NOTE Confidence: 0.9759127

00:36:02.704 --> 00:36:03.605 risk of cancer
NOTE Confidence: 0.9520782

00:36:03.905 --> 00:36:06.224 recurrence and mortality in several
NOTE Confidence: 0.9520782

00:36:06.224 --> 00:36:07.364 large epidemiologic
NOTE Confidence: 0.9974865

00:36:07.744 --> 00:36:08.244 studies.
NOTE Confidence: 0.99754554

00:36:08.864 --> 00:36:10.864 The increase in mortality ranges
NOTE Confidence: 0.99754554

00:36:10.864 --> 00:36:12.704 from thirty to seventy percent
NOTE Confidence: 0.99754554

00:36:12.704 --> 00:36:13.684 in most studies.
NOTE Confidence: 0.9789351

00:36:15.020 --> 00:36:17.119 Increased BMI is also associated
NOTE Confidence: 0.9789351

00:36:17.180 --> 00:36:18.540 with the increased risk of
NOTE Confidence: 0.9789351

00:36:18.540 --> 00:36:20.079 developing breast cancer,
NOTE Confidence: 0.9459803

00:36:20.700 --> 00:36:21.839 but really for postmenopausal
NOTE Confidence: 0.99174917

00:36:22.300 --> 00:36:23.200 women only.
NOTE Confidence: 0.98423845

00:36:23.579 --> 00:36:24.700 In studies that have been
NOTE Confidence: 0.98423845

00:36:24.700 --> 00:36:26.060 done in cancer risk in

NOTE Confidence: 0.98423845

00:36:26.060 --> 00:36:26.560 premenopausal

NOTE Confidence: 0.9886625

00:36:27.020 --> 00:36:28.844 women, BMI or

NOTE Confidence: 0.97800744

00:36:29.244 --> 00:36:30.925 body mass index does not

NOTE Confidence: 0.97800744

00:36:30.925 --> 00:36:32.385 seem to play as important

NOTE Confidence: 0.97800744

00:36:32.445 --> 00:36:33.905 a factor as in postmenopausal

NOTE Confidence: 0.9949552

00:36:34.445 --> 00:36:34.945 women.

NOTE Confidence: 0.9755517

00:36:35.645 --> 00:36:37.325 The current recommendation is to

NOTE Confidence: 0.9755517

00:36:37.325 --> 00:36:39.085 maintain a healthy weight with

NOTE Confidence: 0.9755517

00:36:39.085 --> 00:36:40.785 a BMI less than thirty.

NOTE Confidence: 0.99147534

00:36:44.750 --> 00:36:46.510 And at last, smoking cessation,

NOTE Confidence: 0.99147534

00:36:46.510 --> 00:36:47.430 which I'm not gonna say

NOTE Confidence: 0.99147534

00:36:47.430 --> 00:36:49.070 a lot about. We do

NOTE Confidence: 0.99147534

00:36:49.070 --> 00:36:50.830 have smoking cessation programs that

NOTE Confidence: 0.99147534

00:36:50.830 --> 00:36:52.350 we refer patients to and

NOTE Confidence: 0.99147534

00:36:52.350 --> 00:36:53.790 and other resources that are

NOTE Confidence: 0.99147534

00:36:53.790 --> 00:36:55.469 available through the American Cancer

NOTE Confidence: 0.99147534

00:36:55.469 --> 00:36:57.170 Institute for smoking cessation.

NOTE Confidence: 0.9454262

00:37:02.085 --> 00:37:03.045 And so here are a

NOTE Confidence: 0.9454262

00:37:03.045 --> 00:37:05.045 list of survivorship resources that

NOTE Confidence: 0.9454262

00:37:05.045 --> 00:37:05.704 are available,

NOTE Confidence: 0.9666231

00:37:07.525 --> 00:37:09.525 for cancer survivors and for

NOTE Confidence: 0.9666231

00:37:09.525 --> 00:37:10.760 health care professionals.

NOTE Confidence: 0.9845308

00:37:11.140 --> 00:37:12.360 This is all available,

NOTE Confidence: 0.7729211

00:37:13.300 --> 00:37:14.200 through patient,

NOTE Confidence: 0.55625945

00:37:15.540 --> 00:37:16.040 resources

NOTE Confidence: 0.96635133

00:37:16.420 --> 00:37:18.120 from the National Cancer Center

NOTE Confidence: 0.96635133

00:37:18.180 --> 00:37:18.680 Network.

NOTE Confidence: 0.9965059

00:37:20.260 --> 00:37:22.360 The website for the AICR

NOTE Confidence: 0.9769418

00:37:23.285 --> 00:37:25.125 is here, the American Institute

NOTE Confidence: 0.9769418

00:37:25.125 --> 00:37:26.344 for Cancer Research,

NOTE Confidence: 0.9875729

00:37:27.765 --> 00:37:28.265 which,

NOTE Confidence: 0.9908297

00:37:28.885 --> 00:37:30.565 again, I think is is

NOTE Confidence: 0.9908297

00:37:30.565 --> 00:37:32.005 a very well designed and

NOTE Confidence: 0.9908297

00:37:32.005 --> 00:37:32.825 very authoritative

NOTE Confidence: 0.98711336

00:37:33.205 --> 00:37:35.145 site for information on nutrition,

NOTE Confidence: 0.90389955

00:37:35.844 --> 00:37:37.705 and weight management in cancer.

NOTE Confidence: 0.9714834

00:37:39.080 --> 00:37:40.700 The American Cancer Society,

NOTE Confidence: 0.9948055

00:37:41.880 --> 00:37:43.980 has wonderful resources available,

NOTE Confidence: 0.999515

00:37:45.320 --> 00:37:46.280 as well as all of

NOTE Confidence: 0.999515

00:37:46.280 --> 00:37:47.100 these other

NOTE Confidence: 0.99941015

00:37:47.480 --> 00:37:47.980 organizations

NOTE Confidence: 0.72374666

00:37:48.280 --> 00:37:49.340 including Livestrong.

NOTE Confidence: 0.9444797

00:37:55.785 --> 00:37:57.465 So caring for yourself after

NOTE Confidence: 0.9444797

00:37:57.465 --> 00:37:58.765 a breast cancer diagnosis.

NOTE Confidence: 0.99529564

00:37:59.465 --> 00:38:01.725 It starts before you're diagnosed

NOTE Confidence: 0.99529564

00:38:02.025 --> 00:38:03.725 with an annual screening mammogram

NOTE Confidence: 0.9536869

00:38:04.585 --> 00:38:06.665 and, self exam and clinical
NOTE Confidence: 0.9536869

00:38:06.665 --> 00:38:07.945 exam to make sure cancer
NOTE Confidence: 0.9536869

00:38:07.945 --> 00:38:09.565 is diagnosed at its earliest
NOTE Confidence: 0.9536869

00:38:09.730 --> 00:38:10.710 possible stage.
NOTE Confidence: 0.99810237

00:38:11.250 --> 00:38:12.450 Once you have a cancer
NOTE Confidence: 0.99810237

00:38:12.450 --> 00:38:12.950 diagnosis,
NOTE Confidence: 0.9846818

00:38:13.330 --> 00:38:15.250 gathering your team and developing
NOTE Confidence: 0.9846818

00:38:15.250 --> 00:38:17.350 your resources for social support.
NOTE Confidence: 0.9991554

00:38:18.930 --> 00:38:19.430 Then
NOTE Confidence: 0.95882595

00:38:19.969 --> 00:38:21.830 identifying your clinical team
NOTE Confidence: 0.9980305

00:38:22.325 --> 00:38:24.724 and developing a treatment plan
NOTE Confidence: 0.9980305

00:38:24.724 --> 00:38:25.545 with shared
NOTE Confidence: 0.9887228

00:38:25.844 --> 00:38:26.744 decision making,
NOTE Confidence: 0.99944425

00:38:28.164 --> 00:38:29.464 managing the symptoms
NOTE Confidence: 0.99612105

00:38:30.005 --> 00:38:30.744 of cancer,
NOTE Confidence: 0.98973715

00:38:31.204 --> 00:38:32.884 treatments as you're going through

NOTE Confidence: 0.98973715
00:38:32.884 --> 00:38:33.864 active treatment,
NOTE Confidence: 0.8686916
00:38:34.900 --> 00:38:36.580 And then survivorship care, which
NOTE Confidence: 0.8686916
00:38:36.580 --> 00:38:37.960 we we discussed
NOTE Confidence: 0.95516807
00:38:38.260 --> 00:38:40.900 including monitoring for recurrence and
NOTE Confidence: 0.95516807
00:38:40.900 --> 00:38:42.360 the late effects of treatment.
NOTE Confidence: 0.974199
00:38:43.219 --> 00:38:44.260 And then the five things
NOTE Confidence: 0.974199
00:38:44.260 --> 00:38:45.219 that you can do every
NOTE Confidence: 0.974199
00:38:45.219 --> 00:38:46.500 day to help reduce your
NOTE Confidence: 0.974199
00:38:46.500 --> 00:38:47.800 risk of cancer recurrence.
NOTE Confidence: 0.9957563
00:38:49.185 --> 00:38:50.225 I've been talking for a
NOTE Confidence: 0.9957563
00:38:50.225 --> 00:38:50.725 while.
NOTE Confidence: 0.9723225
00:38:51.025 --> 00:38:52.065 I'm gonna stop and see
NOTE Confidence: 0.9723225
00:38:52.065 --> 00:38:53.265 if there any other comments
NOTE Confidence: 0.9723225
00:38:53.265 --> 00:38:55.425 or questions. I'm seeing everybody
NOTE Confidence: 0.9723225
00:38:55.425 --> 00:38:56.465 in the chat. I'm gonna
NOTE Confidence: 0.9723225

00:38:56.465 --> 00:38:57.605 stop my share.
NOTE Confidence: 0.9522133

00:39:20.335 --> 00:39:21.375 I have to say, my
NOTE Confidence: 0.9522133

00:39:21.375 --> 00:39:22.415 family have been some of
NOTE Confidence: 0.9522133

00:39:22.415 --> 00:39:24.175 my best advocates as I
NOTE Confidence: 0.9522133

00:39:24.175 --> 00:39:24.675 have
NOTE Confidence: 0.9667114

00:39:25.215 --> 00:39:26.735 gone through my treatment for
NOTE Confidence: 0.9667114

00:39:26.735 --> 00:39:28.495 breast cancer in in my
NOTE Confidence: 0.9667114

00:39:28.495 --> 00:39:28.995 survivorship.
NOTE Confidence: 0.9707318

00:39:32.310 --> 00:39:33.670 And I feel very fortunate
NOTE Confidence: 0.9707318

00:39:33.670 --> 00:39:35.270 that I, I have such
NOTE Confidence: 0.9707318

00:39:35.270 --> 00:39:37.050 engaged, loving family members.
NOTE Confidence: 0.7932852

00:39:58.864 --> 00:39:59.364 Wow.
NOTE Confidence: 0.9625034

00:40:01.800 --> 00:40:02.680 If there are no other
NOTE Confidence: 0.9625034

00:40:02.680 --> 00:40:03.180 questions,
NOTE Confidence: 0.95201194

00:40:05.080 --> 00:40:06.219 I think we will
NOTE Confidence: 0.9553919

00:40:06.680 --> 00:40:08.219 we'll end end this,

NOTE Confidence: 0.99957573
00:40:08.600 --> 00:40:09.960 and I really appreciate the
NOTE Confidence: 0.99957573
00:40:09.960 --> 00:40:11.500 opportunity to have this
NOTE Confidence: 0.95876735
00:40:11.800 --> 00:40:13.500 conversation tonight. And,
NOTE Confidence: 0.973383
00:40:15.625 --> 00:40:17.065 hopefully, next year, we can
NOTE Confidence: 0.973383
00:40:17.065 --> 00:40:18.505 can do something in in
NOTE Confidence: 0.973383
00:40:18.505 --> 00:40:19.005 person.
NOTE Confidence: 0.97618717
00:40:21.065 --> 00:40:22.345 Again, thank you to Sally
NOTE Confidence: 0.97618717
00:40:22.345 --> 00:40:22.845 Cassella.
NOTE Confidence: 0.9260127
00:40:26.985 --> 00:40:27.885 Oh, yes.
NOTE Confidence: 0.99315226
00:40:28.960 --> 00:40:30.500 Danielle, thank you for mentioning,
NOTE Confidence: 0.97057635
00:40:31.680 --> 00:40:32.180 Thrive,
NOTE Confidence: 0.96769756
00:40:33.120 --> 00:40:34.420 which is a,
NOTE Confidence: 0.9996636
00:40:34.960 --> 00:40:35.460 organization
NOTE Confidence: 0.98943347
00:40:35.840 --> 00:40:37.520 that has been spearheaded by
NOTE Confidence: 0.98943347
00:40:37.520 --> 00:40:39.120 doctor Neil Fishback, one of
NOTE Confidence: 0.98943347

00:40:39.120 --> 00:40:39.780 our medical
NOTE Confidence: 0.9449155
00:40:40.080 --> 00:40:40.580 oncologists
NOTE Confidence: 0.8165139
00:40:40.880 --> 00:40:41.380 here,
NOTE Confidence: 0.9999287
00:40:41.680 --> 00:40:42.340 to provide
NOTE Confidence: 0.9987645
00:40:42.640 --> 00:40:43.300 a resource
NOTE Confidence: 0.9990442
00:40:43.805 --> 00:40:45.405 for cancer survivors in our
NOTE Confidence: 0.9990442
00:40:45.405 --> 00:40:46.785 community here in Trumbull.
NOTE Confidence: 0.79993546
00:40:48.525 --> 00:40:48.925 It,
NOTE Confidence: 0.9868267
00:40:49.805 --> 00:40:51.345 provides exercise classes,
NOTE Confidence: 0.9966905
00:40:51.805 --> 00:40:53.105 and a workout room
NOTE Confidence: 0.9361073
00:40:53.405 --> 00:40:55.745 and other support services, and
NOTE Confidence: 0.9361073
00:40:55.805 --> 00:40:57.325 it is it's a really
NOTE Confidence: 0.9361073
00:40:57.325 --> 00:40:57.825 dynamic
NOTE Confidence: 0.98973113
00:40:58.550 --> 00:41:00.630 engaging place. So thank you
NOTE Confidence: 0.98973113
00:41:00.630 --> 00:41:01.850 for mentioning that.