

popezilla (Medical Student)

When studying cigarettes and e-cigarettes it's difficult to get results on the latter. What is their true impact on health? Are they a viable step-down measure (ala suboxone) for smokers? Do they pose different risks than normal cigarettes, or just a reduced risk for similar issues? Any articles would be greatly appreciated as well, educating people is the real struggle, thank you.

CAP_MSNJHRI (Respirology)

Great question. The unanswered question is whether e-cigarettes are safe. Until we know this, we cannot recommend routine use of e-cigarettes. There may be a role for e-cigarettes in a closely supervised and regulated setting for aiding smoking cessation. I will be happy to post an article on this after the chat,

candykane (Other Healthcare Professional)

I would like to add onto your question and ask about the patch as a cessation method. As these do contain nicotine but generally at lower levels, are there any increased risk of the development of cancer with the use of these products?

PetersMD (Urology Resident)

You've mentioned the lung cancer subgroup with a 100% 5-year survival rate. What more about the subgroup is known? Could you elaborate?

CAP_MSNJHRI (Respirology)

These tumors have a distinct pathology called adenocarcinoma in-situ which is in the new WHO lung tumor classification scheme. These tumors are similar to breast ductal carcinoma in-situ which has a similar good prognosis.

Jazzie1 (Licensed Practical Nurse)

From my perspective as a nurse working in oncology and a cancer registrar, I rarely see lung adenocarcinoma in situ cases; unfortunately most cases presenting at advanced stages. Are you finding more lung adenocarcinoma in situ cases with the relatively new screening for lung cancer, LDCT, or other screening? Thank you.

CAP_MSNJHRI (Respirology)

Yes. #Adenocarcinoma is the most frequent lung #Cancer tumor detected by CT #Screening-tests. The ground glass opacities is the imaging pattern associated with adenocarcinoma in-situ

pam96753 (Licensed Practical Nurse)

What are your thoughts on Cannabis Oil for treatment of lung cancer?

CAP_MSNJHRI (Respirology)

No data to demonstrate that it's effective.

andymar87 (Family Medicine)

What the Doctor think about Cuban therapeutic vaccine against lung cancer (CIMA VAX-EGF)

CAP_MSNJHRI (Respirology)

We look forward to clinical trial data demonstrating that this vaccine is effective.

triple-S (Pediatrics)

How has the treatment of lung cancer evolved in the last 10 years?

CAP_MSNJHRI (Respirology)

Tremendously! We now can direct specific treatments to specific types of lung cancer and achieve response rates that are much higher than they were 10 years ago. A great example of this is the response to treatment in EGFR mutation tumors with drugs such as Erlotinib.

Catscanner (Administration)

In your professional opinion, is the public adequately educated about the risks of lung cancer? What more could or should be done?

CAP_MSNJHRI (Respirology)

The public, especially children and teenagers, are not adequately educated about the risk of lung cancer and other smoking related diseases. This information should be provided regularly to this age group in appropriate forums. Also, warnings labels on cigarettes, and e-cigarettes, should be larger and more prominent.

DrWilliamOsler (Family Medicine)

What about a straight-up ban on tobacco?

GAMedic (Paramedic)

That didn't work out so well with alcohol. There are very powerful tobacco lobbyist that come into play as well. From my short 44 years of existence when something gets banned, the demand and criminal behavior increase.

Lorimay63 (Transcriptionist)

I agree 👍

DrBrit (Family Medicine)

What impact have you seen on smoking-related lung disease from the smoking ban in New York?

CAP_MSNJHRI (Respirology)

We know that cigarette smoking rates have declined in New York, and this keeps company with a decline in lung cancer rates in New York City. These bans work!

DrBrit (Family Medicine)

What knock-on effect has there been on COPD and childhood asthma?

pmeza (Professional Medical Coder)

Sure wish your question had a response!

CAP_MSNJHRI (Respirology)

Still waiting on results of clinical research that we expect will demonstrate a correlation of decreased incidence of COPD and childhood asthma rates with the smoking ban

KellyA78 (Midwife)

How do you counsel patients who have smoked for most of their lives? I know there are no "silver bullets," but what do you find is your most effective anti-smoking argument?

CAP_MSNJHRI (Respirology)

Quitting smoking at any age improves health and can reduce the risk of death. The most effective anti-smoking argument is that those who quit smoking have less cancer, heart disease, strokes, and COPD. They feel better and can spend more quality time with their family and can live longer doing that.

hemantkumar (Medical Student)

Should countries ban tobacco products to prevent cancer? Is that a practical option.

Lucaswmdiebel (Medical Student)

Has banning illegal recreational drugs prevented their use and abuse? Did the prohibition of alcohol stop alcohol consumption? Will making tobacco illegal stop people from smoking/ chewing tobacco? No. Essentially what would happen is a loss of tax revenue from tobacco sales, and instead funnelling this money into the criminal organizations that would now be in charge of tobacco distribution (edited)

absbabs (Nurse Practitioner)

I have to agree with this, the selling of fake cigarettes are even more harmful than over the counter cigarettes. I watched a documentary about it a few years back and they are stuffed with all kinds of nasty crap, excrement, asbestos, mould, dead insects, flies.

CAP_MSNJHRI (Respirology)

The health impact and the economics of tobacco support this ban. However, the practicality of implementation is unclear.

DrRadish (Family Medicine)

Hi Dr. Powell, did you have any mentors during medical school that influenced your decision to go into respiratory medicine? (edited)

CAP_MSNJHRI (Respirology)

Yes! I was fortunate to be taught by leaders in respiratory medicine, such as Lawrence Wood, Greg Schmidt, Jesse Hall, Eugene Geppert, and Paul Schumacker.

reidoldenburg (Medical Student)

Of the immunotherapies, which shows the most promise in lung cancer?

CAP_MSNJHRI (Respirology)

There are two recently approved immunotherapies for lung cancer that are check point inhibitors. Both Pembrolizumab and Nivolumab show promise in non-small cell lung cancer.

rcfmaes (Medical Student)

Are you personally more passionate about the clinical work or is research more attractive to you, and if one of the two, why?

CAP_MSNJHRI (Respirology)

Both equally. The clinical work and research feed off each other. The questions typically come from clinical cases and the research is applied every day in clinical medicine.

jordyoso (Registered Nurse)

What are your views on immunotherapy vs chemotherapy and the recent advances/future for both?

CAP_MSNJHRI (Respirology)

I anticipate that new regimens will combine #Immunotherapy with #Chemotherapy, targeted therapy, and perhaps #Radiation-therapy

mhsnyder (EMT)

How close is the field to making cancer more of a chronic condition than a life-threatening one? I'm hearing of breakthroughs and good results from tumor genome sequencing and various immunotherapies and it sounds like those in the field are optimistic that soon cancer will become a much less scary diagnosis to receive.

CAP_MSNJHRI (Respirology)

I like this concept and share your hope, that for cancers that can't be cured, we can have treatments to control the disease the same way that we have treatments to control other chronic diseases such as hypertension and diabetes.

DrFrancesTurner (Family Medicine)

There have been a number of exploding e-cigarette injuries posted to Figure 1. Have you encountered any of these in your practice?

CAP_MSNJHRI (Respirology)

No. But the Figure 1 images are disturbing.

ksrpns (Nursing Student)

Hi Dr. Powell. As a nursing student it's always so exciting to hear from such well rounded and dedicated forces in medicine. I see that patients at the Jewish health institute are now being encouraged to use a COPD navigator app to manage their conditions. How is it impacting the way patients manage their COPD and what other strategies do you recommend to your patients?

CAP_MSNJHRI (Respirology)

Digital medicine apps such as COPD navigator helps patients collaborate with their providers in their care. They can provide information on pollution and other triggers that may help patients avoid exacerbation. Also, they can signal their providers that a patient is at risk of, or is having an exacerbation.

ezpeds1 (Pediatrics)

Dr. Powell, I've read that HPV increases the risk of lung CA. What is your perspective. Will the HPV vaccine help prevent?

CAP_MSNJHRI (Respirology)

The impact of HPV on lung cancer risk is unclear. However the vaccine is very effective in reducing other HPV associated cancers.

kaygo94 (Pharmacist)

What your opinion about the most effective methods to eliminate or decrease the effect of lung cancer now and in the long future ? (immunotherapy, chemotherapy, gene therapy etc....)

CAP_MSJHRI (Respirology)

The most effective methods to decrease the impact of lung cancer are: 1. Prevention by smoking prevention and cessation, 2 Early detection by screening high risk individuals; and 3. Continued basic and clinical research into understanding the biology of lung cancer and application of these findings to treatment and diagnosis.

kaygo94 (Pharmacist)

Thank you for you answering my question ... which is the most efficient way to diagnose the lung cancer and the size of it and its stage (x-ray or what)?

saraterim (Medical Student)

I would like to know what is your opinion about populational screening techniques for lung cancer. Do you think thoracic CT is an efficient screening for smokers? And what about non-smokers?

CAP_MSJHRI (Respirology)

Clinical studies convincingly demonstrate that lung cancer screening with chest CT is effective and reduces lung cancer deaths in high risk current and former smokers. Non-smokers are at lower risk for lung cancer, and we do not know if screening this population will be effective. Thus, screening is not recommended for non-smokers.

alma24 (Nursing Student)

To me it seems that individuals who have smoked for decades and eventually quit end up with some sort of Lung related disease that was not present before the cessation. For example cancer. Do you think these are isolated incidents or was it something about the smoking that prevented the diseases from maturing enough to become detectable?

CAP_MSJHRI (Respirology)

Sometimes people quit #Smoking and seek care because they don't feel well. This is a common presentation for new diagnoses of lung disease. All studies show that health improves after #Smoking-cessation

rcfmaes (Medical Student)

What is in your opinion the most promising research going on regarding lung cancer treatment?

CAP_MSJHRI (Respirology)

The research that is focused on personalized treatment in lung cancer is most promising. As we learn more about the biology and as new drugs are developed that target key pathways, we can expect significant progress in lung cancer treatment.

allij (Nurse Practitioner)

I hope so, the DNA and chromosome work looks promising and treatments are becoming more effective and extending lives. In 1961 my grandfather was diagnosed with lung cancer it was a death sentence and died 6 months later in agony. Now there are many surgical and pharmaceutical advances that it is possible to survive and if too far advanced a dignified and pain controlled death.

irinaionete (Medical Student)

What do you consider is the best approach in treating a metastasized small cell lung cancer? Should immunotherapy be considered as a first line of treatment? And if so, which substance had proven to be the most efficient?

CAP_MSJHRI (Respirology)

We are all looking forward to clinical trial data that will show advances in treating metastatic small cell lung cancer. Until then, newer approaches should be restricted to the clinical trial setting.

flyboy1984 (Respiratory Therapist)

Yes it is being used and President Carter was cured with it. For us regular working class people can't afford it though.

popezilla (Medical Student)

Cured is a strong word when considering cancer, remission is probably better as we are generally unsure if it really is all gone.

Jazzie1

"Watchful waiting."

zerojason99 (Registered Nurse)

Just simple words of advise for us interested in continuing our education in the wonderful world of medicine.

CAP_MSJHRI (Respirology)

I would advise to read a lot, to read carefully, and to always keep in mind why medicine is so important.

RonMexico (Respiratory Therapist)

Volume vs Pressure mechanical ventilation. Which one do you use more frequently and why?

CAP_MSJHRI (Respirology)

I prefer volume control ventilation in most cases because of our staff's familiarity with this mode.

emtstudent09 (EMT Student)

What's your opinion on dip or any form of chewing tobacco? And does anyone know some stats?

CAP_MSJHRI (Respirology)

Causes oral cancer!

emtstudent09 (EMT Student)

Thank you for your input on this subject.

CAP_MSJHRI (Respirology)

my pleasure

ThePhoenix (Registered Nurse)

Yes..."Just say no". 🙄

Patticake (Nursing Student)

What are your thoughts on people trying to decrease their chances of getting cancer? Is there any hope of decreasing the chances of cancer on those families where cancer shows up in almost every generation?

CAP_MSJHRI (Respirology)

The best strategy for cancer prevention is avoidance of known cancer causing exposures such as cigarette smoking. In high risk families, there may be a role for intensive screening and genetic testing to aid early detection and to inform other prevention strategies.

mazee88 (Physician Assistant Student)

I am aspiring to go into pediatric oncology. My second choice is respiratory, third is cardiology. Based upon your profession, what advice could you give to me in order for me to figure out which is the right fit for me? I am an asthmatic myself, so I am also very familiar with the routine testing in that area, if that helps, too.

Lucaswmdiebel (Medical Student)

Have you shadowed any physicians in any of these fields and asked them about what they like/don't like about their jobs, how they are able to achieve work-life balance, and what it takes to be good at that job?

kilroy63 (Licensed Practical Nurse)

My thoughts on Cannabis oil or in any of its form, it is only a sedative, a sedating agent to manage a patient with uncontrollable seizures or spasms. It is also an addictive substance wherein dependance on its use will never be a factor to cure any form of cancer.

miketurley41 (Paramedic)

Might want to get deeper in to the decoctions and their historical efficacy.

Cahyana (Occupational Therapist)

In most cases of active smoking patients with cancers in their lung there have so far found no proper help to save their life. Would you like to send me (cahyana57@gmail.com) about some possible ways to help for those who have stopped smoking a year or so previous to get cancer attack?

CAP_MSJHRI (Respirology)

The approach to treating lung cancer is the same for current smokers, former smokers and never smokers. The treatments are recommended on the basis of Pathology, Stage. and molecular mutations. A difference is that smoking cessation strategies will be added to the treatment of lung cancer in smokers.

tebogoAbiel (Paramedic)

Dr.Powell yesterday i've send you a question as to what are the possibility of recovering from tumor in the ventricle?no one has ever react on that question of mine

CAP_MSNJHRI (Respirology)

I'm sorry but I didn't see the question. Can you please repost it?

tebogoAbiel (Paramedic)

Can a patient recover from a tumor in the ventricle after receiving chemotherapy

CAP_MSNJHRI (Respirology)

Before starting treatment, we rely upon statistics from a large number of patients with similar disease who have been treated with similar approaches. Of course, within these groups, some patients do better than others but we often don't know ahead of time who these patients will be. Therefore, the best predictor of recovery for an individual patient is his or her response to treatment.

Tnh0778071 (Certified Nursing Assistant)

How close truly do you believe we are to "eliminating" the "high" risk of cancer? I feel we are right around the corner, but are missing something. How do we ensure that whatever the solution is, our bodies do not become immune to it?

CAP_MSNJHRI (Respirology)

This is the goal and I am encouraged by the progress but think that we still have a ways to go.

kilroy63 (Licensed Practical Nurse)

If cancer cells are mutations of a regular human body cell, then let us find out what caused the mutation . If a cancer cell seems to feed on substances that we regularly find in the human body, find out what that substance is, see if we can isolate the cancer cells from that substance to prevent the cancer from growing.

Irajm (Internal Medicine and Subspecialties)

Dear Dr What is your opinion about lung transplantations without heart transplant in end stage patients with pure lung disease and its complications?

CAP_MSNJHRI (Respirology)

Lung transplant prolongs survival and can improve quality of life in appropriately selected patients. The major limitations include : 1. The shortage of organs due to inefficient number of donors and 2. limited long term survival due to obliterative bronchitis.

klc18 (Medical Student)

Hi Dr Powell, what's known about the mechanism of development of resistance to drugs such as crizotinib in less common genetic subgroups? Is this something that happens with all targeted molecular therapy?

CAP_MSNJHRI (Respirology)

Unfortunately, the development of resistance occurs commonly in the treatment of patients with targeted therapy. It can be helpful to obtain biopsies from recurrent tumors or from blood to identify the mechanisms of resistance when it occurs. The mechanisms include acquired mutations, and activation of bypass pathways

Lucaswmdiebel (Medical Student)

Do you foresee the CRISPR/Cas system being a potentially viable option in the treatment of lung and other cancers in the future?

CAP_MSNJHRI (Respirology)

Yes! CRISPR/Cas9 scientific data are very exciting. The potential applications and implications for treating human disease are very promising. It will take a while for the appropriate animal and human studies to be done to show that this approach is safe and effective.

DrGold (Radiology and Nuclear Medicine)

What new imaging techniques do you find most promising?

CAP_MSNJHRI (Respirology)

#1 - high resolution lower dose chest CT #2 - PET CT #3 - advances in MRI that allow better visualization of lung tissue

JJRobbins (Medical Student)

What learning resources do you recommend students use for their respiratory rotations?

CAP_MSNJHRI (Respirology)

I recommend the Murray and Nadel textbook of respiratory medicine. I used it when I was a medical school student, and thankfully, it's been updated.

lightreys (Respiratory Therapist)

Hi Dr Powell, does Deuterium has a promising role in any form in cancer therapy?

CAP_MSNJHRI (Respirology)

At this time, this therapy is not supported by robust clinical trial data.

crystaltrones (Licensed Practical Nurse)

A 72 YO female was diagnosed with low grade bladder cancer. Had two tumors removed and a follow up for three months for another scope. At the follow up, the tumor had grown back. Removed and administered One BCG treatment. She developed a persistent cough and was sent for Chest X-Ray and told it could be cancer. Is it common for cancer to spread from bladder to lungs this quickly? No Hx of smoking

CAP_MSNJHRI (Respirology)

It is unusual for low grade tumors to quickly spread to the lungs. The lung findings on the Chest X-Ray will need further evaluation.

crystaltrones (Licensed Practical Nurse)

Thank you. I just always thought the most common place for mets is the colon for bladders. It seemed a bit unusual for it to be in the lungs. Especially with no Hx of smoking or second hand smoke.

CAP_MSNJHRI (Respirology)

You are welcome. It is important to know what is common and what to expect. However, it also important to always be aware of unusual presentations of common diseases and usual presentations of unusual diseases.

robRN (Registered Nurse)

Has the use of GcMAF been a treatment for cancer in the US and what are your thoughts on it?

CAP_MSJHRI (Respirology)

There is no clinical Phase 3 trial data for this therapy for any condition

petrimed (Family Medicine)

You are talking mostly about smoking as a main factor for lung cancer. What kind of impact has air pollution in this situation? As a family doctor I have a lot of young patients (children most of them) with allergic symptoms related to this issue.

CAP_MSJHRI (Respirology)

Most Large studies show that air pollution has a small but significant impact on lung cancer risk. Air pollution certainly has a impact on worsening symptoms in people with #Asthma and #COPD

ethan_clem (Medical Student)

Do you believe that recent genetic advances might hold the key to treatment of CSC (cancer stem cells)? Also, how do you believe the treatment will change in order to more aggressively treat this type of cancer cell?

flyboy1984 (Respiratory Therapist)

PD-1 therapy just cured President Carter with lung cancer stage 3.

aknox1 (Technologist)

What about prevention of angiogenesis in tumors or mab's

CAP_MSJHRI (Respirology)

There are approved anti-angiogenesis mab therapies such as bevacizumab that are effective in treating advanced lung cancer

KevinGas (Medical Student)

Hi good day, with recent advances in cancer research and treatment especially recent innovations being mentioned in the eastern hemisphere, how confident are you and your colleagues that these advances can actually be beneficial in the long run especially from a lung pathology stand point.

CAP_MSJHRI (Respirology)

I am confident. Lung cancer has moved from a time when treatments were ineffective to a new era in which we have several effective new therapies and a realistic hope for more to come.