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# **What I Have Learned From Being An Oncologist, Family Caregiver, And A Patient**

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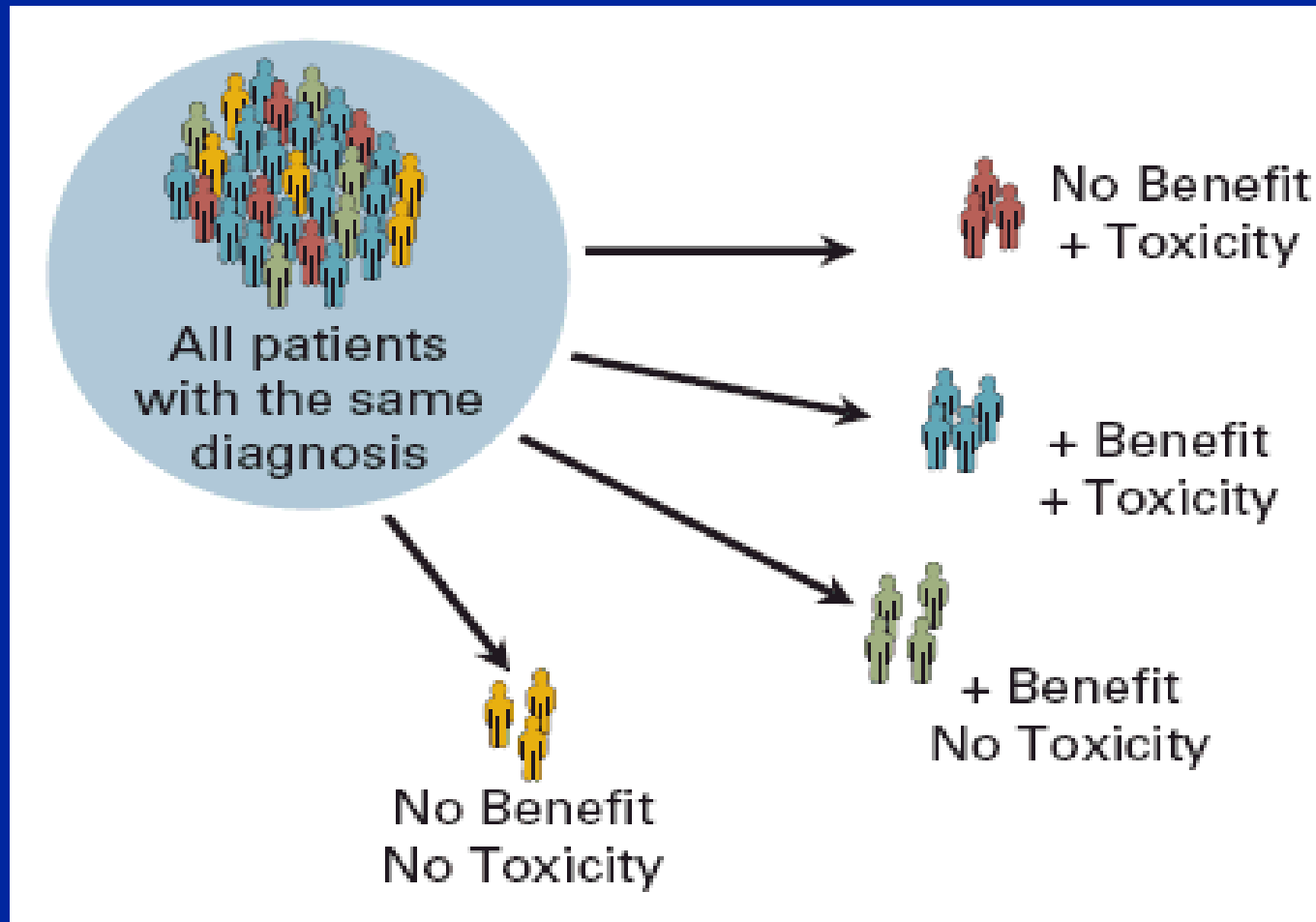
# **A Caring Physician – Does It Really Matter?**

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**Maybe The Promise  
Of “Personalized  
Medicine” Will Make  
Caring Less  
Important**

# Possible Outcomes of Therapy

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**We Don't Cure Everyone –  
And Even If Cure Is Likely,  
Patients Need Support  
Dealing With Stress,  
Fears, And Complications  
Of The Disease And  
Therapy**

# Maybe A Physician Caring Too Much Can Reduce The Quality of Care

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- I was taught in medical school that becoming too close to your patients destroys objectivity

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**Some Things That I  
Think Are More  
Important Than I Did  
Before**

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# **What You Do In The Exam Room And How You Do It Matters**





JAMA 307:2497, 2012

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**I Am Less Enthusused  
About Tele-Medicine**



# How You Deal With Images And Biopsies Is Really Important:

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- Remember Whose Body It Is And Who Works For Whom

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**Getting Scans Is  
Much Scarier Than I  
Thought**

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**Surveillance Imaging  
Doesn't Improve  
Outcomes – So Don't  
Do It**

# Does Surveillance Imaging Work?

Source	Lymphoma	Patients	Relapse Between Visits	Asymptomatic Relapses	OS Differences
UK	HL	210	41%	8%	---
Wisconsin, Washington University, Nebraska	HL	241 (174 RS)	---	9% detected by scans	5 year OS 97% (RSI) vs 96% (CS)
Mayo, Lyon, Iowa	DLBCL	774	64%	1.7% relapses detected by scans before symptoms	No improvement in OS (P = .54 and .22)
Sweden (no RS) vs. Denmark (all RS)	DLBCL	1221	---	---	3 year OS 92% Denmark vs 91% Sweden

# What Harm Comes From Surveillance Images?

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- Increased anxiety associated with surveillance images
- Risk of biopsies
- Second malignancies

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# **What Is A Caring Oncologist?**



# What It Means To Be A Caring Physician

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- Provide hope . . . While not being dishonest
- Remember you don't know everything
- Be a friend to your patient

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**If You Care For  
Patients With  
Serious/Fatal  
Diseases, How Do  
You Not “Burn Out”?**

# How Do You Keep Caring And Not “Burnout?”

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- Enjoy your patients – sometimes they give you more than you give them
- Learn to live with your mistakes

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- “Do your best, angels can’t do better”

Don Roker

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**These Are Not New  
Ideas**

***“Medicine Is An Art  
That Uses Science To  
Let Us Better Minister  
To Our Patients”***

**William Harvey**

***“Medicine Is A  
Calling...Where Your  
Heart Will Be Exercised  
Equally With Your Head”***

**William Osler**

# **The Secret To Patient Care Is Caring For The Patient**

**Sandy Levine**



# **“The Doctor” by Luke Fildes 1891**



# What Does It Mean To Practice Really Personalized Medicine?

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- The correct diagnosis and therapy is a minimum patients should expect
- The art of medicine separates really excellent physicians