



(VIDEO) Transforming colon cancer care through precision medicine

Video	Audio
	"Feeling good, legs are good, living life.."
Eric Minnesota, Patient	At 56 years old, Eric Minnesota thought he was in the best shape of his life. "From a health point of view, I thought I was, you know, nearly at the top of my game based on my age."
	But then, while Eric was training for his first Ironman triathlon, he developed stomach pain that led him to the doctor. Tests revealed he had stage 3 colorectal cancer.
	"From a surgeon's point of view, the plan was to remove the colon with an ostomy bag and remove the lymph nodes on my right-hand side."
Phoenix, AZ	Eric and his wife Paula turned to Mayo Clinic in Arizona, where they learned about precision medicine. That's where a multidisciplinary team of specialists create a personalized treatment plan based on the patient's DNA and the molecular profile of his cancer.
Jewel Samadder, M.D., Gastroenterology and Hepatology	"By performing genomic sequencing on the patient's blood and the tumor, we can identify if there's a precision treatment approach, including immune therapies, that can sometimes allow a patient to avoid the need for complex and life-altering surgeries."
	Precision medicine tests had revealed that Eric was a candidate for nonsurgical treatment with immunotherapy. That works by using the body's own immune system to fight the cancer. Immunotherapy is delivered in a series of treatments by IV infusion.

	"So the treatment is surprisingly easy. I mean, to be truthful, I feel guilty based on the type of treatment that I had for my cancer versus what other individuals go through. It's just a simple infusion that takes less than an hour start to finish."
Paula Minnesota, Eric's wife	"I'm like, we gotta try this. I think this aligns with his goals and what he wanted. I was so over the moon."
	The treatment took six months, and it was a success. Take a look at Eric's colonoscopy before treatment. Here's that area with the large cancerous tumor. And then, after treatment, that same area and the tumor is gone.
	"This is a perfect example of why patients want to come to Mayo Clinic and see multiple physicians in our multidisciplinary cancer clinics and our early-onset program so that we can understand the cause of their cancer, determine their best treatment approaches, including clinical trials, and sometimes avoid complicated life-altering surgeries when possible."
	Eric says his only side effect was mild fatigue. So he was able to keep up his Ironman training and never had to miss a day of work.
	"I won the lottery. The stars aligned...my markers and the care team, it was just a perfect fit."
	And timing was perfect too. The treatment ended just in time for Eric and Paula's 32nd wedding anniversary. They celebrated by going on a run together.
	"These moments, these struggles together has really made us stronger, so I think I came out a better person."
	For the Mayo Clinic News Network, I'm Marty Velasco Hames.