Breast Cancer Survivorship: Managing Life With Endocrine Therapy

Anna Di Marco MD, FACP
<table>
<thead>
<tr>
<th><strong>Hormone Receptor +</strong></th>
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<tbody>
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<td><strong>Most common subset of breast cancer.</strong></td>
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<td><strong>Most common cancer in women worldwide.</strong></td>
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<td><strong>Adjuvant endocrine therapy significantly reduces risk of recurrence and death.</strong></td>
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<td><strong>Prolonged use can cause short term and lifelong health consequences.</strong></td>
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Goals

1. Discuss strategies to improve quality of life.
2. Alleviate side effects.
3. Prevent discontinuance of adjuvant hormonal therapy.
Case 1

- Postmenopausal female with IDC of left breast.
- ER/PR + Her2- (0)
- T2N0
- Started on adjuvant letrozole and complains on moderate hot flashes, and painful sexual intercourse that have progressively worsened since she was started on the pill 4 months ago.
Vasomotor

- Variable presentation
- Hot flashes
- Sweating
- Panic attacks
- Bad sleep
## Solution Vasomotor Symptoms

<table>
<thead>
<tr>
<th>Treatment</th>
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<tr>
<td>Behavioral Therapy</td>
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<tr>
<td>SSRI - venlafaxine 37.5mg qd</td>
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<tr>
<td>Clonidine</td>
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<tr>
<td>Gabapentin</td>
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<tr>
<td>Oxybutin 2.5 mg bid</td>
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<td>Herbal supplements not enough evidence.</td>
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Genito-Vaginal Symptoms

- Vaginal Dryness
- Recurrent UTI
- Dyspareunia
- Vaginal Itch
- Vaginal Stenosis
Genito-vaginal Solutions

Moisturize
- Non hormonal- hyaluronic acid tiw
- Prasterone 6.5mg once weekly- DHEA
  - For patients on AI
  - Does not increase serum estrogens

Lubricate
- Silicon based
- Water based

Withhold from vaginal douches
Local Estrogen Therapy

- Low dose has not demonstrated increase in recurrence.
- Once a week
  - Increase weekly if needed
  - 1% estradiol cream
  - 10mcg estradiol tablets
  - Use dilators
Case 1 Solution

• Postmenopausal female with IDC of left breast.

• ER/PR + Her2-

• Started on adjuvant letrozole and complains painful sexual intercourse that have progressively worsened since she was started on the pill 4 months ago.

Treatment

1. Moisturize with hyaluronic acid.
2. Lubricate silicon during intercourse.
3. Low dose estradiol weekly if symptoms persist.
Recurrent UTI

• Use low dose estrogen in vulvar, urethral area
  • Once weekly
Sexual Symptoms

- Reduced libido
- Painful Intercourse
- Vaginal stenosis
Sexual Symptoms Solutions

- Vaginal moisturizer weekly – prepare area
- Vaginal hormone
- Lubricate during intercourse
- Use dilators to maintain anatomy
- Tamoxifen has less libido suppression
- Foreplay
- Drug holiday

- Flibanserin
  - FDA approved
  - 100mg at HS
  - Premenopausal
  - Alcohol black box warning
- Bupropion
Bio Identical Hormones

- Non FDA approved
- Pellets/transdermal
- Safety unknown with breast cancer survivors.
Bone Health

Aromatase inhibitors causes bone demineralization.

Increase risk of fracture.

Ovarian suppression therapy plus AI

The longer duration AI, further increase bone fracture risk.
Bone Health Solutions

ASCO GUIDELINES
• Exercise
  • Weight bearing
• Calcium rich diet
• Vitamin D supplements

Bone Modifying agents
• Bisphosphonate
  • Potential anti cancer effect in postmenopausal
• Rank Ligand Inhibitor
  • Contraindicated in renal insufficiency
  • Modify pending GFR
  • Osteonecrosis of the jaw

Gnant et al, Lancet 2015 433-43
Anticancer effects of Bone Modifying Agents

**Premenopausal**
- Zoledronic acid prevention.
  - Anticancer effect if patient on AI and ovarian suppression treatment.
  - ABCSG-12 trial

**Postmenopausal**
- Denosumab
  - Low risk of recurrence.
- Bisphosphonate
  - High risk for recurrence due to anti cancer protection

Gnant et al. NEJM 2009 679-671
## Summary

<table>
<thead>
<tr>
<th>Action</th>
<th>Recommendation</th>
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<tbody>
<tr>
<td>Talk</td>
<td>Talk to your patients about their sexual health!</td>
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<tr>
<td>Initiate</td>
<td>Initiate them in vaginal moisturizers.</td>
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<tr>
<td>Don’t fear</td>
<td>Don’t fear low dose estradiol therapy.</td>
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<tr>
<td>Remember</td>
<td>Remember to prevent bone demineralization.</td>
</tr>
<tr>
<td>Help</td>
<td>Help our patients keep LIVING during breast cancer survivorship!</td>
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Thank you for your attention!