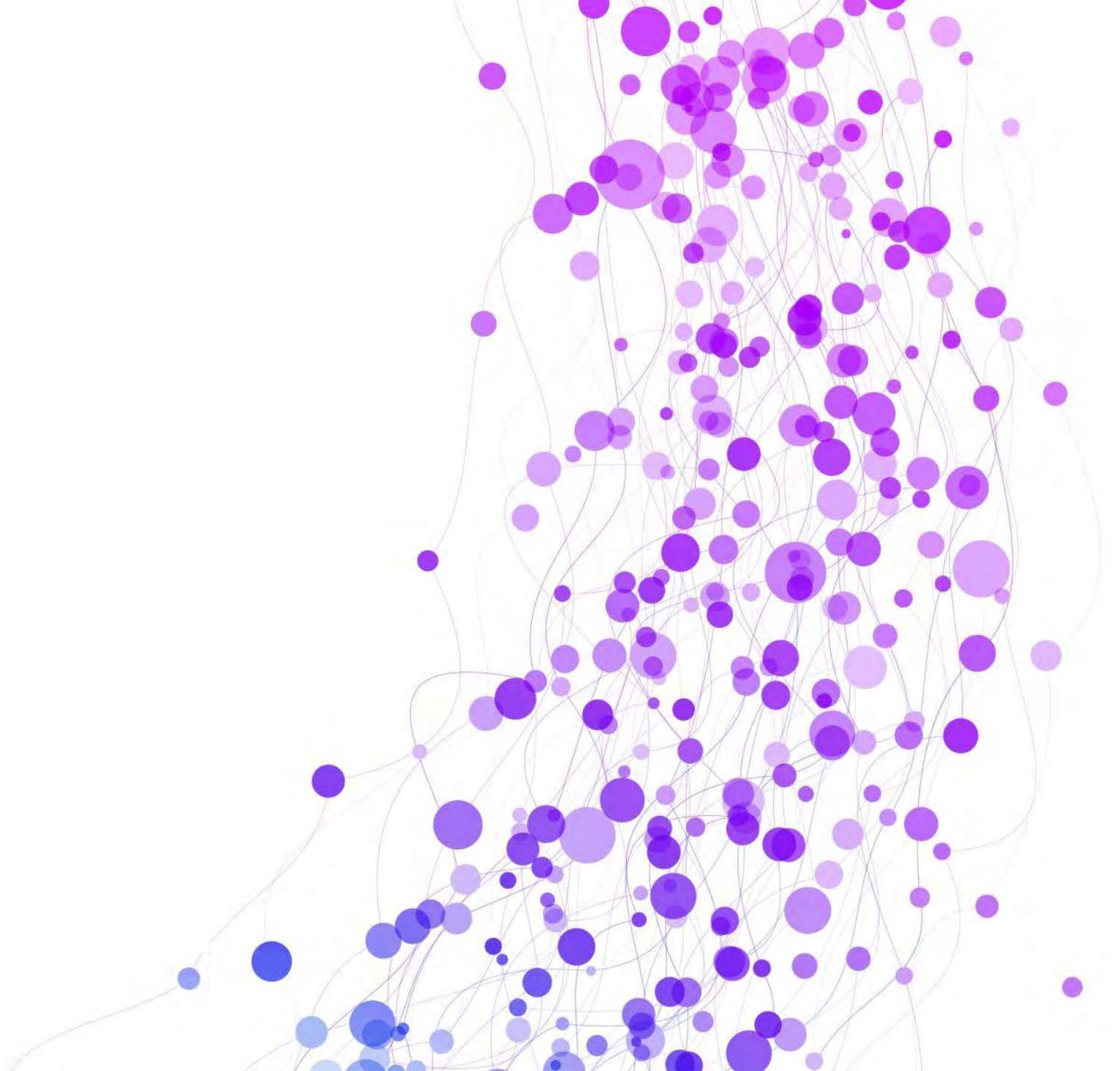


# Breast Cancer Survivorship: Managing Life With Endocrine Therapy

Anna Di Marco MD, FACP



# Hormone Receptor +

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Most common subset of breast cancer.

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Most common cancer in women worldwide.

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Adjuvant endocrine therapy significantly reduces risk of recurrence and death.

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Prolonged use can cause short term and lifelong health consequences.

# 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

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Variable presentation

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Hot flashes

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Sweating

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Panic attacks

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Bad sleep

# Solution Vasomotor Symptoms

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Behavioral Therapy

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SSRI- venlafaxine 37.5mg qd

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Clonidine

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Gabapentin

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Oxybutin 2.5 mg bid

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Herbal supplements not enough evidence.



# 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



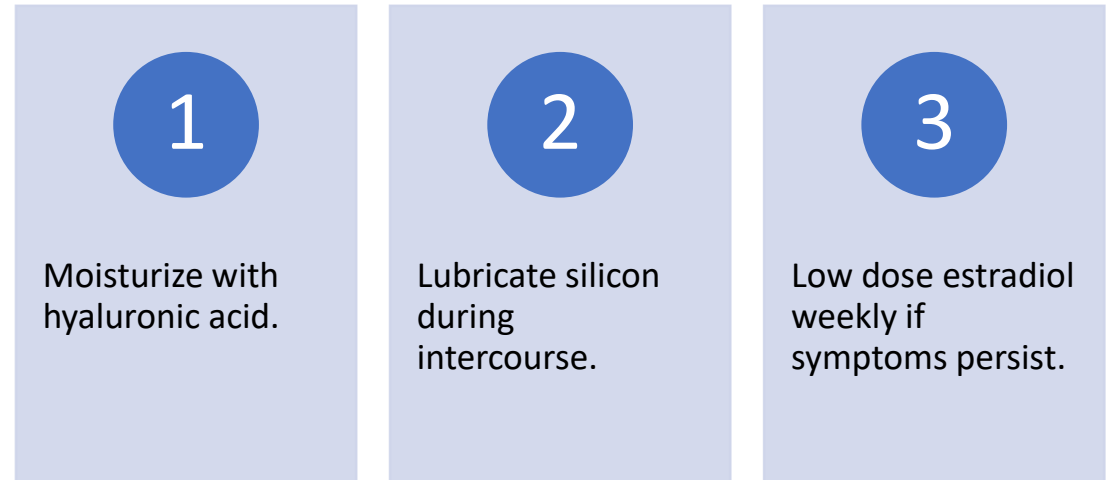
# Local Estrogen Therapy

- 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



# 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

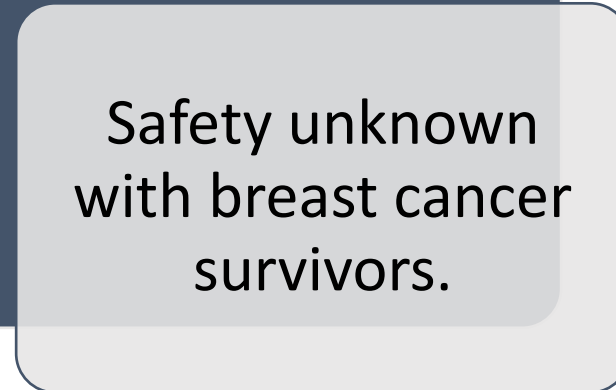
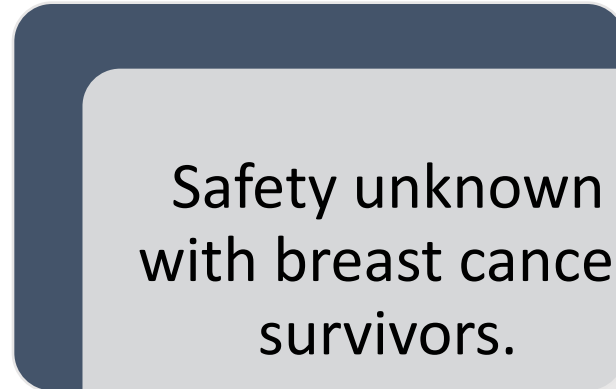
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Non FDA approved



Pellets/transdermal



Safety unknown  
with breast cancer  
survivors.

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# 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.

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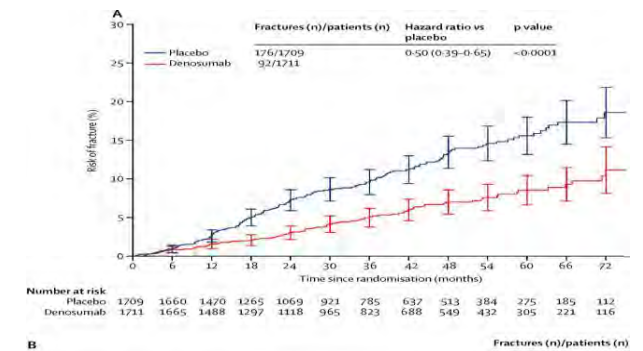
# Bone Health Solutions

## 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

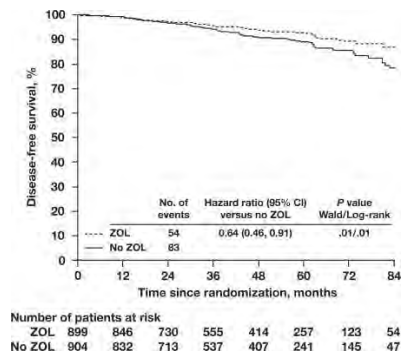




# Anticancer effects of Bone Modifying Agents

## 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

# Summary

<b>Talk</b>	Talk to your patients about their sexual health!
<b>Initiate</b>	Initiate them in vaginal moisturizers.
<b>Don't fear</b>	Don't fear low dose estradiol therapy.
<b>Remember</b>	Remember to prevent bone demineralization.
<b>Help</b>	Help our patients keep LIVING during breast cancer survivorship!

Thank you for your attention!

