

# Guidelines In The Use Of Hormonal Therapy In Early Stage Breast Cancer

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# Introduction

- Endocrine therapy plays a major role in the treatment of hormone receptor positive breast cancer.
- Adjuvant endocrine therapy has had a significant impact in disease free survival and overall survival for patients with early-stage breast cancer.
- Challenges of endocrine therapy in the adjuvant setting includes optimal treatment for premenopausal woman, duration of therapy, defining recurrence risk, management of side effects, treatment compliance, among others.

# Challenges Ahead

Which is the best hormonal strategy for premenopausal woman?



What the optimal duration of therapy?



How can I personalize treatment decisions?

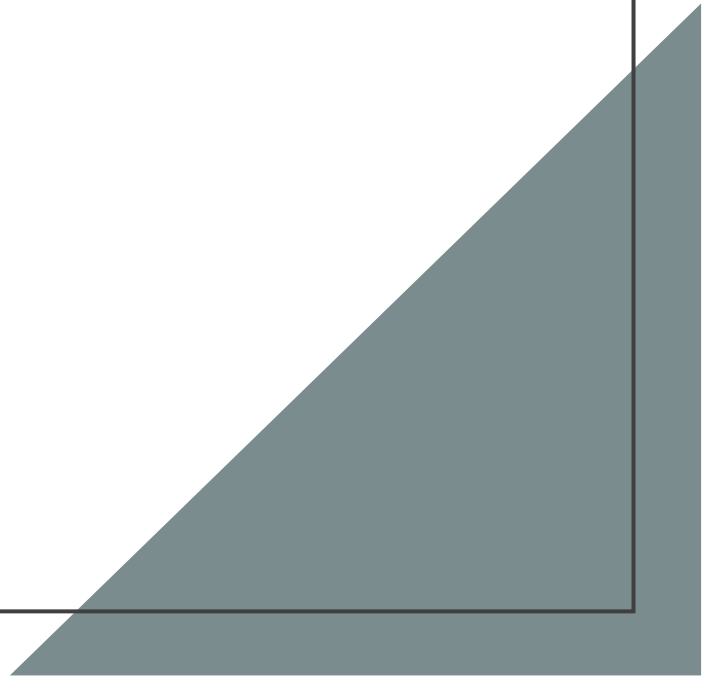


How to balance risk vs benefits?



What else can I do for my high risk patients?

Which is the best hormonal strategy for premenopausal women?





# Menopause Definition

Because the endocrine options for treatment depends on whether a woman is in menopause, defining menopausal status is important

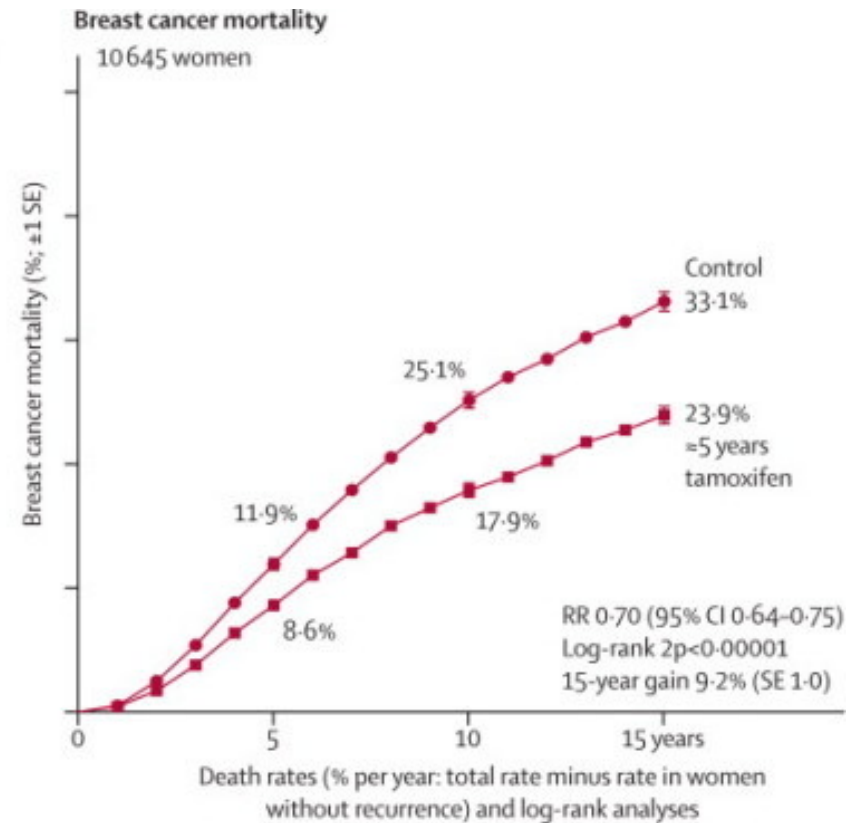
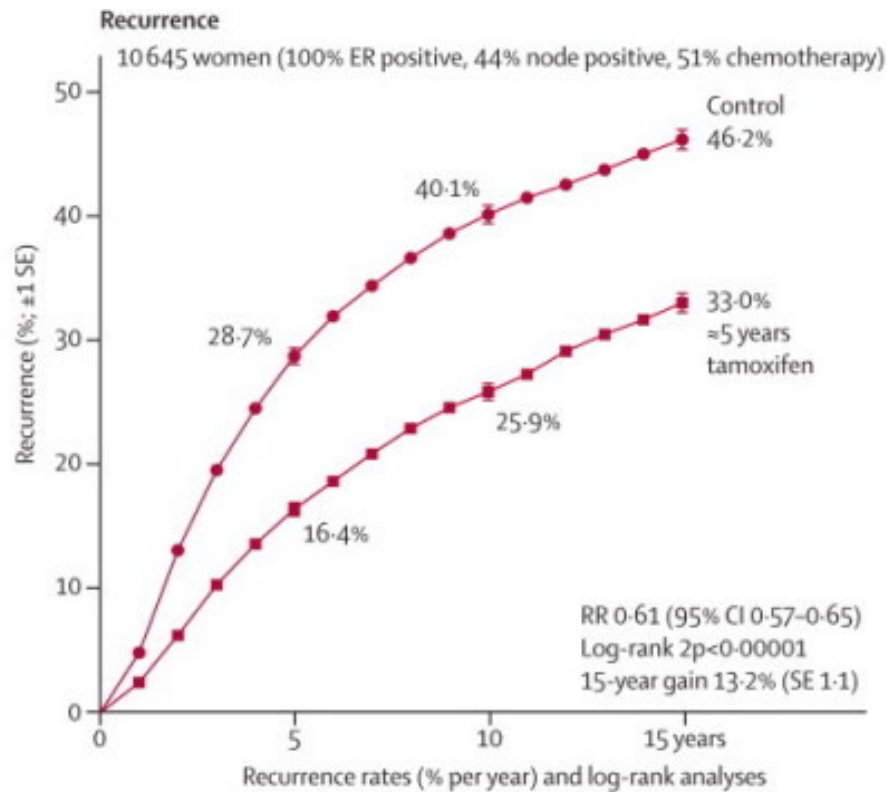
- ✓ Prior bilateral oophorectomy
- ✓ Age  $\geq 60$  years
- ✓ Age  $< 60$  with amenorrhea for  $\geq 12$  months in the absence of prior chemotherapy, receipt of tamoxifen, toremifene, or ovarian suppression and estradiol and FSH in the post-menopausal range
- ✓ Age  $< 60$  years: chemotherapy-induced amenorrhea for  $\geq 12$  months with FSH and estradiol in post-menopausal range on serial assessments
- ✓ Age  $< 60$  years: on tamoxifen with FSH and estradiol level in post-menopausal range

# Breast Cancer Frequency and Mortality by Age and Subtype

BC Subtype Frequency	Age $\leq$ 40 (n=1916)	41-50 9 (n=4854)	51-60 (n=5249)
Luminal A	27%	40%	45%
Luminal B	36%	32%	27%

BC Subtype/Deaths	Age $\leq$ 40 (n=1916)	41-50 9 (n=4854)	51-60 (n=5249)
Luminal A	7.5%	2.1%	2.4%
Luminal B	12.2	6.7%	7.4%

# Tamoxifen Efficacy in HR + Breast Cancer in Randomized Trials



	Years 0-4	Years 5-9	Years 10-14	Year 15+
Tamoxifen	3.74 (891/23819)	2.62 (454/17315)	2.06 (220/10657)	1.75 (88/5034)
Control	6.71 (1466/21862)	3.46 (499/14420)	2.11 (182/8620)	1.76 (71/4045)
Rate ratio	0.53 (SE 0.03)	0.68 (SE 0.06)	0.97 (SE 0.10)	0.88 (SE 0.16)
(O-E)/N	-343.3/535.1	-82.5/217.5	-3.3/93.3	-4.4/35.5

	Years 0-4	Years 5-9	Years 10-14	Year 15+
Tamoxifen	1.79 (SE 0.08)	2.25 (SE 0.11)	1.54 (SE 0.11)	1.48 (SE 0.16)
Control	2.46 (SE 0.10)	3.23 (SE 0.13)	2.28 (SE 0.14)	1.89 (SE 0.19)
Rate ratio	0.71 (SE 0.05)	0.66 (SE 0.05)	0.68 (SE 0.08)	0.88 (SE 0.14)
(O-E)/N	-84.4/244.8	-95.8/233.2	-38.6/99.4	-5.7/42.6

5 years of adjuvant tamoxifen safely reduces 15-year risks of BC recurrence and death. ER status was the only recorded factor importantly predictive of the proportional reductions.

# Ovarian Function Suppression

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- Ovarian function suppression alone improves outcomes in early stage premenopausal breast cancer patients<sup>1</sup>
- Premenopausal women who develop amenorrhea after chemotherapy for estrogen receptor–positive tumors have a lower risk of recurrence<sup>2</sup>
- An analysis according to age subgroups in TAILORx (age <40, 40-45 and 45-50 years) supports the argument that some chemotherapy benefits relate in part to ovarian suppression; benefits of chemotherapy were least noticeable in women least likely to experience chemotherapy-induced menopause (aged <40 years) and more pronounced among those more likely to experience treatment-related amenorrhea (aged >40 years)<sup>3</sup>

# TEXT and SOFT Joint Analysis

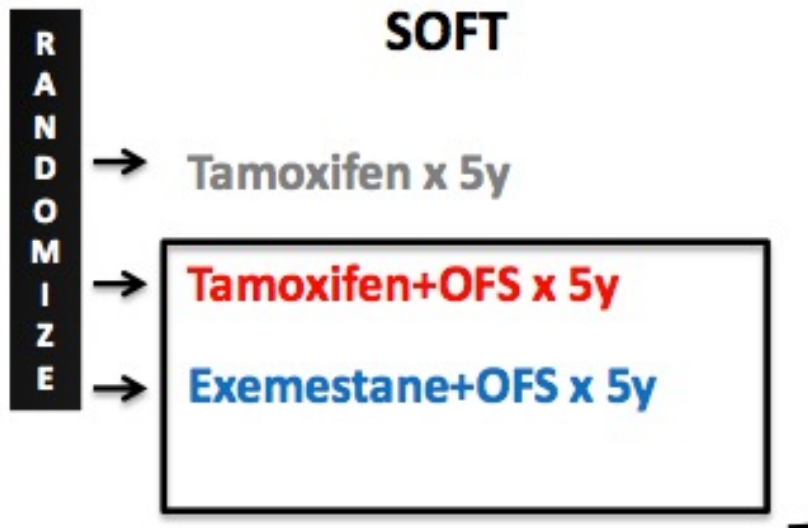
Enrolled: Nov03-Apr11

- Premenopausal
- ≤12 wk after surgery
- Planned OFS
- ± Planned chemo

## TAMOXIFEN AND EXEMESTANE TRIAL (N=2672) TEXT



## SUPPRESSION OF OVARIAN FUNCTION TRIAL (N=3066) SOFT

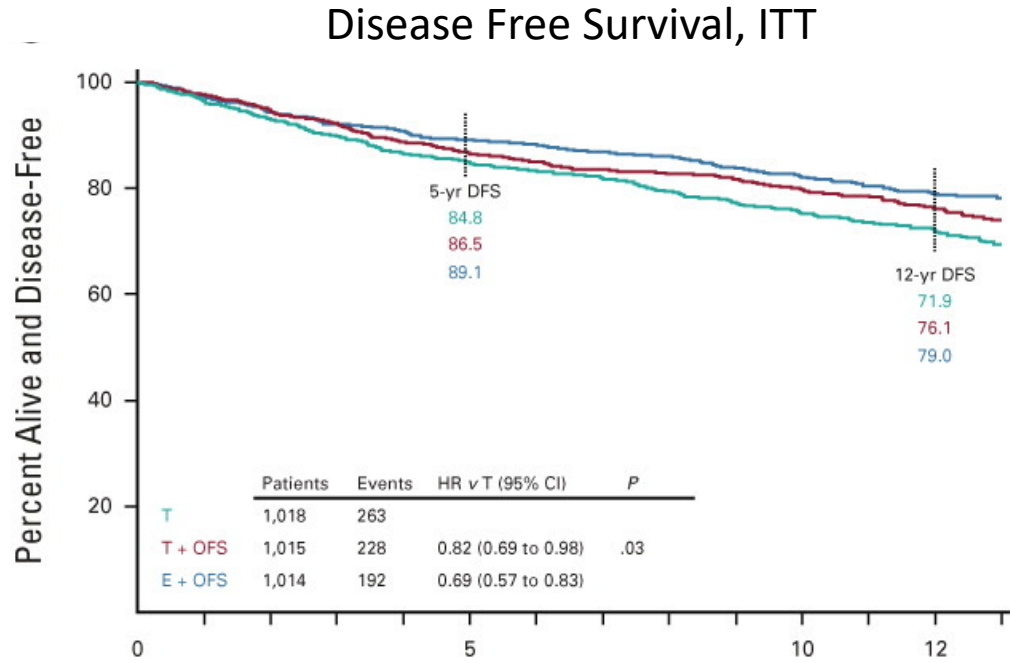


## Joint Analysis (N=4690)

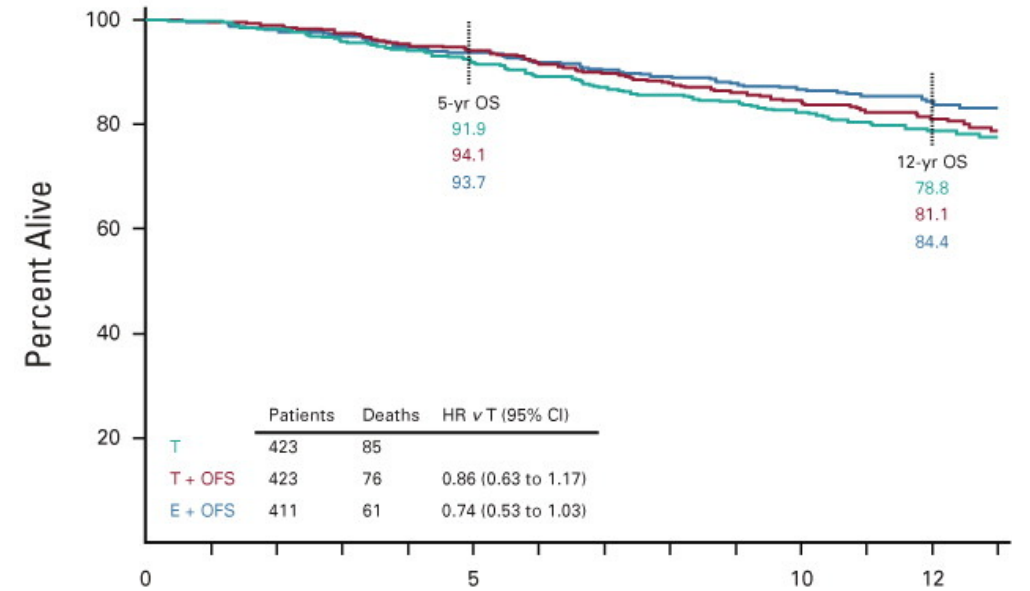


OFS=ovarian function suppression

# Outcomes after median F/U 12 years, SOFT Trial



### Overall Survival in Her 2 neg who received chemo



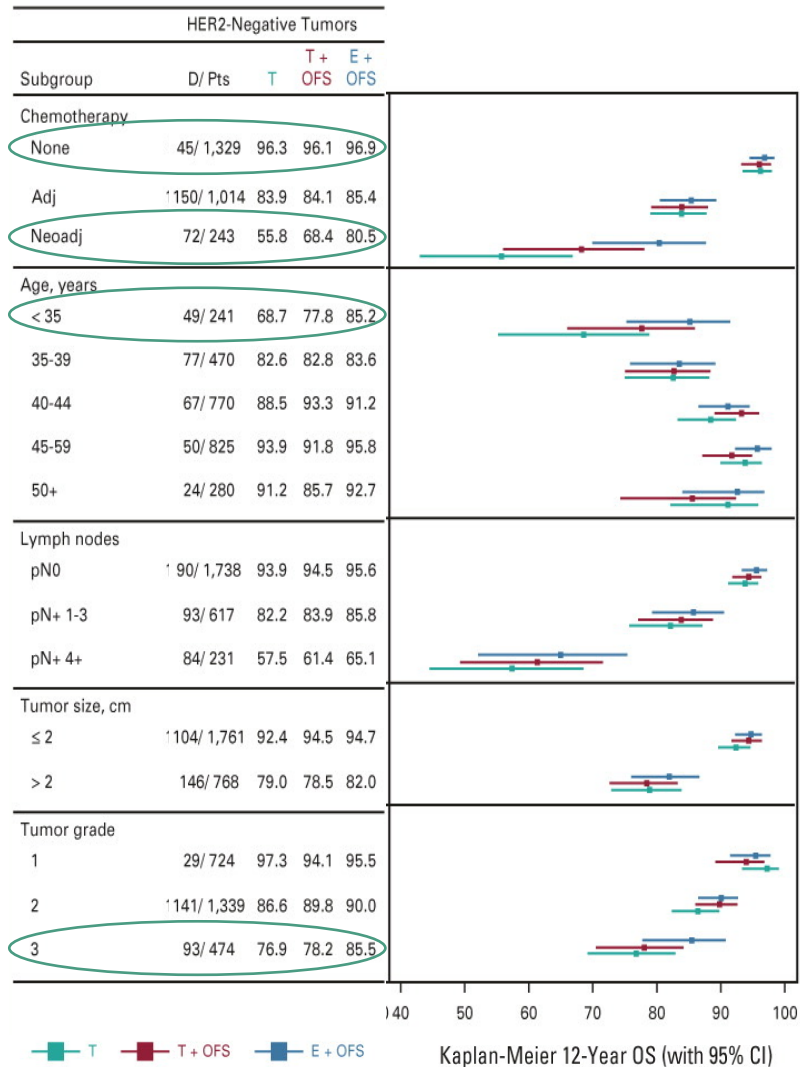
#### Time Since Random Assignment (years)

	No. at risk:	0-5 yr (events/pyfu) HR (95%CI)	No. at risk:	≥ 5 yr (events/pyfu) HR (95%CI)	No. at risk:
T	1,018	(147 / 4,430)	778	(116 / 4,758)	308
T + OFS	1,015	(131 / 4,536) HR, 0.86 (0.68 to 1.09)	804	(97 / 5,178) HR, 0.76 (0.58 to 1.00)	352
E + OFS	1,414	(105 / 4,518) HR, 0.69 (0.54 to 0.89)	819	(87 / 5,211) HR, 0.68 (0.51 to 0.89)	347

#### Time Since Random Assignment (years)

	No. at risk:	0-5 yr (deaths/pyfu) HR (95%CI)	No. at risk:	≥ 5 yr (deaths/pyfu) HR (95%CI)	No. at risk:
T	423	(33 / 1,990)	366	(52 / 2,321)	161
T + OFS	423	(24 / 2,001) HR, 0.71 (0.42 to 1.20)	376	(52 / 2,426) HR, 0.80 (0.48 to 1.35)	170
E + OFS	411	(25 / 1,946) HR, 0.95 (0.65 to 1.40)	365	(36 / 2,367) HR, 0.70 (0.46 to 1.07)	155

# 12-year OS (95% CIs) in subgroups in SOFT Trial

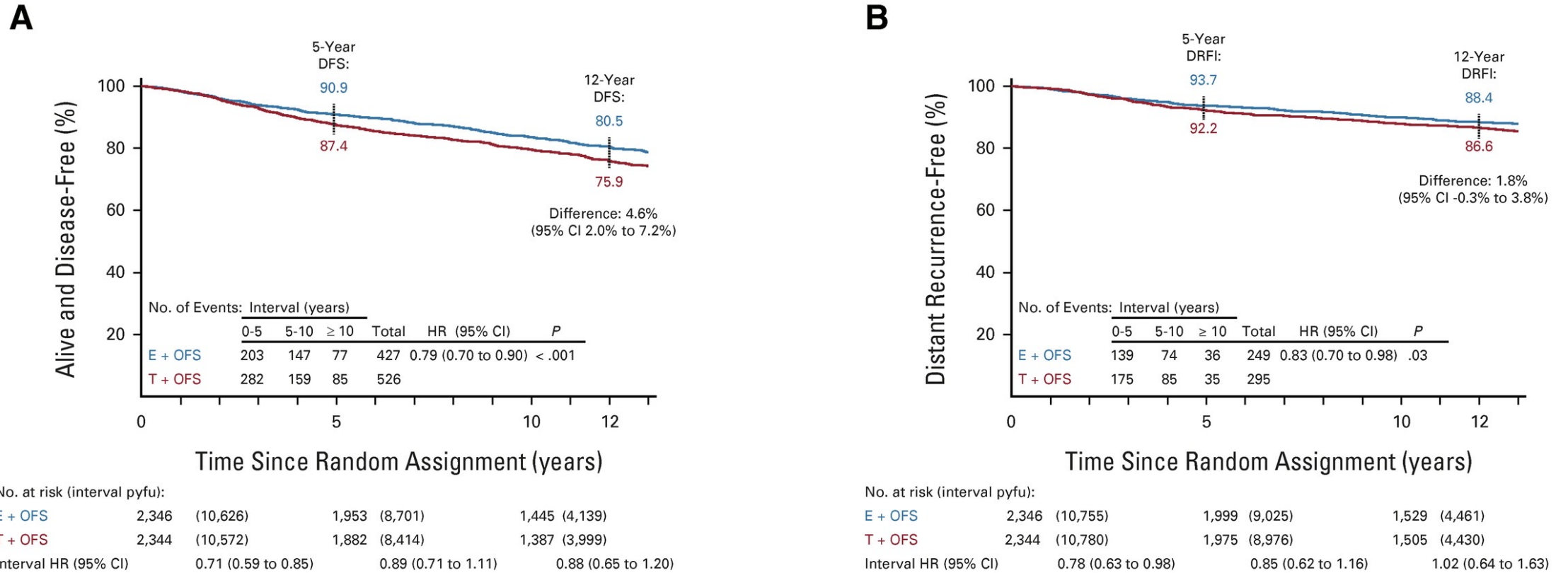


In the no-chemotherapy cohort, 12-year OS exceeded 95% in all three treatment groups

Meaningful absolute improvements in 12-year OS in subgroups associated with higher-risk clinical-pathologic features, including prior neoadjuvant chemotherapy, age <35 years, and grade 3 tumors



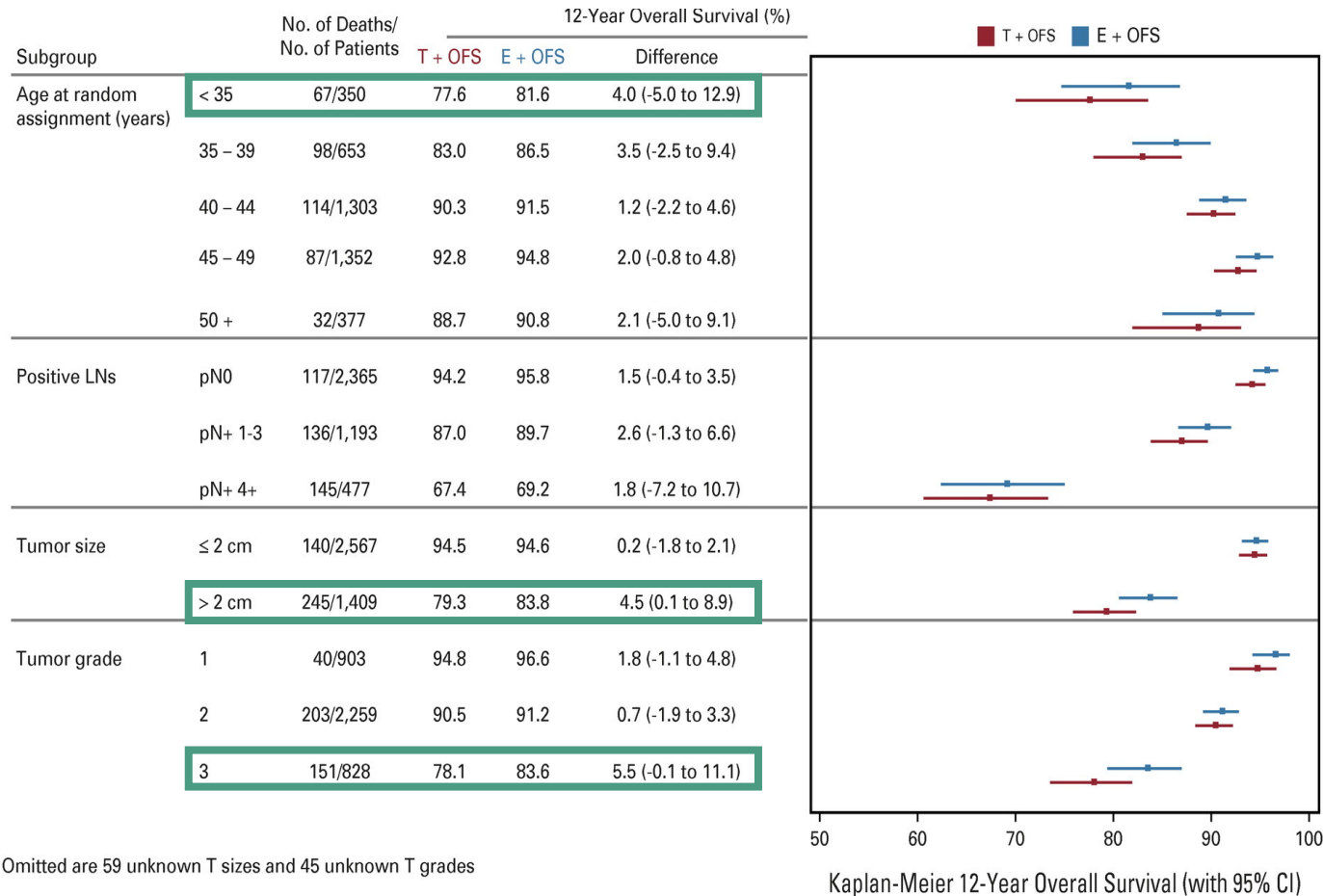
# Outcomes after median F/U 13 years, SOFT/TEXT trials



No overall survival (90.1% v 89.1%, HR, 0.93; 95% CI, 0.78 to 1.11) in ITT



# OS in HR +/-HER2-neg Breast Cancer Subgroups, SOFT/TEXT



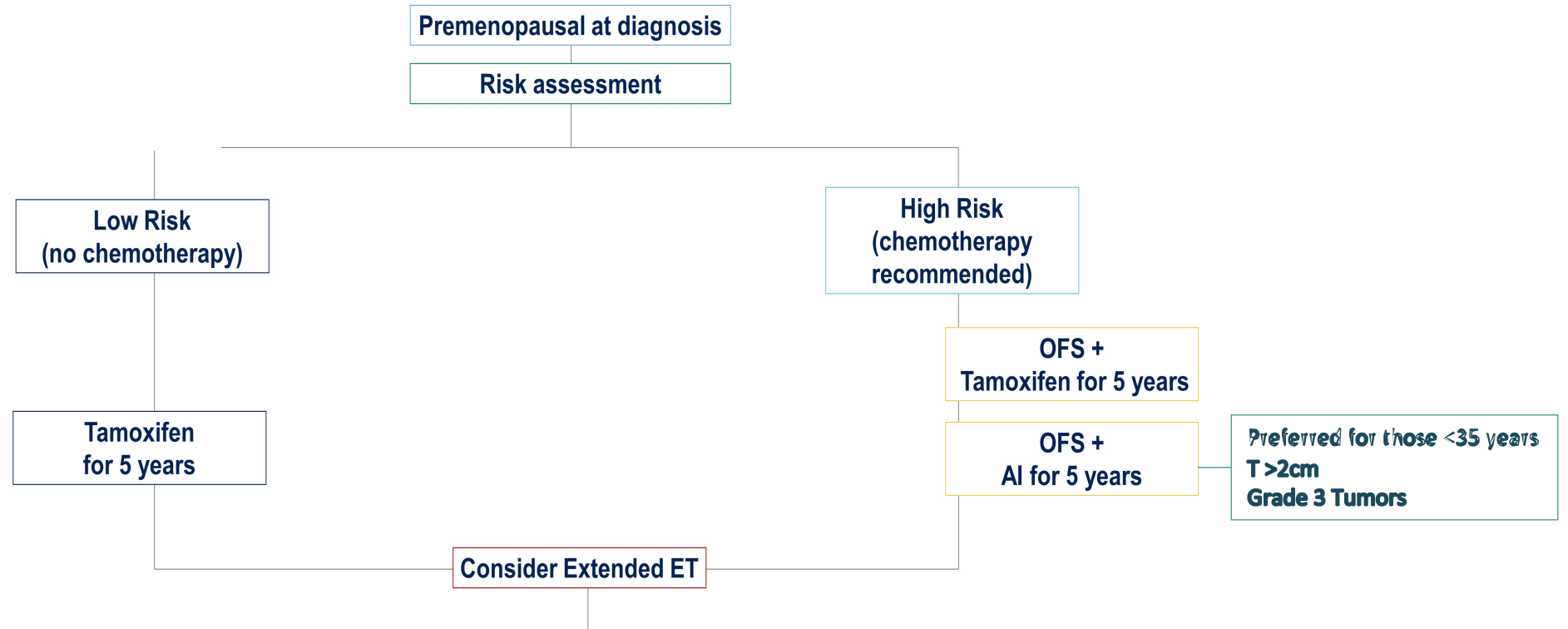
Omitted are 59 unknown T sizes and 45 unknown T grades

OS benefit was clinically significant in high-risk patients

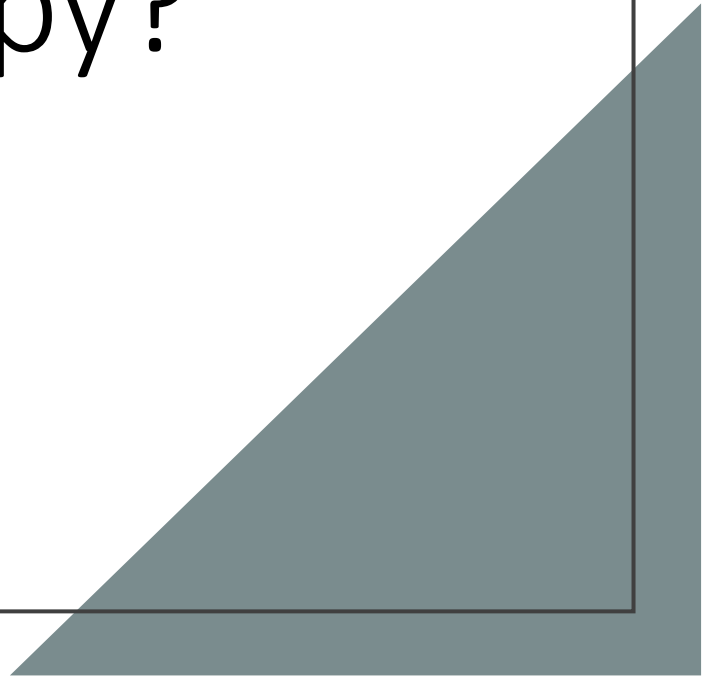
- women age < 35 years (4.0%)
- T > 2 cm (4.5%)
- Grade 3 tumors (5.5%)

These sustained reductions of the risk of recurrence with adjuvant E+ OFS, compared with T+ OFS, provide guidance for selecting patients for whom exemestane should be preferred over tamoxifen in the setting of OFS

# Adjuvant ET Approach for Premenopausal HR+ BC Patients



What is the optimal duration of adjuvant endocrine therapy?

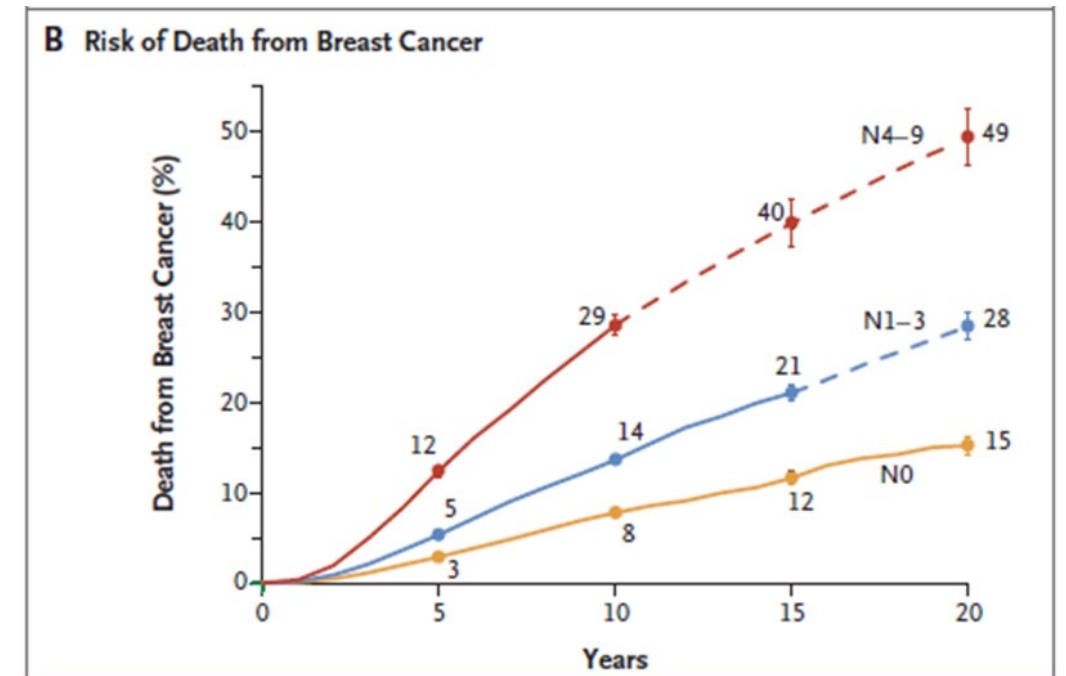
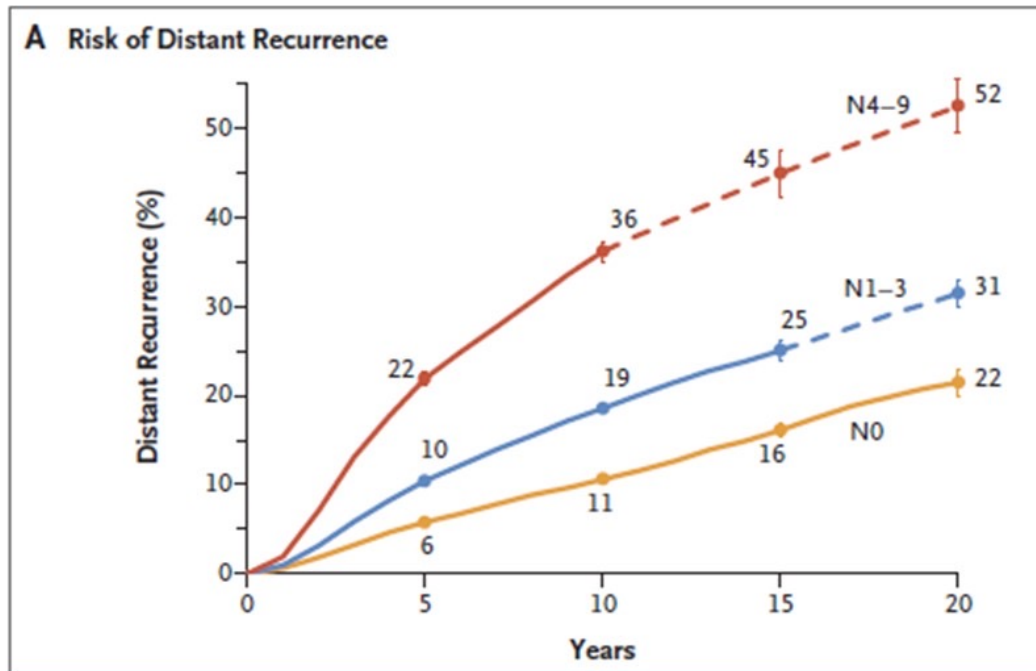


# Extending Endocrine Therapy

The Rational:

- ✓ Several studies have shown that after discontinuation of endocrine therapy at 5 years, there is a steady increased risk for distant recurrence at least for the subsequent 20 years

Risk Of Distant Recurrence And Death 10 - 20 Years After Dx And Discontinuation Of ET At 5 Years: EBCTCG Meta-analysis



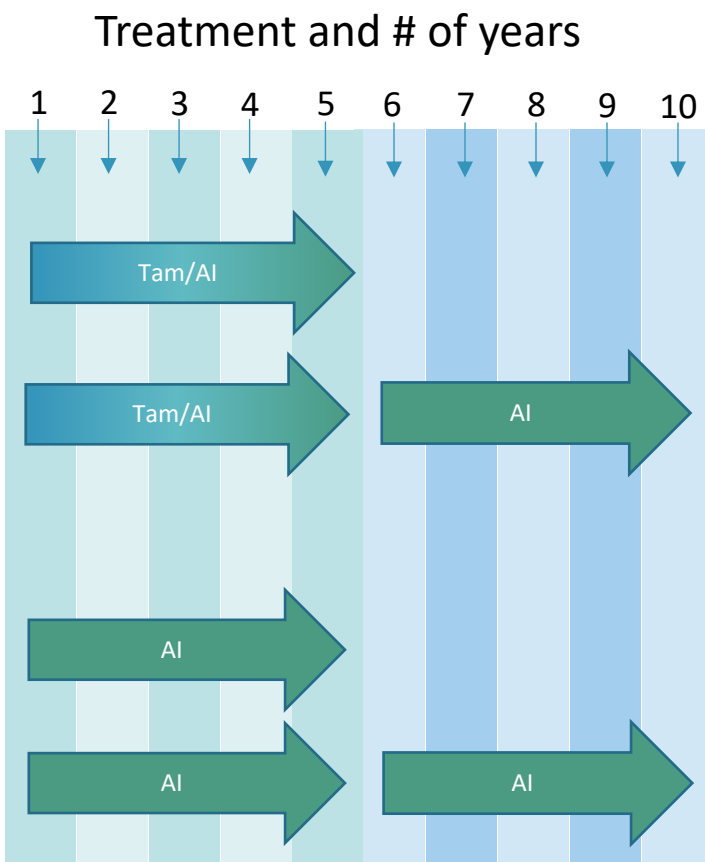
Pan et al. NEJM 2017

***Prolonging adjuvant endocrine therapy beyond 5 years will improve the long term outcome of for HR+ breast cancer patients?***

# Extended Endocrine Therapy

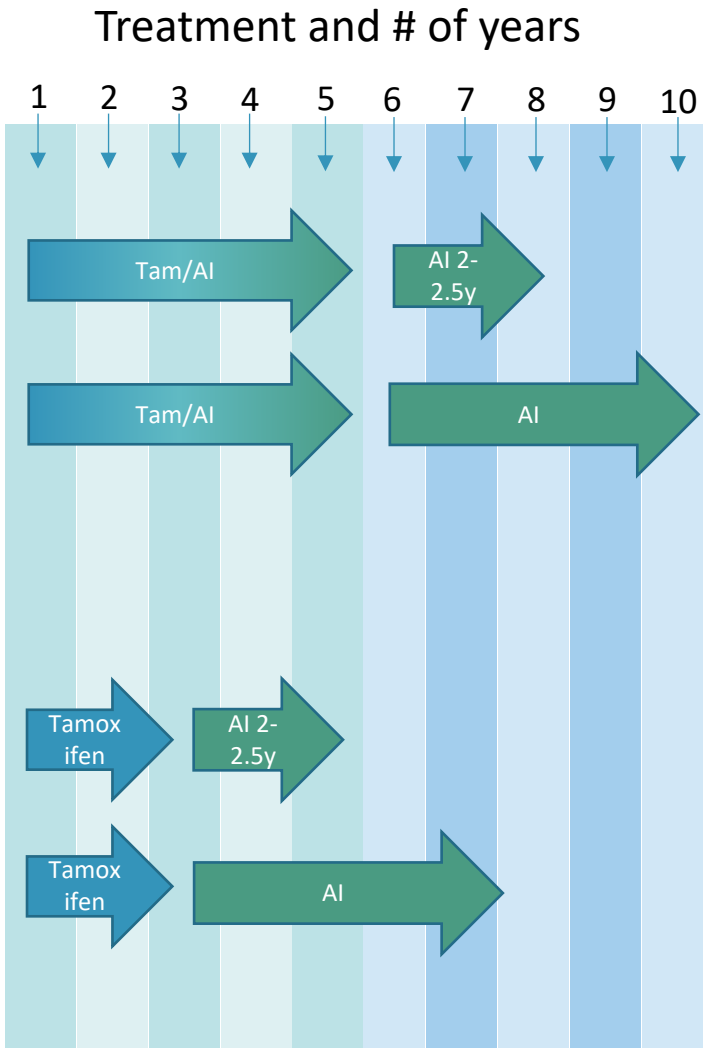
Treatment and # of years										Study	Number of subjects	Median F/U (months)	iDFS (95% CI)	OS (95% CI)	Comments
1	2	3	4	5	6	7	8	9	10	ATLAS	6953	108	>10 years RR 0.75 (0.66-0.86)	>10 year RR 0.86 (0.75-0.97)	Proportional risk reduction was similar across subgroups
Tamoxifen					Tamoxifen					aTTom	6846	120	>10 year RR 0.75 (0.62-0.90) Absolute reduction 3.7%	BCSS 0.71 (0.58-0.88) Absolute reduction 2.6%	
Tamoxifen					AI					MA-17	5187	80	0.58 (0.45-0.76) Absolute reduction 4.6%	0.82 (0.57-1.19) No difference	OS improved for N+

# Extended Endocrine Therapy



Study	Number of subjects	Median F/U (months)	iDFS (95% CI)	OS (95% CI)	Comments
NSABP B 42	3923	83	0.84 (0.74-0.96) Absolute reduction 3.8%	0.97 (0.82-1.16) No difference	Contralateral BC reduction 1.5%
MA-17R	1918	76	0.66 (0.48-0.91) Absolute reduction 4%	0.97 (0.73-1.28) No difference	Contralateral BC reduction 1.8%

# Extended Endocrine Therapy



Study	Number of subjects	Median F/U (months)	iDFS (95% CI)	OS (95% CI)	Comments
IDEAL	1824	79	0.92 (0.74-1.16) No difference	1.04 (0.78-1.38) No difference	Contralateral BC 0.39 (0.12-0.81)
ABCSG 16	3484	118	0.99 (0.85-1.15) No difference	1.02 (0.83-1.25) No difference	
DATA	1860	49	0.79 (0.62-1.02) No difference	0.91 (0.65-1.29) No difference	Contralateral BC 0.59 (0.23—1.07) Benefit in DFS for N+ pts
GIM-4	2056	140	0.78 (0.65-0.93) Absolute reduction 5%	0.77 (0.60-0.98) Absolute reduction 4%	Benefit seen in all sub groups, but higher in N+

# Who benefits from Extended Adjuvant ET?

Prior Treatment		Tumor/Patient Characteristic	Extended Adjuvant therapy
Tamoxifen 5 y		<b>T1a/b N0</b> <b>T1c grade 1</b> Premenopausal and post menopausal patients	No significant benefit
Tamoxifen 2-3 y	AI 2-3 years		
AI 5 y			
Tamoxifen 5 y		<b>Any N</b> Premenopausal who remains premenopausal after T x 5 y	AI x 5 years
		<b>Any N</b> Premenopausal who remains premenopausal after T x 5 y Postmenopausal patient who do not tolerate AIs	Tamoxifen 5 years
Tamoxifen 2-3 y	AI 2-3 years	<b>N0-N1</b> Postmenopausal patients Premenopausal patients who have become postmenopausal after tamoxifen	AI 2-3 years
AI 5 y			
		<b>N2-N3</b> Postmenopausal patients Premenopausal patients who have become postmenopausal after tamoxifen	AI 5 years



# ASCO Guidelines Recommendations Extended ET



- Many women with N0 BC are potential candidates for and may be offered extended AI therapy for up to a total of 10 years of adjuvant ET based on considerations of recurrence risk using established prognostic factors. Women with **low-risk N0** tumors should **not** routinely be offered extended therapy.



- Women with **N+** BC should be offered **extended AI** therapy for up to a total of 10 years of adjuvant endocrine treatment.

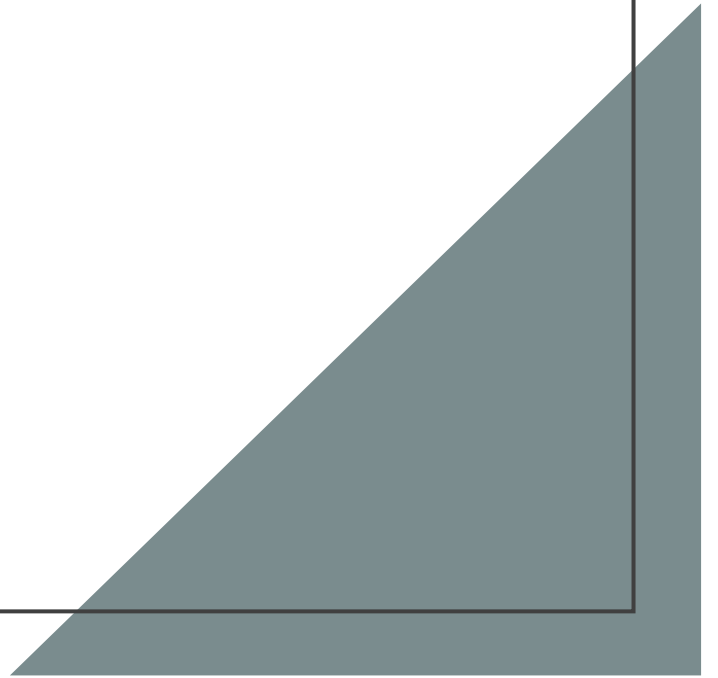


- As prevention of secondary or contralateral breast cancers is a major benefit of extended AI therapy, the risk of second breast cancers (or not) based on prior therapy should inform the decision to pursue extended treatment.



- Extended therapy carries ongoing risks and side effects, which should be weighed against the potential absolute benefits of longer treatment in a shared decision-making process between the clinical team and the patient.

How can I personalize  
treatment decisions?



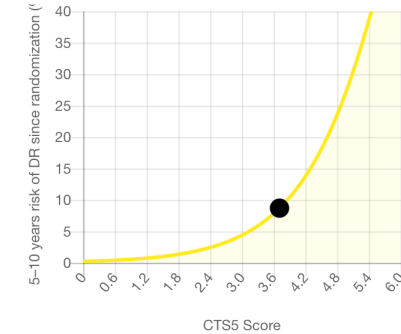
# CTS<sup>5</sup> Calculator

- Online prognostic tool to evaluate late distant recurrence (DR) risk for breast cancer after 5-year adjuvant endocrine therapy
- Easy to use and only requires information that is readily available to clinicians
- not quite as discriminatory in the premenopausal
- Calibration of the CTS5 was good in patients who did not receive extended endocrine therapy.

## CTS<sup>5</sup> CALCULATOR

Tumour size (mm)	<input type="text" value="20"/>
Tumour Grade	<input type="text" value="Grade 2"/>
Patient age (years)	<input type="text" value="65"/>
Number of nodes involved	<input type="text" value="1"/>

UPDATE RESULT ⇌



CTS5 SCORE

3.71

5-10 YEAR RISK

8.7%

CTS5 RISK GROUP

Intermediate



If a patient is postmenopausal and had IBC and is recurrence-free after 5 y of adjuvant ET, the CTS5 may be used to calculate the estimated risk of late recurrence (between years 5-10), which could assist in decisions about extended ET. (Type: evidence-based; Evidence quality: intermediate; Strength of recommendation: moderate)

# Breast Cancer Index Genomic Assay

BCI was developed through the algorithmic combination of 2 biomarkers, *HOXB13:IL17BR* ratio (H/I) and the Molecular Grade Index (MGI)

STUDY	N	BCI (H/I) AND OUTCOME
MA-17	249 Postmenopausal or premenopausal who became postmenopausal	High H/I ratio benefit from letrozole (DR OR = 0.33; 95% CI, 0.15 to 0.73; p=0.006); <b>abs risk reduction 16.5%</b>
Trans-aTTom	583 Postmenopausal and premenopausal	High H/I ratio benefit from tamoxifen (RFI HR = 0.35; 95%CI, 0.15-0.86; p=0.027); <b>abs risk reduction 10.2%</b>
IDEAL	908 73% N+	High H/I ratio benefit from letrozole (RFI HR 0.42; 95% CI 0.21-0.84; p = 0.011); <b>abs risk reduction 10.8%</b>
NSABP-B42	2179 40% N+	High H/I ratio benefit from letrozole (DR HR 0.29; 95% CI 0.12-0.69; p = 0.003); <b>abs risk reduction 3.8%</b>

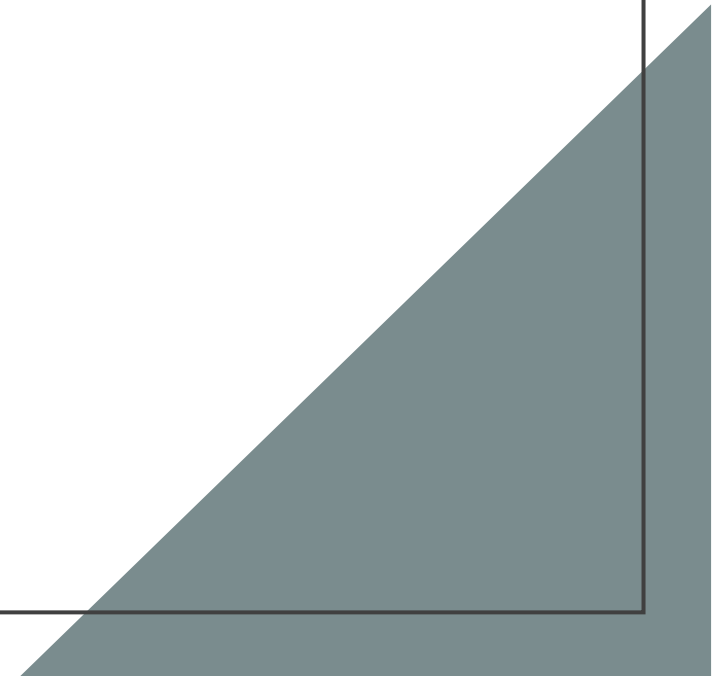


If a patient has N0 or N+ BC with 1-3 positive nodes and has been treated with 5 years of primary ET without recurrence, the clinician may use BCI test to guide decisions about extended ET (Type: evidence-based; Evidence quality: intermediate; Strength of recommendation: moderate).

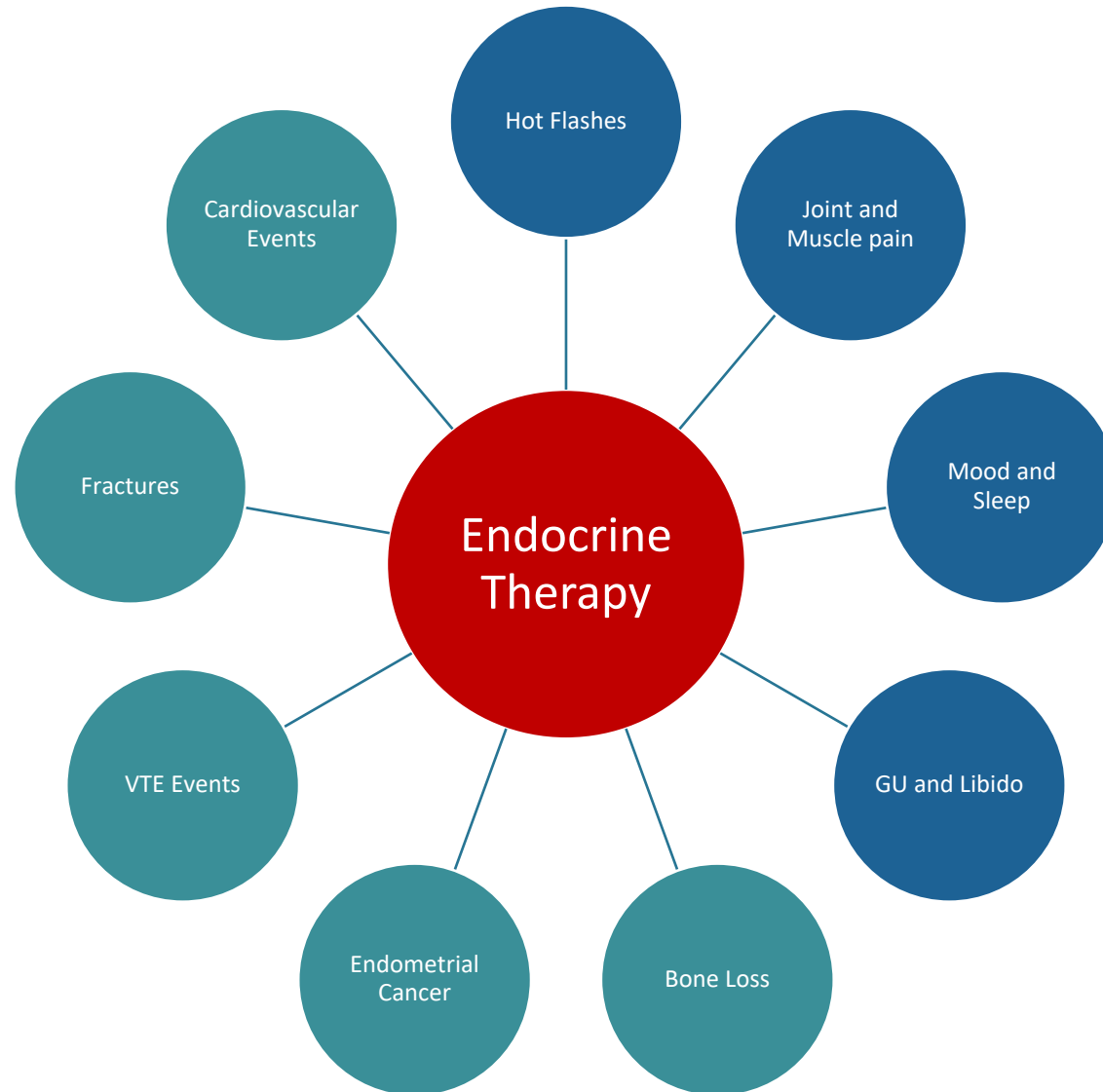


- T1-T2 HR-pos, HER2-neg, a BCI (H/I) low, regardless of T size, places the tumor into the same prognostic category as T1a–T1b, N0, M0 and have lower risk distant recurrence and no benefit in DFS or OS compared to the control arm in terms of extending ET duration
- Patients with T1-T2 N0 BCI (H/I) high demonstrated significant rates of late distant recurrence and have significant improvement in DFS with extended ET

How to balance risk vs benefits  
of adjuvant and extended  
adjuvant therapy?



# Adverse Events of Endocrine Therapy



## **Serious AE's:**

Extended adjuvant ET also increases the risk of this rare but serious adverse events

## **Non Serious AE's:**

- Frequent and have an impact in QOL
- Might increase risk of non adherence

# Risk of Serious Adverse Events with Extended ET

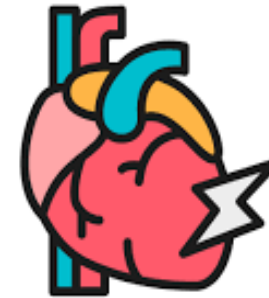
## Extended Tamoxifen

- Risk of endometrial cancer: 1.5% for 5 years vs 3.2 % for 10 years



## Extended AIs

- Bone Fractures: OR 1.34 (1.16-1.55) abs diff 1.4%
- Cardiovascular events: OR 1.18 (1.00-1.40) abs diff 0.8%



# Prevalence of AE and SAE with Endocrine Therapy

Side effect	Prevalence	Class of ET
<b>Musculoskeletal symptoms</b>	>50%	Tamoxifen and AI (+)
<b>Vasomotor symptoms</b>	≈40%	Tamoxifen and AI
<b>Sexual dysfunction</b>	26-45%	Tamoxifen and AI (+)
<b>Vulvovaginal symptoms</b>	8-26%	Tamoxifen and AI (+)
<b>Fatigue</b>	30%	Tamoxifen and AI
<b>Insomnia</b>	20-70%	Tamoxifen and AI
<b>Cognitive impairment</b>	35%	Tamoxifen and AI
<b>Venous thromboembolic events</b>	<2%	Tamoxifen (+)
<b>Endometrial cancer</b>	<1%	Tamoxifen (+)
<b>Fracture</b>	5-10%	AI



# Barriers to Compliance

- Most common reason is toxicity
- Might be due to a combination of factors: extremes of age, race, increased number of comorbidities, prescriptions written by nonmedical oncologists, being single, number of total prescriptions, history of nonadherence to other chronic medications, insurance status, and higher out-of-pocket costs
- Most common reason is toxicity
- What is most important for patients: cancer recurrence or QOL? What about patient's expectations?

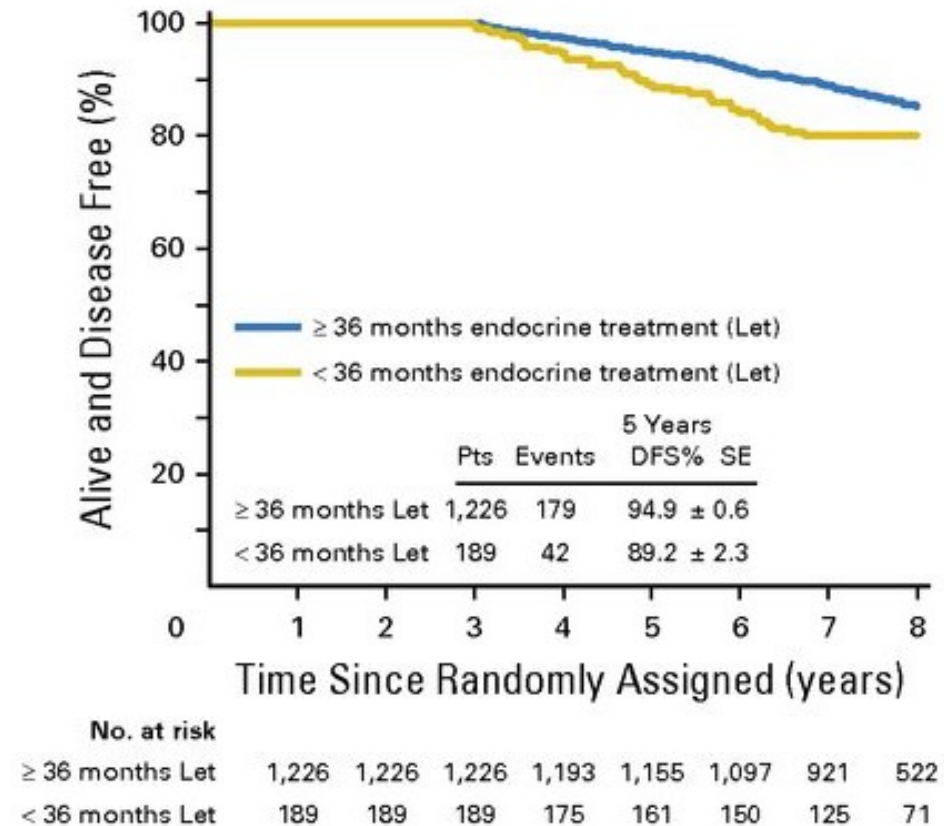
# Is it best to expect the worst? Influence of patients' side-effect expectations on endocrine treatment outcome in a 2-year prospective clinical cohort study

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- 111 enrolled patients, assessed before, at 3 and 24 after starting adjuvant ET
- After 2 years of ET, patients reported high rates of side-effects (arthralgia: 71.3%, weight gain: 53.4%, hot flashes: 46.5%), including symptoms not directly attributable to the medication (breathing problems: 28.1%, dizziness: 25.6%).
- Pre-treatment expectations significantly predicted patient-reported long-term side-effects and QOL in multivariate models controlling for relevant medical and psychological variables.
- Baseline expectations were associated with adherence at 24 months ( $r = -0.25$ ,  $P = 0.006$ ).
- Negative expectations increase the risk of treatment-specific side-effects, nocebo side-effects, and non-adherence

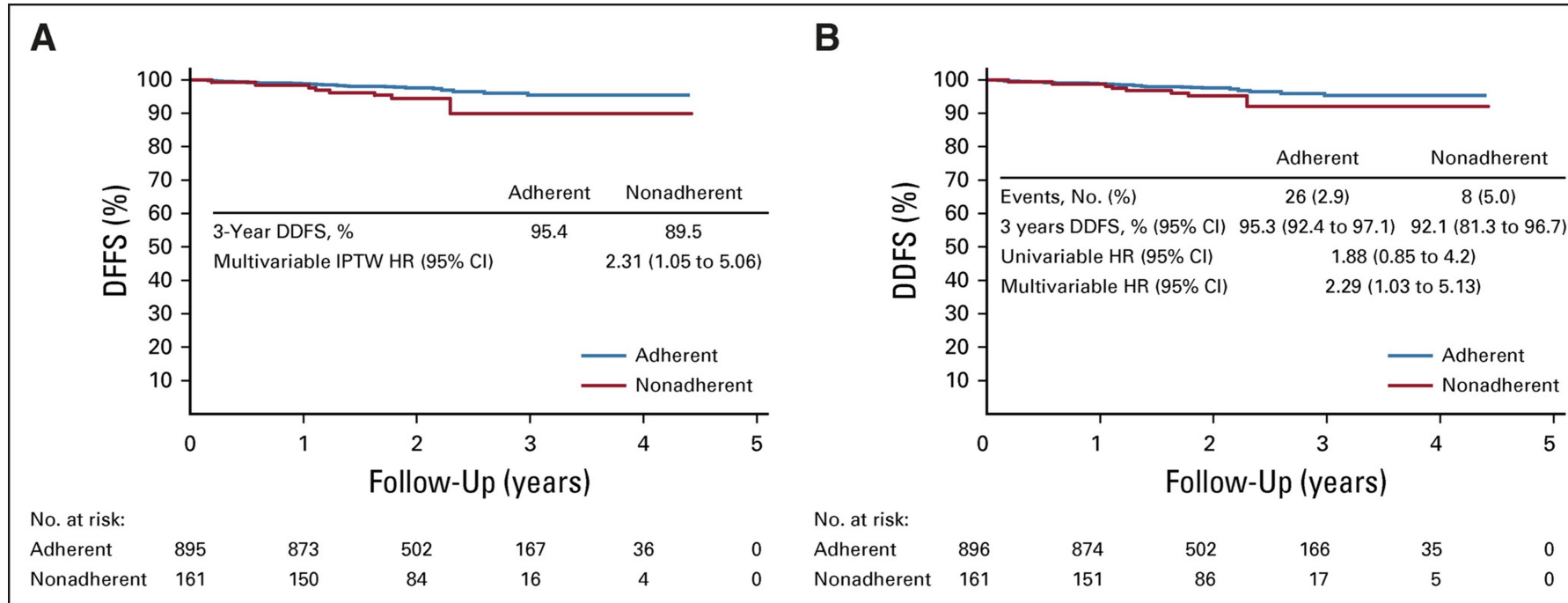
Optimizing individual expectations might be a promising strategy to improve side-effect burden, quality of life, and adherence during longer-term drug intake.

# Poorer Adherence to Endocrine Treatment Associated With Poorer Outcome in Postmenopausal Hormone Receptor–Positive Breast Cancer



Both aspects of low adherence (early cessation of letrozole and a compliance score of < 90%) were associated with reduced DFS (HR, 1.45 (95% CI, 1.09 to 1.93)  $P = .01$ ; and 1.61 (95% CI, 1.08 to 2.38)  $P = .02$  respectively).

# Adherence to ET and Survival Outcomes



N=1,177 patients,  
**CANTO cohort(NCT01993498)**

DDFS=Distant disease-free survival  
IPTW=inverse probability  
treatment weighting  
HR= hazard ratio

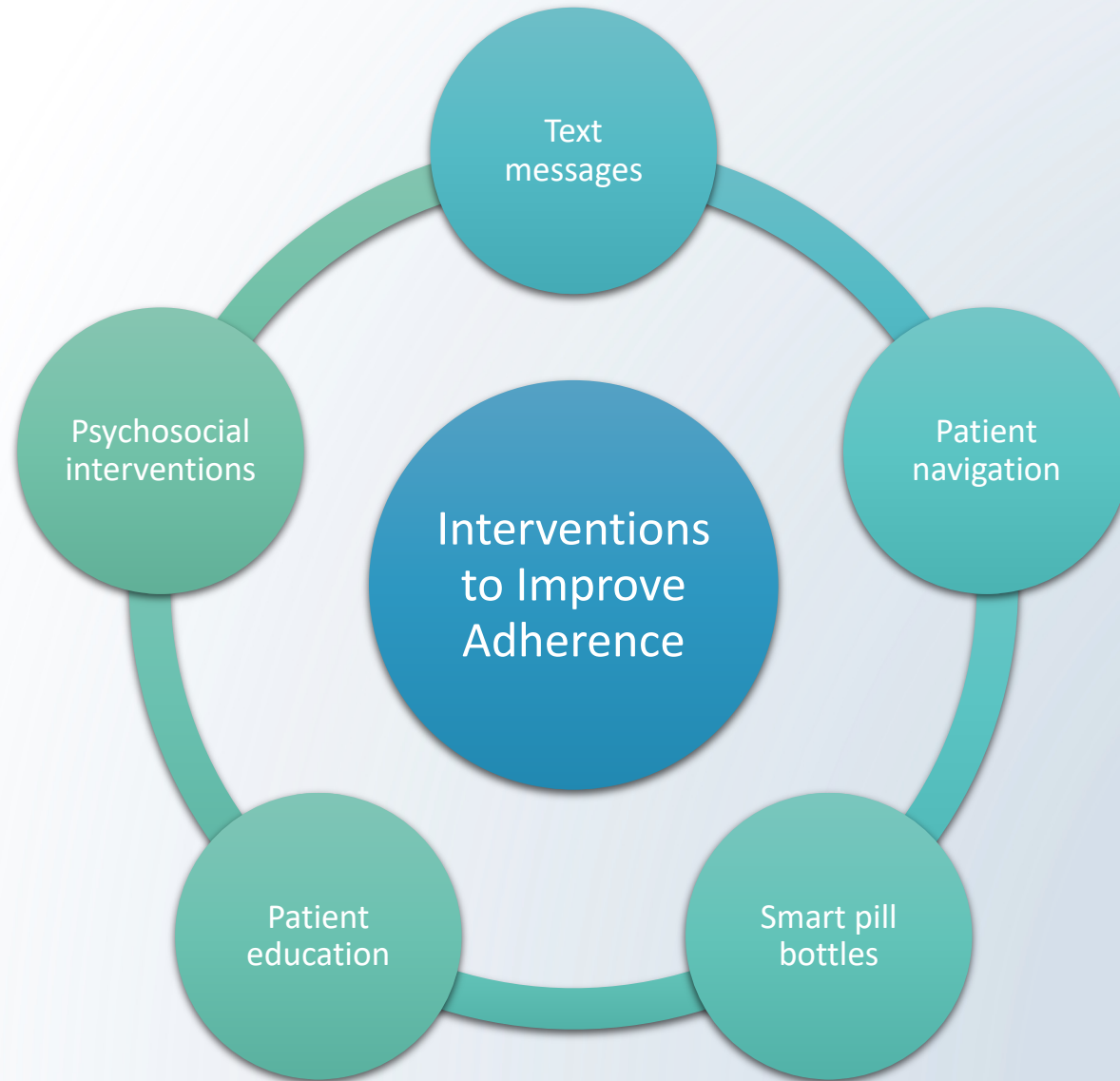
A. IPTW cohort  
B. non-IPTW cohort.  
Time 0= post-tamoxifen  
prescription visit and  
date of serum assessment

Worst distant DFS among non-adherent patients by serum tamoxifen assessment

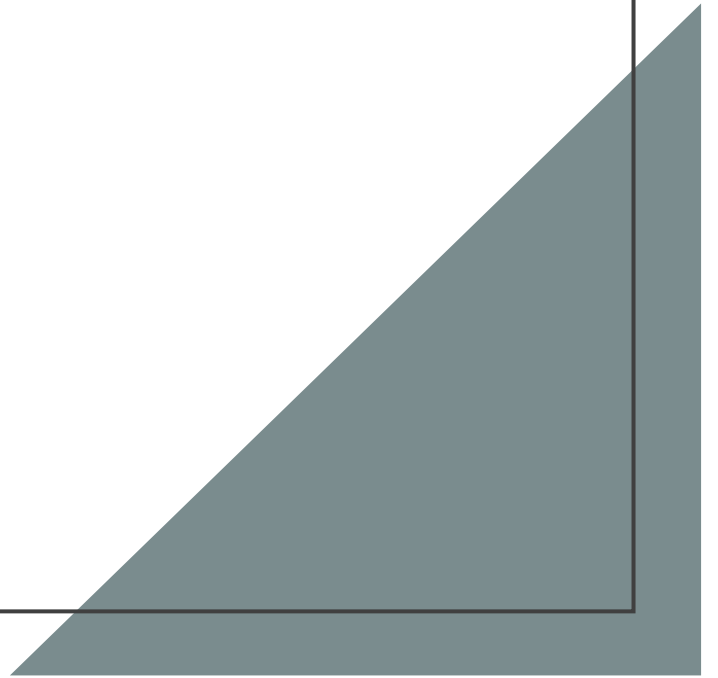
# Pharmacologic and Nonpharmacologic Strategies Manage Side Effects of Endocrine Therapy

Side Effect	Management Strategy	
	Pharmacologic	Nonpharmacologic
Musculoskeletal symptoms	Switching strategy duloxetine	Physical activity Acupuncture
Vasomotor symptoms (hot flashes)	Antidepressants SSRIs (citalopram, escitalopram, sertraline) SNRIs (venlafaxine) Anticonvulsants (gabapentin and pregabalin) Oxybutynin	Cognitive behavioral therapy Hypnosis
Sexual dysfunction (other than vulvovaginal symptoms)	Switch from AI + OFS to tamoxifen ± OFS Switch from tamoxifen + OFS to tamoxifen alone If patient is on antidepressants that can affect sexual function (e.g., SSRI and SNRI), switch to antidepressants that may be less likely to cause sexual side effects (e.g., mirtazapine)	Cognitive behavioral therapy
Vulvovaginal symptoms (vaginal dryness/dyspareunia)	Moisturizers Lubricants Lidocaine Switch from AI + OFS to tamoxifen + OFS or tamoxifen alone Vaginal low-dose estrogen (estradiol)*	Laser therapy**
Fatigue	—	Physical activity Cognitive behavioral therapy
Weight gain	—	Physical activity Diet Cognitive behavioral therapy

# Interventions Under Investigation to Improve ET Adherence



What else can I do for my  
high risk patients?

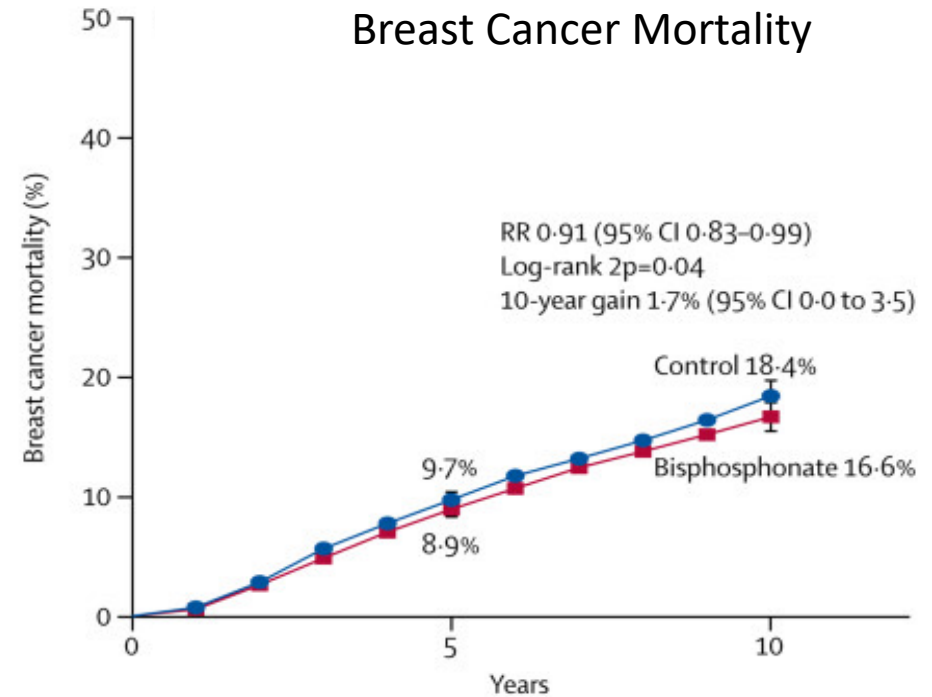
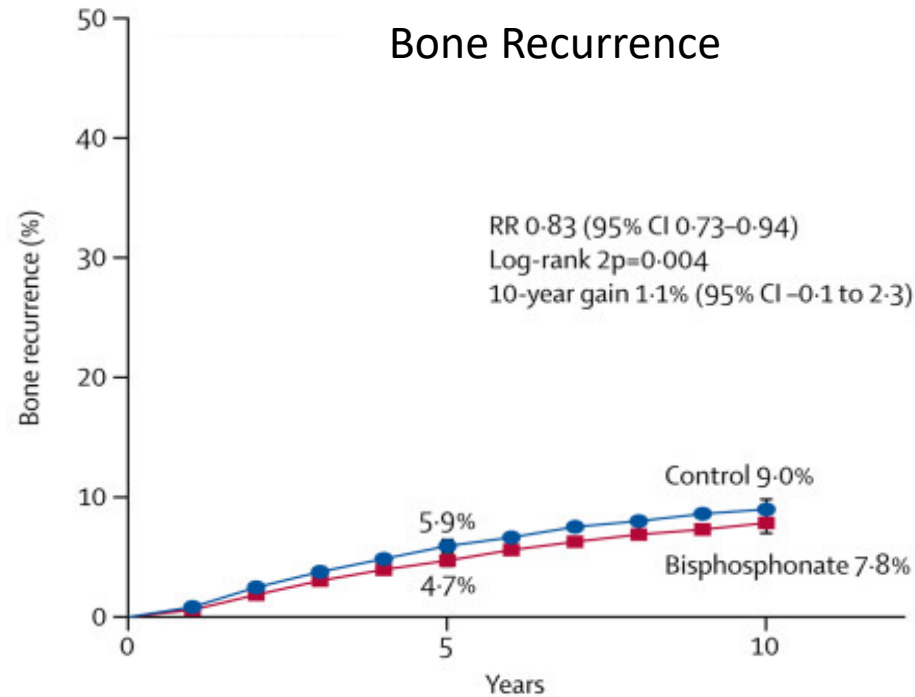


## Adding Other Agents To Improve Outcomes

- ✓ Biphosphonates
- ✓ CDK4/6 inhibitors
- ✓ PARP inhibitors for BRCA mutant patients



# Adjuvant bisphosphonate treatment in early breast cancer: EBCTCG meta-analysis



**Adjuvant bisphosphonates reduce the rate of breast cancer recurrence in the bone and improve breast cancer survival, but there is definite benefit only in women who were postmenopausal when treatment began**

# Adjuvant Biphosphonates: ASCO Recommendations



- Discuss with all postmenopausal patients (natural or therapy-induced) with primary breast cancer, irrespective of hormone receptor status and human epidermal growth factor receptor 2 status, who are candidates to receive adjuvant systemic therapy.



- Recommended therapies include oral ibandronate (50 mg daily for 3 years)



- Zoledronic acid; dosing regimens as per the protocols of the clinical
- 4 mg once every 6 months for 3 years or
- 4 mg once every 3 months for 2 years



- The Panel does not recommend the use of adjuvant denosumab

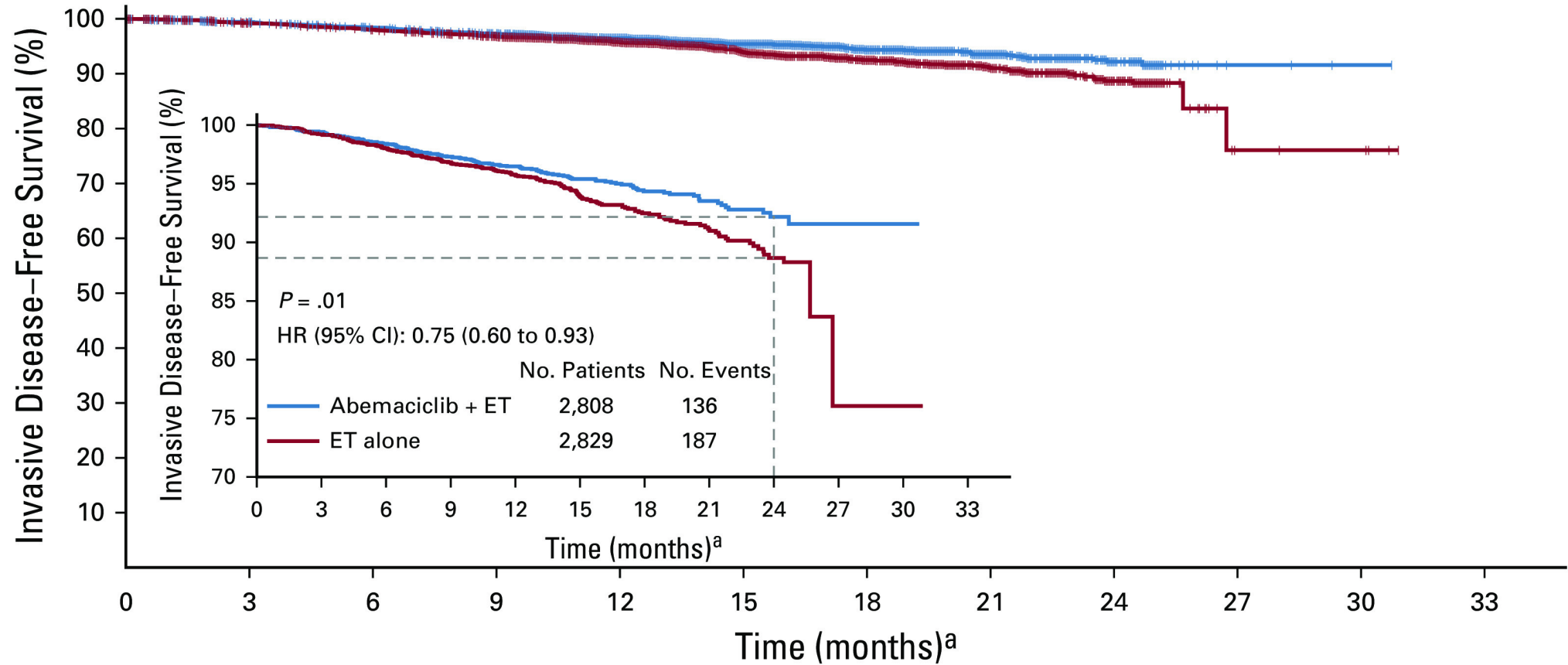
# Trials on Adjuvant CDK 4/6 inhibitors

Trial	Design	Duration of CDKi	Status
PALLAS (palbociclib)	No placebo Standard ET	2 years	Reported, no benefit in iDFS or DRFS
Monarch-E (abemaciclib)	No placebo Standard ET	2 years	Reported, iDFS improvement (0.75 HR)*
NATALEE (ribociclib)	No placebo AI (no Tam) OS if premenopausal	3 years	Enrollement completed, awaiting results
PENELOPE-B (palbociclib)	Placebo controlled Standard ET	1 year	Reported/no benefit in iDFS at 42 mo median f/u

## \*High-risk breast cancer

- ≥4 positive lymph nodes (confirmed preoperatively and/or at surgery)
- 1–3 positive lymph nodes with one or more of the following:
  - grade 3 disease,
  - tumor size ≥5 cm (on pre-operative imaging and/or at surgery)
  - Ki-67 score of ≥20%

# Adjuvant Abemaciclib + ET in High-Risk, Node-Positive, HR+/HER2- EBC: MonarchE Primary endpoint, iDFS



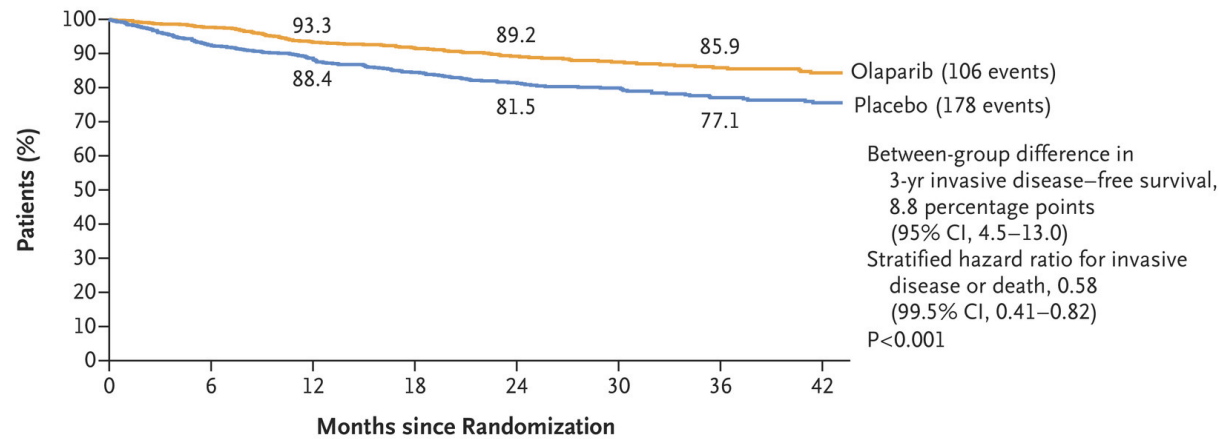
No. at risk:

—	2,808	2,676	2,613	2,543	1,996	1,371	918	566	245	3	1	0
—	2,829	2,699	2,649	2,562	2,013	1,405	932	586	262	7	6	0

# Adjuvant Olaparib for Patients with g*BRCA1*- or g*BRCA2*-Mutated Breast Cancer: OlympiA

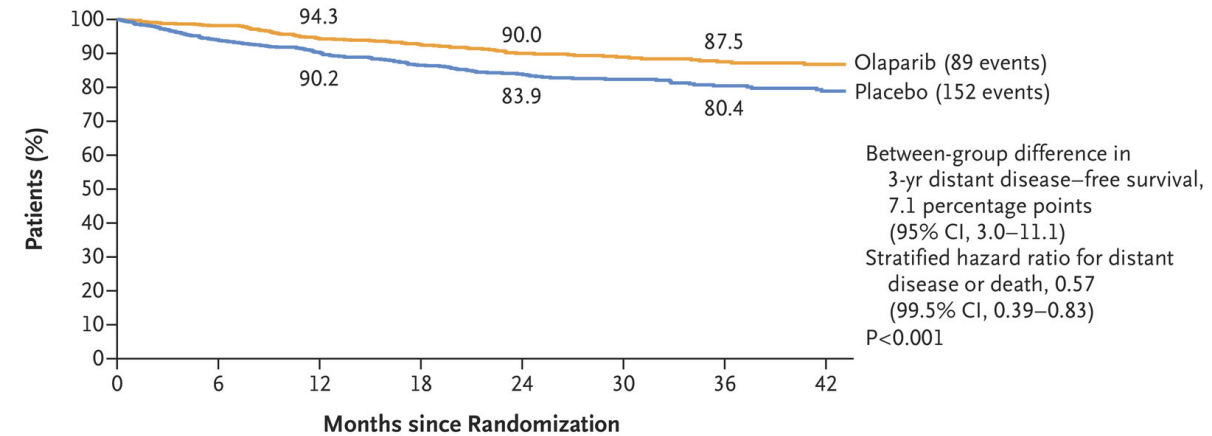
Included patients with HER 2 neg early breast cancer with *BRCA1* or *BRCA2* germline pathogenic or likely pathogenic variants and high-risk clinicopathological factors who had received local treatment and neoadjuvant or adjuvant chemotherapy. Patients received 1 year of oral olaparib or placebo

**Invasive Disease-free Survival**



No. at Risk	0	6	12	18	24	30	36	42
Olaparib	921	820	737	607	477	361	276	183
Placebo	915	807	732	585	452	353	256	173

**Distant Disease-free Survival**



No. at Risk	0	6	12	18	24	30	36	42
Olaparib	921	823	744	612	479	364	279	187
Placebo	915	817	742	594	461	359	263	179

# Conclusion

- There is no “one-size-fits-all” approach regarding adjuvant endocrine therapy
- Decisions must be individualized based on patient’s menopausal status, and risk of recurrence
- Clinicopathological factors, as well as risk calculators, and genomic tools might help in guiding the recommendations
- Balancing risk vs benefits when choosing the type and duration of endocrine therapy is important to ensure compliance and outcomes
- Role of CDK 4/6 inhibitors and other target agents in the adjuvant setting is evolving, longer follow up is warranted