

# Diagnosis and Treatment of Patients with Primary and Metastatic Breast Cancer

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in der DKG e.V.

Guidelines Breast  
Version 2009.1.0

## Complementary Therapy

## Hormonal Treatment and (Plant) Alternatives in Breast Cancer Survivors

## Survivorship

# – Complementary Therapy – Hormonal Treatment and (Plant) Alternatives in Breast Cancer Survivors - Survivorship

- **Version 2002:  
Hanf / Göhring**
- **Version 2003–2008:  
Gerber / Hanf / von Minckwitz  
Scharl**
- **Version 2009:  
Bauerfeind / Thomssen**

Further  
Information

References

# „Alternative“ Therapies



**CAM**  
Complementary + alternative medicine

**UCT**  
Unconventional Thx

**Complementary**

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*In addition to  
scientifically  
based medicine*

**Alternative**

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*Instead of  
scientifically  
based medicine*

**Unconventional**

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*Unproven outsider  
methods*

Further  
Information

References

# Complementary Therapy

## Nutrition after Breast Cancer Diagnosis

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LoE / GR

- |   |                         |          |            |
|---|-------------------------|----------|------------|
| ➤ <b>Adherence to normal BMI</b><br>(improves prognosis – DFS/OS)   | <b>2b</b>               | <b>B</b> | <b>++</b>  |
| ➤ <b>Low fat diet</b><br>(improves prognosis – DFS - espc. post-menopausal, ER neg.; ≤ 20% fat calories, only with dietary counseling!) | <b>1b<sup>(-)</sup></b> | <b>B</b> | <b>+</b>   |
| ➤ <b>Unsaturated fatty acids (FA)</b><br>olive oil, fish oil  | <b>2b</b>               | <b>B</b> | <b>+</b>   |
| ➤ <b>Fruits and vegetables</b>  | <b>3a</b>               | <b>C</b> | <b>+/-</b> |
| ➤ <b>Whole grain</b>  | <b>4</b>                | <b>C</b> | <b>+/-</b> |
| ➤ <b>Dietary extremes</b><br>(are associated with less favourable outcomes)   | <b>1b</b>               | <b>B</b> | <b>--</b>  |

Further  
Information

References

# Complementary Treatment

## Prevention of Recurrence

### *While on anti-cancer treatment: beware of drug interactions*

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➤ <b>Orthomolecular substances</b> (Selenium, Zinc...)	5 D	-
➤ <b>Selenium for alleviating side effects of therapy</b>	2b B	-
➤ <b>High-dose vitamins</b>	3b C	-
➤ <b>Proteolytic enzymes</b> (Papain, Trypsin, Chymotrypsin)	5 D	-
➤ <b>Soy</b> (Phytoestrogenes)	5 D	-
➤ <b>Black Cohosh</b> (Cimicifuga racemosa)	2b C	+/-
➤ <b>Mistletoe</b> (Viscum album)	1a B	+/-
➤ <b>Thymus, splenic peptide</b>	5 D	-
➤ <b>Oxygen- and ozone therapy</b>	5 D	-
➤ <b>Antioxidant supplements</b>	2b B	-
➤ <b>Cancer bush</b> (Sutherlandia frutescens), <b>Devil's claw</b> (Harpagophytum procumbens), <b>Rooibos tea</b> (Aspalathus linearis), <b>Bambara groundnut</b> (Vigna subterranean)	5 D	-

Further  
Information

References

# Complementary Treatment

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## ➤ Physical Exercise

2b B ++

(Equivalents to 3–5 hrs moderate pace walking per week improves DFS and OS, quality of life, cardiorespiratory fitness, physical functioning and fatigue )

Further  
Information

References

# Hormone (Replacement) Therapy (HRT) of Estrogen Deficiency after Diagnosis of Breast Cancer

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<ul style="list-style-type: none"> <li>➤ <b>Endocrine responsive disease</b> (HRT may increase risk)</li> <li>➤ <b>Endocrine non-responsive disease</b> (apparently no risk increase)</li> <li>➤ <b>Endocrine responsive disease: combined treatment TAM plus low-dose-HRT</b></li> <li>➤ <b>Tibolone</b></li> <li>➤ <b>Topical vaginal application of</b> <ul style="list-style-type: none"> <li>➤ <b>Estriol</b></li> <li>➤ <b>Estradiol during AI therapy</b></li> </ul> </li> </ul>	<p><b>1b B -</b></p> <p><b>2a B +/-</b></p> <p><b>2b B +/-*</b></p> <p><b>2b<sup>a</sup> B - -</b></p> <p><b>5 D +/-</b></p> <p><b>4 C -</b></p>
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Further Information

References

\*Study participation recommended

# Contraceptive Options for Women after Diagnosis of Breast Cancer

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➤ <b>Barrier methods</b>	5	D +
➤ <b>Sterilization (tubal ligation/vasectomy)</b>	5	D +
➤ <b>Non-hormonal intrauterine devices (IUDs)</b>	5	D +
➤ <b>Levonorgestrel-releasing IUDs</b>	5	D -
➤ <b>Removal in newly diagnosed patients</b>	4	D +/-
➤ <b>Timing methods</b>	5	D -
➤ <b>Injectable progestin-only contraceptives</b>	5	D -
➤ <b>Progestin-only oral contraceptives</b>	5	D -
➤ <b>Combined oral contraceptives</b>	5	D -

**No trial included women after diagnosis of breast cancer, non-estrogen containing devices do not increase the risk to develop primary breast cancer**

Further  
Information

References

# Alternatives to Reduce Menopausal Symptoms after BC (1)

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## General approaches:

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|---|----------------|
| ➤ <b>Physical exercise</b>  | <b>2b D +</b>  |
| ➤ <b>Comprehensive intervention (yoga, hypnosis, education, counseling, non-hormonal drugs)</b> | <b>1b A ++</b> |
| ➤ <b>Vaginal lubricants and moisturizers</b>  | <b>4 C +</b>   |
| ➤ <b>Acupuncture</b>  | <b>1b A -</b>  |

# Alternatives to Reduce Menopausal Symptoms after BC (2)

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## Medical approaches:

- **Selective serotonin reuptake inhibitors and serotonin-(noradrenalin) reuptake inhibitors (SSRI-SNRI):**  
paroxetine > fluoxetine > venlafaxine significantly reduce hot flashes in BC patients on tamoxifen 1a A +/-
- **On TAM, if indicated, weak CYP2D6 inhibitors should be preferred ([www.drug-interaction.com](http://www.drug-interaction.com))**  
venlafaxine (weakest) << fluoxetine < paroxetine 1c +
- **Venlafaxine** 1b B +
- **Gabapentin (BC and TAM-use)** 1b A +
- **Clonidin (BC and TAM-use)** 1a A +
- **MPA (i.m. 500 mg single shot)**  
(most potent, but endocrine agent!) 1b A +/-
- **Vitamine E** 1b A +/-

Further  
Information

References

# Botanical Approaches to Reduce Menopausal Symptoms

***While anti-cancer treatment:  
beware of drug interactions***

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|--|-----------|----------|------------|
| ➤ <b>Soy-derived phytoestrogens – isoflavonoids</b><br>(might stimulate BC espec. in endocrine responsive disease)                 | <b>1b</b> | <b>A</b> | <b>-</b>   |
| ➤ <b>Flaxseed-supplementation (40 g/d)</b>   | <b>3</b>  | <b>D</b> | <b>+/-</b> |
| ➤ <b>Black Cohosh for hot flushes</b><br>(Effectiveness could not be clearly shown)  | <b>1b</b> | <b>A</b> | <b>+/-</b> |
| ➤ <b>St. Johns Wort in combination-therapy</b><br>(pharmacokinetic interference with cytotoxic drugs and tyrosinkinase inhibitors) | <b>1b</b> | <b>A</b> | <b>--</b>  |
| ➤ <b>Kava-Kava</b> (Piper methysticum)   | <b>5</b>  | <b>D</b> | <b>--</b>  |
| ➤ <b>Red Clover leaf</b> (Trifolium pratense)  | <b>5</b>  | <b>D</b> | <b>--</b>  |
| ➤ <b>Dong Quai root</b> (Angelica sinensis)  | <b>5</b>  | <b>D</b> | <b>--</b>  |
| ➤ <b>Ginseng root</b> (Panax ginseng or P. quinquefolius)  | <b>5</b>  | <b>D</b> | <b>-</b>   |

Further  
Information

References