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Diagnosis and Treatment of Patients with early and advanced Breast Cancer

Complementary Therapy Survivorship



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Complementary Therapy – Hormonal Treatment and Alternatives in Breast Cancer Survivors – Survivorship

- **Versions 2002–2021:**
**Albert / Bauerfeind / Blohmer / Dall/ Fersis / Friedrich / Gerber /
Göhring / Hanf / Janni / Kümmel / Lück / von Minckwitz / Nitz /
Oberhoff / Rhiem / Scharl / Schmidt / Schütz / Solomeyer /
Thomssen**
- **Version 2022:**
Albert / Thomssen

Screened Data Sources:

Pubmed 2015 - 01/2022

ASCO 2015 – 2021

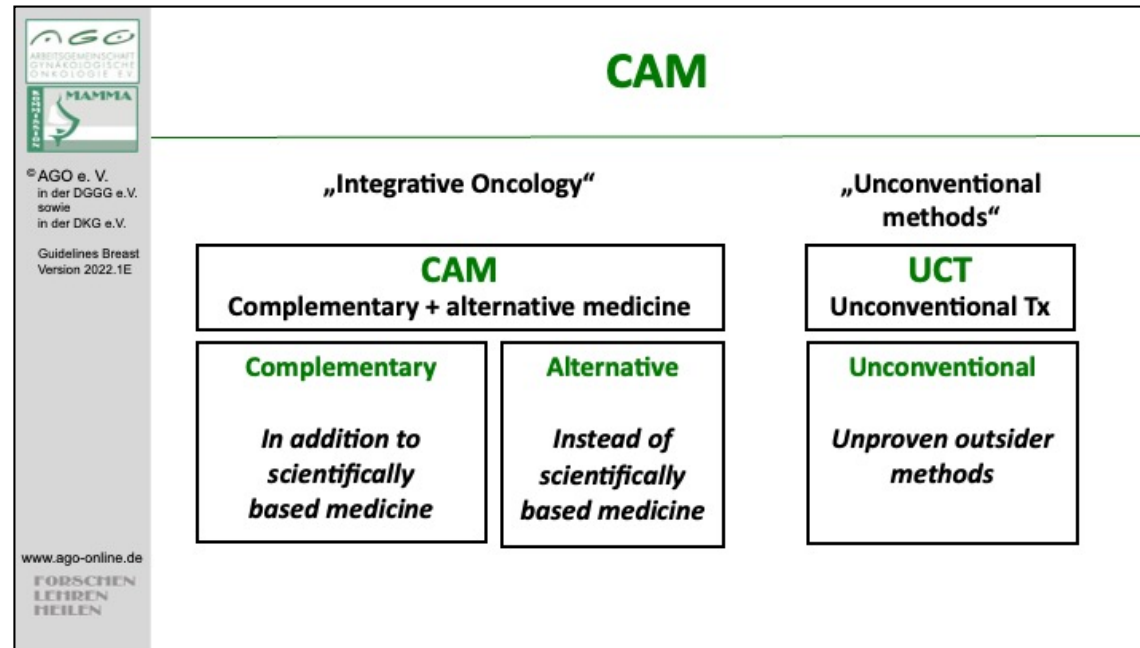
SABCS 2015 – 2021

EBCC 2015 – 2021

Cochrane library: summary Jan. 2022

RCT, systematic review, meta-analysis

1. Leitlinienprogramm Onkologie (Deutsche Krebsgesellschaft, Deutsche Krebshilfe, AWMF): Komplementärmedizin in der Behandlung von onkologischen PatientInnen, Langversion 1.1, 2021, AWMF Registernummer: 032/055OL, <https://www.leitlinienprogramm-onkologie.de/leitlinien/komplementaermedizin/>




Komplementäre Verfahren werden parallel zur konventionellen Therapie angewendet und unterscheiden sich von alternativen Verfahren dadurch, dass sie den Wert der konventionellen Verfahren nicht in Frage stellen, sondern sich als Ergänzung verstehen

Onkolitlinienprogramm

1. Witt CM et al.. A Comprehensive Definition for Integrative Oncology. J Natl Cancer Inst Monogr 2017;(52): lxx012
2. Leitlinienprogramm Onkologie (Deutsche Krebsgesellschaft, Deutsche Krebshilfe, AWMF): Komplementärmedizin in der Behandlung von onkologischen PatientInnen, Langversion 1.1, 2021, AWMF Registernummer: 032/055OL, <https://www.leitlinienprogramm-onkologie.de/leitlinien/komplementaermedizin/>

“Integrative oncology is a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments. Integrative oncology aims to optimize health, quality of life, and clinical outcomes across the cancer care continuum and to empower people to prevent cancer and become active participants before, during, and beyond cancer treatment.”



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Good Clinical Practice

All patients should be consulted as early as possible and in the course of the process repeatedly on the interest in information complementary medical measures and, if interested, reliable sources of information should be referred.

S3 LL "Komplementärmedizin in der Behandlung von onkologischen PatientInnen"

Literatur:

1. Leitlinienprogramm Onkologie (Deutsche Krebsgesellschaft, Deutsche Krebshilfe, AWMF): Komplementärmedizin in der Behandlung von onkologischen PatientInnen, Langversion 1.1, 2021, AWMF Registernummer: 032/055OL, <https://www.leitlinienprogramm-onkologie.de/leitlinien/komplementaermedizin/>



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General Considerations

| | Oxford | | |
|--|--------|----|-----|
| | LoE | GR | AGO |
| ▪ CAM instead of loco-regional interventions | 2b | B | -- |
| ▪ CAM instead of systemic treatment | 2b | B | -- |
| ▪ Patients should be asked and advised about their use of CAM modalities | | | |
| ▪ Diagnostic procedures in connection with complementary and alternative therapy concepts without evidence (e.g. iris diagnostics, bioresonance) should not be recommended. | | | |
| ▪ During anti-cancer treatment: Beware of drug interactions | | | |

1. Guha N, Kwan ML, Quesenberry CP, et al: Soy isoflavones and risk of cancer recurrence in a cohort of breast cancer survivors: the Life After Cancer Epidemiology study. Breast Cancer Res Treat. 2009;118(2):395–405, pmid:19221874.
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10. Hack CC, Wasner S, Meyer J et al. Analysis of Oncological second opinions in a certified university breast and gynecological cancer center in relation to complementary and alternative medicine . Complement Med Res 2020;27(6):431-439
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| Complementary Therapy Pre- and Postoperative | | | |
|--|--------|----|-----|
| | Oxford | | |
| | LoE | GR | AGO |
| Preoperative: | | | |
| ▪ Hypnosis (reduces anxiety, pain, nausea) | 1b | B | + |
| Postoperative: | | | |
| ▪ Acupuncture (pain relief, anxiety) | 1b | B | +/- |
| ▪ Acupuncture (nausea, vomiting) | 2b | B | + |
| ▪ Massage therapy (pain relief) | 2b | C | +/- |
| ▪ Early postoperative exercise reduces upper-limb dysfunction (beware: increased wound drainage) | 1a | A | + |
| ▪ Physical exercise | | | |
| ▪ to reduce breast cancer related secondary lymphedema | 1a | A | + |
| ▪ as a prophylaxis of lymphedema | 1b | B | +/- |
| ▪ Prophylactic lymphatic drainage | 1b | B | -- |
| ▪ Yoga (arm and shoulder pain) | 2b | C | + |
| ▪ Music therapy (reduces pain after mastectomy) | 2b | C | +/- |

Präoperativ:

Hypnosis

1. Montgomery GH, David D, Kangas M, et al. Randomized Controlled Trial of a Cognitive-Behavioral Therapy Plus Hypnosis Intervention to Control Fatigue in Patients Undergoing Radiotherapy for Breast Cancer. JCO 2014;DOI 10.12007JCO.2013.49.3437
2. Cramer H, Lauche R, Paul A, et al: Hypnosis in Breast Cancer Care: A Systematic Review of Randomized Controlled Trials. Integr Cancer Ther. 2015 Jan;14(1):5-15. Epub 2014 Sep 18.
3. Amraoui J, Pouliquen C, Fraisse J et al. Effects of a Hypnosis Session Before General Anesthesia on Postoperative Outcomes in Patients Who Underwent Minor Breast Cancer Surgery: The HYPNOSEIN Randomized Clinical Trial. JAMA 2018 Netw Open.;1(4):e181164. doi: 10.1001/jamanetworkopen.2018.1164.

Postoperative:

Acupuncture

1. Chao LF et al.: The efficacy of acupoint stimulation for the management of therapy-related adverse events in patients with breast cancer: a systematic review. Breast Cancer Res Treat 2009;118:255–267.
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Massage Therapy

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2. Lee SH, Kim JY, Yeo S et al: Meta-Analysis of Massage Therapy on Cancer Pain. *Integr Cancer Ther*. 2015 Jul;14(4):297-304.
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Postoperative exercise

1. McNeely ML, Campbell K, Ospina M et al.: Exercise interventions for upper-limb dysfunction due to breast cancer treatment. *Cochrane Database of Systematic Reviews* 2010, Issue 6. Art. No.: CD005211. DOI: 10.1002/14651858.CD005211.pub2.
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Reduction secondary lymphedema

1. Baumann FT, Reike A, Reimer V et al: Effects of physical exercise on breast cancer –related secondary lymphedema : a systematic review Br Ca res Treatment 2018; 170: 1-13

Prevention lymphedema

1. Baumann FT, Reike A, Hallek M, et al. (2018) Does Exercise have a preventive effect on secondary lymphedema in breast cancer patients following local treatment – a systemic review. Breast Care 13(5): 380–385. DOI. 10.1159/000487428
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Prophylactic lymph drainage

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Music therapy

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3. Bradt, J., et al., Music interventions for improving psychological and physical outcomes in cancer patients. Cochrane Database Syst Rev, 2016;(8): p. Cd006911.

| Complementary Treatment While on Cancer Treatment – Impact on Toxicity I | | | |
|--|--------|----|-----|
| | Oxford | | |
| | LoE | GR | AGO |
| During anti-cancer treatment: Beware of drug interactions | | | |
| ▪ Mistletoe (<i>Viscum album</i>) in order to reduce side effects | 1a | B | +/- |
| ▪ Thymic peptides lower risk of severe infections | 2a | B | +/- |
| ▪ Ginseng reduces fatigue; note: interacts with cytochrome P enzymes e.g. CYP 3A4 | 2b | C | - |
| ▪ Ganoderma Lucidum reduces fatigue, note: inhibits cytochrome P enzymes (e.g. CYP 3A4) | 2b | C | - |
| ▪ L-Carnitine | | | |
| ▪ peripheral neuropathy | 1b | B | -- |
| ▪ treatment of fatigue | 1b | B | - |
| ▪ Melatonin (reduces fatigue, improve sleep, depressive symptoms, cognition) | 2b | B | +/- |
| ▪ Curcumin adjunct to reduce radiation-induced dermatitis | 1b | B | +/- |
| ▪ Ginger adjunct to guideline-oriented medication to treat chemotherapy induced nausea & vomiting – beware of drug interactions | 1b | C | +/- |



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General

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Mistletoe

1. Shneerson C, Taskila T, Gale N, et al: The effect of complementary and alternative medicine on the quality of life of cancer survivors: A systematic review and meta-analyses. Complementary therapies in medicine 2013;21:417-429.
2. Thronicke A, Steele ML, Grah C, et al.: Clinical safety of combined therapy of immune checkpoint inhibitors and *Viscum album* L. therapy in patients with advanced or metastatic cancer. BMC CAM. 2017;17:534.

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Thymus

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Ginseng, Ganoderma lucidum

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L-Carnitine

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Acetyl-L-carnitine (SWOG S0715). *J Natl Cancer Inst* 2018 Jun 1;110(6) 669-676.

Melatonin

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Curcumin

1. Bandyopadhyay D: Farmer to pharmacist: Curcumin as an anti-invasive and antimetastatic agent for the treatment of cancer. *Frontiers in chemistry* 2014;2:113.
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Ginger

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| Complementary Treatment While on Cancer Treatment – Impact on Toxicity II | | | |
|--|---|--|--|
| | Oxford | | |
| | LoE | GR | AGO |
| Antioxidant supplements • various antioxidative extracts (to reduce anthracyclin-induced cardiotoxicity) | 1b | B | - |
| | 2b | B | +/- |
| High dose vitamin C Vitamine E Selenium (for alleviating therapy side effects) Co-Enzyme Q 10 (fatigue, QoL) Proteolytic enzymes (for reduction of chemotherapy-induced toxicity) Chinese herbal medicine improves wound healing Oxygen and ozone therapy Short-term fasting (QoL, Fatigue) | 1b 2b 1b 1b 3b 1b 5 2b | C D B B B B D B | - - - - - -*inf -- +/-* |
| * Inf: i.v.-infusion (in Germany not approved) treatment in clinical trials recommended | | | |

General

1. Zhu L, Li L, Li Y: Chinese Herbal Medicine as an Adjunctive Therapy for Breast Cancer: A Systematic Review and Meta-Analysis. Evid Based Complement Alternat Med. 2016;2016:9469276. doi: 10.1155/2016/9469276.
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Antioxidant supplements

1. van Dalen EC, Caron HN, Dickinson HO, et al: Cardioprotective interventions for cancer patients receiving anthracyclines. Cochrane Database Syst Rev 2011:Cd003917.
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Vitamin C

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Selenium

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Coenzym Q10

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Proteolytic enzymes and toxicity of chemotherapy

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Bromelain

1. Hidaka M, Nagata M, Kawano Y, et al.: Inhibitory effects of fruit juices on cytochrome P450 2C9 activity in vitro. Biosci Biotechnol Biochem. Feb 2008;72(2):406-411.

Chinese herbal medicine and wound healing

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Short-term fasting

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| Additional Complementary Therapy of Side Effects Related to Cancer Treatments | | | |
|---|--------|----|-----|
| | Oxford | | |
| | LoE | GR | AGO |
| ▪ Chinese medicinal herbs (to treat the side effects of chemotherapy) | 1b | B | - |
| ▪ Homoeopathic medicine (against therapy side effects / Placeboeffect) | 1b | B | +/- |
| ▪ Topical Silymarin (to prevent acute dermatitis during radiotherapy) | 3a | B | +/- |
| ▪ Massage (to improve on fatigue, pain, anxiety, nausea) | 1b | C | +/- |
| ▪ Transcutaneous Electrical Nerve stimulation (TENS) (against cancer pain) | 2b | D | +/- |
| ▪ Hydrotherapy (for supportive skin care) | 3b | C | +/- |

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| Additional Complementary Therapy of Side Effects Related to Cancer Treatments | | | |
|--|--------|----|-----|
| | Oxford | | |
| | LoE | GR | AGO |
| Acupuncture in order to improve on | | | |
| ▪ Chemotherapy-induced nausea and vomiting | | | |
| ▪ (Electro)-Acupuncture as adjunct to antiemetic treatment | 1b | B | + |
| ▪ Acupressure as adjunct to antiemetic treatment | 1b | B | + |
| ▪ Pain | | | |
| ▪ Cancer pain | 1b | B | + |
| ▪ Aromatase-inhibitor – induced arthralgia | 1a | B | + |
| ▪ TENS – Transcutaneous Electrical Nerve Stimulation to relieve cancer pain | 2b | D | +/- |
| ▪ Fatigue | 1a | B | + |
| ▪ Acupressure | 1b | B | + |
| ▪ Anxiety and depression | 2b | B | + |
| ▪ Cognitive dysfunction | 5 | D | +/- |
| ▪ Menopause syndrome in Breast Cancer Patients | 1b | B | + |
| ▪ to improve on frequency and severity of hot flashes | 1b | B | +/- |
| ▪ Electro-Acupuncture to improve on sleep and hot flashes | 2a | B | + |
| ▪ Leucopenia (Moxibustion) | 2b | B | +/- |
| ▪ Treatment of chemotherapy induced polyneuropathy | | | |
| ▪ prophylactically | 1b | B | - |
| ▪ therapeutically | 2b | B | +/- |
| ▪ Chronic lymph edema after Breast Cancer Treatment | 2b | B | +/- |

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| | Oxford | | |
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| | LoE | GR | AGO |
|  <p>© AGO e. V. in der DGGG e.V. sowie in der DKG e.V.</p> <p>Guidelines Breast Version 2022.1E</p> <p>www.ago-online.de</p> <p>FORSCHEN LEHREN HEILEN</p> | <h2>Complementary Treatment Mind-Body Medicine I</h2> | | |
| MBSR (Mindfulness-Based Stress Reduction) Program improves quality of life, coping strategies, attentiveness, and lowers stress, anxiety, depression, fatigue, and sleep disturbances | 1a | A | + |
| Physical exercise / sport min. 3x/week moderate endurance training in combination with workout exercises (2x per week) improve quality of life, cardio-respiratory fitness, physical performance, sleep, pain, depression, lymphedema, and fatigue | 1a | A | ++ |

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| Complementary Treatment Mind-Body Medicine II | | | |
|--|--------|----|-----|
| | Oxford | | |
| | LoE | GR | AGO |
| Relaxation techniques Reduction of anxiety and nausea, improvement of quality of life, reduction of psychological stress | 2b | C | +/- |
| Yoga Improves sleep, quality of life, stress, anxiety, depression, fatigue, and sleep | 1b | A | + |
| Qi Gong May improve quality of life, fatigue, and mood | 2a | B | +/- |
| Tai Chi Improves quality of life, muscular strength, sleep | 2a | B | +/- |
| Hypnosis (in combination with cognitive training) Improves fatigue and muscle weakness under radiotherapy; also reduces distress | 1b | A | + |



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General

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CAM

Prevention of Recurrence / Improvement of Overall Survival I

Modifiable Lifestyle Factors

Physical exercise

(equivalent to 3–5 hrs moderate walking per week)
improves DFS and OS, cardio-respiratory fitness,
physical functioning

Reduce smoking

Reduce alcohol consumption (< 6 g/day)

| Oxford | | |
|--------|----|-----|
| LoE | GR | AGO |
| 2a | A | ++ |
| 2b | A | + |
| 2b | A | + |

Physical exercise

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Improvements in DFS and OS, prevention of recurrence

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Modifiable Lifestyle Factors

Nutrition after Breast Cancer Diagnosis

Prevention of Recurrence / Improvement of Overall Survival II

| | Oxford | | |
|---|--------|----|-----|
| | LoE | GR | AGO |
| ■ Adherence to normal BMI / weight loss if overweight, irrespective of HR-status | 1a | A | ++ |
| ■ Low fat diet dietary counseling recommended | 1a | B | + |
| ■ Increased fiber intake (e.g. Flaxseed) | 2a | B | + |
| ■ Adherence to general nutrition guidelines (e.g. DGE, WCRF) similar to a Mediterranean Diet | 2a | B | ++ |
| ■ Dietary extremes | 2a | B | -- |

Adherence to normal body weight/BMI

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Obesity

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Fiber intake

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Adherence to general nutrition – guidelines:

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Dietary extremes:

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Complementary Treatment

Prevention of Recurrence / Improvement of Overall Survival III.1

Dietary Supplements – Herbal Therapies

During anti-cancer treatment: Beware of drug interactions

Post treatment vitamine / antioxidant supplements does not appear to be associated with increased risk of recurrence (beware of drug / treatment interactions)

Smokers on antioxidant supplements are at higher risk for lung cancer

For Prevention of BC Recurrence:

- **Antioxidants**
- **Vitamine supplementation in patients on a balanced diet (esp. Vitamine C, E)**
- **Vitamine D**
- **Soy-food (natural source of phytoestrogens)**
 - **food or concentrates containing ≥ 100 mg) isoflavones per day**
- **Black Cohosh (Cimicifuga racemosa)**
- **Antioxidant supplements (after completion of radiotherapy)**
- **Green tea**
- **Selenium**

Oxford

LoE GR AGO

2b B

1b A

2a B +/-

2a B +/-

2b B +/-

2a B +/-

2a B -

3b C +/-

2b B +/-

3a C +/-

2b B +/-

General

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Post treatment vitamin and/or antioxidant supplements

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Vitamine D Supplementation

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Soy as normal part of the diet/soy concentrates

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Green Tea

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Selenium

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| | Oxford | | |
|---|--------|----|-----|
| | LoE | GR | AGO |
| Complementary Treatment | | | |
| Prevention of Recurrence / Improvement of Overall Survival III.2 | | | |
| Dietary Supplements – Herbal Therapies | | | |
| During anti-cancer treatment: Beware of drug interactions | | | |
| ▪ Other orthomolecular substances (Zinc...) | 5 | D | - |
| ▪ Artificial carotenoids appear to be associated with worse outcome | 2b | B | - |
| ▪ Proteolytic enzymes (Papain, Trypsin, Chymotrypsin) | 3b | B | - |
| ▪ Mistletoe (Viscum album) | 1b | C | - |
| ▪ Thymic peptides (impact on OS) | 2a | B | - |
| ▪ Oxygen- and ozone therapy | 5 | D | -- |
| ▪ Laetrile (Amygdalin, „Vitamine B17“) | 1c | D | -- |
| ▪ Methadone | 5 | D | -- |
| ▪ Cancer bush (Sutherlandia frutescens), Devil's claw (Harpagophytum procumbens), Rooibos tea (Aspalathus linearis), Bambara groundnut (Vigna subterranean) | 4 | C | - |
| ▪ Incense | 5 | D | - |
| ▪ Curcuma, curcumine | 5 | D | - |

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Guidelines Breast
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