Diagnostik und Therapie früher und fortgeschrittener Mammakarzinome

Brustkrebs Nachsorge
Aktualisierung der Therapieempfehlungen nach Durchsicht der ASCO und ACS Guidelines*, sowie der S3 Leitlinie


*Runowicz CD et al. , American Cancer Society/American Society of Clinical Oncology Breast Cancer Survivorship Care Guideline, JCO 34 :611-635,


7. NCCN Clinical Practice Guidelines in Oncology, Breast Cancer Version 3.17-10.17;
Statement: risk factors of mortality after loco-regional recurrence

Statement: Outcome measurements


Statement: Obesity, physical activity and quality of life


Statement: Obesity and breast cancer prognosis


Statement: Lymphedema

289-9.


Statement: sexual disorders and cognitive impairment:


Statement: Secondary tumors:

Evaluation of current adjuvant therapy


2. Lueck H-J, Hadji P, Harbeck N et al.. 24 Months Follow-Up Results from PACT (Patient's Anastrozole Compliance to Therapy Programme), a Non-Interventional Study Evaluating the Influence of a Standardized Information Service on Compliance in Postmenopausal Women with Early Breast Cancer. SABCS 2011 [P5-17-05].


Statement: Psycho-social aspects


Psychooncology 19:573–582, 2010 Crossref, Medline, Google Scholar


10. BA Given, CW Given, PR Sherwood: Family and caregiver needs over the course of the cancer trajectory J Support Oncol 10:57–64, 2012 Crossref, Medline, Google Scholar

Statement: prophylactic surgery


Statement: for all statements see most recent literature see at Survivorship care guidelines of ASC and ASCO


Weight intervention.


Moderate sport intervention when physical activity was reduced

Nightly fasting

Prolonged nightly fasting improves prognosis in breast cancer patients
retrospective cohort study:
2413 BC-pat. (no diabetes), nightly fasting more or less than 13 hrs

Fasting < 13 hrs: HR 1.36, 36% increase of risk for recurrence
HR 1.21, n.s. increase of risk for mortality

every 2-hrs-prolonged fasting was correlated with a 20% increase of sleeping duration


Statement: Physical examination

Statement: Mammography

Statement: Sonography of the breast


Statement: MRI of the breast


Statement: Pelvic examination. Expert Opinion


Statement: Dexa scan  Expert Opinion


Statement: Magnetic resonance imaging (MRI) of the breast


Statement: Routine biochemistry (incl. tumor markers)

Statement: Ultrasound of the liver

Statement: Bone scan

Statement: Chest X-ray

Statement: CT of chest, abdomen and pelvis

Statement: Detection of isolated/circulating tumor cells
Statement: PET / WB-MRI


Früherkennung von potenziell heilbaren Erkrankungen

Lokoregionäre Rezidive (Thoraxwand, intramammäre Rezidive):
- Inzidenz 7–20 % (abhängig von der Zeit der Nachbeobachtung)
- Brust-Selbst-Untersuchung: 5 D +
- Klin. Untersuchung, Mammographie & US: 1a A ++
- Mamma-MR*: 3a B +/-

* Bei erhöhtem Risiko erwägen (Alter unter 50 J., HR, Beurteilbarkeit in MG+US C/D)

Statement incidence

Statement breast self examination
Statement physical examination, mammography & US & MRI


Früherkennung von potenziell heilbaren Erkrankungen

<table>
<thead>
<tr>
<th>Kontralaterales Mammakarzinom:</th>
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<tbody>
<tr>
<td>Rel. Risiko: 2,5–5</td>
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<tr>
<td>Inzidenz: 0,5–1,0 % / Jahr</td>
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<td>Brust-Selbst-Untersuchung</td>
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<td>Klin. Untersuchung, Mammographie &amp; US</td>
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<td>Mamma-MR*</td>
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<td>Männliches Mammakarzinom: Vorgehen analog wie beim Karzinom der Frau**</td>
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<td>1a A ++</td>
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<td>3b B +/-</td>
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<td>5 D +</td>
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* Bei erhöhtem Risiko erwägen (Alter unter 50 J., HR-, Beurteilbarkeit in MG+US C/D)
** S. Kapitel „Brustkrebs:Spezielle Situationen/Männliches Mammakarzinom“

Statement risk and incidence


Statement breast self examination

Statement physical examination, mammography & US&MRI


Statement surveillance of male breast cancer


Statement: Risk


Statement: Screening for secondary malignancies according to current guidelines

Statement: Pelvic examination and PAP smear

Statement: Endometrial ultrasound / biopsy


Statement: Marrow neoplasms after adjuvant breast cancer therapy


Statement: Secondary lung tumors:


## Brustkrebs Nachsorge

### Dauer und „Breast Nurses“

<table>
<thead>
<tr>
<th>Oxford</th>
<th>LoE</th>
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<td>2b</td>
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<td>+/-*</td>
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* Studien empfohlen


