

Diagnosis and Treatment of Patients with early and advanced Breast Cancer

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Complementary Therapy Survivorship

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

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- **Versions 2002–2020:**
Albert / Bauerfeind / Blohmer / Fersis / Friedrich / Gerber / Göhring / Hanf / Janni / Kümmel / Lück / von Minckwitz / Nitz / Oberhoff / Rhiem / Scharl / Schmidt / Schütz / Thomssen / Kümmel / Schütz
- **Version 2021:**
Dall / Solomayer

CAM

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„Integrative Oncology“

CAM

Complementary + alternative medicine

Complementary

*In addition to
scientifically
based medicine*

Alternative

*Instead of
scientifically
based medicine*

„Unconventional methods“

UCT

Unconventional Tx

Unconventional

*Unproven outsider
methods*

Good clinical practice

- **All patients should be asked as early as possible and repeatedly during the course of the process regarding the interest in information complementary medical measures and, if interested, reliable sources of information should be referred.**

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S3 LL “Komplementärmedizin in der Behandlung von onkologischen PatientInnen“

General Considerations

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- **CAM instead of loco-regional interventions**
- **CAM instead of systemic treatment**
- **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**

Oxford		
LoE	GR	AGO
2b	B	--
2b	B	--

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 lymph edema

1b B +/-

- Prophylactic lymphatic drainage

1b B --

- Yoga (arm and shoulder pain)

2b C +

- Music therapy (reduces pain after mastectomy)

2b C +/-

Complementary Treatment While on Cancer Treatment – Impact on Toxicity I

During anti-cancer treatment: Beware of drug interactions

- **Mistletoe (*Viscum album*)**
in order to reduce side effects
- **Thymic peptides**
lower risk of severe infections
- **Ginseng**
in order to reduce cancer related fatigue; note: interacts with cytochrome P enzymes e.g. CYP 3A4
- **Ganoderma Lucidum**
may improve fatigue, note: inhibits cytochrome P enzymes (e.g. CYP 3A4)
- **L-Carnitine**
 - given for prevention of toxicity; however, increased chemotherapy-induced peripheral neuropathy
 - Improvement of cancer related fatigue
- **Curcumin**
adjunct to reduce radiation-induced dermatitis
- **Ginger**
adjunct to guideline-oriented medication to treat chemotherapy induced nausea & vomiting – beware of drug interactions

Oxford		
LoE	GR	AGO
1a	B	+/-
2a	B	+/-
2b	C	-
2b	C	-
1b	B	--
1b	B	-
1b	B	+/-
1b	C	+/-

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Complementary Treatment

While on Cancer Treatment – Impact on Toxicity II

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Antioxidant supplements

- various antioxidative extracts to reduce anthracyclin-induced cardiotoxicity

High dose vitamine 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)

Oxford

LoE GR AGO

1b B -

2b B +/-

1b C -

2b D -

1b B -

1b B -

3b B -

1b B -*inf

5 D --

3b C +/-*

inf: i.v.-infusion (in Germany not approved)

* treatment in clinical trials recommended

Additional Complementary Therapy of Side Effects Related to Cancer Treatments

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	Oxford		
	LoE	GR	AGO
■ Chinese medicinal herbs to treat the chemotherapy side effects in breast cancer patients	1b	B	-
■ Homoeopathic medicine against therapy side effects	1b	B	+/-
■ Topical Silymarin for prophylaxis of 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	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			
▪ prophylactic	1b	B	-
▪ therapeutic	2b	B	+/-
▪ Chronic lymph edema after Breast Cancer Treatment	2b	B	+/-

Complementary Treatment

Mind-Body Medicine I

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MBSR (Mindfulness-Based Stress Reduction)

Program improves quality of life, coping strategies, attentiveness, and lowers stress, anxiety, depression, fatigue, and sleep disturbances

Oxford

LoE

GR

AGO

1a

A

+

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

Complementary Treatment

Mind-Body Medicine II

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Relaxation techniques

Reduction of anxiety and nausea, improvement of quality of life,
reduction of psychological stress

Yoga

Improves sleep, quality of life, stress, anxiety,
depression, fatigue, and sleep

Qi Gong

May improve quality of life, fatigue, and mood

Tai Chi

Improves quality of life, muscular strength, sleep

Hypnosis (in combination with cognitive training)

Improves fatigue and muscle weakness under radiotherapy; also
reduces distress

	Oxford LoE	GR	AGO
	2b	C	+/-
	1b	A	+
	2a	B	+/-
	2a	B	+/-
	1b	A	+

Prevention of Recurrence/Improvement of Overall Survival I

Modifiable Lifestyle Factors

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- **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	+

Modifiable Lifestyle Factors

Nutrition after Breast Cancer Diagnosis

Prevention of Recurrence / Improvement of Overall Survival II

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- **Adherence to normal BMI / weight loss if overweight, irrespective of HR-status**
- **Low fat diet**
dietary counseling recommended
- **Increased fiber intake (e.g. Flaxseed)**
- **Adherence to general nutrition guidelines**
(e.g. DGE, WCRF) similar to a Mediterranean Diet
- **Dietary extremes**

Oxford		
LoE	GR	AGO
1a	A	++
1a	B	+
2a	B	+
2a	B	++
2a	B	--

Complementary Treatment

Prevention of Recurrence / Improvement of Overall Survival III

Dietary Supplements – Herbal Therapies

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	LoE	Oxford	GR	AGO
Post treatment vitamin/antioxidant supplements does not appear to be associated with increased risk of recurrence (beware of drug/treatment interactions)	2b		B	
Smokers on antioxidant supplements are at higher risk for lung cancer	1b		A	
<u>For Prevention of BC Recurrence:</u>				
▪ Antioxidants	2a		B	+/-
▪ Vitamine supplementation in patients on a balanced diet (esp. Vit C, E, D)	2a		B	+/-
▪ Soy-food (natural source of phytoestrogens)	2a		B	+/-
– food or concentrates containing ≥ 100 mg) isoflavones per day	2a		B	-
▪ Black Cohosh (Cimicifuga racemosa)	3b		C	+/-
▪ Antioxidant supplements (after completion of radiotherapy)	2b		B	+/-
▪ Green tea	3a		C	+/-
▪ Orthomolecular substances (Selenium, 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	1c		D	--
▪ Methadone	5		D	--
▪ Cancer bush (Sutherlandia frutescens), Devil's claw (Harpagophytum procumbens), Rooibos tea (Aspalathus linearis), Bambara groundnut (Vigna subterranean)	5		D	-
▪ Incense	5		D	-

Complementary Therapy Survivorship