

Diagnosis and Treatment of Patients with Primary and Metastatic Breast Cancer

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Complementary Therapy

Survivorship



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

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➤ **Versionen 2002–2016:**
**Albert / Bauerfeind / Blohmer / Fersis /
Friedrich / Gerber / Göhring / Hanf / Janni /
Kümmel / von Minckwitz / Oberhoff / Scharl /
Schmidt / Schütz / Thomssen**

➤ **Version 2017:**
Gerber / Lück

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Further Information

References

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„Alternative“ Therapies

„Integrative Oncology“

„Unconventional methods“

CAM
Complementary + alternative medicine

UCT
Unconventional Thx

Complementary

In addition to scientifically based medicine

Alternative

Instead of scientifically based medicine

Unconventional

Unproven outsider methods

Problems of available studies: selection bias, small case numbers, short follow-up, contrary results etc.



General Considerations

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- **Alternative methods (CAM) instead of surgical treatment** 5 D --
- **Alternative methods (CAM) instead of systemic treatment** 2b B --
- **While on anti-cancer treatment: beware of drug interactions**

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Complementary Therapy

Pre- and Postoperative

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Preoperative:

- Hypnosis (reduces anxiety, pain, nausea)

1b B +

Postoperative:

- Acupuncture (pain relief, anxiety)

2b B +/-

- Acupuncture (nausea, vomiting)

2b B +

- Massage therapy (pain relief)

2b C +/-

- Early postop. exercise reduces upper-limb dysfunction (beware: increased wound drainage)

1a A +

- Prophylactic lymph drainage

1b B -

Complementary Treatment Impact on Toxicity I

While on anti-cancer treatment: beware of drug interactions

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➤ Mistletoe (<i>Viscum album</i>) in order to reduce side effects	1a	B	+/-
➤ Thymic peptides lowered risk of severe infections	2a	B	+/-
➤ Ginseng in order to reduce cancer related fatigue; note: inhibits cytochrome P enzymes e.g. CYP 3A4	2b	C	-
➤ Ganoderma Lucidum may improve fatigue, note: inhibits cytochrome P enzymes e.g. CYP 3A4)	2b	C	-
➤ L-Carnitine - given for prevention of toxicity, increased chemotherapy induced peripheral neuropathy	1b	B	--
- Improvement of cancer related fatigue	1b	B	-
➤ Curcumin as an adjunct to reduce radio dermatitis	1b	B	+/-
➤ Ginger for chemotherapy induced nausea & vomiting	1b	C	+/-

Complementary Treatment Impact on Toxicity II

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➤ Antioxidant supplements	1b	B -
➤ High dose vitamine C	1b	C -
➤ Vitamine E	2b	D -
➤ Selenium for alleviating side effects of therapy	1b	B -
➤ Co-Enzyme Q 10 (fatigue, QoL)	1b	B -
➤ Proteolytic enzymes in order to reduce chemotherapy-induced toxicity		3b B
➤ Chinese herbal medicine improves wound healing	1b	B -*inf
➤ Oxygen and ozone therapy	5	D - -

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

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Additional Complementary Therapy

Side Effects Related to Cancer Treatments

e.g. Chemotherapy



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	Oxford LoE / GR	AGO
➤ Chinese medicinal herbs to treat the side effects of chemotherapy in breast cancer patients	1b	B -
➤ Homoeopathic medicines for adverse effects of cancer treatments	1b	B +/-
➤ Topical calendula (>= 20% Calendula amount) for prophylaxis of acute dermatitis during radiotherapy		
➤ Traumeel S® mouthwash to treat chemotherapy-induced stomatitis		
➤ Topical Silymarin for prophylaxis of acute dermatitis during radiotherapy	3a	B +/-
➤ Acupuncture in order to improve on		
➤ Chemotherapy-induced >=nausea and vomiting	1a	B +
➤ Cognitive dysfunction	5	D +/-
➤ Fatigue	1a	B +
➤ Pain	1a	B +/-
➤ Leucopenia (Moxibustion)	2b	B +/-
➤ Hot flashes	2b	B +
➤ Treatment of chemotherapy induced polyneuropathy	2b^a	B -

Complementary Treatment

Mind-Body Medicine I

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MBSR (Mindfulness-Based Stress Reduction)
Programme improves quality of life, coping strategies, attentiveness, lowers stress and depressive syndromes)

1a A +

Physical exercise / sport

min. 150 min. moderate endurance training per week in combination with work out exercises (2x per week)
improve quality of life, cardio-respirat. fitness, physical performance and fatigue, no higher risk of lymphedema

1a A ++

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Mind-Body Medicine II

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- | | |
|--|------------------------------|
| <p>➤ Yoga</p> <ul style="list-style-type: none"> • Improves sleep, quality of life, stress, anxiety, depression, fatigue | <p>1b A +</p> |
| <p>➤ Qi Gong</p> <p>May improve quality of life, fatigue, mood</p> | <p>2a B +/-</p> |
| <p>➤ Tai Chi</p> <p>Improves quality of life, physical performance</p> | <p>2a B +/-</p> |
| <p>➤ Hypnosis (in combination with cognitive training)</p> <p>Improves fatigue and muscle weakness under radiation therapy, also reduces distress</p> | <p>1b A +</p> |

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Modifiable Lifestyle Factors

Prevention of Recurrence/ Improvement of Overall Survival I

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➤ **Physical exercise**

1a A ++

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

➤ **Smoking**

2b A +/-

➤ **Alcohol consumption (>6 g/day)**

2b A +/-

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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** 1a A ++

- **Low fat diet**
dietary counseling recommended 1a A +

- **Avoid high-fat dairy food** 2b C +

- **Flaxseed / increased fibre intake** 2a B +

- **Adherence to general nutrition guidelines (e.g. DGE, WCRF)** 2a B ++

- **Dietary extremes** 1b B - -

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Complementary Treatment

Prevention of Recurrence / Improvement of Overall Survival III Dietary Supplements – Herbal Therapies

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Post treatment vitamin/antioxidant supplements doesn't 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

Oxford	AGO
LoE / GR	
2b	B
1b	A

For Prevention of BC Recurrence:

➤ Antioxidants	2a	B	+/-
➤ Orthomolecular substances (Selenium, Zinc...)	5	D	-
➤ Vitamine supplementation in pts on a balanced diet (esp. Vit C, E, D)	2a	B	+/-
➤ Artificial carotenoids appear to be associated with worse outcome	2b	B	-
➤ Proteolytic enzymes (Papain, Trypsin, Chymotrypsin)	3b	B	-
➤ Soy-food (natural source of phytoestrogenes)	2a	B	+/-
➤ Concentrates containing ≥ 100 mg) isoflavones	2a	B	-
➤ Black Cohosh (Cimicifuga racemosa)	2a	B	+/-
➤ Mistletoe (Viscum album)	1b	C	-
➤ Thymic peptides (impact on OS)	2a	B	-
➤ Oxygen- and ozone therapy	5	D	--
➤ Antioxidant supplements (after completion of radiotherapy)	2b	B	+/-
➤ Laetrile	1c	D	--
➤ Methadon	5	D	--
➤ Cancer bush (Sutherlandia frutescens), Devil's claw (Harpagophytum procumbens), Rooibos tea (Aspalathus linearis), Bambara groundnut (Vigna subterranean)	5	D	-

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Complementary Treatment Cancer Pain Reduction

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- **Acupuncture for cancer pain in adults** **1a B +/-**

- **Transcutaneous electric nerve stimulation (TENS) for cancer pain in adults** **2b D +/-**

- **Cave: No delay in diagnostic process**

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Further Information

References

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Complementary Therapy – Survivorship (2/14)

Further information:

Screened Data Sources:

Pubmed	2012 - 01/2017
ASCO	2015 – 2016
SABCS	2015 – 2016
EBCC	2015 – 2016
Cochrane library:	summary Jan. 2017:

No references

Alternative Therapies (3/14)

Further information:

The term „alternative therapies“ has to be more precisely defined. The above scheme divides the subject into two main aspects:

- UCT refers to unconventional therapies with unproven methods; they frequently include outsider methods with possible considerable inherent risks.
- CAM includes both alternative therapies, which are used instead of conventional, scientifically based medicine, and complementary methods, which are used in addition to conventional methods. While conventional clinicians tend to more readily approve of the complementary approach than one of the other options, complementary approaches, if administered simultaneously with conventional therapies, always carry the risk that the treatments unexpectedly interfere with each other to produce untoward effects, i.e., drug interactions with partially incalculable outcomes.

No references

General Considerations (4/14)

No further information

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Complementary Therapy Pre- and Postoperative (5/14)

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Complementary Treatment. Treatment phase. Impact on Toxicity I (6 /14)

No further information

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Complementary Treatment. Treatment phase. Impact on Toxicity II (7 /14)

No further information

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Additional Complementary Therapy Side Effects Related to Cancer Treatments - e.g. Chemotherapy (8/14)

No further information

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Complementary Treatment - Prevention of Recurrence / Improvement of Overall Survival III Dietary Supplements – Herbal Therapies (13/14)

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