

Diagnosis and Treatment of Patients with Primary and Metastatic Breast Cancer



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Complementary Therapy Survivorship

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**FORSCHEN
LEHREN
HEILEN**

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



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- **Versions 2002–2017:**
**Albert / Bauerfeind / Blohmer / Fersis /
Friedrich / Lück / Gerber / Göhring / Hanf /
Janni / Kümmel / von Minckwitz / Oberhoff /
Scharl / Schmidt / Schütz / Thomssen**
- **Version 2018:**
Kümmel / Hanf

CAM

„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*

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 usage of CAM modalities**
- ***While on anti-cancer treatment:*
beware of drug interactions**

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

Complementary Therapy Pre- and Postoperative

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	Oxford		
	LoE	GR	AGO
<u>Preoperative:</u>			
▪ Hypnosis (reduces anxiety, pain, nausea)	1b	B	+
<u>Postoperative:</u>			
▪ Acupuncture (pain relief, anxiety)	1b	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 While on Cancer Treatment – Impact on Toxicity I

While on anti-cancer treatment: beware of drug interactions

- **Mistletoe (*Viscum album*)**
in order to reduce side effects
- **Thymic peptides**
lowered risk of severe infections
- **Ginseng**
in order to reduce cancer related fatigue; note: inhibits 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**
as an adjunct to reduce radio dermatitis
- **Ginger**
as an adjunct to guidelines 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	+/-

Complementary Treatment While on Cancer Treatment – Impact on Toxicity II

	Oxford		
	LoE	GR	AGO
Antioxidant supplements	1b	B	-
→ various antioxidative extracts to reduce anthracyclin- induced cardiotoxicity	2b	B	+/-
High dose vitamin 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	--

- **Antioxidant supplements**

→ various antioxidative extracts to reduce anthracyclin- induced cardiotoxicity

- **High dose vitamin C ***

- **Vitamine E**

- **Selenium for alleviating side effects of therapy**

- **Co-Enzyme Q 10 (fatigue, QoL)**

- **Proteolytic enzymes in order to reduce chemotherapy-induced toxicity**

- **Chinese herbal medicine improves wound healing**

- **Oxygen and ozone therapy**

Additional Complementary Therapy

Side Effects Related to Cancer Treatments

e.g. Chemotherapy

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	Oxford		
	LoE	GR	AGO
<ul style="list-style-type: none"> Chinese medicinal herbs to treat the side effects of chemotherapy in breast cancer patients 	1b	B	-
<ul style="list-style-type: none"> Homoeopathic medicines for adverse effects of cancer treatments <ul style="list-style-type: none"> Topical calendula ($\geq 20\%$ Calendula amount) for prophylaxis of acute dermatitis during radiotherapy Traumeel S[®] mouthwash to treat chemotherapy-induced stomatitis 	1b	B	+/-
<ul style="list-style-type: none"> Topical Silymarin for prophylaxis of acute dermatitis during radiotherapy 	3a	B	+/-
<ul style="list-style-type: none"> Massage to improve on fatigue, pain, anxiety, nausea 	1b	C	+/-
<ul style="list-style-type: none"> Transcutaneous Electrical Nerve stimulation (TENS) against cancer pain 	2b	D	+/-

Additional Complementary Therapy

Side Effects Related to Cancer Treatments

e.g. Chemotherapy

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	LoE	GR	AGO
<ul style="list-style-type: none"> Acupuncture in order to improve on <ul style="list-style-type: none"> (Electro)-Acupuncture as adjunct to antiemetic treatment in case of Chemotherapy-induced nausea and vomiting 	1b	B	+
<ul style="list-style-type: none"> Pain <ul style="list-style-type: none"> Cancer pain Aromatase-inhibitor – induced athralgia TENS – Transcutaneous Electrical Nerve Stimulations to relieve cancer pain 	1b 1a 2b	B B D	+ + +/-
<ul style="list-style-type: none"> Fatigue 	1a	B	+
<ul style="list-style-type: none"> Cognitive dysfunction 	5	D	+/-
<ul style="list-style-type: none"> Menopause syndrome in Breast Cancer Patients <ul style="list-style-type: none"> to improve on frequency and severity of hot flashes Electro-Acupuncture to improve on sleep and hot flashes 	1b 2a	B B	+ +/- +
<ul style="list-style-type: none"> Leucopenia (Moxibustion) 	2b	B	+/-
<ul style="list-style-type: none"> Treatment of chemotherapy induced polyneuropathy <ul style="list-style-type: none"> prophylactically therapeutically 	1b 2b	B B	- +/-
<ul style="list-style-type: none"> Chronic lymph edema after Breast Cancer Treatment 	2b	B	+/-
<ul style="list-style-type: none"> Acu-pressure in order to improve on <ul style="list-style-type: none"> Nausea and vomiting as adjunct to antiemetic therapy Fatigue 	1b 1b	B B	+ +

Complementary Treatment

Mind-Body Medicine I

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MBSR (Mindfulness-Based Stress Reduction)

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

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-respiratory fitness, physical performance, sleep, fatigue, no higher risk of lymphedema

Oxford		
LoE	GR	AGO
1a	A	+
1a	A	++

Complementary Treatment Mind-Body Medicine II

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	Oxford		
	LoE	GR	AGO
<p>Yoga Improves sleep, quality of life, stress, anxiety, depression, fatigue, sleep</p>	1b	A	+
<p>Qi Gong May improve quality of life, fatigue, mood</p>	2a	B	+/-
<p>Tai Chi Improves quality of life, muscular strength, sleep</p>	2a	B	+/-
<p>Hypnosis (in combination with cognitive training) Improves fatigue and muscle weakness under radiation therapy, also reduces distress</p>	1b	A	+

CAM

Prevention of Recurrence/Improvement of Overall Survival I

Modifiable Lifestyle Factors

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- **Physical exercise**
(Equivalents to 3–5 hrs moderate walking per week improves DFS and OS, cardio-respiratory fitness, physical functioning)
- **Smoking**
- **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) in sense of 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

	Oxford		
	LoE	GR	AGO
Post treatment vitamin/antioxidant supplements doesn't 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	+/-
▪ 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	+/-
– food or concentrates containing ≥ 100 mg) isoflavones per day	2a	B	-
▪ Black Cohosh (Cimicifuga racemosa)	3b	C	+/-
▪ 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	--
▪ Methadone	5	D	--
▪ Cancer bush (Sutherlandia frutescens), Devil's claw (Harpagophytum procumbens), Rooibos tea (Aspalathus linearis), Bambara groundnut (Vigna subterranean)	5	D	-