



Diagnosis and Treatment of Patients with early and advanced Breast Cancer

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

Options for Primary Prevention: Modifiable Lifestyle Factors

Prevention

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

- **Version 2011–2018**
**Dall / Diel / Gerber / Maass / Mundhenke /
Thomssen / von Minckwitz**
- **Version 2019:**
Hanf / Solomayer

Risk Factors for Breast Cancer 1

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

- Older age
- Genetics
- Family history of cancer
- Personal history of breast lesions
 - Non-proliferative lesions
 - Proliferative lesions w/o atypia
 - High risk lesions (ADH, LIN)
 - Breast cancer (DCIS, Inv. BC)
- Breast density
- Chest irradiation
- Typ II Diabetes mellitus

- Lifetime number of menstrual cycles
 - Early menarche, late menopause
- Maternal pregnancy factors (e.g. pre-eclampsia) (risk reduction), and low physical activity during pregnancy (risk increase)

Social risk factors

- Lower number of births or no pregnancy
- Advanced age at first full term delivery

Risk Factors for Breast Cancer 2

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

- **Short duration or absence of breast feeding**
- **BMI < 18.5 and > 25 and especially > 40 (obesity)**
- **Food content**
- **Steroid hormone therapy**
 - Recent oral contraceptive use
 - Hormone therapy (estrogen/gestagen combination) in postmenopausal women
- **Alcohol intake**
- **nicotine**
- **Light exposure at night (night shifts) *contradictory***
- **Low physical activity**
- **Endocrine disruptors in fetal and early childhood development (e.g. DES, bisphenol-A, DDT)**
- **Effect of carcinogenic substances / working materials**
- **Exposition to ionizing radiation**

Deodorant-use and risk

Cent Eur J Public Health. 2016 Sep;24(3):245-247. doi: 10.21101/cejph.a4475.

Breast Cancer and Deodorants/Antiperspirants: a Systematic Review.

Allam MF¹.

So far there is no evidence of a correlation between aluminum containing deodorants and breast cancer risk

- All observational studies that evaluated the association between breast cancer risk and deodorants/antiperspirants use were reviewed. We have only identified two case-control studies, carried out between 2002 and 2006.
- There was no risk of antiperspirants use in the pooled risk (odds ratio 0.40, 95% confidence interval 0.35-0.46).
- Our comprehensive search has identified an insufficient number of studies to conduct a quantitative review and obtain reliable results. Further prospective studies are strongly needed.

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1



High Proportion of Postmenopausal Breast Cancer Attributable to Lifestyle Factors

population attributable fractions (PAFs) of modifiable risk factors

Risk factors: obesity, physical inactivity, alcohol, low-fiber intake, smoking

Results: retrospective cohort study (Netherlands Cancer Registry)

2000: subpopulations of obese women, inactive women, alcohol drinkers, smokers etc.

2010: breast cancer incidence as compared to background incidence in these subgroups

25.7% of postmenopausal breast cancer cases in the Netherlands in 2010 were attributable to lifestyle factors

8.8% attributed to obesity

6.6% attributed to alcohol

5.5% attributed to physical inactivity

3.2.% attributed to low fiber intake

4.6% attributed to smoking

Update 2019: Tamimi et al, 2016
USA: more than a third of
postmenopausal breast cancers are
preventable through changes in
modifiable risk factors

van Germert et al., Int J Cancer 2015; 152: 155-162



© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

www.ago-online.de

FORSCHEN
LEHREN
HEILEN

Prevention through by Pregnancy Related Factors

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

	Oxford		
	LoE	GR	AGO
■ Any full term pregnancy	2b	B	
■ Number of pregnancies	2b	B	
■ First full term pregnancy before age of 30 years	2b	B	
■ Breast feeding (protective if total breast feeding time exceeds 1.5–2 years)	3a	B	
■ Assisted reproduction (no influence)	2b	B	
■ Lower birth weight of the first born (3000-3500 vs. > 4500g RR=1,53)	2b	B	
■ Lower length of pregnancy first born (26-31. WOP vs. 40-41. WOP; HR=2,38, p=0,03)	2b	B	
■ Polycystic Ovarian Syndrome PCO (no influence on BC)	3b	C	

Prevention by Changing Lifestyle Factors: Body Mass Index / Diet

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

- **Maintaining normal weight
(BMI at 18.5 – 25 kg/m²)**
 - Premenopausal
 - Postmenopausal
- **Prevention/Screening and treatment of
diabetes mellitus type II
(reduction of breast cancer incidence and mortality)**

Oxford		
LoE	GR	AGO
2a	B	++
3a	B	++
2a	B	++
2b	B	++

BMI and epigenetics link between obesity and breast cancer?

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

Changing the ESR1-promoter activity by methylation of CpG-islands

n = 120 breast tissue samples of cancer free patients

ESR1-promoter methylation

BMI \geq 30 > BMI 25–29 > BMI 25 kg/m² (p < 0.001 resp.)

postmenopausal > premenopausal (p = 0.046)

[multivariate analysis]

Daraei A., Genet Test Mol Biomarkers 2017, 21:464-470

BMI and epigenetics link between obesity and breast cancer?



© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

- **The epigenetic code (methyl marks) determines how the genome functions, dictating which genes are turned on and which genes are turned off**
- **Development is the critical period when this programming occurs, directing cell and organ development**

www.ago-online.de

**FORSCHEN
LEHREN
HEILEN**

Walker, CL, SABCS 2011

Prevention by Changing Lifestyle Factors: Diet

* As recommended by German Society of Nutrition (DGE)

** Recommended as a part of healthy nutrition

Oxford

LoE GR AGO

	LoE	GR	AGO
■ Preference of a balanced diet*	2b	B	+
■ Mediterranean Diet	2a	B	+
■ Dietary components			
■ Olive oil (extra virgin olive oil), as part of medit. diet	2b	B	+
■ Fat reduced food	2a	B	+
■ Reduced consumption of red meat	2b	C	+
■ Supplementation of vitamins, minerals, trace elements	2a	B	-
■ Vitamin D substitution for prevention (MaCa HR1,02)	1b	B	+/-
■ Vegetables / fruits **	2a	B	+/-
■ Phytoestrogens / soy	2a	B	+/-
■ Fiber containing food	2a	B	+
■ Vegetarian/vegan diet (no significant risk reduction)	2b	C	+/-
■ Coffe reduces the BC risk (esp. receptor neg.)	2a	B	+/-
■ nuts/peanuts (> 10g/d) (peanut butter without effect)	2b	B	+

Coffee Consumption and Risk of Breast Cancer: An Up-To-Date Meta-Analysis

Xiu Juan Li: PlosOne, January 2013 | Volume 8 | Issue 1 | e52681

49497 breast cancer cases

26 studies (16 cohort and 10 case–control studies)

The pooled RR showed a borderline significant influence of highest coffee consumption (RR = 0.96; 95% CI 0.93–1.00), low-to moderate coffee consumption (RR = 0.99; 95% CI 0.95–1.04), or an increment of 2 cups/ day of coffee consumption (RR = 0.98; 95% CI 0.97–1.00) on the risk of breast cancer.

In stratified analysis, a significant inverse association was observed in ER-negative subgroup. However, no significant association was noted in the others.



© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1



www.ago-online.de

FORSCHEN
LEHREN
HEILEN

Vitamin D Supplements and Prevention of Cancer and Cardiovascular Disease

N Engl J Med. 2019 Jan 3;380(1):33-44. doi: 10.1056/NEJMoa1809944. Epub 2018 Nov 10.

randomized, placebo-controlled trial, with a two-by-two factorial design, of vitamin D₃(cholecalciferol) at a dose of 2000 IU per day and marine n-3 (also called omega-3) fatty acids at a dose of 1 g per day

Primary end points were invasive cancer of any type and major cardiovascular events

25,871 participants

median follow-up of 5.3 years

124 breast cancers (Vit D group) vs. 122 (placebo group) Hazard Ratio: 1,02



© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1



www.ago-online.de

**FORSCHEN
LEHREN
HEILEN**

Epidemiological Evidences on Dietary Flavonoids and Breast Cancer Risk: A Narrative Review

Sak, K.: [Asian Pac J Cancer Prev. 2017 Sep 27;18\(9\):2309-2328.](#)

Conclusions and further perspectives

...probably the most apparent relationship prevails for consumption of isoflavones, whereas beneficial effects seem to be expressed only at high intake levels typical to Asian womencompared to Western countries where the intake of soy products is remarkably low.

protective activities of isoflavones might appear only in females consuming soy foods since their early age as childhood and adolescence can be crucial periods of exposure

At present: “recommendations for consumption of high-dose isoflavones ... to reduce the individual susceptibility towards breast carcinogenesis are still premature and can also be not completely without .. risks.”



© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1



www.ago-online.de

FORSCHEN
LEHREN
HEILEN

Prevention by Modifying Lifestyle Risk Factors: Alcohol

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

- Reduction of alcohol intake reduces risk of breast cancer (ideal <10g/d, class II evidence)

Particularly for

- ER+/PgR+ tumors
- Invasive lobular tumors

Oxford		
LoE	GR	AGO
2a	B	
2a	B	
2a	B	

Nature, Nurture and cancer risks: Genetic and nutritional contributions to cancer

Theodoratou, E.: Annu Rev Nutr. 2017 August 21; 37: 293–320.
doi:10.1146/annurev-nutr-071715-051004



© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1



No association was classified as convincing (class I). The association between alcohol intake and ER+ breast cancer was classified as highly suggestive (Class II) based on a **meta- analysis of 20 prospective studies** ($\geq 30\text{g/d}$ of alcohol consumption versus non-drinkers

RR (95% CI): 1.35 (1.23, 1.48, $p\text{-value}=5.2 \times 10^{-10}$, $I^2 = 26\%$,

$P_{\text{small effect bias}} = 0.184$, $P_{\text{excess significance bias}} = 4 \times 10^{-8}$)

www.ago-online.de

FORSCHEN
LEHREN
HEILEN

Prevention by Modifying Lifestyle Risk Factors: Smoking

Oxford		
LoE	GR	AGO
2a	B	++

- **Never smoking reduces risk of breast cancer (~ 15-24% reduction of lifetime risk)**
- **Young women smoking have a 60% increased risk of bc, when smoking > 10 years before the first childbirth (vs. never smokers)**

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1



Smoking and risk of breast cancer in the Generations Study cohort

Jones, M.E.: Breast Cancer Res. 2017 Nov 22;19(1):118. doi: 10.1186/s13058-017-0908-4.

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1



102,927 women recruited 2003–2013

average of 7.7 years of follow-up

**The HR (reference group was never smokers) was
1.14 (95% CI 1.03–1.25; $P = 0.010$) for ever smokers,
1.24 (95% CI 1.08–1.43; $P = 0.002$) for starting smoking at ages < 17 years
1.23 (1.07–1.41; $P = 0.004$) for starting smoking 1–4 years after menarche**

**Women with a family history of breast cancer (ever vs never smokers HR 1.35;
95% CI 1.12–1.62; $P = 0.002$) had a significantly larger HR ... than women without
(ever smoker vs never smoker HR 1.07; 95% CI 0.96–1.20; $P = 0.22$).**

www.ago-online.de

**FORSCHEN
LEHREN
HEILEN**

Prevention by Modifying Lifestyle Risk Factors: Physical Activity

Oxford		
LoE	GR	AGO
2a ⁽⁻⁾	B	++

- **Physical exercise**
(Metabolic equivalents to 3–5 hrs moderate pace walking per week)

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

Prevention by Modifying Lifestyle Risk Factors: Hormone Therapy in Postmenopausal Women

	Oxford		
	LoE	GR	AGO
<ul style="list-style-type: none"> Avoiding estrogen / progestin combinations 	1b	A	+
<ul style="list-style-type: none"> Avoiding estrogens only (no increased, possibly reduced breast cancer risk, but increased risk for endometrial cancer, if not hysterectomized) 	1b	A	+/-

- Avoiding hormonal therapy in postmenopausal women**

- Avoiding estrogen / progestin combinations
 - Avoiding estrogens only
 (no increased, possibly reduced breast cancer risk, but increased risk for endometrial cancer, if not hysterectomized)

Prevention of Hormones in Postmenopausal Patients

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

	N	MC-RR (95%CI)	Further information
WHI WHI: JAMA 2002, JAMA 2017	~ 27 000	1.3 (1,0-1,6)	1.3 (1.1-1,6) coronary events 1.4 (1,1-1,9) insults 2.1 (1,4-3,3) pulmonary embolism 2.1 (1,5-2,9) deep vein thrombosis
HERS Hulley S: JAMA 2002	I 2763 RCT, med. 4.1 J II 2321 open-label, 2.7J	1.2 (0.95-1.5)	med. age 67 J no secondary prevention side effects as comp. to WHI + cholecystectomy ↗
Million Women Beral V: Lancet 2003	1.084 110 ~ 50% HRT 4.1 J. follow-up	1.66 (1.6-1.8)	EPC > E mode of applic. not relevant duration > 5 yrs. Tibolon RR 1.45 (1.2-1.7)
EPIC Int J Cancer 2010	1.153 747 person-years	1.4 (1.2-1.6) 1.8 (1.4-2.2)	E-Mono EPC > E
Metaanalyse Nelson HD: JAMA 2002	16 Studies	1.21-1.40	side effects as compared to WHI +

Prevention of Hormones (EGC) in Postmenopausal Patients

	N	MC-RR (95% CI)	Further statements
CLEAR-study (NSW)	1236 BC cases	2.09 (1,57-2.78)	current user
Case-Control-Study, retrospect. Australia		1.03 (0.82-1.28)	past user
		2.62 (1.56-4.38)	E/P combination
		1.80 (1.21-2.68)	E only

© AGO e. V.
in der DGGG e.V.
sowie
in der DKG e.V.

Guidelines Breast
Version 2019.1

Prevention by Modifying Lifestyle Risk Factors: Oral Contraception (OC)

Oxford
LoE

- OC does not increase the risk of mortality from breast cancer
- Risk of breast cancer slightly increased, risk of ovarian, endometrial cancer is decreased

1a

1a⁽⁻⁾