

# Patient 605212 Val – Aged 43

- June 2012: Screen detected left breast cancer.
- July 2012: Core biopsy and subsequent wide local excision and axillary resection showed **15mm invasive ductal carcinoma grade 2. 0/2 sentinel nodes involved, ER 7/8, PgR 8/8, HER2 -ve, Ki67 < 5%.** Oncotype result: Recurrence score 14 (low risk).
- Treatment Recommendation: RT and tamoxifen 5 yrs
- Would you also recommend ovarian suppression?

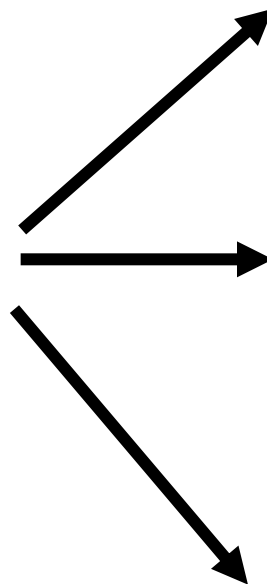
# Patient 575482 : Mary Aged 37

- June 2010 self discovered right breast mass. Wide local excision and sentinel node biopsy followed by axillary resection **12mm, grade III invasive ductal carcinoma, ER 7/8, PgR 8/8, Her2-ve, 1/15 nodes** involved.
- August 2010 Adjuvant FEC chemotherapy x 6.  
Amenorrhoeic
- December 2010 RT and tamoxifen, 20mg x 5 yrs
- Would you recommend ovarian suppression (a) immediately; (b) if menses restarted.

# SOFT TRIAL( BIG 2-02 / IBCSG 24-02)

## Suppression of Ovarian Function

3000 women  
Premenopausal  
After CT (within  
8 mo) or no CT



**Tamoxifen x 5years**

**Tamoxifen x 5years**

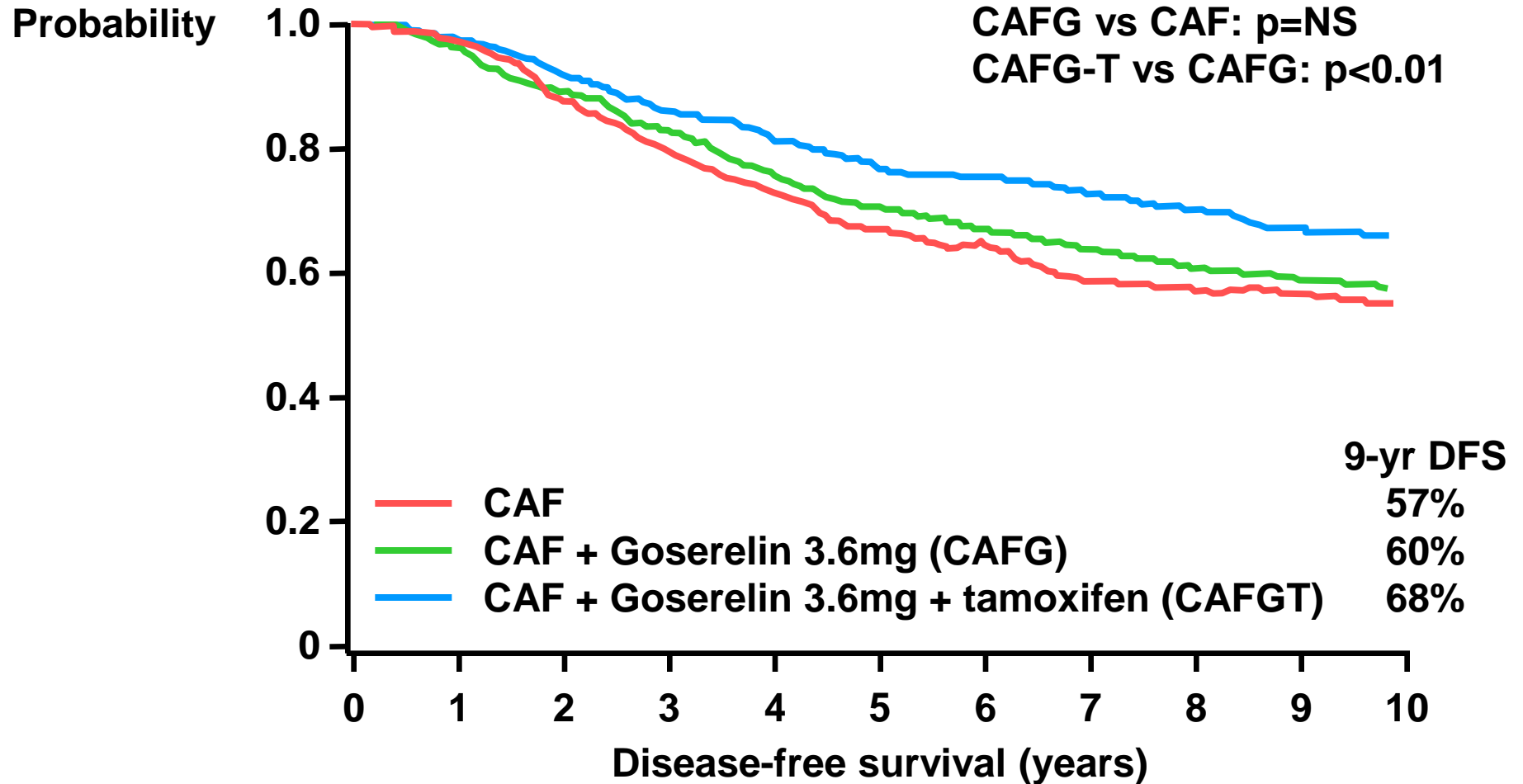
**Ovarian Suppression<sup>1</sup>**

**Ovarian Suppression**

**Exemestane x 5years**

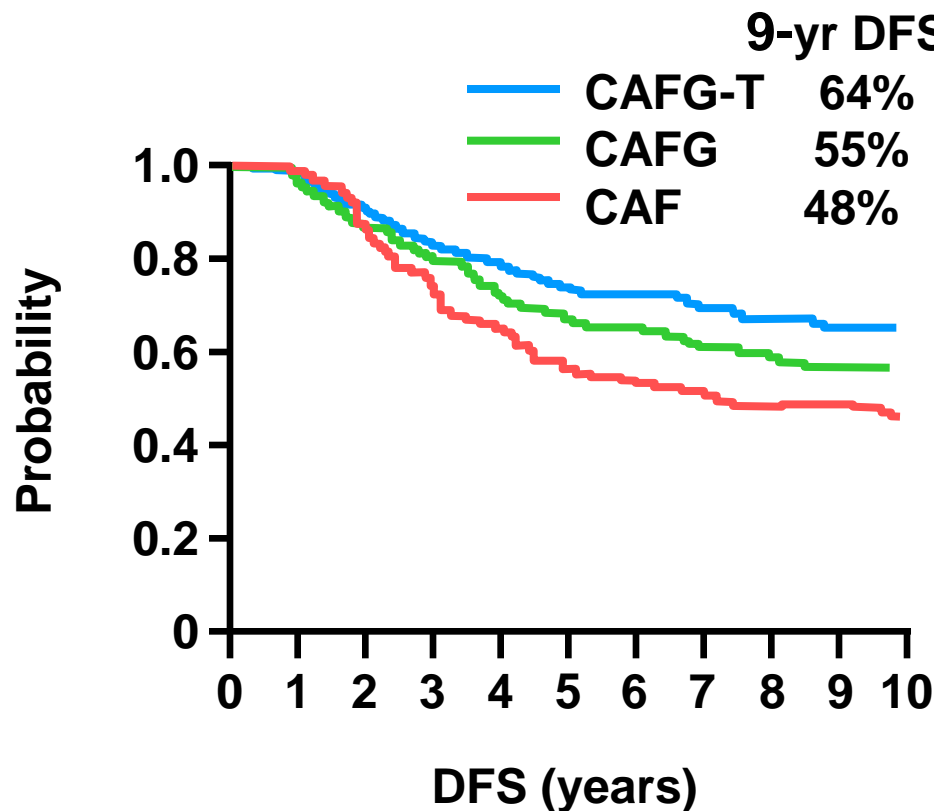
<sup>1</sup>Triptorelin, surgery or RT

# INT-0101 Trial(EOG): Premenopausal N+ve DFS

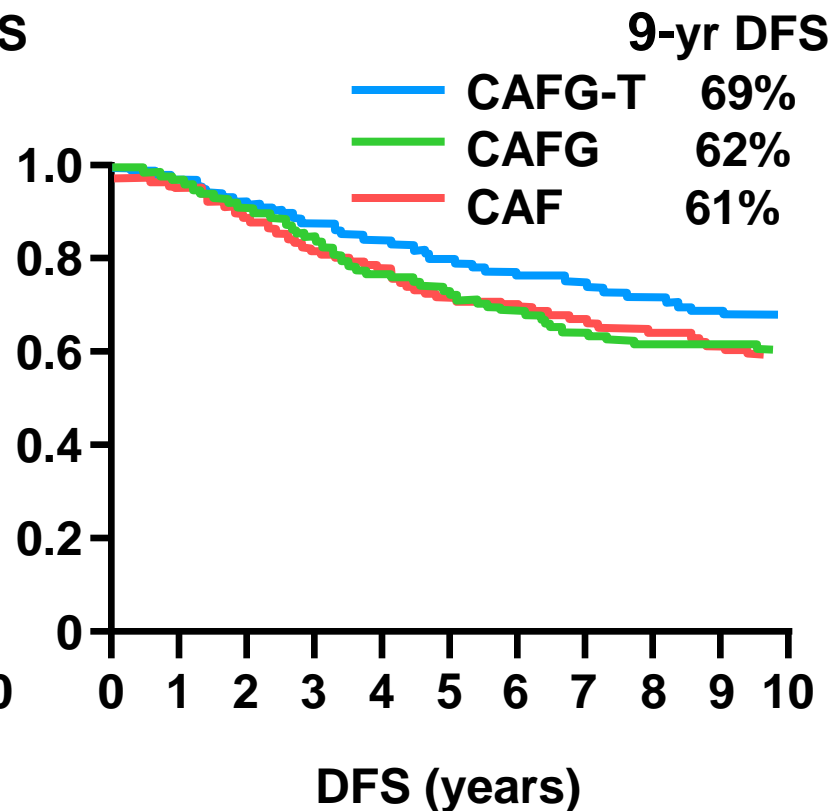


# INT-0101 Trial: Exploratory, Retrospective Analysis of DFS by age

DFS for women <40 years

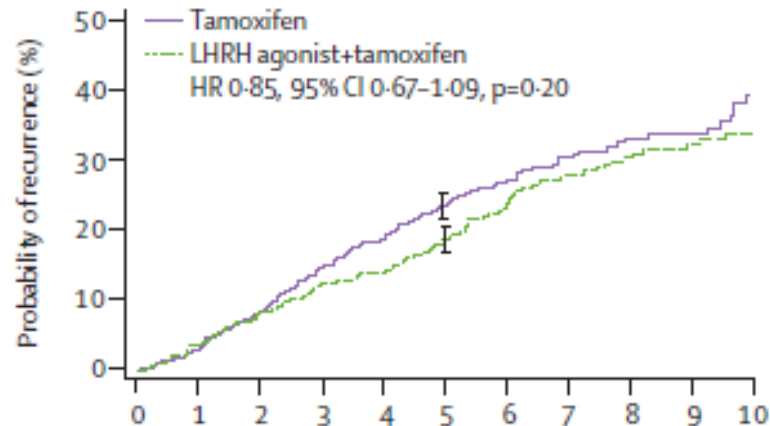


DFS for women  $\geq 40$  years



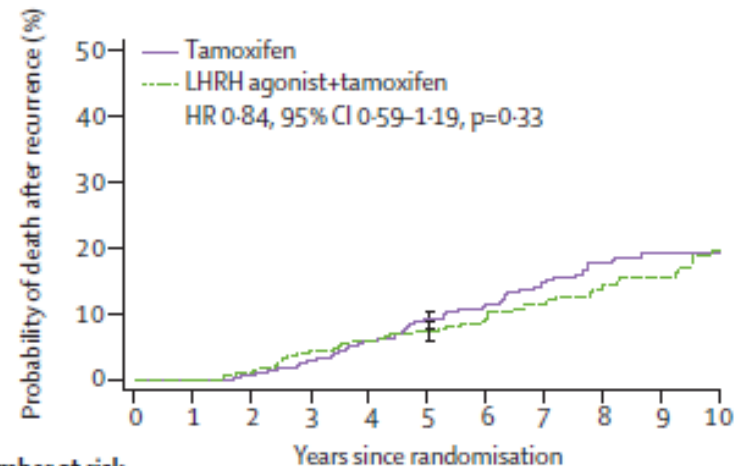
# Adjuvant LHRH Agonists in Premenopausal HR+ve Breast Cancer: a Meta-analysis from Randomised Trials (5 Trials Tam v Tam+LHRH Analogue)

## Recurrence



Number at risk						
Tamoxifen	561	498	393	216	131	63
LHRH agonist+tamoxifen	450	407	343	226	132	78

## Death from Recurrence



Number at risk						
Tamoxifen	561	538	455	267	161	89
LHRH agonist+tamoxifen	452	437	375	261	157	93

# Premenopausal Adjuvant Goserelin v Tam v Both

## Sub Group of ZIPP\* Trial

Risk Reduction  
compared with Control

927 pts ± CT	Nil		
	Tamoxifen	27%	p 0.018
	Goserelin	32%	p 0.005
	T+G	24%	p 0.021

No additional benefit of combining goserelin with tamoxifen

\*Zoladex in Premenopausal Patients

# Side Effects of Adjuvant Endocrine Treatment in Premenopausal Breast Cancer Patients: ZIPP Trial

- ‘ Goserelin... resulted in similar symptom levels as those of CMF, whereas the side effects of tamoxifen alone were milder.’



## Side Effects of Adjuvant Endocrine Treatment in Premenopausal Breast Cancer Patients: ZIPP Trial

	vasomotor	Vaginal dryness	Change in body Image	Memory and concentration loss
Control	0.46	0.06	0.42	0.53
Goserelin	2.04	0.91	0.67	0.86
G + Tam	1.80	0.50	0.64	0.67
Tamoxifen	1.06	0.61	0.44	0.57

Higher numbers worse

*Nystedt et al J Clin Oncol 21:1836-1844. © 2003*

# Conclusions

- Addition of ovarian suppression so far of unproven benefit
- Randomised data so far do not support
- Side effects and Quality of Life worse



# SOFT

- **SOFT** (Suppression of Ovarian Function Trial)
- patients *who remain premenopausal* after chemo (up to 6months post) i.e. population specific to those who menstruate after chemotherapy
- 3 arms: TAM vs TAM+OFS vs  
OFS+exemestane (5yrs)
- 3066 patients enrolled, final data collection estimated September 2013

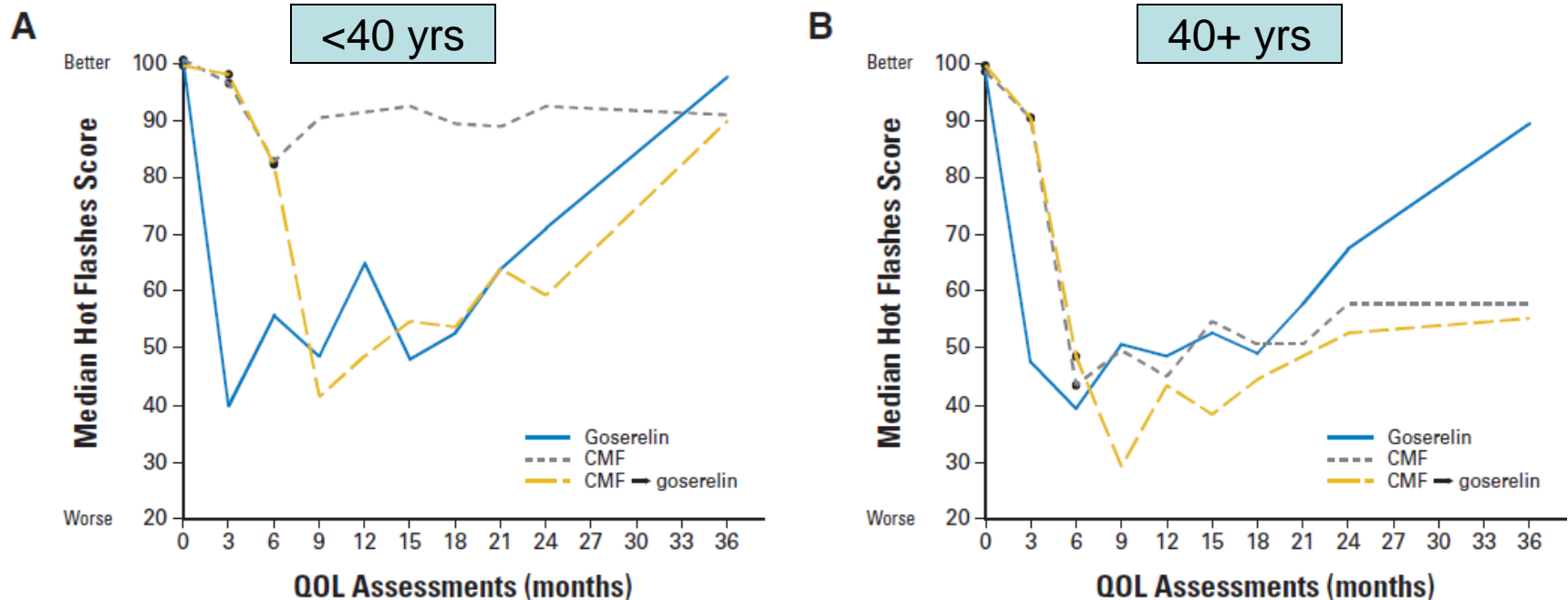
- **TEXT** (Triptorelin With Either Exemestane or Tamoxifen in Treating Premenopausal Women With Hormone-Responsive Breast Cancer)
- patients who receive GNRH analogue (+/- chemo) as part of their adjuvant regime
- triptorelin+TAM vs triptorelin+exemestane (5yrs) (with or without chemotherapy)
- 2672 enrolled, final data collection estimated September 2013

- PERCHE (Suppression of Ovarian Function and Either Tamoxifen or Exemestane With or Without Chemotherapy in Treating Premenopausal Women With Resected Breast Cancer)
- patients who received ovarian suppression from the start of their adjuvant treatment
- additional question of benefit without chemotherapy
- OFS + TAM/EXEM vs OFS+chemo+TAM/EXEM (5yrs)
- enrolled 29, data collection May 2013

# Patient 598961 Kath Aged 39YRS

- 2012 3.3cm R breast Core biopsy grade 2 IDC, ER 8/8, PgR 8/8, HER-2-ve Neoadjuvant chemotherapy FEC x3 followed by Taxotere x 3, completed 13 June 2012
- 10.07.2012 Right wire guided WLE & SLNB Residual 2.8cm G2 IDC, DCIS histological evidence of pathological response with fibrosis within tumour ER (8/8), PgR (6/8), HER-2-ve
- Treatment plan Tamoxifen x 5yrs and RT
- Would you also recommend ovarian suppression?

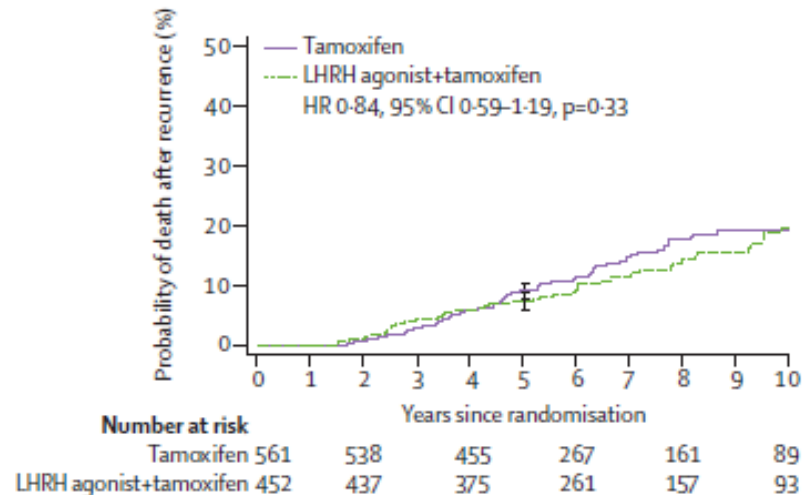
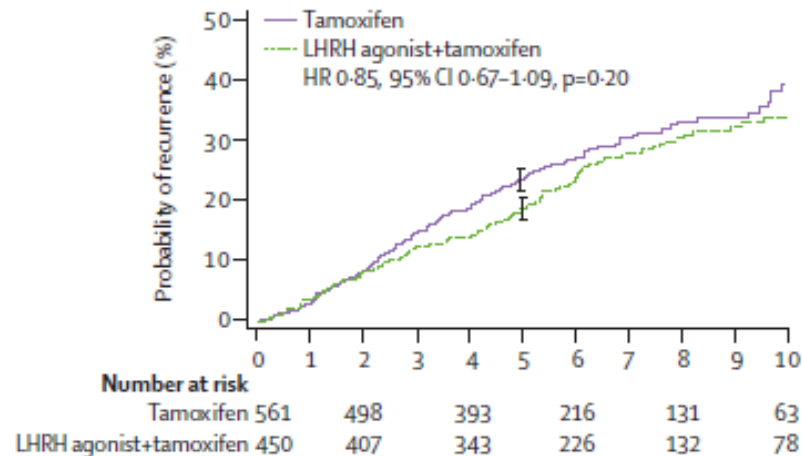
# Adjuvant Chemotherapy Followed By Goserelin Compared With Either Modality Alone: The Impact on Amenorrhea, Hot Flashes, and Quality of Life in Premenopausal Patients—The IBCSG Trial VIII



Median hot flashes scores by treatment group during the first 36 months.  
(A) Shows the results for the 165 patients age < 39 years, and (B) shows the results for the 709 patients age ≥ 40 years.



# LHRH Agonists as Adjuvant Treatment in Premenopausal Patients with HR+ve Breast Cancer: a Meta-analysis from Randomised Trials



# LHRH Agonists as Adjuvant Treatment in Premenopausal Patients with HR+ve Breast Cancer: a Meta-analysis from Randomised Trials

