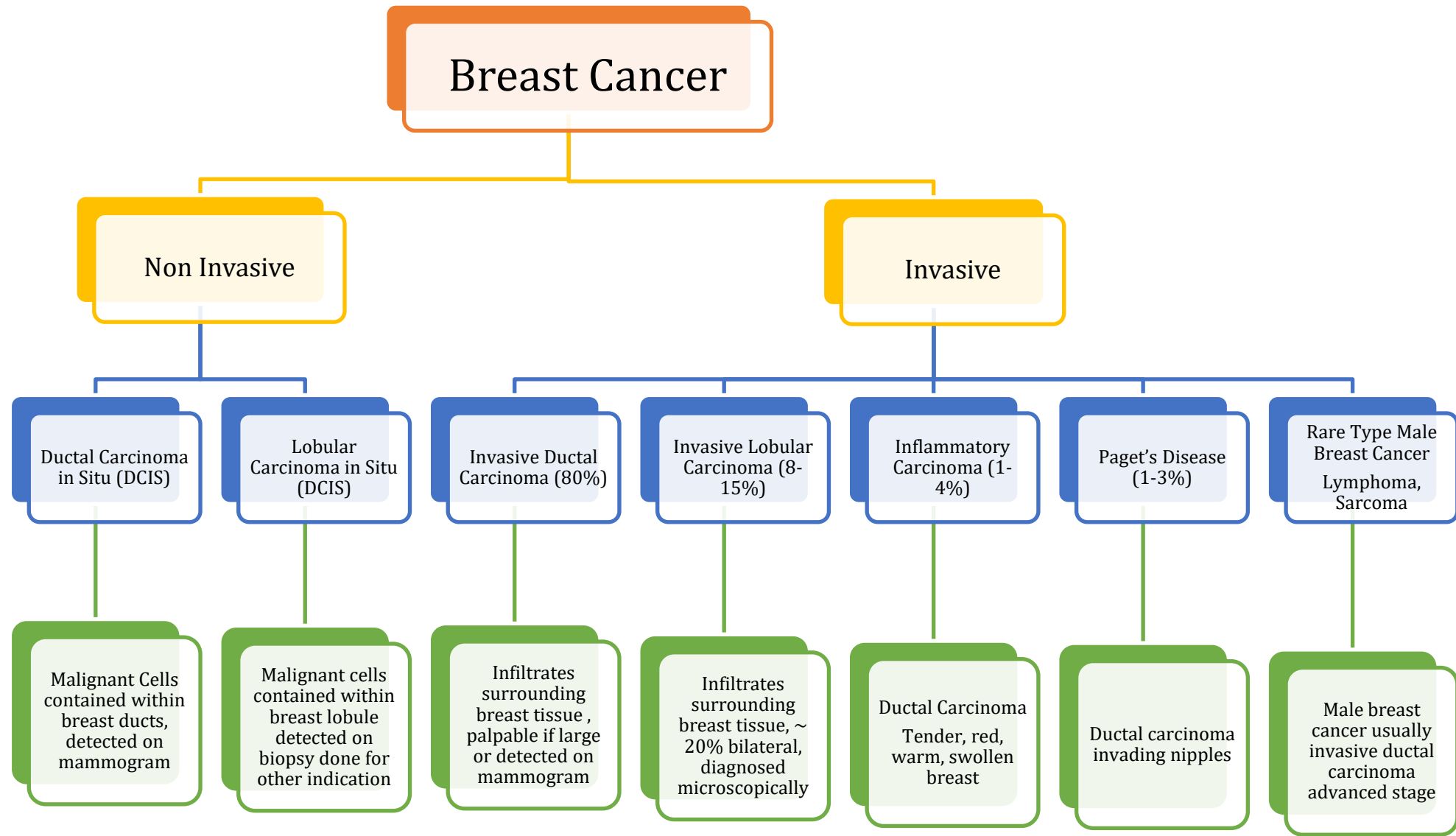




# Breast Cancer Awareness

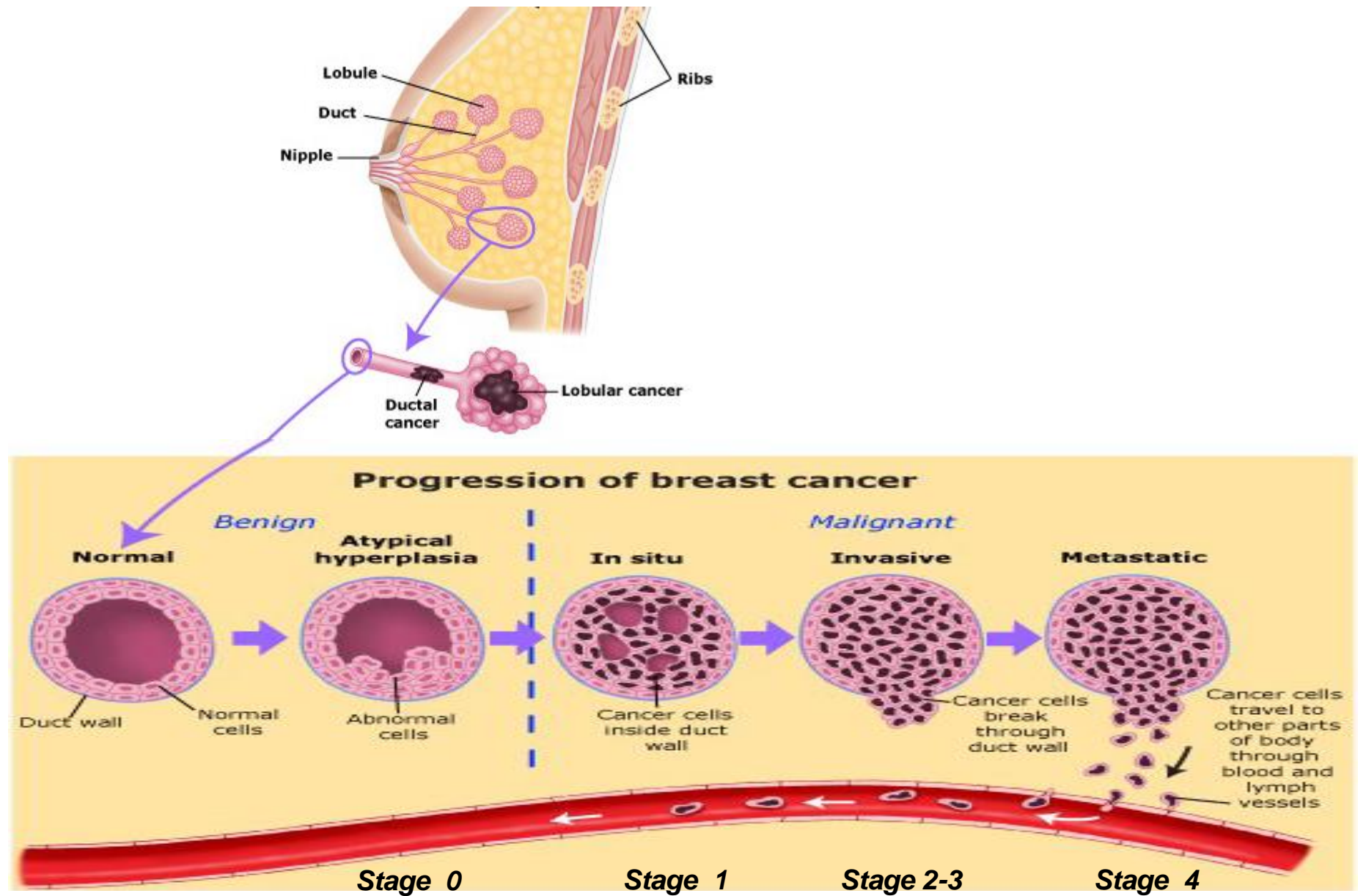
*Part II*

# Types of Breast Cancer



Source: <https://calgaryguide.ucalgary.ca/breast-cancer-risk-factors-causes-and-types/>

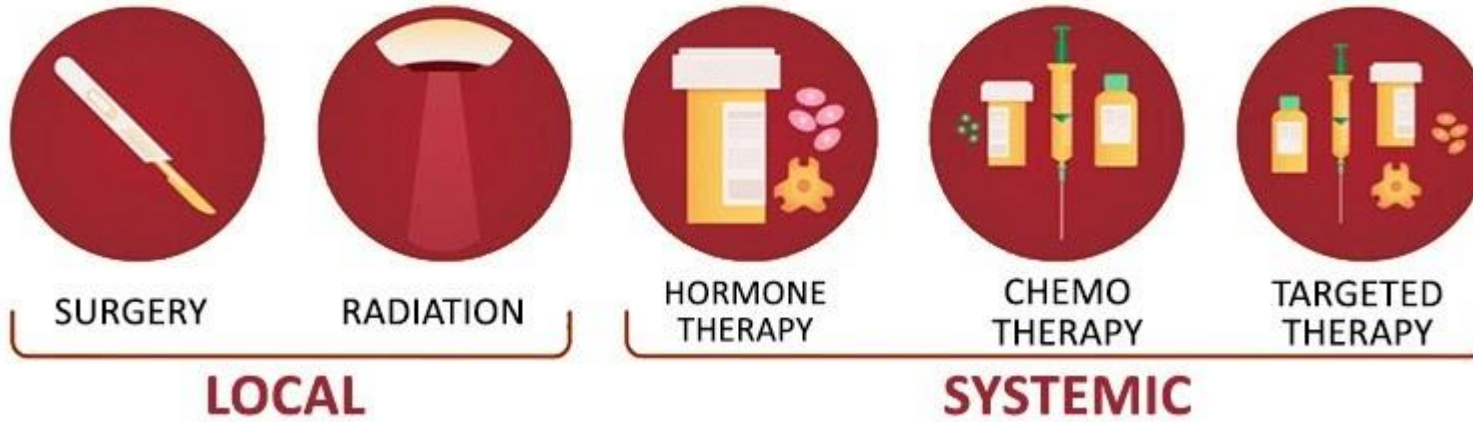
# Breast Cancer Progression (Stages)



Source: <https://www.saintjohnscancer.org/breast/breast-cancer/types-of-breast-cancer/#gref>

# Types of Treatment

## 5 STANDARD BREAST CANCER TREATMENT OPTIONS



**LUMPECTOMY**  
(Tumor removal)

**MASTECTOMY**  
(Removal of breast with or without reconstruction)

**LYMPH NODE SURGERY**  
(Removal, testing of 10 - 20 nodes to prevent cancer spread)

Hormone therapy also called **ENDOCRINE THERAPY**

Includes drugs that:-

- 1.) Block Estrogen receptors
- 2.) Lower Estrogen levels

**Ovarian Suppression**  
(Remove ovaries or use Lutenizing Hormone analogs)

**Adjuvant Chemotherapy**  
(Drugs used after Surgery)

**NeoAdjuvant Chemotherapy**  
(Drugs before Surgery to shrink tumor)

**Drugs for Advanced Breast Cancer**

**Targeted therapy for**

- 1.) HER 2 +VE
- 2.) Hormone receptor +VE
- 3.) BRCA gene mutations
- 4.) Triple -ve

Therapy is targeted at affected area by:-  
**Monoclonal Antibody Ab drug conjugates**  
(MAb linked to Chemo drug)

Source: <https://www.cancer.org/cancer/breast-cancer/treatment/chemotherapy-for-breast-cancer.html>

# Treatment Guidelines

Non Invasive/ Early Stage Operable Breast Cancer

**Primary Treatment - Surgical Removal of Tumor**

**Mastectomy  
Breast Conserving Surgery**

**To Reduce Risk of Recurrence**

**Primary Treatment + Systemic therapy**

**Primary Treatment + Radiotherapy**

Age, Menopause Condition,  
Size of Tumor

**ESMO** – Tamoxifen selectively blocks estrogen receptors

**ICMR** (Based on Tumor Size, Location) - Neoadjuvant Therapy, Adjuvant Systemic Therapy

**ASCO** (Based on Recurrence Score<sup>#</sup>) - Endocrine Therapy, Chemoendocrine Therapy

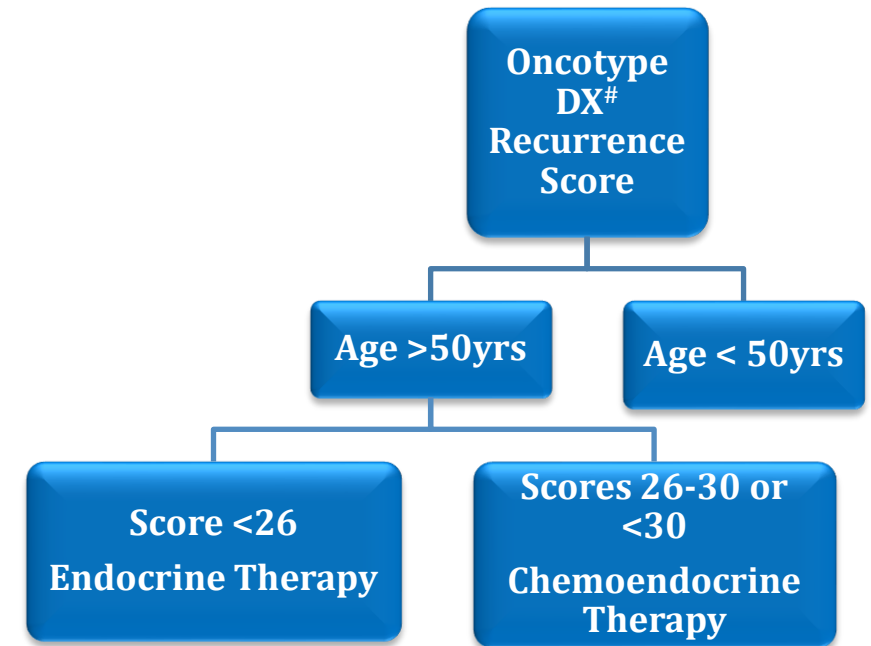
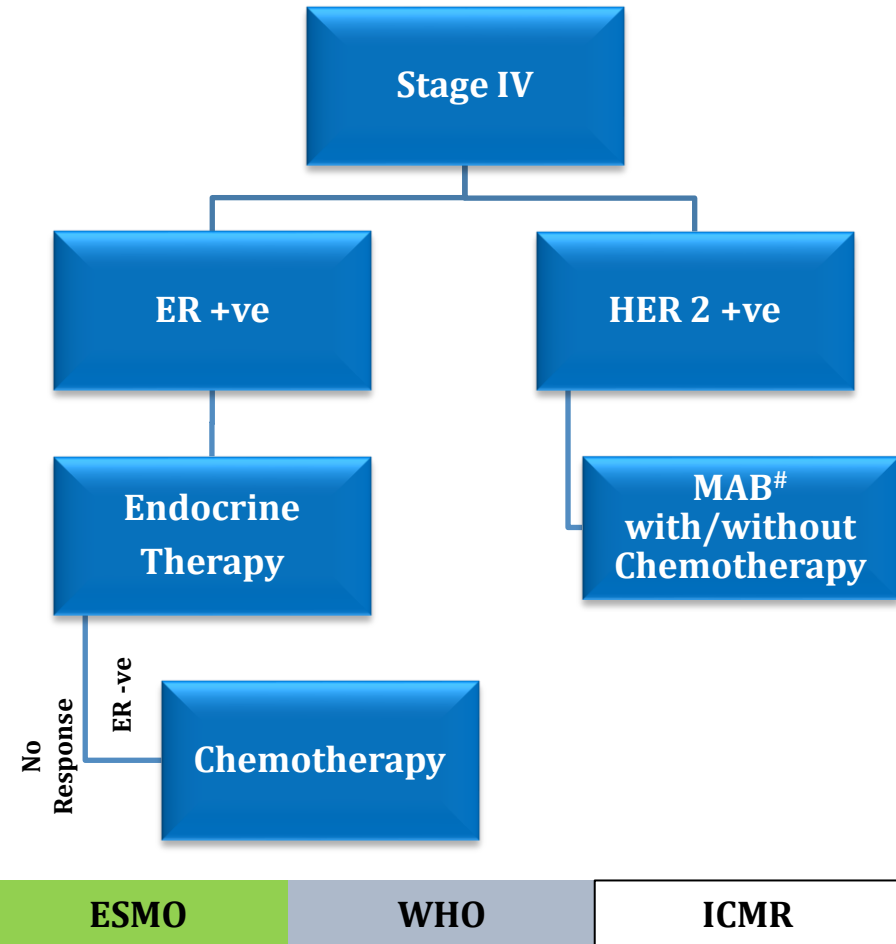
**WHO** (Based on Presence of Cancer Cells in Lymph Nodes, Hormone Responsiveness) – Adjuvant Systemic Therapy

# - Oncotype DX test results assign recurrence score (0 – 100). It helps doctors to interpret results for early stage cancer

Source: ESMO, ASCO, ICMR

# Combination of Chemotherapy, Endocrine therapy, Anti HER 2 therapy, Radiotherapy used for Metastatic Breast Cancer

## Treatment Guidelines Metastatic (Advanced) Breast Cancer



#MAB – Monoclonal Antibodies Trastuzumab, Pertuzumab  
 ER +ve – Tumors with Estrogen Receptor  
 HER 2 - Growth Promoting Protein on Surface of Cancer Cell

# - Oncotype DX test results assign recurrence score (0 – 100).  
 It helps doctors to interpret results for early stage cancer

Source: ESMO, ASCO, ICMR

**Germline mutation in BRCA1 and BRCA2 genes account for 50% of hereditary breast cancer cases. Mutation in TP53 gene accounts for small number of cases.**

# Treatment Guidelines

## Hereditary

### ESMO

Women with strong family history offered counselling on preventive mastectomy.  
Recommended surgical removal of ovaries, fallopian tubes (oophorectomy)  
Undergo clinical examination every 12 months

### ICMR

Recommends patients for removal of ovaries (oophorectomy), mastectomy with reconstruction.  
Chemoprevention by use of Tamoxifen.  
Clinical breast examination every 6 months

### ASCO

Mutation in TP53 & moderate risk genes

- Breast conserving therapy
- Mastectomy
- Radiation therapy (if high risk)

If mutation in BRCA  
Above approaches used along with PARP inhibitors, platinum agents

Source: ESMO, ASCO, ICMR

# Follow up, Monitoring



## Key Points for follow Up Of Breast Cancer Patients

- **Medical History-** Ensure to take detailed history of metastatic symptoms/ physical/menopausal symptoms arising due to treatment
- **Patients to pay attention on long term side effects like Osteoporosis**
- **Yearly mammography evaluation**



### Physical examination/Follow up Frequency

#### ESMO

3 to 4 mths - 2yrs  
6 to 8 mths - 5 yrs

#### ICMR

Every 6 mths - 5yrs  
Annually thereafter

#### WHO

3 to 6 mths - 3yrs  
6 to 12 mths - next 2yrs

#### ASCO

Follow up frequency  
is same as WHO

Source: ESMO, ASCO, WHO, ICMR



# Coping with Breast Cancer

## Common Side Effects

Fatigue  
Headache  
Bone loss & Osteoporosis

Pain & numbness  
Dental issues  
Musculoskeletal Symptoms

Lymphedema  
Heart problems

## Support and Care



Once you know it is cancer, talk with doctors, nurses, staff. They are there to help you

You don't have to face it alone



BREAST CANCER SUPPORT GROUP



"Support the fighter,  
Admire the survivor."

For more details on Side effects, visit:  
<https://www.cancer.net/cancer-types/breast-cancer/follow-care-and-monitoring>  
<https://www.esmo.org/for-patients/patient-guides/breast-cancer>

## Coping with Breast Cancer Support and Care

Get medical Assistance in India:- [care@hbgmedicalassistance.com](mailto:care@hbgmedicalassistance.com)  
HCG Specialist in Cancer Care Toll Free Number: [1800 108 99999](tel:18001089999)  
Oncology India: Helpline – 7022288621 , mail at: [infojpn@oncologyinternational.in](mailto:infojpn@oncologyinternational.in)  
Indian Cancer Society : +91-22-2413 9445 / 51 [info@indiancancersociety.org](mailto:info@indiancancersociety.org)

## International Support Groups

- ABC Global Alliance: [www.abcglobalalliance.org](http://www.abcglobalalliance.org)
- Advanced BC: <http://advancedbc.org>
- After Breast Cancer Diagnosis: [www.abcdbreastcancersupport.org](http://www.abcdbreastcancersupport.org)
- Breast Cancer Alliance: [www.breastcanceralliance.org](http://www.breastcanceralliance.org)
- Breast Cancer Care: [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)
- Breast Cancer Network Australia: [www.bcna.org.au](http://www.bcna.org.au)
- EUROPA DONNA: [www.europadonna.org](http://www.europadonna.org)
- Male Breast Cancer Coalition: <http://malebreastcancercoalition.org>
- Metastatic Breast Cancer Network: [www.mbcn.org](http://www.mbcn.org)
- Metavivor: [www.metavivor.org](http://www.metavivor.org)
- National Breast Cancer Coalition: [www.breastcancerdeadline2020.org/homepage.html](http://www.breastcancerdeadline2020.org/homepage.html)
- Susan G. Komen Breast Cancer Foundation: [ww5.komen.org](http://ww5.komen.org)
- Unión Latinoamericana Contra al Cáncer de la Mujer: [www.ulaccam.org/index.php](http://www.ulaccam.org/index.php)

Source: ESMO, ICMR



*October*

*Brest cancer awareness*

**Thank You**