Older Women with Breast Cancer
(Part 3): Surgery and Defining the Value of Adjuvant Therapy

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Adjuvant Therapy

The use of chemotherapy, hormone therapy and/or radiation therapy either before or after surgery. The aim is to destroy microscopic metastases that may be present and if left untreated will eventually lead to relapse.
Look, since you don’t know whether I am cured or not why don’t wait and see if my cancer comes back and then treat me? If you would like I’ll come everyday for tests so we can find it early.

Answer: “Drug Resistance”

Adjuvant Systemic Therapy

• At diagnosis in stage I- III patients
  – proportional reduction in recurrence of 25-50%
  – improves survival
• Known options:
  – Chemotherapy
  – Hormone therapy (if ER or PR +)
  – Anti HER2 drug trastuzumab (if HER2 +)
  – Combinations of these
• Considered in all but smallest Stage I tumors
What the patient hears

- You have breast cancer
- We don’t know if your cancer has spread
- Here is your bill for you work-up
- Here is your risk of recurrence without Rx
- Here is your risk with adjuvant therapy
- Here are the side effects of treatment
- We cannot tell if adjuvant Rx has helped
- If you relapse then it didn’t work

<table>
<thead>
<tr>
<th>Primary Tumor (Mo)</th>
<th>10 yr Survival No Rx</th>
<th>10 yr Survival Rx</th>
<th>Lives saved</th>
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<tbody>
<tr>
<td>1 cm, N-</td>
<td>90%</td>
<td>93%</td>
<td>3</td>
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<tr>
<td>2 cm, 10+ LN</td>
<td>20%</td>
<td>44%</td>
<td>24</td>
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Math: 90% cure without Rx means 10% will not survive. 30% of 10% is 3% or three lives saved of 100 pts treated.
### Adjuvant Therapy: Proportional Reduction
Assume 100 pts, “Cure” 30%, 10 yr follow

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Radiation Therapy

• Depending on risk of recurrence ADDS to cure
• Lumpectomy
  – alone - 30% recur, most same area
  – Radiation standard of care
    • Less than 10% recur in breast
  – In 70+ selected pts small tumors may avoid
• Mastectomy
  – large tumors, many + lymph nodes