

# Understanding risk of recurrence for patients with HR+/HER2- early breast cancer

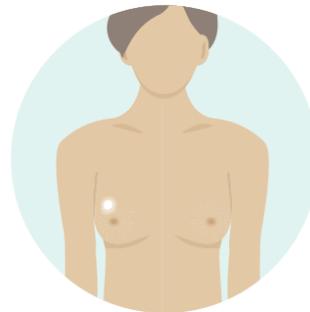
## WHAT IS RECURRENCE?

It is possible for breast cancer to return after initial treatment, either in the breast or somewhere else in the body. If it does this is called a recurrence<sup>1,2</sup>

There are several types of recurrence:

### ▶ LOCAL RECURRENCE

Is when the cancer comes back to the same location it was originally diagnosed<sup>1,2</sup>



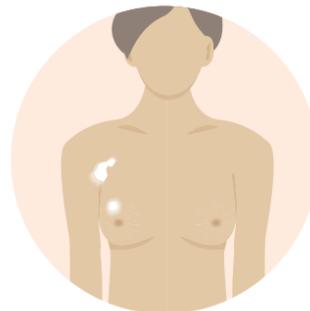
## WHAT DOES EACH RECURRENCE MEAN?

If the breast cancer does return, treatment may depend on the type of recurrence<sup>1,2</sup>

◀ Treatment for local recurrence can depend on a number of factors including what therapies you previously received, when and where the recurrence has occurred.<sup>1</sup> Treatment may include surgery, radiotherapy, chemotherapy and hormonal therapy<sup>1</sup>

### ▶ REGIONAL RECURRENCE

Is when the cancer spreads to nearby tissue or lymph nodes<sup>1,2</sup>



◀ Because the cancer has spread, the primary treatment for a regional recurrence is systemic therapy such as chemotherapy, which treats the whole body.<sup>2</sup> Treatment may also include surgery and/or radiotherapy<sup>1</sup>

### ▶ DISTANT RECURRENCE

Is also known as metastatic, advanced or stage IV breast cancer. This is when cancer cells have spread from the breast to other areas of the body, such as the lymph nodes, liver, lungs, or bones<sup>1,2</sup>



◀ There are treatments for metastatic breast cancer that can shrink the cancer or slow its progress.<sup>2,3</sup> Treatment may include chemotherapy, endocrine therapy, targeted therapy or less commonly surgery<sup>3</sup>



For more information on recurrence and adjuvant endocrine therapy please refer to the **Understanding your early breast cancer treatment pathway document**

## WHAT IS MY RISK OF RECURRENCE?

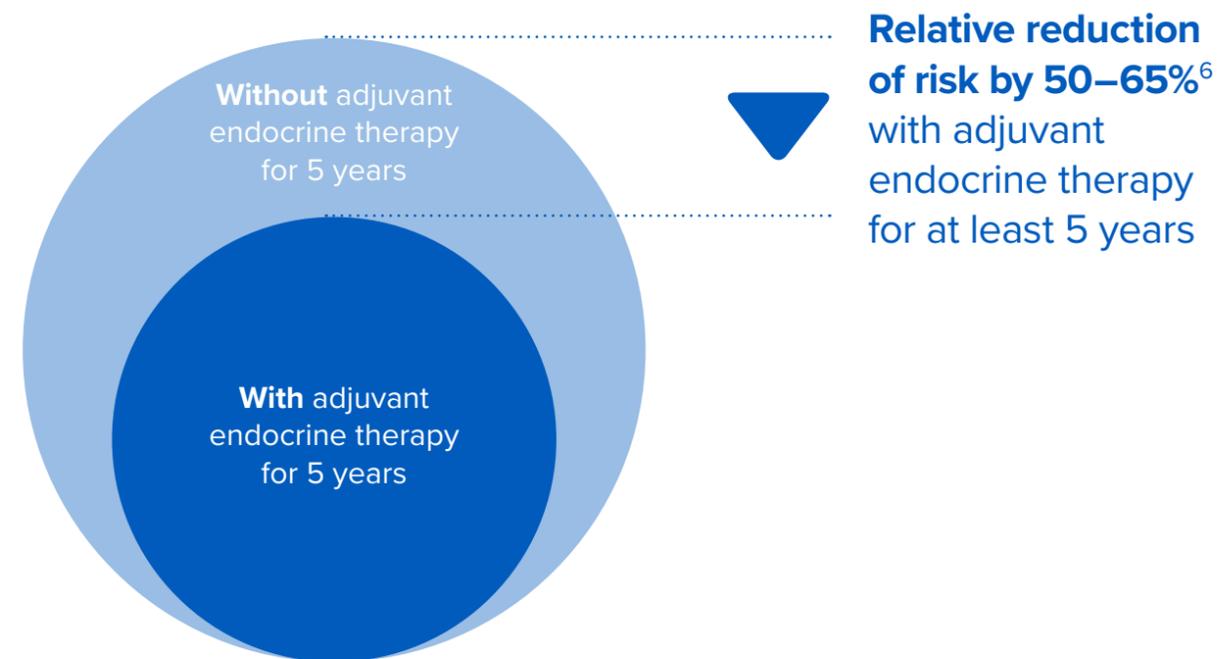
For at least 10 years after treatment for HR+/HER2- early breast cancer, there is a risk that breast cancer may recur.<sup>4</sup> This risk of recurrence is **highest in the first 2 years** following breast cancer treatment<sup>4</sup>

Each person with HR+/HER2- early breast cancer has **a different risk** of recurrence based on a number of factors<sup>5</sup>

The treatment goal is to **reduce the risk of recurrence** as much as possible

## TAKING ADJUVANT ENDOCRINE THERAPY FOR 5 YEARS CAN REDUCE THE RISK OF RECURRENCE BY AT LEAST HALF<sup>6</sup>

Combined evidence from multiple clinical trials shows:



The risk of recurrence also **stays lower over the long-term** for people who complete at least 5 years of adjuvant endocrine therapy<sup>6</sup>

While health care professionals (HCPs) do not know who will recur, they can estimate your risk of recurrence. Your HCP may use a specific tool to help estimate your risk of recurrence

## HOW CAN I MANAGE AND REDUCE MY RISK OF RECURRENCE?

There are things you can do to help reduce your risk:

### 1. Consult your HCP to help you manage your treatment and possible side effects<sup>3,5,7</sup>

- ▶ Adjuvant treatment may be prescribed for 5 years, or in some cases up to 10 years
- ▶ Before you discontinue any medications for breast cancer be sure to consult with your HCPs

### 2. Consider these lifestyle choices<sup>5</sup>

- ▶ Maintain a healthy weight
- ▶ Exercise regularly
- ▶ Choose a healthy diet
- ▶ Limit alcohol consumption

## CONTINUE GOOD BREAST AWARENESS:<sup>8,9</sup>

- ▶ Know what is normal for you
- ▶ Know what changes to look and feel for in your body
- ▶ Routinely check the look and feel of your breasts
- ▶ Report any changes to your HCP
- ▶ See your oncologist and healthcare team as often as they suggest

1. Breastcancer.org. 2020. Recurrent Breast Cancer. [online] Available at: <<https://www.breastcancer.org/symptoms/diagnosis/recurrent>> [Accessed 15 September 2020]. 2. Breast Cancer Now. 2020. Recurrence: When Your Primary Cancer Comes Back. [online] Available at: <<https://breastcancer.org/information-support/facing-breast-cancer/diagnosed-breast-cancer/your-primary-cancer-has-come-back-recurrence>> [Accessed 15 September 2020]. 3. Breast Cancer Now. 2020. Secondary Breast Cancer: The Treatments. [online] Available at: <<https://breastcancer.org/information-support/facing-breast-cancer/secondarymetastatic-breast-cancer/secondary-breast-cancer-treatment>> [Accessed 15 September 2020]. 4. Colleoni M, et al. J Clin Oncol. 2016;34(9):927-935. 5. Mayo Clinic. 2020. Recurrent Breast Cancer - Symptoms And Causes. [online] Available at: <<https://www.mayoclinic.org/diseases-conditions/recurrent-breast-cancer/symptoms-causes/syc-20377135>> [Accessed 15 September 2020]. 6. The Lancet, 2015. Aromatase inhibitors versus tamoxifen in early breast cancer: patient-level meta-analysis of the randomised trials. 386(10001), pp.1341-1352. 7. Excellence, N., 2020. Breast Cancer | Treatment Summary | BNF Content Published By NICE. [online] Bnf.nice.org.uk. Available at: <<https://bnf.nice.org.uk/treatment-summary/breast-cancer.html>> [Accessed 15 September 2020]. 8. Breastcancer.org. 2020. Breast Self-Exam: How To Check For Lumps And Other Breast Changes. [online] Available at: <[https://www.breastcancer.org/symptoms/testing/types/self\\_exam](https://www.breastcancer.org/symptoms/testing/types/self_exam)> [Accessed 15 September 2020]. 9. nhs.uk. 2020. How Should I Check My Breasts?. [online] Available at: <<https://www.nhs.uk/common-health-questions/womens-health/how-should-i-check-my-breasts/>> [Accessed 15 September 2020].

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