

Diagnosis and Treatment of Patients with early and advanced Breast Cancer



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Complementary Therapy Survivorship

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Complementary Therapy – Hormonal Treatment and Alternatives in Breast Cancer Survivors – Survivorship



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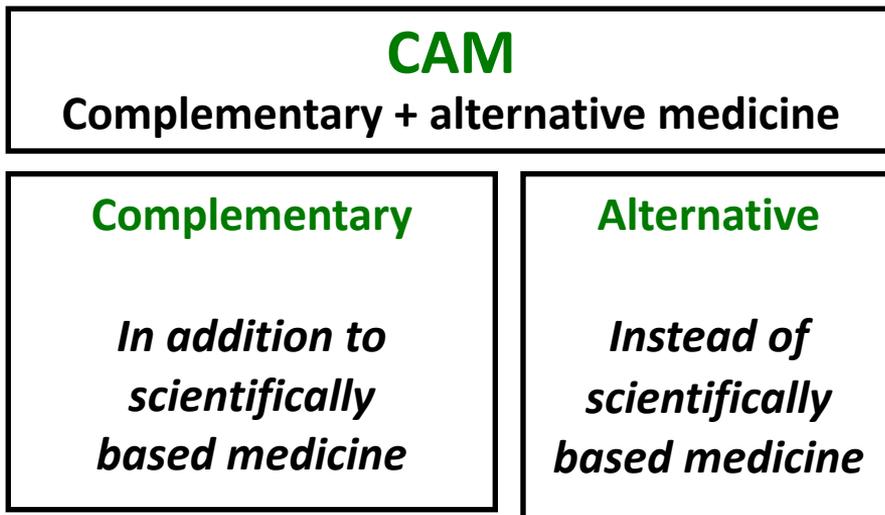
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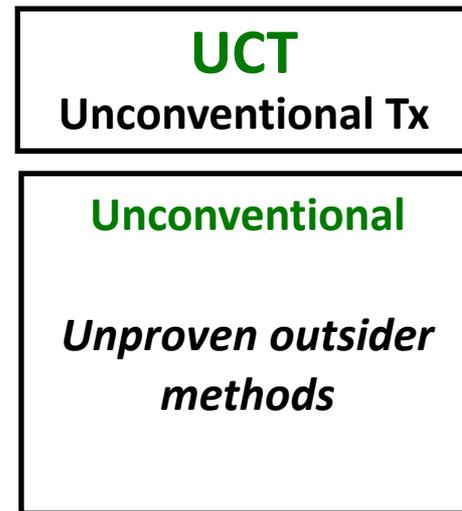
Albert / Thomssen

CAM

„Integrative Oncology“



„Unconventional methods“





Good Clinical Practice

All patients should be consulted as early as possible and in the course of the process repeatedly on the interest in information complementary medical measures and, if interested, reliable sources of information should be referred.

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S3 LL “Komplementärmedizin in der Behandlung von onkologischen PatientInnen“

General Considerations

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	Oxford		
	LoE	GR	AGO
■ CAM instead of loco-regional interventions	2b	B	--
■ CAM instead of systemic treatment	2b	B	--

- CAM instead of loco-regional interventions
- CAM instead of systemic treatment
- Patients should be asked and advised about their use of CAM modalities
- Diagnostic procedures in connection with complementary and alternative therapy concepts without evidence (e.g. iris diagnostics, bioresonance) should not be recommended.
- *During anti-cancer treatment:* Beware of drug interactions

Complementary Therapy Pre- and Postoperative

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	Oxford		
	LoE	GR	AGO
<u>Preoperative:</u>			
▪ Hypnosis (reduces anxiety, pain, nausea)	1b	B	+
<u>Postoperative:</u>			
▪ Acupuncture (pain relief, anxiety)	1b	B	+/-
▪ Acupuncture (nausea, vomiting)	2b	B	+
▪ Massage therapy (pain relief)	2b	C	+/-
▪ Early postoperative exercise reduces upper-limb dysfunction (beware: increased wound drainage)	1a	A	+
▪ Physical exercise			
▪ to reduce breast cancer related secondary lymphedema	1a	A	+
▪ as a prophylaxis of lymphedema	1b	B	+/-
▪ Prophylactic lymphatic drainage	1b	B	--
▪ Yoga (arm and shoulder pain)	2b	C	+
▪ Music therapy (reduces pain after mastectomy)	2b	C	+/-

Complementary Treatment While on Cancer Treatment – Impact on Toxicity I

During anti-cancer treatment: Beware of drug interactions

- **Mistletoe (*Viscum album*)** in order to reduce side effects
- **Thymic peptides** lower risk of severe infections
- **Ginseng** reduces fatigue; note: interacts with cytochrome P enzymes e.g. CYP 3A4
- **Ganoderma Lucidum** reduces fatigue, note: inhibits cytochrome P enzymes (e.g. CYP 3A4)
- **L-Carnitine**
 - peripheral neuropathy
 - treatment of fatigue
- **Melatonin** (reduces fatigue, improve sleep, depressive symptoms, cognition)
- **Curcumin** adjunct to reduce radiation-induced dermatitis
- **Ginger** adjunct to guideline-oriented medication to treat chemotherapy induced nausea & vomiting – beware of drug interactions

Oxford		
LoE	GR	AGO
1a	B	+/-
2a	B	+/-
2b	C	-
2b	C	-
1b	B	--
1b	B	-
2b	B	+/-
1b	B	+/-
1b	C	+/-

Complementary Treatment While on Cancer Treatment – Impact on Toxicity II

	Oxford		
	LoE	GR	AGO
Antioxidant supplements	1b	B	-
• various antioxidative extracts (to reduce anthracyclin-induced cardiotoxicity)	2b	B	+/-
High dose vitamin C	1b	C	-
Vitamine E	2b	D	-
Selenium (for alleviating therapy side effects)	1b	B	-
Co-Enzyme Q 10 (fatigue, QoL)	1b	B	-
Proteolytic enzymes (for reduction of chemotherapy-induced toxicity)	3b	B	-
Chinese herbal medicine improves wound healing	1b	B	-*inf
Oxygen and ozone therapy	5	D	--
Short-term fasting (QoI, Fatigue)	2b	B	+/-*

* inf: i.v.-infusion (in Germany not approved)
treatment in clinical trials recommended

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Additional Complementary Therapy of Side Effects Related to Cancer Treatments

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	Oxford		
	LoE	GR	AGO
▪ Chinese medicinal herbs (to treat the side effects of chemotherapy)	1b	B	-
▪ Homoeopathic medicine (against therapy side effects / Placeboeffect)	1b	B	+/-
▪ Topical Silymarin (to prevent acute dermatitis during radiotherapy)	3a	B	+/-
▪ Massage (to improve on fatigue, pain, anxiety, nausea)	1b	C	+/-
▪ Transcutaneous Electrical Nerve stimulation (TENS) (against cancer pain)	2b	D	+/-
▪ Hydrotherapy (for supportive skin care)	3b	C	+/-

Additional Complementary Therapy of Side Effects Related to Cancer Treatments

Acupuncture in order to improve on

- **Chemotherapy-induced nausea and vomiting**
 - (Electro)-Acupuncture as adjunct to antiemetic treatment
 - Acupressure as adjunct to antiemetic treatment
- **Pain**
 - Cancer pain
 - Aromatase-inhibitor – induced arthralgia
 - TENS – Transcutaneous Electrical Nerve Stimulation to relieve cancer pain
- **Fatigue**
 - Acupressure
- **Anxiety and depression**
- **Cognitive dysfunction**
- **Menopause syndrome in Breast Cancer Patients**
 - to improve on frequency and severity of hot flashes
 - Electro-Acupuncture to improve on sleep and hot flashes
- **Leucopenia (Moxibustion)**
- **Treatment of chemotherapy induced polyneuropathy**
 - prophylactically
 - therapeutically
- **Chronic lymph edema after Breast Cancer Treatment**

Oxford		
LoE	GR	AGO
1b	B	+
1b	B	+
1b	B	+
1a	B	+
2b	D	+/-
1a	B	+
1b	B	+
2b	B	+
5	D	+/-
1b	B	+
1b	B	+/-
2a	B	+
2b	B	+/-
1b	B	-
2b	B	+/-
2b	B	+/-

Complementary Treatment

Mind-Body Medicine I

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MBSR (Mindfulness-Based Stress Reduction)

Program improves quality of life, coping strategies, attentiveness, and lowers stress, anxiety, depression, fatigue, and sleep disturbances

Oxford		
LoE	GR	AGO
1a	A	+
1a	A	++

Physical exercise / sport

min. 3x/week moderate endurance training in combination with workout exercises (2x per week) improve quality of life, cardio-respiratory fitness, physical performance, sleep, pain, depression, lymphedema, and fatigue

Complementary Treatment

Mind-Body Medicine II

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	Oxford		
	LoE	GR	AGO
Relaxation techniques Reduction of anxiety and nausea, improvement of quality of life, reduction of psychological stress	2b	C	+/-
Yoga Improves sleep, quality of life, stress, anxiety, depression, fatigue, and sleep	1b	A	+
Qi Gong May improve quality of life, fatigue, and mood	2a	B	+/-
Tai Chi Improves quality of life, muscular strength, sleep	2a	B	+/-
Hypnosis (in combination with cognitive training) Improves fatigue and muscle weakness under radiotherapy; also reduces distress	1b	A	+

Prevention of Recurrence / Improvement of Overall Survival I

Modifiable Lifestyle Factors

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- **Physical exercise**
(equivalent to 3–5 hrs moderate walking per week)
improves DFS and OS, cardio-respiratory fitness,
physical functioning
- **Reduce smoking**
- **Reduce alcohol consumption (< 6 g/day)**

Oxford		
LoE	GR	AGO
2a	A	++
2b	A	+
2b	A	+

Modifiable Lifestyle Factors

Nutrition after Breast Cancer Diagnosis

Prevention of Recurrence / Improvement of Overall Survival II

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	Oxford		
	LoE	GR	AGO
<ul style="list-style-type: none"> Adherence to normal BMI / weight loss if overweight, irrespective of HR-status 	1a	A	++
<ul style="list-style-type: none"> Low fat diet dietary counseling recommended 	1a	B	+
<ul style="list-style-type: none"> Increased fiber intake (e.g. Flaxseed) 	2a	B	+
<ul style="list-style-type: none"> Adherence to general nutrition guidelines (e.g. DGE, WCRF) similar to a Mediterranean Diet 	2a	B	++
<ul style="list-style-type: none"> Dietary extremes 	2a	B	--

Complementary Treatment

Prevention of Recurrence / Improvement of Overall Survival III.1

Dietary Supplements – Herbal Therapies

During anti-cancer treatment: Beware of drug interactions

Oxford

LoE GR AGO

Post treatment vitamine / antioxidant supplements does not appear to be associated with increased risk of recurrence (beware of drug / treatment interactions)

2b

B

Smokers on antioxidant supplements are at higher risk for lung cancer

1b

A

For Prevention of BC Recurrence:

- | | | | |
|--|-----------|----------|------------|
| ▪ Antioxidants | 2a | B | +/- |
| ▪ Vitamine supplementation in patients on a balanced diet (esp. Vitamine C, E) | 2a | B | +/- |
| ▪ Vitamine D | 2b | B | +/- |
| ▪ Soy-food (natural source of phytoestrogenes) | 2a | B | +/- |
| – food or concentrates containing ≥ 100 mg) isoflavones per day | 2a | B | - |
| ▪ Black Cohosh (Cimicifuga racemosa) | 3b | C | +/- |
| ▪ Antioxidant supplements (after completion of radiotherapy) | 2b | B | +/- |
| ▪ Green tea | 3a | C | +/- |
| ▪ Selenium | 2b | B | +/- |

Complementary Treatment

Prevention of Recurrence / Improvement of Overall Survival III.2 Dietary Supplements – Herbal Therapies

During anti-cancer treatment: Beware of drug interactions

- **Other orthomolecular substances (Zinc...)**
- **Artificial carotenoids appear to be associated with worse outcome**
- **Proteolytic enzymes (Papain, Trypsin, Chymotrypsin)**
- **Mistletoe (Viscum album)**
- **Thymic peptides (impact on OS)**
- **Oxygen- and ozone therapy**
- **Laetrile (Amygdalin, „Vitamine B17“)**
- **Methadone**
- **Cancer bush (Sutherlandia frutescens), Devil's claw (Harpagophytum procumbens), Rooibos tea (Aspalathus linearis), Bambara groundnut (Vigna subterranean)**
- **Incense**
- **Curcuma, curcumine**

Oxford		
LoE	GR	AGO
5	D	-
2b	B	-
3b	B	-
1b	C	-
2a	B	-
5	D	--
1c	D	--
5	D	--
4	C	-
5	D	-
5	D	-