



BREAST
CANCER
ACADEMY

“Live the real life with breast cancer”

*Including physical exercise, meals and feeding,
sexual concerns*

Julio de la Torre, RN, CNS, MSN, Ph.D

March 6 -7 2020

NH Hotel Vienna Airport



CECOG ACADEMY



Declaration of conflict of interest:

	CONFLICT OF INTEREST
Employer: COMILLAS PONTIFICAL UNIVERSITY	NONE
Baxter Inc.	RESEARCH GRANT
GSK-Tesaro	ADVISORY
Becton- Dickinson	RESEARCH GRANT
Amgen	RESEARCH GRANT

Julio de la Torre, RN, CNS, MSN, Ph.D

Study Nurse

Study Coordinator

Advisor

Educator –Comillas Pontifical University

***Research –Editor-in-chief of Spanish Society of Oncology Nursing
International Cooperation Africa Region***

Cancer now leading cause of death in high-income countries - while heart disease burden persists in low-income and middle-income countries

Date: September 3, 2019

Source: The Lancet

Summary: New research provides unique information on common disease incidence, hospitalization and death, and modifiable cardiovascular risk factors, in middle-aged adults across 21 countries.

Gilles R Dagenais, Darryl P Leong, Sumathy Rangarajan, Fernando Lanas, Patricio Lopez-Jaramillo, Rajeev Gupta, Rafael Diaz, Alvaro Avezum, Gustavo B F Oliveira, Andreas Wielgosz, Shameena R Parambath, Prem Mony, Khalid F Alhabib, Ahmet Temizhan, Noorhassim Ismail, Jephath Chifamba, Karen Yeates, Rasha Khatib, Omar Rahman, Katarzyna Zatonska, Khawar Kazmi, Li Wei, Jun Zhu, Annika Rosengren, K Vijayakumar, Manmeet Kaur, Viswanathan Mohan, AfzalHussein Yusufali, Roya Kelishadi, Koon K Teo, Philip Joseph, Salim Yusuf. Variations in common diseases, hospital admissions, and deaths in middle-aged adults in 21 countries from five continents (PURE): a prospective cohort study. *The Lancet*, 2019; DOI: [10.1016/S0140-6736\(19\)32007-0](https://doi.org/10.1016/S0140-6736(19)32007-0)

Breast cancer

2000

- Adriamicine, ciclophosphamide, 5FU
- Tamoxifen

• 2020

- New targeted therapies.
- Chemo.
- Personalized Hormonotherapy.
- Clinical trials.

Breast cancer

2000 and before...

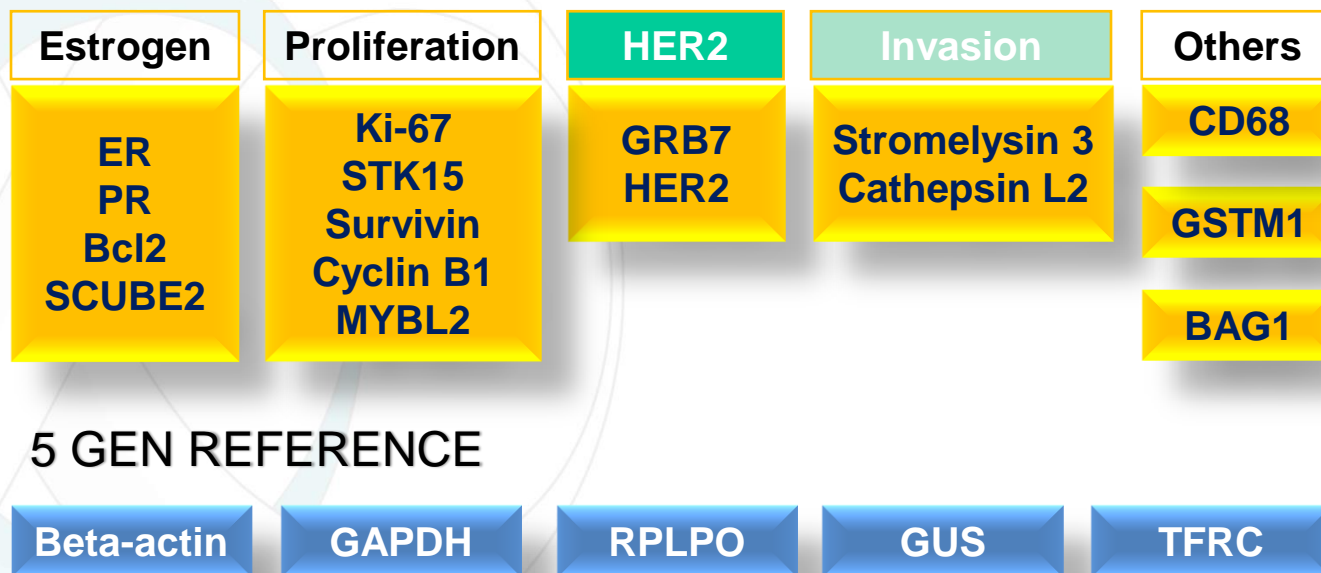
Survival vs death.

- Survival.
- Wise goals.

Survival

- Associated problems with side effects of available and emerging treatments and their management.

Diagnosis and prognosis: Oncotype, Pam 50 and others Recurrence Score®

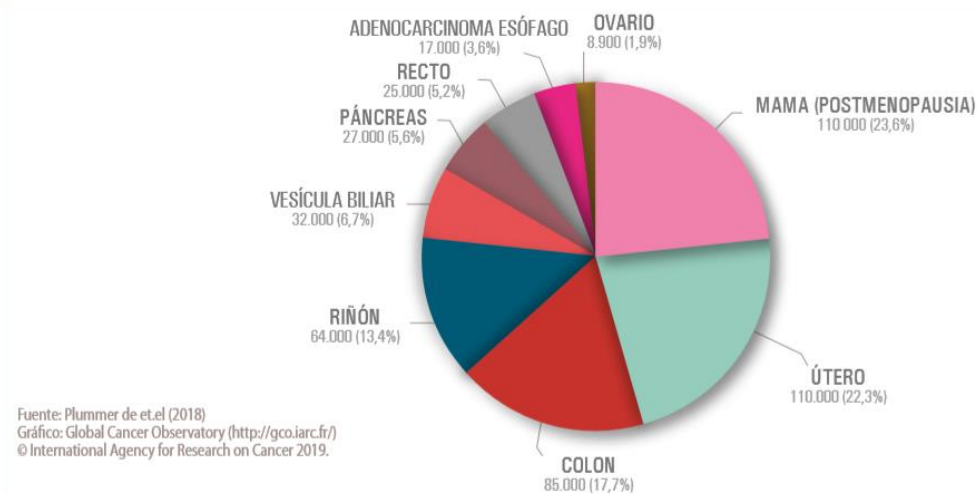


Paik et al. *N Engl J Med.*
2004;351:2817-2826.

Globocan 2019

Breast cancer and obesity: 23% of all cancer cases

Figura 14. Número de casos atribuibles a la obesidad a nivel mundial para el año 2012, por localización tumoral.

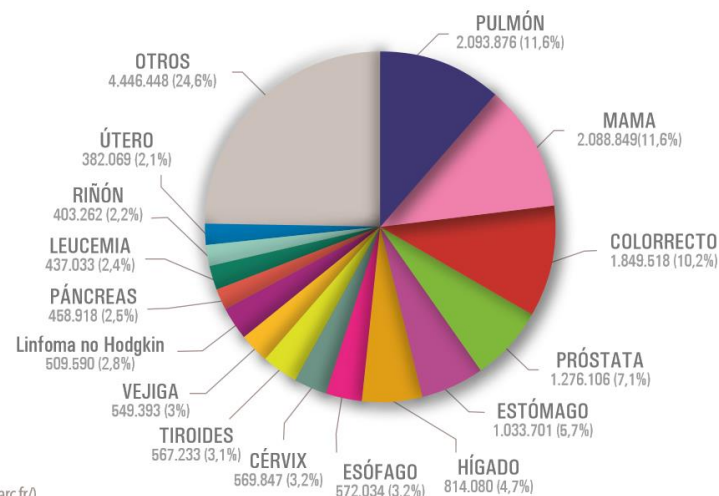


Globocan 2018 (estimation)

Breast cancer prevalence: 11,6% of all cancer cases

Figura 2. Tumores más frecuentemente diagnosticados en el mundo. Estimación para el año 2018, ambos sexos.

TOTAL: 18.078.957



Fuente: GLOBOCAN 2018
Gráfico: Global Cancer Observatory (<http://gco.iarc.fr/>)
© International Agency for Research on Cancer 2019.

Food and healthy lifestyle. OMEGA 3 Suppl.

The most extensive systematic review to assess the effects of increasing polyunsaturated fatty acid (PUFA) on cancer risk found increasing total PUFA may very slightly increase cancer risk, offset by small protective effects on cardiovascular diseases.

Hanson, S., Thorpe, G., Winstanley, L. et al. Omega-3, omega-6 and total dietary polyunsaturated fat on cancer incidence: systematic review and meta-analysis of randomised trials. Br J Cancer (2020).

<https://doi.org/10.1038/s41416-020-0761-6>

Bone health



Raising
awareness of
fracture risk



Diet and
lifestyle
modification



Education on
medication
and adherence



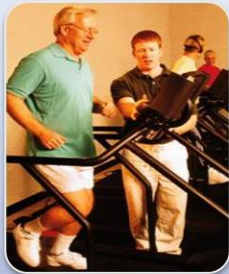
Drudge-Coates L, van Muilekom E, de la Torre-Montero JC, Leonard K, van Oostwaard M, Niepel D, Jensen BT. Management of bone health in patients with cancer: a survey of specialist nurses. Support Care Cancer. 2020 Mar;28(3):1151-1162. doi: 10.1007/s00520-019-04858-2. Epub 2019 Jun 15. PubMed PMID: 31203509; PubMed Central PMCID: PMC6989658.

Exercise recommendations



Routine exercise programme

- Weight-bearing exercise
- 30–40 minutes
- 4 times per week

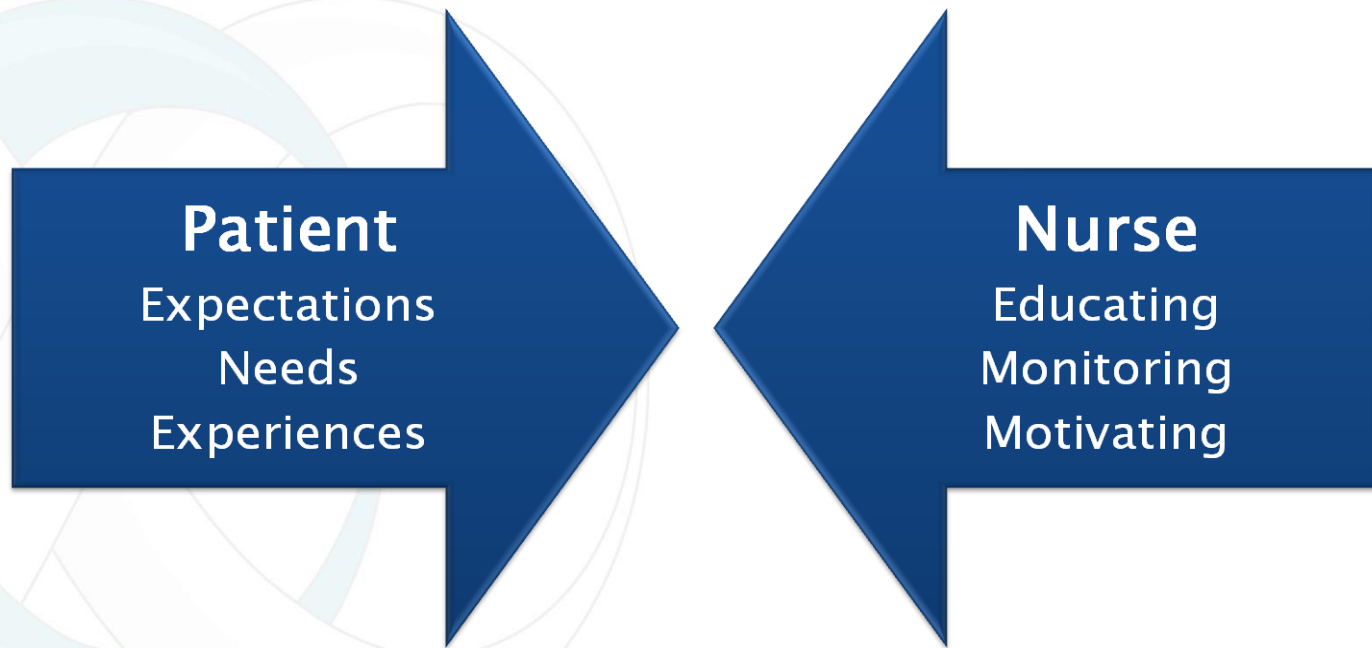


Customise exercise type to fit patient needs and abilities

- Walking
- Stair climbing
- Resistance training
- Jogging
- Tennis


Delmas PD. Lancet 2002;359:2018-26; Boehnke Michaud L & Goodi S. Am J Health Syst Pharm 2006;63:534-46; IOF Exercise. Available at: <http://www.iofbonehealth.org/patients-public/about-osteoporosis/prevention/exercise.html>



Supporting adherence with therapy:



Van Dulmen S, BMC Health Serv Res. 2008 Feb 27;8:47; Maxwell C. Eur J Oncol Nurs 2007;11:S38-S41



EpiGEICAM case-control study (Spanish population)

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RESEARCH ARTICLE


Lower Breast Cancer Risk among Women following the World Cancer Research Fund and American Institute for Cancer Research Lifestyle Recommendations: EpiGEICAM Case-Control Study

Adela Castelló, Miguel Martín, Amparo Ruiz, Ana M. Casas, Jose M Baena-Cañada, Virginia Lope, Silvia Antolín, Pedro Sánchez, Manuel Ramos, Antonio Antón, Montserrat Muñoz, Begoña Bermejo, Ana De Juan-Ferré, Carlos Jara, José I Chacón, María A. Jimeno, Petra Rosado, Elena Díaz, Vicente Guillem, Ana Lluch, Eva Carrasco, Beatriz Pérez-Gómez, Jesús Vioque, Marina Pollán  EpiGEICAM researchers  [view less](#)


Published: May 15, 2015 • DOI: 10.1371/journal.pone.0126096

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[Introduction](#) **Abstract**

Exercise and low calories intake looks like to prevent breast cancer and recurrences.


Breast Cancer and exercise

Clinical and Translational Oncology
<https://doi.org/10.1007/s12094-020-02312-y>

SPECIAL ARTICLE



Exercise and cancer: a position statement from the Spanish Society of Medical Oncology

M. Pollán^{1,2}  · S. Casla-Barrio^{3,4} · J. Alfaro⁵ · C. Esteban⁶ · M. A. Segui-Palmer⁷ · A. Lucia^{8,9} · M. Martín^{4,10,11,12}

Received: 14 December 2019 / Accepted: 27 January 2020
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Pollán, M., Casla-Barrio, S., Alfaro, J. *et al.* Exercise and cancer: a position statement from the Spanish Society of Medical Oncology. *Clin Transl Oncol* (2020).
<https://doi.org/10.1007/s12094-020-02312-y>

Alopecia, is a major concern

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Breast Cancer Res Treat. 2018 Jun 19. doi: 10.1007/s10549-018-4855-2. [Epub ahead of print]

Persistent major alopecia following adjuvant docetaxel for breast cancer: incidence, characteristics, and prevention with scalp cooling.

Martín M^{1,2}, de la Torre-Montero JC^{3,4}, López-Tarruella S⁵, Pinilla K⁶, Casado A³, Fernandez S^{3,5}, Jerez Y⁵, Puente J³, Palomero I⁵, González Del Val R⁵, Del Monte-Millán M⁵, Massarrah T⁵, Vila C³, García-Paredes B³, García-Sáenz JA³, Lluch A⁶.

Author information

Erratum in
Correction to: Persistent major alopecia following adjuvant docetaxel for breast cancer: incidence, characteristics, and prevention with scalp cooling. [Breast Cancer Res Treat. 2018]

Abstract

BACKGROUND: Persistent alopecia (PA) after docetaxel has been recently described. The aim of our study is to establish the incidence and characteristics of PA following adjuvant docetaxel for breast cancer (BC) and to test the ability of scalp cooling in prevention.

PATIENTS AND METHODS: BC patients receiving adjuvant chemotherapy followed or not by endocrine therapy (and a control group receiving only endocrine therapy) were interviewed in a single institution at 1.5 to 5 years following primary diagnosis searching for PA. A confirmatory prevalence study was later performed in other two institutions. Finally, a prevention study using prophylactic scalp cooling (PSC) with ELASTO-GEL hypothermia caps in patients receiving adjuvant docetaxel was performed.

RESULTS: In the initial prevalence study (492 patients), minor forms of PA (grade 1) were recorded with all chemotherapy regimens and aromatase inhibitors. Patients receiving docetaxel regimens at cumulative dose (CD) ≥ 400 mmg/m² presented a significantly higher prevalence of grades 1 PA (33-52%) and 2 PA (5-12%). Prevalence of grade 2 PA with docetaxel CD ≥ 400 mmg/m² was confirmed in two other institutions. Overall, grade 2 PA was seen in 10.06% (95% CI 7.36-13.61) of 358 patients with

CDK4/6 inhibition mitigates stem cell damage in a novel model for taxane-induced alopecia

Talveen S Purba , Kayumba Ng'andu, Lars Brunken, Eleanor Smart , Ellen Mitchell, Nashat Hassan, Aaron O'Brien, Charlotte Mellor, Jennifer Jackson, Asim Shahmalak, Ralf Paus

Author Information

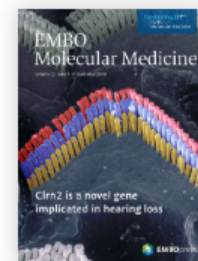
EMBO Mol Med (2019) e11031 | <https://doi.org/10.15252/emmm.201911031>

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Abstract

Taxanes are a leading cause of severe and often permanent chemotherapy-induced alopecia. As the underlying pathobiology of taxane chemotherapy-induced alopecia remains poorly understood, we investigated how paclitaxel and docetaxel damage human scalp hair follicles in a clinically relevant *ex vivo* organ culture model. Paclitaxel and docetaxel induced massive mitotic defects and apoptosis in transit amplifying hair matrix keratinocytes and within epithelial stem/progenitor cell-rich outer root sheath compartments, including within Keratin 15+ cell populations, thus implicating direct damage to stem/progenitor cells as an explanation for the severity and permanence of taxane chemotherapy-induced alopecia. Moreover, by administering the CDK4/6 inhibitor palbociclib, we show that taxane-induced damage to stem/progenitor cells can be mitigated.



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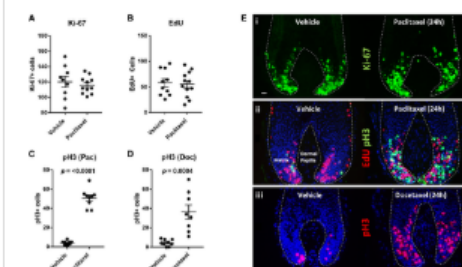


Figure 1.

Taxanes increase the number of phospho-histone H3⁺ cells in the human anagen hair follicle matrix

A. B. 100 nM paclitaxel treatment of human

Spirituality and religiosity

Always ask to the patient: do you want to talk about this?

Is needed to be talked, expressed and, when is needed to be put into the life of patients.

Not only for palliative care patients, but for everyone.

In nursing cares, we must to explore spiritual needs and provide or facilitate patients solutions into specific personalized ways to reach patients objectives of wellbeing.

Delgado-Guay MO. Spirituality and religiosity in supportive and palliative care. Curr Opin Support Palliat Care 2014 Sep;8(3):308-313.

Sexuality

Always ask to the patient: do you want to talk about this?

- There are some topics about sexuality, we must to abroad specific needs in this matter.
- From sexual relations with partners or alone, to use gel, foam or any other product to facilitate pleasant relations.
- Patient have the right to take decision about living her sexuality free of concerns, and happily lived.
- Sexuality, as a human need, is a goal for wellbeing.

Breast cancer in the world

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Volume 29, Issue suppl_8
October 2018

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CN41

Cancer situation in Sub-Saharan countries: Development of educational, diagnosis and treatment plans FREE

J C de la Torre-Montero, N Gil-Gómez, J L Ribes bernal, N Domenech Climent, A Ojer Perea, P Beorlegui Murillo, J M Gavala Arjona, R Cumplido Corbacho, I Magallon Pedrera, M A Peñuelas Saiz

Annals of Oncology, Volume 29, Issue suppl_8, October 2018, mdy274, <https://doi.org/10.1093/annonc/mdy274>

De la Torre et al. 2018.

- We can sadly affirm that most of them are patients in palliative care, and instead of receiving the most qualified and supportive care, their options about pain control or other treatments are very few.

**It is needed to be said, in these days,
women's week,** we need to care women and people.



Hôpital le bom Samaritaine, Djamena, Tchad, 2018

**Not only patients, but professionals, not
only women, but people and mankind.**



Hôpital le bom Samaritaine, Djamena, Tchad, 2018

Take home messages

- Healthy life is for everyone.
- Breast cancer is becoming a chronic diagnosis.
- Holistic cares are a *must*.
- We ~~need~~ must provide details of lifestyle modifications to reduce risks.
- Not only health, but education.

SEEO Journal (in spanish)

Recogemos en este primer número la locución: *Stay hungry, stay foolish*, palabras de Steward Brand³, despidiendo a su vez el último número de la revista *Whole Earth Catalog*, y que Steve Jobs mencionaría en el discurso de Graduación de los alumnos en la Universidad de Standford⁴ en el año 2005:

REVISTA OFICIAL DE LA SOCIEDAD ESPAÑOLA DE ENFERMERÍA ONCOLÓGICA

Editorial

Sintonías de aprendizaje: Sikolo.

Learning tunes: Sikolo-school.

Julio C. de la Torre-Montero, Ph.D.

Thanks!

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Q&A



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