Contents

Introduction .....................................................................................................................................................5

Executive Summary .................................................................................................................................7

1 Patient-centred Care and the Multidisciplinary Team ........................................................................9

1.1 Minimising delays............................................................................................................................9

1.2 Referrals between multidisciplinary teams .....................................................................................9

1.3 Communication .............................................................................................................................10

1.4 The breast care team .....................................................................................................................10

2 Imaging ....................................................................................................................................................18

2.1 Imaging standards for evaluation of malignancy ...........................................................................18

2.2 Documentation and reporting standards ......................................................................................19

2.3 Imaging strategy for cancer by type ..............................................................................................20

2.4 Reporting interval cancers.............................................................................................................24

2.5 Mismatch/discordance of screening pre-operative diagnosis and surgery ...................................24

3 Breast Pathology Protocols and Guidelines .............................................................................................27

3.1 Pre-operative assessment .............................................................................................................27

3.2 Surgical specimens ........................................................................................................................28

3.3 Histopathology reports ..................................................................................................................36

3.4 Biomarkers ....................................................................................................................................37

3.5 Neo-adjuvant therapy ...................................................................................................................38

4 Surgical Management of Breast Cancer ...................................................................................................39

4.1 General principles ..........................................................................................................................39

4.2 Choice of breast operation ............................................................................................................39

4.3 Breast reconstruction ....................................................................................................................40

4.4 Surgical management of the axilla .................................................................................................40

4.5 Surgical margins and cavity markings for breast conservation....................................................41

4.6 Axillary presentation of breast cancer ..........................................................................................42

4.7 Ductal carcinoma in situ ................................................................................................................42

4.8 Lobular carcinoma in situ ..............................................................................................................43

4.9 Special subgroups of breast cancer ...............................................................................................43

4.10 Locally recurrent disease ..............................................................................................................44

4.11 Post-operative care and information ............................................................................................44

4.12 Risk-reducing surgery ...................................................................................................................45
5 Radiotherapy............................................................................................................................................ 47
  5.1 Pure ductal carcinoma in situ ........................................................................................................ 47
  5.2 Invasive breast cancer ................................................................................................................... 49
  5.3 Adverse effects of radiotherapy .................................................................................................... 56
  5.4 Radiotherapy in patients with collagen disease ............................................................................ 58
  5.5 Breast reconstruction and radiotherapy ....................................................................................... 58
  5.6 Radiotherapy and the cardiovascular system ................................................................................ 58
  5.7 Inflammatory carcinoma ............................................................................................................... 60
  5.8 Radiotherapy in inoperable locally advanced disease (non-inflammatory) ................................... 60
  5.9 Scheduling of radiotherapy ........................................................................................................... 61
6 Systemic Therapy for Breast Cancer......................................................................................................... 65
  6.1 Adjuvant and neo-adjuvant endocrine therapy ............................................................................. 65
  6.2 Chemotherapy ............................................................................................................................... 69
  6.3 Trastuzumab .................................................................................................................................. 81
  6.4 Bone health ................................................................................................................................... 86
  6.5 Male breast cancer ........................................................................................................................ 91
  6.6 Treatment and management of metastatic disease ...................................................................... 91
7 Survivorship and Follow-up...................................................................................................................... 99
  7.1 Introduction................................................................................................................................... 99
  7.2 Background.................................................................................................................................... 99
  7.3 Recommendations and Rationale ................................................................................................ 100
8 LCA Metastatic Breast Model Service Specification ............................................................................... 105
9 Family History and Referral to Clinical Genetics Services ....................................................................... 107
  9.1 Referral criteria ........................................................................................................................... 107
  9.2 Genetic testing ............................................................................................................................ 108
  9.3 Management and surveillance guidance ..................................................................................... 109
Appendix 1: London Region Quality Assurance Reference Centre Guidance on Management of Indeterminate Breast Lesions ....................................................................................................................... 113
Appendix 2: Approved Indications for MRI of the Breast ............................................................................ 120
Appendix 3: High-risk Surveillance Imaging Protocols ......................................................................... 122
Appendix 4: London Cancer Alliance Histopathology Protocol for Potentially Mismatched Breast Screening Cases ....................................................................................................................................................................................... 123
Appendix 5: Example of Breast Pathology Synoptic Proforma ................................................................ 125
Appendix 6: Breast Cancer TNM ............................................................................................................. 127
Appendix 7: Hormone Receptor and HER2 Assessment ................................................................................ 130
Introduction

The London Cancer Alliance (LCA) Breast Cancer Clinical Guidelines provide a practical multidisciplinary guide for the diagnosis, treatment and holistic care and support of breast cancer patients across the LCA.

These guidelines have been developed by the LCA Breast Pathway Group to ensure that care throughout the LCA conforms to national and international best practice. They draw on the expertise of a range of clinicians from across the LCA’s provider organisations, and subsequently reflect the wider breast cancer pathway. They provide evidence-based clinical information and protocols on all aspects of the breast cancer pathway, while allowing sufficient flexibility to reflect good local practice and should therefore be used by clinicians to inform the treatment and care they provide. These guidelines supersede the guidance produced by the former cancer networks in north west, south west and south east London.

The guidelines also include the new pan-London breast cancer urgent referral form, produced by Transforming Cancer Services London in consultation with breast cancer clinicians across London. The form, which incorporates the NICE 2015 guideline on recognition and referral of suspected cancer, has been developed to improve the quality of referral from primary care and to provide the appropriate information to enable clinical triage and support earlier diagnosis. See Appendix 17 for an example of the referral form, which can be found at: https://www.myhealth.london.nhs.uk/healthy-london/cancer/pan-london-suspected-cancer-referrals.

The LCA guidelines are designed to be used by all healthcare professionals in trusts within the LCA who are involved in the care of the breast cancer patient. They have been developed to take into account the wide range of clinical experience of the user and the different clinical settings in which they work. The guidelines are intended to assist in the initial assessment, investigation and management of patients. Adoption of the LCA guidelines will allow widespread implementation of up-to-date and evidence-based management of breast cancer patients, and will assist in the provision of a consistently high standard of care across the LCA.

All trusts are expected to be able to provide the standard of care detailed in these guidelines.

The LCA Breast Pathway Group meets regularly, and the guidelines will be reviewed annually to ensure they are updated with emerging evidence and changes in practice.

We would like to thank the following people for their contribution to the development of these guidelines: Dr LS Wilkinson, consultant radiologist and Director of Screening, South West London Breast Screening Service, Dr Mamatha Reddy, consultant radiologist, St George’s University Hospitals NHS Foundation Trust and Dr Mia Morgan, consultant radiologist, London North West Healthcare NHS Trust (imaging); Sarah E Pinder, Professor of Breast Pathology and honorary consultant breast pathologist, King’s College London (pathology); Dr Susan Cleator, breast clinical oncologist, Imperial College Healthcare (radiotherapy); Dr Anna Kirby, consultant clinical oncologist, The Royal Marsden NHS Foundation Trust; Dr Mark Harries, consultant medical oncologist, Guy’s and St Thomas’ NHS Foundation Trust (systemic therapy);
Nicola Glover, LCA Survivorship and Mental Health & Psychology project manager and AHP lead (survivorship); Kate Jones and Rebecca Brennan, AHP representatives on the LCA breast pathway group; Dr Anjana Kulkarni, consultant in clinical and cancer genetics, Guy’s and St Thomas’ NHS Foundation Trust (family history); and Falguni Raja, Senior Project Manager, LCA (LCA Metastatic Breast Model Service Specification). We would also like to thank Mairead McKenzie and Breast Cancer Care for providing a patient perspective.

Dr Will Teh

Chair, LCA Breast Pathway Group
Executive Summary

The London Cancer Alliance (LCA) Breast Cancer Clinical Guidelines combine the best features of earlier network protocols, and have been developed in agreement with clinicians across the LCA. The guidance combines evidence-based and best practice recommendations with the aim of ensuring that there are equitable high quality services across the LCA. The guidelines are multidisciplinary and cover imaging, pathology, surgery, radiotherapy, systemic therapy, survivorship and the management of women at high risk of breast cancer.

The imaging section (Chapter 2) outlines optimal imaging strategies for the diagnosis of breast cancer; it is based on referenced published national guidance. Strategies for screening women at high risk of breast cancer are referenced in this section as well as in the family history section (Chapter 9).

The breast pathology guidance (Chapter 3) is more detailed than previous documents and is in line with the latest NHS Breast Screening Programme Pathology Guidelines, which are currently in preparation.

The surgical section (Chapter 4) is based on the Association of Breast Surgery’s Surgical Guidelines for the Management of Breast Cancer and Oncoplastic Breast Reconstruction: Guidelines for Practice. Equitable access to immediate breast reconstruction and the 23-hour model of care for non-breast reconstructive surgery are priority areas for the LCA and were highlighted in the model of care recommendations.

The radiotherapy section (Chapter 5) provides detailed guidance on the selective use of advanced radiotherapy techniques, including intensity modulated. Heart-sparing techniques for women treated for left-sided cancers will be introduced across the LCA service development project. Partial breast radiotherapy by either external beam or brachytherapy, including TARGIT, is not recommended as routine treatment outside a trial on the basis of current evidence, but guidance will be regularly updated.

The systemic therapy section (Chapter 6) provides guidance on the systemic therapy management of early and advanced breast cancer. It incorporates NICE guidance and lists evidence-based regimens and schedules that are currently in use throughout the LCA. The guidelines will be updated regularly to reflect the rapid pace of change in this area.

The survivorship section (Chapter 7) lays out the principles of good survivorship care as guidelines and recommendations are made to all cancer services within the LCA. The chapter draws on the best available evidence and current national policy, and is written in response to work such as the national Cancer Patient Experience Survey. The chapter is shaped around the ‘10 Top Tips’ guidance document for patients that was developed by the Consequences of Cancer and its Treatment (CCaT) collaborative group. These cover the key components of good survivorship care that LCA services are expected to address.

The section on services for metastatic breast cancer (Chapter 8) includes information on the LCA Metastatic Breast Model Service Specification (February 2016), which details three service models underpinned by six standards – all of which are compliant with national recommendations. The standards reflect priority areas for people with metastatic breast cancer as identified by the 2008 Breast Cancer Care Secondary Breast Cancer Taskforce and the gaps or challenges in provision within these areas.

Recommendations for referral to clinical genetics services are outlined in detail in the family history section (Chapter 9) but, in summary, women with breast cancer who are presenting with a second breast primary, have a personal history of ovarian cancer, Jewish ancestry or a significant family history of breast or ovarian
cancer, and those diagnosed under 50 years with bilateral or hormone receptor-negative disease should be referred to clinical genetics services for consideration for genetic testing.

Key priorities will be identified across sub-specialties with a view to auditing compliance. Alongside this there should be a continued emphasis on national clinical trial leadership, proven to improve the standard of care for all patients.

References

www.associationofbreastsurgery.org.uk/media/4565/surgical_guidelines_for_the_management_of_breast_cancer.pdf

www.associationofbreastsurgery.org.uk/media/23851/final_oncoplastic_guidelines_for_use.pdf
1 Patient-centred Care and the Multidisciplinary Team

1.1 Minimising delays

1.1.1 Waiting time targets

Current NHS waiting time targets for time from referral to first outpatient appointment and first treatment (Cancer Reform Strategy, 2007):¹

- 14 days from referral by GP to first outpatient appointment for all patients with a symptomatic breast problem regardless of urgency (does not apply to referral for asymptomatic issues or assessment of family history risk)
- 31 days from diagnosis/decision to treat to first treatment
- 62 days from referral from GP to first treatment.

Current guidance on waiting time for assessment of women referred from the NHS Breast Screening Programme (NHSBSP):²

- 90% of women should be seen for surgical assessment within 1 week of decision to refer
- 90% of women should receive first treatment within 62 days of decision to recall for assessment.

1.2 Referrals between multidisciplinary teams

1.2.1 Principles of referrals

Patients may be referred between multidisciplinary teams (MDTs) for clinical reasons or because of patient choice.

1.2.2 Screening patients being referred for treatment

After assessment, patients will be referred to their local MDT. Patients should be offered information and choice regarding the treating hospital.

When a patient is to be referred to a surgeon for treatment, the referring consultant from the screening assessment unit should use safe haven fax or secure electronic messaging to send a letter within 24 hours following the discussion with the patient.

The referring consultant should ensure that all relevant information is provided to allow clinicians to meet this target.

1.2.3 Referring patients to oncologists

All patients with newly diagnosed, recurrent or metastatic breast cancer will be discussed at a full MDT meeting. This will usually include the core oncology MDT members, who will action the referral from the meeting.

Patients who are being referred for neo-adjuvant treatment must begin their treatment within 31 days of their diagnosis, or 62 days of the date of referral for suspected cancer by their GP.
1.2.4 Referring patients for reconstruction or other complex treatment

If a patient is to be referred to a surgeon from another MDT to discuss options for primary surgical treatment, the referring consultant should use safe haven fax or secure electronic messaging to send a letter providing all the necessary clinical information within 24 hours following the discussion with the patient. The 31- and 62-day targets will still need to be met.

Rapid access pathways must be in place between breast cancer units and specialist centres for provision of complex surgery such as free flap breast reconstruction or chest wall resection. The unit must have a designated surgeon or team to whom the patient is referred.

1.3 Communication

The principle aims of the consultation are to offer the patient information and recommendations in conditions allowing privacy, dignity and respect. The patient should be dressed and seated during conversations with the doctor, not lying down, especially when bad news is broken. The doctor should also be seated during these discussions. Women should be offered as much information as they find helpful when describing the different treatment options available to them. All patients should be offered comprehensive written information about breast cancer tailored wherever possible to their individual circumstances. An information prescription should be offered to the patient on or around the time of diagnosis, in whatever format the patient prefers.

The communication of a diagnosis of breast cancer to the patient’s GP should be completed within 24 hours either by safe haven fax or secure electronic messaging or by telephone and this should be recorded for audit purposes in the patient record.

Although not formal national guidance, it is considered to be good practice to have a breast care nurse present when breaking bad news, and this person should take on the role of key worker or nominate another health professional for this role. Information and support are available from the key worker throughout the patient pathway and thereafter. Breast care nurses should have access to a dedicated private room for discussion and support at all times.

Information on all aspects of living with and beyond cancer can be discussed at any stage of the patient pathway and is not just limited to the end of treatment.

1.4 The breast care team


In London, this has also been updated according to the Quality Requirements for Cancer 2015–16 where compliant breast surgeons are required to have an NHS cancer surgical caseload of 50 per annum.
1.4.1 Breast care nursing

Within the London Cancer Alliance (LCA), breast care nurses are available to give information and psychological support to patients and their families at all stages of the pathway from diagnosis, during treatment and follow-up, and through to palliative care. There is now strong evidence demonstrating the value of breast care nurses.³

The minimum standard is that all breast cancer patients should leave the hospital following diagnosis with the telephone contact details of the key worker, who is usually the breast care nurse. The breast care nurse will be the main point of contact between the patient and the team, and act as an advocate for the patient.

Some of the breast care nurses/advanced nurse practitioners within the LCA provide diagnostic expertise, and carry out follow-up clinics and family history clinics for women who are at increased risk of developing breast cancer. Some nurses will provide breast prosthetic fitting, lymphoedema management and seroma drainage, and run support groups; others will refer on for these services. There are also breast care nurses who possess specialist knowledge and skills relevant to the physical and psychological needs of patients with metastatic breast cancer.

The breast care nurses aim to:

• clarify the patient’s understanding of their condition, its treatment and side effects by ensuring that each patient has access to information as and when they require it and delivered in an easily understandable format

• enhance involvement in decision making by providing the patient with the opportunity to discuss treatment options in order to make an informed choice

• provide appropriate support and advice in order to facilitate the patient’s adjustment to the changes caused by treatment and to maximise confidence and self-esteem, thereby reducing anxiety and depression

• improve general health and reduce somatic symptoms for the patient; this is achieved by working in close liaison with other members of the MDT and referring to, for example, psychological medicine, palliative care and lymphoedema services as and when necessary.

Referral

Services are available to all inpatients and outpatients at various stages of treatment modalities. Referrals will be accepted from all members of the MDT.

Research and education

In addition to clinical responsibilities, the breast care nurses are active in educational and research initiatives. These include training colleagues and contributing to national study days and conferences, thus influencing the development of breast care nursing practice locally and across the country.

For further information on the role of the breast care nurse, please see the NICE clinical guidelines.⁴

The extended breast care team

The team as a whole should be responsible for planning care in a seamless way so that each patient receives prompt and appropriate care throughout the process of diagnosis and treatment, up to and including the period when palliation may be needed.
The team must maintain close contact with all other professionals who are actively involved in supporting the patient or in carrying out the treatment strategy decided by the core team.

These include the following:

- breast radiographers
- clinical geneticists/genetics counsellors
- dietitians
- GPs/primary care teams
- lymphoedema services
- occupational therapists
- palliative care specialists/team
- physiotherapists
- plastic surgeons
- prosthesis services
- psychiatrists/clinical psychologists
- psychological support services, where required
- complementary therapists, where required
- research nurses
- social workers.

Teams based in cancer units must maintain close liaison with the associated cancer centre.

Patients should be given information about the members of the team involved in their care and management and their roles.

Within the breast unit, rehabilitation services are provided by numerous practitioners, all of whom encourage a multidisciplinary approach. They offer care relating to physical and psychosocial functioning for both acute and metastatic breast patients undergoing any form of treatment. This section details the range of rehabilitation services available. Cancer rehabilitation has a vital role in helping to maximise patient function, which will impact on length of hospital stay and integration back into meaningful activity.

### 1.4.2 Physiotherapy

All Trusts provide physiotherapy services for both inpatients and outpatients which aim to restore or optimise functional independence and physiological and psychological wellbeing across the cancer pathway. Physiotherapists play an essential role in the rehabilitation of patients, and it is imperative that physiotherapy starts as early as possible and is carried out under the supervision of an experienced specialist physiotherapist who is familiar with the breast cancer pathway including surgical techniques and possible complications.²

Physiotherapists can be of assistance with:

- mobility issues as a result of treatment or state of disease
- specific joint, muscle or connective tissue problems related to diagnosis or treatment
- expertise regarding physical activity for cancer patients at any stage in their disease
• education, advice and support on physical aspects of recovery
• optimising functional ability.

**Referral**

Referrals are normally accepted from all members of the MDT and patients may be able to self-refer.

Patients appropriate for referral include:

• patients with a cancer diagnosis requiring rehabilitation to improve quality of life and function. This can include:
  – improving physical mobility and strength
  – assisting with physical independence
  – helping the person with cancer adjust to actual, perceived and potential losses due to cancer and cancer treatment

• any surgical patient following breast or axillary surgery, experiencing physical side effects of treatment (e.g. cording, decreased range of movement at the glenohumeral joint, or shoulder pain unrelieved by analgesia)

• early/late cancer treatment-related symptoms that are influencing a patient’s optimal function and require physiotherapy input (e.g. fatigue)

• cancer patients needing advice and support with increasing physical activity. This is of particular relevance given the strong evidence for the benefits of physical activity throughout the whole of the breast cancer pathway.

### 1.4.3 Lymphoedema

All Trusts in the LCA should be able to offer advice for patients at risk of developing lymphoedema and have pathways in place for referral of patients with the condition. Lymphoedema may cause physical, social and psychological problems that may in turn have a profound effect upon a patient’s quality of life.

Patients at risk of developing lymphoedema need to know what lymphoedema is, why they are at risk, how to minimise the risk of developing lymphoedema through healthy behaviours, how to recognise the early signs and symptoms, and who to contact if swelling does develop.

Management of the condition concentrates on conservative treatment measures. These encourage the patient to become actively involved in the care of their swollen limb in order to gain maximum benefit from treatment followed by long-term control of the swelling.

**Referral**

Patients with suspected arm swelling should initially be medically assessed to exclude any complicating factors of active disease, thrombosis or infection.

All patients with lymphoedema, however mild, as a result of their cancer and/or its treatment, can then be referred to the lymphoedema service.

**Treatment**

Success in controlling lymphoedema depends upon:

• appropriate screening of patients at risk in order to provide education and advice
• early and prompt referral of patients with arm swelling
• follow-up at regular intervals to monitor progress.

A combination of treatments is employed simultaneously in the management of lymphoedema. These may include some, or all, of the following:
• skin care and education to minimise the risks of infection and inflammation
• exercise to maintain good lymph flow
• manual lymph drainage/simple lymph drainage to stimulate lymph drainage
• external support with compression garments or bandages to limit the accumulation of fluid in the limb.

Patients who present with cellulitis should be treated with antibiotics as per national guidelines, and referred to the appropriate lymphoedema service for support and advice.

1.4.4 Occupational therapy

Occupational therapy services aim to help patients achieve optimal functional independence. Based on a problem-solving approach, occupational therapy is problem-led and symptom-led, rather than diagnosis-led. A supportive care model is used to provide assistance in the following areas:
• use of functional activities for the treatment of dysfunction
• addressing cognitive and psychosocial dysfunction which affects the person’s independence and coping abilities
• retraining in the personal and domestic activities of daily living
• assessment and prescription of wheelchairs and pressure seating
• home assessments and referral for provision of equipment
• lifestyle management: investigating hobbies, work and leisure pursuits while adapting to the individual’s needs and loss of function
• advice and education on relaxation techniques and energy conservation
• the use of splints to prevent deformities and to control painful joints
• promoting support for return to work and vocational rehabilitation for people with cancer (NCSI, 2012).

Referral

Referral systems vary between Trusts. All Trusts have an inpatient occupational therapy service, but not all offer the service to outpatients, who may need to be treated by community-based occupational therapists.

Patients appropriate for referral include those patients who are:
• at risk of not coping safely upon discharge home due to their physical and/or cognitive problems
• requiring assessment and treatment programmes, prescription and/or provision of equipment to aid safety and independence including splinting
• requiring cognitive assessment and retraining to overcome residual problems resulting from their disease or treatment
• wishing to return to work/education and require support or adaptations to do so.
1.4.5 Nutrition and dietetics

Nutrition is an important consideration for all patients during and after cancer treatment but there are specific needs for breast cancer patients. Concern is often raised regarding the links with diet and causation of cancer and many patients have questions about these links and how they should eat healthily both during and after treatment. While some patients may experience difficulty with eating due to taste changes, nausea and a sore mouth, many will gain weight with treatment which ultimately may negatively influence prognosis. Patients often request information about the principles of healthy eating, weight management, questions about individual food groups such as fruit and vegetables, soya foods (phyto-oestrogens), fat in the diet, the use of vitamin and mineral supplements, and the best way to maintain a healthy weight.

Referral

At all Trusts within the LCA, any member of the MDT may refer a patient to the dietitian for any of the following reasons:

- the patient requires advice on healthy eating for general health and with specific reference to breast cancer
- the patient is experiencing eating difficulties or weight loss as a result of treatment or advanced disease
- the patient requests advice on complementary or alternative diets
- the patient requires a therapeutic diet.

1.4.6 Psychological support

Counsellors who are skilled and experienced in diagnosis and/or in the range of treatments available, and who are aware of the physical and psychological effects of both the disease and its treatment, should be available to support people with breast cancer as required.

Skilled and experienced rehabilitative therapy, psychological support, social work and chaplaincy services should all be available for patients.

Referral

Mechanisms will vary from Trust to Trust. Some Trusts also have access to psychiatric services. The (oncology) counsellor will accept referrals from healthcare professionals and directly from patients for an initial assessment.

1.4.7 Specialist palliative care team

Palliative care has been defined by the World Health Organization (WHO) as “the active total care of patients whose disease is not responsive to curative treatment”. In addition, WHO characterises the features of palliative care as follows. Palliative care:

- affirms life and regards dying as a normal process
- neither hastens nor postpones death
- provides a relief from pain and other distressing symptoms
- integrates the psychological and spiritual aspects of patient care
• offers a support system to help patients live as actively as possible until death
• offers a support system to help the family cope during the patient’s illness and with their own bereavement.

Many of the characteristics of palliative care are applicable to patients in whom a response to curative treatment is expected. Indeed, WHO has suggested that palliative care should have an increasing role from the diagnosis to the time of death, and should be seen as adjunct to anti-cancer treatment as opposed to an alternative to anti-cancer treatment.

Referral
The main indications for referral are:
• symptom control (pain and other symptoms)
• psychological support for patient
• psychological support for patient’s relatives
• discharge planning (liaison with community palliative care services)
• wound management.

Referral can be made by an appropriate healthcare professional in contact with the patient.

1.4.8 Prosthetics service
After breast surgery, women are given access to a comprehensive and confidential breast prosthetic service according to their individual choice and need. Permanent prostheses are fitted by a breast care nurse or qualified appliance officer. In addition, all patients are given practical advice about swimming costumes and bras.

Referral
Referrals are accepted from all members of the MDT.

1.4.9 Spiritual care
The chaplaincy within each Trust is available to all patients at all stages of disease and treatment for the individual care of all spiritual needs. The chaplains are committed to helping patients regardless of individual religious beliefs.

1.4.10 Complementary therapies
There are different arrangements for complementary therapies at each of the Trusts (see LCA Guidelines and Criteria for Complementary Therapies June 2013 (reviewed September 2014)). Information on these is routinely provided to patients. It is also important that information is available to all patients about how to access complementary therapies outside of the Trust, such as through charities.

1.4.11 Social services
Social workers are available to all patients at all stages of disease and treatment for a variety of social needs, such as finances, benefits, housing and community care assessments.
Referral

Referrals can be made by any healthcare professional.

References


2 Imaging

This section provides guidance on the optimal imaging strategies for the diagnosis and ongoing management of breast cancer for the multidisciplinary teams (MDTs) in the LCA.

The following guidance for investigation of possible breast cancer should be adopted:

- Assessment of patients referred from primary care:

- Further investigation of lesions with uncertain malignant potential:
  - The London Region Quality Assurance Reference Centre Guidance on Management of Indeterminate Breast Lesions (Appendix 1).

- NICE clinical guidelines on early and advanced breast cancer.

2.1 Imaging standards for evaluation of malignancy

Mammography and ultrasound should be used as part of triple assessment where there are clinically suspicious or discrete findings present. Mammography is not routinely indicated in generalised lumpiness, pain or tenderness, or long-standing nipple retraction but may be worthwhile in women >40 years old with persisting non-suspicious breast symptoms.

2.1.1 Mammography

- Full field digital mammography with optimal image display on a mammography workstation should be used.

- The quality of mammography should adhere to NHS Breast Screening Programme (NHSBSP) standards with reference to training of staff, quality assurance and the Ionising Regulation (Medical Exposure) Regulations 2000 (IRMER).

- All diagnostic breast units should have access to digital stereotactic image guided biopsy and immediate specimen radiography on site.

- All breast units should be able to perform intra-operative specimen radiography.

2.1.2 Ultrasound

- Ultrasound is the imaging modality of choice for women under the age of 40.

- Ultrasound should also be performed when mammography is discordant with clinical findings and if there is a palpable lesion.

- High resolution ultrasound machines with pre-sets modified for breast imaging should be used.

- Ultrasound scanners should meet NHSBSP standards.

2.1.3 Magnetic resonance imaging

Breast MRI is recognised as a diagnostic tool which should be used as an adjunct to conventional breast imaging after full discussion with a breast radiologist or within the context of the breast MDT meeting. Pre-operative MRI for staging the breast does not reduce the risk of local or distant recurrence and in
addition has a high false positive rate. Recent evidence therefore suggests that the use of MRI be carefully considered before recommendation is made to perform the examination.

Indications where MRI has been demonstrated to be definitively advantageous:

- Paget’s disease
- Occult primary
- BRCA mutations carriers and other high-risk familial history.3, 5

For other indications, see Appendix 2.

- MRI scanners should meet NHSBSP standards6 (NHSBSP, March 2012).
- MRI should be reported by clinicians with a specialist interest in breast MRI using the LCA reporting standards (see 2.2).

2.1.4 PET-CT7, 8

All breast units should have access to PET-CT and specialist reporting for selected cases as agreed within the MDT.

The current Royal College of Radiologists guidance for PET-CT in the evaluation of breast cancer is:

- assessment of multifocal disease or suspected recurrence in patients with dense breasts where MRI is not possible
- differentiation of treatment-induced brachial plexopathy from tumour infiltration in symptomatic patients with an equivocal or normal MRI
- assessment of extent of disease in selected patients with disseminated breast cancer before therapy
- assessment of response to chemotherapy in patients whose disease is not well demonstrated using other techniques (e.g. bone metastases).

In addition, recent evidence suggests that breast cancer patients under the age of 40 may benefit from PET/CT early on in the disease (i.e. I-III) as this may result in upstaging of systemic sequelae.7

2.1.5 Tomosynthesis

This is a method of obtaining three dimensional radiographic imaging of the breasts. Masses and architectural distortions are more clearly visible with digital breast tomosynthesis (DBT) due to the elimination of summation shadowing and lesions can be more accurately classified.9

Prospective studies have shown an increased invasive cancer detection rate up to 40% with a reduction of recall rates of up to 20%.10 11 12 13 DBT has the unique advantage of improving both sensitivity and specificity. The NHSBSP has provided guidance in the use of DBT for assessing screened detected lesions and has made recommendations for training radiologists.14

2.2 Documentation and reporting standards

Imaging should be reported by clinicians with a specialist interest in breast imaging and experience in specific modality interpretation. Where relevant, reports should include information on:

- breast density
- imaging features of lesion
• size of lesion (longest dimension at least)
• site of lesion (quadrant and distance from the nipple)
• multifocality/multicentricity (including distance between foci, and whole size)
• assessment of the axilla
• change from previous images (e.g. in monitoring tumour response to treatment) – comparable measurement should be stated on consecutive images
• level of suspicion with reference to the UK 5-point scoring system (with category 6 for biopsy proven lesions)\textsuperscript{15}
• the reporting clinician(s).

2.3 Imaging strategy for cancer by type

2.3.1 In situ cancer: ductal carcinoma in situ (DCIS) and pleomorphic lobular carcinoma in situ (LCIS)
• 2-view mammography of both breast +/- additional views to show extent
• 14-gauge or vacuum-assisted core biopsy of index site and other areas of suspicion to assess for multifocal/multicentric lesions
• ultrasound to demonstrate and to guide biopsy of soft tissue change, particularly if microcalcification lies in an area of dense breast tissue.

2.3.2 Invasive cancer
• 2-view mammography – further views as needed to demonstrate mammographic features
• ultrasound of ipsilateral breast and axilla
• 14-gauge core biopsy of index site and other areas of suspicion to assess for multifocal/multicentric lesions
• core biopsy or fine needle aspiration (FNA) of axillary adenopathy suspicious of metastatic spread.

2.3.3 Pre-operative localisation
Optimal surgical excision should be supported by pre-operative localisation in all cases when conservative treatment is planned and the cancer is not clearly palpable. Ultrasound is the imaging method of choice with stereotactic localisation for lesions seen only on mammography. The wire tip should transfix the lesion (minimum standard: should lie within 1cm of the lesion), and a skin marker should be placed over the lesion. A skin marker alone is helpful when the cancer is palpable. Images and a report should be available to the surgeon prior to the operation.

2.3.4 Staging for distant metastases
TNM staging should be recorded for all stages of disease.
Patients presenting with T1 and T2 primary breast tumours (less than 5 cm) have a low incidence of distant metastatic disease (less than 2%).
The routine staging of asymptomatic patients with early stage disease is not indicated. The detection of asymptomatic metastases in bone and CNS has not been shown to prolong survival.\textsuperscript{16}

If patients with early stage disease develop symptoms, the appropriate investigations should be organised (Figure 1).

The most common sites of metastatic disease are bone followed by lung and liver. The least common site is in the brain.\textsuperscript{17}

In patients with advanced stage primary breast cancer, e.g. T3 and T4 (greater than 5cm), the incidence of metastatic disease is approximately 15–20\%.\textsuperscript{18, 19, 20, 21}

Overall 4–10\% of breast cancers are metastatic at presentation.

Advanced disease is staged by using a number of imaging modalities (Figure 2).

CT of the thorax, abdomen and pelvis should include the supraclavicular fossa (SCF). CT of the brain should only be undertaken if there are symptoms suggestive of cerebral metastases.

A number of other indications may result in staging being deemed necessary after MDT discussion, e.g. triple negative tumours (TNT), and in cases of recurrence of tumour in the ipsilateral breast.

Some tumour biomarkers may predict an increased likelihood of particular sites of metastatic spread, e.g. HER2 positive cancers are more likely to be associated with cerebral metastases. However, at present, such markers cannot yet be relied on to plan site-specific metastatic screening.

Functional imaging such as PET-CT, PET MRI and diffusion MRI are now more widely in use and will become increasingly important in the assessment of sites of metastatic disease and overall metastatic disease burden.

With the increased use of multi-detector CT in staging, and the increase in CT image quality, there has been an increase in the frequency of detection of findings unrelated to the primary tumour or which cause diagnostic uncertainty in reporting the presence of metastatic disease. These then necessitate tailored management which may often include further imaging, biopsy and not infrequently, referral to another specialist team.\textsuperscript{22}
Figure 1 Early Breast Cancer Management

- Patient presents with suspected breast cancer
  - **Triple assessment**
    - Consultation
    - Imaging
  - Early breast cancer detected
    - **MDM discussion**
      - Further diagnostic tests if results inconclusive
      - Management plan
  - Early breast cancer NOT detected
- Staging investigations only if symptomatic (See Figure 2)
Figure 2 Advanced Breast Cancer

Patient presents with suspected advanced breast cancer

- T3/T4 tumour
- 4+ axillary nodes positive (any size) tumour
- Consider for 1 positive intramammary
  - Infra-supra clavicular fossa positive node (any size tumour)
- Following MDM discussion
  - e.g.
  - Triple negative tumour
  - Recurrence in ipsilateral breast

- Visceral metastases
  - CT Chest/abdo/pelv +SCF
  - CT Brain if symptomatic
- Imaging inconclusive
  - Consider:
    - Contrast enhanced ultrasound liver
    - MRI
    - PET-CT

- Metastatic disease
  - MDM Management plan
  - Consider:
    - MRI
    - PET-CT
    - PET-MRI or diffusion MRI

- Bone metastases
  - Plain films: axial skeleton
  - Imaging inconclusive

- Incidental findings:
  - Imaging investigations as appropriate
2.3.5 Surveillance strategies

- Annual mammography for all patients with early breast cancer, including DCIS, until they enter the NHSBSP. Patients diagnosed with early breast cancer who are already eligible for screening should have annual mammography for at least 5 years.

- Mammography should be delayed for 6 weeks after cessation of lactation because of the reduced sensitivity of the denser breast. The NHSBSP recommends that ultrasound may be used as an alternative screening modality while women are breast feeding.

- Consider annual MRI for women under the age of 40.

- Patients at underlying increased risk should follow the appropriate NHSBSP guidance if it offers more intensive screening during or after the initial surveillance period.

- Routine surveillance imaging of the post-mastectomy reconstructed breast is not indicated.

2.3.6 High-risk surveillance

(See Appendix 3; also see Chapter 9, NHSBSP 74.)

2.3.7 Moderate increased risk surveillance

- Women at moderately increased risk should be offered annual mammography between the ages of 40 and 59. (NICE CG164 2013)

- Any other surveillance strategy should only be part of an approved trial (e.g. FH02).

2.4 Reporting interval cancers

- All cases of newly diagnosed breast cancer in women of screening age should be reported to the responsible screening service.

- If a woman asks to discuss her screening mammogram, she should be informed that all cases of breast cancer identified after a normal outcome to screening are formally reviewed by the screening service. The director of screening should be made aware of the woman’s wishes and will arrange a consultation.

2.5 Mismatch/discordance of screening pre-operative diagnosis and surgery

- All cases where a mismatch between the pre-operative diagnosis at screening and the post-surgical diagnosis is suspected should be promptly reported to the responsible NHSBSP director of screening and the screening pathologists.

- All cases should be investigated according to the guidance in Appendix 4 and raised as an incident with the local screening service if appropriate. The final outcome should be documented through the MDT in the local and NHSBSP records.

References

2 NHSBSP (2011) *NHSBSP 70 Guidance notes for the acquisition and testing of ultrasound scanners for use in the NHS Breast Screening Programme.*

3 Bleicher RJ (2014) Breast magnetic resonance imaging as it is, in contrast to how we wish it to be. *Journal of Clinical Oncology* 32(5): 370–72.


5 Ibid.

6 NHSBSCP (2012) *NHSBSP 68 Technical guidelines for magnetic resonance imaging (MRI) for the surveillance of women at higher risk of developing breast cancer*
www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp68.pdf


8 Evidence Based Guidance for the Use of PET-CT in the United Kingdom 2013. A document prepared for the Intercollegiate Standing Committee on Nuclear Medicine, by members of the Royal College of Physicians and the Royal College of Radiologists, Sally Barington, Andrew Scarsbrook.
https://www.rcr.ac.uk/sites/default/files/publication/2013_PETCT_RCP_RCR.pdf


14 NHSBSP (2013) *Current position on use of tomosynthesis (DBT) in the NHS Breast Screening Programme.*


19 NICE (2014) *Early and locally advanced breast cancer: Advanced breast cancer (CG81).*
www.nice.org.uk?guidance/cg81


24 Health Technology Assessment 2011, Vol 15: No.34 ISSN 1366-5278.


3  Breast Pathology Protocols and Guidelines

3.1  Pre-operative assessment

3.1.1  Core biopsy (e.g. 14 gauge) and vacuum-assisted core biopsy (e.g. 8 or 11 gauge)

Clinical details and handling
Once sampled, the cores should be placed directly into formalin.
The request form should include:
• patient information (including details of previous clinical management), clinical and imaging (e.g. U1 to S and M1 to S) details
• site of the lesion
• if the specimen is urgent, or required for a specific date/time
• if the core biopsy is taken for microcalcification, the result of specimen X-ray
• information on whether research cores have also been taken.

It is helpful if cores containing microcalcification are separately identified, e.g. in a separate cell safe capsule. Core biopsies of two lesions or lesions in different breasts should be sent in separate packets with individual forms.

Pathology handling
Specimens should be sent to the pathology department as promptly as possible in order to be processed overnight on the same day. They can then be embedded, cut and stained and reported, ideally by the end of the following working day. All cases for microcalcifications should have at least three levels examined, as per the NHS Breast Screening Programme (NHSBSP) guidelines. Cases needing further serial sections or special stains will take up to 36 hours longer.

Microscopy
The report will comment on the following in the microscopy section:
• presence of specialised breast tissue
• epithelial hyperplasia (usual and/or atypical)
• calcification (presence and relationship to benign or malignant lesions)
• type and provisional (core) grade of invasive cancer and provisional grade and growth pattern/architecture of in situ carcinoma, where possible (it should be noted that invasive carcinoma grade in core has approximately 75% accuracy)
• lympho-vascular invasion is rarely identified in core biopsies and its absence need not be commented upon; if present this should, conversely, be stated
• ER and HER2 status should be assessed on all invasive carcinoma in cores.
The summary/conclusion of the histology report should include, as per the UK NHSBSP guidelines for all diagnostic samples, the ‘B’ category of the core or vacuum-assisted core biopsy, and the diagnosis. This is not, however, required if the specimen is a vacuum-assisted excision specimen.

The B categories are as follows:

B1 – normal
B2 – benign
B3 – uncertain malignant potential
B4 – suspicious
B5 – malignant.

For B5, it should be noted whether this is B5a, ductal carcinoma in situ (DCIS), or B5b, invasive carcinoma, or B5c, other malignancy.

Results from core biopsy diagnostic specimens should be available within 7 days.

3.1.2 Fine needle aspiration cytology specimens

Fine needle aspiration cytology (FNAC) samples from breast lesions should be handled and reported as per the NHSBSP guidelines, and each report should include the categorical result (C1 (inadequate/insufficient) through to C5 (malignant)) as well as indication of the populations of cells identified.

FNAC from lymph nodes under ultrasound guidance is increasingly received for pre-operative assessment of nodes with suspicious features, although some centres will perform core biopsy for such samples in some circumstances. These should be also be handled and reported as per NHSBSP guidance.

3.2 Surgical specimens

3.2.1 General clinical details and handling

Specimens from which tissue is not to be biobanked can be placed immediately in sufficient buffered formalin (ideally 10 times the specimen size) or sent immediately fresh to the laboratory, according to local protocol. In some rare circumstances, with collaboration and education, the surgeon may be advised to slice from the posterior aspect of a large excision specimen/mastectomy in order to optimise fixation; this should not, however, be performed without prior agreement with the consultant breast pathologist.

Specimens which are pushed into small containers without adequate surrounding formalin will be adversely affected, and clinically important pathological information (particularly ER status, HER2 status, histological grade, presence or absence of lympho-vascular invasion) cannot be accurately assessable and will influence subsequent patient management.

3.2.2 Wide local excision

Clinical details and handling

Specimens should be orientated with marker sutures and/or clips (e.g. 1 = anterior; 2 = superior; and 3 = nipple margin), as per local protocol and should ideally be sent unfixed to the pathology department (or biobank) with all relevant information on the request form.
If pathology staff will not be available to handle fresh specimens, the specimens should be placed immediately in sufficient buffered formalin, as above, and sent to the laboratory as soon as possible.

It is essential that relevant clinical information be provided. For example, if the disease is multifocal or there are synchronous lesions, omission of this information will lead to delay in issuing the final histology report. It is essential that details of any neo-adjuvant therapy should be provided.

Pathology handling (in fresh or fixed state)

The specimen should be immediately dealt with as follows:

- weighed, measured and palpated
- resection margins marked according to local protocol (e.g. anterior = red; posterior = black; medial = green; lateral = orange; inferior = yellow; superior = blue)
- the tumour should be incised (if this is performed on the fresh specimen, tissue for the biobank, where appropriate, should be taken at this stage)
- if the specimen is received fresh, buffered formalin is now added; orientation of the specimen should be maintained so that appropriate blocks can be taken the following day
- blocking should include tumour blocks and blocks of all radial margins to allow accurate measurement of tumour size and distance to resection margins.

There are a variety of acceptable methods for handling of wide local excisions (WLEs) (see Pathology Reporting Guidelines publication no. 50, 2005. www.cancerscreening.nhs.uk/breastscreen/publications/pathology.html#p-pr)

Different methods may be more appropriate for different lesions and according to the pathologist’s preference (see the diagrams below).

Figure 3.1: ‘Bread-slicing’ for mass lesion
Most reports from breast surgical specimens should therefore be available within 7 working days after receipt of the specimen, unless further sections are taken or special or immunohistochemical (IHC) stains are needed for diagnosis.

### 3.2.3 Therapeutic needle localisation specimens

#### Clinical details and handling

After specimen X-ray, the sample is sent to the pathology department and should ideally be accompanied by a copy of the specimen X-ray (or available on the Picture Archiving and Communications System (PACS)) with an appropriately completed request form.

The specimen should be orientated as per local protocol (e.g. with up to three sutures (e.g. 1 = anterior; 2 = superior; 3 = nipple margin) and ideally also with clips (1 = anterior; 2 = superior; 3 = nipple margin)).

#### Pathology handling

The specimen should be dealt with as described for WLE; but if no definite macroscopic lesion is identified then either the whole specimen should be processed or an X-ray of specimen slices carried out (depending on the size of the specimen) to enable selection of blocks to include, for example, the calcified areas plus adjacent tissue.

X-ray of residual tissue or tissue cassettes may be needed to locate calcification if none is found on the preliminary sampling. Reporting time on specimens is similar to that for WLEs in straightforward cases but will take longer when there are problems locating calcification.
3.2.4 Diagnostic localisation biopsies (microductectomies)

Clinical details and handling

Diagnostic localisation specimens are typically those of a lesion for which either pre-operative diagnosis has proven unsuccessful or where core biopsy has shown a B3 lesion such as a radial scar, papilloma or atypical epithelial proliferation. Fresh sampling of these is therefore, in general, not appropriate and these typically require immediate fixation in an adequate amount of formalin, unless requested for a specific study.

Microductectomies (microdochectomies) are samples from the sub-areolar ducts, usually in patients who have a single-duct or blood-stained nipple discharge.

Pathology handling

- The specimen should be weighed and measured, and inked if orientation markers have been positioned by the surgeon, and then serially sliced at intervals of approximately 3–5mm. For microductectomies this is best done from anterior or posterior aspects (there is usually a suture on the anterior aspect of the specimen).
- Small samples (e.g. those 30mm in size or less) should be embedded in their entirety. This is particularly important if no macroscopic lesion is visible.
- Microductectomies may bear a small papillary lesion that is often not visible to the naked eye and embedding the whole tissue (as these are not large, but if resources permit) will avoid return to take further blocks.
- Larger diagnostic localisation biopsies will often benefit from specimen slice X-ray examination, particularly those with an impalpable lesion such as microcalcification.
- The sampling technique and the number of blocks taken are dependent on the size of both the specimen and the abnormality; for larger specimens, sampling should be adequate to determine accurately the size of the lesion.
- Sampling should include the extremes of the abnormality and adjacent tissue in order to avoid underestimation of size. This is particularly important with cases of DCIS, as it is recognised that size of microcalcification may be an underestimate of true tumour size.
3.2.5 Shave biopsies/cavity shavings

Clinical details and handling

These are very variable specimens, ranging from small portions submitted as ‘bed biopsies’ (which can be embedded whole) to larger re-excisions of a specific margin. Cavity shave specimens/re-excisions of a specified margin, either received at the same time or subsequent to a therapeutic excision, should be received with orientation sutures. If the re-excision is of the entire margin, it may be orientated with sutures/clips as per a WLE. If a single margin has been excised, typically a single suture can be placed on the ‘cavity side’.

Pathology handling

- Once fixed these should be weighed and measured.
- Paint according to standard protocol if the whole cavity is present, or on the cavity side and opposite (new margin) side if the specimen is derived from a single aspect (e.g. medial cavity shaving).
- If small, the specimen should be sliced transversely and all the tissue embedded.
- If larger, sliced and random (e.g. alternate) slices can be embedded (e.g. typically approximately two to three per 10mm of maximum dimension cavity shaving).

3.2.6 Mastectomy specimens

Clinical details and handling

The specimen should ideally be sent unfixed with an appropriately completed request form as speedily as possible to the laboratory or biobank, as appropriate. These specimens are most likely to be affected by poor fixation if not sliced prior to submersion in formalin and are those which, with collaboration, may be sliced by the surgeon prior to fixation after discussion with the pathologist (e.g. if performed out-of-hours).

The request form must include details of number, site and extent of lesion(s) and of any prior neo-adjuvant systemic therapy, as well as any other relevant information.

If the axilla has not been dissected in continuity with the breast, an orientation suture should be placed (e.g. superiorly) to highlight the axillary tail/apex.

Pathology handling

The specimen should be handled as follows:

- described, weighed, orientated and palpated
- either (a) sliced in the sagittal plane at 10mm intervals from the deep surface to the skin throughout; (b) sliced in a cruciate-fashion through the tumour (as for WLEs) and then the remainder of the breast parenchyma sliced at 10mm intervals; or (c) sliced from posterior to anterior aspect
- all macroscopic abnormalities should be described
- fresh tissue for the biobank may be taken at this stage
- sufficient formalin should then be added
- in cases of extensive DCIS only, or extensive DCIS with a small invasive lesion, slice X-rays may be invaluable, once the slices are adequately fixed, if no visible lesion is identified.
Blocks should include several slices of the full face of the tumour and all the peripheral aspects of the lesion to gauge the size of the disease (although it should be noted that the cruciate approach provides a more accurate assessment of lesion size). Any other macroscopic abnormality should also be sampled. The distance of tumour from deep margin can be assessed macroscopically and sampled. It is not possible to provide unequivocal advice regarding the number of blocks of tumour that should be taken; in general five to six blocks of a 2cm tumour is considered appropriate.

It is important to note that the tumour blocks are more important than blocks of the deep margin and ‘normal’ tissue from quadrants in mastectomy specimens. However, random blocks can be taken from all four quadrants as well as from the nipple if resources permit; these are less important than blocking the tumour sufficiently.

The axillary tail of all mastectomy specimens should be sliced and lymph nodes sought. All lymph nodes should be identified and processed according to the NHSBSP guidelines. Ideally, this approach includes multiple slices from each lymph node per cassette.

Reporting time for mastectomy specimens is similar to that for WLEs; however, cases of pure DCIS will take longer because of the need to X-ray slices before taking blocks.

### 3.2.7 Sentinel lymph node biopsy specimens

#### Clinical details and handling

These should be placed in sufficient formalin and sent to the pathology laboratory.

#### Pathology handling

The NHSBSP guidelines and the medical literature to date indicate that the most important step in the examination of sentinel lymph nodes is thin slicing of the sample.

- All nodes measuring 5mm or less in maximum diameter should be sliced, if possible, and processed (usually in two portions/halves) for histological examination.

- Nodes that are greater than 5mm in maximum diameter should be sliced thinly at 2mm intervals and all will be processed for histological examination.

- There is no requirement to place only one or two slices in each cassette; if all slices fit into a single cassette then the workload, both for laboratory and microscopy, is reduced.

- There is little evidence on the clinical value of additional levels for the detection of small deposits of nodal metastasis. However, it is clear that additional H&E levels increase the likelihood of detection of these small metastatic foci and can be considered; these are not mandatory.

- Routine IHC assessment of sentinel lymph nodes is not recommended by UK guidelines, even if of lobular sub-type. However, if suspicion is high (e.g. if worrisome cells are identified on H&E stained sections), then AE1/AE3 antibody staining should be undertaken (this has been shown to be the most effective cytokeratin for assessment of metastasis in sentinel lymph nodes).
Criteria for reporting nodes

The following must be reported:

- macrometastases, i.e. 2mm or more in size
- micrometastases up to 2mm in size, or deposits within the parenchyma (as per the European Guidelines; Cserni. Cancer 2005)
- isolated tumour cell clusters (these are regarded as node negative).

There is increasing evidence that the tumour volume in the sentinel lymph node is predictive of metastatic disease in additional axillary lymph nodes. It is recommended that the size of the largest metastatic deposit should be recorded in the histology report.

3.2.8 Axillary clearances

Clinical details and handling

These may be excised either in continuity with a mastectomy specimen or as a completion axillary dissection in a patient with a previously positive sentinel lymph node. The latter specimens should be placed in a separate pot of sufficient formalin.

Pathology handling

- Identify all nodes by palpation and blunt dissection.
- Those <5mm can be embedded whole and put with similar-sized nodes into one cassette.
- Those lymph nodes >5mm in diameter should be sliced across the shortest diameter of the node and the slices embedded into one or more cassettes.
- As a minimum, at least one slice should be examined for each 5mm of overall node size; thus, at least four slices of a 2cm node should be examined histologically.
- Ideally (as per the UK NHSBSP Pathology Guidelines, 2005), the whole of each node should be embedded and examined; if slicing is required, each should be placed in a separate cassette.
- The exception is obviously involved nodes, which need only have one slice examined for confirmation.
- A suture may be used to mark the apical lymph node, or this may be submitted separately. In either situation the presence or absence of metastatic disease in the ‘highest’ node or the apical lymph node should be noted.

3.2.9 Breast reduction specimens

Clinical details and handling

These should be placed in sufficient formalin and sent to the pathology department.

Pathology handling

- These should be weighed and the size of the fibro-fatty specimen and any attached skin should be recorded.
- If there is no macroscopic abnormality, two cassettes of each specimen are usually sufficient.
- If the patient has had contra-lateral breast carcinoma, more blocks should be taken (e.g. 4–6).
3.2.10 Prophylactic mastectomies

Clinical details and handling

These should be placed in sufficient formalin and sent to the pathology department.

Pathology handling

- These should be weighed and measured, as for excisions for known carcinoma.
- As the patient is known to have an increased risk of breast carcinoma, more blocks should be taken from these samples than from similar breast reductions.
- It is recommended that two random blocks from each quadrant should be sampled as well as a nipple block and any other suspicious areas.

3.2.11 Therapeutic excision and mastectomy specimens for invasive carcinoma following neo-adjuvant chemotherapy: macroscopic handling

Clinical details and handling

Some patients with high grade, large, locally advanced or inflammatory breast cancers may receive chemotherapy prior to surgery. This permits an assessment of tumour responsiveness to the chemotherapy and may result in tumour downstaging, i.e. a reduction in tumour size and/or nodal involvement.

- The macroscopic handling of breast excision specimens following neo-adjuvant (primary) therapies can be difficult, particularly if there has been a good, or complete, response to the systemic treatment. This is especially the case for the post-neo-adjuvant chemotherapy specimen, when the situation is more common than following primary endocrine therapy.
- The proper pathological approach to such specimens is therefore crucially dependent on knowledge of the previous clinical, imaging and pathological findings, including tumour type and grade and the location of the tumour within the breast. The difficulties in identification of the tumour bed are exacerbated if limited clinical information is provided, for example if mastectomy is performed and details of the original location of the lesion are not provided on the request form by the surgeon. Multiple invasive foci may similarly be missed if inadequate information is included in the information given to the pathologist.
- The initial laboratory handling of post-chemotherapy specimens should be undertaken in a similar manner to wide local excision or mastectomy specimens from patients not receiving such treatment.
- Specimens from post neo-adjuvant chemotherapy cases should be orientated as described above for other specimens and as per local protocol and sent to the laboratory.

Pathology handling

- Adequate and prompt fixation is as important here as in any other breast specimen.
- A marker may be inserted into the tumour prior to starting treatment and its localisation within the excised breast tissue can help determine the site of tumour. In order to ensure that this tumour site is completely removed, some units mark the skin to delineate the tumour size prior to treatment, which can be helpful. In essence, for these specimens close working with the other members of the multidisciplinary team is vital.
On palpation and slicing, a mass lesion may be obvious if there has been little response to neo-adjuvant therapy and the specimen can be handled as for any other primary resection specimen. If there has been a significant tumour response, the lesion may be difficult to identify, both with the naked eye and by palpation; a pale, ill-defined, soft, oedematous area of fibrosis may be all that can be detected. With a good or complete pathological response there may only be a vague impression that the tissue architecture is abnormal (pathologically and radiologically). In such cases the marker, or residual microcalcification, can be seen in specimen X-ray and will direct the attention of the pathologist to the appropriate area. Often the marker can be detected macroscopically on thin slicing of the specimen.

The tumour bed (as identified by the location of the radiological marker, in conjunction with clinically described site and macroscopic recognition of corresponding mass or area of fibrosis) should be thoroughly sampled in order to detect residual disease and allow for assessment of the tumour bed in three dimensions.

A tumour that has responded to chemotherapy may regress focally and appear as multiple, apparently separate foci. Blocks should therefore be taken to include the entire tumour bed, as residual tumour foci may be scattered throughout it.

For large tumours where cruciate blocks cannot easily be taken, assessment of the tumour bed can be achieved by estimation of slice thickness and the number of consecutive blocks involved, along with the two dimensions seen histologically.

Overall, the extent of sampling will depend on the size of the tumour and tumour bed and is often necessarily more extensive than for a tumour not previously treated by chemotherapy. The extent of block sampling should be sufficient to assess the maximum extent and cellularity of any residual tumour.

Large blocks, if available, are very useful in preserving the tissue architecture. They can facilitate the assessment of multiple foci of invasive carcinoma and the assessment of the amount of residual tumour in relation to the tumour bed, thus aiding an assessment of tumour response.

Lymph nodes should be blocked as per the guidelines for those patients who have not received neo-adjuvant therapy, depending on the surgical procedure (i.e. sentinel lymph node or axillary clearance). As with the lesion in the breast, lymph nodes may also be more difficult to identify macroscopically after neo-adjuvant treatment; some patients may have had a pre-treatment sentinel lymph node biopsy and others may be known to have metastatic disease (confirmed by pre-operative, pre-therapy ultrasound guided FNAC or core biopsy). In both such situations macroscopic assessment of the lymph nodes may be difficult. There is also some evidence that there is a decreased yield of nodes in patients who have received neo-adjuvant chemotherapy.

### 3.3 Histopathology reports

All specimens are reported by a consultant breast pathologist, or a pathology trainee closely supervised and reviewed by a consultant breast pathologist. All consultants who report breast pathology must participate in the National Breast Screening Programme External Quality Assessment scheme and regularly attend a Breast Pathology Update Course.

See sample breast proforma (Appendix 5) for reporting. Reports will include all the information listed in the Royal College of Pathologists’ publication ‘Minimum dataset for breast cancer histopathology reports’, as well as additional pathological information.
In situ carcinoma:
- presence and grade and architectural growth pattern of in situ carcinoma
- presence of comedo-type necrosis (optional)
- pure DCIS size
- presence of foci of definite microinvasion (<1mm)
- completeness of excision; any radial resection margins <5mm distant should be listed and the measurement provided (unless <1mm, when this should be stated).

Invasive carcinoma:
- grade of invasive carcinoma and grade components (TPM scores, in that order, e.g. 121, 332)
- histological sub-type of invasive carcinoma
- maximum dimension of invasive carcinoma
- whole tumour (invasive + DCIS) size (lobular carcinoma in situ, unless pleomorphic is not included)
- presence or absence of lympho-vascular invasion (categories: absent, possible or definite)
- ER and HER2 status (see below)
- completeness of excision; any margin <5mm distant should be specifically listed and the distance to that margin given, or stated to be <1mm (as per the UK NHSBSP guidelines and data form); margins >5mm distant may be listed as such and precise distance need not be provided
- total number of lymph nodes identified and number involved by metastatic tumour
- number of nodes bearing (a) micrometastasis and (b) macrometastasis and (c) ITCs should be identified
- size of largest nodal metastatic deposit
- TN(M) stage (Appendix 6).

Additional information will be provided as applicable:
- presence of extracapsular spread in lymph nodes
- response of carcinoma to prior neo-adjuvant therapy.

The information above should be provided using a synoptic report/proforma as per UK NHSBSP recommendations.

It is helpful, for block selection for clinical trials and for further research, if the specific paraffin wax blocks containing tumour (and potentially those with metastasis in lymph node) are identified in the histology reports as this obviates the need for retrieval and re-review of all of the H&E sections subsequently.

3.4 Biomarkers
- ER and HER2 should be assessed on all patients with invasive breast cancer (see Appendices 7 and 8).
- This should be performed on the core biopsy so that patients can be included in appropriate neo-adjuvant studies and to ensure that results are available for MDM post-excision, as per the updated UK HER2 guidelines¹ and NICE quality standards.
• The ER and HER2 status from the core biopsy will be noted in the subsequent excision specimen for completeness (with core biopsy reference number) but will not be repeated on the surgical sample, with exceptions as follows.

**ER and HER2 should be reassessed on the surgical excision specimen if:**

• biomarker status is not known (e.g. core biopsy performed elsewhere and not sent for review)
• there was insufficient invasive tumour in the core biopsy for accurate assessment
• invasive carcinoma is identified in an excision, where previously only in situ disease was seen
• there is significant heterogeneity of a tumour on excision (e.g. a mixed lesion) or if multiple lesions with different morphology are seen at excision; biomarkers will not be repeated if multiple foci are seen which are clearly of similar appearance/tumour type and grade
• the core biopsy result was 2+ with IHC and the fluorescence in situ hybridisation (FISH) score on core biopsy was in the borderline negative range (1.8–2.0)
• patients have a subsequent biopsy from recurrent disease (either local or disseminated) but not necessarily on the primary tumour after receipt of primary (neo-adjuvant) chemotherapy at this time
• there are limited data on frequency and clinical relevance of a change in receptor status after neo-adjuvant chemotherapy and some units may wish to repeat ER and HER2 status assessment in this setting.

Of note, HER2 IHC (and potentially ER) can be problematic on bone marrow trephines and bone samples which have been decalcified by some methods – false negatives may result. As a rule of thumb, both HER2 IHC and HER2 FISH should be requested on such specimens as there is evidence that the in situ hybridisation is more robust in decalcified material.

It is therefore prudent to include comment that reporting of biomarkers on these specimens may potentially result in false negative results for ER and HER2 on decalcified tissue.

### 3.5 Neo-adjuvant therapy

Patients who have had neo-adjuvant therapy should have a semi-quantitative assessment of the degree of response recorded. There is no universally agreed method or system for this and it is recognised that additional research is required.

One option is to report the Residual Cancer Burden\(^2\) [www3.mdanderson.org/app/medcalc/index.cfm?pagename=jsconvert](www3.mdanderson.org/app/medcalc/index.cfm?pagename=jsconvert)

Nevertheless, the size of the residual invasive carcinoma and the percentage cellularity of this should be documented in histopathology reports from such samples even if the Residual Cancer Burden score per se is not provided.

### References


4 Surgical Management of Breast Cancer

4.1 General principles

- Breast surgeons should follow the Oncoplastic Breast Reconstruction Guidelines for Best Practice. Patients should be treated by an oncoplastic team (oncoplastic unit or centre); units that do not have oncoplastic breast surgery on site should seek to establish a patient pathway that is in line with these guidelines.
- Where surgery is the first treatment, this should take place within 31 days of the diagnosis being made.
- In medically fit patients, non-reconstructive breast cases should be done as day-case/23-hour surgery.
- Patients should have all surgical options which may apply (breast conservation, mastectomy with or without reconstruction and, if appropriate, oncoplastic conservation procedures) discussed with them in the presence of their key worker/clinical nurse specialist (CNS).
- The patient’s choice must always be respected.
- The National Mastectomy Audit reported unacceptable levels of pain in women having mastectomy alone or mastectomy plus reconstruction. Protocols should exist to manage and assess post-operative pain in these patients.
- Young women who are likely to have chemotherapy and who also wish to preserve their fertility should be referred to an appropriate assisted conception service to discuss their options as early as possible (see LCA Guidance and recommendations for referral to fertility services).

4.2 Choice of breast operation

Surgery may be the initial treatment or it may be undertaken after primary chemotherapy or endocrine therapy. The same principles will apply in either case. The majority of cases will be suitable for breast conservation. However, it is important to ensure that conservation surgery will leave the patient with an aesthetically acceptable breast (preserved breast shape and well placed scars).

Indications for mastectomy:

- Unfavourable tumour: breast volume ratio (i.e. a large tumour in a small breast). In these circumstances, consideration should be given to oncoplastic resections (therapeutic mammoplasty, Grissoti flap or round block resections). If these techniques are not available locally, patients should be given the option of referral to an oncoplastic surgeon. Also consider downsizing the tumour with primary medical treatment.
- Where there is a recurrent tumour in a breast that has previously been irradiated with whole breast radiotherapy.
- Where radiotherapy may be contraindicated – excessive photosensitivity, vasculitis, severe pulmonary fibrosis, scleroderma, previous mantle radiotherapy. Previous mantle radiotherapy is not an absolute indication for mastectomy and breast conservation with partial breast radiotherapy should be discussed with the patient as an alternative.
- Where there is extensive ductal carcinoma in situ (DCIS) of high or intermediate grade. If there is extensive low grade DCIS, the patient should be informed of the uncertainty over the natural history of low grade DCIS. Observation may be considered within the context of a clinical trial such as the LORIS trial. Consideration should also be given to biopsy of more than one focus of microcalcification prior to...
proceeding with mastectomy. A second biopsy should ideally be taken from the edge of suspected extent.

- Where there are multifocal/multicentric tumours, whether invasive or non-invasive. In some circumstances, oncoplastic techniques may obviate the need for mastectomy and can be considered.

4.3 Breast reconstruction

All patients for whom mastectomy is a treatment option should have the opportunity to receive advice on breast reconstructive surgery. Not all patients will be physically fit for or wish to consider reconstruction. The reason a patient declines or is advised against immediate breast reconstruction (IBR) should be recorded. IBR rates will be compared across Trusts and should not be lower than national average.

For patients who express an interest in breast reconstruction, discussions should take place on the ideal timing of the reconstruction. This should include the risks and benefits of immediate versus delayed breast reconstruction techniques.

The full range of suitable reconstructive techniques should be discussed with the patient. These should include tissue expansion/implant reconstruction with or without acellular dermal matrix reinforcement, latissimus dorsi flap reconstruction (autologous or with implant), and free flap reconstruction (muscle-sparing TRAM, DIEP, TMG, SGAP or IGAP).

All patients should have access to specialist plastic surgical advice if requested or required and treatment in a timely fashion, so as to allow for treatment within guideline times. Neo-adjuvant chemotherapy can be used to give time for consideration of reconstruction. All units should have a clear documented pathway for referral to plastic surgical colleagues.

The LCA has developed best practice principles for women having a mastectomy requesting IBR and a best practice pathway for the provision of IBR. These can be found in Appendices 9 and 10.

The LCA Best Practice Immediate Breast Reconstruction Pathway can be found at:

If PMRT is likely, full information regarding the potentially unfavourable longer term impact of radiotherapy on both implants and autologous tissue needs to be discussed and considered.

Expanders incorporating metal ports with the radiotherapy field may interfere with radiotherapy planning and dosage and should be avoided.

For more specific guidance please refer to:
www.associationofbreastsurgery.org.uk/media/23851/final_oncoplastic_guidelines_for_use.pdf

4.4 Surgical management of the axilla

4.4.1 Invasive breast cancer: axillary staging is mandatory

- Pre-operative staging of the axilla should be undertaken in all invasive cancers using ultrasound and, if indicated, guided fine needle aspiration cytology or core biopsy.

- If pre-operative staging of the axilla reveals metastases (C5 or B5), a Level II/III axillary lymph node dissection (ALND) should be recommended.
• If pre-operative staging of the axilla is normal both clinically and on imaging, the axilla should be further staged by SLNB. Patients with abnormal imaging but a normal lymph node biopsy should also be offered SLNB.

• SLN localisation technique must include radio-isotope as a minimum. If Trusts do not have nuclear medicine on site, they should collaborate with neighbouring Trusts so that patients can receive isotope injection in one Trust and have surgery in another. Lymphoscintigraphy is a matter of choice. Where for technical reasons radio-isotope localisation is not possible, it is acceptable to carry out Patent Blue V guided 4 node sampling of the axilla.

• In March 2015 the Association of Breast Surgeons (ABS) issued a consensus statement to guide management following a positive sentinel node.
  – Isolated tumour cells (ITC) and micrometastases: If the sentinel node(s) shows isolated tumour cells and/or micrometastases no further axillary treatment is required in addition to breast conserving surgery or mastectomy.
  – 1–2 positive sentinel nodes with macrometastases: Further axillary treatment is no longer mandatory in patients who are receiving breast conservation with whole breast radiotherapy, who are post-menopausal and have T1, grade 1 or 2, ER positive and HER2 negative tumours.
  – Further axillary treatment should usually be recommended for patients undergoing mastectomy, or with tumours with one or more of the following features: T3 grade 3, oestrogen receptor negative or HER2 positive. These patients could also be entered into the POSNOC (http://www.posnoc.co.uk) or equivalent clinical trial.
  – Further axillary treatment should be recommended if 3 or more positive sentinel nodes.

• The use of intra-operative assessment of the sentinel node will reduce the need for re-admission for completion surgery.

• All patients undergoing surgery on their axilla, whether sentinel node or clearance, should be given information on risk-reduction strategies for lymphoedema.

• Inflammatory breast cancer: the accuracy of SNB is unknown.

• Primary medical therapy (PMT):
  – Outside the context of a trial, ALND should be offered to all node positive patients irrespective of response to primary systemic therapy.
  – SLNB can be offered prior to or after PMT in conjunction with surgery to the breast.

### 4.4.2 Ductal carcinoma in situ

• Axillary staging should not be offered unless there is considered to be a high risk of invasive disease (mass or extensive microcalcification, size >40mm, microinvasion).

• SLNB should be offered if the patient is having a mastectomy.

### 4.5 Surgical margins and cavity markings for breast conservation

There are no randomised data to support a radial margin of excision >1mm.

ASCO recommendations for stages 1 and 2 are as follows: the use of no ink on tumour (i.e. no cancer cells adjacent to any inked edge/surface of the specimen) as the standard for an adequate margin in invasive cancer in the era of multidisciplinary therapy is associated with low rates of ipsilateral breast tumour recurrence and has the potential to decrease re-excision rates, improve cosmetic outcomes, and decrease
healthcare costs. The guidelines exclude patients who have pure DCIS, have had NAC or where PBI is planned. At the recent ABS conference (June 2015), consensus was reached that a margin of excision of 1mm was sufficient for DCIS and invasive cancer, but ABS has yet to publish this as a consensus statement.

- Liga clips should be inserted into the tumour bed to ensure coverage by tangential radiotherapy of the tumour bed and to define the treatment volume for delivery of a radiation tumour bed boost.
- All specimens should be orientated.
- Specimen X-rays may be required in breast conserving surgery but are essential for impalpable lesions.
- Re-excision rates in the UK are unacceptably high: an average rate of 20% (18% for invasive and 30% for DCIS). Units should audit their re-excision rates.

4.6 Axillary presentation of breast cancer

Patients may present, symptomatically or via screening, with axillary nodes containing adenocarcinoma cells. Two-thirds of such patients prove to have an occult breast cancer that can usually be demonstrated by mammography or magnetic resonance imaging. These patients should be treated as for breast cancer with palpable nodal metastases. The remaining third should be assumed to have a truly occult breast cancer and should be managed as follows:

- Level II/III axillary clearance
- adjuvant systemic therapy as per protocol
- radical ipsilateral breast radiotherapy (plus supraclavicular fossa radiotherapy if >4 positive nodes).

Alternative options include mastectomy or no local breast treatment.

4.7 Ductal carcinoma in situ

4.7.1 Surgery

The aim of surgery is to achieve complete excision of the in situ tumour and to minimise local recurrence. This may involve mastectomy. The same principals apply as for invasive disease.

Lymph node staging is not normally required for patients with DCIS treated by breast conserving surgery, unless microinvasion, extensive high or intermediate grade DCIS (>4cm) or frank invasion is suspected on the pre-operative biopsies. In such cases, SNLB may be considered. Women having a mastectomy +/- immediate reconstruction for an extensive area of microcalcification with a pre-operative diagnosis of DCIS alone may, however, be considered for SLNB. Axillary clearance is contraindicated in the treatment of patients with a pre-operative diagnosis of DCIS alone.

4.7.2 Radiotherapy

See Chapter 5.1.2

4.7.3 Systemic treatment

See also Chapter 5.1.3

In general, adjuvant endocrine therapy is not recommended for patients with DCIS. However, in patients with ER positive DCIS treated with breast conserving surgery, tamoxifen may be considered for those with a
strong family history or for patients regarded as having a high risk of recurrence when a recommendation of mastectomy is not acceptable to the patient (see NSABP B-24 and UK DCIS trials).

4.8 Lobular carcinoma in situ

Lobular carcinoma in situ (LCIS) is generally considered to be a risk factor for subsequent invasive breast disease rather than representing pre-invasive breast cancer, with the exception of pleomorphic LCIS. In some cases LCIS co-exists with invasive carcinoma. Generally it is an incidental finding and some form of open surgical or vacuum-assisted wide biopsy should be performed. Pleomorphic LCIS should be regarded more as pre-invasive disease and excised as for DCIS.

Patients with LCIS should be under annual mammographic follow-up for a minimum of 5 years and then can be discharged to the NHS Breast Screening Programme (NHSBSP). Patients still under the age of 50 should continue with annual screening until eligible for NHSBSP. In the context of a strong family history, the presence of extensive LCIS and/or other histological risk factors such as atypical ductal hyperplasia, as well as certain imaging characteristics, may constitute a reasonable indication for mastectomy. Such cases should involve discussion with the multidisciplinary team and, if appropriate, the genetics unit prior to making any decision to have a mastectomy. If these women opt not to have a mastectomy, screening protocol may extend to 60 as for high-risk women.

4.9 Special subgroups of breast cancer

4.9.1 Breast cancer in men

Men with breast cancer (usually ER positive) are staged and treated along the lines of post-menopausal breast cancer in women. Tamoxifen is, however, the hormone therapy of first choice, since aromatase inhibitors do not suppress testicular production of oestrogens and therefore are of uncertain benefit as single agents (may be used as second-line therapy, in combination with an LHRH analogue).

4.9.2 Favourable histologies

Patients with pure tubular, colloid or adenoid cystic (despite being ER negative) breast cancer have a better prognosis; the absolute benefit from adjuvant treatments may be smaller compared with similar patients with ductal or lobular histology.

4.9.3 Encapsulated papillary carcinoma

Although some recent studies have suggested that these may represent circumscribed nodules of low grade invasive carcinomas, the current advice is to manage them as in situ lesions until further evidence is available.

4.9.4 Phyllodes tumours

These should be classified as benign, borderline or malignant. Treatment of phyllodes tumours is surgical resection with wide margins. After resection of a local recurrence, radiotherapy to the breast or chest wall may be considered. Similarly, post-operative radiotherapy may be considered for malignant lesions. There is no indication for axillary dissection. Staging with computed tomography (CT) may be considered before resection of lesions that are large or have unfavourable histology as the lungs are (rarely) a site of
metastatic spread. Systemic disease should be treated along the lines of soft tissue sarcomas. It may be appropriate to liaise with the local sarcoma unit in cases of malignant phyllodes.

4.9.5 Paget’s disease of the nipple

The majority of patients with Paget’s disease of the nipple have an associated in situ or invasive cancer elsewhere in the breast. Surgical treatment may consist of a mastectomy or breast conserving procedure (resection of nipple–areola complex and cancer with negative margins) with appropriate axillary procedure. Breast conserving surgery must be followed by radiotherapy. Systemic adjuvant therapy depends on the characteristics of the invasive component.

4.9.6 Sarcoma of the breast

These tumours, including radiation-induced angiosarcoma, are rare. Liaison with the sarcoma MDT is recommended.

4.10 Locally recurrent disease

A biopsy should always be obtained to confirm diagnosis and receptor status. Staging: a CT scan of the neck, thorax, abdomen and pelvis, a bone scan and routine blood tests should be considered. If restaging is negative, the patient can be treated with curative intent:

- mastectomy if prior breast conserving surgery and external beam radiotherapy; if previous breast conserving surgery and no radiotherapy, conservation surgery can again be considered as long as adjuvant radiotherapy also given
- surgical resection (if feasible) plus radiotherapy if prior mastectomy and no prior radiotherapy
- sentinel lymph node with a scintigram should be considered since there are numerous reports of new sentinel lymph nodes in unusual positions
- radiotherapy if surgery is not feasible.

All suitable patients being considered for mastectomy should be offered reconstruction.

For uncontrolled local disease, further lines of endocrine and/or chemotherapy should be considered. Also consider miltefosine topical solution 6mg/ml (6%); 10ml to treat cutaneous/inflammatory breast cancer metastases; to be applied to chest wall breast cancer nodules less than 2cm that are refractory or resistant to standard or experimental intravenous chemotherapies.

4.11 Post-operative care and information

- Patients will require information on post-operative care and support, management of any drains and dressings. They should also be given information about the likelihood of seroma formation so that they know how to recognise it and seek advice and management.
- Patients should be provided with their outpatient appointment prior to discharge.
- Patients who have had a mastectomy without reconstruction will be provided with a temporary prosthesis prior to discharge from hospital. They will be supported by the breast care nurses and provided with adequate written information about bras and swimwear to enable them to regain body confidence quickly. All patients should be provided with a permanent prosthesis as soon as they have healed following surgery. Patients who have a noticeable breast defect following surgery should be offered a partial prosthesis to correct this in the bra.
• Patients will be given written advice about shoulder exercises either pre-operatively or prior to discharge. The minimum standard is the Breast Cancer Care exercise sheet. Patients undergoing breast reconstruction may need to be given additional exercises or information regarding return to function relevant to their surgery. The National Cancer Action Team (NCAT) rehabilitation pathways advocate that all breast surgery patients should be seen by a physiotherapist for shoulder exercises and advice. The gold standard is that all breast patients will be assessed pre and/or post-operatively by a specialist physiotherapist. Where there is currently no immediate access to specialist breast physiotherapy, an LCA wide risk-stratification tool must be used to ensure appropriate onward referral (Appendix 11). In either case each Trust must ensure that there are pathways for rapid access to a named physiotherapist.

• Consider referral to physiotherapy for patients with additional symptoms of ongoing fatigue, pain, shoulder stiffness and functional impairments secondary to cancer diagnosis and treatment.

• Patients who have had lymph node removal will be given information about lymphoedema risk and how to help lower this risk.

• An assessment of the patient will be carried out and referrals to physiotherapists, social workers and other key contacts will be made as necessary. This is usually provided by the clinical nurse specialist (CNS).

• Following discharge, patients should have telephone access to support and advice via their breast care nurse.

• Post-surgical complication rates for all surgery should be clearly documented and data collected for audit purposes.

4.12 Risk-reducing surgery

This is very distinct from a request for a contralateral mastectomy from a woman who is deemed to have a lifetime risk of breast cancer similar to that of the general population. Information on bilateral mastectomy should be raised as a risk-reducing strategy option with all women at high risk. The aim of risk-reducing mastectomy is to reduce the incidence of breast cancer in high-risk women and to relieve anxiety. These advantages need to be balanced against the cosmetic outcome and subsequent quality of life issues for the woman. If a woman wishes to consider risk-reducing mastectomy she should be fully assessed by members of the MDT as follows:

• if available, by specialist multidisciplinary clinics where all specialists listed below are available

• by the genetics unit for formal risk assessment, family history verification and genetic testing if appropriate

• by a psychologist or counsellor to discuss the psychosocial/sexual consequences of surgery

• by a CNS

• by a specialist oncoplastic surgical team to discuss reconstructive options

Consideration should also be given to pre-operative mammograms plus magnetic resonance imaging (MRI) if the patient is at high risk of breast cancer.

• She should also be provided with information about local support groups.
4.12.1 Evidence

- Risk-reducing mastectomy reduces the risk of breast cancer by 90%.
- There is limited evidence to guide on the type of mastectomy but there is some non-statistical evidence to suggest that subcutaneous mastectomy (nipple–areolar sparing) may be less effective than total mastectomy.
- Overall, risk-reducing surgery is associated with high levels of satisfaction and reduced anxiety and psychological morbidity provided there is pre-surgical multidisciplinary support as outlined above.
- A minority of women may express regret and dissatisfaction.

References

2 www.associationofbreastsurgery.org.uk/media/50934/axilla_abs_consensus_statement_16_3_15.pdf
5 Radiotherapy

5.1 Pure ductal carcinoma in situ

The risk of local or systemic recurrence after pure ductal carcinoma in situ (DCIS) treated with mastectomy is 1% at most and therefore mastectomy need not be followed by adjunctive therapy. No prospective data are available to guide decision making when the excision margins of the mastectomy specimen are shown to be close to or involved by DCIS.

5.1.1 Local relapse risk after local excision without radiotherapy

In all four randomised trials testing breast radiotherapy (RT) after complete local excision of pure DCIS, the total ipsilateral tumour relapse risk after surgery alone was 20–33% at 10 years, of which roughly one-half relapsed as invasive tumours (Level Ib2–5). The risk of relapse after local excision of symptomatic DCIS is reported by Silverstein to be closely related to tumour size, nuclear grade, patient age and margins of excision, and his analysis forms the basis of the Van Nuys Index (VNI), see Table 5.1 (Level II6).

Table 5.1: The Van Nuys Index

<table>
<thead>
<tr>
<th>Score</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Size (mm)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;15</td>
<td>16–40</td>
<td>&gt;41</td>
<td></td>
</tr>
<tr>
<td>Margin width (mm)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&gt;10</td>
<td>1–9</td>
<td>&lt;1</td>
<td></td>
</tr>
<tr>
<td>Pathological classification</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-high grade without necrosis</td>
<td>Non-high grade with necrosis</td>
<td>High grade with or without necrosis</td>
<td></td>
</tr>
<tr>
<td>Age (years)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&gt;60</td>
<td>40–60</td>
<td>&lt;40</td>
<td></td>
</tr>
</tbody>
</table>

One to three points are awarded for each of four different predictors of local breast recurrence (size, margin width, pathological classification and age). Scores for each of the predictors are totalled to yield a Van Nuys Prognostic Index (VNPI) score ranging from a low of 4 to a high of 12.

Reported risks of ipsilateral recurrence at 12 years after local excision alone are as follows: score 4–6 = <5%; score 7–9 = 20%; score 10–12 = 80%. It should be noted that the numbers in each of the three risk categories were limited: 161 patients excision alone VNPI 4–6, 42 patients excision alone VNPI 10–12. The current index incorporates age <40 years as a powerful independent risk factor for local recurrence. The VNI has not been independently validated as a guide to therapy. None of the trials testing the effects of RT after tumour excision planned a prospective evaluation of prognostic indices. Retrospective evaluations of trial data by the National Surgical Adjuvant Breast Project (NSABP) and European Organisation for Research and Treatment of Cancer (EORTC) do not confirm the reliability of the VNI, although their ability to test the index properly can be questioned. Indeed, subgroup analysis of the randomised trials have not revealed a group at <10% risk of recurrence. It should be noted that in a prospective study of 157 women with low risk lesions (small (<2.5cm), widely excised (>1cm), low nuclear grade DCIS lesions with no necrosis), treated with wide excision alone, the risk of recurrence at 5 years was 2.4% per year. This is considerably higher than predicted by the VNI and other retrospective analyses. Furthermore, in the Eastern Cooperative Oncology Group (ECOG) study of excision alone for DCIS, in 565 patients with low/intermediate grade DCIS, excision margin ≥3mm, and size ≤2.5cm, ipsilateral breast cancer events were 6.1% at 5 years and 10.5% at 7 years.
5.1.2 Effects of radiotherapy for pure DCIS

Whole breast radiotherapy (RT) reduces the risk of ipsilateral breast relapse after complete excision of pure DCIS. The NSABP B-17, EORTC, the UK Coordinating Committee on Cancer (UKCCCR) and SweDCIS trials report that the risks of recurrent DCIS and invasive tumours are each reduced to a similar degree, corresponding to an odds ratio ≤0.5, the lowest odds ratio of 0.33 (95% CI 0.24–0.47) being reported by the SweDCIS trial (Level Ib2–5). The dose prescription in all trials was 50Gy in 25 fractions (or similar) to the whole breast without a planned boost dose to the tumour bed.

In a retrospective study of outcome after surgical excision of DCIS in 373 young women (<45 years) by the Rare Cancer Network, a non-randomised boost dose (median dose 10Gy) after whole breast radiotherapy (median dose 50Gy) halved the ipsilateral relapse risk at 10 years, with an odds ratio 0.45 (95% CI 0.23–0.90).12 Without boost, the relapse rate was 28%, consistent with the importance attached to young age in the VNI. The large boost effect is consistent with that reported for invasive disease by the EORTC boost trial (Level Ib13). If 50Gy halves local relapse risk, and a 16Gy boost halves this risk again in pure DCIS, an overall 75% reduction in ipsilateral relapse risk still does not match that achieved by mastectomy in a young woman. BIG 3-07 (TROG 07.01), a randomised study of radiation doses and fractionation schedules for DCIS has now closed to recruitment. (Of note the dose in the hypofractionated arm of this study was 42.5Gy in 16 fractions).

The natural history of low grade DCIS is poorly defined. For low grade DCIS consider entry into LORIS (a phase III trial of surgery versus active monitoring for Low RISk Ductal Carcinoma in situ).

Recommendations for radiotherapy in pure DCIS treated with breast conserving surgery

DCIS lesions with a Van Nuys score of 10-12 are at high risk of local recurrence despite additional radiotherapy and should be considered for re-excision or mastectomy. For other cases, following BCS, RT should be considered as a means of reducing risk of local recurrence as there is no reliable means of identifying a group that derives no or minimal benefit. The VNPI can help define risk, but results should be interpreted with caution. A whole breast RT (50Gy in 25 fractions) is recommended. A boost dose (16Gy in 8 fractions, or similar, including alternative fractionation assuming an alpha/beta ratio of 3Gy) should be considered in patients <50 years (Grade B).

A whole breast dose of 40.05Gy in 15 fractions is acceptable for those centres happy to extrapolate evidence on dose from the invasive setting. Alternatively 42.5Gy/16 fractions (i.e. 2.66Gy per fraction) can be considered as it is consistent with the dose used in the BIG 3-07 trial.

5.1.3 DCIS and tamoxifen

In the NSABP B-24 trial, women who were treated with BCS plus RT were randomly assigned to receive tamoxifen (20mg OD) or placebo for 5 years. Women with incompletely excised DCIS were allowed to enter this study. Tamoxifen reduced the risk of both ipsilateral and contra-lateral breast cancer. At 5 years the cumulative risk of breast cancer events was 13.4% and 8.2% (p = 0.0009) among patients receiving placebo and tamoxifen respectively. The risk of an invasive event was reduced from 7.2% to 4.1% (p = 0.004) and the risk of an in-situ event was reduced from 6.2% to 4.2% (p = 0.08).12 The proportional reduction of breast cancer events was 38%; however, the absolute number of women who benefited in terms of avoiding an ipsilateral breast cancer recurrence was small – 3% at 5 years. A recent unpublished analysis of the ER
status in this study has indicated a greater benefit within the ER positive subgroup and no benefit in the ER negative subgroup.\textsuperscript{14}

The UKCCCR DCIS trial did not find a significant reduction in risk of invasive breast cancer with the use of tamoxifen in those patients who received RT.\textsuperscript{15} Unlike NSABP B-24 only a small proportion of the trial subjects were randomised to receive tamoxifen in addition to RT. Also, there was a higher proportion of women over 50 years, and clear excision margins were mandated.

Tamoxifen is also associated with a small risk of potentially life-threatening complications, and often has an impact on quality of life. A clear recommendation that all women with unilateral DCIS should receive tamoxifen cannot be made at this time. The potential benefits and risks of tamoxifen should be discussed with patients with ER positive DCIS. Tamoxifen may be a reasonable option for a woman motivated to do everything possible to avoid breast cancer recurrence but who declines mastectomy, especially if she has a higher risk of contra-lateral breast cancer and a lower than average risk of tamoxifen complications. In patients with a family history of breast cancer, tamoxifen can also be considered from the perspective of chemoprevention.

### Recommendations for use of tamoxifen in women with pure DCIS

The role of tamoxifen in the management of patients with DCIS continues to evolve. For those at very low risk of recurrence with radiotherapy alone or for those with ER negative DCIS, the absolute benefits of tamoxifen are predicted to be very small. The potential benefits and risks should be discussed with patients.

#### 5.2 Invasive breast cancer

##### 5.2.1 Local relapse risk after breast conserving surgery without radiotherapy

There is, as yet, no reliably identified group of patients whose breast recurrence risk is <10% at 10 years after local excision alone (Level Ib\textsuperscript{16,17}). A summary of the current published evidence relating to the most favourable subgroups evaluated in randomised clinical trials is summarised in Table 5.2.

<table>
<thead>
<tr>
<th>Trial</th>
<th>Number</th>
<th>Breast relapse (%)</th>
<th>FU (years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NSABP B-21</td>
<td>334</td>
<td>16.5</td>
<td>8</td>
</tr>
<tr>
<td>Canada\textsuperscript{18,19}</td>
<td>383</td>
<td>12.2</td>
<td>8</td>
</tr>
<tr>
<td>CALGB\textsuperscript{20}</td>
<td>319</td>
<td>4.0</td>
<td>5</td>
</tr>
<tr>
<td>GBSG\textsuperscript{21}</td>
<td>80</td>
<td>2.8</td>
<td>6</td>
</tr>
<tr>
<td>ABCSG-8A\textsuperscript{22}</td>
<td>416</td>
<td>3.2</td>
<td>4</td>
</tr>
</tbody>
</table>

In addition to these prospective data, a retrospective analysis of 8,724 women in the SEER database all age ≥70 years treated between 1992 and 1999 for pT1 ER positive/NK pN negative M0 invasive\textsuperscript{23} breast carcinoma by tumour excision plus endocrine therapy but without radiotherapy reported an actuarial rate of local relapse of 5% at 5 years and 8% at 8 years.\textsuperscript{24}
5.2.2 Local relapse risk post-mastectomy

After mastectomy, a review of 5,352 women entered into International Breast Cancer Study Group (IBCSG) trials between 1978 and 1993 generated a simple algorithm for estimating chest wall relapse risk without RT (see Table 5.3). Patients were given post-mastectomy adjuvant systemic therapy as follows: pN positive patients received 3–12 months of classical CMF ± low dose prednisolone and/or tamoxifen; two-thirds of pN negative patients received a single cycle of classical CMF. Overall, one-third received no adjuvant therapy.

Table 5.3: Chest wall recurrence risk 10 years after mastectomy and appropriate systemic therapy without radiotherapy

<table>
<thead>
<tr>
<th>Age ≤50 years</th>
<th>Age &gt;50 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>pT</td>
<td>pN</td>
</tr>
<tr>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td>&gt;1</td>
<td>-</td>
</tr>
<tr>
<td>&gt;1</td>
<td>-</td>
</tr>
<tr>
<td>1–3</td>
<td>-</td>
</tr>
<tr>
<td>1–3</td>
<td>+</td>
</tr>
<tr>
<td>1–3</td>
<td>-</td>
</tr>
<tr>
<td>1–3</td>
<td>+</td>
</tr>
<tr>
<td>1–3</td>
<td>-</td>
</tr>
<tr>
<td>1–3</td>
<td>+</td>
</tr>
<tr>
<td>4+</td>
<td>-</td>
</tr>
<tr>
<td>4+</td>
<td>+</td>
</tr>
<tr>
<td>4+</td>
<td>-</td>
</tr>
<tr>
<td>4+</td>
<td>+</td>
</tr>
<tr>
<td>4+</td>
<td>-</td>
</tr>
<tr>
<td>4+</td>
<td>+</td>
</tr>
</tbody>
</table>

If 10% chest wall recurrence risk represents an appropriate threshold for considering chest wall radiotherapy (see Effects of Radiotherapy 5.2.4), it is not clear what combination of tumour and treatment characteristics identify this subgroup in the current era. This uncertainty is being addressed by the SUPREMO trial, which tests the benefits of chest wall RT after mastectomy and optimal axillary and systemic therapy in intermediate risk patients, most typically those with 1–3 positive axillary lymph nodes. It is not known how these risk estimates are influenced by neo-adjuvant systemic therapies, but a reliable assumption is that local recurrence risk is reduced to the same extent as after the same therapies in the adjuvant setting (Level Ib). The presence of tumour extending to the deep fascia is not an absolute indication for post-mastectomy chest wall RT as long as the fascia has not been breached, although systematic review suggests that close margins may have an impact on local control. There is also retrospective evidence that HER2 positivity (if non-trastuzumab treated) and ER negativity are independent predictors of post-mastectomy local recurrence.
5.2.3 Regional relapse

After Level II or III dissection, the isolated axillary recurrence rate is <1% in node negative patients, remains low in node positive patients, but increases to ≤7% in the presence of extranodal extension.30, 31, 32, 33, 34 Risks of isolated supraclavicular relapse are very low (≤1%) in node negative patients and in some of those with 1–3 positive nodes, but are >15% in women with ≥4 involved axillary lymph nodes. Also, patients with 1–3 nodes positive and Grade 3 disease are at elevated risk of supraclavicular recurrence.35 Roughly 30% of patients with positive axillary nodes have positive internal mammary chain (IMC) nodes.36 Isolated recurrence in the parasternal region are rarely detected, but pleural effusion secondary to involved nodes is common.

5.2.4 Effects of radiotherapy on ipsilateral local relapse and mortality

Fifteen-year follow-up confirms that one breast cancer death is prevented per four local recurrences prevented.37 The 2005 overview of the effect of adjuvant RT after BCS and mastectomy showed a statistically significant overall survival advantage of 3.1% at 15 years despite a large excess of non-breast cancer deaths, especially cardiovascular disease and second malignancies, in trials started before 1975. The greatest absolute gain from improved loco-regional control was seen in axillary node positive patients, in whom the absolute reduction in breast cancer deaths is 7% after BCS and 5% after mastectomy.37 The benefit is independent of the contribution of adjuvant systemic therapies to local/regional control and survival. The most recent overview of 15-year breast cancer specific survival and 10-year recurrence after RT following BCS confirmed a reduction in 10-year locoregional or distant recurrence of 15.7% and a reduction in 15-year risk of breast cancer death of 3.8%.38

Four trials testing hypofractionation (Canadian, RMH/Cheltenham and START), involving a total of 7,000 patients, have been published with broadly consistent results.29-32 The most recently published, the UK Standardisation of Breast Radiotherapy Trials (START trial A and START trial B) confirm non-inferiority in terms of late adverse effects and local/regional control for 40Gy in 15 fractions compared with 50Gy in 25 fractions.31, 32

Recommendations for radiotherapy in invasive disease following breast conservation

Whole breast RT is recommended as part of standard treatment in all patients after complete microscopic excision of invasive disease (Grade A), unless life expectancy is estimated to be ≤3 years due to co-morbidity (Grade C). The recommended dose prescription is 40Gy in 15 fractions to the 100% isodose. Partial breast RT using external beam RT intra-operative techniques (TARGIT/intra-operative electron beam radiotherapy (IOERT), or brachytherapy (e.g. Mammosite), should be considered non-standard until long-term efficacy and safety data are available to allow comparison with whole breast radiotherapy.

50Gy in 25 fractions may be used in place of 40Gy in 15 fractions at the discretion of the responsible clinician as both represent ‘International Gold Standard’ regimens. In particular, 50Gy in 25 fractions may be favoured in the following settings:

- connective tissue disease (as RT can be discontinued in the 5th week if patient develops a severe acute radiation reaction)
- very high risk of local recurrence — heavily node positive or inflammatory breast cancer (as 50Gy in 25 fractions is a slightly higher total dose compared with 40Gy/15 fractions – equivalent to 46–48Gy in 2Gy fractions) (NB 42.72Gy/16 fractions is a hypofractionated equivalent of 50Gy/25 fractions).
- locally advanced breast cancer with no prior surgery.
The UK FAST-Forward Trial, a randomised clinical trial testing a 1-week against a standard 3-week schedule of RT (Arms: Control: 40.05Gy in 15Fr of 2.67Gy; Test 1: 27.0Gy in 5Fr of 5.4Gy; Test 2: 26.0Gy in 5Fr of 5.2Gy) in terms of local cancer control and late adverse effects in women with early breast cancer, is currently paused pending a funding decision on whether the trial can continue in the context of nodal RT.

Breast irradiation should be started as soon as possible after surgery and not later than 12 weeks after surgery, except for patients in whom radiation therapy is preceded by chemotherapy. However, there is no defined time following surgery after which RT can be said to be of no benefit.

Previous breast irradiation (including mantle irradiation for Hodgkin’s disease) is a contraindication to breast irradiation. In some instances, following discussion at the multidisciplinary team meeting, if a woman is particularly keen to avoid mastectomy, breast conservation and partial breast RT can be considered.

5.2.5 Tumour bed boost recommendations

The EORTC boost trial confirms the effects of 16Gy in 8 fractions after 50Gy in 25 fractions to whole breast, reducing local recurrence by about 40% (Level Ib\(^{13}\)). The absolute benefit was greatest in women ≤40 years, whose local recurrence risk was reduced from 19.5% to 10.2% at 8 years (odds ratio = 0.59; 95% CI 0.43–0.81). Women over 50 years gained less in absolute terms, although the odds ratio was similar to that in younger women. It should be noted that in a subsequent study in patients of up to 50 years designed to assess the need for an elevation in boost dose from 16Gy to 26Gy (‘Young Boost Trial’, NCT00212121), after recruitment of 2,000 patients, local control at 4 years as reported in 2011 remains <2%, which is far less than that seen in this age group in the EORTC study.\(^{39}\) This suggests that the need for a boost in invasive cancer and probably also DCIS is diminishing over time as RT techniques improve.

**Recommendations for tumour bed boost**

Absolute indications for a boost of 16Gy in 8 fractions (or similar dose, including alternative fractionation assuming an alpha/beta ratio of 3Gy) to the 100% isodose include either of the following:
- age <40 (Grade B)
- disease at resection margins and patient unable to undergo further surgery (ignore deep margins if resection extends to deep fascia) (Grade B).

All women under the age of 40 or women of any age who have undergone resections with involved margins (no further surgery planned) should receive a boost. The standard dose is 16Gy in 8 fractions (or equivalent assuming an alpha/beta value of 3.0Gy). Units may also choose to boost all women under the age of 50. A boost should be considered in women >age 51–60 with additional risk factor(s) for local recurrence: lympho-vascular invasion, Grade 3 disease, lack of recommended systemic therapy, ER negativity, HER2 positivity, and/or tumours >3cm. It should be noted that the only factors shown to influence local recurrence in the context of completely excised invasive disease on multivariate analysis in a consistent manner are high grade and presence of lympho-vascular invasion.\(^{40}\)

Patients >age 60 should also be prescribed a boost if considered to be at particular risk of local recurrence. Women in this age group overall have a local recurrence rate at median follow-up of 10 years of 5.5% without boost.\(^{41}\)
Many centres in the UK have historically employed a boost dose of 10Gy in 5 fractions (as recorded within the START trial) with acceptable local control rates. This therefore represents an acceptable dose, particularly where cosmesis or other late tissue complications are a concern.

A higher boost dose (e.g. 21Gy in 7 fractions) may be given in the following situations:

- microscopic residual disease (e.g. positive margins) (Grade C).
- primary medical treatment with complete response without surgery, or macroscopic residual disease after surgery (Grade C).

Consideration should be given to the dose delivered to the heart during the boost, especially if delivered by electrons, as a treatment plan is rarely generated in this setting.

### 5.2.6 Post-mastectomy radiotherapy

The recent EBCTCG systematic overview on the role of post-mastectomy radiotherapy in women with 1-3 positive axillary lymph nodes reports a 9% absolute reduction in breast cancer mortality irrespective of the number of involved nodes and the use of adjuvant systemic therapies. Furthermore, one breast cancer death at 20 years was avoided for every 1.5 recurrences prevented at 10 years (in contrast to the 1:4 ratio for mortality: local recurrence in women irradiated after BCS). Whether these findings apply in the context of contemporary systemic treatments remains to be seen but it is important to note that the contribution of improved locoregional control to survival depends on the effectiveness of systemic treatment i.e. the more effective the systemic therapy in eliminating distant metastatic disease, the more optimised local control will contribute to survival.

#### Recommendations for chest wall radiotherapy after primary mastectomy +/- reconstruction

Chest wall RT recommendations following primary surgery are based on current American Society of Clinical Oncology (ASCO) guidelines. Chest wall RT is recommended in patients with either of the following:

- pT ≥50mm (Grade A)
- ≥4 involved axillary lymph nodes (Grade A).
- Chest wall RT should also be discussed with women who have 1-3 positive axillary lymph nodes although women with otherwise low-risk disease (e.g. age >60yrs, T1, G1-2, no LVI, single LN positive and ER positive) may be treated with adjuvant endocrine therapy alone.

The recommended dose prescription without reconstruction is 40Gy in 15 fractions to the 100% isodose (Grade A) with bolus administered as per local policy (e.g. whole field for half the fractions) (Grade C). The option of 50Gy in 25 fractions for reconstructed breasts after mastectomy is retained. Bolus should be applied after reconstruction if the overlying skin is considered at risk.

Some MDMs are beginning to tailor recommendations for PMRT based on the response to systemic therapy. This is based on low local recurrence rates reported by for women who have undergone a pathological complete response rate. A prospective randomised controlled trial is now underway in the US comparing PMRT vs no PMRT in women with a complete pathological response (the NSABP B51/RTOG (Radiation Therapy Oncology Group) 1304 phase III clinical trial (NCT01872975)).
RADIOTHERAPY

Recommendations for chest wall radiotherapy after primary medical therapy and mastectomy +/- reconstruction

Post-mastectomy chest wall RT is recommended in the following situations:

- any primary tumour with pathologically positive axillary nodes (ypN positive) after induction chemotherapy (Grade B).
- large primary tumour (≥5cm) or ER negative PR negative HER2 negative disease plus cytologically positive axillary nodes and/or clinically suspicious enlargement at presentation, even though axillary nodes are pathologically negative (ypN negative) after induction chemotherapy (Grade C).

Where MDMs recommend that PMRT is omitted in women with complete pathological response, data on local recurrence should be prospectively audited.

5.2.7 Axillary radiotherapy after primary surgery or primary medical therapy

Axillary RT is not recommended after complete microscopic clearance, even if nodes are positive or in the presence of extracapsular spread, due to an enhanced risk of treatment-related morbidity (Grade B). If microscopic tumour extends to the margins of axillary resection, treatment may be considered to dose of 50Gy in 25 fractions or equivalent (recommendation to use the IMPORT HIGH trial field arrangement and dosimetry) (Grade C), ensuring that the brachial plexus dose is kept within safe limits.

If sentinel node biopsy (applies to primary surgery only) or level I axillary dissection is positive (pN1b), axillary RT generally is recommended if axillary dissection cannot be undertaken (Grade B). On the basis of the Z0011 study, older women with low risk disease and a macrometastasis in a sentinel node can be considered for no further surgery to the axilla provided they have had optimal systemic therapy and will be undergoing breast/chest wall RT (in which tangential fields include level I and much of level II axilla). In discussing this approach, it should be emphasised that the Z0011 study was underpowered for overall survival and does not yet have long-term follow-up. If the involvement is confined to a single micrometastasis <2mm, axillary RT should not be given assuming Level I nodes are included in tangential fields to breast/chest wall (Grade C). The UK POSNOC trial randomises patients with a macrometastasis in the sentinel node to either no further axillary procedure or treatment to the axillary nodes either by ANC or axillary radiotherapy.

Axillary RT is recommended in all patients in the absence of axillary surgery, unless surgery has been withheld on the basis of very low risk of involvement (Grade A). The AMAROS study (a randomised trial of axillary radiotherapy versus axillary dissection after a positive sentinel lymph node biopsy, reported only in abstract form to date) has reported no statistically significant difference in locoregional recurrence and a significantly lower rate of lymphoedema in association with RT as compared to surgery (http://meetinglibrary.asco.org/content/109779-132). In this setting, radiotherapy represents a reasonable alternative to surgery as long as prognostic information from axillary sampling is not required.

Centres may choose to employ a dose of 50Gy in 25 fractions in place of 40Gy in 15 fractions when treating nodal areas.
5.2.8 Supraclavicular fossa radiotherapy after primary surgery or primary medical therapy

After primary surgery

Supraclavicular fossa (SCF) RT is recommended following primary surgery in patients with ≥4 metastatic axillary lymph nodes (Grade B). One retrospective series showed a 44% risk of SCF relapse (median follow-up 8.1 years) if a single axillary lymph node was ≥2cm. On the basis of this, SCF RT may be considered in the setting of a single node ≥2cm in size. Furthermore, Yates et al. published a large retrospective series suggesting that three nodes positive and G3 disease should be indications for SCF RT.

It should be noted that the majority of irradiated patients included in the EBCTCG systematic overview of the role of post-mastectomy RT in women with 1-3 positive axillary lymph nodes (EBCTCG, Lancet 2014) received chest wall and pan-regional lymph node radiotherapy (including SCF, internal mammary chain and level I-III axilla).

After primary medical therapy

- If axillary nodes are cytologically negative at presentation and if ypN negative after primary medical therapy, no RT is given (Grade C).
- If axillary nodes are cytologically positive, and/or clinical/radiological suspicious enlargement at presentation and if ypN negative after primary medical therapy, there is no consensus with strong views for/against RT. Hence, SCF RT may be offered, but a policy of observation is acceptable (Grade C).
- If ypN positive, SCF RT is recommended (Grade B).

5.2.9 Supraclavicular fossa radiotherapy in setting of radical management of patient with SCF involvement

Such patients generally receive induction chemotherapy. In the setting of a good clinical and radiological response to treatment, radical RT to the SCF may be undertaken, including a high dose boost to a conformal planned volume to the area of persistent/original disease.

5.2.10 Adjuvant radiotherapy to the internal mammary chain

On the basis of current evidence, this should only be undertaken in exceptional circumstances (e.g. radiological or cytological/histological evidence of involvement). Even in this setting, the benefits are unclear. Intensity-modulated radiation therapy/arcing/matched electron field technique/breath-hold techniques must be employed to minimise dose to myocardium. Four randomised trials currently in follow-up will shed light on the benefit of adjuvant RT to the IMC:

- a French study included 1,281 patients who underwent modified radical mastectomy and were randomly assigned to RT or no RT to IMC.
- EORTC 22922/10925.
- National Cancer Institute of Canada MA20 trial randomly assigned high-risk patients to adjuvant radiation therapy with or without inclusion of the IMN, supraclavicular nodes and axilla.
- Danish Breast Cancer Group Internal Mammary Chain Study.

Only the French study has so far been published. This showed no benefit from the addition of IMC RT to locoregional RT but included a high proportion of more heavily node-positive patients.
The other trials have been presented in abstract form but are not yet published. Data from these three randomised trials (total n>9,000) testing different aspects of pan-LN RT show a 3-5% (HR 0.88) disease-free survival benefit in women with stage I-III breast cancer independent of the number of involved lymph nodes. Subgroup analyses show greater disease-free survival benefits in women with fewer involved lymph nodes consistent with the theory that locoregional RT contributes more to survival benefit where distant metastases are less likely or better controlled.

5.3  Adverse effects of radiotherapy

Patients should be told about the risks of treatment side effects, both verbally and in writing.

Information on early side effects should include:

- fatigue (30%)
- skin erythema +/- irritation (100%)
- moist desquamation in inframammary fold (especially large breast size), axilla or SCF (10% risk).

5.3.1  Skin care for acute radiotherapy reaction

- Aqueous cream or similar emollient can be used to moisturise the skin while skin is intact.
- If the skin becomes broken, aqueous cream should be stopped and the appropriate dressing applied.
- Apart from recommended applications, patients should avoid all other products in the area (e.g. deodorants, perfumes, creams).
- A gentle shower is preferable to prolonged soaking.
- Patients should avoid causing friction to the skin (e.g. by using flannels); to dry the treatment area, patients should pat it with a soft towel, or fan dry with a cool hair dryer.
- Patients with mild to moderate erythema (RTOG 2a), with associated pruritus, may use hydrocortisone 1% cream with caution, to help relieve symptoms. The skin should be intact; if used when the skin is broken, there is a risk of developing secondary fungal infections. The cream should be applied sparingly, usually up to twice a day and for no longer than 7 days. If the skin should break prior to the end of the recommended period, application should stop
- Some patients elect to use aloe vera gel; there is little evidence to suggest it is of more benefit than simple emollients. If selected, it is recommended to use pure aloe vera 98%.
- Cooling hydrogel sheets can also offer some comfort when the skin is intact and there are no other associated complications.

Management of moist desquamation

- Aim to promote comfort and optimise the wound healing environment.
- Once moist desquamation develops, the patient should be assessed by the RT nurse for appropriate dressing(s). Any topical creams should be stopped, as these may promote bacteria growth and complicate eventual wound healing.
- Irrigate with warm normal saline 0.9% in a clinical setting, to remove superficial slough and visible debris. When cleaning the wound bed, gauze should be used.
• If the patient is self-caring at home, showering gently with warm water is permitted. Tap dry with sterile gauze or fan with cool air – this can be helpful for a tender skin surface and skin folds and help to preserve the skin layer.

Dressing management: low exudate wounds
• Consider the use of hydrogel sheets/gel to offer comfort and absorb exudate.
• For secondary dressing, use a simple non-adhesive dressing such as a soft silicone dressing. These dressings may require the additional use of simple dressing to cover.
• If there is associated trauma or bleeding, an alginate dressing may also be considered as a primary dressing +/- hydrogel.
• A Silicone Lite dressing +/- Mepitel border may be left in place for 2–3 days if clinically indicated; this is best considered at the end of treatment or when there may be a period of treatment rest days such as at a weekend.

Dressing management: heavy exudate wounds
• Foam or silicone dressings may be used, either single use or in combination with hydrogel preparations.
• Hydrocolloid dressings have the capacity to absorb exudate and de-slough wounds; if applied dry, they change from dry fibre dressings to gel as they absorb body fluids.
• Healthy tissue surrounding wounds with heavy exudate can be vulnerable to maceration; Cavilon lotion can be applied to healthy tissue to help maintain tissue integrity.
• Tapes to secure dressings should be avoided but if border dressings are used and the surrounding skin is vulnerable, Cavilon can be applied to healthy skin prior to dressing application.
• Flamazine cream is beneficial as it contains silver, which is anti-bacterial and promotes wound healing. It should only be used when RT is completed. It may be used for skin that is intact or broken with low to moderate exudate.

Antibiotics should be used if infection suspected.

5.3.2 Information on late side effects
Information on late side effects should include:
• breast shrinkage (30% mild/mod; ≤10% marked at 10 years)
• breast induration (30% mild/mod; ≤10% marked at 10 years)
• breast pain and tenderness (30% mild/mod; ≤10% marked at 10 years)
• capsule formation after reconstruction and fat necrosis after TRAM/DIEP (≤10% at 10 years)
• extremely high risk of capsule formation in patients with implant-based reconstructions
• rib fracture (<1% at 10 years)
• symptomatic cardiac damage – left breast RT only if any heart in treatment volume (1–2% at 20 years). Use of cardiac MLC and/or deep inspiratory treatment can reduce risk. See section 5.6.
• symptomatic lung fibrosis – only after lymphatic RT (≤10% at 10 years)
• arm lymphoedema – only after lymphatic RT (10% at 10 years)*
• shoulder stiffness – only after lymphatic RT (10% at 10 years)*
• stroke – only after lymphatic radiotherapy (<1% at 10 years)
• arm paralysis – only after lymphatic RT (<<1% at 10 years)*
• second malignancy, including contra-lateral primary breast cancer (1–2% at 20 years)
• connective tissue restriction/tightness in radiotherapy field
• ongoing fatigue.

* probably only axillary and not SCF radiotherapy.

There should be onward referral for any side effects causing limitation of function or lifestyle.

5.4 Radiotherapy in patients with collagen disease

There is Level III evidence that active collagen disease, especially systemic sclerosis, is associated with an increase in the risk of late adverse effects. A recent systematic review of the literature emphasised the heterogeneity of published reports, all retrospective studies characterised by varying study designs, sample size and criteria for reporting late adverse effects. However, the review concludes that a hazard ratio of 1.5 is the best estimate of effect for a history of collagen disease. If this is an accurate estimate (it may not be), a 50% increase in the risk of late adverse effects can be offset by a 10% reduction in total dose (e.g. a reduction from 50Gy to 46Gy in 2.0Gy fractions which is also achieved by a prescription of 40Gy in 15 fractions Grade B). As an added precaution in patients who are keen to avoid mastectomy, it may be possible to exclude most, if not all, of the ribcage and intra-thoracic structures by reducing the target volume. In practice, this is done by adjusting the position of the medial and lateral field borders; possibly the superior and inferior borders too (Grade C).

5.5 Breast reconstruction and radiotherapy

Indications for RT after mastectomy are not formally influenced by breast reconstruction. However, patients must understand and accept the possibility of late changes, including induration (fibrosis) and skin atrophy, in exchange for protection against local tumour relapse. The cosmetic impact of radiation is particularly marked in the setting of implant-only reconstruction. A recent systematic overview concludes that cosmetic outcome is better when breast reconstruction follows RT, rather than precedes it (Level III). Either way, there are no evidence-based guidelines that justify a change from standard therapy for post-mastectomy RT, either in terms of target volume, dose schedule or use of bolus. Some centres continue to use 2.0Gy fractions to a total dose of 50Gy in preference to 2.67Gy fractions to a total dose of 40Gy, although the latter schedule is equivalent to 46Gy in 2.0Gy fraction in terms of its late adverse effects, assuming an $\alpha/\beta$ value of 3.0Gy.

5.6 Radiotherapy and the cardiovascular system

5.6.1 Cardiac risk

The systematic overview by the Early Breast Cancer Trialists Collaborative Group (EBCTCG) confirms an excess annual risk of cardiovascular mortality after RT that is higher in the second decade post-treatment than in the first. Non-breast cancer deaths are mostly due to cardiac and cerebrovascular disease (SCF RT), corresponding to two or three excess deaths at 20 years per 100 women irradiated. The excess risk is not yet seen in randomised trials started since 1975.
Analysis of the different techniques used in the Scandinavian randomised trials of post-mastectomy radiation suggests that the risk of ischaemic heart disease is associated with radiation dose rather than volume.\textsuperscript{52} Minimising dose is certainly worthwhile in our patients, but the implication is that reducing volume does not reduce risk until the heart is totally excluded. This may be because the anterior descending coronary (or possibly other key segments of the vasculature), which lies within the high dose volume whenever cardiac tissue is exposed, functions as a ‘serial’ structure (like spinal cord) in terms of atheroma risk. On the precautionary principle, and recognising the potential for enhancement by anthracyclines in chemotherapy patients, it is judged to be preferable to protect the myocardium if there is more than minimal inclusion of cardiac tissue in the treatment volume.

5.6.2 Cardiac sparing radiotherapy

After breast conservation surgery for invasive disease or pure DCIS, cardiac shielding is recommended unless it also shields the tumour bed (Grade B).\textsuperscript{52,53-55} After mastectomy, electrons can be considered as an alternative to tangential photon fields if the heart encroaches on the treatment volume but coverage of the whole chest wall can be difficult. Deep inspiratory breath-hold has also been shown to reduce cardiac dose.\textsuperscript{56}

Patients most likely to benefit from a DIBH technique include:

- Breast conservation cases with a tumour bed in the lower part of the left breast or post mastectomy cases in which cardiac shielding is unadvisable as it may shield the tumour bed.
- Patients with established cardiac problems or risk factors for future cardiac disease and possibly patients < age 50
- Patients with cardiac doses exceeding safe limits (mean heart dose 3Gy)
- Patients with a maximum heart depth (in profile on a DRR) of 1cm

It is recommended that, as a minimum, units treat the above four categories of patient using a DIBH technique. Units may of course adopt their own additional local selection criteria and may, for example, choose to treat all left-breast affected patients in DIBH or indeed treat all cases in DIBH if easier.

Exclusion criteria

It should be noted that a certain proportion of patients may not be able to comply with DIBH. The following exclusion criteria are applied across the four LCA centres.

- Unable to achieve reproducibility
- Patients unable to hold breath for >20secs
- Hearing impaired patients
- Patients with breathing difficulties e.g. COPD
- Patients unable to understand instructions
- Patients where there is <5mm of chest wall movement (using the ant PM)

Technique

Details of RT techniques will be different between centres and will be documented in each centre’s ISO9000 RT QA system. Voluntary breath hold, Varian RPM system or ABC are all acceptable techniques.
Monitoring compliance

It is estimated that if these guidelines are followed, at least 20% of left-sided patients will be selected for treatment in DIBH.

### 5.7 Inflammatory carcinoma

This is a controversial area. Historically, the impact of RT on large inoperable primary tumours with extensive dermal lymphatic invasion was limited, with high rates of in-field and out-of-field recurrence. There is retrospective evidence from several series that women with operable primary disease treated with primary chemotherapy followed by radical surgery enjoy 5-year local control rates of >70% after high dose (≥60Gy) RT (reviewed in Level II\(^57\)). Retrospective review of The Royal Marsden data in women receiving neo-adjuvant chemotherapy and radiotherapy with (N = 17) or without (N = 35) surgery fails to confirm the benefits of surgery in this disease, although local recurrence rates were very high (42% and 34% respectively) regardless of whether surgery was given or not.\(^58\) It is standard to treat these patients surgically if it is felt that negative margins can be attained due the impact of uncontrolled local disease even in the setting of metastatic disease.

**Recommendations for radiotherapy in inflammatory carcinoma**

Radiotherapy should be recommended regardless of the type of surgery (Grade B). Fields to the chest wall or intact breast need to take account of the characteristically widespread dermal lymphatic permeation. If wide tangential photon fields to the chest wall encompass excessive lung (>2cm), electrons can be considered as an alternative. After mastectomy, and if the planning target volume can be encompassed adequately, a prescribed dose of 60Gy in 2.0Gy equivalents should be considered on the advice of the consultant (Grade B). If a bulky tumour remains in situ despite systemic therapy and no surgery can be offered, or if fields cannot encompass areas of suspected disease after mastectomy, the chances of local tumour control are low, and it may not be appropriate to prescribe high dose RT (Grade C). Radiotherapy to the lymphatic pathways needs to be considered separately, and care should be taken in selecting dose fractionation (see 5.2.6–5.2.19).

### 5.8 Radiotherapy in inoperable locally advanced disease (non-inflammatory)

The standard clinical target volume comprises the whole breast (Grade A). It is sometimes appropriate to confine RT to the affected quadrant, most commonly in elderly (>75yr) and frail patients with a long history, sometimes spanning years, of a slowly growing cancer confined to the breast (Grade C).

Standard high dose palliative regimens deliver 40Gy in 2.67Gy fractions to the whole breast followed by a boost to the primary tumour of 12–21Gy in 3.0Gy fractions (Grade B). Low dose palliation (20Gy in 5 fractions or 40Gy in 15 fractions) is appropriate in poor prognosis patients in whom short-term relief (weeks rather than months/years) of symptoms (bleeding, pain) is required (Grade B). For treatments confined to the affected quadrant, a dose prescription of 30Gy in 5 fractions of 6.0Gy to the 100% isodose treating once per week can be considered as equivalent in terms of late adverse effects to a total dose of 52Gy in 2.0Gy fractions. Using a shrinking field technique, 1 or 2 additional fractions of 6.0Gy can be considered under consultant supervision (increasing the equivalent dose in 2.0Gy fractions from 50 to 60 and 70Gy, respectively). This hypofractionated approach is not appropriate for RT to the lymphatic pathways, nor for high dose RT delivered with locally curative intent as part of multimodality treatment.
5.9 Scheduling of radiotherapy

Concurrent chemo-radiotherapy should not be given, since there is no benefit in terms of anti-cancer effects and the incidence and severity of early and late adverse effects are enhanced, especially when anthracyclines are used.\(^{59,60}\) The available data on taxanes are less worrying, but there is seldom a reason to consider concurrent delivery of both modalities. There are no reports of enhanced adverse effects when trastuzumab and RT are given concurrently. There is (Level 2) evidence that concurrent tamoxifen and RT enhance radiation-induced lung fibrosis, although this does not appear to be a problem in non-lung tissues and does not prevent tamoxifen or aromatase inhibitors being given during RT unless axilla and SCF irradiation are prescribed (Grade B).\(^{61}\)

References


6 Systemic Therapy for Breast Cancer

6.1 Adjuvant and neo-adjuvant endocrine therapy

All women with invasive ER positive and/or PR positive tumours should be offered adjuvant endocrine therapy. The histopathology report of ER and PR status specifies the level of positivity typically on a 0–8 (Allred) scale. A score of 0 or 2 is considered negative. Patients with tumours which express any degree of ER positivity (scores of 3 or more) can be considered for endocrine treatment, but if the level of positivity is very low the risks and benefits should be discussed with the patient.

6.1.1 Timing of endocrine therapy

Current evidence suggests that the concurrent administration of chemotherapy and endocrine therapy is less effective than when they are given sequentially. In addition, there is evidence that concurrent administration (especially with tamoxifen) carries an increased risk of thromboembolism. For these reasons, if the patient is receiving adjuvant chemotherapy, the endocrine therapy should only be started 2–3 weeks after completion of chemotherapy. Otherwise it should be started as soon after surgery as convenient. Endocrine therapy can be given concurrently with radiotherapy.

6.1.2 Post-menopausal women

For the purpose of these recommendations, menopause is defined as age over 60 years or amenorrhoea for at least 12 months (in the absence of chemotherapy, tamoxifen or ovarian suppression).

NICE guidance was issued in November 2006 relating to adjuvant endocrine therapy for hormone receptor positive breast cancer in post-menopausal women. All women with an ER positive early breast cancer who are post-menopausal should be offered the option of tamoxifen and/or an AI. The decision about treatment choice should be made by the woman and the responsible clinician after appropriate discussion and consideration of breast cancer risk factors and the potential side effects. Tamoxifen alone should no longer be considered the standard of care for post-menopausal women. Newer guidelines issued in February 2009 state that an AI (anastrozole or letrozole) should be offered as initial therapy for this group of patients if they are not considered to be at low risk (10 years predictive survival of 93% or above on Nottingham Prognostic Index or Adjuvant! Online). Tamoxifen should be offered if AI is not tolerated or contraindicated.

- At outset: all post-menopausal women with ER and/or PR positive breast cancer who are not considered to be at very low risk should receive initial adjuvant endocrine therapy with either anastrozole or letrozole. Therapy should either be for 5 years or for 2 years followed by tamoxifen for 3 years.

- After 2–3 years of tamoxifen: women who have been started on tamoxifen should be considered for a switch to an AI (anastrozole, letrozole or exemestane) for the remainder of the 5-year period.

- After 5 years of tamoxifen: women who have completed 5 years of tamoxifen and originally had node positive breast cancer or who were otherwise considered not to have low risk breast cancer should be considered for 5 years of letrozole.

Co-morbidity and potential side effects should be considered when discussing the above options with patients. For example, a post-menopausal woman with a history of thromboembolism should not be treated with tamoxifen.
The majority of patients who have received 5 years of an aromatase inhibitor or an aromatase inhibitor-tamoxifen sequence for 5 years should discontinue therapy at that point until the results of trials of extended durations of treatment in these patient groups are available. However, there are some patients at extremely high risk of recurrence (for example with pT3/T4 tumours or with more than 4 involved nodes) for whom it is not unreasonable to continue therapy up to 10 years. This should always be discussed with such patients and is a consultant decision.

6.1.3 Pre-menopausal women

The standard of care is for tamoxifen for an initial 5 years followed by consideration of a further 5 years of therapy as below. If there is a contraindication to tamoxifen then an AI with an LHRH analogue or oophorectomy should be considered. Aromatase inhibitors (AI) should never be prescribed alone for women with any ovarian function as they are not effective and may indeed cause ovarian hyperstimulation.

6.1.4 Peri-menopausal women

Peri-menopausal women – defined as women not clearly post-menopausal – should also receive 5 years of tamoxifen and be considered for extended adjuvant endocrine therapy at the completion of the 5-year period.

6.1.5 Women with chemotherapy-induced amenorrhoea

These women should be managed as peri-menopausal women with 5 years of tamoxifen and then consideration of extended adjuvant endocrine therapy.

A switch to an AI could be considered after 2–3 years of tamoxifen in amenorrhoeic women over the age of 50 but this would require the biochemical proof of post-menopausal status – this can be very difficult to establish while on tamoxifen. Alternatively, the concurrent use of an LHRH analogue or oophorectomy to ensure that ovarian function does not return could be considered.

6.1.6 Endocrine therapy beyond five years in pre/peri-menopausal women

Pre-menopausal women with ER and/or PR positive breast cancer who become amenorrhoeic secondary to chemotherapy and who have completed 5 years of tamoxifen should be considered for extended adjuvant treatment with an AI. This group of patients should have serum levels of FSH/LH/oestradiol measured 3 months after discontinuing tamoxifen and, if proven to be post-menopausal, a further 5 years of letrozole should be offered and a baseline bone mineral density scan (DXA scan) should be performed within the first 3 months of commencing treatment.

Following the publication of the ATLAS and ATTOM trials a further 5 years of tamoxifen should be considered for women who are not postmenopausal or for whom an aromatase inhibitor is contraindicated.

6.1.7 Ovarian suppression

Adjuvant ovarian ablation reduces the risk of breast cancer recurrence in pre-menopausal patients. Suppression of ovarian function (GnRH analogues, e.g. goserelin) with or without tamoxifen for 2 years is at least as effective as CMF chemotherapy but the latter is rarely used now in pre-menopausal women with evidence of the superiority of anthracyclines.
Therefore it is unknown as to whether tamoxifen and ovarian suppression is as effective as anthracycline-based chemotherapy and also as to whether ovarian suppression in addition to anthracycline-based chemotherapy and tamoxifen confers further benefit. A number of international trials are addressing these issues.²

Meanwhile, such patients should have the current evidence discussed with them in clinic. If the patient wishes to have ovarian suppression then the following options are available. GnRH agonists have the advantage of being reversible, which is of benefit if the patient has intolerable menopausal symptoms or has a desire to become pregnant at a later date.

- GnRH analogue goserelin given 4-weekly. In the adjuvant setting, the recommendation is for 4-weekly injections for a period of 2 years. In the metastatic setting, patients can switch to 12-weekly injections after two courses of 4-weekly injections.
- Laparoscopic oophorectomy has the advantage of being a one-off procedure which avoids the need for regular medical treatments. There may be an additional benefit of this approach in confirmed or likely BRCA carriers at risk of ovarian carcinoma. In this later case bilateral salpingo-oophorectomy should be performed according to a BRCA protocol.

Goserelin in addition to tamoxifen can be discussed with women who maintain/regain menstruation within 6 months of completing chemotherapy and who are perceived to be at high risk of recurrence.

Goserelin in addition to tamoxifen may also be offered to women who decline recommended chemotherapy or when there is a small benefit from chemotherapy.

6.1.8 Neo-adjuvant endocrine therapy

Post-menopausal women with large operable ER positive cancers are at moderate to high risk of systemic failure and, if fit, should be considered for both chemotherapy and endocrine therapy. Neo-adjuvant chemotherapy should be considered followed by loco-regional treatment and then adjuvant endocrine therapy.

Neo-adjuvant endocrine therapy is preferably given in the context of a trial. Outside trials, current evidence suggest that neo-adjuvant letrozole is more effective than tamoxifen in terms of both clinical response and avoidance of mastectomy in post-menopausal women with large ER positive tumours otherwise requiring a mastectomy. Such patients should be offered a therapeutic trial of letrozole 2.5mg OD prior to surgery.

Normally, 4–6 months of neo-adjuvant endocrine therapy would be given providing the primary tumour is responding. Clinical response should be checked 2–4 weeks after starting therapy and then at 4-weekly intervals, preferably by the same clinician at each visit. These measurements should be recorded sequentially in the case notes. Response to endocrine therapy can be slow. Measurable disease progression (a 25% or greater increase in the product of the two longest perpendicular diameters of the tumour) is an indication to stop therapy and refer urgently to the surgical team.

Women with ER positive breast cancers who refuse surgery or who are unfit for surgery should also be offered letrozole as primary medical therapy. In exceptional circumstances it may be more appropriate to prescribe tamoxifen at the clinician’s discretion.³

Neo-adjuvant endocrine therapy is considered in rare circumstances for pre-menopausal women with strongly ER positive cancers. However, this should only ever be a consultant/multidisciplinary team (MDT) decision.
6.1.9 Management of side effects of endocrine therapy

**Hot flushes**

According to NICE clinical guidelines, the selective serotonin re-uptake inhibitor antidepressants paroxetine and fluoxetine may be offered to women with breast cancer for relieving menopausal symptoms, particularly hot flushes, but not for those taking tamoxifen because of concerns that they may reduce the metabolism of tamoxifen. Venlafaxine, which does not interfere with tamoxifen metabolism, at an initial starting dose of 37.5mg OD increasing to 75mg OD can be helpful in some patients. Citalopram 10–20mg OD can also be considered.

Gabapentin and clonidine have also been shown to reduce the symptoms of hot flushes in some studies but should only be offered to women with breast cancer after they have been fully informed of the significant side effects.

The prescribing of treatments for unlicensed indications will require approval according to local Trust policies.

HRT (including oestrogen/progestogen combinations) should not be offered routinely to women with menopausal symptoms and a history of breast cancer. HRT may, in exceptional cases, be offered to women with severe menopausal symptoms and with whom the associated risks have been discussed. It may be acceptable in combination with tamoxifen or in patients with ER negative tumours. As this treatment is controversial, it should be a consultant decision.

Other approaches with only limited evidence of efficacy but which may be considered include acupuncture, oil of evening primrose and cognitive behavioural therapy (CBT).

**Atrophic vaginitis**

Vaginal dryness that fails to respond to non-hormonal topical therapies (Sylk, Replens, Astraglide, Yes, etc) can be treated with topical oestrogen creams or pessaries. Systemic ‘spillover’ effect is likely to be low and will probably not affect the efficacy of tamoxifen. However, this is not the case with the Alis, where their use is relatively contraindicated.

**Vaginal bleeding while on tamoxifen**

Atypical vaginal bleeding while on tamoxifen needs to be evaluated urgently by a gynaecologist as this may be a symptom of endometrial hyperplasia or dysplasia. Assessment will usually include pelvic examination, transvaginal ultrasound and often hysteroscopy. The decision to continue tamoxifen after such an evaluation needs to be made in conjunction with the gynaecologist and is a consultant decision.

**Fatigue**

Patients need to be given information about fatigue management, including physical activity. Where more help is required to manage this symptom consider referral to occupational therapy and/or physiotherapy.

**Arthralgia**

Patients should be encouraged to exercise within the recommended targets (American College of Sports Medicine Roundtable on Exercise Guidelines for Cancer Survivors 2010 doi:10.1249/MSS.0b013e3181e0c112) in conjunction with maintaining a healthy weight. Where more help is required to manage this symptom consider referral to dietetics and/or physiotherapy.
6.2 Chemotherapy

**Summary of accepted regimens for patients not involved in clinical trials**

<table>
<thead>
<tr>
<th><strong>Neo-adjuvant setting:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>EC x 4-docetaxel x 4</td>
</tr>
<tr>
<td>Docetaxel x 4-EC x 4</td>
</tr>
<tr>
<td>(For patients with BRCA1 or BRCA2 mutations carboplatin/paclitaxel can be considered instead of docetaxel)</td>
</tr>
<tr>
<td>FEC 75</td>
</tr>
</tbody>
</table>

Adjuvant schedules listed below can also be considered in the neo-adjuvant setting.

<table>
<thead>
<tr>
<th><strong>Adjuvant setting:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>FEC 75</td>
</tr>
<tr>
<td>FEC 60</td>
</tr>
<tr>
<td>FEC-T</td>
</tr>
<tr>
<td>EC x 4</td>
</tr>
<tr>
<td>AC x 4</td>
</tr>
<tr>
<td>EC x 4-paclitaxel x 4</td>
</tr>
<tr>
<td>(3-weekly or accelerated)</td>
</tr>
<tr>
<td>TC (docetaxel, cyclophosphamide)</td>
</tr>
<tr>
<td>CMF</td>
</tr>
<tr>
<td>TCH (docetaxel, carboplatin, trastuzumab)</td>
</tr>
<tr>
<td>Weekly paclitaxel x 12</td>
</tr>
<tr>
<td>Paclitaxel x 4</td>
</tr>
<tr>
<td>Docetaxel x 4</td>
</tr>
</tbody>
</table>

Patients with HER2 positive tumours should receive 1 year of trastuzumab concomitantly with taxanes in the neo-adjuvant and adjuvant settings or after completion of anthracycline-only chemotherapy.

Abraxane (albumin-bound paclitaxel) is an alternative treatment for breast cancer in patients who have documented taxane hypersensitivity.

The overview of randomised trials of polychemotherapy for early breast cancer shows an absolute 10-year survival benefit in women under 50 years old with node positive disease of around 11% and node negative disease 7%. The absolute survival benefit falls with age but statistically significant survival benefit is still seen up to but not beyond the age of 70. A survival benefit for chemotherapy over and above that achieved with endocrine therapy alone is seen in patients whose tumours are ER positive.4

The decision to offer chemotherapy is based on many factors including age, general clinical condition, prognostic factors for outcome and the patient’s own wishes following informed discussion. Predictive tools such as ‘Adjuvant on line’ and ‘PREDICT’ may be useful.

The LCA has produced a list of standardised SACT protocols for systemic chemotherapy for breast cancer. These regimes should be available on the electronic prescribing systems. All Trusts should also have in place an out of protocol prescribing policy, which includes documentation and log of out of protocol prescribing. This will require regular routine review. For the LCA breast SACT protocols please see: [www.londoncanceralliance.nhs.uk/information-for-healthcare-professionals/forms-and-guidelines/lca-sact-protocols/lca-breast-sact-protocols/](www.londoncanceralliance.nhs.uk/information-for-healthcare-professionals/forms-and-guidelines/lca-sact-protocols/lca-breast-sact-protocols/)
6.2.1 Low risk

In this category, the absolute survival benefit for adjuvant chemotherapy is either unproven or so small as to be not clinically recommended.

- Patients aged 70 or over: chemotherapy may need to be discussed with some patients aged over 70 with multiple poor risk factors but deemed fit for chemotherapy. This is always an MDT/consultant decision.

Patients with all of the following:
- tumour ≤2cm in diameter
- ER positive
- Grade 1 histology
- no lympho-vascular invasion
- negative lymph nodes
- HER2 negative.

6.2.2 Moderate to high risk

Patients with any of the following are at sufficient risk to offer adjuvant chemotherapy on the basis of established survival benefits. For each patient, the pros and cons of the treatment need to be discussed. As a general guideline, the greater the number of factors involved, the greater the risk and the stronger the recommendation for chemotherapy:

- node positive disease
- ER negative
- lympho-vascular invasion present
- Grade 2 and 3 histology
- tumour ≥2cm in diameter
- patients ≤35 years
- HER2 positive.

6.2.3 Choice of schedule

There has been increasing evidence regarding the use of taxanes as part of adjuvant treatment for women with high risk of relapse. NICE guidance from September 2006 and updated in 2009 stated that women with node positive breast cancer should be offered the option of being treated with a regimen containing taxane. The registration regimen for docetaxel in the adjuvant setting was TAC (concurrent docetaxel, adriamycin and cyclophosphamide), but this is associated with considerable toxicity and has similar efficacy to a regimen of 3 cycles FEC 100 (epirubicin 100mg/m²) and 3 cycles of docetaxel (100mg/m²). Many UK cancer centres have accepted 3 cycles FEC 100 followed by 3 cycles of docetaxel as their standard of care for women with node positive breast cancer.

Our general recommendation is for node negative patients to be treated with anthracycline-containing regimens (e.g. FEC 75) and all node positive patients to be considered for anthracycline-taxanes
(e.g. FEC 100/docetaxel or dose dense EC-paclitaxel). However, there are circumstances where this advice might be modified. For example:

- Patient has otherwise good prognostic factors/older age group/significant co-morbidities, therefore FEC 75 can be considered.
- Adjuvant taxane is unlikely to add significant extra benefit (e.g. for a one node positive patient with strongly ER positive low grade invasive carcinoma).
- Adjuvant taxane is likely to add extra benefit for a node negative patient (e.g. with ER negative, Grade 3 invasive carcinoma).
- Adjuvant taxanes should also be considered for all HER2 positive cancers.

Other regimens that are used in the adjuvant setting include FEC 60 and AC x 4 or EC x 4 in the elderly or frail; CMF in patients not willing to experience alopecia and TC x 4 (docetaxel and cyclophosphamide) in patients requiring adjuvant chemotherapy in whom anthracyclines are contraindicated or inappropriate.

For patients with HER2 positive disease, see section on trastuzumab (6.3).

6.2.4 Molecular profiling of tumours to determine risk and prediction of chemotherapy benefit

There is much interest in individual profiling of tumours for prognostic and predictive information, for example Oncotype DX and immunohistochemical (IHC) 4 scores. NICE has now assessed the MammaPrint, Oncotype DX, IHC4 and Mammostrat. Oncotype DX is recommended by NICE as an option for guiding adjuvant chemotherapy for people with ER+, lymph node negative (LN–) and HER2– early breast cancer if the person is assessed as being at intermediate risk and information on the biological features of the cancer provided by Oncotype DX is likely to help in predicting the course of the disease, and would therefore help when making the decision about prescribing chemotherapy. MammaPrint, IHC4 and Mammostrat are currently only recommended for use in research in ER+, LN– and HER2– early breast cancer.

6.2.5 Timing of adjuvant chemotherapy

Adjuvant chemotherapy is given before adjuvant radiotherapy and endocrine therapy. There is evidence of an increased risk of thromboembolism if chemotherapy is given concurrently with tamoxifen. Also, there is pre-clinical and clinical evidence of sequential chemotherapy and endocrine therapy being more effective than concurrent.

6.2.6 Standard chemotherapy regimens

The policy is to offer patients entry into adjuvant chemotherapy clinical trials wherever possible. Standard chemotherapy should be considered for those who do not wish to take part in a trial or who are ineligible for trial entry.

**FEC 75**

- 5 FU 600mg/m² IV day 1
- Eirubicin 75mg/m² IV day 1
- Cyclophosphamide 600mg/m² IV day 1

21-day cycle for 6 cycles
**FEC 60**  
5 FU 600mg/m² IV day 1  
Epirubicin 60mg/m² IV day 1  
Cyclophosphamide 600mg/m² IV day 1  
21-day cycle for 6 cycles  

**FEC 100-T**  
5 FU 500mg/m² IV day 1  
Epirubicin 100mg/m² IV day 1  
Cyclophosphamide 500mg/m² IV day 1  
21-day cycle for 3 cycles followed by:  
Docetaxel 100mg/m² IV day 1  
21-day cycle for 3 cycles  
Consider primary prophylaxis with GCSF (e.g. pegfilgrastim, filgrastim or equivalent)  

**EC**  
Epirubicin 90mg/m² IV day 1  
Cyclophosphamide 600mg/m² IV day 1  
21-day cycle for 4–6 cycles  
or 14-day cycle with GCSF in accelerated schedule  

**CMF**  
Cyclophosphamide 100mg/m² PO days 1–14  
or 600mg/m² IV days 1 and 8  
Methotrexate 40mg/m² IV days 1 and 8  
5 FU 600mg/m² IV days 1 and 8  
Folinic acid rescue 15mg 6-hourly x 6 doses PO days 2 and 9 (start 24 hours post-MXT)  
CMF alone is rarely used because of the compelling evidence suggesting the superiority of anthracycline-based regimens. It can be used if a patient does not wish to lose their hair, is frail or has significantly impaired cardiac function (LVEF ≤ 45%).  

**Docetaxel**  
Docetaxel 100mg/m² IV day 1  
21-day cycle for 4 cycles  
Consider primary prophylaxis with GCSF, with docetaxel 100mg/m² (e.g. pegfilgrastim, filgrastim or equivalent)
**Paclitaxel**

80mg/m² IV day 1

Weekly for 12 weeks

Paclitaxel can be used as an alternative to docetaxel, typically for patients who are allergic to docetaxel or when there is contraindication for high dose of steroids.

**Paclitaxel**

175mg/m² IV day 1

21-day cycle for 4 cycles

or 14-day cycle +/- GCSF

**Albumin-bound paclitaxel (abraxane)**

260 mg/m² IV day 1

21 day cycle

**TC (cyclophosphamide)**

Docetaxel 75mg/m²

Cyclophosphamide 600mg/m²

21-day cycle for 4 cycles

For a small subgroup of patients with a low left ventricular ejection fraction (LVEF) measurement on an echocardiography/radionucleotide multiple-gated acquisition (MUGA) scan or where there is concern about the use of an anthracycline, the TC regimen could be considered.

**TC (carboplatin) H**

Docetaxel 75mg/m² IV day 1

Carboplatin AUC 6 IV

Trastuzumab 8mg/kg IV loading then 6mg/kg thereafter or 600mg SC

Every 21 days for 6 cycles then single agent trastuzumab for 12 further cycles

**Adjuvant trastuzumab**

600mg SC every 21 days for 1 year (17–18 cycles) or 8mg/kg IV loading then 6mg/kg every 21 days for one year.

For the up-to-date list of many of the agreed chemotherapy regimens and the individual protocol details see [www.londoncanceralliance.nhs.uk](http://www.londoncanceralliance.nhs.uk). Each protocol describes the drugs and doses, the schedule of treatment, administration guidelines, extravasation and emetogenic potential, regular investigations required, common toxicities, drug interactions and guidance for management of common toxicities.

### 6.2.7 Primary or neo-adjuvant chemotherapy

Primary or neo-adjuvant chemotherapy should be considered for patients with:

- large tumours (≥3cm) that would require a mastectomy
- a central primary tumour less than 2cm from the centre of the nipple
- locally advanced breast cancer
- tumours of >2cm in a small volume breast where the multidisciplinary team considers the tumour to be inoperable and operability may be achieved and/or the chance of breast conservation with optimum cosmesis can be significantly improved
- all women <50 years of age who have ER/PgR/HER2 negative tumours, regardless of tumour size. Systemic chemotherapy is offered as part of the overall management and neo-adjuvant therapy allows additional scope for not only potential downstaging of the tumour but allows women to consider BRCA testing and decision regarding optimal surgery if found to be a mutation carrier. Referral to the genetics service should be made at the start of neo-adjuvant chemotherapy
- trials in neo-adjuvant chemotherapy may be available.

A relative contraindication to neo-adjuvant chemotherapy being given to avoid mastectomy is the presence of extensive microcalcification at baseline which may prevent conservation after chemotherapy. A coil marker to define the tumour bed is recommended in patients who are triple negative or HER2 positive, or a good response is seen early in treatment.

The standard neo-adjuvant regimens are as above. For patients with BRCA1 and BRCA2 mutations the addition of carboplatin to weekly paclitaxel can be considered following data presented from the CALGB/Alliance 40603 trial in which patients received carboplatin AUC 6 every 21 days for 4 cycles together with weekly paclitaxel 80mg/m² for 12 weeks in addition to sequential dose dense AC.

All patients receiving primary or neo-adjuvant chemotherapy should have assessments with breast ultrasound scan before starting chemotherapy (baseline), mid-treatment (or in some units just before mid-treatment) and following completion of chemotherapy (end of treatment). Mid-treatment scans should be reviewed and chemotherapy may be switched if there is no clinical and/or radiological response to the initial regimen. Chemotherapy may also be discontinued earlier and surgery brought forward if there is no clinical and/or radiological response. Some units may use MRI as part of the imaging protocols.

HER2 positive patients should have cardiac assessment as per the UK National Guidelines⁶ (see below) and trastuzumab should be added to taxanes prior to surgery and continued to complete a total of 17–18 cycles (standard regimen) or as appropriate if the patient is participating in a clinical trial.

In brief, HER2 positive patients should have echocardiograms performed prior to commencing chemotherapy, following treatment with anthracyclines and at 4 and 8 months of trastuzumab treatment. End of treatment echocardiogram (12 months) should only be performed if a cardiac intervention was required during treatment. Patients receiving adjuvant trastuzumab only (following completion of chemotherapy) should have clinical reviews with blood tests and echocardiogram result on 4-monthly basis and a pro-active approach with ACE inhibitors should be adopted as per the UK NCRI recommendations⁷ (see below).

### 6.2.8 General procedure for prescription and administration of adjuvant/neo-adjuvant chemotherapy

- Obtain written informed consent from the patient. It is essential to discuss the need for contraception and conversely the risk of infertility/early menopause with all pre-menopausal patients (see section 6.2.9 on fertility).
• Check and record in the notes whether there is a history of, or strong risk factors for, cardiac disease. If present then consider electrocardiogram (ECG) and echocardiography/MUGA assessment prior to administration of an anthracycline-containing regimen.

• All patients should have a full blood count (FBC), urea and electrolytes (U&E) and liver function (LFT) tests prior to each cycle of chemotherapy.

• Blood results and toxicity should be recorded.

• A bone scan, CT scan (or liver ultrasound and CXR if CT scan is not readily available) should be considered in all women at significant risk of metastatic disease and routinely performed for women with four or more positive nodes (stage IIIa or above) prior to adjuvant chemotherapy. These tests should also be organised for patients due to receive neo-adjuvant chemotherapy if they have palpable or radiologically involved ipsilateral axillary lymph nodes or locally advanced disease in the breast (see imaging guidelines, section 2.3.4)

• The prescription of any chemotherapy must be protocol based and consultant led. If the consultant is temporarily unavailable then chemotherapy can be initiated by a specialty registrar (StR) providing this is protocol based and it is recorded in the notes that the consultant has been informed. Follow-up courses of chemotherapy initiated by a consultant can be prescribed by the StR or clinical fellow.

• Wig referral and a discussion of scalp cooling should be part of the pre-chemotherapy work-up of all patients who are receiving treatment where alopecia is likely (e.g. all standard adjuvant and neo-adjuvant regimens).

• Prior to completion of chemotherapy, the patient should be reviewed to check, if appropriate, that a start date for radiotherapy is scheduled and, if appropriate, that a plan to commence endocrine therapy post-chemotherapy has been finalised.

6.2.9 Managing common chemotherapy-related toxicity

Toxicity after each cycle should be recorded and ideally graded using the CTC grading system.

Leucopenia/neutropenia

G-CSF should not be routinely prescribed as primary prophylaxis except for regimens with the highest risks of neutropenia (e.g. docetaxel 100mg/m²).

Maintaining dose intensity is an important aim for early breast cancer chemotherapy.

On day 1 of each new cycle, treatment should be given if neutrophil count is \[ \geq 1.0 \times 10^9/l \] providing the patient is clinically well. If the neutrophil count is \[ <1.0 \times 10^9/l \], delay chemotherapy and repeat FBC on subsequent days. GCSF support (e.g. pegfilgrastim, lenograstim, filgrastim or bioequivalent) should be considered for subsequent cycles.

If there is persistent neutropenia despite the use of GCSF, then a dose reduction may be necessary. This should be a consultant decision.

Refer to individual treatment protocols for further recommendations (neutropenic sepsis is a medical emergency and should be managed according to LCA Acute Oncology Clinical Guidelines).
Anaemia/thrombocytopenia

Anaemia can occur, particularly after several cycles of treatment. Mild anaemia can be treated with ferrous sulphate (if due to iron deficiency). If the Hb falls below 8–10g/dl consider blood transfusion after discussion with the patient.

Thrombocytopenia is rare. If the platelet count on day 1 is below 100 x 10⁹/L discuss with consultant before proceeding with chemotherapy.

Chemotherapy-induced nausea and vomiting

Chemotherapy-induced nausea and vomiting (CINV) is a common side effect of anthracycline regimens and these patients routinely receive dexamethasone and 5HT3 receptor antagonist prophylaxis at the time of administration and for 3 days afterwards. If the patient experiences protracted CINV despite this, then the addition of domperidone for a longer period of time may be helpful.

Domperidone can be administered PO or PR. In extreme cases it may be necessary to admit a patient to hospital for subcutaneous anti-emetic infusions at the same time as chemotherapy. Lorazepam should be considered for anticipatory nausea. Aprepitant may also be useful for CINV refractory to standard emetic regimens (refer to LCA Acute Oncology Clinical Guidelines on CINV).

Alopecia

Scalp cooling may be effective in reducing hair loss with some chemotherapy schedules. If hair loss is occurring, ensure that a wig referral has been made and advise the patient about minimal hair washing and avoidance of heat/chemical treatments to limit hair damage.

Stomatitis

Grade 1 or 2 stomatitis should be treated with prophylactic mouth care for subsequent cycles. This consists of chlorhexidine and nystatin mouthwashes after each meal. In addition, sucralfate can also be used. Grade 3 or 4 stomatitis may require hospital admission for intravenous fluids, antimicrobials and analgesics. Subsequently, prophylactic mouth care should be given and a dose reduction discussed with the consultant.

Disturbance of bowel function

Diarrhoea can be treated with loperamide or codeine phosphate, although infective causes should also be considered. Constipation can also occur, most probably due to the use of anti-emetics such as 5-hydroxytryptamine 3 (5HT3) receptor antagonists (e.g. granisetron). Laxatives are commonly required.

Fatigue

Patients need to be given general advice about managing their fatigue and, where appropriate, referred for specialist rehabilitation particularly in relation to exercise and relaxation (Cramp and Daniel, 2008, NCAT rehabilitation pathway on fatigue).

Peripheral neuropathy

This is a specific taxane side effect and patients should be asked about symptoms after each taxane treatment. It tends to be accumulative. If a patient has persistent sensory symptoms in the hands or feet and/or is developing difficulty with tasks such as doing up buttons, then the case needs to be discussed.
with the consultant concerned before any further taxane is given. If patients are having problems with functional activities as a result of peripheral neuropathy, consider referral to occupational therapy.

**Myalgia/arthralgia**

These symptoms often occur with taxane-based chemotherapy, typically 2–3 days after docetaxel treatment. It is self-limiting, but the patient can take analgesia as necessary and this should also be recommended for subsequent cycles. Docetaxel is reported to be more likely to cause these symptoms than paclitaxel, and in patients with severe myalgia/arthralgia a change to paclitaxel (especially weekly) can be considered.

**Fertility, pregnancy and treatment**

Women of child-bearing age who are advised to have chemotherapy may be particularly concerned about the potential side effects of ovarian suppression and subsequent infertility. This risk is very much age-related. The risk is low (<10%) in women under 30 years and rises steadily to >50% in patients aged 40 or over. The risk also relates to the duration of chemotherapy.

Patients for whom fertility is an issue should have access to a rapid consultation with a fertility specialist, although they should be aware that any treatment may delay the start of chemotherapy and there is a theoretical risk concerning the use of ovulatory-stimulating agents in patients with ER positive breast cancer (see also LCA Guidance and recommendations for referral to fertility services).

Conversely, all patients of child-bearing age who start chemotherapy should be strongly advised to use contraception (non-hormonal) during chemotherapy and for at least 6 months afterwards. Contraceptive advice thereafter will depend on the individual circumstance and the hormonal status of the tumour. For pre-menopausal women receiving tamoxifen, non-hormonal methods of contraception will need to continue.

A guideline from the Society of Family Planning may be of use:


There is a small amount of evidence that the use of GnRH agonists prior to and during chemotherapy may protect the ovaries from chemotherapy-induced follicle damage. This is a controversial area and should be a consultant decision.

Patients need to have a realistic expectation and understand the risk of relapse and the importance of timing for neo-adjuvant and adjuvant chemotherapy. Fertility reserve needs to be considered in women of all ages when considering embryo or oocyte cryopreservation as regular menses do not necessarily imply good fertility reserve.

Women over 40 years old need to be aware of the low likelihood of successful pregnancy following IVF but embryo cryopreservation can still be considered. However, oocyte preservation (for women without a partner) is generally not advisable as pregnancy outcome is extremely poor in this group. There may not be NHS funding available for women over 40 years old or for women who already have a child or whose partners have a child.
When referring a patient to an assisted conception unit (ACU), it is good practice to try and estimate the risk of recurrence and the urgency of need to start chemotherapy as this will help the ACU team guide the patient’s management.

Patients who have completed endocrine therapy and who wish to become pregnant should be advised to discontinue tamoxifen for a minimum of 2 months before trying to become pregnant.

6.2.10 Chemotherapy/trastuzumab in pregnancy

Chemotherapy should be avoided in the first trimester of pregnancy as there is an increased risk of fetal malformations and spontaneous abortions. In the second and third trimesters, cytotoxic chemotherapy does not appear to increase the risk of fetal malformations.

Although pre-eclampsia, pre-term labour, intrauterine death and low birth weight have been reported in case series, it is not known if these are higher than in the normal population. Complications of myelosuppression include maternal and neonatal sepsis and haemorrhage.

There are little data on the long-term effects on the fetus/child although the potential long-term effects of exposing the fetus to chemotherapy include gonadal dysfunction, impaired physical and neurologic development, cardiotoxicity after anthracyclines and germ cell mutagenesis resulting in carcinogenesis and teratogenicity in subsequent generations, as well as, theoretically, malignancy as a result of the treatment.

Although case series are small, it appears that anthracycline-based chemotherapy (such as AC) and taxane chemotherapy are safe in the second and third trimesters. The safety of GCSF in pregnancy is not known but can be used when considered necessary for the mother.

There are very little data on trastuzumab in pregnancy. However, from case studies, there may be a relationship with oligohydramnios or anhydramnios, with one hypothesis being that it relates to the role of epidermal growth factor receptor (EGFR) in fetal kidney development. Use of trastuzumab should be avoided in pregnancy for the adjuvant treatment of breast cancer.

6.2.11 Vaccinations in the immunocompromised

The Department of Health guideline (2006) on immunisation against infectious disease outlines the risks associated with use of live vaccines in immunocompromised individuals. Patients may not be able to mount a normal immune response and can suffer severe manifestations with live vaccines such as BCG, measles, oral typhoid and yellow fever. Live vaccines should be avoided until 6 months after all chemotherapy or generalised radiotherapy. Live vaccines should be avoided until 3 months after high dose steroids (prednisolone 40mg OD for at least 1 week or equivalent).

Inactivated vaccines are not dangerous to patients receiving chemotherapy but, as an appropriate immune response may not be mounted, they may be ineffective.

Seasonal flu vaccines and pneumococcal vaccine should be offered to patients and administered before chemotherapy starts. If this is not possible, administer the vaccine dose on the day before or day 1 of the chemotherapy cycle.

6.2.12 Baseline cardiac assessments before cytotoxic chemotherapy

Patients receiving chemotherapy may be considered to be at increased risk of developing cardiac dysfunction. The following assessments are recommended before initiating chemotherapy, for all patients
with HER2 positive breast cancer. Although these recommendations relate only to HER2 positive tumours, similar pre-treatment assessments would be desirable in any patient for whom cytotoxic chemotherapy is being considered.

- Medical history: to determine previous cardiac events and risk factors.
- Physical examination:
  - blood pressure (hypertension is a potent and modifiable risk factor for the development of cardiac dysfunction, and should be assessed before each cycle of treatment – a blood pressure of >140/85mmHg should be treated with an ACE inhibitor)
  - auscultation of the heart to identify murmurs (significant valvular heart disease is a risk factor for cardiac dysfunction)
  - signs of heart failure (raised venous pressure, crepitations over the lung fields or pedal oedema).
- 12-lead ECG – looking for possible markers of structural heart disease including left ventricular damage/dysfunction:
  - for arrhythmias (atrial fibrillation, atrial flutter, heart block)
  - for evidence of previous myocardial infarction (Q-waves, left bundle branch block)
  - for evidence of left ventricular hypertrophy.
- Left ventricular ejection fraction measurement using echocardiography or MUGA scan.

Serial LVEF assessments are required to guide treatment, and a high degree of reproducibility is essential; MUGA has some advantages in this respect, but requires the use of significant ionising radiation. The same monitoring modality should be used throughout the course of treatment and, where possible, this should also include the same operator, machine and calculation algorithm. Each institution should establish a normal range for the methods used. LVEF is a dynamic physiological function varying from day to day depending on heart rate and loading conditions, but every effort must be made to provide an accurate and precise assessment of LVEF to guide clinical decisions about trastuzumab therapy, in the same way as this information is essential for implantable cardioverter defibrillator and cardiac resynchronisation therapies. Clinicians interpreting LVEF values should consider confounding factors if they receive unexpected results.

Interventions at baseline

Referral to a cardiologist is recommended for patients who have evidence of LVSD, cardiac dysrhythmias, or structural heart disease, including evidence of previous infarction or significant modifiable cardiovascular risk factors, such as poorly controlled hypertension.

Modification of planned chemotherapy regimen

Assessment of baseline LVEF before chemotherapy in all patients informs the choice of cytotoxic regimen. Patients with low or borderline LVEF may benefit from a non-anthracycline-containing regimen. The combination of docetaxel and cyclophosphamide (TC) has been compared with doxorubicin and cyclophosphamide, and has shown at least equivalent efficacy. Prophylactic ACE inhibitor therapy may also be considered for such patients. Similarly, the combination of docetaxel, carboplatin and trastuzumab may be appropriate (TCH).
The use of ACE inhibitors to control hypertension

Blood pressure should be measured in all breast cancer patients at routine oncology clinic visits, and where readings are above the second Joint British Societies’ guidelines target of <140/85mmHg, they should be treated with an ACE inhibitor licensed for the treatment of heart failure (see table below). Angiotensin-converting enzyme inhibitors are recommended as first-line anti-hypertensive agents. Trial data support their efficacy in reducing blood pressure, and for the prevention and treatment of left ventricular dysfunction and heart failure. There is also direct trial evidence for the efficacy of ACE inhibitors in preventing the decrease in LVEF observed in patients after high-dose chemotherapy.

It is recommended that dose titration and renal function monitoring be performed in primary care in accordance with current cardiac guidance. Patients with breast cancer whose hypertension cannot be controlled with standard pharmacological treatment should be referred to a specialist.

ACE inhibitors licensed for heart failure, and their recommended dosing schedules.

<table>
<thead>
<tr>
<th>ACE inhibitor</th>
<th>Starting dose</th>
<th>Dose titration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Captopril</td>
<td>6.25–12.5mg BD</td>
<td>Maintenance: 25–50mg BD Maximum: 150mg daily in divided doses</td>
</tr>
<tr>
<td>Cilazapril</td>
<td>0.5mg OD</td>
<td>Maintenance: 2.5–5mg OD Maximum: 5mg OD</td>
</tr>
<tr>
<td>Enalapril maleate</td>
<td>2.5mg OD</td>
<td>Maintenance: 20mg OD Maximum: 10–20mg BD</td>
</tr>
<tr>
<td>Fosinopril sodium</td>
<td>10mg OD</td>
<td>Maintenance: 10–40mg OD Maximum: 40mg OD</td>
</tr>
<tr>
<td>Lisinopril</td>
<td>2.5mg OD</td>
<td>Maintenance: 20mg OD Maximum: 35mg OD</td>
</tr>
<tr>
<td>Perindopril erbumine</td>
<td>2mg OD</td>
<td>Maintenance: 4mg OD Maximum: 4mg OD</td>
</tr>
<tr>
<td>Quinapril</td>
<td>2.5mg OD</td>
<td>Maintenance: 10–20mg OD Maximum: 40mg OD</td>
</tr>
<tr>
<td>Ramipril</td>
<td>1.25mg OD</td>
<td>Maintenance: 2.5–5mg OD</td>
</tr>
</tbody>
</table>

Note: Refer to Trust formulary for locally available ACE inhibitors.

Lifestyle recommendations

Patients should be advised by their GP and oncologist about lifestyle changes that reduce their cardiovascular risk:

- Smoking cessation.
- Improving diet:
  - moderate alcohol consumption (up to 14 units a week for women – heavy alcohol consumption can both increase blood pressure and reduce cardiac function)
  - reducing dietary salt
  - reducing fat
  - increasing fruit and vegetable consumption (5-a-day).
• Increasing physical activity:
  – moderate intensity exercise
  – build up to 30 minutes 5 times a week (Department of Health guidelines).
• Weight loss where appropriate.

6.3 Trastuzumab

All women with breast cancer should have tumour tissue tested for HER2 expression. Patients with HER2 overexpression at the 3+ level by IHC or with gene amplification by fluorescence in situ hybridisation (FISH) or equivalent technique (e.g. DDISH) should be considered for therapy with trastuzumab as per NICE guidance. There may be a few patients with high risk tumours with borderline amplification of the HER2 gene where herceptin could be considered.

NICE guidance states that trastuzumab, given at 3-week intervals for 1 year or until disease recurrence (whichever is the shorter period), is recommended as a treatment option for women with early-stage HER2 positive breast cancer following surgery, chemotherapy (neo-adjuvant or adjuvant) and radiotherapy (if applicable). Trastuzumab should not be offered to women who have any of the following:

• a history of documented congestive heart failure
• high-risk uncontrolled arrhythmias
• angina pectoris requiring medication
• clinically significant valvular heart disease
• evidence of transmural infarction on ECG
• poorly controlled hypertension

Cardiac assessment, monitoring and management for patients receiving trastuzumab should be performed according to the guidelines20 produced by UK NCRI published in 2009 as follows, and is summarised in algorithms below.

6.3.1 Assessment of left ventricular ejection fraction before trastuzumab treatment

LVEF should be further assessed in all patients after completion of chemotherapy and before initiating trastuzumab therapy. Some patients (7% in the National Surgical Adjuvant Breast Project (NSABP) B-31) will experience a decrease in LVEF that precludes trastuzumab treatment.21 These patients are not eligible to commence trastuzumab and should be started on an ACE inhibitor and referred to a cardiologist. Repeat assessment of cardiac function should take place after 3 months (but before the time window for starting trastuzumab specified by NICE expires). A significant decrease in LVEF (e.g. 0.10 points) during the course of anthracycline chemotherapy is most likely to indicate a left ventricle that has been left in a damaged, haemodynamically compromised state, and is thus at increased susceptibility to trastuzumab. Prophylactic ACE inhibitor therapy may therefore be considered for such patients.

Initiation of trastuzumab therapy

Trastuzumab may be initiated in patients with LVEF above the LLN for the institution.
Monitoring frequency

Routine LVEF monitoring is recommended at 4 and 8 months. A further assessment at the end of treatment is recommended for patients requiring cardiovascular intervention during treatment. The minimum number of LVEF assessments when following this recommendation is four, compared with five using the previous NCRI guidelines. Additional testing is required in patients who have LVSD.

Symptomatic heart failure

Patients developing signs and symptoms of heart failure should have their trastuzumab treatment interrupted, have ACE inhibitor therapy initiated by the oncologist and be referred to a cardiologist.

Monitoring procedures in early and metastatic breast cancer

These recommendations were primarily developed for use in patients with early breast cancer who are expected to complete a full 12-month course of trastuzumab therapy. In patients with metastatic breast cancer, trastuzumab is continued until disease progression, but the recommendations are still suitable for monitoring cardiac effects during the first few months of therapy. During trastuzumab therapy, patients with metastatic breast cancer should be monitored for 8 months according to our recommendations. Assuming no complications have occurred, cardiac monitoring should be performed at the discretion of the treating physician, after discussion with the patient, and in accordance with local guidelines. Patients with metastatic disease have a very different oncology risk profile to those receiving adjuvant treatment; the monitoring strategy and thresholds for treatment discontinuation should thus be individualised in consultation with the oncologist and cardiologist when appropriate.
Figure 6.1: Cardiac monitoring with anthracycline-based chemotherapy and Herceptin

1. Pre-chemotherapy (baseline)

- **ECHO/MUGA**
  - Normal >50%
    - Start standard chemotherapy
  - **LVEF ≤50%**
    - **LVEF <40% or CCF symptoms**
      - Consider and start non-anthracycline chemotherapy
      - Start Ramipril 1.25mg od
      - Refer to cardiologist
    - **LVEF 40 – 50% with no symptoms**
      - Consider and start standard/non-anthracycline chemotherapy*
      - Start Ramipril 1.25mg od
      - Refer to cardiologist
      - *Clinical decision
2. Herceptin cardiac monitoring for adjuvant and metastatic patients

- Herceptin should be monitored for all adjuvant patients AND for 8 months initially in the metastatic setting. Beyond this, monitoring should be at the discretion of the clinician, as clinically indicated.
- Routine LVEF monitoring at 4 and 8 months.
- A further LVEF test should be carried out for patients that require cardiovascular intervention during Herceptin treatment. Refer to flowchart.

a) Pre-Herceptin

**Diagram:**
- **ECHO/MUGA** → Normal >50% → Start Herceptin
- LVEF ≤50%
  - LVEF ≤40% or CCF symptoms
    - Defer Herceptin
    - Start Ramipril 1.25mg od
    - Refer to cardiologist
    - Reassess LVEF within 8-12 weeks
    - If still ≤50%, then Herceptin is contraindicated
  - LVEF 40 – 50% with no symptoms
    - Defer Herceptin
    - Start Ramipril 1.25mg od
    - Refer to cardiologist
    - Reassess LVEF within 8 weeks*

*NICE will only fund adjuvant Herceptin if initiated within 3 months of chemotherapy*
b) During Herceptin

- **CCF Symptoms**
  - **Yes**
    - Stop Herceptin
    - Start Ramipril 1.25mg od
    - Refer to cardiologist
    - Reassess LVEF in 6 weeks and restart if LVEF above 50%
  - **No**
    - Continue Herceptin

- **LVEF normal or <10% change from baseline**
  - **Yes**
    - CCF Symptoms
  - **No**
    - Continue Herceptin

- **ECHO or MUGA**
  - **LVEF ≤40% (regardless of change)**
    - Continue Herceptin
    - Start Ramipril 1.25mg od
    - Reassess LVEF in 6-8 weeks
  - **LVEF >10% change from baseline and above 50%**
    - **Yes**
      - Continue Herceptin
      - Start Ramipril 1.25mg od
      - Reassess LVEF in 6-8 weeks
    - **No**
      - Continue Herceptin

- **LVEF >10% change from baseline and between 40 – 50%**
  - **Yes**
    - Continue Herceptin
    - Refer to cardiologist
  - **No**
    - LVEF >50%
    - Continue Herceptin
    - LVEF 40 – 50%
    - Continue Herceptin
    - Refer to cardiologist
6.3.2  Administration of trastuzumab

Intravenous. The recommended initial loading dose is 8mg/kg body weight and subsequent doses are trastuzumab 6mg/kg body weight 3-weekly.

Subcutaneous. In accordance with its license, the SC 600mg 3-weekly flat dose formulation of trastuzumab can be offered to all new patients starting trastuzumab, and as an alternative for breast cancer patients currently receiving the IV preparation. However, patients concurrently receiving pertuzumab should receive IV trastuzumab.

Patients with extremes of weight represented only a small percentage of patients in the subcutaneous trastuzumab registration trials, and therefore some individual Trusts may decide not to use the SC preparation in the very obese until more data are available.

6.3.3  Side effects of trastuzumab

Infusion-related symptoms: during the first infusion chills and/or fever are commonly observed. These are usually mild and occur infrequently with subsequent infusions. These symptoms are treated with an analgesic such as paracetamol or an antihistamine such as Piriton. Severe adverse reactions include hypotension, bronchospasm and respiratory distress; these can be serious and potentially fatal.

Serious pulmonary events: rare complications of pulmonary infiltrates, acute respiratory distress syndrome, pneumonitis, acute pulmonary oedema and respiratory insufficiency have been reported. They may occur as an infusion-related event or with a delayed onset. Patients with severe dyspnoea at rest due to complications of advanced malignancy or requiring supplementary oxygen therapy should not be treated with trastuzumab.

6.4  Bone health

The following advice is based on the UK Expert Group led by David M Reid, Professor of Rheumatology, University of Aberdeen, reviewed and supported by the NCRI Breast Cancer Study Group and the National Osteoporosis Society (November 2007).

The known major risk factors for osteoporotic fracture are:

- previous fragility fracture above the age of 50 years
- parental history of fracture
- a body mass index (BMI) of <22
- alcohol consumption of 4 or more units per day
- diseases known to increase fracture risk such as premature menopause, rheumatoid arthritis, ankylosing spondylitis, immobility and Crohn’s disease
- prior oral corticosteroid use for more than 6 months.

6.4.1  Osteoporosis and adjuvant therapy

Bone health is an important issue in women undergoing adjuvant treatment for breast cancer. Two groups of women will be at risk of developing osteoporosis as a consequence of such therapy:
• women with a premature menopause as a consequence of chemotherapy or ovarian suppression, ablation or removal
• post-menopausal women receiving treatment with aromatase inhibitor.

Both groups of women should be given general advice on maintenance of bone health, including adequate calcium intake in diet or with supplementation (target intake 1g/day) and adequate vitamin D intake in diet or with supplementation (target intake 400–800IU/day) – a measurement of vitamin D3 level should be considered to assess this. If vitamin D levels are found to be extremely low (i.e. below the simply insufficient range), then a loading dose of 300,000 units of colecacifero (e.g. colecacifero 60,000 units/week x 5 weeks, or colecacifero 40,000 units/week x 7 weeks, or colecacifero 40,000 units daily x 7 days) should be given before commencing the maintenance dose.

Other recommendations for maintenance of bone health include:
• weight-bearing exercise such as walking – refer to physiotherapy if patient requires specialist advice on exercise.
• avoidance of smoking
• moderation of caffeine intake
• sensible exposure to sunlight.

Referral to a dietitian is advised in at-risk women.

No specific monitoring or treatment is required for women who continue to menstruate after treatment for early breast cancer or post-menopausal women above 45 years of age who do not require endocrine treatment or who are receiving tamoxifen.

6.4.2 Measurement of bone density

Both groups of at-risk women should be referred for a baseline measurement of bone mineral density (BMD) by a DXA scan. BMD should be done at the lumbar spine and at one or both total hip sites.

For premature menopausal women, a baseline BMD assessment should be obtained within 3 months of commencing ovarian suppression therapy or oophorectomy and within 12 months of developing post-chemotherapy amenorrhoea. For post-menopausal women receiving aromatase inhibitors, a baseline BMD assessment should be obtained within 3 months of commencing AI.

Osteoporosis is defined as a BMD ≥2.5 standard deviations (expressed as a T-score) below peak bone mass or the mean bone density for young adult women. Osteopaenia is defined as a T-score -1 to -2.5 below the normal score for young adult women.

6.4.3 Management

(See Figure 6.2.)

For post-menopausal women receiving adjuvant treatment with AI, three risk groups are defined:

• High-risk group: baseline T-score of <-2 or known vertebral fracture should receive bisphosphonate therapy at osteoporosis doses in addition to lifestyle advice, calcium and vitamin D supplementation. DXA should be repeated after 24 months to assess compliance and response. Poor compliance and secondary osteoporosis explain most cases of poor response.
• Medium-risk group: baseline T-score between -1 and -2 should receive lifestyle advice plus calcium and vitamin D supplementation. DXA should be repeated after 24 months to exclude a clinical significant reduction in BMD (T-score of <-2 or >4% per annum decline in BMD). Patients who exceed these limits should be treated as per high-risk group.

• Low-risk group: baseline T-score of >-1 (normal BMD) should receive lifestyle advice only and no follow-up DXA is required.

For premature menopausal women receiving a concomitant AI, only two groups are defined:

• High-risk group: T-score of <-1 or known vertebral fracture should receive bone protection with bisphosphonates as described above.

• Medium-risk group: T-score of >-1 should follow recommendations for all medium-risk groups.

The choice of bisphosphonate should be based on local protocols. Weekly oral alendronate 70mg or risedronate 35mg, monthly oral ibandronate 150mg, 3-monthly intravenous ibrandronate 3mg, or 6-monthly intravenous zoledronic acid 4mg are all considered appropriate. The patient should be referred to the osteoporosis clinic if intravenous bisphosphonate is to be considered.

Bisphosphonates are contraindicated in patients with low glomerular filtration rate (<30ml/min/1.73m²) or hypocalcaemia. Oral bisphosphonates should be used with caution in patients with oesophageal disease although intravenous bisphosphonates will be appropriate in such patients.

Calcium supplementation should be given at a dose of 1g/d and vitamin D3 at a dose of 400–800IU/d. Consideration should be given to measuring vitamin D3 levels if likely to be deficient (e.g. poor diet, lack of sun exposure, skin pigmentation). If vitamin D3 levels are found to be extremely low (below the insufficient range) then a loading dose of colecalciferol as above should be started before the maintenance dose.

Consider referral to a specialist menopause clinic for women with premature menopause and/or poorly tolerated symptoms despite the above measures.
Figure 6.2: Algorithms for management of bone loss in early breast cancer

Algorithm 1: Adjuvant treatment associated with ovarian suppression/failure with or without concomitant aromatase inhibitor use in women who experience premature menopause

![Algorithm Diagram]

- **High Risk**
  - Oophorectomy, treatment-induced menopause or ovarian suppression therapy planned
  - Measure BMD by axial DXA (spine and hip) within 3 months of commencing treatment

- **Medium Risk**
  - With or without aromatase inhibitor (AI) use
    - **With AI**
      - T-score <-1.0 or known vertebral fracture
      - Assess for secondary osteoporosis<br>a
      - Treat with bisphosphonates<br>b at osteoporosis doses and calcium + vitamin D supplementation<br>c
      - Repeat axial DXA after 24 months and/or monitor if desired with biochemical markers<br>d after 6 months
    - **Without AI**
      - T-score <-2.0 or known vertebral fracture
      - Lifestyle advice
        - Calcium + vitamin D supplementation if clinically deficient
        - Repeat axial BMD after 24 months of therapy
      - Annual rate of bone loss of > 4% at lumbar spine or total hip and/or T-score <-2.0
      - Yes
      - No

- **Low Risk**
  - With AI
    - T-score >-1.0
    - Without AI
      - T-score <-1.0 but >-2.0
      - T-score >-1.0
  - Lifestyle advice
    - Reassure patient
    - No further assessment unless clinically indicated

---

**Notes:**

- **a** ESR, FBC, bone and liver function (calcium, phosphate, alkaline phosphatase, albumin, AST/γGT), serum creatinine, endomysial antibodies, serum thyroid-stimulating hormone
- **b** Alendronate 70mg per week, risedronate 35mg per week, ibandronate (150mg PO monthly or 3mg IV 3-monthly), zoledronic acid 4mg IV 6-monthly
- **c** To be given as ≥1g of calcium + ≥800IU of vitamin D
- **d** Biochemical markers such as serum C-terminal telopeptide of type I collagen or urinary N-telopeptide of type I collagen

*Courtesy of the National Osteoporosis Society*
Algorithm 2: Postmenopausal adjuvant treatment with aromatase inhibitors

- **High Risk**
- **Medium Risk**
- **Low Risk**

**Commencing aromatase inhibitor therapy**

**All other patients**

**Measure BMD by axial DXA (spine and hip) within 3–6 months**

`Age ≥75 years and ≥1 clinical risk factors`\(^a\)

- **Low T-score <-2.0 or known vertebral fracture**
  - **Assess for secondary osteoporosis**\(^b\)
    - Calcium + vitamin D supplementation if clinically deficient
  - **Treat with bisphosphonates**\(^c\) at osteoporosis doses and calcium + vitamin D supplementation\(^d\)
  - **Repeat axial DXA after 24 months and/or monitor if desired with biochemical markers**\(^e\) after 6 months

- **Low T-score <-1.0 but >-2.0**
  - **Lifestyle advice**
    - Calcium + vitamin D supplementation if clinically deficient

- **Both T-scores >1.0**
  - **Lifestyle advice**
    - Reassure patient
    - No further assessment unless clinically indicated

- **Yes**
  - **Annual rate of bone loss of >4% at lumbar spine or total hip and/or T-score <-2.0**

- **No**
  - **Repeat axial BMD after 24 months of therapy**

---

\(^a\) Previous low-trauma fracture after age 50, parental history of hip fracture, alcohol intake of ≥4 units/day, diseases associated with secondary osteoporosis, prior corticosteroids for >6 months, low BMI (<22)

\(^b\) ESR, FBC, bone and liver function (calcium, phosphate, alkaline phosphatase, albumin, AST/yGT), serum creatinine, endomysial antibodies, serum thyroid-stimulating hormone

\(^c\) Alendronate 70mg per week, risendronate 35mg per week, ibandronate (150mg PO monthly or 3mg IV 3-monthly), zoledronic acid 4mg IV 6-monthly

\(^d\) To be given as ≥1 g of calcium + ≥800IU of vitamin D

\(^e\) Biochemical markers such as serum C-terminal telopeptide of type I collagen or urinary N-telopeptide of type I collagen
6.5 Male breast cancer

Most data regarding treatment of male breast cancer are retrospective in nature and come from small single-institution series; the choice of treatment modalities is generally guided by extrapolation of data from female breast cancer.

Endocrine therapy is an important part of the management as 90% of cases are ER positive. The standard endocrine therapy should be tamoxifen, as this is the most extensively studied. Other hormonal therapies which can be considered are goserelin, orchidectomy and megestrol acetate.

Case studies have described the use of aromatase inhibitors alone but there are no data supporting this approach. In fact, there is concern and some reported cases of AIs increasing circulating testosterone in turn leading to an increase in androgen available for conversion to oestrogen. If AIs are considered for the treatment of metastatic tamoxifen-resistant disease, they should only be administered in combination with surgical or medical orchidectomy (LHRH agonist).

6.6 Treatment and management of metastatic disease

6.6.1 General principles

If at all possible, histological confirmation of metastatic disease and up-to-date receptor status (ER and HER2) should be obtained. This is particularly important for patients with unusual sites or presentations of metastases or with a long disease-free interval. The ER and the HER2 status of the metastatic tumour may be different from the primary as it can be influenced by prior therapies and clonal outgrowth.

The aim of treatment is symptom relief. Prophylactic palliation may be justified in some patients with minimal or no symptoms. Age, performance status, sites of disease and previous therapy affect the first-line modality used.

Local therapy with radiation or limited palliative surgery should be considered where local symptoms predominate.

In a small number of patients with oligometastatic disease and long disease-free intervals a more radical approach to the management of metastases may be appropriate. This should always be a consultant and/or MDT decision. Approaches to consider include metastatectomy, radiofrequency ablation and stereotactic radiotherapy (tomotherapy, Cyberknife, Gamma Knife).

Before introducing a change in systemic therapy, document the nature and severity of the symptoms for subsequent subjective assessment of patient response. Avoid any treatment with side effects worse than those caused by the patient’s cancer. Nominate marker lesions for objective assessment of patient response. Ensure bi-dimensional measurements are documented, making use of diagrams and photographs as appropriate.

Endocrine therapy often works slowly and patients with stable disease do almost as well as those whose tumours achieve a partial response. Treatment with endocrine therapy should, therefore, be continued for as long as the patient is well, with relief of symptoms, and without evidence of progression, whether or not there is objective evidence of tumour regression.

In contrast, chemotherapy is generally reassessed after 2–3 courses and treatment should be continued beyond this only if there is clear-cut evidence of symptom relief and/or tumour regression.
This should be seen as a guideline rather than a hard-and-fast rule, based on a balance between clinical benefit and the side effects of treatment.

In general, patients with metastatic disease should be considered for any appropriate clinical trials. Standard treatment should be given only if there is no appropriate trial or the patient declines entry. Chemotherapy should be used only for patients with Eastern Cooperative Oncology Group (ECOG) performance status 0–2. Exceptions can be made for younger patients by the consultant in charge. Occasionally, remarkable responses which are clinically valuable are seen in patients with PS3 secondary to liver metastases. The great majority of such patients, however, do badly and are better treated in conjunction with the palliative care team.

It is important to liaise with the palliative care team as early as possible in the course of metastatic disease. Patients who develop unpleasant symptoms, particularly pain, should be referred early and their disease managed jointly by the two units.

6.6.2 Endocrine therapy

Women who have ER positive breast cancer (defined as in the adjuvant setting as an Allred score of 3 or more) should be considered for systemic endocrine therapy.

Post-menopausal women who have not had an aromatase inhibitor

- first-line therapy: letrozole 2.5mg OD or anastrozole 1mg per day
- second-line therapy: tamoxifen 20mg per day or exemestane 25mg per day or exemestane 25mg per day and evorilimus 10mg per day
- third-line therapy: fulvestrant 500mg IM every 4 weeks with additional 500mg after initial dose
- fourth-line therapy: megestrol acetate 160mg per day. Consider this in patients with a long natural history and/or with slow indolent disease.

Women who have had an aromatase inhibitor in the adjuvant setting

- can be re-challenged with the same treatment if there is a long disease-free interval (usually taken to be greater than 1 year). Otherwise:
  - tamoxifen 20mg OD or
  - exemestane 25mg OD
  - exemestane 25mg OD and evorilimus 10mg OD
  - fulvestrant 500mg IM every 4 weeks with additional 500mg IM 2 weeks after the initial dose.

Pre-menopausal women

These women can be treated with tamoxifen if they have not previously received this agent or if there is a significant interval after adjuvant therapy. Otherwise, endocrine options include ovarian suppression with goserelin plus or minus the addition of an AI.
6.6.3 HER2 targeted therapy

All women with advanced breast cancer should have tumour tissue (from either original primary or ideally a fresh biopsy) tested for HER2 expression. Patients with HER2 overexpression at the 3+ level by IHC or with gene amplification by FISH should be considered for therapy with HER2 targeted therapy.

The first-line treatment for HER2 positive patients in the metastatic setting is pertuzumab, docetaxel and trastuzumab (via application to the Cancer Drugs Fund, and any adjuvant HER2 therapy should have been completed more than 12 months prior to metastatic diagnosis) followed by pertuzumab/trastuzumab maintenance therapy or a combined taxane/trastuzumab regimen followed by trastuzumab monotherapy (once taxane treatment is completed) until disease progression. The use of trastuzumab with other cytotoxics for first-line treatment of HER2 positive metastatic disease (e.g. in combination with vinorelbine) can be highly effective, but is currently outside NICE guidance; however, it is occasionally considered on an individual patient basis.

On disease progression outside the CNS, or if progression occurs within 6 months of completing adjuvant therapy, trastuzumab or trastuzumab/pertuzumab should be discontinued and the patient treated with trastuzumab emtansine (via application to the Cancer Drugs Fund). The combination of capecitabine and lapatinib is also available via application to the Cancer Drugs Fund for the treatment of patients who have progressed following previous therapy with trastuzumab in the metastatic setting.

Administration, investigations and management of cardiac dysfunction

A per UKNCRI recommendations (see section 6.3.1).

6.6.4 Chemotherapy

The exact choice of regimen will depend on a number of factors, including:

- prior chemotherapy and previous response
- cumulative anthracycline exposure
- patient choice and fitness.

It is not possible, therefore, to recommend which regimen should be used in which circumstance (except to note the NICE guidance).

The following regimens are all acceptable:

- Anthracyline naïve or retreatment
  
  Note: maximum allowable dose for doxorubicin is 450–550mg/m² and for epirubicin 950mg/m², although less if other cardiac risk factors are present or prior mediastinal radiotherapy
- Single agent epirubicin – 3-weekly
  
  Dose usually 60–90mg/m² IV day 1
- Single agent epirubicin – weekly
  
  Dose usually 20–30mg/m² IV day 1
- EC (epirubicin and cyclophosphamide)
  
  Dose usually 60–90mg/m² and 600mg/m² respectively IV day 1 3-weekly
• FEC (as per adjuvant)
• CMF (as per adjuvant)
• Taxanes given according to NICE guidance22
• The use of docetaxel in combination with an anthracycline in first-line treatment of advanced breast cancer is not currently recommended. As paclitaxel is not licensed for first-line use with an anthracycline, its use has not been considered in this indication.
• Docetaxel and paclitaxel are recommended as an option for the treatment of advanced breast cancer where initial chemotherapy (including an anthracycline) has failed or is inappropriate.
• Abraxane (albumin-bound paclitaxel) is an alternative treatment for breast cancer in patients who have documented taxane hypersensitivity.

**Doses**

• Docetaxel: starting dose 100mg/m² or 75mg/m² IV day 1 depending on patient factors. Primary prophylaxis with GCSF should be strongly considered with docetaxel 100mg/m².

• Paclitaxel:
  - 70–90mg/m² IV day 1 weekly
  - 175mg/m² IV day 1 3-weekly

• Albumin-bound paclitaxel (Abraxane)
  - 260 mg/m² IV day 1 3-weekly

**Other chemotherapy agents for advanced breast cancer**

*Capecitabine*

1250mg/m² PO BD on days 1–14 every 21 days

The above is the licenced starting dose; however, consider commencing at 1000mg/m² for frailer patients.

*Lapatinib and capecitabine*

Lapatinib in combination with capecitabine is recommended for HER2 positive patients who had previous treatment with anthracycline and taxane and trastuzumab in the metastatic setting and with LVEF within normal limits.

Lapatinib 1250mg PO OD continuously until disease progression

Capecitabine 1000mg/m² PO BD on days 1–14 every 21 days

(Available through the national Cancer Drugs Fund)

*Eribulin*

1.23mg/m² (1.4mg/m² eribulin mesylate) IV over 2–5 minutes day 1 and day 8 every 21 days until disease progression

(Available through the national Cancer Drugs Fund)

*Vinorelbine intravenous therapy*

25–30mg/m² weekly (or day 1 and day 8 every 21 days if being used in combination schedules)
Vinorelbine oral therapy

60mg/m² weekly for the first three administrations and then beyond the third administration, it is recommended to increase the dose to 80mg/m² once weekly except in those patients for whom the neutrophil count dropped once below 500/mm³ or more than once between 500 and 1000/mm³ during the first three administrations at 60mg/m².

(Vinorelbine oral therapy should be given on a day 1, 8 schedule every 21 days if being given in combination schedules).

Trastuzumab emtansine

3.6mg/kg day 1 every 21 days until disease progression

(Available through the Cancer Drugs Fund)

Combination therapy

Combination treatment is sometimes considered for the treatment of advanced disease.

Docetaxel and capecitabine

Docetaxel 75mg/m² day 1
Capecitabine 1000mg/m² BD days 1–14 every 21 days

MVP

Mitomycin-C 8mg/m² IV day 1 on cycles 1, 2, 4 and 6 only
Vinblastine 6mg/m² (max 10mg) IV day 1
Cisplatin 50mg/m² IV day 1

MVCarbo

Mitomycin-C 8mg/m² IV day 1 on cycles 1, 2, 4 and 6 only
Vinblastine 6mg/m² (max 10mg) IV day 1
Carboplatin typically at AUC 5 IV day 1

Gemcitabine and carboplatin (where funding available)

Gemcitabine 1000mg/m² day 1 and day 8
Carboplatin AUC 5 day 1 every 21 days

Gemcitabine and paclitaxel

Gemcitabine 1250mg/m² day 1 and 8
Paclitaxel 175mg/m² day 1 every 21 days

Metronomic chemotherapy

Cyclophosphamide 50mg PO OD
Methotrexate 2.5mg BD day 1 and day 2 weekly
**Bevacizumab and paclitaxel**

A 28-day cycle of bevacizumab 10mg/kg day 1 and 15 and paclitaxel 90mg/m² days 1, 8 and 15 via an application to the CDF for patients with ER and HER2 negative disease in the first or second-line setting.

(The use of capecitabine and bevacizumab is also licensed but funding is not currently available through the NHS.)

**Myocet and cyclophosphamid**

When Myocet is administered in combination with cyclophosphamide (600mg/m²) the initial recommended dose of Myocet is 60–75mg/m² every 3 weeks

Pertuzumab, docetaxel and trastuzumab

(Available through the National Cancer Drugs Fund)

Pertuzumab 840mg loading dose then 420mg every 21 days

Trastuzumab 8 mg/kg iv loading dose then 6 mg/kg iv every 21 days

Docetaxel 75 mg/m² every 21 days (can be escalated to 100 mg/m² on subsequent cycles if the initial dose is well tolerated)

**Managing common chemotherapy-related toxicity**

Follow guidelines for the adjuvant setting. Please note that in the metastatic setting, chemotherapy should generally only be given if the neutrophil count is ≥1.5 x 10⁹/l, although in some circumstances in fit patients without significant side effects, neutrophil counts of greater than 1.0 x 10⁹/l are acceptable.

### 6.6.5 Metastatic bone disease

Patients with metastatic bone disease (lytic and/or sclerotic lesions) should be treated with intravenous bisphosphonates such as zoledronic acid or pamidronate given 3–4 weekly for 6–12 months then changed to 3-monthly zolendronic acid or an oral bisphosphonate providing the disease remains clinically stable.

Denosumab 120mg SC given every 4 weeks has been licensed for the prevention of skeletal-related events in patients with bone metastases and can also be considered as an alternative to intravenous bisphosphonates and used in accordance with NICE guidance. Denosumab is particularly suitable for patients with renal impairment or poor venous access.

Potent bisphosphonates and denosumab are known to be associated with osteonecrosis of the jaw and all patients commencing such treatment should be made aware of this risk. Patients should have a dental check-up before commencing therapy.

**References**


3 NICE (2009) *Early and locally advanced breast cancer: Diagnosis and treatment (CG80).*


7 Ibid.


9 NICE (2006b) *Implantable cardioverter defibrillators for arrhythmias (TA95).*
[www.nice.org.uk/guidance/ta95](http://www.nice.org.uk/guidance/ta95)

10 NICE (2007) *Cardiac resynchronisation therapy for the treatment of heart failure (TA120).*
[www.nice.org.uk/guidance/ta120](http://www.nice.org.uk/guidance/ta120)


12 British Cardiac Society, British Hypertension Society, Diabetes UK, HEART UK, Primary Care Cardiovascular Society, Stroke Association (2005) *JBS 2: Joint British Societies’ guidelines on prevention of cardiovascular disease in clinical practice. Heart* 91: v1–v52. [http://heart.bmj.com/content/91/suppl_5/v1.full](http://heart.bmj.com/content/91/suppl_5/v1.full)


[www.bnf.org/bnf/index.htm](http://www.bnf.org/bnf/index.htm)


7 Survivorship and Follow-up

7.1 Introduction

In September 2013, the LCA Survivorship Pathway Group published guidelines which were used as a basis for the survivorship sections in the tumour specific LCA clinical guidelines as well as being a stand-alone document. Since then, further work nationally and locally has been published and reported, making it a suitable time to update the guidelines. The importance of good survivorship care is well known: people living with and beyond cancer that have unmet needs are 20% more likely to visit their GP and twice as likely to attend A&E as those who haven’t had a cancer diagnosis. They are more likely to be unemployed and many report economic hardship. The aim of these guidelines is to provide a framework to help healthcare professionals and Trusts implement best practice evidenced based survivorship care.

7.2 Background

As cancer survival rates improve, cancer is increasingly being viewed as a long term condition. More is known about the long term consequences of cancer and its treatments, and healthcare professionals working in cancer services should be able to provide first-line assessment and interventions for a wide variety of physical and psychological conditions and know when and how to refer onto relevant experts.

The National Cancer Survivorship Initiative ran from 2008 to 2013, providing a clear drive for a shift in the way in which services are provided to those living with and beyond cancer. The NHS England/Macmillan Cancer Support’s ‘Living With and Beyond Cancer Programme’ is seeking new ways to further implement and embed good survivorship care. The Recovery Package is a key aspect, and three of its four components should be offered by acute cancer services.

- A Holistic Needs Assessment (HNA) offers an opportunity to discuss the things which are important to the person.
- A treatment summary provides the person and their GP with details of what treatment they have had to date, signs and symptoms of recurrence, plans for follow-up, likely consequences of the cancer and its treatment and what to do if these arise, and details of their key worker.
- A health and well-being event provides an opportunity to learn, in a group setting, about things which are relevant to the cancer and its treatment.

Achieving world-class cancer outcomes: A strategy for England 2015-2020 is the newly published report by the Independent Cancer Taskforce. It recommends that every patient has access to all aspects of the Recovery Package by 2020. There is already a requirement through commissioning intentions and subsequent contractual agreement for the use of the Recovery Package within London.

The current system of hospital based, routine follow up is not necessarily designed to best meet the ongoing needs of those living with and beyond cancer. Alternative models of follow-up, such as stratified follow-up and supported self-management, give the person and their GP a more central role.

The evidence base for healthy lifestyle behaviours highlights the benefits to those living with and beyond cancer of being able to access healthy lifestyle information, support and intervention. Healthy lifestyle choices improve not only cancer-related mortality and morbidity, but also all-cause mortality and morbidity. This is significant, as recently published evidence shows that approximately a third of people living with and beyond cancer have one other long term condition (LTC) and a further third have three or
more. Healthy lifestyle behaviours have a proven impact on many LTCs, e.g. diabetes, cardiac disease and mental health disorders.

The mental health and psychological support needs of people who have had a cancer diagnosis have been under-recognised for many years. The evidence suggests that one in four of those who receive a cancer diagnosis will need some level of psychological support, with one in ten requiring specialist intervention from a psychologist, psychotherapist, psychiatrist or other psychological support professional.

The consequences of cancer and its treatments are multiple – emotional, physical, financial, psychological and spiritual. Early discussion of these consequences, from diagnosis onwards, is essential and should form part of treatment consent prior to treatment starting. The requirement for increased shared decision-making, where the person and their treating physician jointly agree the best treatment, gives early discussion of possible consequences further weight and priority. Early and ongoing discussion ensures that the risks of consequences are minimised when possible, recognised early if they manifest, and are addressed in a timely manner when necessary. Early referral to relevant specialist rehabilitation, including return to work or education, and to services which are able to manage consequences, minimises negative outcome, including poorer quality of life.

*Achieving world-class cancer outcomes* places an increased responsibility on both providers and commissioners to ensure suitable services, with an appropriately skilled workforce made available to support those living with and beyond cancer, even many years after initial treatment has ended. Healthcare professionals should be supported to recognise consequences and know how to access appropriate services. There should be clear and explicit pathways into early assessment and intervention for these consequences, locally when possible and at tertiary centres when necessary.

### 7.3 Recommendations and Rationale

The recommendations offered in this section are based on Macmillan Cancer Support’s *What to do after cancer treatment ends: Ten Top Tips* (2014), which was developed by its Consequences of Cancer Treatment Collaborative (CCaT). They cover the key components of good survivorship care and lead to one or more recommendations, which can be found in bold below. Additional information comes from *Throwing light on the consequences of cancer and its treatment* (2013) and *Living with and beyond cancer: taking action to improve outcomes* (2013).

#### 1. Discuss a person’s needs

The Holistic Needs Assessment (HNA) has been shown to be effective in identifying a person’s individual concerns. It can take many forms and the LCA has developed, in collaboration with *London Cancer*, a version (the pan-London tool) which includes a concerns checklist and a distress thermometer that allows people to specify issues that are of most concern to them. It covers physical, emotional, spiritual, financial, and welfare and practical concerns. Subsequent discussion with a healthcare professional provides an opportunity to explore the issues raised and to jointly agree how to best address them. This could include provision of information, intervention by that healthcare professional, referral to a specialist, or the person themselves taking action. Following the discussion, a care plan which outlines the agreed actions is completed as a record of the discussion.
Recommendations:
Every patient should be offered a Holistic Needs Assessment and associated care plan at key pathway points, including at diagnosis and end of treatment, and whenever a person requests one.

The use of the pan-London tool is strongly encouraged and can be found in Appendix 12 and here: www.londoncanceralliance.nhs.uk/information-for-healthcare-professionals/forms-and-guidelines/lca-patient-experience-programme/

2. Provide a treatment summary

A treatment summary is given to the person (unless they have opted out of receiving letters from the hospital) and their GP at the end of treatment or end of set of treatments. It provides a summary of the treatments received during that time, including planned follow-up and signs and symptoms of which to be aware. These symptoms include possible consequences of cancer and its treatment, signs of recurrence and other important information.

Recommendations:
A treatment summary should be provided to the person and their GP at end of a defined treatment or series of treatments, when being discharged from regular follow-up, or when changes are made to long standing treatment regimes.

The use of the NCSI treatment summary template is encouraged, and is embedded within both Somerset and Infoflex. A copy can be found in Appendix 13 and here: www.londoncanceralliance.nhs.uk/information-for-healthcare-professionals/forms-and-guidelines/lca-patient-experience-programme/

3. Provide a main contact

UK and England wide work including the national Cancer Patient Experience Survey has shown the necessity of a key contact, or key worker. People living with and beyond cancer, their GPs and other healthcare professionals, benefit from having a named person to contact if they need help or advice about issues related to consequences of cancer and its treatment.

Recommendation:
The treatment summary must include the details of the person’s key worker and who to contact out of hours. This should be sent to the GP, the patient and any others whom the patient identifies as necessary. (See Appendix 14 for further information about the LCA key worker policy.)

4. Identify and make early referrals for consequences of cancer and its treatments

Cancer and its treatments have far-reaching consequences and those with associated unmet needs are more likely to access healthcare services than their age-matched counterparts. Providing information on likely post-treatment symptoms, e.g. early lymphoedema or faecal incontinence, and how these can be managed or avoided, allows people to seek the right help from the right people at the right time.

Where prompt questions for specific symptoms have been developed, these should be used to help identify when treatment and/or onward referral is indicated.

The LCA Survivorship Pathway Group is leading work to develop pathways for management of several consequences of treatment, which reflect NHS England (London)’s Five Year Commissioning Strategy for
Cancer (2014): Completed guidelines for fertility, lymphoedema and referral to complementary therapy can be found here: www.londoncanceralliance.nhs.uk/information-for-healthcare-professionals/forms-and-guidelines/lca-patient-experience-programme/

Guidelines on sexual consequences, gastro-intestinal (GI) consequences, endocrine symptoms and cancer rehabilitation service referrals will be published during 2015/6 and will be available on the LCA website.

Recommendations:

Information on possible consequences of cancer treatment and what to do if they occur should be routinely provided to all patients. This should be done from the time of discussion of treatment onwards, with the information clearly reiterated during the end of treatment consultation and in the treatment summary.

Written information should be offered to support any information given verbally.

When a person presents with symptoms indicative of a known consequence of cancer and its treatments use prompt questions and screening tools in order to treat, manage or make onward referrals to address these.

5. Encourage people to talk about how they feel

A cancer diagnosis has an emotional impact, with one in four people needing professional support as a result of anxiety or depression impacting on their quality of life, and one in ten experiencing symptoms severe enough to warrant interventions by a psychologist or psychiatrist in the year following diagnosis.

Recommendation:

Use an HNA including distress thermometer to help identify psychological distress, anxiety or other psychological support need. If a distress score of over 4 is recorded, the problem should be discussed with the person, and onward referral to psychological support services considered.

6. Healthy lifestyle

There is a strong body of evidence which supports the adoption of a healthy lifestyle for those who have had a cancer diagnosis.

Recommendation:

Individuals should be offered access to a health and well-being event (HWBE) to provide them with the information they need to help make healthy lifestyle choices.

The LCA guidance on HWBE can be found here: http://www.londoncanceralliance.nhs.uk/media/100126/lca-guidance-on-health-and-well-being-events-may-2015.pdf

- Smoking cessation

  Tobacco smoking is the main cause of preventable morbidity and premature death in England.
  Receiving a cancer diagnosis can give a ‘teachable moment’ where people may be more susceptible to health advice and hence more motivated to quit.
Recommendation:
All current smokers should be asked about their smoking habit at key pathway points, e.g. at diagnosis, after surgery and at follow-up appointments, and offered smoking cessation advice with onward referral to local services as necessary. Local services can be found here: [www.nhs.uk/Service-Search/Smoking-cessation-clinic/London/Results/557/-0.085/51.511/636/13136?distance=25](http://www.nhs.uk/Service-Search/Smoking-cessation-clinic/London/Results/557/-0.085/51.511/636/13136?distance=25)

**Diet**

The negative role that diet can play in cancer incidence has been widely documented and there is increasing evidence of its beneficial influence beyond treatment. These benefits are not only on cancer recurrence, but also on development of a second primary, as well as on cancer related and all-cause mortality and morbidity.

Nutritional issues during or following treatment include weight loss or gain; changes in body composition, for example loss of muscle mass; particular eating difficulties including swallowing problems or a limited capacity for food. There are also long-term consequences (e.g. changes in bowel habits for those who have had pelvic radiotherapy), with the aim of dietary advice therefore also being to counter adverse effects of cancer treatment.


- Be as lean as possible within the normal body weight range.
- Be physically active as part of everyday life.
- Avoid sugary drinks and limit the consumption of energy dense foods.
- Eat mostly foods of plant origin.
- Limit intake of red meat and avoid processed meat.
- Limit alcoholic drinks.
- Limit consumption of salt. Avoid mouldy cereals or pulses.
- Aim to meet nutritional needs by diet alone.

Tumour specific updates made within the WCRF’s programme of continuous update can be found here: [http://www.wcrf.org/int/research-we-fund/continuous-update-project-findings-reports](http://www.wcrf.org/int/research-we-fund/continuous-update-project-findings-reports)

Recommendation:
Patients are provided with dietary advice, based on the WCRF recommendations at the end of treatment, with referral to specialist dieticians as required.

**Physical activity**

There has been a dramatic rise in the amount of high quality published research on the role of exercise in cancer in recent years. Physical activity results in improvement in quality of life, fitness and function and in symptoms related to cancer and its treatments. It can reduce length of stay and improve cellular recovery post chemotherapy. It reduces cancer recurrence, incidence of second cancers and reduces both all cause and cancer-specific mortality.

There is international consensus that people living with and beyond cancer should exercise to the same level as the general population for health benefits. Research suggests that a combination of
cardiovascular and muscular strength training has an important additional benefit over only undertaking either alone.

**Recommendations:**

People should be encouraged to maintain or increase their level of physical activity both during and after treatment in line with national guidance.


Their need for support to increase or maintain their activity should be assessed, with referral to local exercise opportunities, such as exercise on prescription, considered.

https://www.nice.org.uk/guidance/ph2

They should be referred for specialist assessment by a physiotherapist as necessary.

7. Stratified, self-managed follow-up

There is a move towards increased self-management, with fewer hospital based appointments and a requirement for primary or local secondary care to respond to more routine issues. Research has shown that recurrence is more likely to be detected by the patient themselves between appointments, rather than during an outpatient appointment. This has clear benefits to people living with or beyond cancer, including reduced anxiety in the lead up to routine appointments and less interference in their day-to-day life caused by having to attend hospital appointments. In addition, by reducing unnecessary appointments, Trusts are able to see new patients more quickly and spend more time with those with more complex needs.

For self-management to be effective, people living with and beyond cancer and their primary care providers need to be given the right information about signs and symptoms of recurrence, clear pathways to follow if they are concerned and guaranteed a fast, explicit route to re-access services if necessary.

**Recommendation:**

Treatment summaries, as described above, should be routinely used to provide the person and GP with details of planned follow-up.

Services should use LCA tumour specific guidelines to define those people for whom stratified follow up is clinically feasible and develop local policies and procedures to enable their roll out.

8. Encourage survivors to share their experience

Sharing the experience of living with and beyond cancer can be beneficial to the person themselves, carers, and others who have a cancer experience. Providing feedback on experience, volunteering and participation in research, can all impact on the person.

**Recommendations:**

People living with and beyond cancer should be offered information on local support groups and where they can access further information on sharing experience.

Health and well-being events should be co-facilitated and run with those living with and beyond cancer whenever practicable.
8 LCA Metastatic Breast Model Service Specification

Metastatic breast cancer (MBC) is a heterogenous disease. The 5-year overall survival is estimated to be 20% from the diagnosis of secondary breast cancer, while median overall survival approaches 2 years, with a range from a few months to many years.\textsuperscript{1}

The management of MBC is largely based around treatment guidelines and pathway processes, although the delivery of services may vary from region to region. Core criteria are recognised to improve the outcomes of patients, particularly where there is greater access to multiple disciplines.\textsuperscript{2} National guidelines advise a collaborative multidisciplinary approach in the initial diagnosis of MBC. In most breast cancer services this opportunity is best presented in the breast MDT, although larger centres may have a specialist MBC MDT.\textsuperscript{3,4}

Subsequent to diagnosis and initial management discussion, patients with MBC should be identified as having specific needs in their treatment pathway, which allows individualisation of their treatment according to the tumour phenotype and prognosis, co-morbidities, social circumstances and information needs. This is best delivered through a core group of multidisciplinary professionals with experience and training in this area. Communication between secondary and primary care as well as between specialist services is important. As well as a treating oncologist familiar with international practice guidelines in MBC\textsuperscript{2,5} access to a key worker/clinical nurse specialist with experience in MBC is needed to underpin a high quality service.

The LCA has developed a Metastatic Breast Model Service Specification which details three metastatic breast service models, underpinned by six standards (Appendix 16). The service models have been developed in recognition that patient caseloads vary between Trusts. Trusts are advised to adopt and embed one of the three models, all of which are compliant with national recommendations. The standards within the models reflect the priority areas for people with MBC and the gaps or problems in provision within these priority areas. The six standards are:

1. Dedicated metastatic clinic(s), including lists run by specialist metastatic nurses.
2. A specialist breast metastatic nurse with responsibility for patients with MBC either as all or part of their role.
3. Dedicated MDT slots to discuss patients with MBC, either as a metastatic MDT or as a dedicated part of a main MDT meeting.
4. A database of patients with MBC being managed at a given site.
5. Good communication between the metastatic breast team, acute oncology services and community palliative care services. An agreed pathway to a unit that can perform semi-elective ascitic and pleural drains, bloods transfusions and other similar procedures can help avoid emergency admissions and improve patient experience.
6. Access to MBC trials.

Embedding the MBC service model will address the gaps in service provision and reduce variation in practice that currently exists, improving treatment, support and care of people living with MBC.

The service models allow Trusts to redesign their breast metastatic services to ensure that patients with MBC receive the highest standards of care and treatment.
The LCA Metastatic Breast Model Service Specification can be found at:
http://www.londoncanceralliance.nhs.uk/media/121058/lca-metastatic-breast-service-specification-feb-2016-revised-march-2016-.pdf

References


9  Family History and Referral to Clinical Genetics Services

9.1  Referral criteria

9.1.1  Women affected with breast cancer

As part of their management, all women with breast cancer should be asked if they have either a maternal or paternal family history of breast and/or ovarian cancer. Where appropriate (see Referral to tertiary care, section 9.1.4) they should be referred for consideration of genetic testing and assessment of surveillance for family members.

Women fulfilling the following criteria should be offered referral to tertiary care even if they do not have a family history of breast or ovarian cancer:

- bilateral breast cancer with both cancers diagnosed <50 years
- breast and ovarian cancer
- triple-negative breast cancer diagnosed <50
- Jewish ancestry.

Women with breast cancer who have a family history of other tumour types may also warrant referral to clinical genetics services, for example:

- sarcoma diagnosed <45 years
- thyroid or endometrial carcinoma
- brain, adrenocortical or any childhood cancer
- multiple other tumour types at a young age.

9.1.2  Women at risk of breast cancer based on family history

The lifetime risk of developing breast cancer is approximately 11–12.5% for the British female population. Women with relatives who have had breast and/or ovarian cancer may have a higher risk. The possibility of identifying those women at increased risk has implications for the ability to prevent or reduce morbidity and mortality.

NICE Guideline 141 and its update Guideline 412 were developed for use by primary care physicians to facilitate referral of women with an above population risk of breast cancer due to a family history of breast and/or ovarian cancer. This has been recently updated with CG164 (vi). Two groups requiring referral were identified:

- raised/moderate risk – can be managed by family history clinics (secondary care)
- high risk – should be referred to clinical genetics services (tertiary care).

The criteria below cover the majority of women who warrant referral, but further advice can be obtained from local secondary or tertiary care services for families that do not fit these criteria.
9.1.3 Referral to secondary care

- one first-degree relative with breast cancer diagnosed <40 years
- two or three close relatives with breast cancer at any age (at least one must be a first-degree relative)
- four close relatives with breast cancer at any age (at least one must be a second-degree relative).

9.1.4 Referral to tertiary care

- known breast cancer susceptibility gene mutation in the family (e.g. BRCA1, BRCA2, TP53)
- one first-degree relative with breast cancer diagnosed <30 years
- two close relatives with breast cancer, average age at diagnosis <50 years (at least one must be a first-degree relative)
- three close relatives with breast cancer, average age at diagnosis <60 years (at least one must be a first-degree relative)
- four close relatives with breast cancer at any age (at least one must be a first-degree relative)
- at least one first-degree relative with breast cancer and any of the following:
  - bilateral breast cancer
  - male breast cancer
  - ovarian cancer
  - Jewish ancestry
  - family containing breast cancer and any of the following:
    - sarcoma diagnosed <45 years
    - brain, adrenocortical or any childhood cancer
    - multiple other tumour types at a young age.

Please note:

- Women with a significant paternal family history of breast and/or ovarian cancer may still warrant referral even if a first-degree relative is not affected with cancer.
- Ideally, a family member who has had breast and/or ovarian cancer should be referred to the clinical genetics services, although in practical terms this may not always be possible.

9.2 Genetic testing

The lifetime breast cancer risk for BRCA1 and BRCA2 mutation carriers is ~80% and the lifetime ovarian cancer risk for BRCA1 mutation carriers is estimated to be 40–60% and for BRCA2 mutation carriers 10–30%.

Testing for mutations in these genes is available as an NHS diagnostic service for eligible families. Genetic testing was previously undertaken in individuals with at least a 20% risk of carrying a mutation. A threshold of 10% has been adopted by NICE CG164.

All families fulfilling moderate or high-risk NICE referral group criteria that are reviewed in secondary or tertiary care can be assessed for eligibility for testing of the BRCA1 and BRCA2 genes. At present, genetic testing should be undertaken only after consultation and counselling by the genetics service.
Currently in the London Cancer Alliance (LCA) region, BRCA1 and BRCA2 mutation testing should be offered to:

- a woman diagnosed with breast cancer who has:
  - bilateral breast cancer with both cancers diagnosed <50 years
  - triple negative breast cancer diagnosed <50 years
  - ovarian cancer
  - bilateral breast cancer and a relative with breast cancer diagnosed <60 years
  - a relative with breast cancer and both diagnosed <45 years
  - relatives with breast cancer and/or ovarian cancer and a Manchester score ≥15

- a man diagnosed with breast cancer who has:
  - a relative with ovarian cancer or male breast cancer
  - relatives with breast cancer and a Manchester score ≥15.

*Assessing the risk of a mutation being present is complex and dependent on the family structure and the number and types of cancer in the family. In the UK, the Manchester scoring system is the most widely used assessment tool for determining eligibility for BRCA1 and BRCA2 mutation testing.\(^3\)

NICE CG164 also recommends the BOADICEA model which can be accessed online.\(^4\)

Initial testing for a family is typically undertaken in a blood/DNA sample from an individual affected with breast cancer. The result of full testing of the BRCA1 and BRCA2 genes takes up to 8 weeks.

There are three known founder mutations in BRCA1 and BRCA2 that have an increased prevalence in individuals with Ashkenazi Jewish ancestry. This increased population prevalence means that these patients may have a 10% likelihood of having a mutation with a more limited family history. Referral to the clinical genetics services for individual discussion and assessment is advised.

Women with a TP53 mutation are at high risk of breast cancer. TP53 mutations classically cause Li-Fraumeni syndrome, a very rare cancer predisposition syndrome that includes younger-onset breast cancer, sarcoma, brain tumours and childhood cancers such as adrenocortical tumours and leukaemia. However, TP53 mutations may also be found in women with young-onset breast cancer, diagnosed <30 years, who have no other relevant family history, particularly if there is bilateral disease. Any family in which Li-Fraumeni syndrome is being considered should be referred to the clinical genetics services for evaluation.

9.3 Management and surveillance guidance

9.3.1 Women at risk of breast cancer based on family history

NICE guidelines for mammography in women with a family history of breast cancer are available at [www.nice.org.uk/CG164](http://www.nice.org.uk/CG164). In the guidance women are assigned into three groups:

- **Population risk:** 10-year risk of less than 3% for women aged 40–49 years and a lifetime risk of less than 17%

- **Raised (moderate) risk:** 10-year risk of 3–8% for women aged 40–49 years or a lifetime risk of 17% or greater but less than 30%

- **High risk:** 10-year risk of greater than 8% for women aged 40–49 years or a lifetime risk of 30% or greater and/or 20% or greater chance of a faulty BRCA1, BRCA2 or TP53 gene in the family.
High risk

These women should have their risk formally assessed and be managed by tertiary care. This is now being undertaken by the NHSBSP.

Offer annual mammographic surveillance to women:

- aged 40–59 years at high risk of breast cancer but with a 30% or lower probability of being a BRCA1/2 or TP53 mutation carrier
- aged 40–59 years who have not had genetic testing but have a greater than 30% probability of being a BRCA1/2 mutation carrier
- aged 40–69 years with a known BRCA1 or BRCA2 mutation.

Offer annual MRI surveillance to women:

- aged 30–49 years who have not had genetic testing but have a greater than 30% probability of being a BRCA1/2 mutation carrier
- aged 30–49 years with a known BRCA1 or BRCA2 mutation
- aged 20–49 years who have not had genetic testing but have a greater than 30% probability of being a TP53 mutation carrier
- aged 20–49 years with a known TP53 mutation
- from 25 years who are ATM homozygote mutation carriers.

See Appendix 3 for the NHSBSP high risk screening protocols ([www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp74.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp74.pdf)). It should be noted that this table includes ATM heterozygotes in the high-risk group, whereas genetic recommendations are that they should follow moderate risk protocols.

The following women are also eligible for MRI based on NICE clinical guideline 41:

- women aged 30-39 at a 10-year risk of greater than 8%*
- women aged 40-49 at a 10-year risk of greater than 20% or greater than 12%* where mammography has shown a dense breast pattern

* Fulfilled by women with the following family histories:
  - two close relatives with average age at diagnosis <30 years
  - three close relatives with average age at diagnosis <40 years
  - four close relatives with average age at diagnosis <50 years

Note: All relatives must be on the same side of the family and one must be a first-degree relative of the consultee.

Please note:

- It is important that women potentially at high risk are assessed by clinical genetics services so that their family history and risk can be verified before referral into high-risk screening.

Moderate risk

These women can be managed in secondary care and referred to tertiary care if assessment regarding genetic testing in the family is indicated (see Genetic testing, section 9.2).

Moderate risk women should have annual mammography from 40 to 49 years
• ATM heterozygote mutation carriers should have:
• 18-monthly mammography from 40 to 50 years
• 3-yearly mammography from 50 years onwards.

9.3.2 Women affected with breast cancer

Women who have had breast cancer and are known to be BRCA1, BRCA2 or TP53 mutation carriers or are from a high-risk family, as outlined above, should be offered high-risk surveillance (see Appendix 3 and high risk, section above), if they have residual breast tissue.

• Offer annual mammographic surveillance to all women aged 50–69 years with a personal history of breast cancer who remain at high risk of breast cancer (including those who have a BRCA1 or BRCA2 mutation) and do not have a TP53 mutation.

• Offer annual MRI surveillance to all women aged 30–49 years with a personal history of breast cancer who remain at high risk of breast cancer including those who have a BRCA1 or BRCA2 mutation.

Women recently diagnosed with breast cancer who have a significant family history of breast or ovarian cancer may need to be managed differently from women without a family history. The potential risk of further breast cancer primaries and ovarian cancer in these women means that options for ongoing surveillance and risk-reducing surgery may be different from those outlined for women with early and locally advanced breast cancer in NICE clinical guideline 80.6

All women considering risk-reducing mastectomy should be able to discuss their breast reconstruction options with a specialist in breast reconstructive skills.

9.3.3 BRCA1 and BRCA2 mutation carriers

Advice to women with BRCA1 or BRCA2 mutations should include:

• Information about breast awareness.

• Annual MRI from 30 to 49 years.

• Annual mammography from 40 years onwards.

• Discussions about risk-reducing oophorectomy: risk-reducing salpingo-oophorectomy after childbearing is highly effective and reduces the risk of ovarian cancer by ~90%. It also reduces the risk of breast cancer; the magnitude of breast cancer risk reduction depends on the age at which oophorectomy is undertaken but is estimated to be ~50% if performed prior to menopause. All mutation carriers should be offered discussions with the relevant professionals regarding risk-reducing oophorectomy once they have completed their families. Please note that there is no current evidence that screening for ovarian cancer is beneficial.

• Discussions about risk-reducing mastectomy: risk-reducing mastectomy is highly effective and reduces breast cancer risk by ~90–95%. However, it is a significant surgical procedure and women need to have detailed discussions with the relevant professionals before undertaking surgery. (Please also see section 4.12 on risk-reducing mastectomy.)

• Offer of referral to a BRCA carrier clinic for ongoing coordination of management.

• Discussions about suitability for participation in clinical trials, for example those assessing the risks and benefits of PARP inhibitors in this patient population.
9.3.4 Other gene mutation carriers

Women with mutations in certain other genes, such as TP53 (Li-Fraumeni syndrome), PTEN (Cowden syndrome), STK11 (Peutz-Jeghers syndrome) and CDH1 (hereditary diffuse gastric cancer) are at increased risk of breast cancer.

Mutations in such genes are very rare in the general population and therefore are relevant only to a few women in the region. Affected families should have individualised management, coordinated by a clinical genetics service, which will include management of breast cancer risk.

9.3.5 Chemoprevention for high-risk women

Randomised clinical trials have demonstrated that tamoxifen and raloxifene reduce the risk of developing primary invasive breast cancer in high-risk women. This has led to the increasing use of these drugs as chemopreventive agents in women at high risk of breast cancer, especially in North America. Studies are under way to address the effectiveness of chemoprevention in women without breast cancer who have a family history of breast or ovarian cancer. However, use of these drugs in this context in the UK is currently limited because there is no European Medicines Evaluation Agency (EMEA) approval for preventive use.

The NICE Familial Breast Cancer update,\(^7\) has recommended that:

- Healthcare professionals within a specialist genetics clinic should discuss and give written information on the absolute risks and benefits of all options for chemoprevention to women at increased risk of breast cancer. Discussion and information should include the side effects of drugs, the extent of risk reduction and the risks and benefits of alternative approaches, such as risk-reducing surgery and surveillance.
- Tamoxifen for 5 years should be offered to premenopausal women at high risk of breast cancer unless they have a past history or may be at increased risk of thromboembolic disease or endometrial cancer.
- Tamoxifen for 5 years should be offered to postmenopausal women without a uterus and at high risk of breast cancer unless they have a past history or may be at increased risk of thromboembolic disease or endometrial cancer.
- Tamoxifen or raloxifene for 5 years should be offered to postmenopausal women with a uterus and at high risk of breast cancer unless they have a past history or may be at increased risk of thromboembolic disease or endometrial cancer.

References

\(^1\) NICE (2004) Familial breast cancer (CG14). [www.nice.org.uk/Cg14](http://www.nice.org.uk/Cg14)
\(^4\) BOADICEA homepage [http://ccge.medschl.cam.ac.uk/boadicea/](http://ccge.medschl.cam.ac.uk/boadicea/)
Appendix 1: London Region Quality Assurance Reference Centre Guidance on Management of Indeterminate Breast Lesions

(January 2012)

Authors:
Dr L.S. Wilkinson, SWLBSS
Dr Clive Wells, UCL
Dr W. Teh, NLBSS
Mr A. Desai, SELBSS
Dr R. Wilson, The Royal Marsden Hospital and SWLBSS on behalf of London Region QARC

Background

In 2008/09, 275 women in London were referred for diagnostic surgery following NHS Breast Screening Programme (NHSBSP) screening mammography. Eighty-two women had a final diagnosis of malignant disease, and 193 women had benign changes. Most of these operations were precipitated by a pre-operative diagnosis of an indeterminate lesion such as papilloma, radial scar or atypia, which carry an associated risk of malignancy. The vast majority of these diagnoses were made with needle core biopsy (NCB) which, by necessity, will have only sampled a small volume of tissue. The increasing use of vacuum-assisted wider bore biopsies (VABs) means that it is now possible to manage these cases without surgery. However, the management of the patient following a biopsy diagnosis of indeterminate pathology may be complex, and the Quality Assurance team concluded that clarification would be helpful.

Aims

It is recognised that cases are considered on a case-by-case basis. The aim of this document is to provide guidance for the multidisciplinary team in the management of these cases.

If malignancy is identified either pre- or post-operatively, the management is determined by the nature of the malignant pathology. If atypia is seen with other lesions (papilloma, radial scar) then the recommendations for atypia should be followed (excision of a representative sample of the atypia).

Non-pleomorphic lobular neoplasia is a coincidental finding in many cases. In such cases, the radiographic abnormality prompting assessment should be managed appropriately, but follow-up is indicated because of the increased risk of developing cancer.

Pleomorphic lobular carcinoma in situ (LCIS) should be considered as malignancy (as ductal carcinoma in situ (DCIS) is considered as malignancy) and surgical management is indicated, although vacuum biopsy may be considered with a view to upgrading the pathology in selected cases.

The vacuum biopsy advisory group considered that there are separate roles for VAB in the primary diagnosis of certain groups of imaging findings and for the further diagnosis of abnormalities already biopsied by NCB or fine needle aspiration (FNA) cytology. The common principle for achieving adequate diagnosis is retrieval of sufficient tissue. The recommendation of the vacuum biopsy advisory group is that for abnormalities that are often associated with an indeterminate diagnosis (mainly calcifications but also distortions and some asymmetries and small masses), the primary diagnostic approach should be to use...
VAB as the primary biopsy technique to either to excise the whole abnormality (e.g. 5mm cluster of calcification) or obtain a minimum of 2g of tissue (Table A1.1). For indeterminate lesions already diagnosed as indeterminate at NCB (e.g. atypical ductal hyperplasia (ADH), papillary lesion, mucinous lesion, radial scar) the option of VAB excision of a minimum of 5g of tissue should be considered, even if the histology shows atypia (to confirm that only atypia is present or to potentially upgrade to DCIS and/or invasive breast cancer).

**Table A1.1: Lesions considered suitable for use of vacuum assisted biopsy as the primary diagnostic technique**

<table>
<thead>
<tr>
<th>Lesion Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Radial distortion with no mass on ultrasound</td>
</tr>
<tr>
<td>Calcification</td>
</tr>
<tr>
<td>Soft tissue lesion with presumed diagnosis of papilloma</td>
</tr>
</tbody>
</table>

The management recommendations for lesions that correspond to the mammographic abnormality are given in **Table A1.2**. However, on occasion, an indeterminate lesion is identified in a biopsy that was taken for a mammographic abnormality which proves to be benign, and such coincidental lesions are considered separately in **Table A1.3**.
Table A1.2: Recommended management of indeterminate lesions where the pathology corresponds to the mammographic abnormality

<table>
<thead>
<tr>
<th>Lesion Description</th>
<th>Non-operative</th>
<th>Follow-up</th>
<th>Operative</th>
<th>Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solitary papilloma, well-defined discrete lesions</td>
<td>Preferred: vacuum-assisted excision to remove lesion</td>
<td>None if imaging lesion is totally removed and no atypia</td>
<td>Local excision, fully excised</td>
<td>None</td>
</tr>
<tr>
<td>Multiple peripheral papillomas</td>
<td>Diagnostic vacuum excision of index lesion</td>
<td>Standard increased risk surveillance policy*</td>
<td>Remove lesion (consider risk-reducing surgery)</td>
<td>Standard increased risk surveillance policy*</td>
</tr>
<tr>
<td>Radial scar &lt;2cm</td>
<td>Preferred for lesions &lt;2cm: at least 12 VACB core biopsies to sample lesion. If atypia, then surgical excision recommended</td>
<td>None</td>
<td>MDM may elect to recommend excision for lesion &gt;2cm**</td>
<td>None if no atypia. If atypia standard increased risk surveillance policy*</td>
</tr>
<tr>
<td>Atypical ductal proliferation (ADH) (1cm or less of calcification)</td>
<td>VACB – if no DCIS and lesion fully removed, consider further vacuum assessment of site</td>
<td>Standard increased risk surveillance policy* (marker to be placed)</td>
<td>Preferred – to remove area of mammographic abnormality</td>
<td>Standard increased risk surveillance policy*</td>
</tr>
<tr>
<td>Extensive calcification &gt;1cm with Atypical ductal proliferation on initial biopsy</td>
<td>Vacuum biopsy of more than one area</td>
<td>If no DCIS, refer for diagnostic biopsy</td>
<td>Diagnostic biopsy of most suspicious area</td>
<td>If only atypia from representative surgical sample, standard increased risk surveillance policy*</td>
</tr>
<tr>
<td>Lobular neoplasia (atypical lobular hyperplasia/LCIS) not pleomorphic LCIS or LCIS with necrosis</td>
<td>Assess mammographic abnormality and manage accordingly</td>
<td>Standard increased risk surveillance policy*</td>
<td>LCIS – remove imaging abnormality unless already diagnosed as benign by vacuum</td>
<td>Standard increased risk surveillance policy*</td>
</tr>
</tbody>
</table>

* At present, the recommended follow-up for women at increased risk is five years annual mammography, after which women are returned to routine NHSBSP screening.

** López-Medina et al. showed that the proportion of the radial scar volume involved by carcinoma ranged from 3.7% to 16.2% (mean, 8.3%) and was located invariably at the periphery of the lesion. As a consequence, even very extensive sampling might theoretically miss malignant foci.
Table A1.3: Recommended management of indeterminate lesions where the indeterminate pathology is coincidental and not predicted by imaging

<table>
<thead>
<tr>
<th>Lesion Type</th>
<th>Non-operative</th>
<th>Follow-up</th>
<th>Operative</th>
<th>Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solitary papilloma</td>
<td>Preferred: vacuum-assisted excision to remove radiologically visible lesion</td>
<td>None if imaging lesion is totally removed</td>
<td>Local excision</td>
<td>None</td>
</tr>
<tr>
<td>Multiple papillomas</td>
<td>Diagnostic vacuum excision of index lesion</td>
<td>Standard increased risk surveillance policy*</td>
<td>Remove lesion. For recurrent lesions consider prophylactic surgery</td>
<td>Standard increased risk surveillance policy*</td>
</tr>
<tr>
<td>Radial scar</td>
<td>No action needed if no corresponding mammographic abnormality</td>
<td>None</td>
<td>No action needed</td>
<td>None</td>
</tr>
<tr>
<td>Atypical ductal proliferation</td>
<td>VACB recommended to exclude DCIS, if minimal atypia only – follow up</td>
<td>Standard increased risk surveillance policy*</td>
<td>Operative biopsy preferred if severe atypia (pre-operative VACB may be used to identify DCIS)</td>
<td>Standard increased risk surveillance policy*</td>
</tr>
<tr>
<td>Lobular neoplasia (non-pleomorphic)</td>
<td>VACB suitable for lobular neoplasia</td>
<td>Standard increased risk surveillance policy*</td>
<td>Operative biopsy for mammographic abnormality if needed</td>
<td>Standard increased risk surveillance policy*</td>
</tr>
</tbody>
</table>

* At present the recommended follow-up for women at increased risk is five years annual mammography, after which women are returned to routine NHSBSP screening*
Notes on management of lobular neoplasia and columnar cell change

**Needle core biopsy**

Issues relating to lobular neoplasia in needle core biopsies have recently been reviewed. The EUSOMA working group considered lobular neoplasia to be most frequently a co-incidental finding in a core biopsy and therefore advised that multidisciplinary discussion was essential to determine management, as is advocated by others. Diagnostic surgical excision of lobular neoplasia has been advocated.

A recent review of the literature revealed an upgrade of 20% for LCIS and 13% for atypical lobular hyperplasia (ALH) to carcinoma when excised. Concerns have been raised about underestimation of cancer, even with stereotactic vacuum-assisted biopsy, and this has led to the recommendation of diagnostic surgical excision for all such lesions from some groups. It must be appreciated that much of the data are retrospective and that not all studies have considered radiological-pathological discordance as a factor resulting in upgrade, as found by some. What is required are large prospective studies with all factors included.

There is general agreement, although limited robust data, that pleomorphic LCIS should be subjected to therapeutic excision; in essence treated as DCIS and therefore categorised as B5a on needle core biopsy. In one series of 12 cases diagnosed on needle core biopsy, ILC was found in three cases on subsequent excision. There is a need for larger studies to confirm that this does represent a more aggressive disease.

**Columnar cell lesions in breast core biopsies**

Cores bearing columnar cell lesions (CCL) are typically sampled for the histological assessment of mammographic microcalcifications. As for other such specimens, these should be examined at multiple (at least 3) levels. If columnar cell change or hyperplasia only is found, without atypia, the lesions should be regarded as within the constellation of fibrocystic change and categorised as B2, benign.

CCLs with atypia should be regarded as flat epithelial hyperplasia and classified as B3, of uncertain malignant potential. Lesions with more complex architecture should also be regarded as an atypical epithelial proliferation and also regarded as B3, of uncertain malignant potential. As for all such screen-detected lesions, multidisciplinary discussion should be undertaken to correlate radiological, clinical and histopathological findings. Data on risk of finding adjacent associated malignancy are extremely limited.
**Acknowledgements:**

This guidance was compiled with comments from:

Radiologists, pathologists and surgeons from the London Region NHSBSP services

European Working Group for Breast Screening Pathology:

Austria: Dr A. Reiner; P. Regitnig. Belgium: Dr M. Drijkoningen; Dr D. Faverly. Cyprus: Dr E. Iacovou. Czech Republic: Professor A. Ryska. Denmark: Dr B. Rasmussen. Finland: Dr P. Heikkila. France: Professor J.P. Bellocq; Dr J. Jacquemier. Germany: Professor W. Boecker; Dr T. Decker. Greece: Dr N. Apostolikas, Dr V. Zolota. Hungary: Dr G. Cserni; Dr J. Kulka. Ireland: Professor C. Quinn, Professor G. Callaghy. Italy: Dr S. Bianchi; Professor A. Sapino; Professor M. Pia Foschini. Latvia: Dr I. Liepniec-Karele. Luxembourg: Dr A-M Tanous. Malta: Dr J. DeGaetano. The Netherlands: Professor P.J. van Diest; Dr J. Wesseling. Poland: Dr E. Chmielik. Portugal: Dr M. Lacerda; Dr I. Amendoeira. Slovenia: Dr S. Graziol. Spain: Dr A. Córdoba. Sweden: Professor T. Tot; Dr D. Grabau. Switzerland: Professor B. Borisch; Professor Z. Varga. Turkey: Professor H. Kaya. United Kingdom: Professor I.O. Ellis; Dr C.A. Wells

UK Vacuum Biopsy Advisory Group:

Dr Robin Wilson; Dr Clive Wells; Dr Sarah Pinder; Dr David Evans; Dr Barbara Dall; Dr Peter Britton; Dr James Haselden; Dr Mike Michell; Dr Hilary Dobson; Dr Steve Allen; Dr Will Teh; Dr Andy Evans

2. Clinical Guidelines for Breast Cancer Screening Assessment, Third edition NHSBSP Publication No 49 June 2010


Appendix 2: Approved Indications for MRI of the Breast

Breast MRI is recognised as a diagnostic tool which should be used as an adjunct to conventional breast imaging after full discussion with a breast radiologist or within the context of the breast multidisciplinary team (MDT) meeting.

The following are recommended indications for breast MRI, which are supported by the published literature (NICE 2009, EUSOMA 2010):

- **Discordant conventional imaging**
  Conventional triple assessment includes mammography and breast ultrasound. If imaging does not correlate with clinical assessment or with pathology, MRI may act as an additional problem-solving tool in assessing tumour characteristics such as size, extent or multifocality.

- **Pre-operative staging**
  MRI of both breasts is not routinely used for pre-operative staging, but in selected patients (e.g., when conventional imaging may underestimate the extent of disease, such as invasive lobular carcinoma, or there is significant discordance between the imaging and clinical findings), MRI may be useful in further assessing tumour size, multicentricity and multifocality, and to evaluate the contra-lateral breast for occult disease.

- **Recurrence vs scar**
  Mature scar can morphologically resemble malignancy. At approximately 9 months post-surgery, mature scar should not enhance, whereas recurrent tumour usually shows a typical malignant enhancement pattern.

- **Occult primary tumour/malignant axillary nodes**
  The primary tumour may be occult on conventional imaging. Less than 1% of breast cancers present with involved axillary nodes but with normal conventional imaging.

- **Response to chemotherapy**
  MRI can document tumour response to chemotherapy. A baseline pre-treatment MRI is required to document initial tumour location, size and imaging characteristics. An interim scan should be planned following 2/3 cycles of treatment. The tumour may require coil localisation or skin tattoo if there appears to be significant response, or potential for complete response. An end of treatment scan completes the assessment of response.

- **Breast implant imaging**
  MRI may be used for assessment of implant integrity in cases of suspected leak or rupture, and to assess potential malignancy in an implanted breast.

- **Screening in high-risk groups**
  NICE guideline 41 (October 2006) recommends annual contrast enhanced breast MRI for screening in a clearly defined cohort of women with a positive family history of breast cancer. The risk criteria of women who would qualify for screening are clearly set out in this guidance. This screening is also a requirement of the Cancer Reform Strategy (CRS, 2008). Breast MRI is recognised as a suitable screening investigation in the cohort of women who have had exposure to supra-diaphragmatic radiotherapy. The screening for this cohort of high-risk women will be undertaken by the NHS Breast Screening Programme (NHSBSP).
• **Post-operative assessment/post-radiotherapy**

MRI can be misleading in the immediate and short-term post-operative period, and within 18 months of radiotherapy. Scanning during this time should only be in selected patients, after discussion with a breast radiologist or following discussion within a breast MDT and consideration of the limitations of such imaging.
Appendix 3: High-risk Surveillance Imaging Protocols

See: [www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp74.pdf](http://www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp74.pdf)

<table>
<thead>
<tr>
<th>Risk</th>
<th>Ages</th>
<th>Surveillance protocol</th>
<th>Frequency</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) BRCA 1 or b) BRCA2 carrier or c) not tested, equivalent high risk</td>
<td>20–29</td>
<td>n/a</td>
<td>n/a</td>
<td>Review MRI annually on basis of background density</td>
</tr>
<tr>
<td></td>
<td>30–39</td>
<td>MRI</td>
<td>Annual</td>
<td></td>
</tr>
<tr>
<td></td>
<td>40–49</td>
<td>MRI + Mammography</td>
<td>Annual</td>
<td></td>
</tr>
<tr>
<td></td>
<td>50+</td>
<td>Mammography +/- MRI</td>
<td>Annual</td>
<td></td>
</tr>
<tr>
<td>TP53 (Li-Fraumeni)</td>
<td>20+</td>
<td>MRI</td>
<td>Annual</td>
<td>No mammography</td>
</tr>
<tr>
<td>A-T homozygotes</td>
<td>25+</td>
<td>MRI</td>
<td>Annual</td>
<td>No mammography</td>
</tr>
<tr>
<td>A-T heterozygotes</td>
<td>40–49</td>
<td>Mammography</td>
<td>18-monthly</td>
<td>Routine screening from 50</td>
</tr>
<tr>
<td></td>
<td>50+</td>
<td>Mammography</td>
<td>Routine screening (3-yearly)</td>
<td></td>
</tr>
<tr>
<td>Supradiaphragmatic radiotherapy-irradiated below age 30</td>
<td>30–39</td>
<td>MRI</td>
<td>Annual</td>
<td>Surveillance commences at 30, or 8 years after first irradiation, whichever is the later. Review MRI annually on basis of background density</td>
</tr>
<tr>
<td></td>
<td>40–49</td>
<td>MRI +/- Mammography</td>
<td>Annual</td>
<td></td>
</tr>
<tr>
<td></td>
<td>50+</td>
<td>Mammography +/- MRI</td>
<td>Annual</td>
<td></td>
</tr>
</tbody>
</table>

Notes:
1. All mammography must be direct digital mammography to optimise dose and sensitivity.
2. All MRI must be carried out in accordance with NHSBSP Technical Guidelines for Magnetic Resonance Imaging for the Surveillance of Women at High Risk of Developing Breast Cancer: publication number 68, January 2012.
3. Background density assessment for continuation of MRI should be based on individual clinical judgement.
4. Where a woman cannot tolerate MRI, she and her lead radiologist should discuss and agree potential alternatives (e.g. wide scanners).
5. Screening should be suspended during pregnancy until about 6 weeks after cessation of lactation, due to the fact that the high density of the lactating breast inhibits interpretation of the image.
6. Ultrasound should not be used as a routine screening or surveillance technique.
7. For waiting time purposes, the 62-day wait period begins with the decision to recall for assessment. Where two screening examinations take place (mammography and MRI) the clock starts when the second examination is reported, provided that no other investigation has been deemed necessary after the initial mammography. If an abnormality is seen on the first examination then this should be investigated immediately, and the 62-day wait begins straight away.
8. Supradiaphragmatic radiotherapy means any treatment in the area of the thorax.
9. Untested but equivalent high risk would be as defined by a geneticist.
Appendix 4: London Cancer Alliance Histopathology Protocol for Potentially Mismatched Breast Screening Cases

This protocol relates to the London Cancer Alliance (LCA) pathology review process for B5 biopsies and C5 cytology where initial excision pathology shows no evidence of in situ or invasive malignancy and is supplementary to the National Guidelines\textsuperscript{1} for dealing with mismatch cases.

All potential incidents should be reported to the local and screening Trust following its governance protocols.

To facilitate the audit process, the following steps are recommended to be undertaken in pathology departments.

1. Improve pathology department communications within the LCA
   a. Breast screening multidisciplinary team (MDT) to directly send pathology reports to the pathology department of the hospital where the client is to have surgery. The breast screening staff will identify the referral hospital/surgeon and will send a copy of the report via safe haven fax of secure electronic messaging directly to a named person within that department.
   b. Any potential mismatch case is identified at an early point directly by the reporting pathologist to the NHS Breast Screening Programme (NHSBSP) screening pathology department or the screening director.

2. Consistency of investigation of excisional breast tissue
   a. All specimens should be handled according to NHSBSP guidelines.
   b. All pathologists reporting breast cases derived from the NHSBSP should ideally undertake the national EQA for breast screening pathology.
   c. All breast cancer cases reported should go through the breast MDT meeting.
   • Where a potential mismatch presents
   d. Ensure the excision specimen has been thoroughly sampled. This may require multiple procedures such as blocking the whole specimen; selecting blocks from areas of abnormal calcification identified on X-ray of specimen slices; cutting additional levels; and turning blocks over and examining sections from the opposite face. NB Retain any wet tissue until the case is resolved.
   e. Review clinical, radiological and pathological data with particular reference to size and site of the lesion at the local MDT.
   f. Attempt to identify the biopsy site: an area of recent haemorrhage with haemosiderin-laden macrophages and associated with early granulation tissue or even fibrosis (according to time elapsed between biopsy and excision).
   g. If the localisation is inaccurate or the biopsy site is not seen, re-image the patient to identify if the lesion is still in the breast.
   h. If the case is not resolved by further local investigation or the local service is unable to undertake this further investigation, all the pathological material (including reports) should be
sent urgently to the pathology department at the NHSBSP screening centre for correlation with the pre-operative pathology.

i. After central review at the screening centre, consideration of DNA testing of biopsy vs resection tissue may be considered if the case remains unresolved.

References

1. Reporting, Recording and Auditing B5 Core Biopsies with Normal/benign Surgery.
Appendix 5: Example of Breast Pathology Synoptic Proforma

Patient’s identifier: .................................... Report number: ......................................

Surgical specimen(s)
WLE □ Excision biopsy □ Localisation specimen □ Segmental excision □ Mastectomy □ Subcutaneous mastectomy □ Re-excision □ Further margins □ Microductectomy □
Other ..........................................................

Malignant lesions
Malignant in situ lesion: Not present □ Present □
In situ components: Ductal □ Lobular □
DCIS grade: High □ Intermediate □ Low □
DCIS growth pattern: Solid □ Cribriform □ Papillary □ Micropapillary □ Apocrine □ Flat □
Other □ Specify other ..........................................................
Comedo-type necrosis: Not present □ Mild □ Moderate □ Marked □
Pure DCIS size (mm): ...........................................
Paget’s disease: Present □ Absent □ Not applicable □
Microinvasive: Present □ Absent □ Not applicable □
Invasive carcinoma: Present □ Absent □

Size and extent
Tumour size (mm): ........................................
Whole tumour size (mm): ..............................
Disease extent: Localised □ Multiple foci □

Invasive tumour type
Pure □ (tick one box below) Mixed □ (tick all components below)
Tubular/cribriform □ Lobular □ Mucinous □ Medullary like □ Ductal/NST □
Micropapillary □ Other □ Other type/component: ..........................................................
Histological grade 1 □ 2 □ 3 □
Tubule formation 1 □ 2 □ 3 □
Nuclear pleomorphism 1 □ 2 □ 3 □
Mitoses 1 □ 2 □ 3 □
Lympho-vascular invasion Present □ Absent □ Possible □
Receptor status

Oestrogen receptor status: Positive (> or ≥ 1%) □ Negative (<1%) □

Allred score = (range 0-8_)

On-slide positive control material: Present [ ] Absent [ ]

HER2 status: Positive □ Negative □

HER2 IHC score: 0 negative □ 1+ □ negative □ 2+ □ 3+ Positive □

FISH/CISH ratio: ........... Status: Amplified □ Non-Amplified □ Borderline [ ] Not performed [ ]

HER2 Copy No: Chromosome 17 no.

Excision status

Distance from margin (mm):

Invasive: Superior..... Inferior..... Medial ..... Lateral ...... Deep....... Superficial.....

Nipple margin............

DCIS: Superior..... Inferior.... Medial.... Lateral.... Deep..... Superficial ....

Nipple margin ...........

Lymph node stage

Sentinel lymph node □ Axillary clearance □

Total number of nodes present: ...........

Total number of nodes positive: ...........

Number with macrometastasis: ...........

Number with micrometastases: ...........

Number with ITCs: .......... (Note ITCs only classified as node negative)

Size of largest deposit (mm) ...........

Perinodal fat: Involved [ ] Not involved [ ]

TN(M) stage: pT..........pN.............

Date reported: ....................................... Pathologist: ...........................................
Appendix 6: Breast Cancer TNM

1. Primary tumour (T)

Designation should be made with the subscript ‘c’ or ‘p’ modifier to indicate whether the T classification was determined by clinical (physical examination or radiological) or pathological measurements respectively.

<table>
<thead>
<tr>
<th>Designation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>TX</td>
<td>Primary tumour cannot be assessed</td>
</tr>
<tr>
<td>T0</td>
<td>No evidence of primary tumour</td>
</tr>
<tr>
<td>Tis</td>
<td>Carcinoma in situ</td>
</tr>
<tr>
<td>Tis (DCIS)</td>
<td>DCIS</td>
</tr>
<tr>
<td>Tis (LCIS)</td>
<td>LCIS</td>
</tr>
<tr>
<td>Tis (Paget’s)</td>
<td>Paget’s disease of the nipple NOT associated with invasive carcinoma and/or carcinoma in situ (DCIS and/or LCIS) in the underlying breast parenchyma. Carcinomas in the breast parenchyma associated with Paget’s disease are categorised based on the size and characteristics of the parenchymal disease, but presence of Paget disease should still be noted.</td>
</tr>
<tr>
<td>T1</td>
<td>Tumour ≤20mm in greatest dimension</td>
</tr>
<tr>
<td>T1mi</td>
<td>Tumour ≤1mm in greatest dimension</td>
</tr>
<tr>
<td>T1a</td>
<td>Tumour &gt;1mm but ≤5mm in greatest dimension</td>
</tr>
<tr>
<td>T1b</td>
<td>Tumour &gt;5mm but ≤10mm in greatest dimension</td>
</tr>
<tr>
<td>T1c</td>
<td>Tumour &gt;10mm but ≤20mm in greatest dimension</td>
</tr>
<tr>
<td>T2</td>
<td>Tumour &gt;20mm but ≤50mm in greatest dimension</td>
</tr>
<tr>
<td>T3</td>
<td>Tumour &gt;50mm in greatest dimension</td>
</tr>
<tr>
<td>T4</td>
<td>Tumour of any size with direct extension to the chest wall and/or to the skin (ulceration or skin nodules) (NB: Invasion of the dermis alone does not qualify as T4)</td>
</tr>
<tr>
<td>T4a</td>
<td>Extension to the chest wall, not including only pectoralis muscle adherence/invasion</td>
</tr>
<tr>
<td>T4b</td>
<td>Ulceration and/or ipsilateral satellite nodules and/or oedema (including peau d’orange) of the skin, which do not meet the criteria for inflammatory carcinoma</td>
</tr>
<tr>
<td>T4c</td>
<td>Both T4a and T4b</td>
</tr>
<tr>
<td>T4d</td>
<td>Inflammatory carcinoma</td>
</tr>
</tbody>
</table>

If the tumour size is slightly less than or greater than a cut-off for a given T classification, it is recommended that the size be rounded to the millimetre reading that is closest to the cut-off (e.g. 1.1mm should be reported as 1mm; 2.01cm should be reported as 2.0cm).
2. Nodes (pN)

Classification is based on axillary lymph node dissection with or without sentinel lymph node biopsy.

Classification based solely on sentinel lymph node biopsy without subsequent axillary lymph node dissection is designated (SN) for ‘sentinel node’, for example, pN0(SN).

<table>
<thead>
<tr>
<th>pNX</th>
<th>Regional lymph nodes cannot be assessed (e.g. previously removed or not removed for histological assessment)</th>
</tr>
</thead>
<tbody>
<tr>
<td>pN0</td>
<td>No regional lymph node metastasis identified histologically</td>
</tr>
</tbody>
</table>

NB: ITCs are defined as small clusters of cells ≤0.2mm, or single tumour cells, or a cluster of <200 cells in a single histologic cross-section. ITCs may be detected by routine H&E or by IHC. Nodes containing only ITCs are excluded from the total positive node count for purposes of N classification but should be included in the total number of nodes evaluated.

| pN0(i−)                      | No regional lymph node metastases histologically, negative IHC                                           |
| pN0(i+)                      | Malignant cells in regional lymph node(s) ≤0.2mm (detected by H&E or IHC including ITC)                 |
| pN0(mol−)                    | No regional lymph node metastases histologically, negative molecular findings (RT-PCR)                 |
| pN0(mol+)                    | Positive molecular findings (RT-PCR), but no regional lymph node metastases detected by histology or IHC |

<table>
<thead>
<tr>
<th>pN1</th>
<th>Micrometastases OR</th>
</tr>
</thead>
<tbody>
<tr>
<td>pN1mi</td>
<td>Micrometastases (&gt;0.2mm and/or &gt;200 cells but none &gt;2.0mm)</td>
</tr>
<tr>
<td>pN1a</td>
<td>Metastases in 1–3 axillary lymph nodes, <strong>at least one</strong> metastasis &gt;2.0 mm</td>
</tr>
</tbody>
</table>

| pN1b                          | Metastases in internal mammary nodes with micrometastases or macrometastases detected by sentinel lymph node biopsy but not clinically detected |
| pN1c                          | Metastases in 1–3 axillary lymph nodes and in internal mammary lymph nodes with micrometastases or macrometastases detected by sentinel lymph node biopsy but not clinically detected |

<table>
<thead>
<tr>
<th>pN2</th>
<th>Metastases in 4–9 axillary lymph nodes OR</th>
</tr>
</thead>
<tbody>
<tr>
<td>pN2a</td>
<td>Metastases in 4–9 axillary lymph nodes (at least 1 deposit &gt;2mm)</td>
</tr>
</tbody>
</table>

| pN2b                          | Metastases in clinically detected internal mammary lymph nodes in **the absence** of axillary lymph node metastases |
**LCA BREAST CANCER CLINICAL GUIDELINES**

### pN3

| Metastases in ≥10 axillary lymph nodes OR |
| Metastases in infraclavicular (level III axillary) lymph nodes OR |
| Metastases in clinically detected ipsilateral internal mammary lymph nodes in the presence of one or more positive level I, II axillary lymph nodes OR |
| Metastases in >3 axillary lymph nodes and in internal mammary lymph nodes with micrometastases or macrometastases detected by sentinel lymph node biopsy but not clinically detected OR |
| Metastases in ipsilateral supraclavicular lymph nodes. |

**pN3a**

| Metastases in ≥10 axillary lymph nodes (at least 1 tumour deposit >2.0mm) OR |
| Metastases to the infraclavicular (level III axillary lymph) nodes. |

**pN3b**

| Metastases in clinically detected ipsilateral internal mammary lymph nodes in the presence of one or more positive axillary lymph nodes OR |
| Metastases in >3 axillary lymph nodes and in internal mammary lymph nodes with micrometastases or macrometastases detected by sentinel lymph node biopsy but not clinically detected. |

**pN3c**

| Metastases in ipsilateral supraclavicular lymph nodes. |

### Post-treatment ypN

- Post-treatment yp ‘N’ should be evaluated as for clinical (pre-treatment) ‘N’ methods above.
- The modifier ‘SN’ is used only if a sentinel node evaluation was performed after treatment. If no subscript is attached, it is assumed that the axillary nodal evaluation was by ALND.
- The X classification will be used (ypNX) if no yp post-treatment SN or ALND was performed
- N categories are the same as those used for pN

### References


### Helpful rules of thumb

In the case of multiple simultaneous tumours in one organ, the tumour with the highest T category should be classified and the multiplicity or the number of tumours should be indicated in parentheses, e.g. T2(m) or T2(5). In simultaneous bilateral cancers of paired organs, each tumour should be classified independently.

If there is doubt concerning the correct T, N, or M category to which a particular case should be allotted, then the lower (i.e. less advanced) category should be chosen. This will also be reflected in the stage grouping.
Appendix 7: Hormone Receptor and HER2 Assessment

All centres undertaking ER and HER2 assessment must participate in the appropriate UK NEQAS ICC & ISH scheme with satisfactory results.

The hormone receptor overall status (positive or negative) as well as the components of the score (specifically, the percentage of cells staining and the average intensity) should be described in the histology report. Any tumour with 1% or more of tumour cells expression ER is regarded as ER positive, but ER is typically scored using the Allred system, as in the NHS Breast Screening Programme (NHSBSP) National Reporting Guidelines. The methodology is as follows:

<table>
<thead>
<tr>
<th>Proportion of staining</th>
<th>Average intensity of staining</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 = no nuclei staining</td>
<td>0 = None</td>
</tr>
<tr>
<td>1 = &lt;1% nuclei staining</td>
<td>1 = Weak</td>
</tr>
<tr>
<td>2 = 1–10% nuclei staining</td>
<td>2 = Moderate</td>
</tr>
<tr>
<td>3 = 11–33% nuclei staining</td>
<td>3 = Strong</td>
</tr>
<tr>
<td>4 = 34–66% nuclei staining</td>
<td></td>
</tr>
<tr>
<td>5 = 67–100% nuclei staining</td>
<td></td>
</tr>
</tbody>
</table>

The proportion and the intensity are added to give the Allred score (range 0–8).

Scores of 0 or 2 (typically equivalent to less than 1% of cells) are considered negative.

Scores of 3–5 are considered, and should be reported, as weakly positive.

Scores of 6–8 are considered strongly positive.
Appendix 8: HER2 Protein Expression Measurement

The scoring system used for all HER2 immunohistochemistry (IHC) should be as per the UK HER2 guidelines, as follows:

0 = no staining or <10% membrane staining in tumour cells
1 = faint membrane staining is detected in >10% of tumour cells BUT cells are only stained in part of the membrane.
2 = Weak to moderate staining of entire membrane in >30% of tumour cells
3 = Strong staining of entire membrane in >30% of tumour cells

A score of 0 or 1 is considered NEGATIVE
A score of 3 is POSITIVE
Cases with a score of 2 are considered BORDERLINE and ISH analysis is undertaken to determine gene copy number (this may be either FISH or dual labelled CISH).

HER2 gene amplification measurement

ISH is used to determine the number of copies of the HER2 gene. The number of copies of the HER2 gene is presently assessed in relation to chromosome 17 copy numbers. Reports should include both the average copy number and the ratio of HER2 to chromosome 17. A ratio of HER2 to chromosome 17 signals is therefore reported as:

- ratio <1.8 – not amplified, HER2 negative
- ratio 1.8–2.2 is borderline and the count is repeated or the test repeated
- if the score remains as 1.8–2.0 the case is regarded as borderline, non-amplified and HER2 negative
- ratio 2.0–2.2 is regarded as borderline, but amplified and the tumour overall as HER2 positive
- a score >2.2 represents HER2 amplification and the tumour is regarded as HER2 positive.

It should, however, also be noted that the identification of multiple copies of chromosome 17 centromere by ISH is now recognised to rarely reflect polysomy of the whole of chromosome 17 and, even if the HER2:ch17 ratio is less than 2.00, multiple copies of HER2 (average more than 6/cell) should at the very least be recorded and would be regarded by some methodologies as HER2 positive. The copy number of HER2 and chromosome 17 now therefore form part of the UK pathology breast cancer minimum dataset.
Appendix 9: Best Practice Principles for Women Having a Mastectomy Requesting IBR

1. All MDTs should have an oncoplastic breast surgeon

2. All women who are advised to have a mastectomy should be offered IBR with a caveat for those with significant co-morbidities.
   - If the surgery is not available on site this should not be regarded as an obstacle.
   - The patient should be reassured that IBR does not significantly delay adjuvant treatment or interfere with the detection of recurrence.
   - If a women wishes to have IBR the pathway should be such that the surgery will not lead to delays or breaches of 31/62 day targets.
   - The potential need for chest wall radiotherapy is not a contraindication.

3. If a woman expresses desire for an IBR then the breast surgeon should discuss all reconstructive options (implant vs autologous) with the patient in the presence of a CNS. The patient may require additional time/need further appointments before making a decision. Visual aids (photographs/patient information booklets) should be available for patients.

4. The MDT clinic letter on all women having a mastectomy should record on all women having a mastectomy whether the option was for IBR/delayed reconstruction or not wishing to have a reconstruction.

5. All MDTs should have a nominated plastic surgeon/plastic unit for referral.
   - Plastics team should be supported by a CNS.

6. Patients who undergo breast reconstruction either immediate or delayed, must have their reconstruction options/decisions discussed and agreed by an oncoplastic surgeon at an MDT. There must be formal lines of communication between oncoplastic and plastic surgeons as to the most appropriate reconstruction for the patient prior to discussions with the patient.

7. All units should have SOP/pathway for referral to plastic surgeon in a timely fashion. Proformas can be used to refer. All relevant clinical information including imaging and pathology must accompany the referral in order to minimise discussion at the Plastics MDT.

8. If the reconstructive surgery is performed in a different hospital then procedures should be in place for the oncological surgery to be performed by the referring breast surgeon’s team. This may lead to scheduling problems due to job plans and if so, arrangements should be in place in the plastic surgical unit for an appropriately trained breast surgeon to perform the mastectomy +/- axillary surgery. If the ablative breast surgery is being performed by a different team then the case should go through the local MDM with review of imaging and histology.

9. If it is likely that a woman requires chest wall radiotherapy then this poses challenges to the reconstructive process. Patients need to be advised of the possible complications of irradiating a reconstructed breast. The potential need for chest wall radiotherapy is not a contraindication.
Data on the rate of complications are limited to single centre relatively small retrospective reports and meta-analyses.

- The cosmetic impact of radiation is particularly marked in the setting of implant only reconstruction due to capsular contracture. There is a wide variation (15-50%) in reported rate of capsular contracture post radiotherapy (RT)\(^1\)

- Short term data suggests that Acellular Dermal Matrix (ADM) and implants have less risk of capsular contracture

- Autologous reconstructions are also subjected to complications following RT (fat necrosis 10-15%), flap shrinkage and fibrosis (30-%)\(^2\)

- The cosmetic deterioration due to RT needs to be weighed against potential benefits of IBR.
  - Skin sparing techniques
  - Not having to have flat chest for prolonged period of time (often up to 18 month wait for a delayed reconstruction)

10. Arrangements should be in place to ensure that the patient is discussed post operatively in the appropriate MDT of the referring trust and appropriate out-patients appointments made.

Units should be encouraged to audit and prospectively evaluate complication rates and reconstruction outcomes with patient reported outcome measures (PROMS).

---


Appendix 10: IBR Best Practice Pathway

1. Referral to diagnostic clinic
2. Cancer diagnosis
3. Discussed at MDT
4. Mastectomy recommended
5. Document likelihood of Post Mastectomy Radiotherapy
6. Patient seen in clinic and offered IBR
7. Does patient want IBR?
   - Yes: All options discussed including autologous flaps, patient shown photographs of outcomes from different reconstruction, patient given Macmillan or equivalent booklet on breast reconstruction, patient has time with CNS to discuss options
   - No: Clarify reasons
8. 2nd OPA to confirm choices
9. Plastic surgical input required?
   - Yes: Standard operating procedure for referral to plastic surgical unit
   - No: List for surgery
10. Plastic surgical consultation
11. List
12. End

©London Cancer Alliance
Appendix 11: Algorithm for Referral to Physiotherapy for Breast Cancer Patients

<table>
<thead>
<tr>
<th>Pre-operative →</th>
<th>Early post-operative → (&lt; 8/52)</th>
<th>Late post-op (&gt; 8/52) End of treatment/survivorship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-existing shoulder problems</td>
<td>Slow progression regarding shoulder movement</td>
<td>Persistent cording</td>
</tr>
<tr>
<td>Pain in shoulder</td>
<td>Cording causing limited function</td>
<td>Fatigue issues</td>
</tr>
<tr>
<td>Decreased shoulder movement pre-op – less than 120° elevation</td>
<td>Patient concerns about exercise progression</td>
<td>Pain – in joints and soft tissue</td>
</tr>
<tr>
<td>Co-morbidities affecting mobility</td>
<td>Inability to achieve RT position</td>
<td>Needs individual exercise advice</td>
</tr>
<tr>
<td>Conditioning rehab (where available) for pre-adjuvant chemotherapy, i.e. exercise support</td>
<td>Pain – acute</td>
<td>Long-term poor shoulder function</td>
</tr>
<tr>
<td></td>
<td>Scar tissue management (if adherence)</td>
<td>Specialist/cancer rehab needs</td>
</tr>
<tr>
<td></td>
<td>Persistent seroma</td>
<td>Muscle imbalance relating to surgery</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lymphoedema + exercise concerns</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Physical activity issues</td>
</tr>
</tbody>
</table>

Authors: Kate Jones and Rebecca Brennan, physiotherapists

References


Appendix 12: LCA Holistic Needs Assessment Tool

The tool can be downloaded from the [LCA website](#).

<table>
<thead>
<tr>
<th>Preferred choice</th>
<th>London Holistic Needs Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Care Plan**

During my holistic needs assessment, these issues were identified and discussed:

<table>
<thead>
<tr>
<th>Number</th>
<th>Issue</th>
<th>Summary of Discussion</th>
<th>Actions required/Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Other actions/towards e.g., additional information, support, advice, education, "My actions".

<table>
<thead>
<tr>
<th>Signed (patient)</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Signed (healthcare professional)</td>
<td>Date</td>
</tr>
</tbody>
</table>

For health professional use:
- Date of diagnosis
- Diagnosis
- Pathway point

---

136
Appendix 13: NCSI Treatment Summary

Dear Dr X

Re: Add in patient name, address, date of birth and record number

Your patient has now completed their initial treatment for cancer and a summary of their diagnosis treatment and on-going management plan are outlined below. The patient has a copy of this summary.

<table>
<thead>
<tr>
<th>Diagnosis:</th>
<th>Date of Diagnosis:</th>
<th>Organ/Staging</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Local/Distant</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Summary of Treatment and relevant dates:</th>
<th>Treatment Aim:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Possible treatment toxicities and/or late effects:</th>
<th>Advise entry onto primary care palliative or supportive care register</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes / No</td>
</tr>
<tr>
<td></td>
<td>DS 1500 application completed</td>
</tr>
<tr>
<td></td>
<td>Yes/No</td>
</tr>
<tr>
<td></td>
<td>Prescription Charge exemption arranged</td>
</tr>
<tr>
<td></td>
<td>Yes / No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Alert Symptoms that require referral back to specialist team:</th>
<th>Contacts for re referrals or queries:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In Hours:</td>
</tr>
<tr>
<td></td>
<td>Out of hours:</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Secondary Care Ongoing Management Plan: (tests, appointments etc.)</th>
<th>Other service referrals made: [delete as nec]</th>
</tr>
</thead>
<tbody>
<tr>
<td>District Nurse</td>
<td>District Nurse</td>
</tr>
<tr>
<td>AHP</td>
<td>AHP</td>
</tr>
<tr>
<td>Social Worker</td>
<td>Social Worker</td>
</tr>
<tr>
<td>Dietitian</td>
<td>Dietitian</td>
</tr>
<tr>
<td>Clinical Nurse Specialist</td>
<td>Clinical Nurse Specialist</td>
</tr>
<tr>
<td>Psychologist</td>
<td>Psychologist</td>
</tr>
<tr>
<td>Benefits/Advice Service</td>
<td>Benefits/Advice Service</td>
</tr>
<tr>
<td>Other</td>
<td>Other</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Required GP actions in addition to GP Cancer Care Review (e.g. ongoing medication, osteoporosis and cardiac screening)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Summary of information given to the patient about their cancer and future progress:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Additional information including issues relating to lifestyle and support needs:</th>
</tr>
</thead>
</table>

Completing Doctor:    Signature:      Date:
Appendix 14: LCA Key Worker Policy

Definition

A key worker is a person who, with the patient’s consent and agreement, takes a key role in coordinating the patient’s care and promoting continuity, ensuring the patient knows who to access for information and advice in relation to their cancer diagnosis. In addition, the key worker will facilitate patients making informed decisions about their treatment.

The implementation of the key worker role is a requirement of the National Cancer Peer Review Programme and detailed in the Manual for Cancer Services, originally published by the National Cancer Action Team (NCAT), and related site-specific Improving Outcomes Guidance, issued by the National Institute for Health and Care Excellence (NICE).

Principles and responsibilities

Designation

1. The key worker is a named clinical member of the site-specific multidisciplinary team (MDT), and acts as the point of contact between the patient and MDT.
2. The key worker is a healthcare professional.
3. The key worker is assigned by the core clinical nurse specialist of an MDT, agreed by the MDT and recorded within the patient record and multidisciplinary meeting proforma.
4. The name of the key worker, designation and contact details will also be recorded in the patient handheld record (PHR), if used, and included in all correspondence and in the patient medical records. All entries in the medical notes will comply with the NHS Litigation Authority standards.

Access

5. All cancer patients will be made aware of their allocated key worker, but have the right to ask for an alternative if they prefer. This will usually happen at diagnosis.
6. The key worker will provide a contact number to all the patients for whom they act as the key worker.

Multi-professional communication

7. If a more appropriate person is identified as a key worker at a point in the patient’s pathway, this will be discussed and agreed by the patient and the new key worker, and recorded in the patient’s notes. This situation is most likely to arise with referral to the specialist palliative care team. In such cases the specialist palliative care clinical nurse specialist will check if a key worker has already been identified for the patient by the relevant tumour MDT. The specialist palliative care clinical nurse specialist will then negotiate and document care responsibilities in the patient’s notes.
8. The key worker may change as patients pass through various stages of the care trajectory or when care is transferred to a different Trust. It is the responsibility of the key worker to hand over to the next one, to document this in the patient’s notes and to keep the patient informed.
9. The key worker will lead on patient communication issues and coordination of the pathway for patients referred to the team.

10. The key worker will ensure that the patient pathway is coordinated and that all relevant information is transferred to the appropriate professionals as the patient moves across care boundaries, e.g. on admission to and discharge from institutions, when care is transferred between teams.

11. The key worker has responsibility for ensuring holistic needs assessments (HNAs) are recorded/documented in patient records.

**Patient communication and support**

12. Where possible, the key worker will be available to support the patient on diagnosis to signpost and provide them with information and contacts for the MDT, national information and support services, self-help groups and associated site-specific support.

13. If the key worker is not available at the time of diagnosis, the person who is providing support at the time will ensure that the patient is aware of the key worker role and provide the relevant contact details.

14. The key worker will be accessible to the patient as a constant point of contact, handing over to colleagues when unavailable and making sure that the patient has clear information about alternative contacts and cover arrangements.

15. The key worker will provide information, care and support throughout the patient journey **regardless of the patient’s condition**, liaising between health professionals to ensure continuity of care and a seamless service.

**Data/audit**

16. The key worker will contribute to the audit of the key worker role in their organisation.

**Annex A**

**NCAT peer review standard**

There should be an operational policy whereby a single named key worker for the patient’s care at a given time is identified by the MDT members for each individual patient and the name and contact number of the current key worker is recorded in the patient’s case notes. The responsibility for ensuring that the key worker is identified should be that of the nurse MDT member(s).

The above policy should have been implemented for patients who came under the MDT’s care after publication of these measures and who are under their care at the time of the peer review visit.

**Notes**

According to the NICE supportive and palliative care guidance, a key worker is a person who, with the patient’s consent and agreement, takes a key role in coordinating the patient’s care and promoting continuity, e.g. ensuring that the patient knows who to access for information and advice. This is not intended to have the same connotation as the key worker in social work.

It may be necessary to agree a single key worker across both a cancer site-specific MDT and the specialist palliative care MDT for certain patients.
Appendix 15: Summary of Survivorship Recommendations

Every patient should be offered a Holistic Needs Assessment and associated care plan at key pathway points, including at diagnosis and end of treatment, and whenever a person requests one.

- The use of the pan-London tool is strongly encouraged
- A treatment summary should be provided to the person and their GP at end of a defined treatment or series of treatments, when being discharged from regular follow-up, or when changes are made to long standing treatment regimes
- The use of the NCSI treatment summary template is encouraged, and is embedded within both Somerset and Infoflex
- The treatment summary must include the details of the person’s key worker, and who to contact out of hours. This should be sent to the GP, the patient and any others whom the patient identifies as necessary
- Information on possible consequences of cancer treatment and what to do if they occur should be routinely provided to all patients. This should be done from the time of discussion of treatment onwards, with the information clearly reiterated during the end of treatment consultation and in the treatment summary
- Written information should be offered to support any information given verbally
- When a person presents with symptoms indicative of a known consequence of cancer and its treatments use prompt questions and screening tools in order to treat, manage or make onward referrals to address these
- Use an HNA including distress thermometer to help identify psychological distress, anxiety or other psychological support need. If a distress score of over 4 is recorded, the problem should be discussed with the person, and onward referral to psychological support services considered
- Individuals should be offered access to a health and well-being event (HWBE) to provide them with the information they need to help make healthy lifestyle choices
- All current smokers should be asked about their smoking habit at key pathway points, e.g. at diagnosis, after surgery and at follow-up appointments, and offered smoking cessation advice with onward referral to local services as necessary
- Patients are provided with dietary advice, based on the WCRF recommendations at the end of treatment, with referral to specialist dieticians as required
- People should be encouraged to maintain or increase their level of physical activity both during and after treatment in line with national guidance
- Their need for support to increase or maintain their activity should be assessed, with referral to local exercise opportunities, such as exercise on prescription, considered
- They should be referred for specialist assessment by a physiotherapist as necessary
- Treatment summaries, as described above, should be routinely used to provide the person and GP with details of planned follow-up
- Services should use LCA tumour specific guidelines to define those people for whom stratified follow up is clinically feasible and develop local policies and procedures to enable their roll out
• People living with and beyond cancer should be offered information on local support groups and where they can access further information on sharing experience

• Health and well-being events should be co-facilitated and run with those living with and beyond cancer whenever practicable
### Appendix 16: LCA Metastatic Breast Service Model

* Italic text clarifies how the standard can adapted to meet the variation in patient caseloads across the LCA

<table>
<thead>
<tr>
<th>STANDARD</th>
<th>Model 1</th>
<th>Model 2</th>
<th>Model 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>A dedicated metastatic clinic, including lists run by specialist nurses</td>
<td>Dedicated metastatic clinic(s), including lists run by specialist nurses</td>
<td>Dedicated metastatic clinic(s), including lists run by specialist nurses</td>
<td><em>Dedicated time slots at the end/beginning of the oncology clinics (or general breast clinic)</em></td>
</tr>
<tr>
<td>A specialist metastatic breast nurse with responsibility for patients with metastatic breast cancer either as all or part of their role</td>
<td>A specialist metastatic breast nurse with responsibility for patients with metastatic breast cancer either as all or part of their role</td>
<td>A specialist metastatic breast nurse with responsibility for patients with metastatic breast cancer either as all or part of their role</td>
<td></td>
</tr>
<tr>
<td>Dedicated MDT slots to discuss patients with metastatic breast cancer, either as a metastatic MDT or as dedicated part of a main MDT meeting</td>
<td><em>Dedicated portion of main breast MDT where the metastatic MDT members can attend to discuss patient management for all new and follow up patients supported by an MDT coordinator</em></td>
<td>Dedicated consultant led specialist metastatic MDT to discuss patient management for all new and follow up patients supported by an MDT coordinator OR <em>Dedicated portion of main breast MDT where the metastatic MDT members can attend to discuss patient management for all new and follow up patients supported by an MDT coordinator</em></td>
<td></td>
</tr>
<tr>
<td>A database of patients with metastatic breast cancer being managed at a given site</td>
<td>Dedicated database that tracks patients in active treatment and those in survivorship phase</td>
<td>Dedicated database that tracks patients in active treatment and those in survivorship phase</td>
<td></td>
</tr>
<tr>
<td>Good communication between the metastatic breast team, acute oncology services and community palliative care services</td>
<td>Good communication between the metastatic breast team, acute oncology services and community palliative care services</td>
<td>Good communication between the metastatic breast team, acute oncology services and community palliative care services</td>
<td></td>
</tr>
<tr>
<td>Access to clinical trials</td>
<td>Access to LCA wide metastatic clinical trial</td>
<td>Access to LCA wide metastatic clinical trial</td>
<td></td>
</tr>
</tbody>
</table>

---

**APPENDIX 16: LCA METASTATIC BREAST SERVICE MODEL**

142
Appendix 17: Pan London Suspected Breast Cancer/Urgent Clinic Referral Form Example

This is an example of the pan-London suspected breast cancer referral form, which can be found at: [https://www.myhealth.london.nhs.uk/healthy-london/cancer/pan-london-suspected-cancer-referrals](https://www.myhealth.london.nhs.uk/healthy-london/cancer/pan-london-suspected-cancer-referrals).

**THIS FORM IS NOT FOR ‘FAMILY HISTORY’ REFERRALS** – this form should not be used for patients who need to be referred because of a family history of breast cancer. Women of any age presenting with symptoms such as unilateral nipple changes or a suspicious lump should be referred.

Press the <Ctrl> key while you click here to view the Pan London Suspected Cancer Referral Support Guide.

**REFERRAL DATE:**

Please email or send e-referral within 24 hours.

Fax is no longer supported due to patient safety and confidentiality risks.

Press the <Ctrl> key while you click here to view the list of hospitals you can refer to.

Copy the hospital details from the webpage and paste them onto the line below.

### PATIENT DETAILS

<table>
<thead>
<tr>
<th>Surname:</th>
<th>First Name:</th>
<th>Title:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender:</td>
<td>DOB:</td>
<td>Age:</td>
</tr>
<tr>
<td>Ethnicity:</td>
<td>Language:</td>
<td></td>
</tr>
<tr>
<td>Interpreter Required</td>
<td>Transport Required</td>
<td></td>
</tr>
</tbody>
</table>

**PATIENT ADDRESS:**

**Postcode:**

**Daytime Contact:**

<table>
<thead>
<tr>
<th>Home:</th>
<th>Mobile:</th>
<th>Work:</th>
</tr>
</thead>
</table>

**Email:**

### CARER/KEY WORKER DETAILS

<table>
<thead>
<tr>
<th>Name:</th>
<th>Contact:</th>
<th>Relationship to Patient:</th>
</tr>
</thead>
</table>

### COGNITIVE, MOBILITY OR SENSORY IMPAIRMENT (tick if impairment present)

- [ ] Cognitive
- [ ] Sensory
- [ ] Mobility
- [ ] Disabled Access Required

**Please include relevant details:**

### SAFEGUARDING

- [ ] Safeguarding Concerns

**Please include relevant details:**

### GP DETAILS

<table>
<thead>
<tr>
<th>Usual GP Name:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Practice Name:</th>
<th>Practice Code:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Practice Address:</th>
</tr>
</thead>
</table>
APPENDIX 17: PAN LONDON SUSPECTED BREAST CANCER/URGENT CLINIC REFERRAL FORM EXAMPLE

REASON FOR SUSPECTED CANCER/URGENT CLINIC REFERRAL

THIS FORM IS NOT FOR ‘FAMILY HISTORY’ REFERRALS – this form should not be used for patients who need to be referred because of a family history of breast cancer.

Women of any age presenting with symptoms such as unilateral nipple changes or a suspicious lump should be referred.

Press the <Ctrl> key while you click here to view the Pan London Suspected Breast Cancer Referral Guide.

- Suspicious breast lump with or without pain
- Women with a persistent or unexplained lump in axilla
- Unilateral nipple discharge (blood-stained/serous), retraction, ulceration, distortion, eczema resistant to topical steroids or other changes of concern
- Women with skin changes that suggest breast cancer including nodules, ulceration, peau d’orange or dimpling
- Women with unilateral non-cyclical breast pain persisting beyond one menstrual cycle
- Men ≥ 50 with subareolar lump
- Referral is due to CLINICAL CONCERNS that do not meet NICE/pan-London referral criteria (the GP MUST give full clinical details in the ‘additional clinical information’ box at time of referral)

EXAMINATION FINDINGS

Please mark the breast diagram below and/or provide a clinical description below it.

HOW TO MARK THE DIAGRAM

Place the mouse cursor over the diagram at the position of the lesion. Click the left mouse button. Use the keyboard to mark the diagram (X marks the lesion). Use the mouse or arrow keys to move left or right or to adjacent lines. Please do not press the <ENTER> key as it may cause alignment problems with your markers.

CLINICAL DESCRIPTION (including site, size, consistency and axillary involvement):

Additional clinical information:
Personal/relevant patient information:
Past history of cancer:
History of breast cancer:
Relevant family history of cancer:
I do not suspect breast cancer but expect the patient to be seen within 2 weeks

- I have discussed the possible diagnosis of cancer with the patient

- The patient has been advised and confirmed they will be available for an appointment within the next two weeks

- I have counselled the patient regarding the referral process and offered the pan-London information leaflet. Offering written patient information increases patient experience and reduces non-attendance. These are available in 11 different languages.
  Press the <Ctrl> key while you click here to view the leaflet

- This patient has been added to the practice suspected cancer safety-netting system
  Press the <Ctrl> key while you click here to view Pan London Practice-based Suspected Cancer Safety Netting System

**INVESTIGATIONS**

Please ensure this referral includes ALL the relevant investigations including blood tests and imaging. If there are any pending test results that you have organised at the time of this referral please provide information including TYPE OF INVESTIGATION requested (bloods, imaging) and TRUST performing the tests in the box below.

**IMAGING STUDIES (in past 3 months)**  Please include date: [ ] and location: [ ]

**RENAL FUNCTION (most recent recorded in past 3 months)**

**MEDICAL HISTORY**

**ALLERGIES**

**MEDICATION**

(Version: Pan London changes MSW v1.0; 12/04/2016)

Standard NHS Referral Form Layout & Artwork created by Dr Ian Rubenstein.