

FAST FACTS

Supporting patients experiencing symptoms on endocrine treatment



Accompanying Video

Supporting Endocrine Treatment

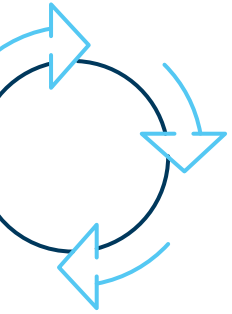
Video summary



CPD

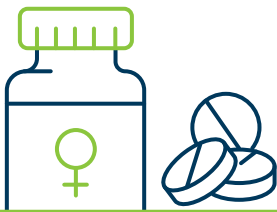


FREE



RECURRENCE

Endocrine therapy reduces the risk of oestrogen receptor positive breast cancer recurrence, improving survival by 30-40%



PHARMACOLOGICAL

SSRIs, SNRIs, oxybutynin, clonidine, gabapentin or pregabalin may offer some vasomotor symptom relief. Choice of medication should be led by discussion of potential side effects with the patient.

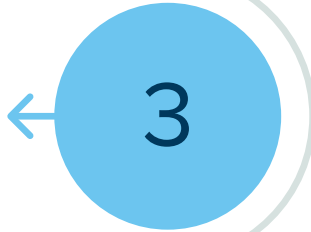
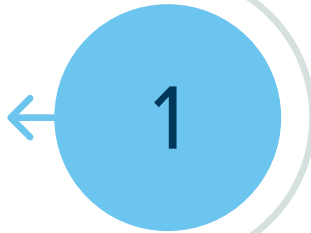
Remember



Avoid paroxetine and fluoxetine with tamoxifen due to potential decreased efficacy.

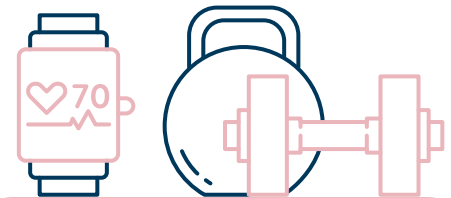
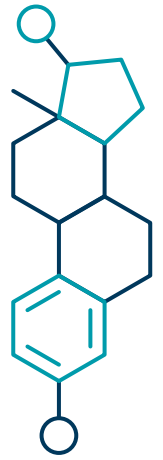
COMMUNICATION

Compliance with endocrine therapy is key to improving outcomes, so promoting open communication with patients about their side effects and options is important to encourage awareness and informed decision making.



HRT

Systemic HRT should be avoided in women with a personal history of breast cancer. Breast cancer clinicians in secondary care are available for advice and support in decision making around HRT and the use of vaginal oestrogens.



NON-PHARMACOLOGICAL

Lifestyle advice about exercise and weight management can help with a range of side effect symptoms. For vasomotor symptoms, patients can also be advised on relaxation techniques and CBT, to wear layers that can easily be added or removed and try cooling pillows but should avoid supplements containing phytoestrogens.

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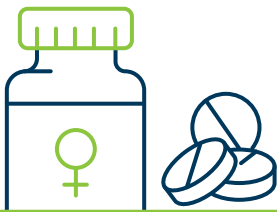
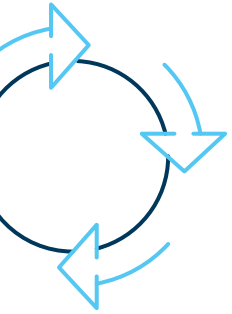
Get started

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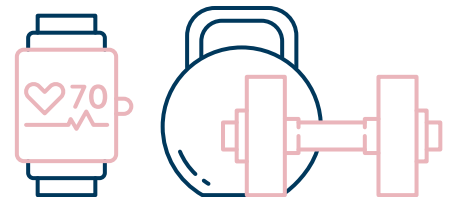
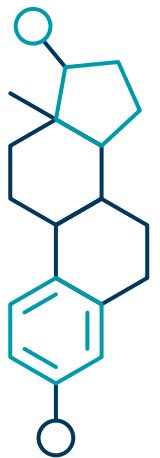
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