BEYOND BREAST CANCER SURVIVAL: QUALITY OF LIFE ASPECTS IN WOMEN UNDERGOING ENDOCRINE THERAPY

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BACKGROUND

- Endocrine therapy (ET) is the main treatment for HR+ breast cancer but is associated with adverse events that impact patients' quality of life (QoL).
- Understanding the different QoL domains affected by ET is essential for developing better supportive care strategies.

OBJECTIVES: to evaluate QoL among breast cancer patients on mid/long-term ET, exploring its diverse domains

METHODS

This is a single-center, retrospective, observational cohort study.

Participants: female ≥18 years-old, with HR+ breast cancer (metastatic or non-metastatic) undergoing ET for ≥ 6 months.

Participants completed a unique online questionnaire, which included the validated EORTC QLQ-C30 + BR23.
QoL was assessed across various functioning and symptom domains.

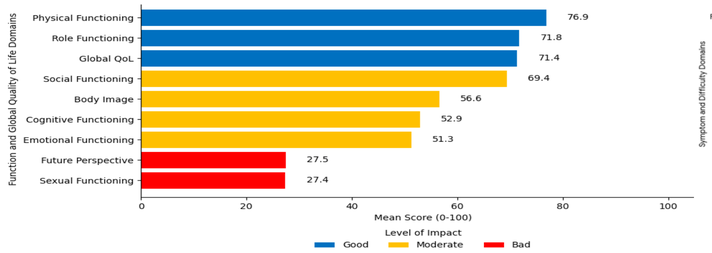
Each score domain was transformed into a 0-100 score according to EORTC guidelines.
Descriptive statistics were used to characterize the domains and the population.
Correlations between patient characteristics and scores were evaluated with Student's T-test.

RESULTS

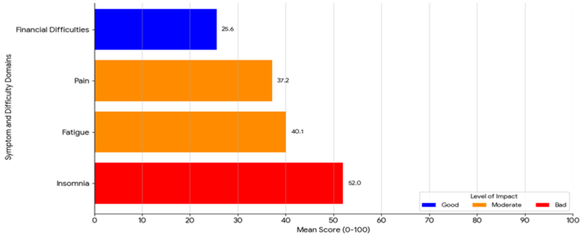
Table 1. Sociodemographic and Clinical Characteristics of Patients

Variable	Total (%) N = 200
Age (years) – median (IQR)	44
College Degree	
Yes	174 (87.0)
No	26 (13.0)
Race	
White	138 (69.0)
Black/Brown	49 (24.5)
Yellow	11 (5.0)
Other	2 (1.0)
Sexual Orientation	
Heterosexual	191 (95.5)
Homosexual	5 (2.5)
Bisexual	4 (2.0)
Menopausal Status	
Pre-menopausal	149 (74.5)
Pos- menopausal	51 (25.5)
Overweight/Obesity (BMI > 25)	
Yes	136 (69.4)
No	60 (30.6)
Children	
Yes	139 (69.8)
No	60 (30.2)
Adjuvant Treatment (ET)	
Adjuvant	172 (86.0)
Metastatic	28 (14.0)
Ongoing Therapy	
SERMs	45 (22.5)
Aromatase Inhibitors	141 (70.5)
SERDs	14 (7.0)

Graph 1. Level of impact on the patient related to
A) Function and quality of life



B) Symptoms and difficulties

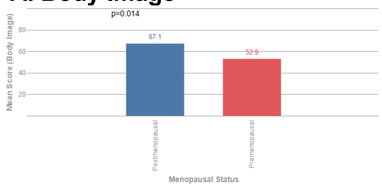


KEY HIGHLIGHTS

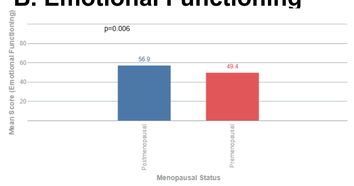
- The main areas of concern were Sexual Function (27.4) and Future Perspective (27.5).
- The symptoms with the greatest impact were Fatigue (40.1) and Insomnia (52.0).
- Premenopausal status was correlated with worse body image and emotional functioning.

Figure 1. Mean Scores by Menopausal Status

A. Body Image



B. Emotional Functioning



CONCLUSION

- ✓ The study highlights the significant impact of ET and breast cancer on patients' sexual, cognitive, and emotional functioning, as well as their future perspective and body image.
- ✓ Premenopausal women appear to be the most affected population.
- ✓ These insights underscore the urgent need for routine QoL assessment and improved survivorship care in clinical practice.

Authors declare no conflict of interest.
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