

Wellness: An “Integrative Approach” to Breast Cancer Survivorship

Life after Breast Cancer Conference
September 11th, 2009



Jun James Mao, M.D., M.S.C.E.
Assistant Professor & Director of Integrative Medicine

Department of Family Medicine and Community Health
Symptom and Palliative Care Service (SYMPAC)
University of Pennsylvania School of Medicine

GIVE SURVIVORS A VOICE

A Survey Study Conducted at
Rowan Breast Cancer Center
Supported by ACS-IRG

Study Design

- ☯ Cross - sectional survey
- ☯ Participants
 - ◆ Women with Stage 1-3 disease, on aromatase inhibitors
 - ◆ At least 1 mo s/p chemo/XRT
- ☯ Survey developed based on literature search, input from survivors and clinicians, piloted among survivors
- ☯ Analysis: Descriptive, Multivariate Logistic Regression, significance was set at 0.05, 2 sided



Primary Care & Breast Cancer Survivorship

Mao et al. J. Clin Oncology. 2009

Results:

- ☉ 300 participants (>90% participation rate)
- ☉ 95% had a PCP
 - ◆ 5% stopped seeing PCP following breast cancer diagnosis
 - ◆ 34% visited PCP yearly
 - ◆ 47% visited PCP 2-4 times/yr
 - ◆ 14% visited PCP more than 4 times/yr

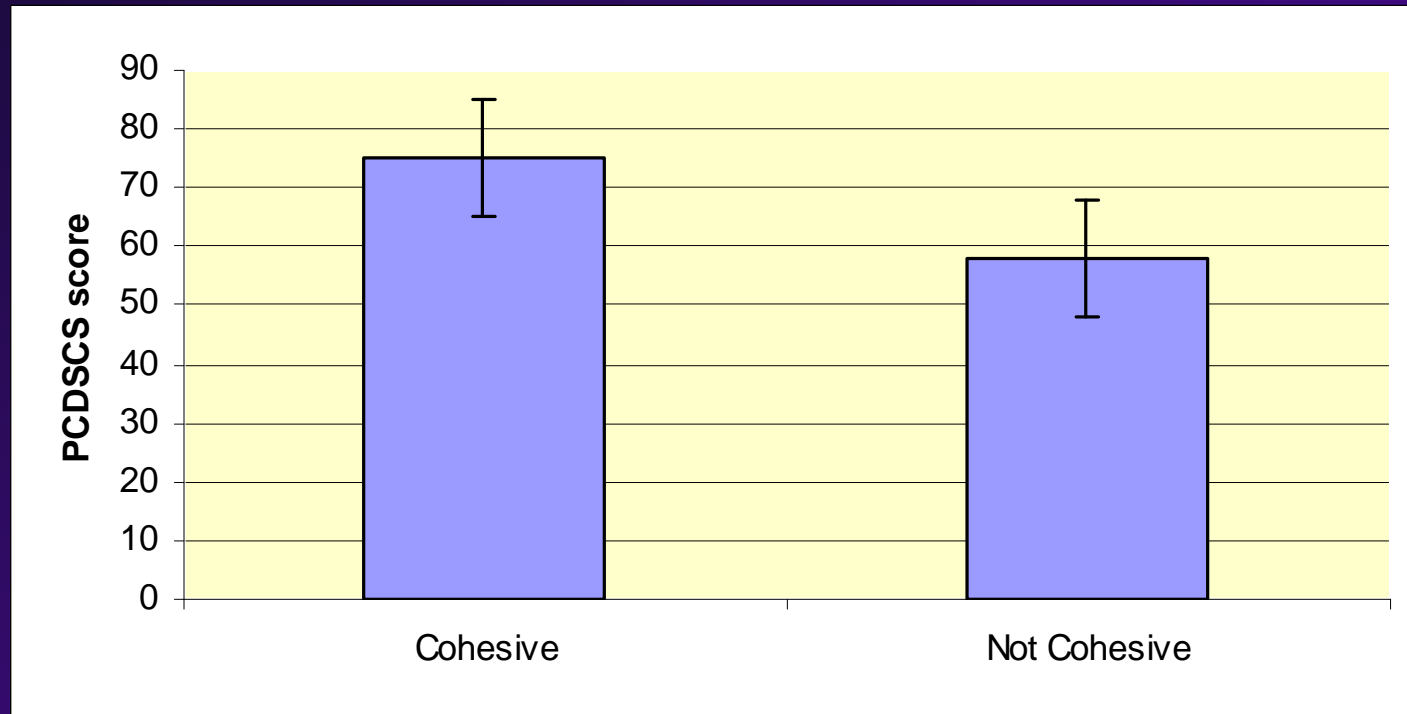
Demographic	
Age	
<55	73 (24%)
55-65	131 (44%)
>65	96 (32%)
Race	
White	253 (84%)
Non-white	47 (16%)
Education	
High school or less	122 (41%)
College	76 (25%)
Graduate/professional school	101 (34%)
Employment	
Full time	114 (39%)
Part time	40 (14%)
Not currently employed	142 (48%)



What do breast cancer survivors say:

My primary care doctor...	Endorsing*
Communicates well with my oncologist since my breast cancer diagnosis	82 (28.6%)
Is knowledgeable about the appropriate follow-up care for breast cancer survivors	143 (50.0%)
Is aware of the potential long term effects of breast cancer treatment	169 (59.3%)
Is skilled at diagnosing and treating symptoms associated with cancer or cancer therapy	117 (41.2%)
Pays attention to my emotional well-being	210 (73.4%)
Helps me live a healthier life by discussing diet, exercise, and weight management	206 (72.8%)
Is sensitive to my needs as a whole person	222 (77.6%)

More cohesive, More satisfied



Conclusions

- Breast cancer survivors perceive overall high general care provided by PCPs
- Lower ratings for cancer specific symptom detection and management
- Lack of communication between oncologists and PCPs is a major limitation

Complementary and Alternative Medicine and Breast Cancer

Bonner et al. SIO. 2008

CAM Use Since Diagnosis

Any Prior CAM Use	185 (62%)
Acupuncture	27 (9%)
Chiropractic	37 (12%)
Energy Healing	19 (6%)
Expressive Arts	15 (5%)
Herbs	58 (20%)
Homeopathy	6 (2%)
Massage	65 (22%)
Relaxation Techniques	67 (23%)
Special Diet	39 (13%)
Tai Chi	14 (5%)
Yoga	53 (18%)
Vitamins (not multivitamins)	103 (35%)



Patients Prefer CAM Integration

Interest in CAM Services at the Cancer Center	
Acupuncture/Massage	58%
Yoga/Tai Chi	49%
	Interest in CAM Outreach
CAM Brochure	70%
CAM Network	71%
Patient Seminars	61%
HCP Seminars	70%
CAM Website	74%



WELLNESS AFTER BREAST CANCER

500 Patients Participated
(Survey and Blood Collected)

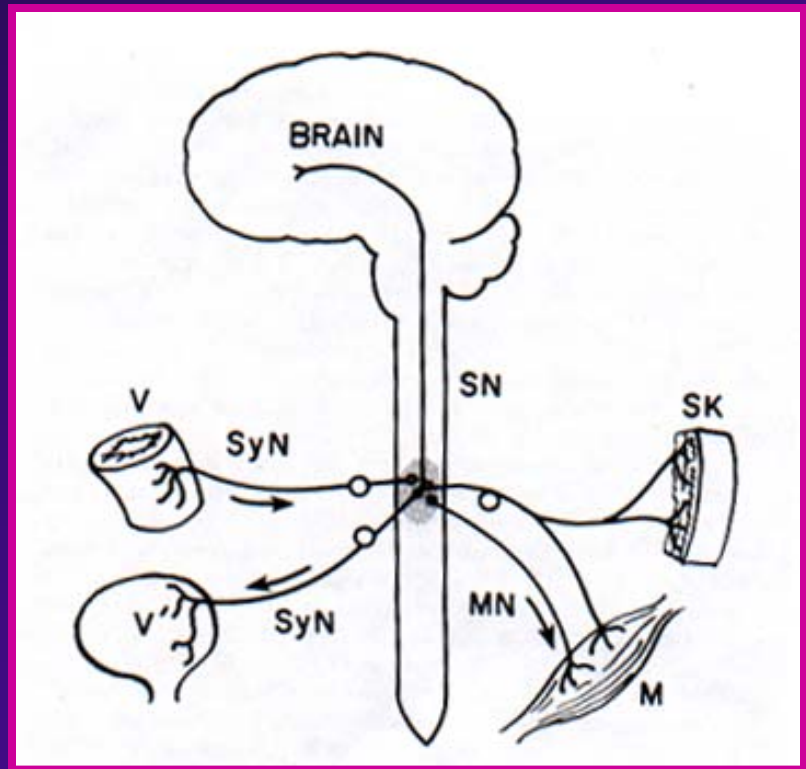
Keep Posted

Acupuncture
&
Breast Cancer



Biology of Acupuncture

- ◆ Neuroendocrine
 - Opioid
 - Serotonin
 - Dopamine
- ◆ Viscero-autonomic
 - Sympathetic
 - Parasympathetic
- ◆ HPA axis



Creating homeostasis

Aromatase Inhibitor Related Arthralgia (AIA)

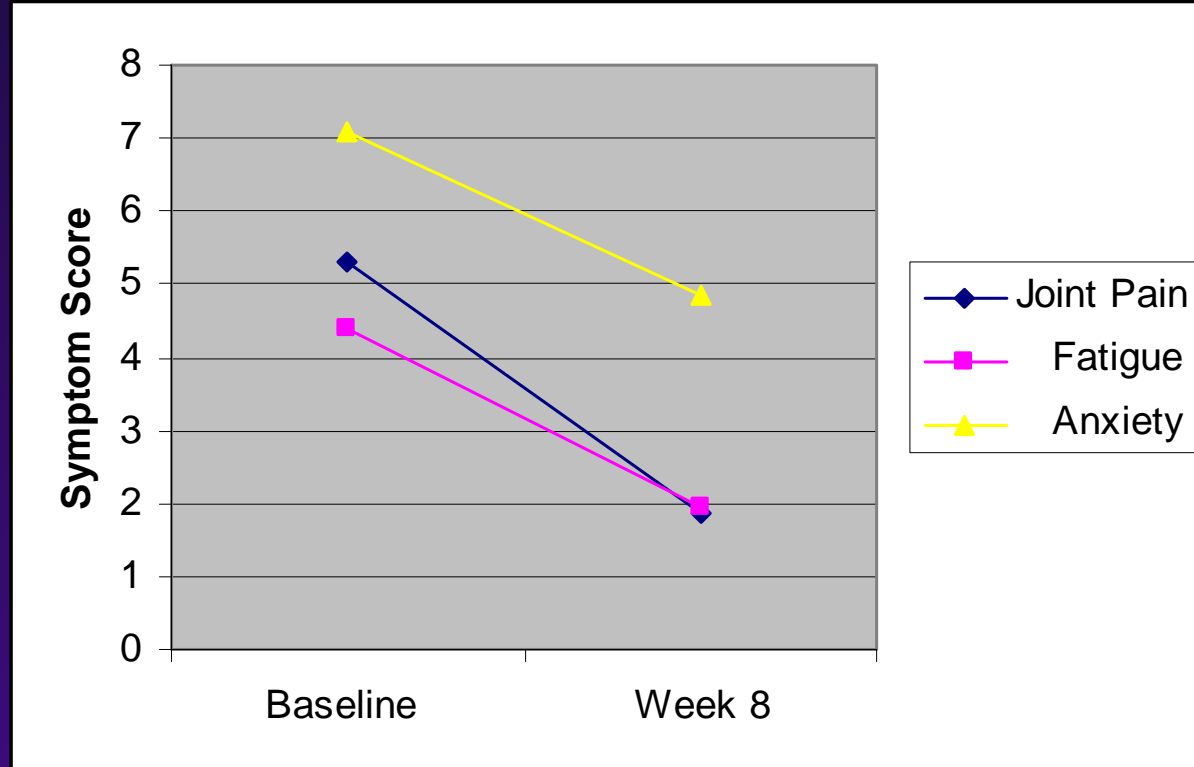
- ☯ AIs increase disease-free survival in post-menopausal women with hormone receptor positive breast cancer
- ☯ Joint Pain – Arthralgia
 - ◆ Clinical Trials: Arthralgia rate higher in AI group than in Placebo group as well as in tamoxifen group
 - ◆ Empirically: high rate of dis-continuation and non-adherence reported
 - ◆ Negatively affect functions and quality of life

Acupuncture Pilot Trial

- ☯ N=12
- ☯ Single arm
- ☯ Up to 10 electro-acupuncture treatment over 8 weeks
- ☯ Criteria
 - ◆ Pain attributed to AI
 - ◆ Pain rating greater than 4 on a 0-10 numerical rating scale
 - ◆ Modified Brief Pain Inventory as the primary outcome

Results:

- ☯ 11 out of 12 subjects considered their joint symptoms “very much” improved



Acupuncture and AI-related Arthralgia

☯ Randomized Placebo Controlled Trial

☯ N=75

- ◆ Real acupuncture
- ◆ Placebo acupuncture
- ◆ Wait List Control

Funded by NCCAM/NCI/NIA

Acupuncture and Hot Flashes

- ☯ Clinical Trial (placebo controlled RCT)
 - ◆ Acupuncture vs. Gabapentin
 - ◆ N=124
- ☯ Brain Imaging study
 - ◆ Visualize the effect of acupuncture on brain serotonin
 - ◆ N=7
- ☯ Anthropology study
 - ◆ Understand the attitudes and barriers towards acupuncture
 - ◆ N=30

Funded by NCCAM/NCI/NIA and ACS

Acknowledgement

- ☯ Clinicians and staff
- ☯ Collaborators:
 - ◆ Angela DeMichele, MD MSCE
 - Irene Su, MD MSCE
 - Carrie Stricker, PhD RN
- ☯ Research Assistants

Thank You

