# Breast cancer in the elderly - is there a role for the geriatrician?

Workshop in Breast Cancer Surgery

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# Geriatricians?

- Internal medicine specialists
  - Diagnose, treat, and prevent acute and chronical disease and disability in older adults
- Interdisciplinary setting
  - Nurses, physio & occupational therapists
  - Nutrition experts
  - Pharmacologists
  - Other departments and primary care

# Patients we see

- Often +80 years
- Multi-morbidity
- Poly-pharmacy
- Social and functional impairments
- Decline in physiological reserve

= Complex medical situation

# Comprehensive Geriatric Assessment (CGA)

Multidimentional, interdisciplinary, and holistic assessment of patients

For example

- medical issues/comorbidities
- nutritional status
- functional level
- social challenges
- frailty

# Frailty

- Lack of physiological reserve across multiple organ systems
- Predictor of mortality, morbidity, and institutionalization after surgery

Partridge *et al.* Age and Aging 2012

No consensus about how to measure frailty

Fried criterias, Mobility indexes (e.g. Time-Up-Go)
Geriatric Assessment, Biomarkers (e.g. CRP, TNF-alfa, IL-6)

Can frailty be modified?

# WHAT MATTERS TO YOU?

List of needs and issues to handle

Individualized care and support plan

Tailor it to patients needs and priorities

# Comprehensive Geriatric Care

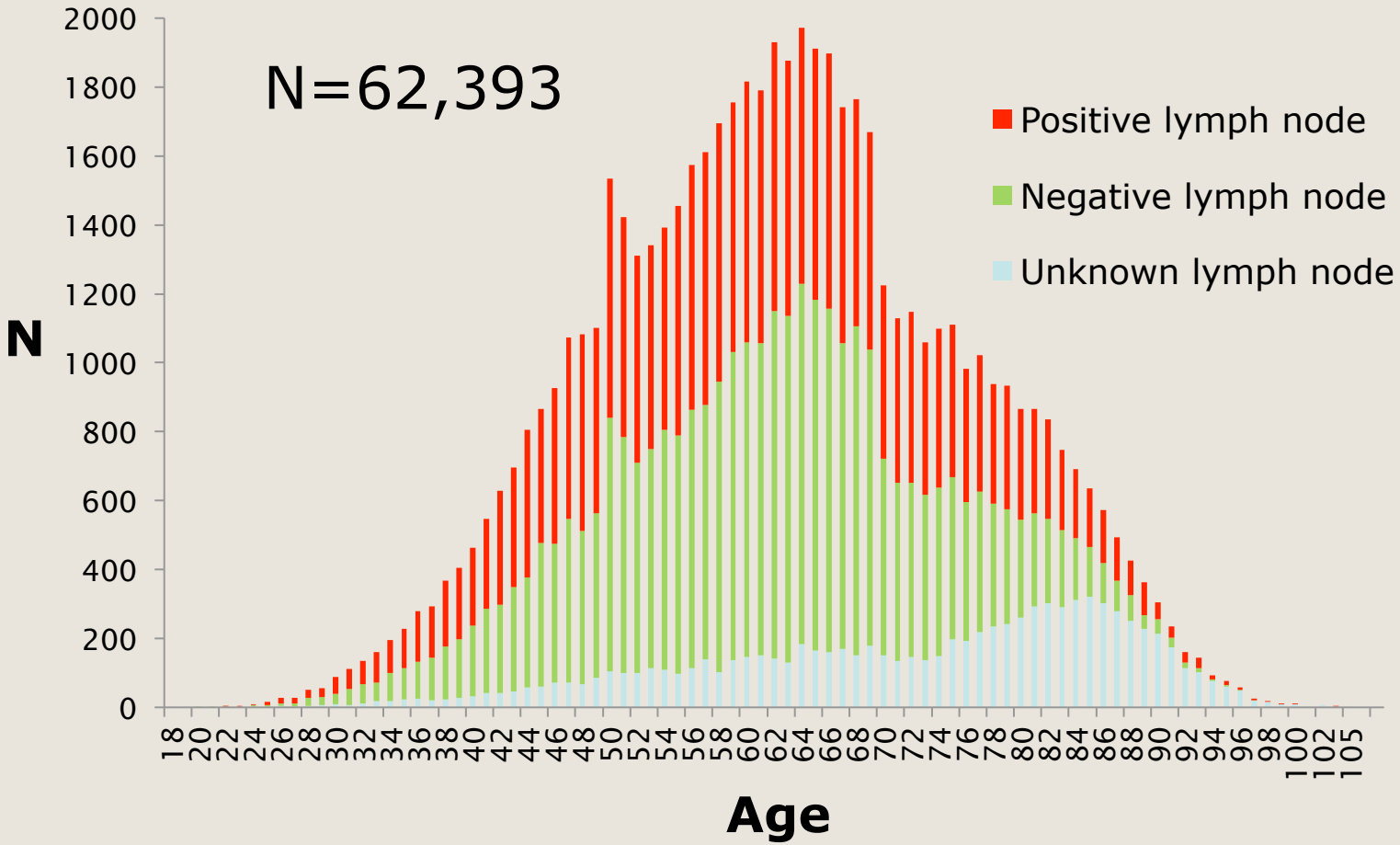
- Thorough medicine review
- Diagnose and treat diseases
- Ensure social support/health care at home
- Initialize rehabilitation when needed

# Comprehensive Geriatric Care Aims

- To increase *Quality of Life* by preventing functional decline
- To *reduce risk of adverse* events
- To reduce risk of *re-admissions*
- To improve fitness before surgery

*"pre-habilitation"*

# Age & axillary lymph node status



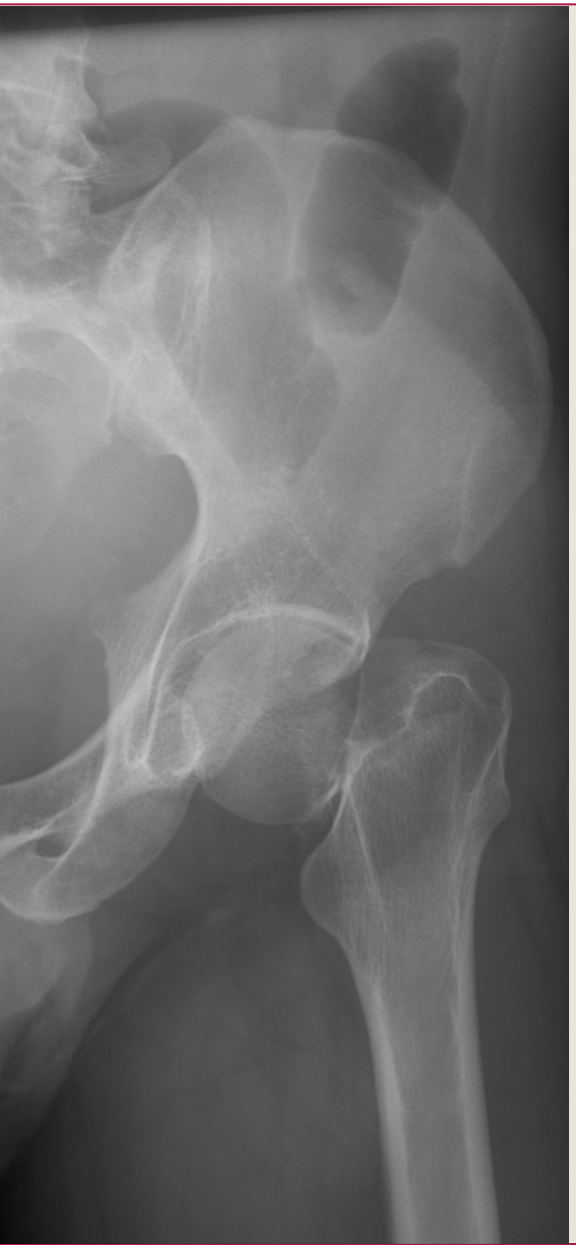
# Assumption

- Surgery is the primary treatment of breast cancer

# Questions

- Can geriatric care improve cancer outcome by increasing chance of full surgical evaluation?

- What is the impact of non-adherence to surgical guidelines?



# Hip fractures

Danish epidemiological study (N=11,461):

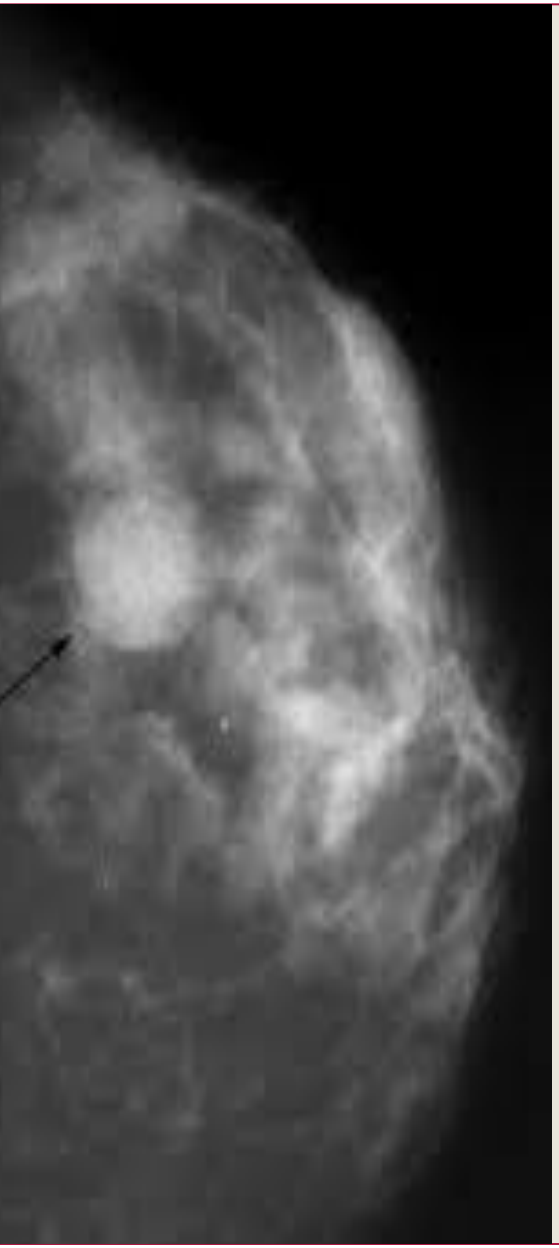
- Compared +geriatric with standard care
- **30-day mortality:** aOR 0.69 (CI:0.54-0.88)
- No effect on Time-To-Surgery & Length Of Stay

Kristensen *et al*. Age Ageing. 2016

Norwegian randomized clinical study (N=1,077):

- Compared +geriatric with standard care
- **Improved mobility** measure after 4 months
- Recommend orthogeriatric care

Prestmo *et al*. Lancet. 2015



# Breast cancer

CGA can predict 3-year survival probability in frail elderly patients.

Stotter *et al*. Br J Surg. 2015

ASCO: "Collaboration with geriatricians should be considered for all vulnerable and frail older (breast cancer) patients"

Punglia *et al*. Am Soc Clin Oncol Educ Book. 2015

SIOG surgical task force survey on surgeons' attitudes:
"…There is a need for clinical investigations focusing on pre-habilitation and other strategies to achieve better functional recovery."

Ghignone *et al*. Eur J Surg Oncol. 2016

# POPS-model

**(*P*roactive care of *O*lder *P*eople undergoing *S*urgery)**

- Pre-OP
  - CGA on elderly patients going through acute or elective surgery
  - Conference with anaestesiologist
- Post-OP
  - Joint medical-surgical ward rounds
  - Multidisiplinary team making rehabilitation goals and discharge planning
  - Post-discharge care/bridge to primary care

Dhesi, The Health Foundation, 2013

# Pre-POPS vs POPS results

Elective **orthopedic** pt's (54 patients in each group)

Pneumonia 20% vs 4% (p=0.008)

Delirium 19% vs 6% (p=0.036)

Pain control 30% vs 2% (p<0.001)

Length Of Stay reduced by 4.5 days

Harari *et al*. Age and Aging 2007

**Urology** pt's (112 pre-POPS 130 POPS)

Length Of Stay reduced 19% (mean 4.9 vs 4.0 days)
Total post-OP complications RR 0.24 (0.10, 0.54)

Braude *et al*. BJU Int. 2016

# Screening models

Medical oncology:

- VES-13, G-8, and several other
- CGA should guide care decisions

Decoster *et al*. Annals of Oncol. 2015

Mohile *et al*. JNCCN. 2015

# Screening models

Surgical oncology:

- Multidimentional Frailty Score (Korea)
  Predicts post-op complications and prolonged LOS

  Choi *et al*. J Am Coll Surg. 2015

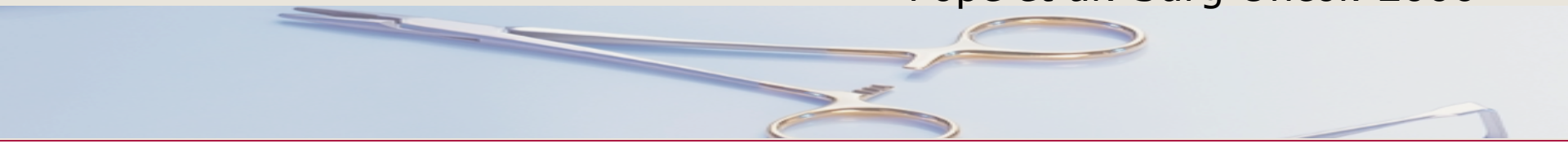
  Kim *et al*. JAMA Surg. 2014

- CGA and other sceening tools can be useful to evaluate fitness for surgery in older cancer patients

  Huisman *et al*. EJSO. 2015

  Parks *et al*. World J Surg Oncol. 2012

  Pope *et al*. Surg Oncol. 2006



# Is there a role for the geriatrician?

Sometimes

# Is it worth it?

- How do we know if geriatric intervention will be beneficial?
- How can we measure it?
  - Overall Survival?
  - Quality of Life?
  - Admissions/Re-admissions?
  - Length Of Stay?
  - Adherence to surgical guidelines?
  - Adverse events (infections, delirium, etc.)

# POPS – who?

## Selection criterias

- +65 year olds who have e.g.
  - Poorly controlled diabetes
  - ischaemic heart disease
  - blood pressure >160/90
  - cerebrovascular disease
  - chronic lung disease
  - memory problems
  - poor nutritional status
  - 2 or more falls in a year
- Or who take warferin, need assistance with daily activity, have surgery deferred due to other health issues.

# Frailty

- Lack of physiological reserve across multiple organ systems
- Predictor of mortality, morbidity, and institutionalization after surgery

Partridge *et al.* Age and Aging 2012

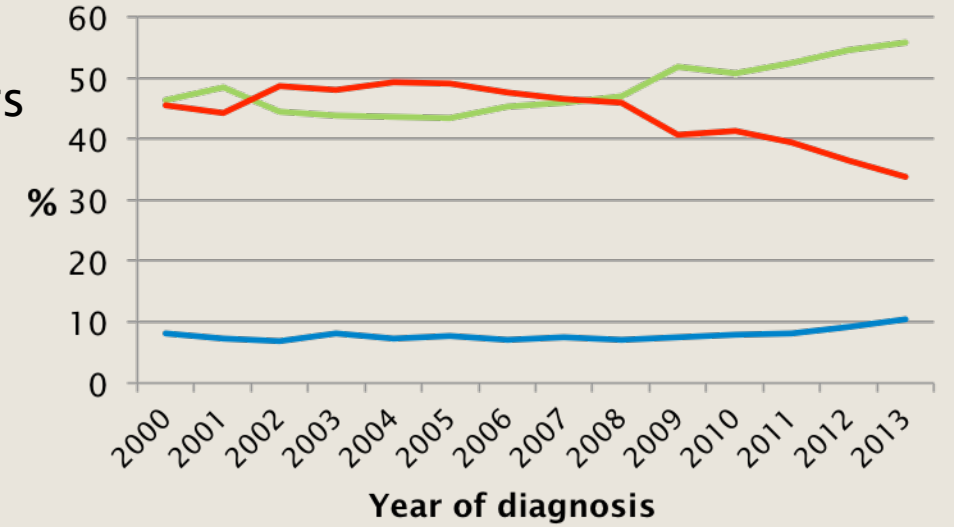
1. Slow gait speed
2. Low physical activity
3. Unintentional weight loss
4. Self-reported exhaution
5. Muscle weaknes

Fried *et al*. J Gerontol A Biol Sci Med Sci. 2001

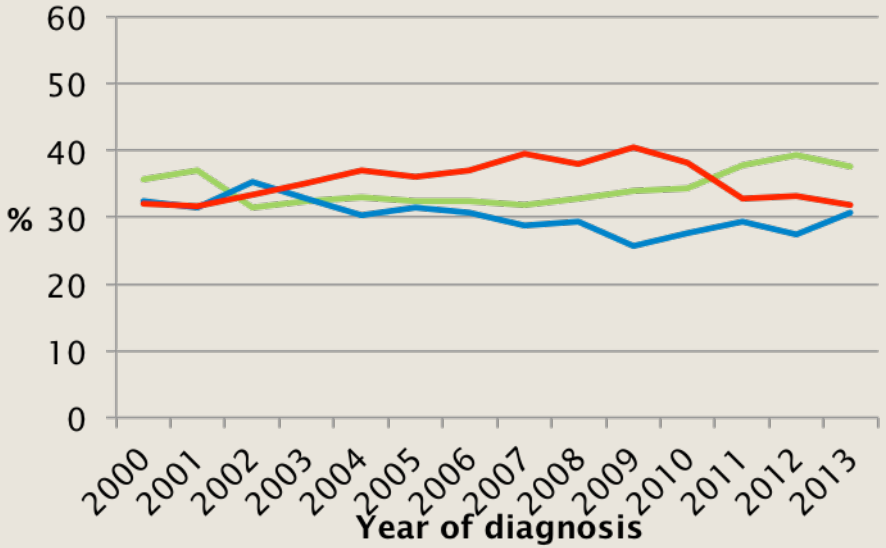
Surgery:
primary treatment

Since 2000:
DBCG aims to register all women regardless of age & treatment

<70 years




≥70 years



# Colorectal Cancer

Norwegian group

- Frailty indicators did not predict decline in physical function

  Rønning *et al*. J Geriatr Oncol. 2013

- CGA can identify frail patients who have increased risk of post-surgery complications after elective surgery for colorectal cancer

  Kristjansson *et al*. Criti Rev Oncol Hematol. 2010