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Factors influencing loco-regional relapse in older breast cancer

patients treated with tumourectomy and tamoxifen.

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Keywords: breast cancer, older patients, tamoxifen, loco-regional relapse, randomised trial

ABSTRACT

Background In breast cancer patients (\geq 70 years), tumourectomy plus tamoxifen (T + T has a higher loco-regional relapse rate than mastectomy. This study examines factors influencing local recurrence in these cases

Methods Clinical records of 71 patients aged \geq 70 years, randomised to the T + T arm of a 2 randomised trials were reviewed. Cox Proportional Hazards model was used to determine the most significant variables.

Results After 15 years follow-up, loco-regional relapse occurred in41%, of whom 5 had synchronous metastatic disease. Most tumours (67%), recurred in the index quadrant. Subsequently 21/24 patients with loco-regional recurrence only had salvage mastectomy. Three variables significantly predicted loco-regional recurrence: lympho-vascular invasion (HR [95% CI]: 11.88 [4.52, 31.22], p<0.001), ER negative status (HR [95% CI]: 3.61 [1.33, 9.79], p=0.012), and tumour necrosis (HR [95% CI]: 2.95 [1.13, 7.70], p=0.027). Final margin status

was not associated with loco-regional relapse.

Conclusions Tumourectomy + Tamoxifen in older patients results in long term local control in the majority with most loco-regional failures being salvageable. Risk factors for local relapse are lymphovascular invasion, ER status and tumour necrosis. Negative tumour excision margins do not significantly change local outcome in the absence of radiotherapy. Lympho-vascular invasion significantly reduces survival time in these older patients.

INTRODUCTION

As the population ages, women aged \geq 70 are becoming an increasing proportion of breast cancer patients. In Europe and the US approximately 50% of all new breast cancers occur in women aged 70 years and older^{1 2}. Because of misconceptions about age and co-morbidity, older women have been undertreated^{3 4} and frequently omitted from clinical trials⁵, leading to a paucity of reliable data. Evidence from the relatively few randomised trials in older breast cancer patients is in support of surgery plus tamoxifen rather than tamoxifen alone^{6 7 8 9}. Despite this, debate still exists about adequate extent of the surgery and the need for axillary surgery.

The EORTC 10850 trial has suggested the equivalence of tumourectomy plus tamoxifen (T + T) to modified radical mastectomy, in terms of overall survival⁹. Quality of life (QOL) analysis of these patients has reported fewer arm problems in the tumourectomy group and a shift in the direction of a benefit in body image¹⁰. On the other hand there were significantly more locoregional relapses in the tumourectomy + tamoxifen group⁹.

The aim of present study was to review a series of breast cancer patients aged \geq 70, all receiving uniform treatment in the form of tumourectomy followed by tamoxifen and to ascertain the various clinico-pathological determinants of loco-regional relapse, and their effect on survival.

PATIENTS AND METHODS

We reviewed the clinical files of all breast cancer patients aged \geq 70 years, treated at the Breast Unit, Guy's Hospital, by tumourectomy and tamoxifen, as a part of randomised clinical trials (C

19 & C 28) between 1983 and 1990. Patients in C19 participated in a pilot trial conducted at Guy's Hospital, comparing modified radical mastectomy with T + T whereas those in C28 were the Guy's component of EORTC 10850. All patients had a histological diagnosis of operable breast cancer (T1 T2 T3a, N0 N1a N1b, M0). They all had a single primary with no evidence of Paget's disease of nipple. All had staging investigations (full blood count, biochemical screen, and chest x–ray) to rule out distant metastases.*

Surgical treatment was tumourectomy followed by adjuvant tamoxifen 20 mg daily for the rest of their life or until development of relapse. Tamoxifen was given to all patients irrespective of estrogen receptor (ER) status as part of the protocol because, at the time of study design, it was thought that there was a benefit from tamoxifen in postmenopausal ER negative women. All patients were seen every 3 months for 2 years, then monthly for 3 years and thereafter annually. All patients were followed to death or for 15 years.

We recorded the pattern of relapse under two major categories, loco-regional and distant. Locoregional recurrence was subdivided into breast recurrence in the index quadrant, breast recurrence elsewhere, breast multicentric recurrence and axillary relapse. Supraclavicular lymph node recurrence, contralateral breast recurrence, contralateral axillary metastasis and distant organ relapses were recorded as distant metastasis.

Patients who did and did not develop loco-regional relapse were compared for various *a priori* clinico-pathological factors using appropriate statistical measures. Factors examined to determine their influence on loco-regional relapse were patient age, clinical T size, clinical axillary nodal status, tumour type and grade, , presence of lympho-vascular invasion (LVI),

margin status, ER and PR status, presence of tumour necrosis, and area of the breast involved. The tumour was considered ER positive if containing >10femtomoles/mg cytosol protein.

Statistical analysis

Univariate analyses were performed using chi-squared tests to determine statistical significance. A multivariate analysis using Cox Proportional Hazards was used to determine independent predicting factors of loco-regional recurrence. Kaplan-Meier plots were used for calculating loco-regional relapse free survival and overall survival. All statistical analyses were performed using SPSS v.16.0.

RESULTS

In trials C 19 and C 28, patients aged \geq 70 who agreed to participate were randomised to be treated with either T + T or modified radical mastectomy. There was a total of 79 patients on the T + T arm treated at Guy's Hospital between 1983 and 1990, but we were only able to review the full clinical records of 71 cases. Patient age at entry varied between 70 and 84 years with mean age 74.8 yrs. The majority of tumours were invasive ductal cancers (IDC) (77%) and ER positive (78%). In this study a positive margin was defined as the presence of invasive tumour at the surgical margins. The margin was described as close, when tumour was within 2 mm of surgical margin. Re-excision was not routinely performed for close or focally positive margins. In 34% of cases, margins were positive and in a further 30% the margins were close. The majority of tumours were T1/T2 and 27% of patients had one or more palpable axillary lymph

nodes at the time of first presentations. Out of 19 patients with clinically palpable nodes only 10 patients manifested relapse.

Table 1 shows the pattern of first relapse and subsequent outcome. Twenty-nine patients (41%) had a loco-regional relapse, of whom 5 had synchronous metastatic disease. Of the loco-regional recurrences 16 (67%) were in the index quadrant. After loco-regional relapse without distant metastases 21 out of 24 patients (88%) were salvaged by mastectomy and 8 remained disease-free for rest of their lives (38% of those salvaged, 33% of those with loco-regional relapse only).

Table 2 shows the distribution of the clinico-pathologic variables, and univariate analysis of their association with loco-regional recurrence. Factors found to be associated with development of loco-regional recurrence were the presence of lympho-vascular invasion (p=0.003), higher grade tumours (p=0.028), larger clinical tumour size (p=0.043), negative ER status (p=0.045) and the presence of tumour necrosis (p=0.048). Age at diagnosis, clinical nodal status, PR status, site in breast and final margin status were not found to be associated with loco-regional relapse in these elderly patients.

To determine the most significant predictors of loco-regional relapse within 15 years of initial treatment, multivariable analysis was performed using the Cox Proportional Hazards model. The following variables were entered into the model using the backward stepwise method. Three variables were found to be significant predictors of loco-regional recurrence (Table 3). The most significant was the presence of lympho-vascular invasion (HR [95% CI]: 11.88 [4.52, 31.22], p<0.001), ER negative status (HR [95% CI]: 3.61 [1.33, 9.79], p=0.012), and the presence of tumour necrosis (HR [95% CI]: 2.95 [1.13, 7.70], p=0.027).

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Figure 1 shows loco-regional relapse free survival for each of these three significant predictors of loco-regional relapse. As expected, even by univariate analysis, all show significant differences in loco-regional relapse-free survival. Figure 2 shows overall survival for each of the significant predictors of loco-regional recurrence. The presence of lympho-vascular invasion significantly reduces survival time in these elderly patients (p=0.012). Although not statistically significant at 15 years, ER negative patients appear to have reduced survival during the first 10 years after diagnosis. A similar result is found for those with tumour necrosis.

DISCUSSION

Recent results from the EORTC 10850 trial have suggested that the preferred treatment option by older patients with breast cancer is T + T⁸. When compared with mastectomy T + T achieved superior body image and quality of life and similar overall survival^{8, 9}. The downside of this limited surgery without radiotherapy is worse local control, but without any survival disadvantage. The high incidence (41%) of loco-regional failure in this study is similar to the breast recurrence rate of 40% in NSABP B–06 trial when breast conservation was used without radiotherapy¹¹. Interestingly long-term results from the Nottingham Trial comparing tamoxifen alone and subtotal mastectomy reported that 70% of those given tamoxifen alone relapsed¹². This underlines the need for tumourectomy in combination with endocrine therapy. In this study we found that in 67% of cases, local recurrence has occurred in the index quadrant. In the remaining 33% of cases, recurrence was multicentric. Out of the 24 loco-regional failures without distant recurrence, 21 (88%) patients were salvaged by second surgery and 8 remained disease free for the rest of their lives. This supports the notion that in older patients, locoregional relapse is not inevitably fatal and should be treated by surgery^{13 14}.

Estrogen receptor positivity increases with advancing age^{15} . In our study 78 % of tumours were ER positive. In contrast only 49% of cancers were PR positive. Similar high ER positivity (73.4%) and relatively low PR positivity (57%) associated with age >75 are also reported by Rhodes et al¹⁵. In this study all patients received tamoxifen irrespective of their ER status as a part of the protocol. Some studies have shown ER status as a strong predictor of local relapse in general breast cancer population¹⁶, concurring with our finding in this study of older patients, (ER-ve 34% and ER+ve 66%, p = 0.045).

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Lymphatic and vascular invasion suggest the possibility of local spread of tumour cells beyond gross margins and hence is considered as one of the predictors of loco-regional recurrence¹⁷. In this study no attempt was made to differentiate between blood vessel and lymphatic invasion. When invasion was recorded without separation into these categories, an incidence of 22% was found. Pinder et al have documented incidence of LVI between 23% and 57% in all ages (Pinder et al, 1994)¹⁸. The incidence of vascular invasion falls with increasing age¹⁹. In this study the presence of LVI has shown strongest association with loco-regional relapse (p=0.003). If only breast recurrences are considered, the association is even stronger (p=0.0001). Multivariate analysis has shown 3 variables that are independent predictors of loco-regional relapse: presence of LVI (p<0.001), ER-ve tumour (p=0.012) and presence of tumour necrosis (p=0.027).

Age of the patient did not influence the local relapse rate (p = 1.00). Preoperative clinical assessment of axillary nodal status was poorly associated with axillary recurrence (p=0.932). Out of 19 clinically node positive patients, 10 patients never manifested any recurrence in spite of no axillary treatment, reinforcing the inaccuracy of clinical assessment if used alone to determine nodal involvement. Location (quadrant) of the primary tumour did not show a significant influence on loco-regional relapse(p=0.078). Though IDC remained the most frequent histological type, 21% of the cancers were infiltrating lobular lesions and this high incidence in the older age groups has been reported by other workers ^{19 20}.

Definition of an adequate margin of resection and its influence on local relapse rate has always remained matter of debate with no consensus^{21 22}. In this series of patients no special attempt was made to obtain radical margins, thus leaving around two thirds of patients with either close or focally positive margins. Statistical analysis suggests that there was no significant difference in local relapse rate among margin positive and margin negative patients (p=0.114). This could

be interpreted as, in absence of radiotherapy cover, negative margins do not improve local control or alternatively that tamoxifen destroys residual ER+ve tumour cells. This observation is in agreement with previous reports which have demonstrated the need for local radiotherapy irrespective of extent of local surgery^{23 24}.

A recent study has shown the safety of radiotherapy in patients above age 75 years and hence age alone should not be a reason for denial of post-lumpectomy breast irradiation²⁵. The new technique of intra-operative radiotherapy (IORT) can be an alternative in older patients^{26 27}. In the TARGIT-A trial, comparing a single dose of targeted intraoperative radiotherapy with a course of post-operative external radiotherapy, there were similar rates of local relapse in both arms with reduced morbidity in those treated intraoperatively²⁷.

As a result of randomised trials demonstrating the superiority of aromatase inhibitors to tamoxifen as adjuvant treatment in post-menopausal women^{28 29 30}, the role of tamoxifen in older women will be increasingly questioned. There is however a downside to the superior antiestrogenic properties of aromatase inhibitors in that they increase bone loss and are associated with musculo-skeletal symptoms in up to 30% of cases. In a recent study, 29% of patients discontinued letrozole because of severe joint pain³¹. This may be a particular problem in older women with a pre-existing burden of osteopenia, osteoporosis and osteoarthritis. Through its partial estrogen agonist effect tamoxifen acts as an osteoprotective agent³², thereby obviating the need for use of bisphosphonates. Hence, after tumourectomy, tamoxifen may yet again play a role in the management of ER positive breast cancer in older women.

Word Count: 3021

Abstract = 302

Article without figures and references = 2107

Type of first relapse	No. patients	No. salvaged	Disease-free at last follow-up or at death
No relapse	40 (56.3%)		40
Loco-regional	24 (33.8%)		
Breast	<u>18</u>		
index quadrant	16	14	6
multicentric	2	2	2
<u>Axilla</u>	<u>2</u>	2	2
Breast and axilla	4	3	0
Distant	6 (8.5%)	XX	7
Only distant	<u>1</u>		
Distant and local	<u>5</u>		
Opposite breast	1 (1.4%)	1	1
TOTAL	71 (100%)		51 (71.8%)

Table 1 Pattern of first relapse and subsequent outcome

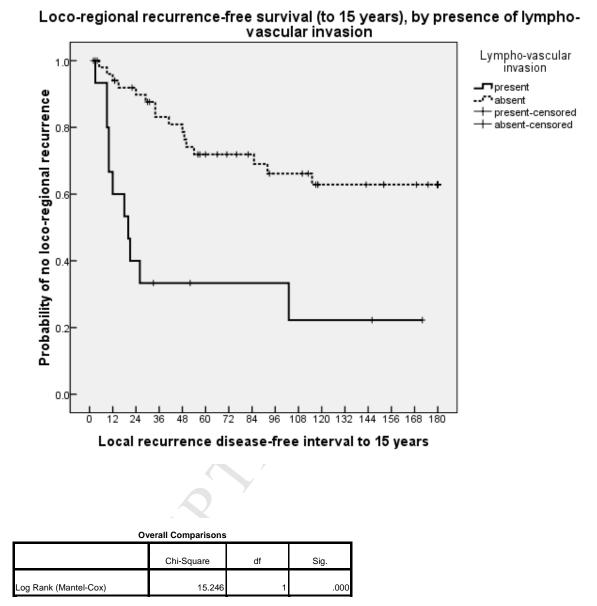
		No loco-	Loco-	Association
Variable	N (%)	regional	regional	Chi-square
		recurrence	recurrence	
Age at diagnosis				
70-74	39 (55%)	23 (55%)	16 (55%)	
75-79	24 (34%)	14 (33%)	10 (35%)	
80+	8 (11%)	5 (12%)	3 (10%)	<i>p</i> =0.978
Clinical tumour size				
T1	15 (21%)	13 (31%)	2 (7%)	
T2	51 (72%)	27 (64%)	24 (83%)	
T3	5 (7%)	2 (5%)	3 (10%)	<i>p=0.043</i>
Clinical nodes				
negative	52 (73%)	32 (76%)	20 (69%)	
positive	19 (27%)	10 (24%)	9 (31%)	p=0.499
Tumour type/grade				
I Duct Grade I	5 (7%)	5 (12%)	0	
I Duct Grade II & I Lob	43 (63%)	28 (68%)	15 (56%)	
I Duct Grade III	20 (29%)	8 (20%)	12 (44%)	<i>p=0.028</i>
not known	3			
<u>ER status</u>			c	
positive	55 (78%)	36 (86%)	19 (66%)	
negative	16 (22%)	6 (14%)	10 (34%)	<i>p=0.045</i>
PR status		· · ·		
positive	35 (49%)	23 (55%)	12 (41%)	
negative	36 (51%)	19 (45%)	17 (59%)	<i>p</i> =0.268
Tumour necrosis				
absent	42 (62%)	28 (72%)	14 (48%)	
present	26 (38%)	11 (28%)	15 (52%)	<i>p=0.048</i>
not known	3		× ,	-
Lympho-vascular invasion				
absent	53 (78%)	37 (90%)	16 (59%)	
present	15 (22%)	4 (10%)	11 (41%)	<i>p=0.003</i>
not known	3			*
Final margin status				
clear	25 (36%)	19 (45%)	6 (22%)	
close	21 (30%)	10 (24%)	11 (39%)	
positive	24 (34%)	13 (31%)	11 (39%)	<i>p</i> =0.114
not known	1		(02/0)	r
Quadrant/area of breast	-			
outer	43 (60%)	30 (71%)	13 (45%)	
inner	19 (27%)	8 (19%)	11 (38%)	
central	9 (13%)	4 (10%)	5 (17%)	<i>p</i> =0.078
central	7 (15/0)	- (10/0)	5 (1770)	P=0.070

Table 2 The distribution of clinico-pathologic variables and their univariate association with loco-regional recurrence to 15 years.

¥7. • 11.		Significant predictors	
Variable	All variables entered	using backward	
	into the model	conditional method	
Age at diagnosis	<i>p</i> =0.999		
70-74	1.00		
75-79	1.01 (0.34, 3.03)		
80+	1.04 (0.22, 4.96)		
Clinical tumour size	<i>p</i> =0.419		
T1	1.00		
T2	2.23 (0.35, 14.10)		
T3	0.85 (0.11, 6.77)		
Clinical nodes	<i>p</i> =0.932		
negative	1.00		
positive	0.95 (0.29, 3.07)		
Tumour type/grade	<i>p</i> =0.346		
I Duct Grade I/II & I Lob	1.00		
I Duct Grade III	1.86 (0.51, 6.77)		
ER status	p=0.172	p=0.012	
positive	1.00	1.00	
negative	2.79 (0.64, 12.16)	3.61 (1.33, 9.79)	
PR status	p=0.771		
positive	1.00		
negative	0.84 (0.26, 2.68)		
Tumour necrosis	p=0.030	p=0.027	
absent	1.00	1.00	
present	3.68 (1.14, 11.91)	2.95 (1.13, 7.70)	
Lympho-vascular invasion	p<0.001	p<0.001	
absent	1.00	1.00	
present	12.53 (3.90, 40.21)	11.88 (4.52, 31.22)	
Final margin status	p=0.357		
clear	1.00		
close	1.29 (0.41, 4.06)		
positive	2.42 (0.67, 8.82)		
Quadrant/area of breast	p=0.213		
outer	1.00		
inner	2.15 (0.71, 6.51)		
central	3.19 (0.72, 14.09)		
contra		1	1

Table 3 Cox proportional hazards ratios for predictors of loco-regional recurrence. (62/71 used for analysis, 9 excluded for missing values)

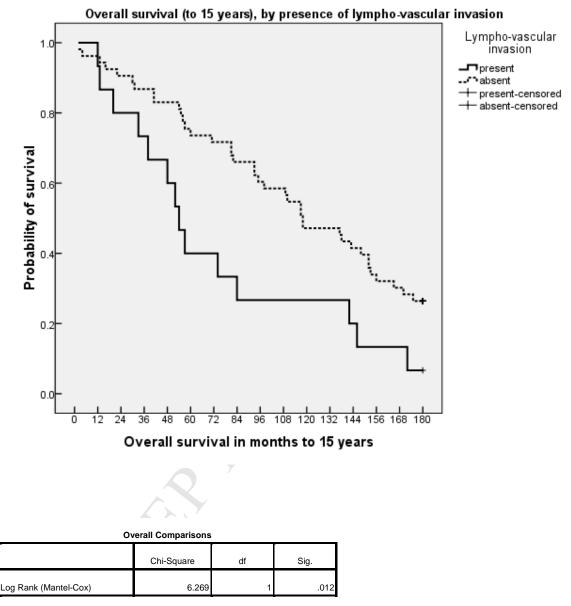
Figure Ia. Local recurrence-free survival after T + T in elderly patients



Test of equality of survival distributions for the different levels of Lympho-vascular

invasion.

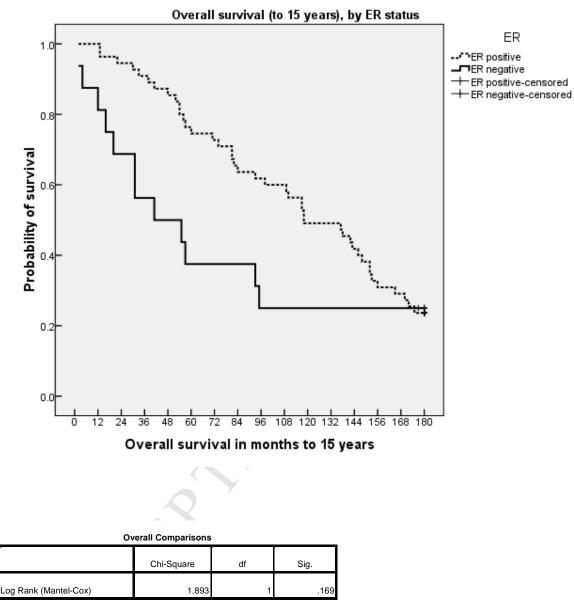
Figure2a. Overall survival to 15 years by significant predictors of locoregional recurrence.



Test of equality of survival distributions for the different levels of Lympho-vascular

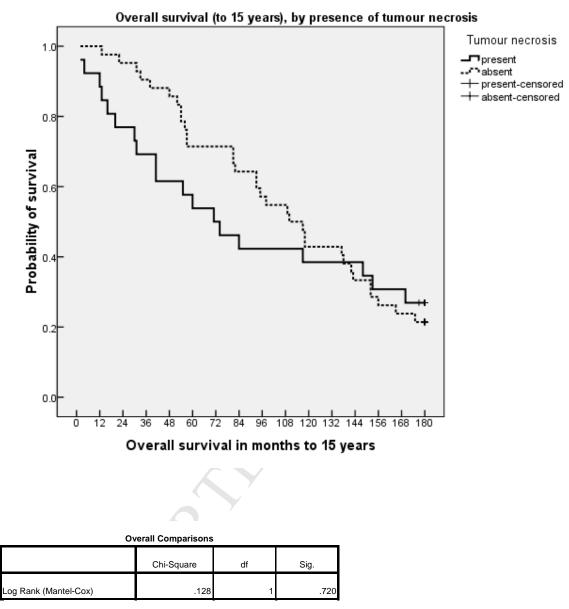
invasion.

Figure 2b.



Test of equality of survival distributions for the different levels of ER.

Figure 2c.



Test of equality of survival distributions for the different levels of Tumour necrosis.

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