



Impact of current management on QoL and mental health in Pre- and Post-menopausal Breast Cancer patients; An Epidemiological Observational study in tertiary care hospital, in South India

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Background

- Breast cancer is one of the leading cancers in women, with a prevalence of 105 cases per 100,000 in 2022
- Current treatment guidelines suggest specific endocrine therapies depending on the menopausal status of the patients
- Common treatment regimens include 5-Fluorouracil, Adriamycin and Cyclophosphamide in combination with Paclitaxel while HER positive patients receive Trastuzumab
- Although current treatment strategies are believed to be effective, there is still a lack of data on QoL and mental health improvements

Objectives

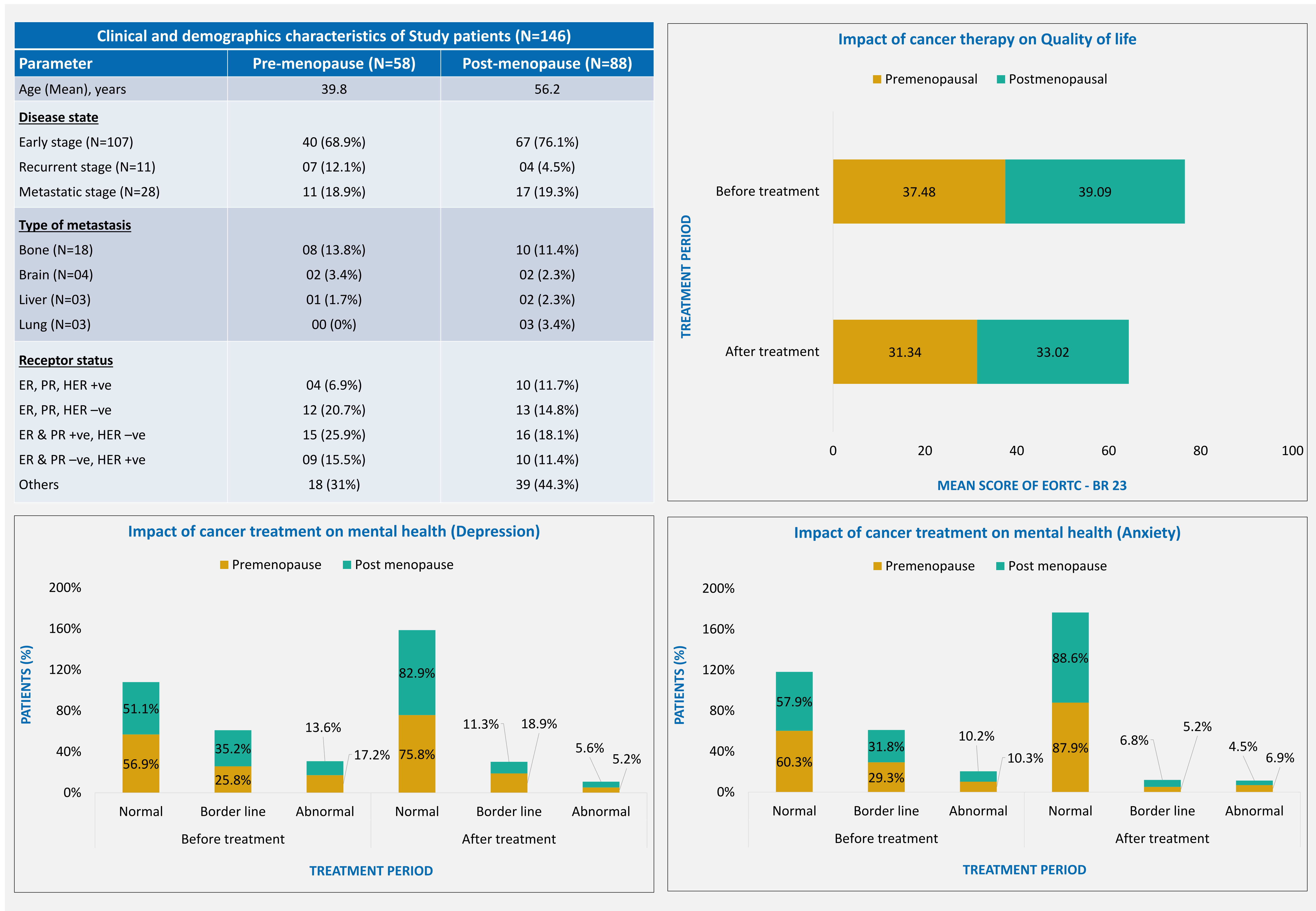
To evaluate the impact of current management on QoL and mental health in breast cancer based on hormonal status in pre and postmenopausal patients

Materials and Methods

- Conducted an observational study in the tertiary care hospital for 6 months after obtaining approval from Institutional Ethical Committee
- After obtaining informed consent from all the study patients, we included 146 cases of physician diagnosed breast cancer patients into the study
- A standard questionnaire (EORTC QLQ - BR23, HADS) was used to assess the QoL and psychosocial status in breast cancer patients before and after the treatment

Findings

- The mean age of study patients was 39.8 years (pre-menopause, n=58) and 56.2 years (post-menopause, n=88)
- Among the study patients, 73.2% were at early stage, 7.5% were at recurrent stage, 19.2% were at metastatic stage
- Significant improvements in the quality of life was observed in patients after receiving therapy
 - The mean scores of QoL (EORTC QLQ - BR23) before and after treatment were 38.3 and 33.7, respectively (p 0.0027)
- The breast cancer therapy significantly impacted the mental health in study patients
 - Depression was higher in patients before treatment compared to after treatment (15.4% vs. 5.4 p <0.05)
 - Anxiety was higher in patients before treatment compared to after treatment (10.3% vs 5.7%; p<0.05)
- Pre-menopausal patients reported a clinically meaningful depression and anxiety compared to post-menopausal patients



Conclusion

With initiation of appropriate breast cancer therapy based on the hormonal status, there is a significant improvement in QoL and mental health which shows that therapeutic interventions not only benefit patients clinically but also significantly improves quality of life and mental health status.

References

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