



Adherence to Endocrine Therapies Among Women with Non-Metastatic Breast Cancer in Developing Countries

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Objectives

This systematic review and meta-analysis evaluated utilization of endocrine therapies among women with non-metastatic breast cancer in developing countries.

Methods

- Literature search: conducted through August 2023 in five databases (PubMed, Cochrane Library, Web of Science, Global Health, and WHO Global Index Medicus)
- Inclusion criteria: peer-reviewed observational studies (real-world research) reporting usage rate of endocrine therapy regimens (tamoxifen, anastrozole, letrozole or exemestane)
- Screening and data extraction was conducted by two researchers independently
- Quality assessment: by Joanna Briggs Institute (JBI) critical appraisal checklists
- Data synthesis: used a random effects model and plotted as proportions of women who were adherent or discontinued treatment with the corresponding 95% confidence intervals

Results

Figure 1: PRISMA flow diagram

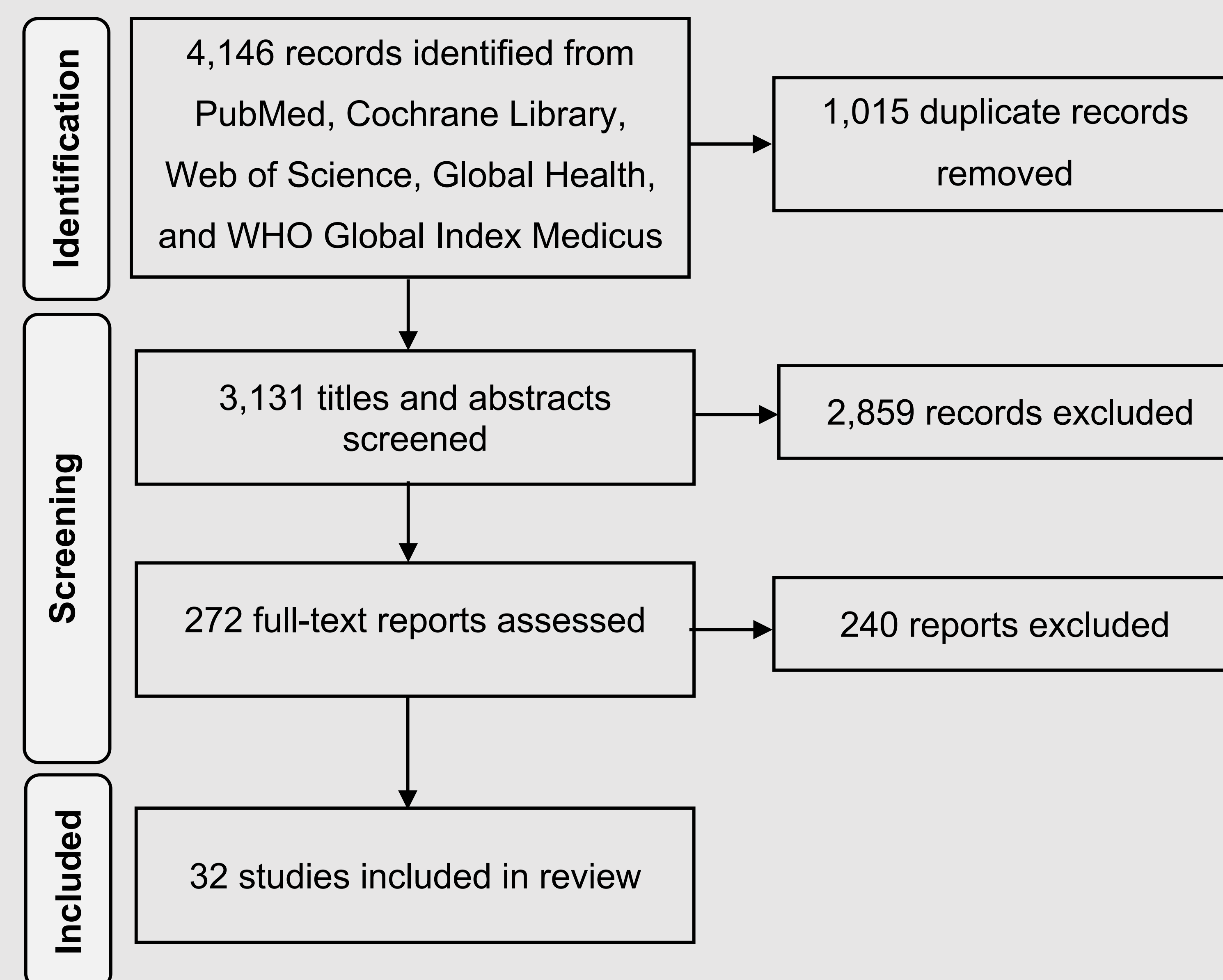


Figure 2: Study characteristics



Figure 3: Forest plot of overall adherence rate

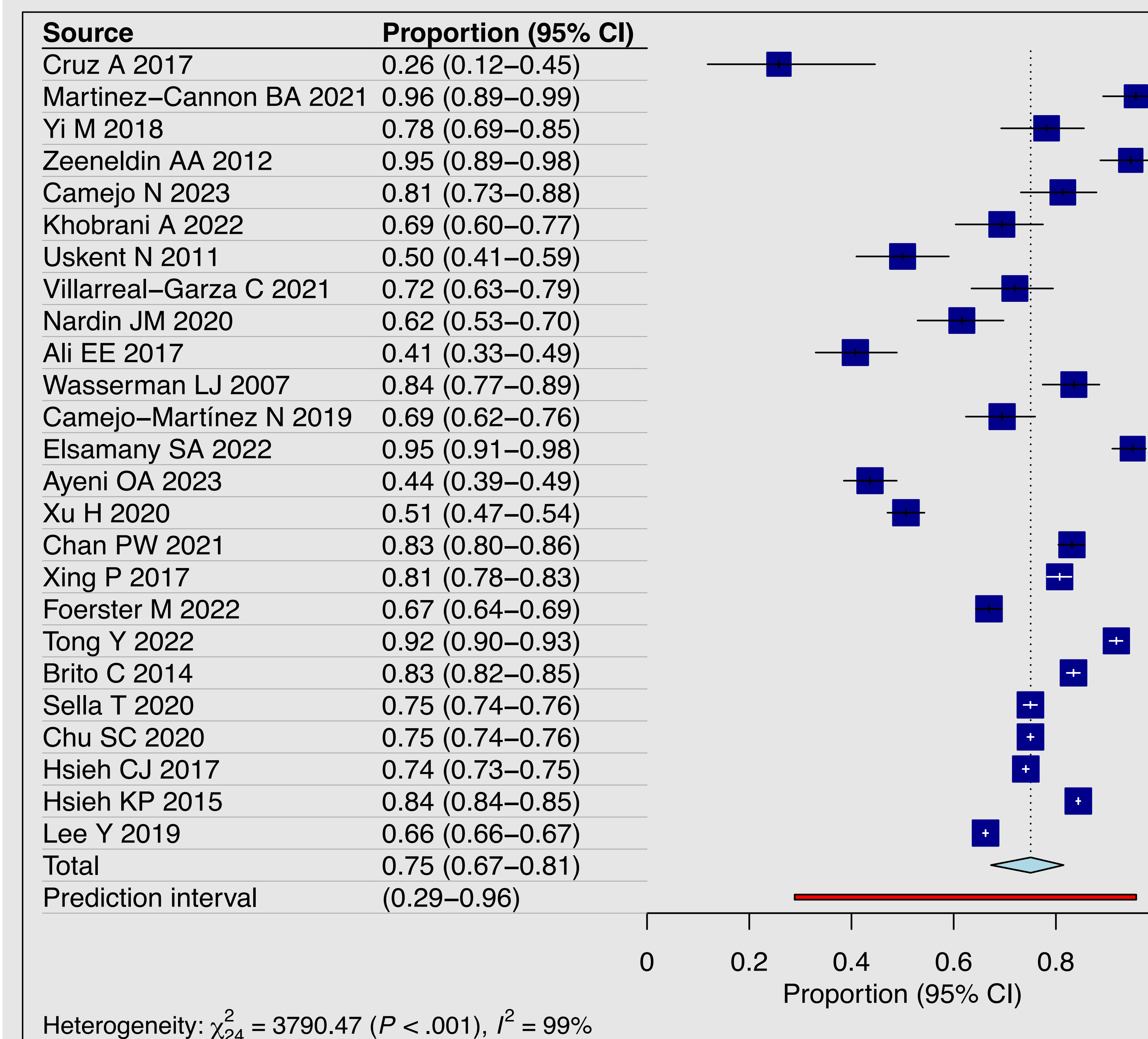
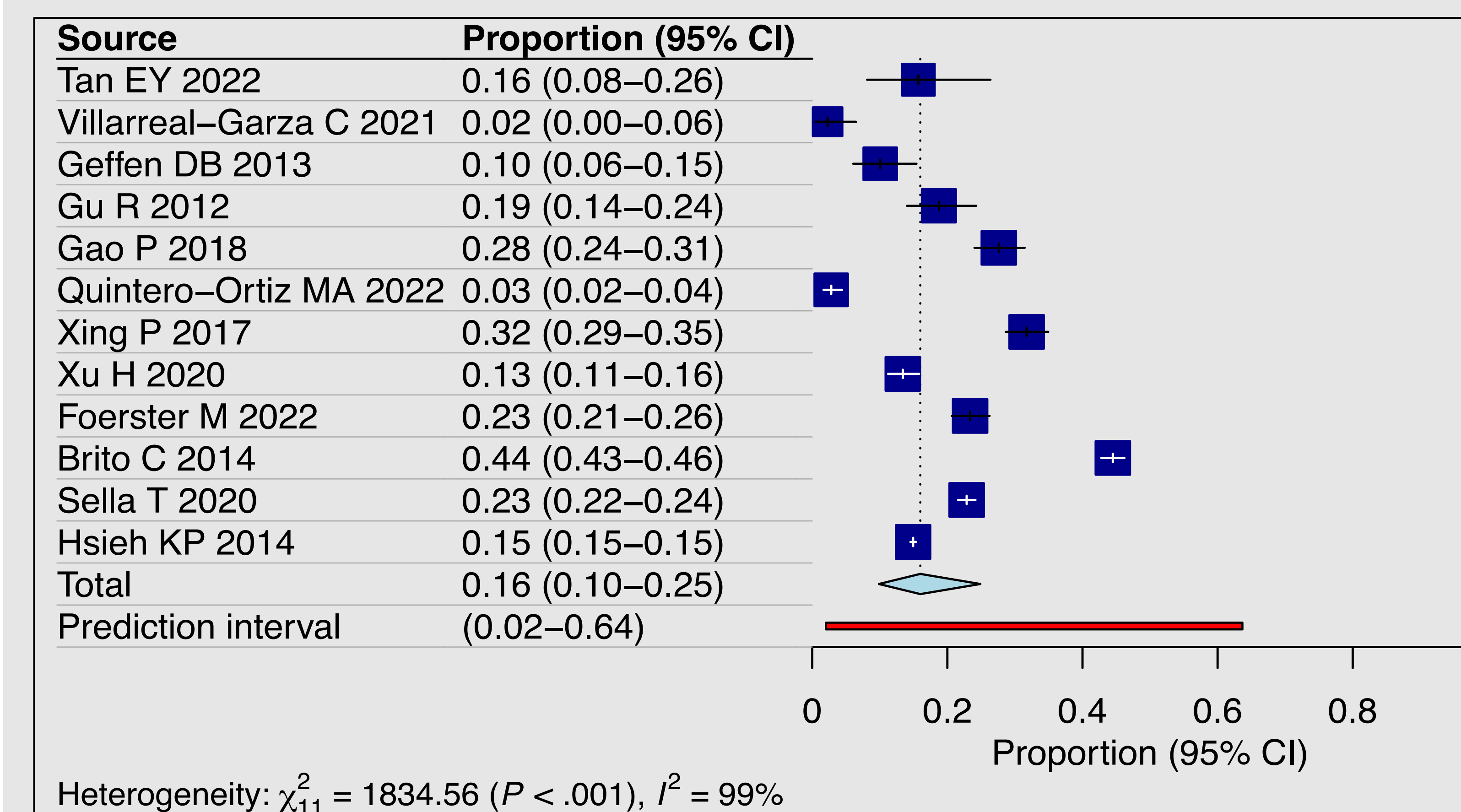


Figure 4: Forest plot of discontinuation rate



Intervals within which the effect size of a new study would fall if this study was selected at random from the same population of the studies already included in the meta-analysis (prediction intervals):

- Non-adherence: 4% to 71%
- Discontinuation: 2% to 64%

Conclusion

- The findings underscore the widespread issue of inadequate adherence to endocrine therapies in developing countries.
- Given the constrained resources and significant mortality rates from breast cancer in these regions, there is a pressing need for strategies specifically designed to improve adherence practices.

References

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