Postmenopausal Hormone Therapy and Breast Health: A Review for Clinicians

Outline for a Supplement to the September Issue of *Women's Health in Primary Care*

1. **Introduction**
   Content:
   - Overview of supplement with rationale and objectives

   Author: J. Fiorica

   Length: 2 pages

2. **Inconsistency in epidemiologic findings on postmenopausal hormone therapy and breast cancer**
   Content:
   - Recent studies suggest the possibility of a slightly increased risk of breast cancer associated with long-term use of postmenopausal hormone therapy
   - However, the results from the many epidemiologic studies on this relationship are not consistent or uniform, and taken together, fail to provide definitive evidence of causality
   - Discussion of results of recent studies, pointing out strengths and weaknesses, as well as both null and positive findings of a relationship between HRT and breast cancer detection
   - Mortality data, detection bias, less aggressive tumors

   Author: Speroff

   Length: Approximately 2,800 words (not including references, abstract, tables or figure) plus 2 tables and 1 figure

3. **The Impact of HRT on Mammography**
   Content:
   - Address increased mammographic density with HRT, impact on detection, discuss how reversible increases in density may not pose the same risk as "naturally" dense breast tissue

   Author. Fiorica

   Length: Approximately 1,700 words (not including references, abstract, tables or figure) plus 2 tables

Stevens
EXHIBIT NO. 81
4/4/08
A. M. MITCHELL

4. **A rationale for estrogen use in breast cancer survivors**
Content:
- Rationale for estrogen use in breast cancer survivors (esp., number of women)
- Review evidence from naturally-occurring situations with estrogen exposure and breast cancer (pregnancy during or after breast cancer, HRT use, OC use)
- Use of estrogen by women who have had breast cancer does not appear to increase risk of recurrence

Author: DiSaia

Length: Approximately 1,600 words (not including references, abstract, tables or figure) plus 1 table and 1 figure

5. **Mechanisms for hormonal regulation of breast tissue**
Content:
- This paper will briefly review the influence of ovarian function on the development of normal mammary tissue, examine the evidence that suggests a favorable influence of exogenous hormones on the biology of breast tumors, and discuss mechanisms for cross resistance to hormone analogues in breast tissue.

Authors: Fiorica, Boman

Length: Approximately 2,200 words (not including references, abstract, tables or figure) plus 1 text box and 1 figure

6. **Postmenopausal hormone therapy: Informed patients, shared decisions**
Content:
- Advise providers to give women a complete picture of the current knowledge about HRT and breast cancer, including the inconsistency in the observational studies and the mortality data
- Compare risk of breast cancer from postmenopausal hormone therapy with everyday risks and focus on absolute risk
- do not try to sell women on long term HRT
- tell patients that no evidence suggests a risk with short-term treatment and the decision to continue HRT should be re-evaluated every year
- physicians should consider having a nurse practitioner or office nurse who serves as the patient educator for HRT
- since this counseling will take time; efforts to develop a code for HRT counseling are also recommended
- Recognize that women may be more comfortable with OCs than HRT and they may not make the connection between the two; physicians can help women see the connection between the benefits; also note to patients that with menopause women are moving to a stage in their life where they'll obtain the benefits of hormones at a lower dose than was needed for OCs
- Stress importance of premenopausal counseling

- Primary care providers who are reluctant to prescribe HRT because their offices are not equipped or staffed for the necessary follow up should still provide balanced and accurate information to their patients about HRT and encourage them to discuss the risks and benefits with their ob/gyn.
- Point out that 85% of female ob/gyns take HRT

Authors: Blackwood, Creasman, Weiss, Speroff

Length: Approximately 1,500 words (not including references, abstract, tables or figure) plus 1 text box

7. **Patient Education Handout**

Content:

- Inform patients that many studies do not show an increased risk;
- give clear information about how many more women will get breast cancer if reported risk are accurate;
- compare risk of breast cancer from postmenopausal hormone therapy with everyday risks;
- emphasize significant health risks for postmenopausal women (cardiovascular diseases)
- Connect HRT to OCs and the comfort level that many women have with OCs
- Point out that 85% of female ob/gyns use HRT

Length: 2 pages (tear out/cut out)