Potential impact of treatment on the mood of older women with primary breast cancer

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Background

- For primary breast cancer treatment is surgery

- Comorbidity, frailty, competitive causes of death play greater role in the older woman

- Consider non-surgical treatment

- Growing evidence for CGA
Methods

- Prospective, two-centre, pilot study
- Older women with stage I/II breast cancer
- Within 6 weeks and again 6 months post-diagnosis
- CGA using validated, cancer-specific tool + QOL assessments and semi-structured interviews
CGA

- Activities of daily living
- Independent activities of daily living
- Performance status
- Comorbidity
- Mood
- Social activity
- Social support

Results

- Average age was 80 years (range 68-92)
- Total CGA score possible 263, indicating best outcome
Results continued

<table>
<thead>
<tr>
<th>Total CGA score (263)</th>
<th>Surgery</th>
<th>Non-surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 weeks</td>
<td>210</td>
<td>191</td>
</tr>
<tr>
<td>6 months</td>
<td>209</td>
<td>209 (p=0.009)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mood score (102)</th>
<th>Surgery</th>
<th>Non-surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 weeks</td>
<td>83</td>
<td>77</td>
</tr>
<tr>
<td>6 months</td>
<td>85</td>
<td>84 (p=0.045)</td>
</tr>
</tbody>
</table>

- Other parameters not significant
Discussion

• Short-term improvement in mood in patients undergoing non-surgery

• May be related to the effects of treatments (endocrine therapy and/or a ‘lack of’ surgery)

• Surgical patients better mood to begin with
Summary

- CGA may help with decision making in select cohort
- Significant changes in mood between surgical and non-surgical candidates
- The study is ongoing and is expanding into a multi-centre one
Any questions?