

Burning Heart – Das Management der Antihormontherapie

Dr.med. Barbara Zeyen






Ca. 70% rezeptorpositiv
deutliche Reduktion der Rezidivhäufigkeit
Verbesserung des Überlebens

ORIGINAL ARTICLE

WILEY European Journal of Cancer Care

“It is not just any pill”—Women's experiences of endocrine therapy after breast cancer surgery

Susanne Ahlstedt Karlsson^{1,2}  | Catarina Wallengren²  | Roger Olofsson Bagge^{1,3}  | Ingela Henoch² 



30-70% sistieren die Therapie < 5 Jahre
weniger 80% , reduziertes Überleben

Risiko: <40 und >70, Mangel an sozialer
Unterstützung, **Nebenwirkungen**,
angestellt, unzureichende Information,
Übergewicht

Original article

Adherence to adjuvant endocrine therapy in postmenopausal breast cancer patients: A 5-year prospective study



Kari Britt Hagen ^{a, b, *}, Turid Aas ^a, Jan Terje Kvaløy ^{c, d}, Håvard Søliland ^{e, f}, Ragna Lind ^{b, g}

^a Department of Breast and Endocrine Surgery, Haukeland University Hospital, Bergen, Norway

^b Department of Clinical Medicine, University of Bergen, Bergen, Norway

^c Research Department, Stavanger University Hospital, Stavanger, Norway

^d Department of Mathematics and Physics, University of Stavanger, Stavanger, Norway

^e Department for Breast and Endocrine Surgery, Stavanger University Hospital, Stavanger, Norway

^f Department of Clinical Science, University of Bergen, Bergen, Norway

^g Department of Medicine, Haukeland University Hospital, Bergen, Norway



Hitzewallungen

Muskel- und Gelenkbeschwerden

Schlafstörungen

depressive Verstimmung

Fatigue

Herz-/Kreislaufbeschwerden

Scheidentrockenheit

sich älter fühlen

sich verlassen/im Stich gelassen fühlen

jeden Tag an die Krankheit erinnert werden





Supportive Care in Cancer (2019) 27:109–122
<https://doi.org/10.1007/s00520-018-4490-9>

REVIEW ARTICLE



The effect of training interventions on physical performance, quality of life, and fatigue in patients receiving breast cancer treatment: a systematic review

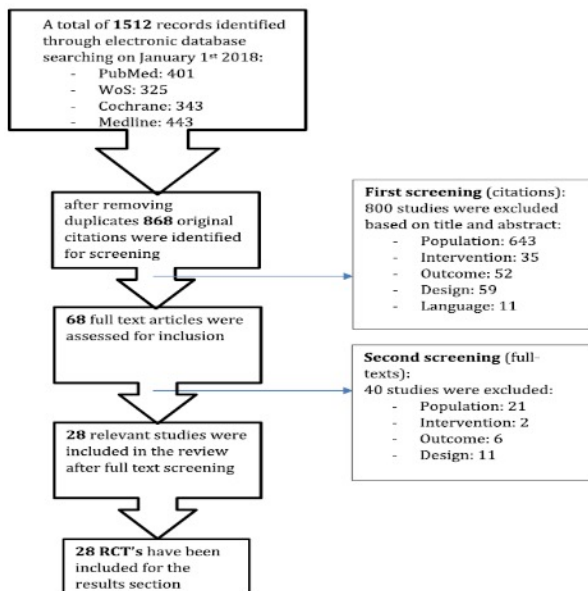
Nick Gebruers^{1,2,3} • Melissa Camberlin¹ • Fleur Theunissen¹ • Wiebren Tjalma^{2,3,4} • Hanne Verbelen¹ • Timia Van Soom¹ • Eric van Breda¹

Ergebnisse:

Verbesserung der körperlichen Leistungsfähigkeit

Verbesserung der Fatiguesymptomatik


Verbesserung der Lebensqualität



BREAST CANCER (B OVERMOYER, SECTION EDITOR)



The Effect of Exercise on the Alleviation of Side Effects Induced by Aromatase Inhibitors in Postmenopausal Breast Cancer Patients

Zacharias Raptopoulos¹ · Constantina Constantinou¹ 

Published online: 15 August 2020

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Brustkrebsüberlebende, die mind. 150 Minuten pro Woche eine mässig intensive sportliche Aktivität ausüben, haben eine günstigere Prognose als Frauen, die nicht ausreichend körperlich aktiv waren

Jenny Chang-Claude, 12.11.2019

75 Minuten
hochintensive Aktivität

2 Einheiten Kraft-
/Koordinations-training

Any amount of running,
even just once a week,
is better than no running

Pedisic et al. British
journal of sports
medicine, 11/2019



These walks helped me prioritize myself, let go of what I couldn't control, and accept what was going on; they gave me a sense of peace.

A. Hope, A survivor's perspective on the power of exercise following a cancer diagnosis



Cancer or no cancer,
writing this reminds me of how important it is
to be kind to yourself, surround yourself with supportive people,
be vulnerable and strong simultaneously,
slow down, let go, get outside, be present, breathe, eat healthy,
and, most importantly,

keep moving

Andrea Hope Dec. 2016



Original article | Published 12 May 2022 | doi:10.4414/SMW.2022.w30155
Cite this as: Swiss Med Wkly. 2022;152:w30155

Qualitative analysis of facilitators and barriers to centre- and home-based exercise training in breast cancer patients - a Swiss tertiary centre experience

Caroline Schneider^{a*}, Sina Reimann^{a*}, Julia Schmid^b, Jürg Bernhard^c, Manuela Rabaglio^c, Kristin L. Campbell^d, Matthias Wilhelm^e, Prisca Eser^a

^a Department of Cardiology, Inselspital, Bern University Hospital, University of Bern, Switzerland

^b Institute of Sport Science, University of Bern, Switzerland

^c Department of Medical Oncology, Inselspital, Bern University Hospital, Bern, Switzerland

^d Faculty of Medicine, University of British Columbia, Vancouver, BC, Canada

^e Contributed equally.

Figure 2: Comparison of barriers to centre- vs. home-based exercise training.

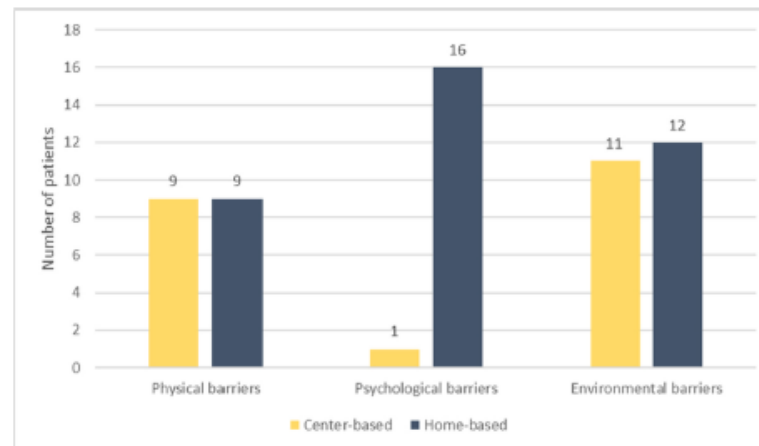


Figure 3: Frequently named strategies to overcome certain barriers, with number of patients reporting specific barriers and strategies indicated in brackets.

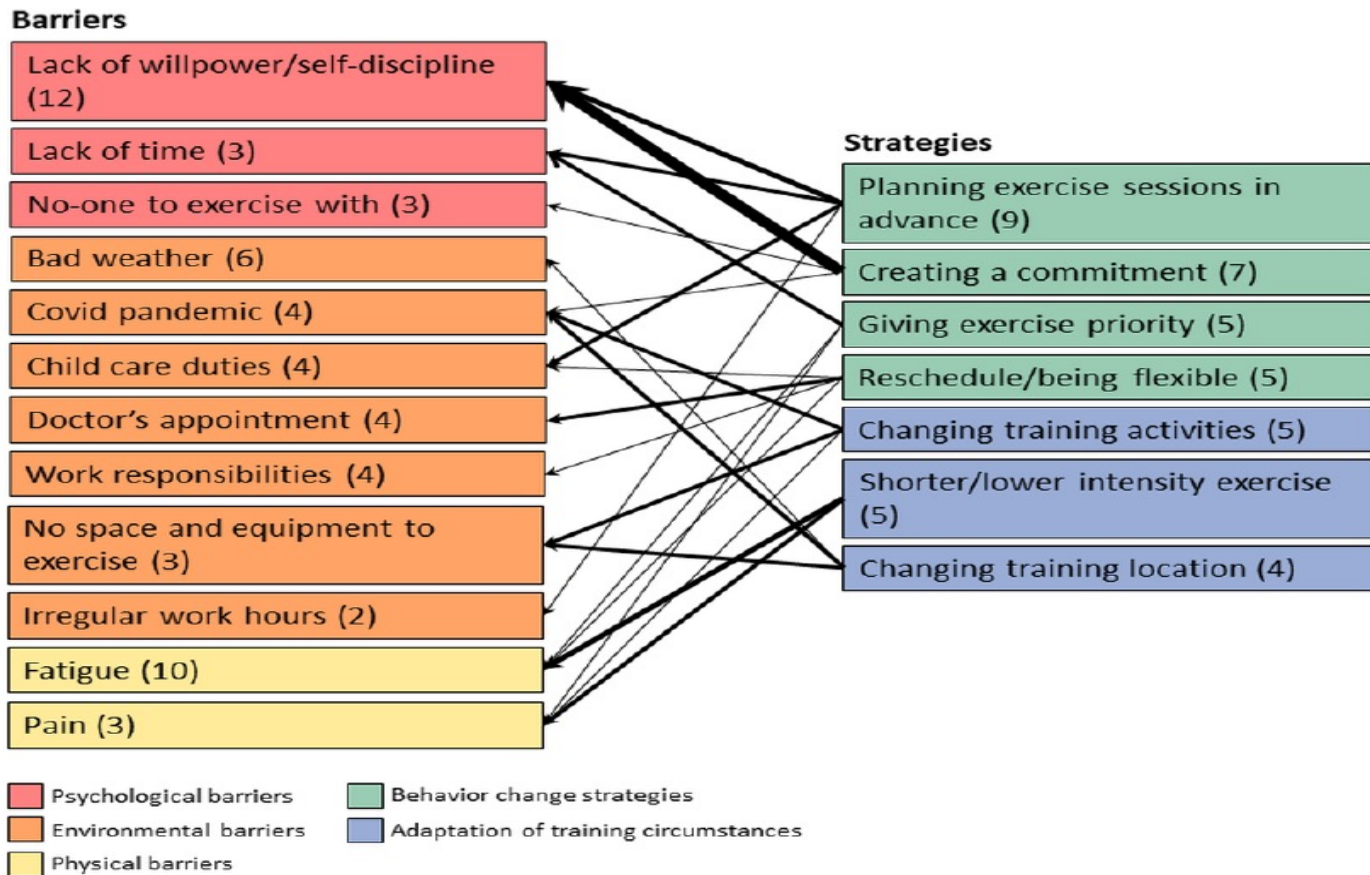
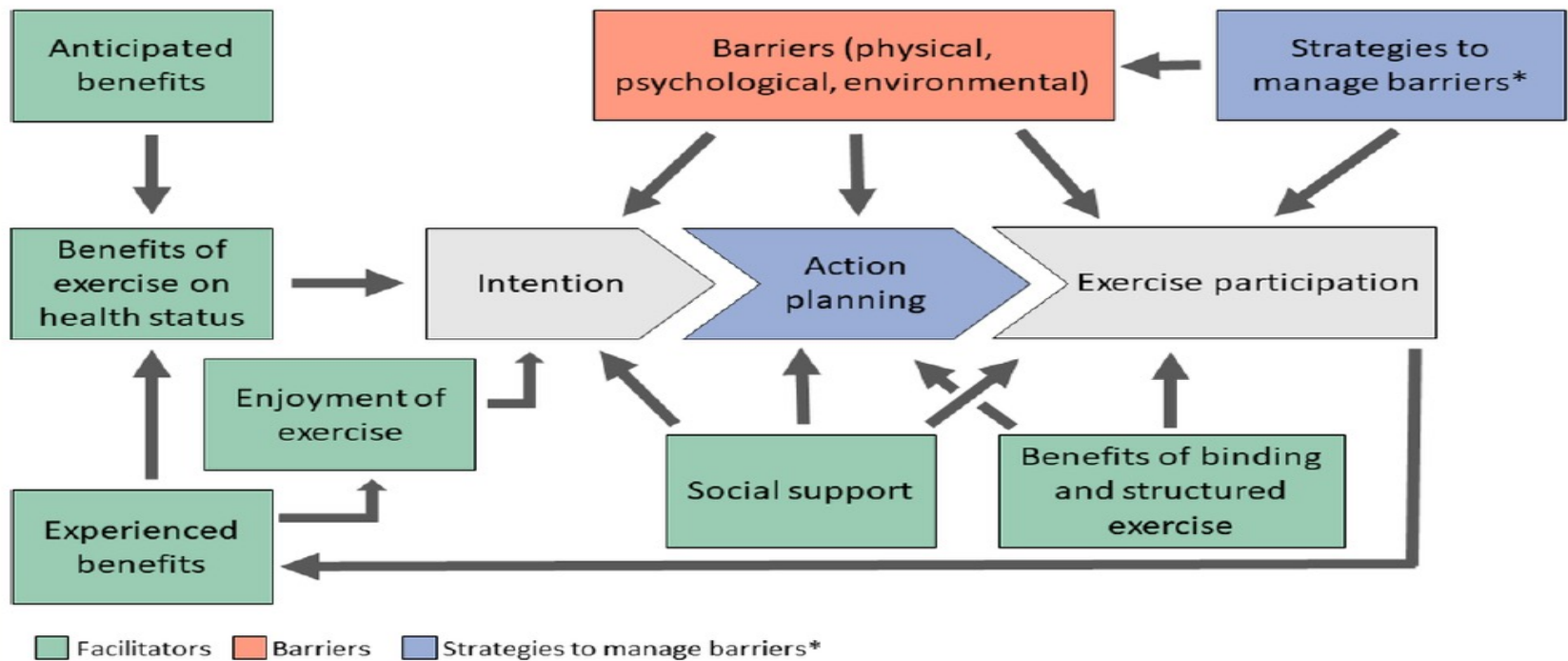


Figure 4: Overview of the emerged themes and their possible influence on exercise participation.





Gelenksbeschwerden

Original Investigation | Oncology

Comparison of Acupuncture vs Sham Acupuncture or Waiting List Control in the Treatment of Aromatase Inhibitor-Related Joint Pain A Randomized Clinical Trial

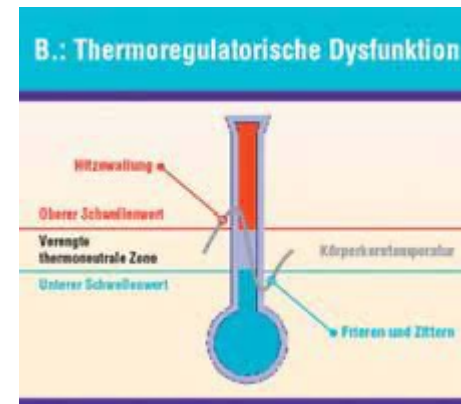
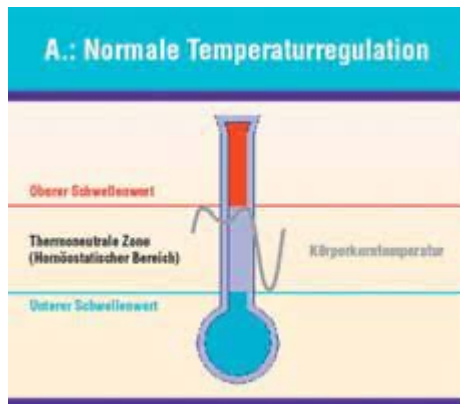
Dawn L. Hershman, MD, MS; Joseph M. Unger, PhD, MS; Heather Greenlee, ND, PhD; Jillian Capodice, MS; Danika L. Lew, MA; Amy Danke, MS; Lori M. Minasian, MD;
Michael J. Fisch, MD; N. Lynn Henry, MD; Katherine D. Crew, MD, MS



Hitzewallungen



Hitzewallungen



Medikamente

Antidepressiva

Cimicifuga

Ruhe, Entspannung

Meditation, autogenes Tr.

MBSR, PMR Jacobsen

Hypnose

Selbsthypnose

Sport

Ausdauertraining

Yoga Pilates



Scheidentrockenheit

Laserbehandlung bei vulvovaginaler Atrophie

Auslösen einer Gewebereaktion in der Tiefe

Neubildung von Kollagen und elastischen Fasern

Veränderung des pH Wertes



Psychologie

sich älter fühlen

sich verlassen/im Stich gelassen fühlen

jeden Tag an die Krankheit erinnert werden









**Cancer or no cancer,
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**Andrea Hope, A Survivor's Perspective on the Power of Exercise following
a Cancer Diagnosis, 2016**