

Press release

Dr. Vinay Deshmane

Avoid chemotherapy in early breast cancer

Mumbai: Breakthrough finding by the Trial Assigning Individualized Options for Treatment (TAILORx) demonstrates the Oncotype DX Breast Recurrence Score Test definitively identifies the 70 per cent of women with early-stage breast cancer who receive no benefit from chemotherapy, and the 30 per cent for whom chemotherapy benefit can be life-saving.

This study will have a practice-changing impact on the medical community related to prescribing chemotherapy to breast cancer patients. The Oncotype Dx test can help oncologist identify low-risk patients who may safely avoid chemotherapy as well as the high-risk patient who will benefit from chemotherapy. By limiting the use of chemotherapy only to those likely to benefit such personalised treatment has the

potential to decrease the use of chemotherapy in breast cancer, remarked Dr. Vinay Deshmane, Surgical oncologist at P D Hinduja Hospital and Breach Candy Hospital, Mumbai.

“The TAILORx findings can spare thousands of women from getting toxic chemotherapy treatment that really wouldn’t benefit them. By identifying the right patients who can benefit from chemotherapy, and sparing chemotherapy and its toxic side effects in those who will not benefit from its treatment, the personalized treatment approach is a breakthrough advancement in the medical fraternity. As the sole commercial representative in India for Genomic Health, we hope to bring changes in the standard of care in India,” said Prasad Vaidya, CEO, Medilinks Inc. —ANI



Thousands of patients are likely to benefit under this medicinal approach

कैंसर पीड़ितों को कीमोथेरेपी से निजात

मुंबई, का. सं. ब्रेस्ट कैंसर से जूझ रही महिलाओं के लिए खुश खबरी है. अत्याधुनिक तकनीक की वजह से अब ब्रेस्ट कैंसर पीड़ितों को कीमोथेरेपी थैरेपी की पीड़ा से नहीं गुजरना पड़ेगा. ऑन्कोलॉजिस्ट डॉ.सुरेश आडवाणी के अनुसार ऑनकोटाइप डीएक्स ब्रेस्ट रिअकरेंस स्कोर टेस्ट से आसानी से पता लगाया जा सकता है कि मरीज को कीमोथेरेपी थैरेपी की आवश्यकता है या नहीं. जबकि अब तक यह सुविधा नहीं होने की वजह से सभी पीड़ितों को कीमोथेरेपी थैरेपी से गुजरना पड़ता था.

पीडी हिंदुजा अस्पताल के डॉ.विनय देशमाने ने कहा कि नई तकनीक के जरिए 70 प्रतिशत पीड़ितों को कीमोथेरेपी थैरेपी से बचाया जा सकता है. भारत में महिलाओं में ब्रेस्ट कैंसर सबसे आम है कैंसर की चपेट में आने वाली कुल महिलाओं में 27 प्रतिशत महिला ब्रेस्ट कैंसर से ग्रसित होती है. डॉ.मंदार नादकर्णी के अनुसार कीमोथेरेपी थैरेपी के कई दुष्परिणाम हैं जिसमें तहत बाल झड़ना, उल्टी व बदन दर्द शामिल है लेकिन ऑनकोटाइप डीएक्स ब्रेस्ट रिअकरेंस स्कोर टेस्ट के जरिए मरीजों को अब इस पीड़ा से निजात मिल जाएगा.

महासागर

Aug 6, 2018

ब्रेस्ट कॅन्सरच्या ७० टक्के रुग्णांना केमोथेरपीच्या वेदनांपासून मुक्तता

३ ऑगस्ट
मुंबई || प्रतिनिधी भारतातील महिलांमध्ये ब्रेस्ट कॅन्सर हा कॅन्सरचा प्रकार सर्रास आढळतो आणि महिलांमधील सर्व प्रकारच्या कॅन्सरमध्ये त्याचे प्रमाण २७ टक्के आहे. स्त्रियांना मोठ्या प्रमाणात ब्रेस्ट कॅन्सर या आजाराशी झुंजावे लागते जर वेळीच उपचार केला नाही तर ते जीवाला घातक ठरू शकते अशा रुग्णांना केमोथेरपी दिली जाते ती खूप वेदनादायी असते त्यात त्यांचा मृत्युही होऊ शकतो. भारतातील सहा मुख्य कॅन्सरच्या नोंदींतील ब्रेस्ट कॅन्सर होण्याचे प्रमाण पाहिले असता, ०.४६ ते २.५६ टक्के या प्रमाणात वाढल्याचे दिसून येते.

त्यासाठी ऑन्कोटाइप डीएक्स ब्रेस्ट रिकरन्स स्कोअर टेस्ट केमोथेरपीची आवश्यकता नाही, अशा ब्रेस्ट कॅन्सरच्या सुरुवातीच्या टप्प्यातील ७० टक्के महिला आणि केमोथेरपी अत्यावश्यक ठरेल, अशा ३० टक्के महिला निश्चित ओळखू शकते, असे ट्रायल असाइनिंग इंडिव्हिज्युअलाइज्ड ऑप्शन्स फॉर ट्रीटमेंटच्या महत्त्वाच्या निष्कर्षामध्ये आढळले आहे.

या पाहणीमुळे, वैद्यकीय क्षेत्रामध्ये वैद्यकीय क्षेत्रामध्ये ब्रेस्ट कॅन्सर रुग्णांना केमोथेरपीचा सल्ला देण्याच्या बाबतीत मोठे बदल होणार आहेत. ऑन्कोटाइप डीएक्स टेस्टमुळे ऑन्कोलॉजिस्टना केमोथेरपी सुरक्षितपणे टाळू शकतात, असे कमी धोका असलेले रुग्ण आणि केमोथेरपीचा फायदा होऊ शकतो, असे उच्च धोका असलेले रुग्ण ओळखण्यासाठी मदत होणार आहे. ज्या रुग्णांना गरज आहे, त्यांनाच केवळ केमोथेरपी देऊन केमोथेरपीचा वापर मर्यादित ठेवल्यास ब्रेस्ट कॅन्सरच्या उपचारांत केमोथेरपीचा एकंदर वापर कमी केला जाऊ शकतो, असे मुंबईतील पी. डी. हिंदूजा हॉस्पिटल व ब्रिच कॅंडी हॉस्पिटल येथील सर्जिकल ऑन्कोलॉजिस्ट डॉ. विनय देशमाने यांनी सांगितले.

3rd Aug'18

७० टक्के महिलांना केमो टाळता येणार :

नव्या उपचार पद्धतीचा फायदा

'त्या' महिलांच्या वेदना कमी होणार

लोकमत न्यूज नेटवर्क

मुंबई : स्तनाच्या कर्करोगाच्या सुरुवातीच्या टप्प्यातील सुमारे ७० टक्के महिलांना केमोथेरपीच्या वेदना टाळता येणार असल्याचा दावा ट्रायल असाइनिंग इंडिव्हिज्युअलाईज्ड ऑप्शन फॉर ट्रीटमेंटच्या निष्कर्षात करण्यात आला आहे. ऑन्कोटाइप डीएक्स ब्रेस्ट रिकरन्स स्कोअर टेस्टच्या माध्यमातून रुग्णांना केमोथेरपीची आवश्यकता आहे की नाही हे ठरविता येणार आहे. टेलोरेक्सने केलेल्या सर्वेक्षणात या टेस्टमुळे सुमारे ७० टक्के महिलांना केमोथेरपीचे उपचार टाळता आले आहेत, अशी माहिती संस्थेने मुंबई प्रेस क्लबमध्ये गुरुवारी घेतलेल्या पत्रकार परिषदेत दिली.

सर्जिकल ऑन्कोलॉजिस्ट डॉ. विनय देशमाने यांनी सांगितले, या चाचणीमुळे स्तनाचा कर्करोग झालेल्या महिलांना केमोथेरपीचा सल्ला देण्याबाबत मोठे बदल होणार आहेत. ऑन्कोटाइप डीएक्स चाचणीमुळे कर्करोगाच्या धोक्याची तीव्रता लक्षात येते. त्यामुळे केमोथेरपी घ्यायची की टाळायची? याचा निर्णय

९ वर्षे केली पाहणी

◆ टेलोरेक्समधील प्राथमिक पाहणी गटातील ऑन्कोटाइप डीएक्स ब्रेस्ट रिकरन्स रिझल्ट ११ ते २५ असलेल्या ६ हजार ७११ महिलांना केमोथेरपीसह किंवा केमोथेरपीविना सरसकट इंडोक्रिन थेरपी देण्यात आली. सर्वेक्षणातील एकूण रुग्णांपैकी दोन-तृतीयांश रुग्णांचा त्यात समावेश होता. त्यानंतर अभ्यासकांनी सुमारे ९ वर्षे रुग्णांचा पाठपुरावा केला आहे.

घेण्यासाठी ऑन्कोलॉजिस्टला या चाचणीची मदत होणार आहे. परिणामी, केमोथेरपीचा वापर कमी होऊन रुग्णांना होणाऱ्या वेदना कमी होतील, असा दावाही देशमाने यांनी केला आहे.

स्तनाचा कर्करोग निदान झालेल्या बहुतेक रुग्णांमध्ये हार्मोन-पॉझिटिव्ह, एचईआर२-निगेटिव्ह, नोड-निगेटिव्ह कर्करोग असतो. यापैकी सुमारे ७० टक्के रुग्णांना केमोथेरपी दिली नाही तरी चालेल, असे या अभ्यासात स्पष्ट झाले आहे, असेही विनय देशमाने यांनी या वेळी सांगितले.

August 05

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नवी प्रिसिजन मेडिसिन पद्धत ब्रेस्ट कॅन्सर रुग्णांसाठी फायदेशीर

ऑन्कोटाइप डीएक्स ब्रेस्ट निष्कर्षामध्ये आढळले आहे. या रिकरन्स स्कोअर अटिस्टकेमोथेरपीची पाहणीमुळे, वैद्यकीय क्षेत्रामध्ये ब्रेस्ट आवश्यकता नाही, अशा ब्रेस्ट कॅन्सर रुग्णांना केमोथेरपीचा सहा देण्याच्या बाबतीत मोठे बदल होणार आहेत.

अत्यावश्यक ठरेल, अशा ऑन्कोटाइप डीएक्स टेस्टमुळे ३०% महिला निश्चित ओळखू शकते, असे ट्रायल असाईनिंग इंडिव्हिज्युअलाइज्ड ऑप्शन्स फॉर ट्रीटमेंटच्या (TAILORx) महत्वाच्या

उच्च धोका असलेले रुग्ण ओळखण्यासाठी मदत होणार आहे. ज्या रुग्णांना गरज आहे, त्यांनाच केवळ केमोथेरपी देऊन केमोथेरपीचा वापर मर्यादित ठेवल्यास ब्रेस्ट कॅन्सरच्या उपचारांत केमोथेरपीचा एकंदर वापर कमी केला जाऊ शकतो, असे मुंबईतील पी. डी. हिंदूजा हॉस्पिटल व ब्रिच कॅंडी हॉस्पिटल येथील सर्जिकल ऑन्कोलॉजिस्ट डॉ.



विनय देशमाने यांनी नमूद केले. आजवरची सर्वात मोठी ब्रेस्ट कॅन्सर ट्रीटमेंट ट्रायल असलेला TAILORx अभ्यास न्यू इंग्लंड जर्नलमध्ये जूनमध्ये प्रसिद्ध करण्यात आला. त्यास नॅशनल इन्स्टिट्यूट ऑफ हेल्थचा भाग असलेल्या युनायटेड स्टेट्स नॅशनल

कॅन्सर इन्स्टिट्यूटने (एनसीआय) पाठिंबा दिला व ईसीओ जी-एसीआरआयएन कॅन्सर रिसर्च ग्रुपने नेतृत्व केले.

नामवंत ऑन्कोलॉजिस्ट व पद्मभूषण डॉ. सुरेश अडवाणी यांनी सांगितले, आज, पर्सनलाइज्ड

मेडिसिनमुळे आम्हाला विशिष्ट गटातील रुग्णांच्या बाबतीत केमोथेरपी टाळणे शक्य झाले आहे.

केमोची गरज कोणत्या रुग्णांना नाही, हे आम्ही ठरवू शकतो आणि ज्यांना गरज आहे, केवळ त्याच रुग्णांना केमो देऊ शकतो.

दोपहर

Aug 4, 2018



स्तन कैंसर उपचार पर इंडस्ट्री के दिग्गजों द्वारा किये गये गहन अध्ययन पर नवीनतम आंतरिक जानकारी मीडिया को संबोधित करते डॉ. सुरेश आडवाणी, डॉ. विनय देशमाने, डॉ. मंदार नाडकर्णी, श्री प्रसाद वैध, सीईओ, मेडिलिंक्स इंक इनहो ने कहा की लगबग 70 प्रतिशत प्रारंभिक चरण स्तन कैंसर के मरीजो को किमोथेरेपी से बचाया जा सकता है।

यशोभूमि

Aug 4, 2018

स्तन कर्करोग उपचार जनजागृती

। मुंबई : ब्रेस्ट कॅन्सरच्या उपचारांत खरोखरच केमोथेरपीची गरज असेल तरच करावी, अन्यथा करू नये. त्यासाठी नवीन प्रिसिजन मेडिसिन पद्धतीचा वापर करावा, असे मत मुंबईतील पी. डी. हिंदुजा हॉस्पिटल व ब्रीच कॅंडी हॉस्पिटल येथील सर्जिकल ऑन्कोलॉजिस्ट डॉ. विनय देशमाने यांनी गुरुवारी प्रेस क्लब येथे आयोजित स्तन कर्करोग जनजागृती कार्यक्रमाच्या पार्श्वभूमीवर पत्रकार परिषदेत व्यक्त केले.

या नव्या उपचार पद्धतीमुळे ब्रेस्ट कॅन्सरच्या सुरुवातीच्या टप्प्यातील अंदाजे ७० रुग्ण केमोथेरपीच्या वेदना टाळू शकतात. तसेच वैद्यकीय क्षेत्रामध्ये ब्रेस्ट कॅन्सर रुग्णांना केमोथेरपीचा सल्ला देण्याच्या बाबतीत मोठे

बदल होणार आहेत. भारतातील महिलांमध्ये ब्रेस्ट कॅन्सर हा कॅन्सरचा प्रकार सर्रास आढळतो आणि महिलांमधील सर्व प्रकारच्या कॅन्सरमध्ये त्याचे प्रमाण २७ टक्के आहे. दर एक लाख केसेस मागे २५.०८ इतके प्रमाण असलेला हा कॅन्सर काही विकसित देशांपेक्षा कमी आहे. भारतातील सहा मुख्य कॅन्सरच्या नोंदींतील ब्रेस्ट कॅन्सर होण्याचे प्रमाण पाहिले असता, ते ब्रेस्ट कॅन्सर होण्याचे प्रमाण ०.४६ ते २.५६ टक्के या प्रमाणात वाढल्याचे दिसून येत आहे, असे डॉ. विनय देशमाने म्हणाले. या वेळी कोकिलाबेन धीरूभाई अंबानी हॉस्पिटलमधील ऑन्कोसर्जन डॉ. मंदार नाडकर्णी, नामवंत ऑन्कोलॉजिस्ट व पद्मभूषण डॉ. सुरेश अडवाणी उपस्थित होते.

पुण्यनगरी

3rd Aug'18

स्तन कैंसर के ७० प्रतिशत मरीज कीमोथेरेपी की पीड़ा से बच सकते हैं - अध्ययन

मुंबई, उपचार के लिए व्यक्तिगत विकल्प प्रदान करने वाले स्थापित ट्रायल एसाइनिंग इंडविजुअलाइज्ड ऑप्शंस फॉर ट्रीटमेंट (टेलोरक्स) परीक्षण द्वारा की गई नई खोज के अनुसार ऑनकोटाइप डीएक्स ब्रेस्ट रीअकरेंस स्कोर टेस्ट से सुनिश्चित रूप से शुरूआती चरण में स्तन कैंसर से प्रभावित 70 प्रतिशत महिलाओं की पहचान की, जिन्हें कीमोथेरेपी से कोई लाभ नहीं मिलता है, और उन 30 प्रतिशत महिलाओं की भी पहचान की जिनके लिए कीमोथेरेपी जीवन बचाने वाली साबित हो सकती है। इस बारे में बात करते हुए डॉ. विनय देशमाने, सर्जिकल ऑन्कोलॉजिस्ट, पी डी हिंदुजा हॉस्पिटल और ब्रीच कैंडी हॉस्पिटल, मुंबई ने कहा कि इस अध्ययन से स्तन कैंसर रोगियों को कीमोथेरेपी निर्धारित करने से संबंधित भारतीय चिकित्सा समुदाय पर एक प्रभावी तौर पर बदलता हुआ असर होगा। ऑनकोटाइप डीएक्स टेस्ट का उपयोग करके, ऑन्कोलॉजिस्ट उच्च जोखिम वाले मरीजों की पहचान कर सकता है और केवल उन रोगियों की ही कीमोथेरेपी निर्धारित कर सकता है। स्तन कैंसर के लिए कीमोथेरेपी की प्रिसिक्लेशन में कुल मिला कर कमी आएगी। टेलरक्स स्टडी, सबसे बड़ा स्तन कैंसर उपचार ट्रायल, जून में न्यू इंग्लैंड जर्नल ऑफ मेडिसिन में प्रकाशित हुआ था। इसे यूनाइटेड स्टेटस नेशनल कैंसर इंस्टीट्यूट (एनसीआई) द्वारा समर्थित किया गया था, जो नेशनल इंस्टीट्यूट्स ऑफ हेल्थ का हिस्सा था, और ईसीओजी-एसीआरआईएन कैंसर रिसर्च ग्रुप द्वारा डिजाइन और नेतृत्व प्रदान किया गया था।

भारत में महिलाओं में स्तन कैंसर सबसे आम कैंसर है और महिलाओं में सभी प्रकार के कैंसर का 27 प्रतिशत हिस्सा है। ये कुछ विकसित देशों में 25.8 प्रति 100,000 की रोग दर से कम है, लेकिन मृत्यु दर (12.7 प्रति 100,000) पश्चिमी देशों के मुकाबले में तुलनात्मक है। भारत के छह प्रमुख कैंसर रजिस्ट्री से स्तन कैंसर की दर्ज होने वाले मामलों के आंकड़ों से पता चलता है कि स्तन कैंसर की घटनाओं में वार्षिक प्रतिशत वृद्धि 0.46 से 2.56 प्रतिशत रेंज में रही है। दुनिया भर में डायग्नोस किए गए स्तन कैंसर रोगियों में से अधिकांश में हार्मोन-पॉजिटिव, एचईआर 2-निगेटिव, नोड-निगेटिव कैंसर है। टेलरक्स अध्ययन ने निश्चित रूप से स्थापित किया है कि इन रोगियों में से लगभग 70 प्रतिशत में कीमोथेरेपी से बचा जा सकता है, जिसमें 50 से अधिक उम्र के सभी महिलाएं स्तन रीअकरेंस स्कोर के परिणाम 0 से 25 के साथ और स्तन पुनरावृत्ति स्कोर परिणामों के साथ 50 या उससे कम आयु के सभी महिलाएं का परिणाम 0 से 15 रहा है। महत्वपूर्ण बात यह है कि 30 प्रतिशत प्रारंभिक चरण में स्तन कैंसर के रोगियों को कीमोथेरेपी से लाभ मिलेगा, जिसमें 26 से 100 के स्तन पुनरावृत्ति स्कोर परिणामों के साथ किसी भी उम्र की महिलाओं और 50 से कम महिलाओं में, जहां कीमोथेरेपी से मामूली (2 प्रतिशत) लाभ था 16 से 20 के स्तन पुनरावृत्ति स्कोर परिणामों के साथ पाया गया, जो धीरे-धीरे बढ़ता गया क्योंकि स्कोर 25 से ऊपर और ऊपर बढ़ गया।

About 70% of early-stage breast cancer patients may avoid agony of chemotherapy: study



Mumbai (Maharashtra) [India], Aug 03 (NewsVoir): Breakthrough finding by the landmark Trial Assigning Individualized Options for Treatment (TAILORx) demonstrates the Oncotype DX Breast Recurrence Score® Test definitively identifies the 70 per cent of women with early -stage breast cancer who receive no benefit from chemotherapy, and the 30 per cent of women for whom chemotherapy benefit can be life-saving.

"This study will have a practice-changing impact on the medical community related to prescribing chemotherapy to breast cancer patients. The Oncotype Dx test can help oncologist identify low-risk patients who may safely avoid chemotherapy as well as the high-risk patient who will benefit from chemotherapy. By limiting the use of chemotherapy only to those likely to benefit such personalised treatment has the potential to decrease the overall use of chemotherapy in breast cancer," remarked Dr. Vinay Deshmane, Surgical oncologist at P D Hi nduja Hospital and Breach Candy Hospital, Mumbai.

The TAILORx study, the largest ever breast cancer treatment trial, was published in the New England Journal of Medicine in June. It was supported by the United States National Cancer Institute (NCI), part of the National Institutes of Health, and designed and led by the ECOG-ACRIN Cancer Research Group.

Breast cancer is the most common cancer in women in India and accounts for 27 per cent of all cancers in women. At an incidence rate of 25.8 per 100,000 it is lower than in some developed countries, but the mortality rate (12.7 per 100,000) is comparable to that in western countries. Data on incidence rates of breast cancer from six major cancer registries of India show that the annual percentage increase in the incidence of breast cancer has been in the 0.46 to 2.56 per cent range.

The majority of breast cancer patients diagnosed worldwide have hormone-positive, HER2-negative, node-negative cancer. The TAILORx study definitively established that chemotherapy may be spared in about 70 percent of these patients, including all women older than 50 with Breast Recurrence Score® results of 0 to 25 and all women age 50 or younger with Breast Recurrence Score results of 0 to 15.

Importantly, 30 percent of early-stage breast cancer patients will derive benefit from chemotherapy, including women of any age with Breast Recurrence Score results of 26 to 100, and in women younger than 50, where a modest (2 percent) benefit from chemotherapy was

observed with Breast Recurrence Score results of 16 to 20, which gradually grew as scores increased up to and above 25. This important finding reveals a new level of precision of chemotherapy benefit for younger patients that only the Oncotype DX® test can provide.

"The TAILORx findings can spare thousands of women from getting toxic chemotherapy treatment that really wouldn't benefit them. By identifying the right patients who can benefit from chemotherapy, and sparing chemotherapy and its toxic side effects in those who will not benefit from its treatment, the personalized treatment approach is a breakthrough advancement in the medical fraternity. As the sole commercial representative in India for Genomic Health, we hope to bring changes in the standard of care in India," said Prasad Vaidya, CEO, Medilinks Inc.

The trial enrolled 10,273 women with breast cancer from 6 countries across the globe. It used the Oncotype DX Breast Recurrence Score® test that assesses the expression of 21 genes associated with breast cancer recurrence to assign women with early-stage, HR-positive, HER2-negative, axillary lymph node-negative breast cancer to the most appropriate and effective post-operative treatment.

TAILORx participants with Breast Recurrence Score results from 0 to 10 were treated with endocrine therapy alone based on the prior results from the NSABP B-20 study, which showed no opportunity for chemotherapy benefit. TAILORx participants with Breast Recurrence Score results from 26 to 100 were treated with chemotherapy plus endocrine therapy based on the prior results from the NSABP B-20 study, which showed an absolute benefit of chemotherapy greater than 20 percent.

To more precisely define the effect of chemotherapy for women considered to be at intermediate risk for recurrence, 6,711 women with Oncotype DX Breast Recurrence Score results of 11 to 25, the primary study group in TAILORx, were randomized to receive endocrine therapy with or without chemotherapy. These randomized patients comprised two-thirds of all patients enrolled in TAILORx and were followed by the investigators for approximately nine years on average.

Dr. Mandar Nadkarni, Oncosurgeon at Kokilaben Dhirubhai Ambani Hospital, Mumbai, commented, "This is a landmark study in the field of breast cancer management. Results of the study will have a major impact on practicing physicians and breast cancer patients. Previously, the majority of breast cancer patients all over the world were recommended to receive chemotherapy after surgery with lots of side effects affecting the quality of life of patients. But we were not sure how far chemotherapy is helping in improving survival."

Dr. Suresh Advani - Renowned Oncologist and Padma Bhushan recipient - concluded, "Today, personalized medicine has allowed us to avoid chemotherapy for certain group of patients. We can select the people who don't need chemo and administer it to only those who need it."
(NewsVair)

Source: ANI

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INDIAN DOCTORS ENDORSE TAILORX FINDING ON BREAST CANCER VS CHEMO

The study demonstrates 70% of patients with HER2 negative breast cancer did not really benefit from chemotherapy

Senior oncologists in India have strongly endorsed the breakthrough finding of the Trial Assigning Individualized Options for Treatment (TAILORx) conducted by United States National Cancer Institute (NCI) and ECOG-ACRIN Cancer Research Group.

The findings of the study, which were published in the *New England Journal of Medicine* in June, demonstrated that the 'Oncotype DX Breast Recurrence Score' test definitively identified zero benefit from chemotherapy in 70% of women with early-stage breast cancer. It also found that among the 30% who benefited, chemotherapy could be life-saving.

"The study will have a practice-changing impact on the medical community with regard to prescribing chemotherapy to breast cancer patients. The Oncotype Dx test can identify low-risk patients who may safely avoid chemotherapy as well as

the high-risk patient who will benefit by chemotherapy. Such personalized treatment has the potential to decrease the overall use of chemotherapy in breast cancer," remarked Dr. Vinay Deshmane, surgical oncologist at P D Hinduja Hospital and Breach Candy Hospital, Mumbai.

The TAILORx study, the largest ever breast cancer treatment trial, was supported by the United States National Cancer Institute (NCI), part of the National Institutes of Health, and designed and led by the ECOG-ACRIN Cancer Research Group.

Breast cancer is the most common cancer among women in India and accounts for 27% of all cancers in women. The incidence rate of 25.8 per 100,000 is lower in India than in some developed countries, but the mortality rate (12.7 per 100,000) is comparable to that in western countries. Data on incidence rates of breast cancer from six major cancer registries in India show

that the annual percentage increase in the incidence of breast cancer has been in the 0.46 to 2.56% range.

The majority of breast cancer patients diagnosed worldwide have hormone-positive, HER2-negative, node-negative cancer. The TAILORx study definitively established that chemotherapy may be spared in about 70 percent of these patients, including all women older than 50 with Breast Recurrence Score® results of 0 to 25 and all women age 50 or younger with Breast Recurrence Score results of 0 to 15.

Importantly, 30 percent of early-stage breast cancer patients will derive benefit from chemotherapy, including women of any age with Breast Recurrence Score results of 26 to 100, and in women younger than 50, where a modest (2 percent) benefit from chemotherapy was observed with Breast Recurrence Score results of 16 to 20, which gradually grew as scores



The study will have a practice changing impact on the medical community related to prescribing chemotherapy to breast cancer patients.

Dr Vinay Deshmane
Surgical oncologist at
Breach Candy Hospital,
Mumbai



BREAST CANCER

Breast cancer is the most common cancer in women in India and accounts for 27% of all cancers in women.

TAILORx

The study enrolled 10,253 women aged 18-75 years of age with tumours from 1.1 to 5.0 cm in size (or 0.6-1.0 cm and intermediate or high grade tumours).

The women were divided into different arms based on their recurrence score, as evaluated using the Oncotype DX 21-gene expression assay, which provides a Recurrence Score (RS) that has been found to be prognostic for distant recurrence, and for low recurrence with endocrine therapy alone if low (RS = 0 to 10), and predictive of chemotherapy benefit if high (RS = 26 or higher).

A total of 6711 evaluable women had a mid-range recurrence score of 11 to 25 and were randomised to receive endocrine therapy alone, or to the standard treatment arm to receive endocrine therapy plus chemotherapy.

INDIAN SCENARIO

Breast cancer has ranked number one cancer among Indian females with age adjusted rate as high as 25.8 per 100,000 women and mortality 12.7 per 100,000 women.

Prevalence of HR positive, HER2 negative and node negative breast cancers is around 25% total breast cancer population in India.

Oncotype DX not available in India and samples analysed in the US costs about Rs 3 lakh.

increased up to and above 25. This important finding reveals a new level of precision of chemotherapy benefit for younger patients that only the Oncotype DX® test can provide.

"The TAILORx findings can spare thousands of women from getting toxic chemotherapy treatment that really wouldn't benefit them. By identifying the right patients who can benefit from chemotherapy, and sparing chemotherapy and its toxic side effects in those who will not benefit from it, the personalized treatment approach is a breakthrough advancement in the medical fraternity. As the sole commercial representative in India for Genomic Health, we hope to bring changes in the standard of care in India," said Prasad Vaidya, CEO, Medilinks Inc.

However, there are oncology experts who do not fully support the generalisation of the study finding and its impact, especially in countries like India.

"Although the findings of TAILORx trial gives an insight for judging low risk patients and help avoid the pain and toxicity of chemo for them, the situation in India is not exactly comparable with



The TAILORx findings can spare thousands of women from getting toxic chemotherapy treatment that really wouldn't benefit them.

Prasad Vaidya
CEO, Medilinks Inc

the West, where very early testing (mammography etc.) for breast cancer is quite common. But, that is not the case in India, where majority of patients come for treatment at an advanced stage and if a situation arises like the patient needs chemotherapy even after doing a costly Oncotype DX test (as it's not available here) it is a double whammy," said Dr Narayanankutty Warriar, Medical Director at MVR Cancer Centre and Research Institute, Kozhikode.

The trial enrolled 10,273 women with breast cancer from 6 countries across the globe. It used the Oncotype DX Breast Recurrence Score test that assesses the expression of 21 genes associated with breast cancer recurrence. The score is used to assign women with early-stage, HR- positive, HER2-negative, axillary lymph node-negative breast cancer to the most appropriate and effective post-operative treatment.

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To more precisely define the effect of chemotherapy for women considered to be at intermediate risk for recurrence, 6,711 women with Oncotype DX Breast Recurrence Score results of 11 to 25, the primary study group in TAILORx, were randomized to receive endocrine therapy with or without chemotherapy. These randomized patients comprised two-thirds of all patients enrolled in TAILORx and were followed by the investigators for approximately nine years on average.

Dr. Mandar Nadkarni, Oncosurgeon at Kokilaben Dhirubhai Ambani Hospital, Mumbai, commented, "This is a landmark study in the field of breast cancer management. Results of the study will have a major impact on practising physicians and breast cancer patients. Previously, the majority of breast cancer patients all over the world were recommended to receive chemotherapy after surgery with lots of side effects, affecting the quality of life of patients. For long, doctors and patients both have wished to have a reliable tool that will help identify patients who need chemotherapy and spare the others who would not benefit much by this treatment, thereby individualizing patient therapy instead of generalising it."

Dr. Suresh Advani, renowned Oncologist and Padma Bhushan recipient, concluded: "Today, personalized medicine has allowed us to avoid chemotherapy for certain group of patients. We can select the people who don't need chemo and administer it to only those who need it."

Currently, MammaTyper is the only test performed for measuring breast cancer gene expression in order to predict Oncotype DX-type results within India. This test offered by Mumbai-based diagnostics lab Metropolis Healthcare at its Global Reference Laboratory in Mumbai. Since other players in this space get the test conducted abroad



It may not be a fair comparison in India, where majority of patients come for treatment at an advanced stage and if a situation arises like the patient needs chemotherapy even after doing a costly Oncotype DX test it is a double whammy.

Dr Narayanankutty Warriar

Medical Director, MVR Cancer Centre and Research Institute, Kozhikode



MammaTyper is a cost-effective method to identify low-risk patients at the current set-up in India.

Dr Kirti Chadha

Vice President, Oncomet

(Europe or the US) by sending out the samples, it often adds to the cost and time consumed for the results.

According to Dr Kirti Chadha, Vice President, Oncomet - the Integrated Oncopathology division of Metropolis Healthcare, MammaTyper, which is a CE-IVD marked assay, does subtyping for prognosis of breast cancer suggesting that endocrine therapy may be adequate for patients with a low risk of relapse. "Thus, it is a cost-effective method to identify low-risk patients at the current set-up in India," she added.

MammaTyper, which is offered by Metropolis in India through a technology collaboration with BioNTech Diagnostics GmbH, Germany, allows precise, quantitative measurement of the mRNA expression of the ERBB2 (HER2), ESR1 (ER), PGR (PR) and MKI67 (proliferation marker Ki-67) biomarkers, which in turn facilitates molecular subtyping of tumor tissue according to St. Gallen guidelines, according to leading oncologists.

They agree that this test provides molecular stratification of breast cancer, information which is required for the selection of effective therapy tailored to each patient. Since quantitative measurement of the expression levels of the four St. Gallen biomarkers is a much better predictor of Oncotype DX Recurrence Score (RS) results than using traditional IHC or FISH methods. It also helps physicians avoid over treating certain patient groups, thus sparing patients from additional rounds of debilitating chemotherapy, says Dr N K Warriar, Medical Director at MVR Cancer Centre & Research Institute, Kozhikode.

According to the Union health ministry, breast cancer ranks as the number one cancer among Indian females with rate as high as 25.8 per 100,000 women and mortality of 12.7 per 100,000 women. For women diagnosed during 2010-14, five-year survival for breast cancer is now 89.5% in Australia and 90.2% in the USA, but international differences remain very wide, with levels as low as 66.1% in India according to the study titled Global surveillance of trends in cancer survival CONCORD-3.

Please see below iNDIAN online media coverage of TAILORx

Online coverage:

1. Business Standard - About 70% of early-stage breast cancer patients may avoid agony of chemotherapy: study
2. ANI news - About 70% of early-stage breast cancer patients may avoid agony of chemotherapy: study
3. Outlook India - About 70% of early-stage breast cancer patients may avoid agony of chemotherapy: study
4. Mumbai Live - 70 Per Cent Of Early-Stage Breast Cancer Patients May Avoid Agony Of Chemotherapy: Study
5. My Medical Mantra - 70% of early-stage breast cancer patients can be treated sans chemotherapy, finds study
6. Life and more - Study reveals about 70% of early stage breast cancer patients may avoid agony of chemotherapy
7. Business fortnight - About 70% of Early-stage Breast Cancer Patients May Avoid Agony of Chemotherapy: Study
8. Health fortnight - About 70% of Early-stage Breast Cancer Patients May Avoid Agony of Chemotherapy: Study
9. International news and views - Housands of breast cancer patients are likely to benefit under a new precision medicine approach
10. Business news trends - 70% of early-stage breast cancer patients can be treated sans chemotherapy: Study