



DCIS PRECISION* News about Ductal Carcinoma In Situ (DCIS)

Ductal Carcinoma In Situ (DCIS) is a pre-cancerous condition that rarely creates invasive breast cancer, but is usually treated the same way. There are different types of DCIS that are considered low risk or higher risk. PRECISION* is learning about DCIS risk, and recently published an article that is explained here.

What is the article about?

This article reviewed past studies to see if things that a person can or cannot control (called risk factors) might lead to a future DCIS or breast cancer in the same breast after DCIS is found. This was done to find ways to help people learn about and manage their risk of a future breast event.

Why was the article written?

There is not much known about how DCIS develops. Many studies suggest that if left untreated, most women with low-risk DCIS may not get invasive breast cancer.

Currently, almost all DCIS patients still get surgery and some also get radiotherapy and hormone therapy. This may be needed for a small number of patients to lower their risk of getting a future DCIS or invasive breast cancer. For most, active monitoring over time, instead of instant surgery, may be enough.

The problem is that no one yet knows which people with DCIS may need surgery and which may not. There are four international clinical studies currently looking at which low-risk DCIS patients may be able to avoid or delay surgery.

How was the article review done?

The article reviewed studies about women with DCIS. This was done to see which risk factors might add to the number of people with DCIS that developed a future DCIS or breast cancer in their life-time.

PRECISION researchers reviewed over 3,000 studies from medical journals from 1970 until 2018. They identified 6 articles with good quality information about how risk factors that people can and cannot control may affect the risk of a future DCIS or breast cancer.

The review included information on almost 5,000 people who had a DCIS diagnosis.

About 14 out of 100 (13.7%) people had a future DCIS or breast cancer.

That means that over 86 out of 100 people (86.3%) with DCIS did not have a future breast event.

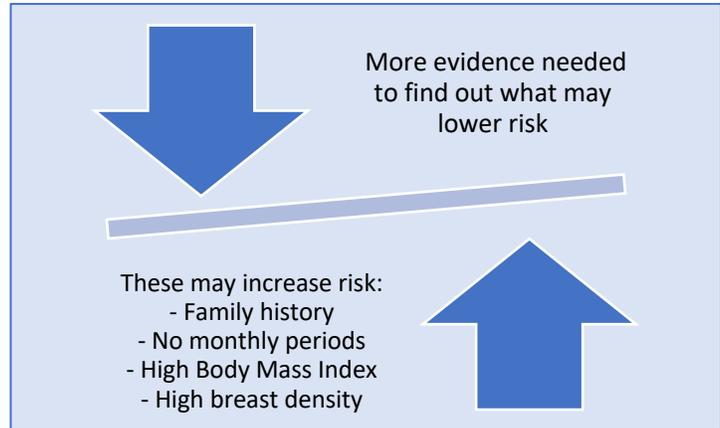


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What are the results in the article?

Evidence showed that these items may slightly increase the risk of getting a future DCIS or breast cancer for women who already have DCIS:

- A family history of breast cancer.
- No monthly menstrual cycles or periods (postmenopausal).
- High Body Mass Index (BMI) of 30 or more. BMI means weight over height.
- High breast density on a mammogram which means more fibrous tissue than fat in the breast.



Many articles did not have enough information to show if these risk factors made any difference for women with DCIS:

- Smoking
- Diet or amount of fat intake
- Ethnicity
- Drinking alcohol
- Physical activity
- Height

There was even less information about the use of birth control pills, breast feeding, or taking hormone replacement therapy once women were postmenopausal.

What does it mean for women with DCIS?

This review shows there is not enough evidence (proof) to know which risk factors might lower risk or add to risk for women who have DCIS. This is because so few women get a future DCIS or breast cancer after their first one. There is also not enough long-term follow-up for answers.

There were also some limits about this study that are important.

- The review included patients who were mainly of European descent. It may not apply to other ethnic groups.
- DCIS was described in different ways in the different studies. This means not all related articles may have been included. More consistent terms would help in the future.
- Most of the articles did not report whether future events were DCIS or invasive breast cancer. Some did not report whether the further events were in the same or opposite breast.

When was the study done?

This review was published in February 2020. This review was completed in July 2020. For more information about DCIS, go to <https://www.dcisprecision.org/>

Official name of the article (found at <https://www.dcisprecision.org/publications/>)

The impact of patient characteristics and lifestyle factors on the risk of an ipsilateral event after a primary DCIS: A systematic review

By Sena Alaeikhanehshira, Ellen G. Engelhardt, Frederieke H. van Duijnhoven, Maartje van Seijen, Patrick A. Bhairosing, Donna Pinto, Deborah Collyar, Elinor Sawyer, Shelley E. Hwang, Alastair M. Thompson, Jelle Wesseling, Esther H. Lips, Marjanka K. Schmidt on behalf of PRECISION*.

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