

HORMONE THERAPY

Hormone therapy is used to treat breast cancers that are ER+ or PR+. These drugs are usually given by pill, but some can be given by injection. You may take other treatments at the same time as these drugs.

Hormone therapy works in different ways. Some drugs lower the level of estrogen; others block its use. Certain drugs are for women who have not yet gone through menopause (still get their period). Others are for women who have gone through menopause. Some work for both. Depending on the type of hormone therapy you are treated with, you may have different side effects.

The table lists hormone therapies by type and their possible side effects. Keep in mind that you may not get any or even most of the possible side effects of a drug. New treatments become available all the time so this may not be a complete list. **These are the latest types of hormone therapies that are available as of August 2020.**

TYPE OF HORMONE THERAPY	COMMON SIDE EFFECTS	IMPORTANT THINGS TO KNOW
<p>SELECTIVE ESTROGEN RECEPTOR MODULATORS (SERMS)</p> <ul style="list-style-type: none"> • tamoxifen (Nolvadex[®], Soltamox[®]) • toremifene (Fareston[®]) 	<ul style="list-style-type: none"> • Hot flashes • Vaginal discharge • Leg cramps • Slight increased risk of: <ul style="list-style-type: none"> - uterine cancer - blood clots - cataracts • Other post-menopausal symptoms 	<ul style="list-style-type: none"> • SERMs work for both pre- and post- menopausal women with HR+ cancer. • SSRIs, drugs used to treat depression and anxiety, may interfere with tamoxifen.
<p>AROMATASE INHIBITORS</p> <ul style="list-style-type: none"> • anastrozole (Arimidex[®]) • exemestane (Aromasin[®]) • letrozole (Femara[®]) 	<ul style="list-style-type: none"> • Hot flashes • Vaginal dryness that can lead to pain during sex • Decrease in bone density and increased fractures • Pain in joints and soft tissue • Joint stiffness • Increased cholesterol 	<ul style="list-style-type: none"> • These drugs work for post-menopausal women with HR+ cancer and for premenopausal women whose treatment induced menopause.
<p>SELECTIVE ESTROGEN RECEPTOR DOWN REGULATORS</p> <ul style="list-style-type: none"> • fulvestrant (Faslodex[®]) 	<ul style="list-style-type: none"> • Hot flashes • Other post-menopausal symptoms including vaginal dryness that can lead to pain during sex, tendency to gain weight, and some degree of joint stiffness • Reactions (such as pain, redness, or swelling) at the injection site 	<ul style="list-style-type: none"> • This drug is used to treat post-menopausal women with HR+/HER2- breast cancer. • If taking anti-coagulants, ask your health care team if they should be paused before Faslodex injections.

HORMONE THERAPY (Continued)

TYPE OF HORMONE THERAPY	COMMON SIDE EFFECTS	IMPORTANT THINGS TO KNOW
LUTEINIZING HORMONE-RELEASING HORMONES (LHRH) AND GONADOTROPIN-RELEASING HORMONE (GNRH) AGONISTS <ul style="list-style-type: none">• goserelin acetate (Zoladex®)• leuprolide (Lupron®)	<ul style="list-style-type: none">• Hot flashes• Other post-menopausal symptoms including ending menstrual periods, vaginal dryness, tendency to gain weight, and some degree of joint stiffness• Reactions (such as pain, redness, or swelling) at the injection site	<ul style="list-style-type: none">• These drugs are used to treat premenopausal women with HR+ breast cancer by suppressing ovary function.

