

Impact of Body Mass Index Reduction in Primary Breast Cancer Prevention

Jennifer W. Bea, PhD

Associate Professor, Medicine

University of Arizona Cancer Center

University of Arizona Collaboratory for Metabolic Disease Prevention and Treatment

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ANNUAL MEETING

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Cancer Center

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Outline

- Epidemiology of obesity and breast cancer
- Effect of weight change on breast cancer risk
- BMI versus Body Composition
- Challenges and opportunities for primary prevention
- Effect of lifestyle guideline adherence

High BMI is associated with Postmenopausal Breast Cancer

- Median age diagnosis :62y; Highest Rates: 55-64y
- 1.5 to 2 times increased risk with obesity
- Every 5-unit increase in BMI = 12% increase in risk
- Strongest Associations
 - Hormone receptors positive tumors (ER+ & PR+)
 - Never users of HT
 - Advanced disease and death

BMI categories

Normal weight: $<25\text{kg}/\text{m}^2$

Overweight: $\geq 25\text{kg}/\text{m}^2$ to $<30\text{kg}/\text{m}^2$

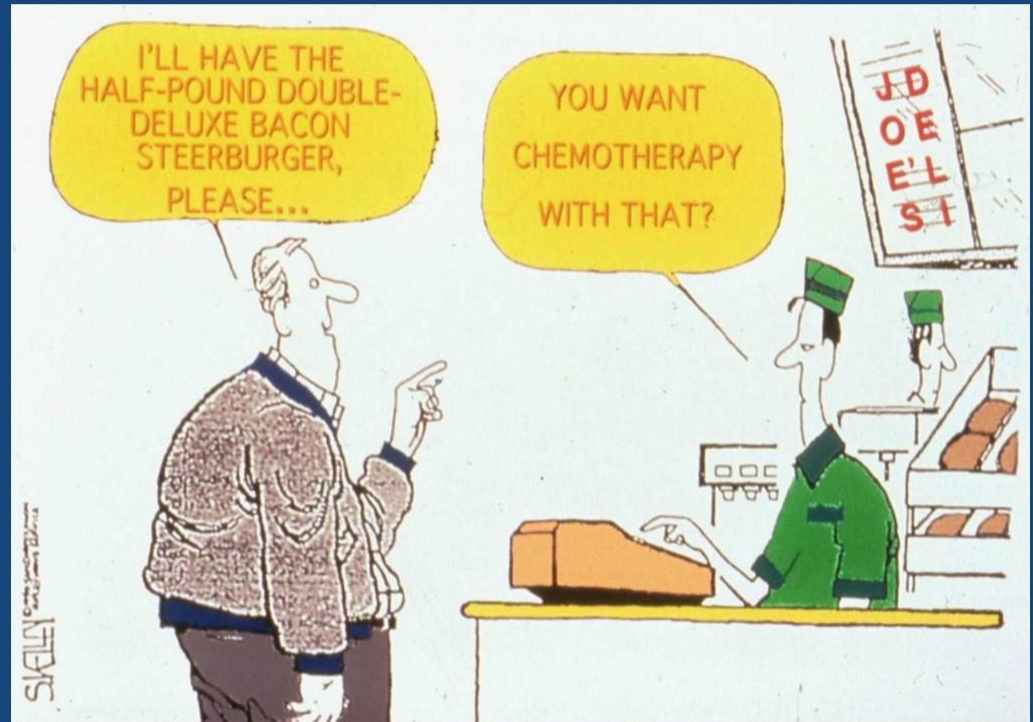
Obese: $\geq 30\text{kg}/\text{m}^2$

BMI and Breast Cancer continued

- High BMI is associated with breast cancer in men
- Premenopausal women
 - Null across tumor types
 - 20% decreased risk of HR+ breast tumors

Obesity Causes

- Excess food consumption
- Changes in food chemistry
- Lack of physical activity
- Labor-saving devices
- Chronic stress
- Sleep deprivation
- Environmental toxins
- Medications
- Genetics

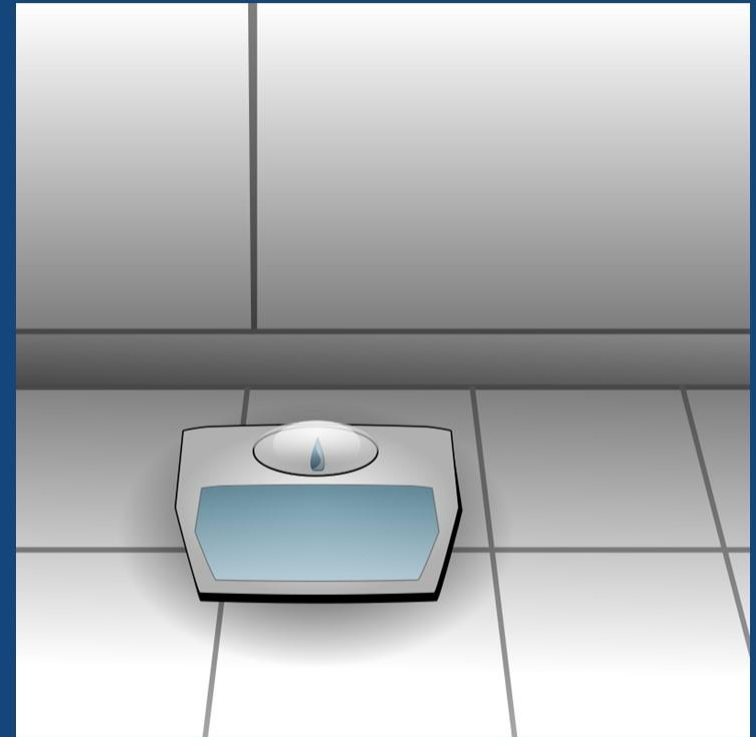


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Weight gain anytime in adulthood is associated with increased postmenopausal breast cancer risk

- ER+ and PR+ tumors
- Non-users of hormone therapy
- Advance disease
- Each 5kg gained = 4-8% ↑ risk
- May be racial/ethnic differences
- NS weight cycling



Stevens, *Am J Epidemiol.* 2015; Welte, *CEBP*, 2017; French SA, *Int J Obes Relat Metab Disord.* 1997; Trentham-Dietz, *Cancer Causes Control.* 2000; Eliassen AH, *JAMA*, 2006; Eng, *Am J Epidemiol.* 2005; Ahn J, *Arch Int Med*, 2007; Radimer, *Nutr Cancer*; 2004; Emaus, *Int J Cancer*, 2014; Ziegler JNCI, 1996; van den Brandt, *Cancer Causes Control.* 1997; Trentham-Dietz, *Cancer Causes Control.* 2000; Han D, *Int J Cancer*, 2006; Wenten M, *Ann Epidemiol.* 2002

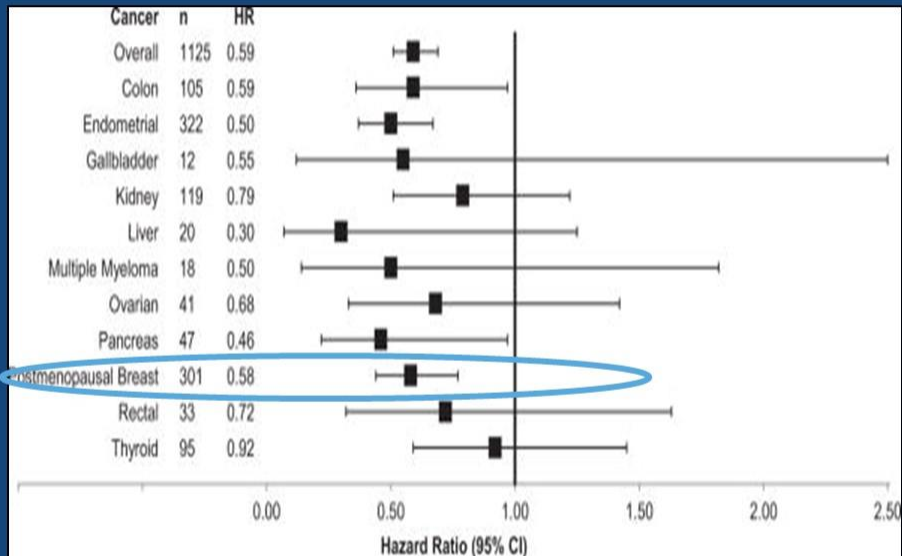
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NS=non-significant

Weight loss reduces risk of postmenopausal breast cancer



Kaiser Permanente (5 Regions)

Postmenopausal Breast: HR 0.58, 95% CI 0.44, 0.77

- Favorable results across trials:
- Longitudinal & case-control
 - 42% risk reduction in large multi-site US bariatric surgery trial (left)
 - Behavioral equivalents needed

WHY OUR WORK IS IMPORTANT

Too few Americans get the recommended amount of physical activity.



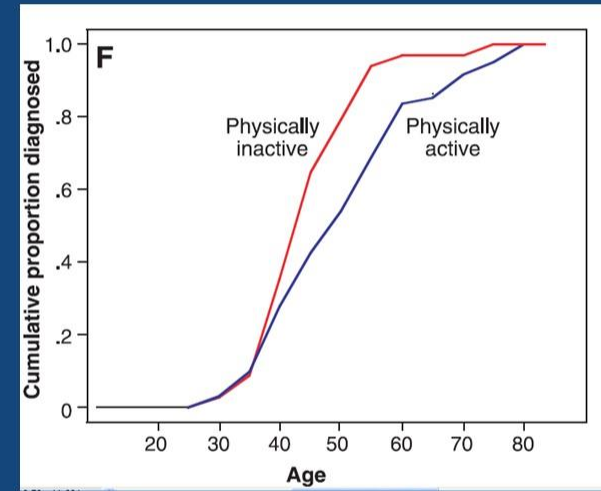
Only **1 in 5** adults and **1 in 5** high school students fully meet physical activity guidelines for aerobic and muscle-strengthening activities.

31
MILLION

About **31 million** adults aged 50 or older are inactive, meaning they get no physical activity beyond that of daily living.

Higher levels of physical activity associated with decreased risk of breast cancers

- Effects are independent of
 - BMI
 - ER status
 - HT
 - Smoking



Adolescent physical activity in BRCA carriers King, Science, 2003

- Early life physical activity is also important



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<https://jamanetwork.com/journals/jama/fullarticle/2712935><http://www.cdc.gov/obesity/data/prevalence-maps.html>; PA Guidelines for Americans 2018

How much physical activity is recommended in adults?

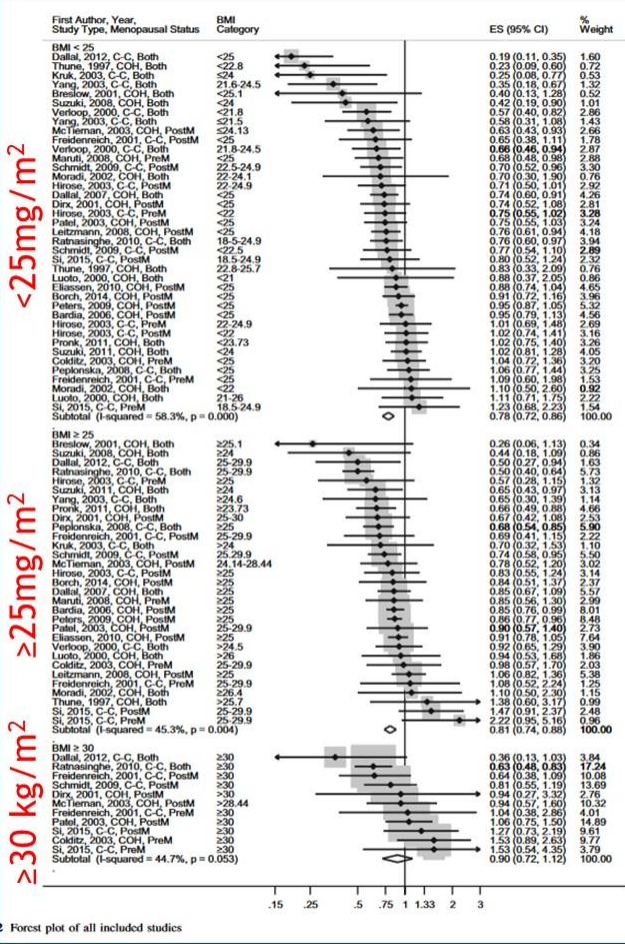
- **Aerobic:** 150-300 min/wk moderate or 75-150 min/wk vigorous PA or combination (approx. ≥ 9 MET hrs/wk)
- **Resistance:** ≥ 2 days/wk
- **Balance:** Older adults
- **Stretching:** reduces injury
- Evidence for types: walking, household activities, vigorous activity
- Move more & sit less!
- Talk Test



Does obesity modify the relationship between physical activity and breast cancer risk?

YES!

- Meta-analysis: 29 studies
- 18 cohort; 11 case-control
- Physical activity & breast cancer risk
- BMI < 25 kg/m²: RR 0.85, 95% CI 0.79, 0.92
- BMI ≥ 25 kg/m²: RR 0.87, 95% CI 0.81, 0.93
- BMI ≥ 30 kg/m²: RR 0.93, 95% CI 0.76, 1.13

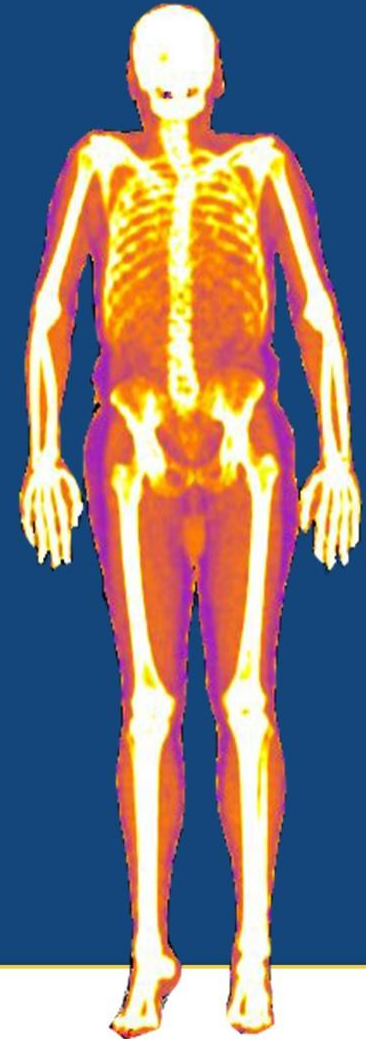


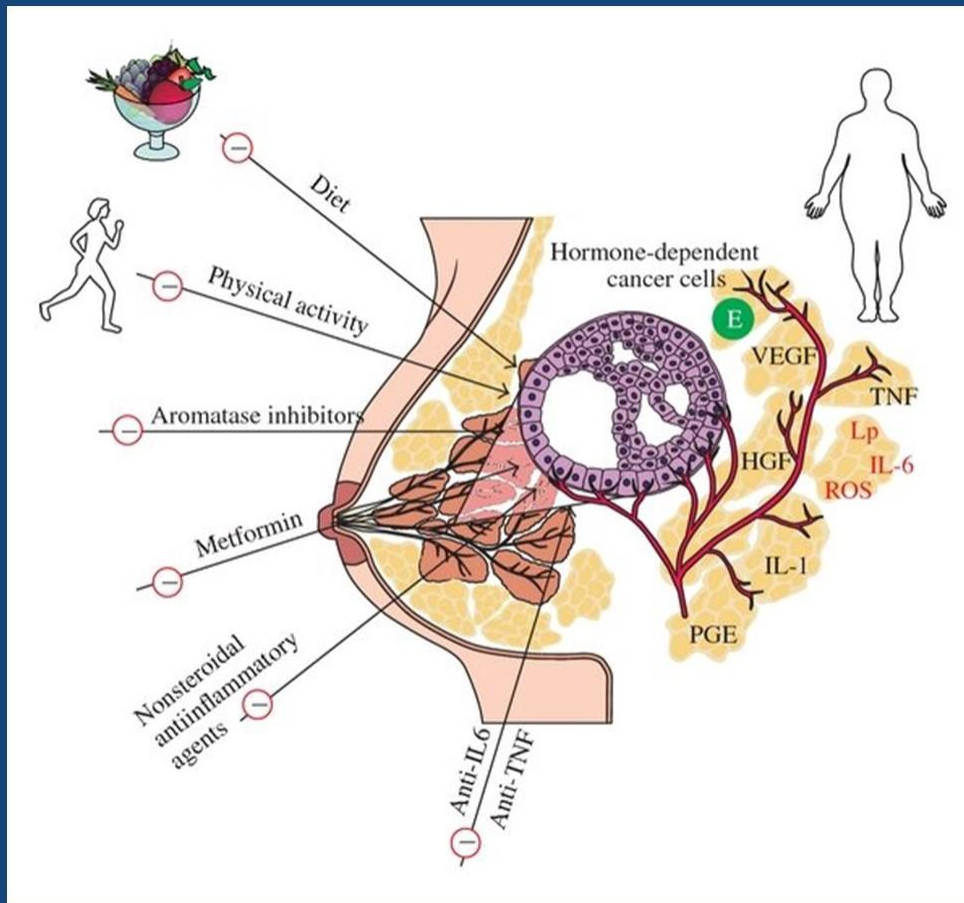
Forest plot of all included studies

Outline

- Epidemiology of obesity and breast cancer
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- BMI = inexpensive proxy for adiposity
- Changes in body composition and deposition patterns can be masked by stable BMI
- Divergent pre- vs postmenopausal breast cancer relation to obesity due to BMI imprecision?
- Mechanistic factors associates with adiposity, especially visceral adiposity (VAT)
 - Metabolic dysfunction
 - Inflammation
 - Estrogen
 - Leptin
- Consider more direct measures: DXA, CT, MRI





Complexity of Obesity and Breast Cancer

Adipokines-, insulin-, inflammation-, and angiogenesis-signalling pathways influence the development of hormone-dependent breast carcinoma

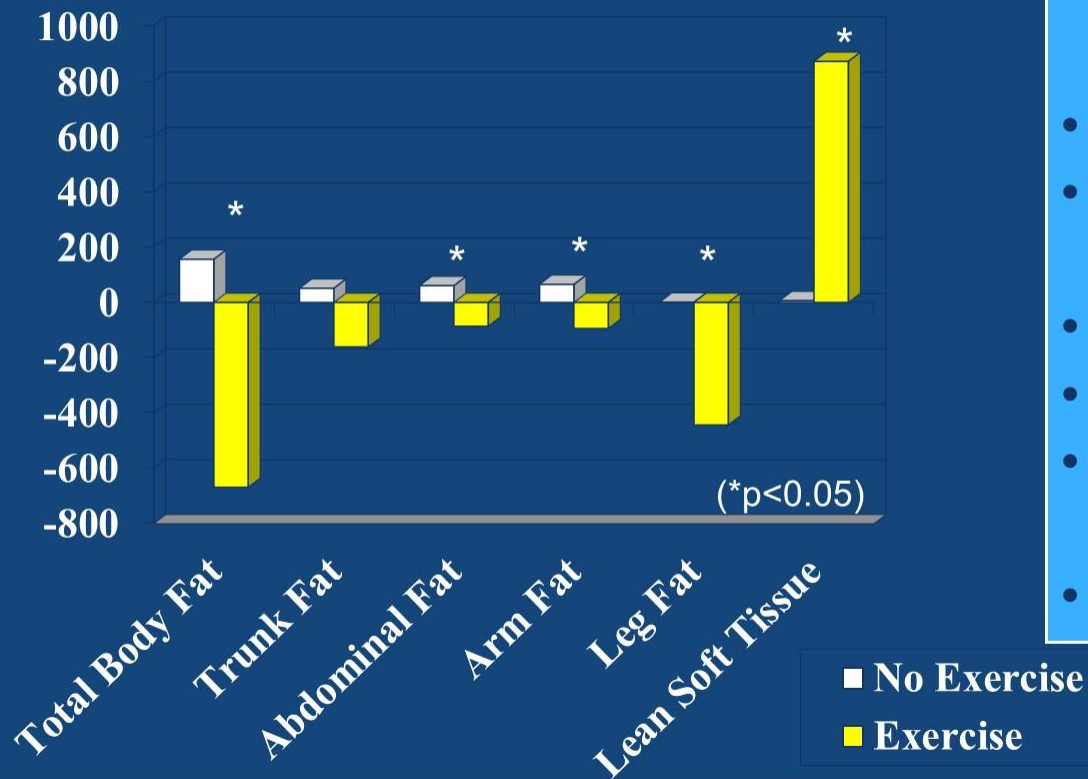
COX-2, cyclooxygenase-2; E, estradiol; HGF, hepatocyte growth factor; IGF, insulin growth factor; IL, interleukin; TNF, tumour necrosis factor; VEGF, vascular endothelial growth factor.

Body fat and BMI related mortality by age group

Table 4. Association Between Body Size or Body Composition and All-Cause Mortality Among Postmenopausal Women in the Women's Health Initiative, by Age Group, 1993–2013

Body Size or Composition	Age Group, years														
	<60					60–69					≥70				
	No. of Deaths	Total No. of Women	%	HR ^a	95% CI	No. of Deaths	Total No. of Women	%	HR ^a	95% CI	No. of Deaths	Total No. of Women	%	HR ^a	95% CI
BMI^b category															
Underweight (<18.5)	0	15	0.00	N/A	N/A	6	27	22.2	1.80	0.79, 4.12	7	23	30.4	0.79	0.37, 1.69
Normal weight (18.5–24.9)	36	840	4.29	1.00	Referent	143	1,061	13.5	1.00	Referent	199	630	31.6	1.00	Referent
Overweight (25.0–29.9)	47	844	5.57	1.18	0.76, 1.84	165	1,177	14.0	0.98	0.78, 1.23	225	644	34.9	1.01	0.83, 1.23
Obese I (30.0–34.9)	35	505	6.93	1.46	0.90, 2.36	109	655	16.6	1.17	0.90, 1.52	112	334	33.5	1.02	0.80, 1.30
Obese II (35.0–39.9)	26	248	10.5	2.26	1.33, 3.83	51	267	19.1	1.40	1.00, 1.97	32	82	39.0	1.21	0.82, 1.78
Obese III (≥40.0)	20	151	13.5	2.46	1.36, 4.45	28	125	22.4	1.78	1.16, 2.71	16	39	41.0	1.41	0.83, 2.38
BMI quintile															
Q1 (≤23.3)	24	520	4.62	1.00	Referent	102	673	15.2	1.00	Referent	136	410	33.2	1.00	Referent
Q2 (23.4–25.8)	26	511	5.09	1.03	0.59, 1.81	82	652	12.6	0.80	0.60, 1.07	126	384	32.8	1.01	0.79, 1.29
Q3 (25.9–28.7)	23	459	5.01	0.96	0.54, 1.73	87	673	12.9	0.79	0.59, 1.06	119	362	32.9	0.90	0.70, 1.16
Q4 (28.8–32.6)	34	512	6.64	1.24	0.72, 2.11	108	658	16.4	1.03	0.78, 1.35	119	352	33.8	0.99	0.76, 1.27
Q5 (≥32.7)	57	601	9.48	1.68	1.01, 2.80	123	656	18.8	1.21	0.91, 1.60	91	244	37.3	1.14	0.86, 1.50
Total body fat, %															
Q1 (≤38.1)	18	570	3.16	1.00	Referent	108	654	16.5	1.00	Referent	133	376	35.4	1.00	Referent
Q2 (38.2–42.5)	38	524	7.25	2.24	1.27, 3.94	100	676	14.8	0.80	0.60, 1.05	125	379	33.0	0.92	0.72, 1.18
Q3 (42.6–46.0)	31	515	6.02	1.80	1.00, 3.25	87	655	13.3	0.71	0.53, 0.95	126	366	34.4	0.89	0.69, 1.14
Q4 (46.1–50.0)	34	484	7.02	2.01	1.12, 3.60	87	675	12.9	0.72	0.54, 0.97	126	356	35.4	0.98	0.77, 1.26
Q5 (≥50.1)	44	522	8.43	2.44	1.38, 4.34	122	671	18.2	0.99	0.75, 1.30	85	287	29.6	0.74	0.56, 0.98

Bone Estrogen and Strength Training Study (BEST)



- Postmenopausal N=320, 1 yr
- HT/NHT Blocked
- EX/NEX Randomized
- 75min, 3d/wk
- 8 core lifts
- 2 sets, 6-8 reps @ 70-80% 1-RM
- All 12mo Ca²⁺

Bone Estrogen and Strength Training Study (BEST) 6 year Follow-Up

- Resistance Training prevents weight and fat gain in postmenopausal women
- Potentially higher RMR via preserved lean
- Prevention of weight and fat gain is a viable strategy
- Similar results WHI

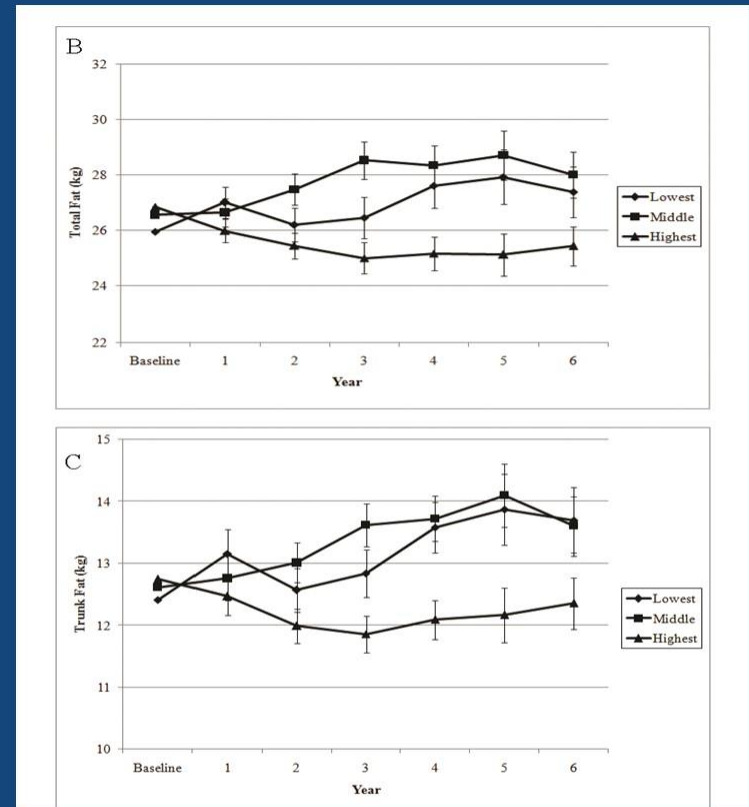


Figure 1. Annual measure of body composition by tertiles of weight lifted in the squats exercise over 6 years (n=122)

Outline

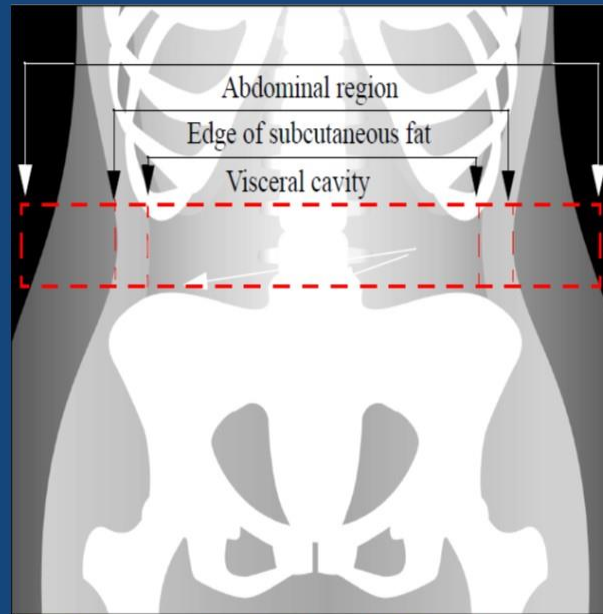
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Challenges

- Better understanding of complex disease of obesity needed
 - Endogenous and exogenous hormonal influences
 - Specific fat depots
 - Practical, but precise quantification
 - Different treatments or combinations likely required
- Difficult to study effects of weight loss on breast cancer
 - Length of follow-up
 - Long-term interventions
 - Teasing apart effects of diet & physical activity from weight loss
- Competing priorities, low resources, and comorbidities in underserved communities

Practical Measure of Abdominal Adipose Tissue Depots

- MRI & CT validation
- Derivation of VAT and SAT in 11,020 participants in WHI
- >39,000 scans over 9y
- Trajectory VAT/SAT (in process)
- CVD outcomes (in process)
- Cancer incidence and mortality (planned)
 - VAT and SAT vs BMI and total fat
 - Common vs understudied cancers, such as melanoma, bladder, and hematologic cancers



Soft tissue depiction of Hologic software ROI selection and lines of demarcation for VAT & SAT calculations



Historical DXA scan ROI placement for Hologic software VAT and SAT analysis.

WHAT IS PHYSICAL ACTIVITY?

Exercise can include:

- Walking
- Hiking
- Biking
- Cleaning
- Also Running, Lifting Weights, Lifting by table, Bicycling, Gardening, Climbing, Climb, Sheep Herding, Yoga, Dancing

Any many other activities if you're moving, you're doing physical activity.

Normal Feelings During Exercise:

- Increased temperature (sweating)
- Increased breathing
- Increased beating of the heart
- Abnormal Muscle Fatigue

Abnormal Feelings During Exercise:

Dizziness, confusion, nausea, loss of control of body movements, chest pain, sharp feelings in the joints or muscles, no change in temperature, numbness or tingling in the arms and legs, unable to catch breath. Call your doctor if you have any of these abnormal feelings.

WHY EXERCISE?

Benefits & Overcoming Barriers to a Healthier You

RESTORING BALANCE
funded by the National Cancer Institute
in partnership with the Partnership for Health Promotion, Cancer Prevention, and Control
University of Wisconsin Cancer Center



BENEFITS OF EXERCISE

Weight loss
Increases "good cholesterol," decreases "bad cholesterol"

Prevents (or treats) Diabetes (type 2)

Increases risk of Cancer (overall types)

Decreases risk of Arthritis

Heart attack or stroke

Alcoholism

Some forms of Depression

Decreases risk of: • Blood pressure • Inflammation (which contributes to heart disease)

Improves insulin • Bone density • Mood • Energy levels • Sleep quality • Memory

BENEFITS OF EXERCISE FOR CANCER

Reduces risk of colon, breast, lung, prostate, and endometrial cancers

Maintains healthy bones • Increases endometrial cancer • Improves mood

Being inactive (sitting, TV, using a car) increases risk of death.

COMMON BARRIERS TO EXERCISE

No Transportation • No time • Don't know how to exercise

CDC EXERCISE RECOMMENDATIONS

Avoid "dead time!"
Some activity is better than none; any gives some health benefits.

Do 2 hrs 30 min/wk of moderate-intensity or 1 hr 15 min/wk of vigorous-intensity aerobic activity

For more health benefits, increase aerobic physical activity to 3 hrs/wk of moderate-intensity, or 2 hrs 30 min/wk of vigorous intensity aerobic physical activity.

Moderate-intensity exercise includes: • Walking • Cycling • Swimming • Dancing • Gardening • Fishing • Golfing • Skiing • Snowshoeing • Hiking • Water skiing • Rowing • Water polo • Tennis • Bowling • Ping-pong • Badminton • Table tennis • Martial arts • Aerobic dance • Tai chi • Yoga • Pilates • Stretching • Weight lifting • Strength training • Resistance training

Vigorous-intensity exercise includes: • Jogging/running • Bicycling (uphill) • Swimming laps • Basketball • Soccer • Tennis • Handball • Aerobic dancing • Martial arts • Rock climbing • Ice skating • Skating • Fishing • Golfing • Skiing • Snowshoeing • Hiking • Water skiing • Rowing • Water polo • Tennis • Bowling • Ping-pong • Badminton • Table tennis • Martial arts • Aerobic dance • Tai chi • Yoga • Pilates • Stretching • Weight lifting • Strength training • Resistance training

Perform aerobic exercise in episodes of at least 10 min & spread it through the week.

Do muscle-strengthening activities (such as lifting weights) 2 or more days/wk.

Start higher than you think you can do!

HOW TO OVERCOME THESE BARRIERS

Bring family with you to your exercise session.

Exercise with someone (relative or friend).

Exercise is good for you. Learn the benefits from your trainer.

Do the house exercises your trainer gives you each week.

Make good use of your time. Do your exercise when talking to friends and family.

Get more. Drive less.

Get your family and friends to help you exercise.

Make exercise part of your everyday routine.

Restoring Balance in Indian Country (NNR-14.192)

- ACSM Cancer Exercise Guidelines
- Cultural adaptations representing 10 tribes
- Survivor + Family Members
- RCT immediate vs delayed start
- Supervised and at-home
- Outcomes at 6, 12, and 18wks
- Body Composition
- Metabolic Function
- Physical Function
- PROMIS QOL
- No diet intervention



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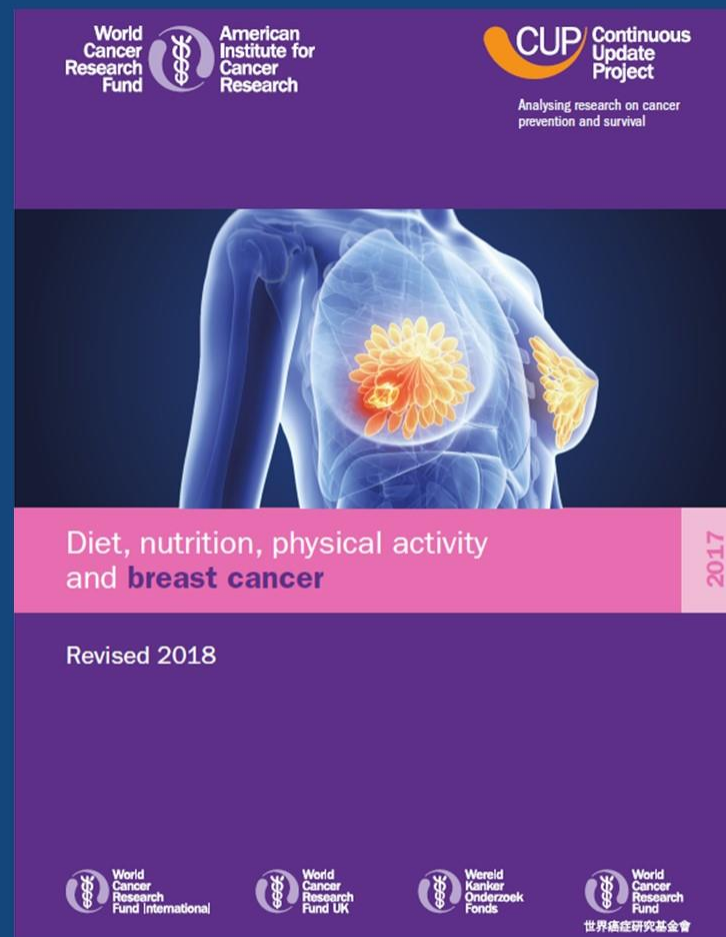
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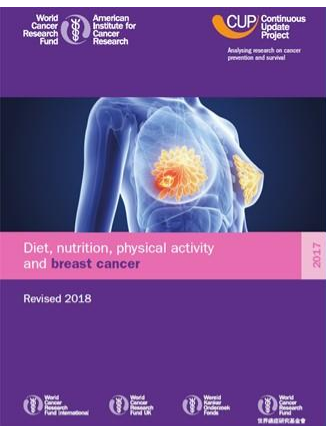
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Lifestyle based cancer guidelines for individuals, WCRF/AICR (2018)

- Be a healthy weight
- Be physically active
- Eat a diet rich in whole grains
- Limit consumption of: fast foods, red and processed meat, sugar sweetened drinks, and alcohol
- Do not use supplements for cancer prevention
- For mothers: breast feed your baby, if you can
- After a cancer diagnosis try to:
 - Avoid smoking and other exposure to tobacco
 - Avoid excess sun





Guideline Adherence and Breast Cancer Risk Reduction

- Meeting ≥ 5 WCRF/AICR recommendations
 - 60% \downarrow risk of breast cancer
 - HR: 0.40, 95% CI: 0.25-0.65
 - Each additional recommendation met =
 - Further reduction in breast cancer risk
 - HR=0.89, 95% CI: 0.84-0.95
- Systematic review aligned
 - 13-60% reduction in breast cancer risk

Take Home

- Weight management is key for reduction of risk of breast cancer & chronic conditions associated w/ increased risk & poor outcomes.
- Physical activity is associated with reduced risk of breast cancer
- Community and research programs are needed for primary prevention of breast cancer must be evaluated for both short- and long term success
- Free resources for physical activity and diet
<https://health.gov/paguidelines/moveyourway/toolkit/>
<https://health.gov/dietaryguidelines/2015/resources.asp>

University of Arizona BODY COMPOSITION RESEARCH LABORATORY



Scott Going, PhD
Director



Rob Blew, MS
Lab Manager



Victoria Bland,
MS, RD,
PhD Candidate



Karen Dickeson
Program
Coordinator



Nora Carranza
Intern



Jennifer Bea, PhD
Co-Director

jbea@uacc.arizona.edu
520-626-0912
collaboratory.arizona.edu

Collaborators

University of Arizona

Tim Lohman, Scott Going,
Janet Funk, Zhao Chen,
Cynthia Thomson, Lindsay
Kohler, Tracy Crane, Pavani
Chalasani, Yann Klimentidis,
Denise Roe

Northern Arizona University

Dirk de Heer, Anna Schwartz

Kaiser Permanente

Bette Caan, Marilyn Kwan

Women's Health Initiative

JoAnn Manson, Heather
Ochs-Balcom, Hailey Banack,
Andrew Odegaard, Stacy
Sims, Marcia Stefanick, Jean
Wactawski-Wende



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