

P5-15-17 National survey of long-term recovery from chemotherapy-induced hair loss in patients with breast cancer



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Background

- Altered appearance due to chemotherapy is a very distressing adverse event and can remain unrecovered for a long time after chemotherapy.
- To clarify the current status of appearance change and its support systems, we conducted a national questionnaire survey of patients with breast cancer who had received chemotherapy in Japan.
- Here, we report on the long-term recovery of scalp hair loss during and after chemotherapy.

Patients and methods

- Questionnaire between April and October 2013.

Patients' appearance issues related to chemotherapy (scalp hair, eyebrows, eyelashes, nails, skin)
 Current status of support systems for their appearance
 Effect of chemotherapy regimens, endocrine therapy, duration after chemotherapy

- Physicians at each hospital asked their patients to fill out the questionnaire and mail it directly to the data center.
- Eligibility: breast cancer without any recurrence, received adjuvant or neoadjuvant chemotherapy containing anthracycline+cyclophosphamide (AC), triweekly docetaxel (DOC), A+C+weekly paclitaxel (ACP), or AC+D (ACD), Less than 5 years after the last chemotherapy treatment
- Scalp hair status was analyzed in a cross-sectional manner according to the chemotherapy regimen and the interval from chemotherapy.

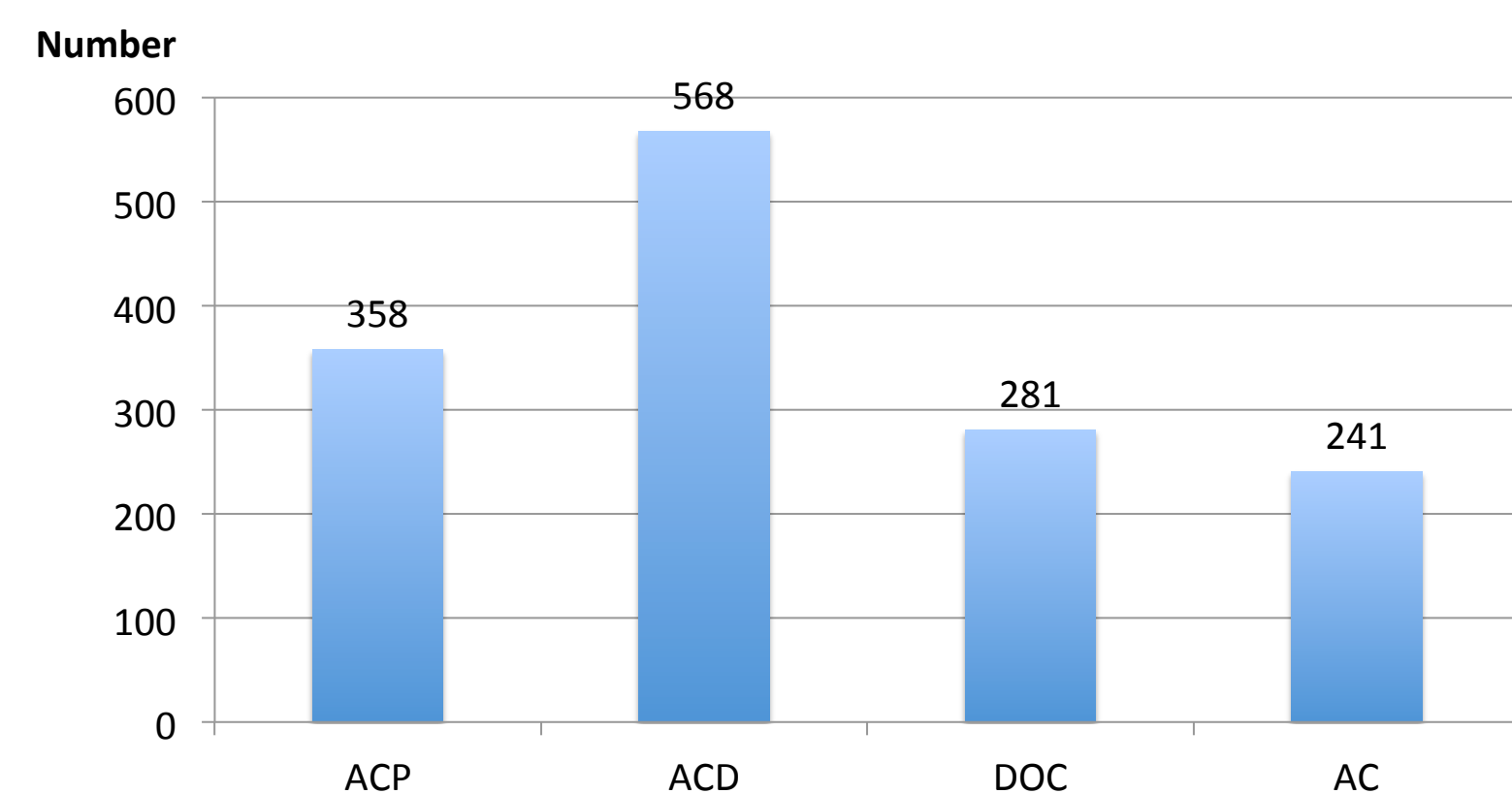
Results

1511 patients at 47 hospitals (response rate, 82%; 1511/1853)

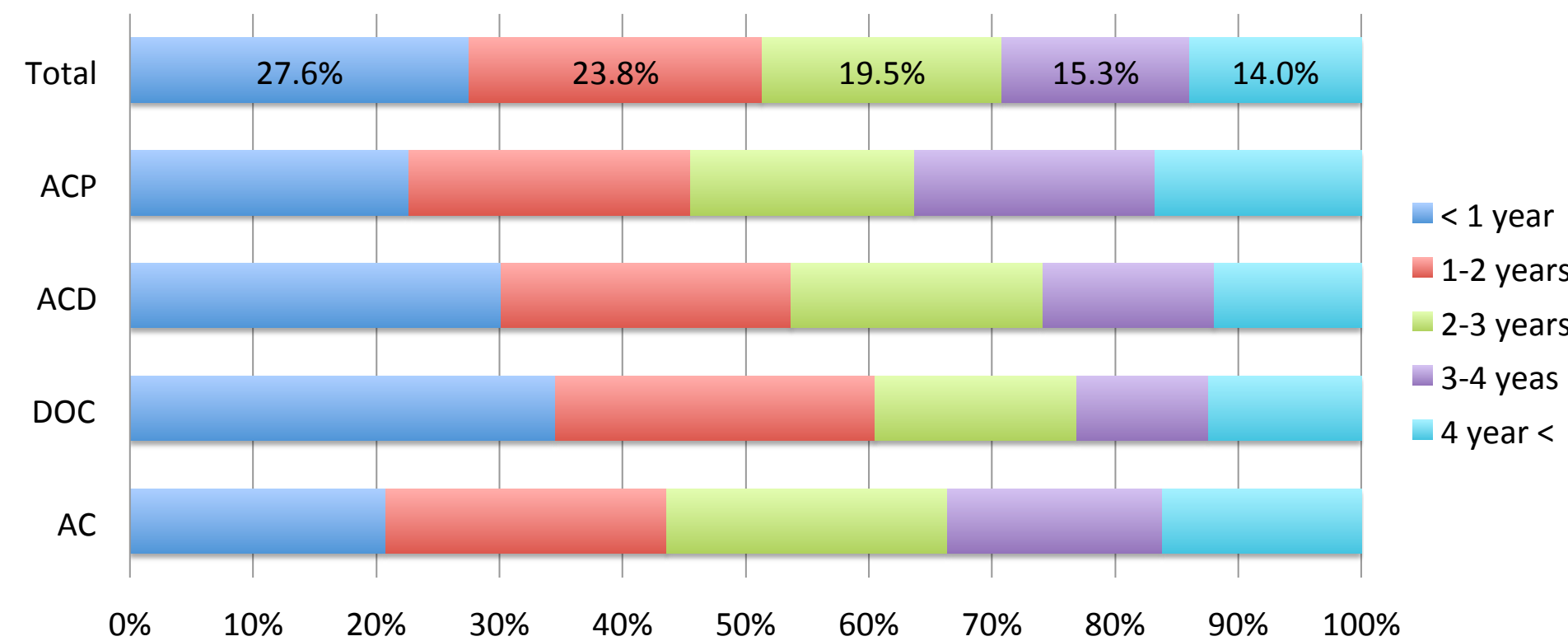
Exclusion: 33 patients mainly because >5 years had passed after chemotherapy, 30 patients P (17), P+D (1), or AC+P+D (12)

1448 questionnaires were finally analyzed

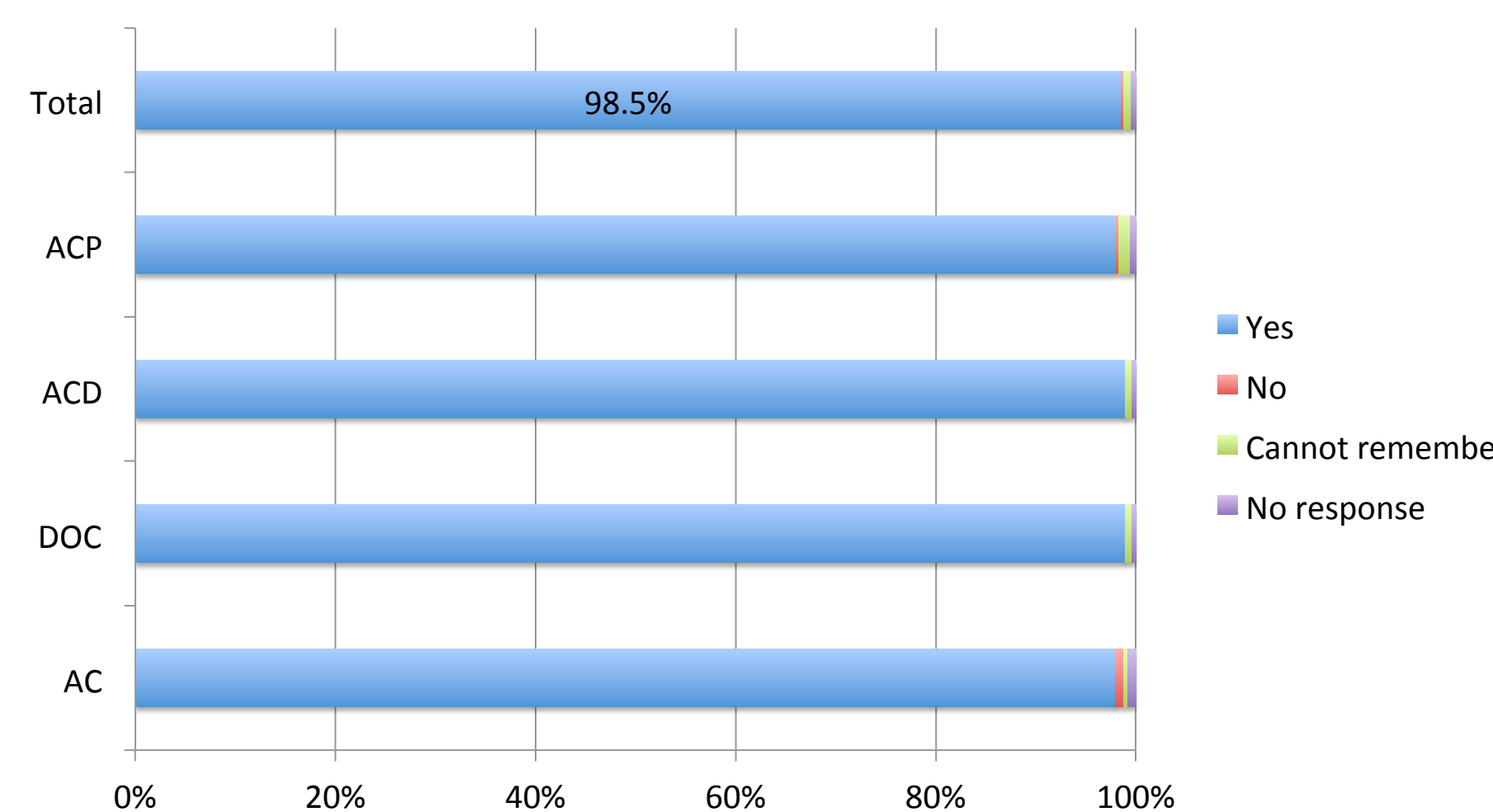
Number of patients by chemotherapy regimen



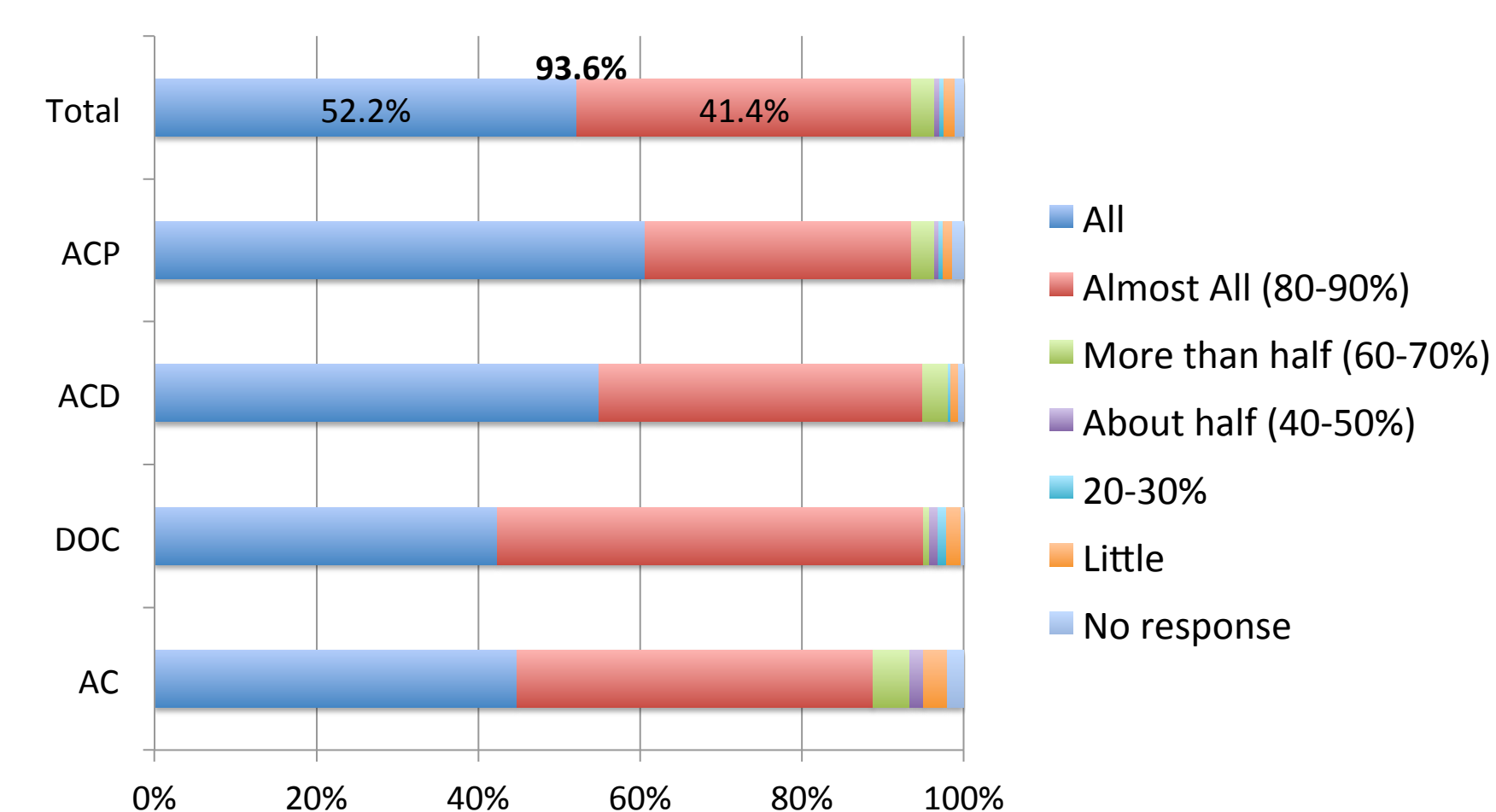
Distribution of patients according to the time after the last chemotherapy treatment



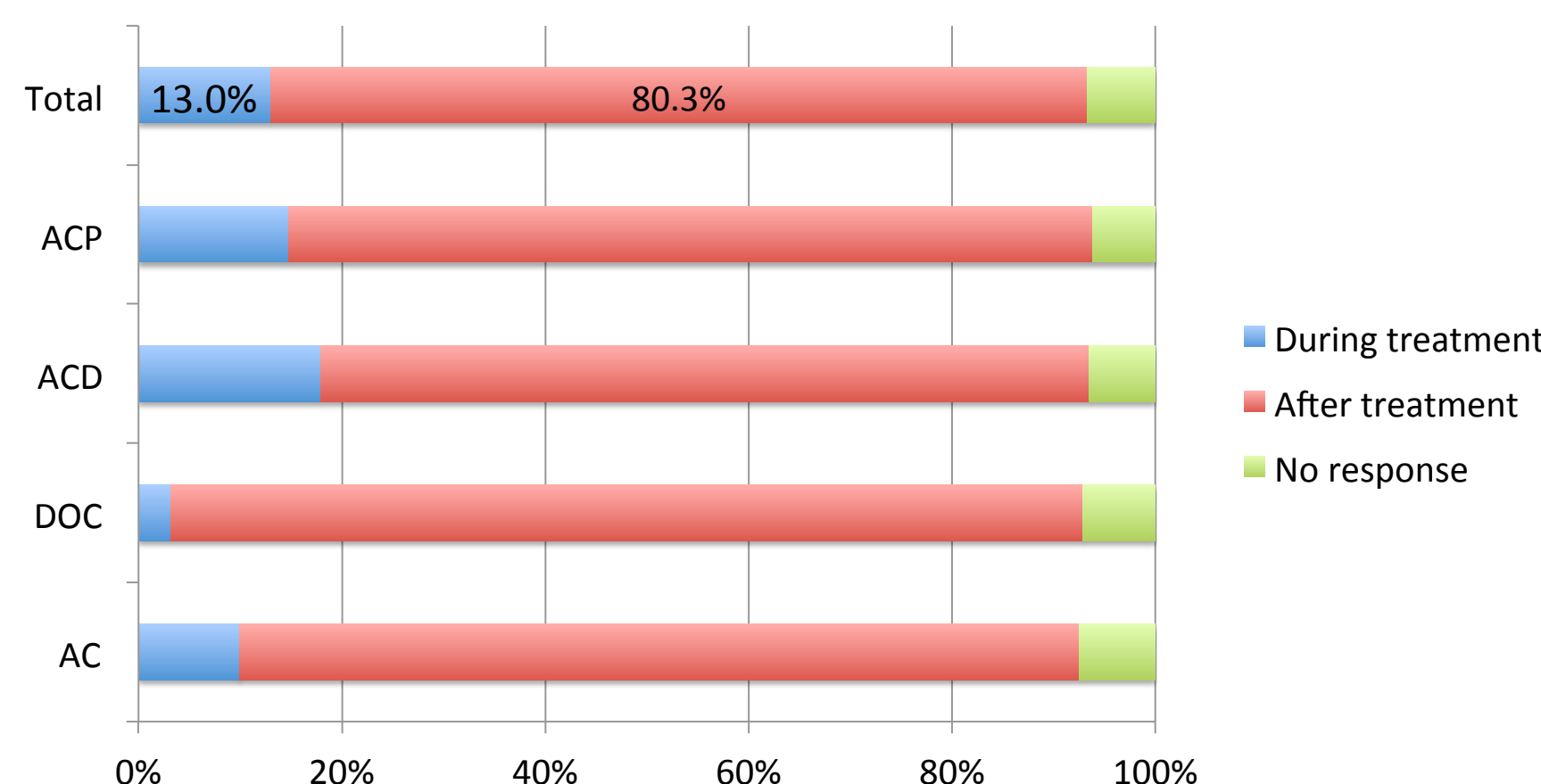
Incidence of scalp hair loss during chemotherapy



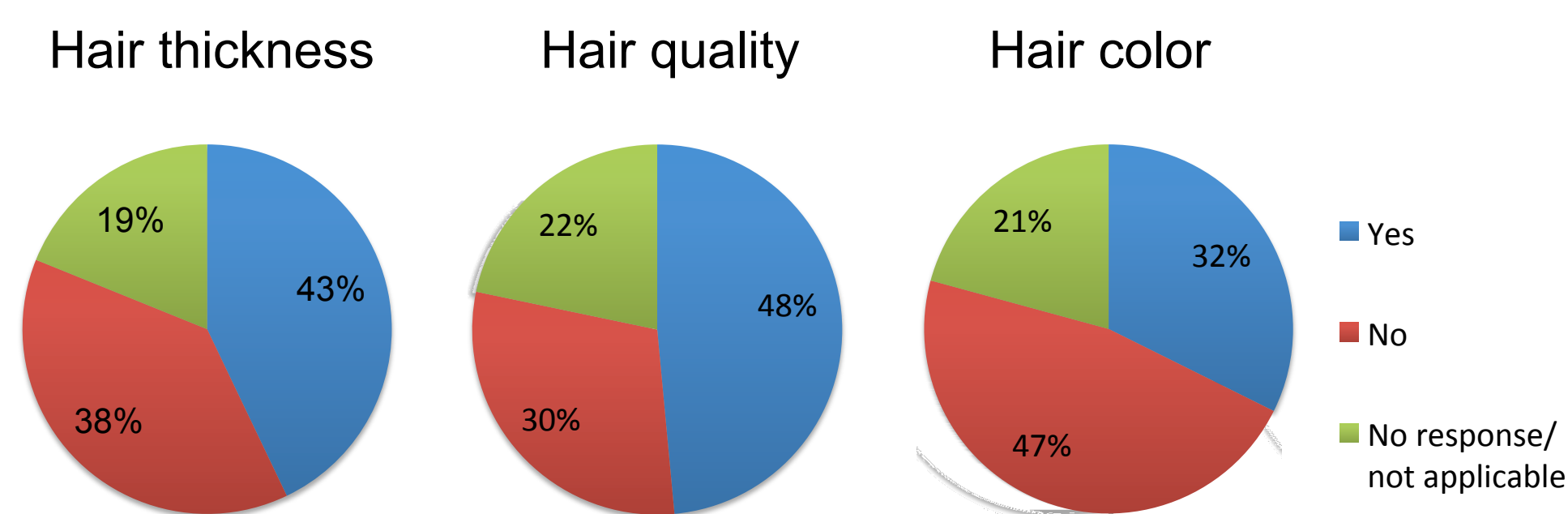
Extent of hair loss during chemotherapy



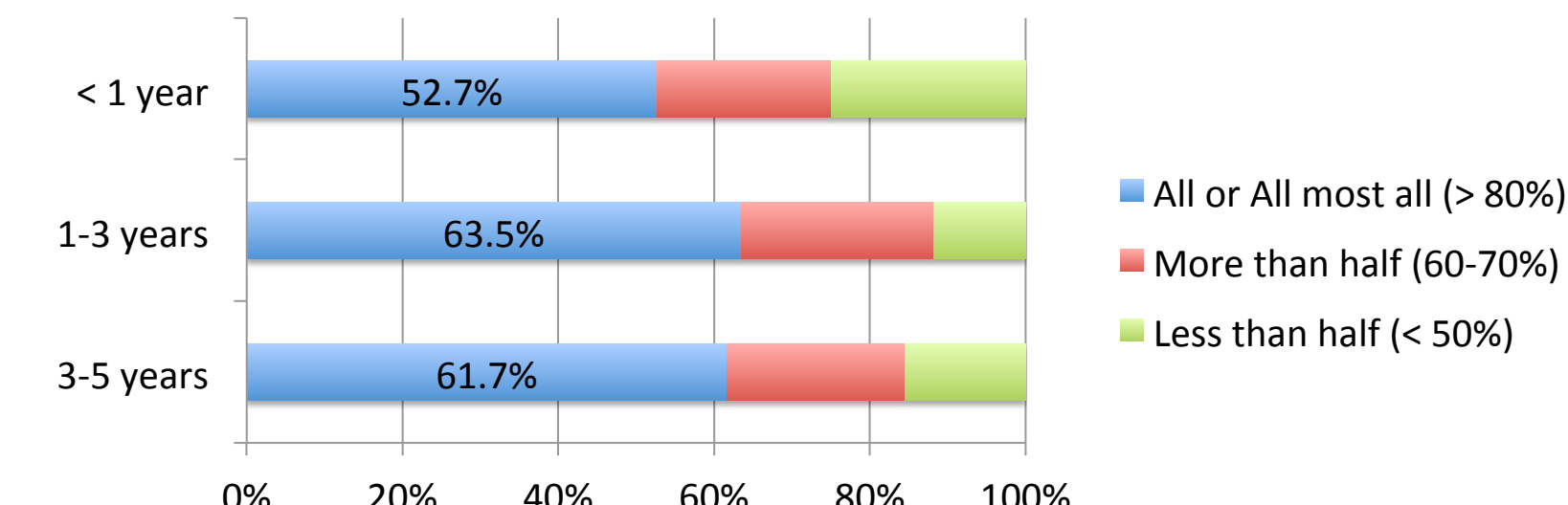
Timing of beginning of hair growth



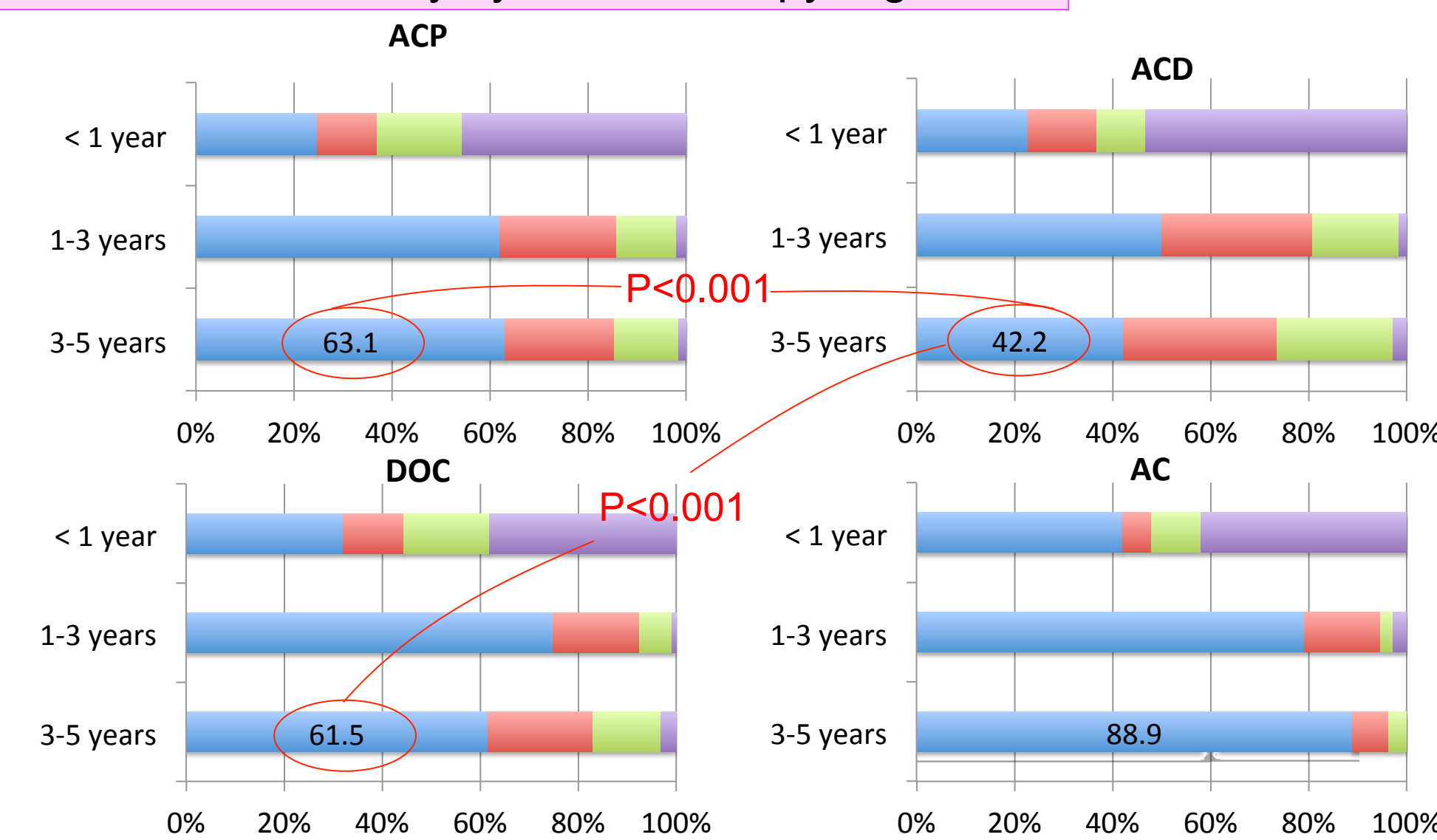
Hair change after 6 months of the start of hair growth



Hair volume recovery (excluding unanswered or not applicable)



Hair volume recovery by chemotherapy regimens



After 3 years, patients who had received ACP, DOC, and ACD had significantly less volume recovery than patients who had received AC (P<0.001 for all).

Conclusions

Almost all patients with breast cancer experienced severe hair loss during standard chemotherapy, but a recovery trend was noted after chemotherapy. However, hair remained unrecovered to various degrees in a significant number of patients even at 3–5 years after chemotherapy, especially in those who had received taxane-containing regimens. We should consider the need for support of patients who experience chemotherapy-induced hair loss.

Acknowledgement

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