

## INTERNATIONAL SUMMIT ON DIABETES, ENDOCRINOLOGY, AND METABOLIC DISORDERS



Norah P. Scally, Lara Armstrong\*,  
Daryl Blades, Eimer McGeown, Helen  
Mathers

*Department of Breast Surgery, Southern Health  
and Social Care Trust, Portadown, Northern  
Ireland*

### Menopausal Symptoms and Utian Quality of Life Scale Following a Breast Cancer Diagnosis and Its Impact on Endocrine Adherence

#### Abstract:

#### Introduction:

Standard treatment for oestrogen-positive breast cancers involves a minimum of five years of adjuvant endocrine treatment with a significant improvement in survival. However, the side effects of endocrine treatments are often underestimated. We aimed to identify the frequency of side effects, adherence to treatment, and impact on the quality of life of breast cancer survivors.

#### Methods:

All patients attending holistic needs assessment and health and wellbeing events with a clinical nurse specialist between March and October 2023 were given a menopause symptom proforma and Utian menopausal quality of life scale questionnaire.

#### Results:

A total of 99/150 (66%) patients attending a health needs assessment with a clinical nurse specialist following a diagnosis of breast cancer returned forms. The mean age of respondents was 56.7 years, with a mean 2.5-year duration since diagnosis. Thirty-seven percent of respondents were premenopausal at diagnosis, and 63% were postmenopausal. Five percent stopped treatment early due to menopausal symptoms, and 2.2% changed endocrine treatment. Overall, the mean menopausal quality of life score was -0.454 ( $p=0.0052$ ). Within the premenopausal cohort, 84% reported hot flushes, 81% a low-sex drive, 73% night sweats, 89% memory problems, 89% fatigue, and 76% joint aches. This group scored -0.20 SD on the quality of life scale. The postmenopausal group reported a 71% incidence of hot flushes, 79% both poor sleep and joint pain, 60% breast pain, and 86% fatigue. They demonstrated a mean of -0.58 SD on the quality of life scale. The failure to adhere to endocrine treatment was reported by 6% of respondents, who cited side effects as the reason for non-compliance.

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### Conclusion:

In conclusion, there is a significant increase in menopausal symptoms following treatment for breast cancer, which is negatively impacting well-being, quality of life, and endocrine adherence.

**Keywords:** Menopause, Breast cancer, oestrogen

### Biography:

Ms Lará Armstrong MBChB MRCS MSc (MedEd) PGCert is a Breast Surgery Specialty Doctor, based in Northern Ireland. She has a strong clinical background and a keen interest in medical education, holding a Masters in Medical Education. Actively involved in teaching at undergraduate and postgraduate levels, she is passionate about enhancing surgical training. Ms Armstrong also has a growing interest in endocrine treatments in breast cancer and their systemic effects, aiming to improve patient outcomes through both clinical practice and research. Her work bridges education and innovation in breast surgical care