

## Chemoprevention Options to Reduce Breast Cancer Risk

Drug Name	Tamoxifen		Raloxifene	Aromatase Inhibitors
	20MG (standard dose)	5MG (low dose)		
<i>How it Works</i>	Changes estrogen receptor		Changes estrogen receptor	Reduces circulating estrogen
<i>When to Take</i>	Before or after menopause		After menopause	After menopause
<i>Benefits</i>	<ul style="list-style-type: none"> <li>Cuts risk in half (example: 30% to 15%)</li> <li>Strengthens bones</li> <li>Decreases (improves) lipids a bit</li> </ul>		<ul style="list-style-type: none"> <li>Cuts risk by almost half (example: 30% to 19%)</li> <li>Strengthens bones to prevent bone loss (osteoporosis) and hip fracture</li> </ul>	Cuts risk by more than half (example: 30% to 13%)
<i>Risks</i>	<ul style="list-style-type: none"> <li>Endometrial cancer (&lt;1/100)</li> <li>Venous blood clots (DVT/PE); 4/1,000 risk after menopause only</li> </ul>	May not have same risks as 20MG dose	Venous blood clots (DVT/PE); 1/1,000 risk	<ul style="list-style-type: none"> <li>Weakens bones</li> <li>Increases lipids a bit</li> </ul>
<i>Side Effects</i>	<ul style="list-style-type: none"> <li>Hot flashes (varies from 1/3 none, 1/3 mild, 1/3 a lot)</li> <li>Vaginal dryness</li> <li>Cataracts, slightly increased</li> </ul>	<ul style="list-style-type: none"> <li>May have fewer side effects than 20MG dose</li> <li>Small increase in hot flashes</li> </ul>	Hot flashes (15% likely)	<ul style="list-style-type: none"> <li>Hot flashes (30% + likely)</li> <li>Vaginal dryness</li> <li>Joint pain</li> </ul>
<i>Cost</i>	Lowest		Low	May be higher
<i>Other Info</i>	<ul style="list-style-type: none"> <li>Long research history</li> <li>Must stop taking before major surgery</li> <li>May interact with depression/anxiety medicines</li> </ul>	<ul style="list-style-type: none"> <li>Not as much research history</li> <li>Dose not FDA-approved</li> <li>Must stop taking before major surgery</li> <li>May interact with depression/anxiety medicines</li> </ul>	<ul style="list-style-type: none"> <li>Long research history</li> <li>FDA approved to treat osteoporosis</li> </ul>	Not as much research history

Each of these medicines are taken as a pill once daily for five years. Many side effects can be treated with other medicines. Or, you can always choose to stop taking the drug. Typically, we do not recommend taking one of these medicines until after age 35 and after you are done having children.

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