



Canadian Breast Cancer Network
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CLINICAL TRIALS CONNECTED

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What's New in Breast Cancer Research

In this edition of *Clinical Trials Connected*, we are highlighting some of the latest news shaping breast cancer care. From a new national advisory committee to guide breast cancer screening recommendations in Canada to promising research on 3D mammography, treatment de-escalation, genetic testing and breast cancer risk awareness, these developments represent important progress. Ongoing clinical research is essential to improving outcomes and advancing care for everyone affected by breast cancer.

Large international trial explores 3D mammography for routine breast cancer screening

A major international clinical trial is exploring whether 3D mammography (digital breast tomosynthesis) can better detect breast cancer than standard mammography. The Tomosynthesis Mammographic Imaging Screening Trial (TMIST) is one of the largest breast cancer screening studies ever conducted and has enrolled approximately 108,000 participants across North America, including many in Canada. Researchers hope the study will help determine whether this newer imaging technology can identify aggressive breast cancers earlier.

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Study suggests less zoledronic acid may be enough for some breast cancer patients

New research, led by Canadian researchers, suggests that some people with early-stage breast cancer may be able to safely receive significantly fewer doses of zoledronic acid, a drug that is often used to strengthen bones and reduce risk of recurrence. The study found that patients who received a single dose instead of the standard injection every 6 months for 3 years had similar outcomes with a reduction of side effects. The findings support ongoing efforts to safely de-escalate certain treatments while maintaining positive outcomes for patients.

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Canadian study highlights the importance of genetic testing in young adults with breast cancer

In a recent study led by Dr. Kelly Metcalfe, nearly 1 in 5 women (18.6%) diagnosed with breast cancer at age 40 or younger were found to carry an inherited genetic mutation linked to an increased risk of breast cancer. While BRCA1 and BRCA2 were the most commonly identified genes, mutations in several other cancer-related genes were also found. This suggests that all women diagnosed under the age of 40 could benefit from genetic testing to help guide treatment decisions and inform family of potential hereditary cancer risks.

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American survey highlights gap in awareness of alcohol and breast cancer risk

A recent U.S. based survey found that middle-aged women reported the highest levels of alcohol consumption but were the least likely to recognize alcohol as a risk factor for breast cancer. These findings highlight an important knowledge gap, as research continues to show that consuming alcohol can increase your breast cancer risk.

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New Expert Committee to Guide Screening and Prevention in Canada

The Government of Canada has launched a new expert advisory committee, the National Advisory Committee on Preventive Health Services, to develop evidence-based recommendations on preventive health care, including cancer screening. This new committee will replace the former Canadian Task Force

on Preventive Health Care and will help guide future screening and prevention practices across the country.

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