

## Using CTS5 calculator to predict the 5-10 risk of recurrence and to reduce the number of patients discussed in the breast MDT every week

**Ms. Salma Ahmed, Mr. Kiruparan and Mr. Debanth**

*Blackpool Teaching Hospital NHS Foundation, UK*

### **Aim:**

The increasing number of patients has created a pressure on the services provided that aim to ensure the maximum level of care, particularly MDT meetings. Using the CTS5 calculator can readily reduce the number of patients needing discussion for EET. This is will prevent delays in decisions made for patients and more importantly, an evidence-based tool will be used for more accurate results.

### **Method:**

A retrospective data collection was undertaken from the Breast MDT records, initially dating from January to December 2018. Then when the optional use of CTS5 was established, data were retrieved from August to October 2019.

As per guidance for the use of the CTS5 calculator; Women were deemed low risk if their 5–10-year risk is less than 5%, intermediate if between 5–10%, and high risk if their 5–10-year risk is more than 10%.

Finally, a prospective data collected from January to March 2020 where an agreement was made for all to use the CTS5 calculator.

### **Results:**

Before Introducing the CTS5 Calculator, in 2018, the number of patients was 1523 from which 66 were for EET 4.3%.

When CTS5 Calculator was first introduced, 1st of August - 31st October 2019, the percentage reduced to 4.1% and from January to March 2020, a further reduction 3.9% was noticed.

### **Conclusion:**

The CTS5 calculator is an effective evidence-based tool used to predict the risk of 5-10 years recurrence in breast cancer patients. Implementing it will reduce the number of patients needing discussion in Breast MDTs, sparing meetings' and patients' time.

### **Reference:**

1. Integration of Clinical Variables for the Prediction of Late Distant Recurrence in Patients With Estrogen Receptor-Positive Breast Cancer Treated With 5 Years of Endocrine Therapy: CTS5. *Journal of Clinical Oncology*; DOI10.1200/JCO.2017.76.4258 [ascopubs.org](http://ascopubs.org)
2. The results of the CTS5 development and validation were presented at the 40th San Antonio Breast Cancer Symposium and the presentation can be found here [watch.ondemand.org](http://watch.ondemand.org)
3. Effect of anastrozole and tamoxifen as adjuvant treatment for early stage breast cancer: 10-year analysis of the ATAC trial. [sciencedirect.com](http://sciencedirect.com)
4. Assessment of letrozole and tamoxifen alone and in sequence for postmenopausal women with steroid hormone receptor-positive breast cancer: The BIG 1-98 randomised clinical trial at 8.1 years median follow-up [sciencedirect.com](http://sciencedirect.com)