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HORMONE THERAPY AND ZOLEDRONIC ACID IN CANCER PATIENT SURVIVAL

Laura Menezes Henriques

Fellipo Moreira Mello



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Breast cancer is the second most common cancer among women, second only to skin . There is also a significant increase in mortality caused by breast cancer, due to the hematological and lymphatic nature of its metastasis. Innovative developments in clinical treatment using hormone therapy and immunotherapy have made it possible for affected patients to survive longer and with better quality.

I like to exemplify the positive effects of treatment with physical and psychological impact on these patients, in order to highlight the importance of reducing the 15.3 tumor marker and bone metastatic regression by imaging tests. The use of a combination of hormone therapy and zoledronic acid inhibits the demineralization involved in bone metastasis.

The case to be presented is of a 61-year-old patient with HER2+ breast cancer, positive lymph node, discovered 4 years ago, with bone metastasis, where contrast-enhanced CT showed involvement of the skull, cervical spine, pelvis and mmss. This patient had a pathological diaphyseal fracture of the humerus on the

right about 2 months ago. She is being followed up at the INCA IV hospital where, at a round table discussion, a treatment proposal was made by her son, who is a medical student. The proposal was to change the hormonal blockade to a double blockade, plus zoledronic acid and radiotherapy, both in conjunction with daily vitamin D3 and creatine supplementation. After this treatment, the patient achieved significant improvement, with a drop in the tumor marker and rapidly progressing bone calcifications. Without the need for surgery, the patient stopped wearing a brace in just two months.

The conclusion is that the combination of hormone therapy with zoledronic acid reduces the chances of pathological fractures and also improves mineralization and calcification of metastases, thus reducing the risk of fractures due to falls and the spread of cancer by blocking the hormonal axis of its respective receptor. Thus, it is essential for increasing the survival of these patients, with safety and quality of life.

