



ELSEVIER

Contents lists available at ScienceDirect

Journal of Bone Oncology

journal homepage: www.elsevier.com/locate/jbo

Review Article

Does estrogen play a role in response to adjuvant bone-targeted therapies?



Kent Russell^a, Eitan Amir^b, Alexander Paterson^c, Robert Josse^d, Christina Addison^e, Iryna Kuchuk^a, Mark Clemons^{a,e,*}

^a Division of Medical Oncology, University of Ottawa and The Ottawa Hospital Cancer Center, Ottawa, Canada

^b Division of Medical Oncology and Hematology, University of Toronto and Princess Margaret Hospital, Toronto, Canada

^c Department of Oncology, Tom Baker Cancer Center, University of Alberta, Calgary, Canada

^d Department of Medicine, St. Michael's Hospital, and University of Toronto, Toronto, Canada

^e Ottawa Hospital Research Institute, University of Ottawa, Ottawa, Canada

ARTICLE INFO

Article history:

Received 13 May 2013

Received in revised form

21 June 2013

Accepted 30 June 2013

Available online 5 July 2013

Keywords:

Estrogen

Breast cancer

Bone-targeted therapies

Adjuvant therapy

Bisphosphonates

ABSTRACT

Bone remains the most common site of breast cancer recurrence. The results of population studies, pre-clinical research and clinical studies in patients with metastatic disease provided a rationale for testing bone-targeted agents in the adjuvant setting. Despite the initial optimism, results from eight prospectively designed, randomized control studies powered to assess the value of adjuvant bone-targeted therapy in early breast cancer are conflicting. Data have shown that, where benefit exists, it tends to be in women with a “low estrogen environment”, either through menopause or suppression of ovarian function. In this manuscript, we review clinical data supporting the hypothesis that estrogen levels may play a part in explaining the response of patients to bone-targeted agents in the adjuvant setting. The results presented to date suggest that there may be data supporting a unifying role for estrogen in adjuvant trials. However, in the absence of any prospective randomized trials in which estrogen data has been systematically collected we cannot specifically answer this question. We await the results of the Oxford overview analysis of individual patient data with interest.

© 2013 Elsevier GmbH. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

1. Introduction

In recent years there has been increasing interest in the role of bone-targeted agents, such as bisphosphonates (BP) and denosumab, as adjuvant therapies for breast cancer. The results of large randomized trials with BPs have been variable showing either: benefit [1–3], no benefit [4–7] or harm [8]. However, subgroup analyses have consistently shown that, where benefit exists, it is in women with a “low estrogen environment” either through menopause or suppression of ovarian function. In this manuscript, we review the link between estrogen and breast cancer risk and the hypothesis that estrogen levels may in part explain the response of patients to bone-targeted agents in the adjuvant setting.

2. Estrogen and breast cancer link

The pivotal role of cyclical estrogens in breast cancer risk is well recognized. This has been shown in epidemiological studies where risk is related to earlier age at menarche, later age at first birth and

menopause, and parity [9,10]. Breastfeeding is protective and is theorized to be secondary to increased prolactin secretion and subsequent suppression of estrogen production [11–13]. Studies on hormone replacement therapy (HRT) have shown increased risk of breast cancer while receiving combined estrogen and progesterone hormone replacement [14,15] and, interestingly, a fall in risk on discontinuation [15–17]. Obesity has also been shown to increase breast cancer risk in postmenopausal women, which is likely due to adipose tissue facilitating the conversion of adrenally secreted dehydroepiandrosterone (DHEA) into estrogen, leading to elevated estrogen levels [18].

In addition, several studies note that higher serum levels of estrogen in postmenopausal women are associated with increased breast cancer risk [19–23]. A meta-analysis of nine prospective studies, with data on 2428 predominantly postmenopausal women, 663 with breast cancer, demonstrated a roughly twofold higher risk of breast cancer in women with higher serum estrogen (2nd–4th quartiles) compared to those with lower levels (1st quartile) [24].

3. Estrogen and bone

The importance of estrogen in maintaining bone health is well recognized [25,26]. The bone microenvironment is dynamic with

* Correspondence to: Division of Medical Oncology, University of Ottawa and The Ottawa Hospital Cancer Center (Box 912), 501 Smyth Road, Ottawa, Canada ON K1H 8L6. Tel.: +1 613 737 7700x70170; fax: +1 613 247 3511.

E-mail address: mclemons@toh.on.ca (M. Clemons).

on-going remodeling through the activity of both osteoclasts (bone resorption) and osteoblasts (bone formation). Osteoclastogenesis is tightly regulated by the receptor activator of nuclear factor kappa B ligand (RANKL), receptor activator of nuclear factor kappa B (RANK) and osteoprotegerin (OPG) system. RANKL is a protein synthesized by preosteoblast cells. When these proteins bind to their receptors (RANK) on osteoclast precursor cells, they stimulate osteoclast differentiation and activation, resulting in bone resorption [27,28]. Preosteoblast cells also express OPG, a soluble decoy receptor that binds to RANKL and blocks the interaction between RANKL and its receptor RANK, thereby inhibiting osteoclastogenesis [29,30]. OPG is also known to induce apoptosis in mature osteoclasts, further limiting bone resorption [31].

The amount of bone resorption is dependent on the balance between RANKL and OPG. Many cytokines and hormones are involved in regulation of the RANKL/RANK/OPG system, including sex steroids [27,30]. Estrogen is known to inhibit RANKL production [27,30], and stimulate the production of OPG [32,33]. Thus, estrogen deficient states result in increased RANKL production, which in turn overwhelms the OPG decoy receptors. This results in greater osteoclastogenesis and excessive bone resorption, which may eventually lead to reduced bone density. Throughout this process, growth factors are released into the bone microenvironment, which is hypothesized to result in tumor cell proliferation and survival [34,35]. Thus, in estrogen deficient states, increased release of growth factors driven by increased osteoclastic resorption activity may provide a favorable environment for tumor growth and progression. As such, bone-targeted therapies such as BPs that inhibit osteoclast activation, should in theory limit growth factor release and hence tumor cell proliferation.

4. Bisphosphonate use and breast cancer risk

BPs are commonly used in the management of postmenopausal osteoporosis. They consist of two phosphate groups, which give them a high affinity to bone. They attach to bone at exposed calcium hydroxyapatite binding sites, which are most accessible at sites of bone resorption. During bone turnover, BPs are released causing inhibition of osteoclast-mediated bone resorption [36,37]. In addition, BPs are known to decrease osteoclast development and recruitment as well as promote osteoclast apoptosis [38,39]. Through these mechanisms, BPs have shown to both increase bone mineral density (BMD) and decrease osteoporotic fractures [40–43].

Several studies also suggest that postmenopausal women on oral BPs for osteoporosis have a reduced risk of breast cancer incidence [44–46]. In theory, the reduction in osteoclast-resorption limits growth factor release into the bone microenvironment, which may limit cancer cells from proliferating and developing into malignant tumors. Furthermore, there are data which suggest BPs have direct anti-tumor effects [47,48].

A large study, the Woman's Health Initiative (WHI), included 154,768 women, 2816 of whom were taking oral BPs for osteoporosis at the time of enrollment. After 7.8 years of follow-up, multivariate analysis demonstrated a 32% risk reduction ($P < 0.01$) in the incidence of invasive breast cancer and a 30% reduction ($P = 0.02$) in the risk of estrogen receptor (ER) positive breast cancer in postmenopausal women on oral BPs compared to those not on BP therapy [44].

Rennert et al. observed similar results in their population-based, case-control study of 4039 postmenopausal women taking oral BPs, 1832 who were diagnosed with breast cancer [46]. A 28% relative risk reduction in the incidence of breast cancer was observed with the use of BPs for greater than one year. A significantly greater number of breast cancers were ER positive

and were less frequently poorly differentiated tumors. Newcomb et al.'s population based, case-cohort study ($N = 5911$) yielded comparable results [45]. Multivariate analysis demonstrated a significant reduction in the risk of breast cancer with BP use (OR 0.67; 95% CI 0.51–0.89). There was increased benefit with increasing duration of BP therapy. Interestingly, benefit was only observed in non-obese women ($BMI < 30 \text{ kg/m}^2$).

5. Pre-clinical studies

In pre-clinical studies, BPs have shown anti-tumor effects directly through inhibition of tumor proliferation and induction of apoptosis, and indirectly, through their ability to inhibit tumor cell adhesion and invasion of the extra-cellular bone matrix, and their anti-angiogenic and immunomodulatory effects [48–51]. Pre-clinical animal studies have demonstrated a reduction in the development of new bone metastases with preventative and therapeutic dosing of BPs [52–58], as well as inhibition of the progression of existing bone metastases with therapeutic dosing [54,56,58].

6. Advance disease clinical trials

In patients with bone metastatic disease, studies have shown BPs to decrease the incidence of skeletal related events, delay the onset of these complications, and reduce bone pain [59–61]. There is also evidence that they may improve overall survival in subgroups of patients with advanced cancers [62].

7. Adjuvant bisphosphonate trials

These studies provided a rationale for testing bone-targeted agents in the adjuvant setting. Despite the initial optimism, results from eight large prospective randomized control studies powered to assess the value of adjuvant bone-targeted therapy in early breast cancer are conflicting (Table 1) [1–8,63]. These studies results are outlined below. However, subgroup analyses from these studies have shown that women with a “low estrogen environment,” either through menopause or suppression of ovarian function, tend to derive greater benefit from adjuvant BP treatment [64].

7.1. Powles study

Powles et al. were the first to show a survival benefit with the use of adjuvant BP in early breast cancer patients [1]. A total of 1069 women with stages I–III breast cancer were randomized to either two years of oral clodronate or placebo following surgery, radiotherapy and adjuvant chemotherapy. Results from this study showed that patients treated with two years of clodronate had a 41% reduction in the risk of developing bone metastases at five years ($P = 0.043$). Additionally, there was a survival advantage in the clodronate arm with a 23% risk reduction in death with a median follow-up of 5.6 years ($P = 0.048$). These benefits appear to be limited to postmenopausal patients or those with positive ER status. Results of subgroup analyses demonstrated a significant reduction in bone metastases at two-years ($P = 0.017$) and a trend towards significance at five-years ($P = 0.056$) in postmenopausal patients treated with two years of adjuvant clodronate therapy versus the premenopausal subgroup, which showed no benefit with clodronate on the risk of bone metastases either at two-years ($P = 0.448$) or five-years ($P = 0.334$).

Table 1

Summary of adjuvant bisphosphonate studies. Adapted from Clemons M, Russell K, Costa L, Addison CL, with permission [58].

Trial	Treatment arm	Bisphosphonate/ dosing used	Cohort size	Hormone receptor			Menopausal status			Trial outcome
				Positive	Negative	Unknown	Pre	Post	Unknown	
Powles et al. [1]	Bisphosphonate	Clodronate, 1600 mg daily orally for 2 yr	530	46%	26%	28%	50%	50%	-	Positive —reduced incidence of bone metastases and trend for better OS at 5 yr
Coleman et al. [5,60]	Placebo	Yes	539	45%	25%	30%	49%	51%	-	Negative —no differences in OS, DFS at 5 yr - increased invasive-disease-free survival and OS in woman postmenopausal at least 5 yr
	Bisphosphonate	4 mg zoledronic acid IV every 3–4wk for 6 cycles, then every 3–6 m for 5 yr	1681	79%	21%	0.8%	45%	46%†	10%	
Paterson et al. [6]	Placebo	No	1678	78%	21%	0.4%	45%	46%†	9%	Negative —no differences in OS or DFS at 8 yr
	Bisphosphonate	Clodronate, 1600 mg orally daily for 3 yr	1662	75%#	NR	NR	NR	65%#	NR	
Gnant et al. [2]	Placebo	Yes	1661	75%#	NR	NR	NR	65%#	NR	Positive —increased DFS and OS at 8 yr in patients > 40 yr of age
	Bisphosphonate	4 mg zoledronic acid IV every 6 m for 3 yr	900	94.6%	3.3%	2.1%	NR	NR	-	
Diel et al. [3]	Placebo	No	903	93.3%	3.9%	2.6%	NR	NR	-	Positive —increased OS at 8.5 yr
	Bisphosphonate	Clodronate, 1600 mg daily orally for 2 yr	157	75%	25%†		36%	39%	-	
Kristensen et al. [4]	Placebo	No	145	71%	20%†		64%	61%	-	Negative —no differences in OS, DFS or incidence of metastases at 5 yr
	Bisphosphonate	Pamidronate, 150 mg orally twice a day for 4 yr	460	14%	60%	26%	67%	33%	0%	
Mobus et al. [7]	Placebo	No	493	17%	53%	30%	66%	34%	0.2%	Negative —no differences in OS or DFS at 5 yr
	Bisphosphonate	Ibandronate, 50 mg daily orally for 2 yr	1873	75%†	NR	NR	50%#	NR	NR	
Saarto et al. [8]	Placebo	No	998	75%†	NR	NR	50%#	NR	NR	Negative —no significant differences in OS or frequency of metastases at 10 yr - decreased DFS and increased extraskelatal metastases in clodronate group at 10 yr
	Bisphosphonate	Clodronate, 1600 mg orally daily for 3 yr	139	61%	35%	4%	48%	52%	-	
	Placebo	No	143	68%	23%	9%	57%	43%	-	

NR – Not Reported.

* Not originally reported therefore may contain Negative and Unknown categories.

† Originally reported as postmenopausal < 5 yr and > 5 yr but here is represented as combined for total percentage of post-menopausal patients.

Values taken from meeting abstract/presentation so need final publication to confirm values.

7.2. AZURE

The AZURE trial, although a negative study overall, did show benefit with adjuvant BP therapy in women who had been in menopause for at least five years [5]. A total of 3360 women were randomized to either five years of adjuvant zoledronic acid (ZA) or control in addition to standard adjuvant treatment. After a median follow-up of 59 months, no significant differences in the DFS or OS were seen between the ZA and control arms. However, subgroup analyses did show that women postmenopausal for greater than five years, had a superior invasive-disease-free survival (IDFS) when treated with adjuvant ZA in addition to standard adjuvant therapy (HR 0.75, 95% CI 0.59–0.96, $P=0.02$). The five-year survival rate in postmenopausal women was also superior in the ZA arm at 84.6% compared to 78.7% in the control group, with a 26% reduced risk of death (82 vs. 111 deaths; $P=0.04$). A follow-up biomarker analysis using serum collected and stored on 872 AZURE patients for use in future translational research showed a trend towards benefit with the use of ZA in biochemically postmenopausal women [65]. Women with an estradiol level < 50 pmol/l had a 21% risk reduction in time to distant recurrence compared to a 56% increased risk in women with estradiol levels ≥ 50 pmol/l ($P=0.056$). These results further substantiate the theory that benefits from BPs are dependent on a “low estrogen environment”.

7.3. NSABP B-34

Similar to the AZURE trial, data from the National Surgical Adjuvant Breast and Bowel Project protocol B-34 (NSABP-34) demonstrated superior benefit with adjuvant BP in the postmenopausal

patient population [6]. Over three thousand patients with operable, stages I–III breast cancer were randomized to three years of oral clodronate or placebo. With a median follow-up of 90.7 months, no differences were seen between the groups for DFS, OS, recurrence-free interval or bone metastasis-free interval. A 26% ($P=0.047$) increase in the non-bone metastasis-free interval was seen in the clodronate group compared to placebo. Although benefit with adjuvant BP therapy was limited to NBMFI, subgroup analyses showed women 50 years or older treated with adjuvant BP therapy had superior recurrence-free interval ($P=0.045$), bone metastasis-free interval ($P=0.027$) and non-bone metastasis-free interval ($P=0.014$) compared to placebo which, similar to other studies, suggests greater derived benefit from BPs in “low estrogen states”.

7.4. ABCSG-12

Benefit of adjuvant BPs in a “low estrogen” patient population was also demonstrated in the Austrian Breast and Colorectal Cancer Study Group trial-12 (ABCSG-12) [2]. This large randomized, open-label, two-by-two factorial trial enrolled 1803 premenopausal women with early stage (stage I–II), ER and/or PR positive breast cancers. All patients were treated with goserelin, a luteinizing hormone releasing hormone (LHRH) agonist, with the intent of achieving castrate estrogen levels. They were then randomized to receive either tamoxifen or anastrozole with or without ZA for three years. After a 62-month follow-up, a 32% improvement in DFS ($P=0.009$) was observed in patients treated with ZA in addition to adjuvant hormonal therapy compared to adjuvant tamoxifen or anastrozole alone. No difference was seen in overall survival (OS).

7.5. DIEL study

Diel et al. demonstrated benefit with adjuvant BP treatment [3]. In this trial, 302 women with operable breast cancer who had evidence of disseminated tumor cells on bone marrow aspirate and hence were at high risk of relapse were enrolled and randomized to adjuvant clodronate or to the control arm. After 36 months of follow-up, there was a significant reduction in the incidence of distant metastases, bone metastases, visceral metastases, as well as a significant survival advantage in patients treated with adjuvant BP therapy. At the 103 month follow-up, benefit was limited to improved OS with a 20.3% reduction in mortality ($P=0.049$) in the BP arm. Although no subgroup analyses to evaluate pre- versus post-menopausal status were performed, the majority of patient enrolled were postmenopausal (61–64%).

7.6. KRISTENSEN study

In contrast, no benefit from adjuvant BP therapy was observed by Kristensen et al. in which 953 women with node negative, operable breast cancer were randomized to four years of oral pamidronate or control after surgery, adjuvant chemotherapy, +/- radiotherapy [4]. Interestingly, adjuvant hormonal therapy was avoided in this trial. Both pre- and postmenopausal women were enrolled; however ER positive, post-menopausal women were excluded from the study. Postmenopausal women accounted for approximately one third of patients in both groups. After ten years of follow-up, there were no differences in incidence of bone metastases or OS between groups.

7.7. GAIN study

Similarly, the phase III, German Adjuvant Intergroup Node Positive (GAIN) study failed to show any survival advantage with adjuvant BPs, even subgroup analyses of the postmenopausal population. In this trial, 3023 node positive, breast cancer patients were initially randomized to intense dose-dense epirubicin, paclitaxel and cyclophosphamide (iddETC) or conventionally dosed epirubicin and paclitaxel (ET) [7]. Patients then underwent a second randomization to two years of adjuvant ibandronate or control. Approximately 52% of patients were postmenopausal. Results from this study failed to show benefit from adjuvant BPs. No significant differences between the ibandronate and observation groups were evident in the three-year DFS or OS. Subgroup analyses failed to show any benefit in three-year DFS with adjuvant BP treatment in the postmenopausal cohort ($P=0.462$). These results suggest that the efficacy of adjuvant BPs may be dependent on more than just a “low estrogen environment,” or that different BPs are differentially affected by low estrogen.

7.8. SAARTO study

Saarto et al.'s trial was the only one to demonstrate harmful effects with adjuvant BP treatment [8]. This study enrolled 299 women with axillary node positive breast cancer and randomized them to either oral adjuvant clodronate for three years or control. Premenopausal women were treated with chemotherapy, whereas postmenopausal women were treated with adjuvant hormonal therapy with tamoxifen or toremifene. Baseline characteristics revealed a greater proportion of ER positive patients in the control group at 68% compared to 61% in the clodronate group, as well as fewer postmenopausal patients in the control arm (43%) versus the clodronate arm (52%). At ten-year follow-up, there was no significant difference in bone metastases between treatment arms, however those treated with BPs were found to do worse with increased extra-skeletal metastases and a reduced DFS. Extra-

skeletal metastases were significantly higher in the treatment cohort ($P=0.004$), with 50% of patients on clodronate therapy developing local or visceral recurrence compared to only 36% of the control patients.

Ten-year DFS was also significantly lower in the clodronate arm (50%) versus patients in the control arm (64%; $P=0.004$). Subgroup analyses interestingly demonstrated that postmenopausal, ER positive women were the only subgroup not to have a negative effect from three years of adjuvant clodronate therapy, again raising the question of the importance of the patient's “estrogen environment.” All other subgroups including ER positive and negative premenopausal patients and ER negative postmenopausal patients did worse when treated with adjuvant clodronate. It is unclear whether the imbalance in ER status and menopausal status between the treatment and control arms played a role in the final results. Furthermore, treatment varied between premenopausal (adjuvant chemotherapy) and post-menopausal patients (adjuvant hormonal therapy), which may have also impacted these findings [66–68].

8. Predictors of benefit from bisphosphonates

Randomized control studies of adjuvant BP therapy in early breast cancer show benefit related to “low estrogen states” [1,2,5,6]. Unfortunately, thus far, only one study has assessed systemic estrogen levels to substantiate these results. This is clearly going to remain an issue as accurate assays for estradiol measurement in postmenopausal women [69–71] and women on aromatase inhibitors in particular are not widely available [72]. We therefore have to explore the literature for evidence to support this hypothesis. It is known that postmenopausal women go through two phases of bone loss: an initial accelerated phase in early menopause, followed by a more gradual, continuous phase [26]. The greatest loss of bone mineral density (BMD) has been shown to occur within the first five years of menopause during the early phase, when estrogen levels dramatically decline compared to premenopausal levels [73,74]. Bone turnover markers are highest in perimenopausal women and significantly decrease with increasing age [75]. This suggests that early postmenopausal women would be at the highest risk of breast cancer recurrence to the bone during this period given the rate of bone turnover and increased release of growth factors, creating a fertile environment for tumor growth. Contrary to expectations, subgroup analysis from the AZURE trial only showed a significant improvement in IDFS and OS at 5-years in women treated with adjuvant zoledronic acid who were postmenopausal for five years or more compared to the control arm. This suggests that the benefit of adjuvant BPs in early breast cancer patients may depend on more than simply a “low estrogen environment”.

9. Biomarker studies

Studies on predictive markers for developing bone metastases have been done to identify those early breast cancer patients at highest risk for disease recurrence [76–78]. The bone microenvironment is constantly in flux through continuous resorption and formation (bone turnover). This process releases bone turnover markers (BTM) into the serum, such as C-terminal telopeptide (CTx), which can be measured giving an estimate of the rate of bone turnover [79]. Growth factors are also mobilized through this process, which is hypothesized to provide a favorable environment for tumor cells to proliferate [34,35]. In theory, elevated levels of BTMs may predict the risk of early breast cancer patients developing bone metastases and would be clinically useful.

The MA.14 phase III clinical trial, set out to explore this question. Pre-treatment serum CTx concentrations were collected from 621 primary breast cancer patients who were treated with adjuvant tamoxifen with or without octreotide with the aim of testing the ability of this marker at predicting disease recurrence [78]. After a median 7.9 years of follow-up, 123 of 621 (19.8%) patients developed breast cancer recurrence and of those, 19 had isolated bone metastases. Analysis of patients with bone-only disease showed a significantly shorter recurrence-free survival (RFS) in those with elevated pretreatment serum CTx concentrations. This suggests that increased bone turnover provides a favorable environment for breast cancer and that CTx may be a good predictive marker for developing bone metastases in patients with early breast cancer.

Recent research has explored the utility of the BTMs procollagen type I N-terminal propeptide (P1NP), osteocalcin, IL-6 and CTx, as markers to predict bone metastases in stage I-III breast cancer patients [76]. This study showed that elevated serum P1NP levels (≥ 75 ng/ml) predicted a 2.7 fold increase in the risk of bone metastases ($P=0.031$) and a significant decrease in OS ($P=0.031$) in this patient population. CTx surprisingly did not demonstrate any correlation with bone metastases despite the MA.14 results [78] and other studies showing elevated CTx levels in patients with bone metastases [77,80].

In contrast, data from a follow-up biomarker analysis from the AZURE trial presented at the 2012 San Antonio Breast Cancer Symposium showed that vitamin D levels and not BTMs predict risk of breast cancer relapse in women with early breast cancer [65]. In the study, patient with high baseline levels of 25-OH vitamin D (30 ng/ml) had a significantly lower risk of developing bone metastases (HR 0.11; $P=0.0257$). Both P1NP and CTx levels however, failed to demonstrate any association with bone relapse. These findings demonstrate that predicting risk of breast cancer recurrence is clearly complex and a single predictor marker may not be an effective strategy.

Further complicating matters is that although menopause can increase serum BTMs, other normal physiological conditions, certain disease states, and drugs are also associated with elevated BTM concentrations [81–83]. Low body-mass index (BMI) is a risk factor for low bone density [84] and evidence has shown that women with low BMIs have higher BTM levels consistent with elevated bone resorption under these conditions [82]. Alcoholism and smoking are also associated with elevated BTMs [81,82]. There is a diurnal variation in bone turnover too, with peak rates of turnover in the early morning with subsequent elevated serum BTMs at these times [83].

10. Conclusion

Overall, despite extensive pre-clinical and clinical rationale for the benefits of adjuvant bone-targeted therapies, the results of the adjuvant trials have not met expectations. Indeed, the multiple deficiencies of the animal models used in this setting have led authors to question their validity as pre-clinical models for patient studies [85]. Given the thousands of patients enrolled on these studies this is clearly disappointing and the results from studies prospectively designed and powered to show adjuvant benefit on the whole have been resoundingly negative. Similar to the situation with any targeted agent such as endocrine therapy or trastuzumab-based studies, it is important to identify whether or not a population of patients exists within the main study population that might derive greater benefit from the treatment. Although the data presented to date suggest enhanced benefit in post-menopausal patients or those with a so called “low estrogen environment”, definitive studies supporting this are lacking.

Linking bone, adjuvant BPs and the estrogen environment could lead to the development of a unifying hypothesis to explain the results of different trials and to help us target appropriate patients in the future.

In this review we have highlighted data supporting the importance of estrogen in normal bone physiology. We have looked at adjuvant BP trials in early breast cancer patients and shown that one study and subgroup analyses from three other trials demonstrate a benefit of adjuvant BP in postmenopausal women as well as one trial showing harm in premenopausal and ER negative postmenopausal women. Trying to link estrogen and cancer treatment is however complex in the absence of prospectively collected serum estrogen levels.

Unfortunately, no randomized control studies in this population are currently planned, and anticipated results from the remaining studies SWOG 0307, D-CARE study and NATAN trial will not be able to formally answer the question of the role of estrogen in response to adjuvant bone-targeted therapy. While groups will likely continue to publish meta-analyses of the published data [64] we eagerly await the results of the Oxford overview analysis of individual patient data to see if we can tease out whether estrogen levels play a role in the efficacy of bone-targeted therapies in adjuvant breast cancer treatment.

Conflict of interest

The authors declare that there are no conflicts of interest.

References

- [1] Powles T, Paterson A, McCloskey E, Schein P, Scheffler B, Tidy A, et al. Reduction in bone relapse and improved survival with oral clodronate for adjuvant treatment of operable breast cancer [ISRCTN83688026]. *Breast Cancer Research: BCR* 2006;8:R13.
- [2] Gnant M, Mlineritsch B, Stoeger H, Luschin-Ebengreuth G, Heck D, Menzel C, et al. Adjuvant endocrine therapy plus zoledronic acid in premenopausal women with early-stage breast cancer: 62-month follow-up from the ABCSG-12 randomised trial. *Lancet Oncology* 2011;12:631–41.
- [3] Diel IJ, Jaschke A, Solomayer EF, Gollan C, Bastert G, Sohn C, et al. Adjuvant oral clodronate improves the overall survival of primary breast cancer patients with micrometastases to the bone marrow: a long-term follow-up. *Annals of Oncology: Official Journal of the European Society for Medical Oncology/ESMO* 2008;19:2007–11.
- [4] Kristensen B, Ejlersen B, Mouridsen HT, Jensen MB, Andersen J, Bjerregaard B, et al. Bisphosphonate treatment in primary breast cancer: results from a randomised comparison of oral pamidronate versus no pamidronate in patients with primary breast cancer. *Acta Oncology* 2008;47:740–6.
- [5] Coleman RE, Marshall H, Cameron D, Dodwell D, Burkinshaw R, Keane M, et al. Breast-cancer adjuvant therapy with zoledronic acid. *The New England Journal of Medicine* 2011;365:1396–405.
- [6] Paterson AH, Anderson SJ, Lembersky BC, Fehrenbacher L, Falkson CI, King KM, et al. Oral clodronate for adjuvant treatment of operable breast cancer (National Surgical Adjuvant Breast and Bowel Project protocol B-34): a multicentre, placebo-controlled, randomised trial. *Lancet Oncology* 2012;13:734–42.
- [7] Mobus V, Thomssen C, Harbeck N, Untch M, Jackisch C, IJ D, et al. GAIN (German Adjuvant Intergroup Node Positive) study: a phase III-multicenter trial to compare dose dense, dose intense etc. (iddETC) vs. EC-TX and ibandronate vs. observation in patients with node-positive primary breast cancer—1st interim analysis. *CTRC-AACR* (ed.) San Antonio breast cancer symposium. San Antonio, TX.
- [8] Saarto T, Vehmanen L, Virkkunen P, Blomqvist C. Ten-year follow-up of a randomized controlled trial of adjuvant clodronate treatment in node-positive breast cancer patients. *Acta Oncology* 2004;43:650–6.
- [9] Bernstein L, Ross RK. Endogenous hormones and breast cancer risk. *Epidemiologic Reviews* 1993;15:48–65.
- [10] Key TJ, Verkasalo PK, Banks E. Epidemiology of breast cancer. *The Lancet Oncology* 2001;2:133–40.
- [11] Breast cancer and breastfeeding: collaborative reanalysis of individual data from 47 epidemiological studies in 30 countries, including 50302 women with breast cancer and 96973 women without the disease. *Lancet* 2002;360:187–95.
- [12] Stuebe AM, Willett WC, Xue F, Michels KB. Lactation and incidence of premenopausal breast cancer: a longitudinal study. *Archives of Internal Medicine* 2009;169:1364–71.

- [13] Zheng T, Holford TR, Mayne ST, Owens PH, Zhang Y, Zhang B, et al. Lactation and breast cancer risk: a case-control study in Connecticut. *British Journal of Cancer* 2001;84:1472–6.
- [14] Beral V. Breast cancer and hormone-replacement therapy in the Million Women Study. *Lancet* 2003;362:419–27.
- [15] Chlebowski RT, Kuller LH, Prentice RL, Stefanick ML, Manson JE, Gass M, et al. Breast cancer after use of estrogen plus progestin in postmenopausal women. *The New England Journal of Medicine* 2009;360:573–87.
- [16] Breast cancer and hormone replacement therapy: collaborative reanalysis of data from 51 epidemiological studies of 52,705 women with breast cancer and 108,411 women without breast cancer. Collaborative Group on Hormonal Factors in Breast Cancer. *Lancet* 1997;350:1047–59.
- [17] Ravdin PM, Cronin KA, Howlader N, Berg CD, Chlebowski RT, Feuer EJ, et al. The decrease in breast-cancer incidence in 2003 in the United States. *The New England Journal of Medicine* 2007;356:1670–4.
- [18] Key TJ, Appleby PN, Reeves GK, Roddam A, Dorgan JF, Longcope C, et al. Body mass index, serum sex hormones, and breast cancer risk in postmenopausal women. *Journal of the National Cancer Institute* 2003;95:1218–26.
- [19] Zeleniuch-Jacquotte A, Shore RE, Koenig KL, Akhmedkhanov A, Afanasyeva Y, Kato I, et al. Postmenopausal levels of oestrogen, androgen, and SHBG and breast cancer: long-term results of a prospective study. *British Journal of Cancer* 2004;90:153–9.
- [20] Sieri S, Krogh V, Bolelli G, Abagnato CA, Grioni S, Pala V, et al. Sex hormone levels, breast cancer risk, and cancer receptor status in postmenopausal women: the ORDET cohort. *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, cosponsored by the American Society of Preventive Oncology* 2009;18:169–76.
- [21] Missmer SA, Eliassen AH, Barbieri RL, Hankinson SE. Endogenous estrogen, androgen, and progesterone concentrations and breast cancer risk among postmenopausal women. *Journal of the National Cancer Institute* 2004;96:1856–65.
- [22] Lippman ME, Krueger KA, Eckert S, Sashegyi A, Walls EL, Jamal S, et al. Indicators of lifetime estrogen exposure: effect on breast cancer incidence and interaction with raloxifene therapy in the multiple outcomes of raloxifene evaluation study participants. *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology* 2001;19:3111–6.
- [23] Farhat GN, Cummings SR, Chlebowski RT, Parimi N, Cauley JA, Rohan TE, et al. Sex hormone levels and risks of estrogen receptor-negative and estrogen receptor-positive breast cancers. *Journal of the National Cancer Institute* 2011;103:562–70.
- [24] Key T, Appleby P, Barnes I, Reeves G. Endogenous sex hormones and breast cancer in postmenopausal women: reanalysis of nine prospective studies. *Journal of the National Cancer Institute* 2002;94:606–16.
- [25] Manolagas SC. Birth and death of bone cells: basic regulatory mechanisms and implications for the pathogenesis and treatment of osteoporosis. *Endocrine Reviews* 2000;21:115–37.
- [26] Riggs BL, Khosla S, Melton 3rd LJ. Sex steroids and the construction and conservation of the adult skeleton. *Endocrine Reviews* 2002;23:279–302.
- [27] Boyle WJ, Simonet WS, Lacey DL. Osteoclast differentiation and activation. *Nature* 2003;423:337–42.
- [28] Niewoehner C. *Endocrine Pathophysiology*. Second ed. Raleigh: Hayes Barton Press; 2004.
- [29] Lacey DL, Timms E, Tan HL, Kelley MJ, Dunstan CR, Burgess T, et al. Osteoprotegerin ligand is a cytokine that regulates osteoclast differentiation and activation. *Cell* 1998;93:165–76.
- [30] Khosla S. Minireview: the OPG/RANKL/RANK system. *Endocrinology* 2001;142:5050–5.
- [31] Lacey DL, Tan HL, Lu J, Kaufman S, Van G, Qiu W, et al. Osteoprotegerin ligand modulates murine osteoclast survival in vitro and in vivo. *The American Journal of Pathology* 2000;157:435–48.
- [32] Hofbauer LC, Khosla S, Dunstan CR, Lacey DL, Spelsberg TC, Riggs BL. Estrogen stimulates gene expression and protein production of osteoprotegerin in human osteoblastic cells. *Endocrinology* 1999;140:4367–70.
- [33] Saika M, Inoue D, Kido S, Matsumoto T. 17beta-estradiol stimulates expression of osteoprotegerin by a mouse stromal cell line, ST-2, via estrogen receptor-alpha. *Endocrinology* 2001;142:2205–12.
- [34] Roodman GD. Mechanisms of bone metastasis. *The New England Journal of Medicine* 2004;350:1655–64.
- [35] Yoneda T, Hiraga T. Crosstalk between cancer cells and bone microenvironment in bone metastasis. *Biochemical and Biophysical Research Communications* 2005;328:679–87.
- [36] Rodan GA, Fleisch HA. Bisphosphonates: mechanisms of action. *The Journal of Clinical Investigation* 1996;97:2692–6.
- [37] Russell RG. Bisphosphonates: from bench to bedside. *Annals of the New York Academy of Sciences* 2006;1068:367–401.
- [38] Hughes DE, Dai A, Tiffie JC, Li HH, Mundy GR, Boyce BF. Estrogen promotes apoptosis of murine osteoclasts mediated by TGF-beta. *Nature Medicine* 1996;2:1132–6.
- [39] Hughes DE, Wright KR, Uy HL, Sasaki A, Yoneda T, Roodman GD, et al. Bisphosphonates promote apoptosis in murine osteoclasts in vitro and in vivo. *Journal of Bone and Mineral Research: the Official Journal of the American Society for Bone and Mineral Research* 1995;10:1478–87.
- [40] Tucci JR, Tonino RP, Emkey RD, Peverly CA, Kher U, Santora 2nd AC. Effect of three years of oral alendronate treatment in postmenopausal women with osteoporosis. *The American Journal of Medicine* 1996;101:488–501.
- [41] Liberman UA, Weiss SR, Broll J, Minne HW, Quan H, Bell NH, et al. Effect of oral alendronate on bone mineral density and the incidence of fractures in postmenopausal osteoporosis. The Alendronate Phase III Osteoporosis Treatment Study Group. *The New England Journal of Medicine* 1995;333:1437–43.
- [42] Cranney A, Wells G, Willan A, Griffith L, Zytaruk N, Robinson V, et al. Meta-analyses of therapies for postmenopausal osteoporosis. II. Meta-analysis of alendronate for the treatment of postmenopausal women. *Endocrine Reviews* 2002;23:508–16.
- [43] Chesnut 3rd CH, McClung MR, Ensrud KE, Bell NH, Genant HK, Harris ST, et al. Alendronate treatment of the postmenopausal osteoporotic woman: effect of multiple dosages on bone mass and bone remodeling. *The American Journal of Medicine* 1995;99:144–52.
- [44] Chlebowski RT, Chen Z, Cauley JA, Anderson G, Rodabough RJ, McTiernan A, et al. Oral bisphosphonate use and breast cancer incidence in postmenopausal women. *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology* 2010;28:3582–90.
- [45] Newcomb PA, Trentham-Dietz A, Hampton JM. Bisphosphonates for osteoporosis treatment are associated with reduced breast cancer risk. *British Journal of Cancer* 2010;102:799–802.
- [46] Rennert G, Pinchev M, Rennert HS. Use of bisphosphonates and risk of postmenopausal breast cancer. *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology* 2010;28:3577–81.
- [47] Lipton A. Emerging role of bisphosphonates in the clinic—antitumor activity and prevention of metastasis to bone. *Cancer Treatment Reviews* 2008;34 (Suppl. 1):S25–30.
- [48] Winter MC, Holen I, Coleman RE. Exploring the anti-tumour activity of bisphosphonates in early breast cancer. *Cancer Treatment Reviews* 2008;34:453–75.
- [49] Neville-Webbe HL, Holen I, Coleman RE. The anti-tumour activity of bisphosphonates. *Cancer Treatment Reviews* 2002;28:305–19.
- [50] Neville-Webbe HL, Coleman RE. Bisphosphonates and RANK ligand inhibitors for the treatment and prevention of metastatic bone disease. *European Journal of Cancer* 2010;46:1211–22.
- [51] Green JR, Clezardin P. Mechanisms of bisphosphonate effects on osteoclasts, tumor cell growth, and metastasis. *American Journal of Clinical Oncology* 2002;25:S3–9.
- [52] Hall DG, Stoica G. Effect of the bisphosphonate risedronate on bone metastases in a rat mammary adenocarcinoma model system. *Journal of Bone and Mineral Research: the Official Journal of the American Society for Bone and Mineral Research* 1994;9:221–30.
- [53] Krempien B, Wingen F, Eichmann T, Muller M, Schmahl D. Protective effects of a prophylactic treatment with the bisphosphonate 3-amino-1-hydroxypropane-1,1-bisphosphonic acid on the development of tumor osteopathies in the rat: experimental studies with the Walker carcinosarcoma 256. *Oncology* 1988;45:41–6.
- [54] Mundy GR, Yoneda T, Hiraga T. Preclinical studies with zoledronic acid and other bisphosphonates: impact on the bone microenvironment. *Seminars in Oncology* 2001;28:35–44.
- [55] Padalecki SS, Guise TA. Actions of bisphosphonates in animal models of breast cancer. *Breast Cancer Research: BCR* 2002;4:35–41.
- [56] Sasaki A, Boyce BF, Story B, Wright KR, Chapman M, Boyce R, et al. Bisphosphonate risedronate reduces metastatic human breast cancer burden in bone in nude mice. *Cancer Research* 1995;55:3551–7.
- [57] Sasaki A, Kitamura K, Alcalde RE, Tanaka T, Suzuki A, Etoh Y, et al. Effect of a newly developed bisphosphonate, YH529, on osteolytic bone metastases in nude mice. *International Journal of Cancer Journal International du Cancer* 1998;77:279–85.
- [58] Yoneda T, Michigami T, Yi B, Williams PJ, Niewolna M, Hiraga T. Actions of bisphosphonate on bone metastasis in animal models of breast carcinoma. *Cancer* 2000;88:2979–88.
- [59] Hortobagyi GN, Theriault RL, Porter L, Blayney D, Lipton A, Sinoff C, et al. Efficacy of pamidronate in reducing skeletal complications in patients with breast cancer and lytic bone metastases. Protocol 19 Aredia Breast Cancer Study Group. *The New England Journal of Medicine* 1996;335:1785–91.
- [60] Kohno N, Aogi K, Minami H, Nakamura S, Asaga T, Iino Y, et al. Zoledronic acid significantly reduces skeletal complications compared with placebo in Japanese women with bone metastases from breast cancer: a randomized, placebo-controlled trial. *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology* 2005;23:3314–21.
- [61] Theriault RL, Lipton A, Hortobagyi GN, Leff R, Gluck S, Stewart JF, et al. Pamidronate reduces skeletal morbidity in women with advanced breast cancer and lytic bone lesions: a randomized, placebo-controlled trial. Protocol 18 Aredia Breast Cancer Study Group. *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology* 1999;17:846–54.
- [62] Coleman R, Gnani M, Morgan G, Clezardin P. Effects of bone-targeted agents on cancer progression and mortality. *Journal of the National Cancer Institute* 2012;104:1059–67.
- [63] Clemons M, Russell K, Costa L, Addison CL. Adjuvant bisphosphonate treatment for breast cancer: why did something so elegant become so complicated? *Breast Cancer Research and Treatment* 2012;134:453–7.
- [64] Gregory W, Marshall H, Bell R, Cameron D, Coleman R. Adjuvant zoledronic acid (ZOL) in postmenopausal women with breast cancer and those rendered postmenopausal: Results of a meta-analysis. 2012 ASCO Annual Meeting: Chicago, United States; 2012.

- [65] Coleman R, EJ, R, HC, M, C, W, JE, B, F, G, et al. Vitamin D, but not bone turnover markers, predict relapse in women with early breast cancer: an AZURE translational study: San Antonio Breast Cancer Symposium. San Antonio; 2012.
- [66] Jagdev SP, Coleman RE, Shipman CM, Rostami HA, Croucher PI. The bisphosphonate, zoledronic acid, induces apoptosis of breast cancer cells: evidence for synergy with paclitaxel. *British Journal of Cancer* 2001;84:1126–34.
- [67] Magnetto S, Boissier S, Delmas PD, Clezardin P. Additive antitumor activities of taxoids in combination with the bisphosphonate ibandronate against invasion and adhesion of human breast carcinoma cells to bone. *International Journal of Cancer* 1999;83:263–9.
- [68] Neville-Webbe HL, Evans CA, Coleman RE, Holen I. Mechanisms of the synergistic interaction between the bisphosphonate zoledronic acid and the chemotherapy agent paclitaxel in breast cancer cells in vitro. *Tumor Biology* 2006;27:92–103.
- [69] Rinaldi S, Dechaud H, Biessy C, Morin-Raverot V, Toniolo P, Zeleniuch-Jacquotte A, et al. Reliability and validity of commercially available, direct radioimmunoassays for measurement of blood androgens and estrogens in postmenopausal women. *Cancer Epidemiology, Biomarkers & Prevention: a publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology* 2001;10:757–65.
- [70] Rosner W, Hankinson SE, Sluss PM, Vesper HW, Wierman ME. Challenges to the measurement of estradiol: an endocrine society position statement. *The Journal of Clinical Endocrinology and Metabolism*; 2013;98:1376–1387.
- [71] Stanczyk FZ, Cho MM, Endres DB, Morrison JL, Patel S, Paulson RJ. Limitations of direct estradiol and testosterone immunoassay kits. *Steroids* 2003;68:1173–8.
- [72] Dowsett M, Folkard E. Deficits in plasma oestradiol measurement in studies and management of breast cancer. *Breast Cancer Research: BCR* 2005;7:1–4.
- [73] Ravn P, Hetland ML, Overgaard K, Christiansen C. Premenopausal and postmenopausal changes in bone mineral density of the proximal femur measured by dual-energy X-ray absorptiometry. *Journal of Bone and Mineral Research: the Official Journal of the American Society for Bone and Mineral Research* 1994;9:1975–80.
- [74] Soules MR, Sherman S, Parrott E, Rebar R, Santoro N, Utian W, et al. Stages of Reproductive Aging Workshop (STRAW). *Journal of Women's Health & Gender-based Medicine* 2001;10:843–8.
- [75] Adami S, Bianchi G, Brandi ML, Giannini S, Ortolani S, DiMunno O, et al. Determinants of bone turnover markers in healthy premenopausal women. *Calcified Tissue International* 2008;82:341–7.
- [76] Dean-Colomb W, Hess KR, Young E, Gornet TG, Handy BC, Moulder SL, et al. Elevated serum P1NP predicts development of bone metastasis and survival in early-stage breast cancer. *Breast Cancer Research and Treatment* 2013;137:631–6.
- [77] Leeming DJ, Koizumi M, Byrjalsen I, Li B, Qvist P, Tanko LB. The relative use of eight collagenous and noncollagenous markers for diagnosis of skeletal metastases in breast, prostate, or lung cancer patients. *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, cosponsored by the American Society of Preventive Oncology* 2006;15:32–8.
- [78] Lipton A, Chapman JA, Demers L, Shepherd LE, Han L, Wilson CF, et al. Elevated bone turnover predicts for bone metastasis in postmenopausal breast cancer: results of NCIC CTG MA.14. *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology* 2011;29:3605–10.
- [79] Demers LM, Costa L, Lipton A. Biochemical markers and skeletal metastases. *Clinical Orthopaedics and Related Research* 2003:S138–47.
- [80] Brasso K, Christensen JJ, Johansen JS, Teisner B, Garnero P, Price PA, et al. Prognostic value of PINP, bone alkaline phosphatase, CTX-I, and YKL-40 in patients with metastatic prostate carcinoma. *The Prostate* 2006;66:503–13.
- [81] Baim S, Miller PD. Assessing the clinical utility of serum CTX in postmenopausal osteoporosis and its use in predicting risk of osteonecrosis of the jaw. *Journal of Bone and Mineral Research: The Official Journal of the American Society for Bone and Mineral Research* 2009;24:561–74.
- [82] Glover SJ, Garnero P, Naylor K, Rogers A, Eastell R. Establishing a reference range for bone turnover markers in young, healthy women. *Bone* 2008;42:623–30.
- [83] Hassager C, Risteli J, Risteli L, Jensen SB, Christiansen C. Diurnal variation in serum markers of type I collagen synthesis and degradation in healthy premenopausal women. *Journal of Bone and Mineral Research: the Official Journal of the American Society for Bone and Mineral Research* 1992;7:1307–11.
- [84] Ravn P, Cizza G, Bjarnason NH, Thompson D, Daley M, Wasnich RD, et al. Low body mass index is an important risk factor for low bone mass and increased bone loss in early postmenopausal women. Early Postmenopausal Intervention Cohort (EPIC) study group. *Journal of Bone and Mineral Research: the Official Journal of the American Society for Bone and Mineral Research* 1999;14:1622–7.
- [85] Russell K, Clemons M, Costa L, Addison CL. Adjuvant bisphosphonate treatment for breast cancer: where are we heading and can the pre-clinical literature help us get there? *Journal of Bone Oncology* 2012;1:12–7.