

# Low dose tamoxifen and lifestyle in breast cancer prevention

- Tamoxifen at 5 mg/d decreases breast cancer risk and recurrence in women with diagnosis of intraepithelial neoplasia (IEN)

## PROs

Marked increase in Sex Hormone Binding Globulin  
Decrease in IGF-I, C-reactive protein  
Mammographic breast density reduction

## CONs

Vasomotor symptoms and other side-effects  
In overweight or obese women we observed a risk for increase in insulin resistance, and triglycerides

Healthy lifestyle



WCRF recommendations  
to all participants

**n=200**

**R**

Tamoxifen 10 mg  
alternate days

Tamoxifen 10 mg  
alternate days +

2 days/week intermittent caloric  
restriction

Lifestyle intervention (step  
counter)

Lifestyle intervention (step counter)  
+ 2 days/week intermittent caloric  
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Unaffected *BRCA1*, *BRCA2*, *PALB2*, *ATM*, *CHEK2*, *CDH1*,  
*RAD51C* or *RAD51D* pathogenic variant carriers or  
Tyrer-Cuzick risk > 5% at 10 years, or  
Breast IEN diagnosis in the last 3 years

Primary endpoint: SHBG modulation after 6 months

Secondary endpoints: insulin resistance, adipokines, inflammatory biomarkers, body composition, QoL, and microbiome,  
MD density in a subgroup of participants