# Research Highlights Less Intensive Cancer Treatments and Innovative Diagnostic Test at Oncology Conference



### Research Suggests Less Intensive Cancer Treatments Can Be Effective

New findings presented at the American Society of Clinical Oncology conference in Chicago highlight that scaling back treatment for certain cancers can improve patient quality of life without affecting survival outcomes.

**Ovarian Cancer:** French researchers compared outcomes for 379 patients with advanced ovarian cancer. They found that avoiding the removal of lymph nodes that appeared healthy did not reduce survival rates over nine years but did result in fewer complications, such as the need for blood transfusions. The study was funded by the National Institute of Cancer in France.

**Esophageal Cancer:** A German study involving 438 patients evaluated two standard treatment approaches: chemotherapy with surgery, versus chemotherapy, surgery, and radiation. After three years, survival rates were similar at 57% for the former and 51% for the latter. This study was funded by the German Research Foundation.

**Hodgkin Lymphoma:** A trial across nine countries with 1,482 participants assessed two chemotherapy regimens for advanced Hodgkin lymphoma. It found that a less intensive regimen was more effective in controlling the disease and caused fewer side effects, with 94% of patients showing disease control over four years, compared to 91% with the standard regimen. The trial was funded by Takeda Oncology.

### New Blood Test Predicts Breast Cancer Relapse

Researchers from the Institute of Cancer Research (ICR) in London have developed an "ultra-sensitive" blood test capable of predicting the recurrence of breast cancer years before it is detected on scans. The test, which uses whole genome sequencing to detect circulating tumor DNA (ctDNA), was 100% accurate in identifying relapse in a trial involving 78 patients. The test found cancer recurrence on average 15 months before symptoms appeared or scans detected it. Results were presented at the same Chicago conference.

These studies underscore a shift in oncology towards less aggressive treatment plans and innovative diagnostic methods, aiming to maintain patient well-being and treatment efficacy.