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Award Number: DAMD17-98-1-8238

TITLE: Post-Mastectomy and Phantom Pain: Risk Factors, Natural History, and Impact on Quality of Life

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REPORT DATE: July 2000

TYPE OF REPORT: Annual

PREPARED FOR: U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012

REPORT DOCUMENTATION PAGE

Form Approved
OMB No. 074-0188

1. AGENCY USE ONLY (Leave blank)	2. REPORT DATE	3. REPORT TYPE AND DATES COVERED
	July 2000	Annual (1 Jul 99 - 30 Jun 00)

4. TITLE AND SUBTITLE
Post-Mastectomy and Phantom Pain: Risk Factors, Natural History, and Impact on Quality of Life

5. FUNDING NUMBERS
DAMD17-98-1-8238

6. AUTHOR(S)
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8. PERFORMING ORGANIZATION REPORT NUMBER

9. SPONSORING / MONITORING AGENCY NAME(S) AND ADDRESS(ES)
U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012

10. SPONSORING / MONITORING AGENCY REPORT NUMBER

11. SUPPLEMENTARY NOTES

12a. DISTRIBUTION / AVAILABILITY STATEMENT
Approved for public release; distribution unlimited

12b. DISTRIBUTION CODE

13. ABSTRACT *(Maximum 200 Words)*

Post-mastectomy pain syndrome (PMPS), phantom breast pain,and post-lumpectomy pain are poorly understood chronic pain syndromes that occur following surgical procedures for breast cancer. These pain syndromes are not well studied, but there is appreciable evidence that patients can be significantly disabled by their chronic pain and can suffer from substantial reductions in quality of life. The primary aims of this research project are to identify risk factors for chronic pain following surgical procedures for breast cancer, characterize its natural history, and examine its impact on quality of life using a prospective research design. To date, 83 women scheduled for breast cancer surgery have been assessed with respect to hypothesized risk factors for chronic pain. These women are studied for one year following their surgery, with periodic assessments of pain, health-related quality of life, and psychosocial variables. This allows risk factors for chronic pain to be identified and its impact on quality of life to be determined. The pathogenesis of chronic pain following breast cancer surgery is unknown, and the identification of risk factors constitutes an important first step in understanding the processes by which chronic pain develops; this knowledge may lead to the development of more effective treatment approaches. By identifying risk factors, the results can also be used to design interventions aimed at preventing the development of chronic pain following surgical procedures for breast cancer. Moreover, the identification of risk factors will make it possible to determine which patients are most in need of such preventive efforts.

14. SUBJECT TERMS
Breast Cancer
Chronic pain, mastectomy, lumpectomy, post-mastectomy pain syndrome

15. NUMBER OF PAGES
16

16. PRICE CODE

17. SECURITY CLASSIFICATION OF REPORT	18. SECURITY CLASSIFICATION OF THIS PAGE	19. SECURITY CLASSIFICATION OF ABSTRACT	20. LIMITATION OF ABSTRACT
Unclassified	Unclassified	Unclassified	Unlimited

FOREWORD

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(RHD) X For the protection of human subjects, the investigator(s) adhered to policies of applicable Federal Law 45 CFR 46.

N/A In conducting research utilizing recombinant DNA technology, the investigator(s) adhered to current guidelines promulgated by the National Institutes of Health.

N/A In the conduct of research utilizing recombinant DNA, the investigator(s) adhered to the NIH Guidelines for Research Involving Recombinant DNA Molecules.

N/A In the conduct of research involving hazardous organisms, the investigator(s) adhered to the CDC-NIH Guide for Biosafety in Microbiological and Biomedical Laboratories.

7/26/06

PI - Signature Date

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Introduction

Post-mastectomy pain syndrome (PMPS), post-lumpectomy pain, and phantom breast pain are poorly understood chronic pain syndromes that occur following surgical procedures for breast cancer. The primary aims of this research are to identify risk factors for these chronic pain syndromes following surgical procedures for breast cancer, characterize their natural history, and examine their impact on quality of life using a prospective research design. Women scheduled for mastectomy, lumpectomy, or excisional biopsy are being assessed with respect to hypothesized risk factors for chronic pain and are then being studied prospectively for one year. Periodic follow-up assessments of pain, health-related disability and quality of life, and selected psychosocial variables will allow risk factors to be identified and the impact of chronic pain on quality of life to be determined. An important feature of this research is its detailed assessment of pre-operative, early post-operative, and chronic pain; in these assessments, sensory and affective aspects of pain, pain quality, and non-painful abnormal sensations are being examined. By identifying risk factors for chronic pain following surgical procedures for breast cancer, the results of this research can be used to design interventions aimed at preventing the development of these chronic pain syndromes.

Body of Annual Report

Chronic pain has been defined as pain that persists beyond the normal time of healing, a definition which includes most painful conditions that have lasted longer than three months (Merskey & Bogduk, 1994). Chronic pain is both a medical and a behavioral problem and it is accompanied by substantial economic costs to society as well as great personal suffering. The current research is a prospective study of the development of post-mastectomy pain syndrome (PMPS), post-lumpectomy pain, and phantom breast pain. Current understanding of these chronic pain syndromes is limited, and of these different types of chronic pain following breast cancer surgery, post-lumpectomy pain has been the least well studied. It has been suggested that PMPS is caused by surgical injury to the intercostobrachial nerve (Foley, 1987; Vecht et al., 1989; Stevens et al., 1995; cf. Watson et al., 1989, who noted that in some patients the cutaneous branches of other intercostal nerves are also involved). The pathophysiology of phantom breast pain—as well as other phantom pains—remains obscure (Katz & Melzack, 1990; Melzack, 1990, 1996; Sherman, 1997). In a recent review, most reports of the prevalence of PMPS were within the range of 16% to approximately 50% (Kwekkeboom, 1996). Not included in this review were two recent studies of PMPS in which 39% of 181 patients reported pain at least one year after surgery (Wallace et al., 1996) and 20% of 95 patients reported "chronic, stable pain of long duration" beginning within days to weeks after surgery (Stevens et al., 1995, p. 63). Early studies of phantom breast pain (excluding non-painful phantom breast

sensations) reported prevalences ranging from 18-54% (Jamison et al., 1979), and a recent study found phantom breast pain present in 13% of patients three weeks and one year after mastectomy and in 17% of patients at six years (Krøner, 1989, 1992). Although the prevalence of PMPS and phantom breast pain might be expected to decrease with duration of time since surgery, the results of several studies indicate that this may not occur (Krøner et al., 1989, 1992; Vecht et al., 1989; Maunsell et al., 1993). It has been suggested that women are often reluctant to report pain following mastectomy to their physicians, which may contribute not only to the impression that pain following mastectomy is rare but also to the variability in the results of studies of the prevalence of PMPS and phantom breast pain (Jamison et al., 1979, Abraham & Llewellyn-Jones, 1983; Staps et al., 1985). Importantly, both PMPS and phantom breast pain have been found to have a significant negative impact on psychological adjustment, the performance of daily occupational and domestic activities, and quality of life (e.g., Jamison et al., 1979; Christensen et al., 1982; Hladiuk et al., 1992; Maunsell et al., 1993; Stevens et al., 1995).

Very few studies have examined risk factors for pain following mastectomy, and no consistent relationships have emerged between the likelihood of persisting pain and age, type of mastectomy, cancer treatment, or post-operative sequelae (Jamison et al., 1979; Christensen et al., 1982; Krøner et al., 1989, 1992). In one recent study, women with pre-mastectomy breast pain were more likely to have phantom breast pain three weeks, one year, and six years after surgery than those without pre-mastectomy pain (Krøner et al., 1989, 1992). The results of studies of limb amputees are consistent with this finding (Jensen et al., 1985; Katz & Melzack, 1990; Weiss & Lindell, 1996). The results of these studies suggest that patients with pain before either a mastectomy or a limb amputation are at greater risk for the development of phantom pain. Moreover, the risk appears greatest for patients with more severe pain, and it has been hypothesized that phantom pain may develop when the combination of pre-amputation pain intensity and duration exceeds a critical threshold (Katz & Melzack, 1990).

The presence of psychosocial distress in patients with pain following mastectomy has been interpreted as evidence that psychosocial factors contribute to the development of pain (Woods, 1975; Jamison et al., 1979; Christensen et al., 1982). However, psychosocial distress can be a consequence of living with prolonged pain, and the absence of prospective studies has made it impossible to determine whether psychological abnormalities in patients following mastectomy and limb amputation are risk factors that preceded the development of chronic pain or are consequences of it (Sherman et al., 1987; Katz, 1992). Nevertheless, there is evidence that stress can precede increases in phantom pain (Arena et al., 1990), and the results of prospective studies suggest that psychosocial factors can be risk factors for other pain syndromes (Dworkin, 1997a) as well as for pain associated with cancer treatment (Syrjala & Chapko, 1995). It is therefore important to determine whether patients who have

greater psychosocial distress before surgical procedures for breast cancer are more likely to develop chronic pain.

The theoretical approach on which this research is based is one in which the development of chronic pain is considered the result of an interaction between biological and psychosocial processes. The principal investigator and his colleagues have proposed that the results of chronic pain research are consistent with a diathesis-stress model (e.g., Dworkin & Portenoy, 1996; Dworkin & Banks, 1999). In this approach, an interaction between an organic condition (the diathesis) and various psychosocial factors (the stress component of the model) is hypothesized to account for the development of chronic pain. The diathesis-stress approach provides a heuristic model that can be used in the design of research on the development of chronic pain following breast cancer surgery. In such a model, a mastectomy or lumpectomy and the nerve damage associated with these procedures can be considered the diathesis for chronic pain; various psychosocial factors constitute the stress (broadly defined) that results in a process whereby acute peri-operative pain becomes the chronic pain of PMPS, post-lumpectomy pain, or phantom breast pain.

The prospective study of mastectomy and lumpectomy patients has the potential to identify risk factors derived from this model for the development of chronic pain following surgical procedures for breast cancer. To identify risk factors, patients with pain at a 3-month follow-up interview are considered to have chronic pain (Merskey & Bogduk, 1994). Patients who do and do not develop chronic pain will be compared with respect to each of the measures in five families of variables assessed pre-operatively—demographic and medical/surgical, acute pain, health-related disability, psychological distress, and social support and life events. Because the results of cross-sectional studies that have attempted to identify risk factors for chronic pain following breast cancer surgery within the demographic and medical/surgical domain have been inconsistent, it is hypothesized that there will be no significant risk factors within these families of variables. As reviewed in Dworkin (1997a), the results of a number of studies indicate that more severe acute pain and greater psychosocial distress are risk factors for the development of chronic pain. It is therefore hypothesized that acute pain intensity and duration and measures within the two families of psychosocial variables will be significant risk factors for PMPS, post-lumpectomy pain, and phantom breast pain.

A second aim of this research is to examine the psychosocial consequences of chronic pain following surgical procedures for breast cancer. It has been proposed that the assessment of chronic pain patients should be multidimensional (Turk & Rudy, 1987; Dworkin, 1997b). This approach has been used as a basis for selecting measures of the impact of chronic pain on psychological distress and quality of life. It is hypothesized that psychological distress, maladaptive illness beliefs, and health-related physical,

role, and social disability will increase in patients with persisting chronic pain from the 3-month follow up through the final follow-up assessment at 12 months.

Methods

English-speaking women 18 years of age and older scheduled for mastectomy, lumpectomy, or excisional biopsy are being recruited from the surgical service at Strong Memorial Hospital (SMH). The inclusion of patients scheduled for lumpectomy and excisional biopsy represents a modification to the original research protocol. This change was made based on the increasing reliance of surgeons on these more conservative surgical procedures for the treatment of early stage breast cancer. Approval for this modification was obtained from the U.S. Army Medical Research and Materiel Command and from the University of Rochester Research Subjects Review Board.

Women scheduled for breast surgery at SMH whose names and telephone numbers are released by their attending surgeon are being contacted and the study is described to them over the telephone. Those who agree to participate have their pre-operative assessment scheduled within two weeks of their surgery. At this assessment, the patient is asked to sign an informed consent form. A project coordinator conducts subject recruitment and the pre-operative assessments. Most of these assessments are conducted in patients' homes to facilitate their participation. Some assessments are conducted at SMH, if the patient so desires or if it is deemed unsafe for the research personnel to visit the patient's home. Patients are reimbursed $80 for participation in the research in two installments—$40 at the conclusion of the pre-operative assessment, and $40 upon completion of the 12-month follow-up interview. To date, 83 women have been enrolled in the research, have had their pre-operative assessment, and are undergoing follow-up assessments. This constitutes successful progress with respect to the accomplishment of Tasks 1, 2, 5, and 6 in the approved Statement of Work.

Post-operative pain and analgesic use are being assessed in hospital visits or telephone interviews at 2 and 10 days after surgery; this will make it possible to examine the relationships between acute post-operative pain and analgesic equivalence levels (Steedman et al., 1992) and the development of chronic pain. At 1, 3, 7, and 12 months following surgery, telephone interviews are being conducted in which surgery-related pain and disability, analgesic use, health status and treatment history since the previous assessment are assessed. Surgery-related pain at the 3, 7, and 12 month follow-up interviews will be considered chronic pain (Merskey & Bogduk, 1994). The criteria of Watson et al. (1992) will be used to diagnose PMPS and the criteria of Krøner et al. (1989, 1992) will be used to diagnose phantom breast sensations and phantom breast pain. Use of these criteria will ensure that PMPS and phantom breast pain are distinguished from other types of pain that may be present at these follow-up

interviews, including radiation plexopathy and neuritis (e.g., Watson & Evans, 1982; Watson et al., 1989) and post-mastectomy scar pain (e.g., Krøner et al., 1989, 1992).

To examine whether persisting pain is accompanied by increasing psychosocial distress, the questionnaire measures of depression, anxiety, disease conviction, and somatization are also administered during the follow-up interviews. These interviews are conducted by a member of the research team who did not conduct the initial assessments, who is therefore blind with respect to the patient's pre-operative psychological status. Because the identities of patients who do and do not develop pain will only become known at the follow-up interviews, the project coordinator conducting the pre-operative assessments will be blind with respect to the data used to identify risk factors for chronic pain.

Measures

Demographic and medical/surgical measures. Basic demographic data—age, race, marital status, number of children, living arrangements, years of education, occupation, and current employment status—are assessed at the beginning of the pre-operative assessment. The subject's medical history is assessed by means of an expanded version of the physical health section of the Life Stressors and Social Resources Inventory (see below; Moos & Moos, 1994). Information regarding past and current illnesses and treatments, including past and current painful conditions (based on the methods of S.F. Dworkin et al., 1990), is obtained from this interview.

Information regarding the patient's breast cancer history, type of surgery, and degree of sparing of the intercostobrachial nerve is obtained from the attending surgeon and operative report. The type and duration of operative and post-operative anesthesia and analgesia is recorded from the patient's hospital records, and information regarding the dosage and portal of entry of any radiation treatment following surgery is obtained from the patient's radiation oncologist. At the present time, collection of this information on the subjects who have completed the study or who are presently enrolled in the research is ongoing (Tasks 3 and 4 in the approved Statement of Work).

Pre-operative pain, early post-operative pain, and chronic pain. Comprehensive assessments of pre-operative pain, early post-operative pain, PMPS, post-lumpectomy chronic pain, and phantom breast pain are being conducted using the Brief Pain Inventory Short-form (BPI; Cleeland & Syrjala, 1992) and the McGill Pain Questionnaire (MPQ; Melzack, 1975); the reliability and validity of both measures has been extensively documented. The BPI was developed specifically for use in assessing cancer pain, and the MPQ provides an assessment of both sensory and affective aspects of pain, as well as providing a characterization of pain quality. No previous studies of chronic pain following breast cancer surgery have distinguished the sensory and affective aspects of pain, a central component of current pain research (e.g., Fernandez

& Turk, 1992; Chapman, 1993), nor have pain quality and abnormal but non-painful sensations in these syndromes been carefully assessed. Indeed, in some studes of phantom breast pain, painful and non-painful phantom breast sensations have not been clearly distinguished (e.g., Christensen et al., 1982; Karydas et al., 1986).

Many amputees describe phantom limb pain "as indistinguishable from the pain they experienced in the limb prior to amputation" (Katz, 1992, p. 282), and the MPQ will also be used to examine the hypothesis that the quality of any pre-mastectomy pain and the quality of PMPS and phantom breast pain are similar. In addition, administering the MPQ will make it possible to examine whether the predominant qualities of phantom breast pain remain the same in the year following surgery, as has been reported by Krøner et al. (1989).

Health-related disability, quality of life, and psychological distress. At the pre-operative assessment, patients are administered the Medical Outcomes Study short-form health survey (SF-36; Ware et al., 1992) as well as the Functional Assessment of Cancer Therapy-Breast (FACT-B; Brady et al, 1997). The SF-36 will provide measures of health-related physical, role, and social disability in the week immediately prior to surgery. The impact of post-surgical pain on quality of life at each of the follow-up interviews is assessed by readministering the FACT-B at the 1, 3, 7 and 12 month follow-up assessments.

Depression and anxiety have been found to be risk factors for chronic pain as well as consequences of chronic pain (Banks & Kerns, 1996; Dworkin, 1997a), and measures of both are administered at the pre-operative assessment and at the 1, 3, 7, and 12 month follow-up interviews. The Hamilton rating scales for depression and anxiety (Hamilton, 1959, 1960) are administered at the pre-operative assessment using structured interviews developed for these measures (Williams, 1988, unpublished manual). To complement these interview-based assessments, two self-report measures of symptoms of depression and anxiety are also administered—the Beck Depression Inventory (Beck et al., 1961), a measure of depression that has been used in a large number of studies of chronic pain, and the State-Trait Anxiety Inventory, state version (Spielberger, 1977), a measure of the extent to which an individual feels anxious at the time of testing. The combined use of these interviews and questionnaires provides an assessment of the moderately severe forms of depression and anxiety that appear to be both risk factors for and consequences of chronic pain.

Several measures that reflect the individual's beliefs about physical illness and somatic symptoms are also administered at both the pre-operative assessment and at the 1, 3, 7, and 12 month follow-up interviews. These are the Illness Behavior Questionnaire disease conviction scale (Pilowsky, 1989), the Somatosensory Amplification Scale (Barsky et al., 1990), and the Somatic Symptom Inventory (Barsky et al., 1990). As reviewed in Dworkin et al. (1996), these measures have been reported

to have important relationships with chronic pain in both cross-sectional and prospective studies. Their administration will make it possible to evaluate whether maladaptive beliefs about relationships between physical symptoms and illness and heightened awareness of physical symptoms are risk factors for or consequences of pain following mastectomy.

Social support and life events. Moos (1992) has argued that social supports and life events are closely interrelated and influence each other over time, and that an integrated approach to their assessment is therefore necessary. It has also been noted that whereas most existing measures of life events have focused on temporally discrete events, many psychological and physical disorders may be more closely associated with ongoing chronic stressors (e.g., Monroe & Roberts, 1990; Moos, 1992). Based on these considerations, Moos and his colleagues (Moos, 1992; Moos & Moos, 1994) developed a measure—the Life Stressors and Social Resources Inventory (LISRES)—that has been used in a variety of populations to provide an integrated assessment of chronic stressors, discrete life events, and social supports. The LISRES is administered at the pre-operative assessment to test the hypothesis that decreased social support and stressful life events are risk factors for the development of PMPS and phantom breast pain following mastectomy.

Key Research Accomplishments

1. 83 patients have been enrolled and are currently actively participating in the research protocol.

2. One patient has withdrawn from participation in the study.

3. Computer-scannable data collection forms have been prepared that ensure accurate data entry and minimize the amount of effort required for data verification.

4. These accomplishments constitute successful progress with respect to Tasks 1, 2, 5, 6, and 7 described in the approved Statement of Work.

Reportable Outcomes

Dworkin, R.H., Kulick, D.I., Andrus, C.H., Hogan, L.H., Nagasako, E.M., Pennella-Vaughan, J., and Perkins, F.M. Chronic pain following breast cancer surgery. Paper presented at the meeting of the Department of Defense Breast Cancer Research Program Era of Hope meeting, Atlanta, Georgia, June 2000.

Dworkin, R.H., Nagasako, E.M., and Galer, B.S. Assessment of neuropathic pain. In D.C. Turk & R. Melzack (Eds.), *Handbook of pain assessment* (2nd ed.). New York: Guilford Press, in press.

Conclusions

Recruitment of subjects and collection of data are ongoing and interim analyses of the data have been conducted. The results of these analyses suggest that type of surgery, malignancy, pre-operative pain, early post-operative acute pain, higher pre-operative state anxiety, and greater illness concern may be risk factors for the development of chronic pain following surgical procedures for breast cancer. These risk factors will be re-examined when the sample is fully enrolled (n=200), and additional risk factors may also be identified at that time.

Identification of risk factors for chronic pain following breast surgery will enhance understanding of the processes by which such pain develops and may lead to the development of more effective preventive interventions and treatment approaches.

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