

Side Effects of Oral SERD Therapy

What to Expect and When to Call Your Doctor

What Is an Oral Selective Estrogen Receptor Degradar (SERD)?

An oral SERD is an antiestrogen therapy that is used to treat advanced breast cancer. Oral SERDs work by binding to the estrogen receptor and causing its breakdown. This is important because estrogen can be a key driver in certain breast cancers, and without its receptor, estrogen cannot work as it normally would. Oral SERDs are unique from other approved SERD therapies in that they are taken in tablet or pill form rather than by intramuscular injection.

Elacestrant is an oral SERD that is FDA approved for the treatment of postmenopausal women or adult men with estrogen receptor–positive, HER2-negative advanced or metastatic breast cancer who have an *ESR1* mutation and have had disease progression after at least 1 line of endocrine therapy.

Other oral SERDs that are being investigated in clinical trials include amcenestrant, camizestrant, giredestrant, and imlunestrant. Oral SERDs are also being investigated in combination with CDK4/6 inhibitors, PI3K inhibitors, and mTOR inhibitors, which are targeted therapies for breast cancer that are taken orally.



ESR1 mutations are mutations in the estrogen receptor that can cause some hormone therapies to be less effective.

ESR1 mutations are commonly found in breast cancer that has gotten worse despite prior treatment(s).

Common Side Effects With Approved Oral SERD Therapy



Diarrhea
Constipation



Nausea
Vomiting
Upset stomach



Stomach pain



Loss of appetite



Heartburn



Muscle and
joint pain



Hot flashes



Headache



Fatigue

Other unique side effects with oral SERDs still in development include a slow heartbeat (camizestrant and giredestrant) and visual disturbances (camizestrant).

Please speak to your provider about any side effects that may require dose modification or discontinuation.

Laboratory Abnormalities With Approved Oral SERD Therapy

Your provider will routinely run blood tests to monitor for laboratory abnormalities that may occur with oral SERD therapy, including a decrease in your red blood cells or an increase in liver function enzymes.



Liver function tests
Cholesterol
Kidney function tests



Red blood cells

When to Call Your Doctor

Please call your doctor if you have any of the following side effects:

- Diarrhea not controlled by medications (ie, loperamide)
- Nausea or vomiting not controlled by medications or if you are unable to keep fluids down
- Serious or significant joint or muscle pain affecting your ability to do daily activities
- Any symptoms or side effects that are interfering with your ability to work or to care for your home, yourself, or others



Taking Your Oral SERD Therapy

- It is important to take your oral SERD therapy as prescribed
- Take your medication with food at approximately the same time each day
- Talk to your provider about any other medications, herbal remedies, or supplements you are taking—they may affect how your oral SERD therapy works



Tips for Adherence

- ✓ Involve your family and/or caregivers
- ✓ Establish a routine
- ✓ Use pillboxes/dispensers
- ✓ Put your medication in an area you use or visit every day to serve as a reminder to take it (eg, nightstand, bathroom, kitchen)
- ✓ Use “pill reminder” apps on your smartphone or tablet or set daily reminders on your smartphone, calendar, or tablet
- ✓ Have a plan for side effects—pick up all over-the-counter and prescribed medicines (eg, antidiarrheal, antinausea) recommended by your provider before starting your oral SERD therapy and ensure you know how/when to use them

Staying on Your Prescribed Therapy

Taking your oral SERD therapy is important for treating your breast cancer.

Please do not stop your therapy without notifying your provider.

- ✓ Remember that you have options—call your provider with any intolerable side effects, questions, or concerns.

- ✓ If medication access is an issue at any point, work with your social worker and pharmacist to avoid missing any days in your treatment.

References

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