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## CDK4/6 Inhibitors: Paving the Way for HR-Positive, HER2-Negative Early Breast Cancer

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**Media:** Certified journal article

### TARGET AUDIENCE

This educational activity is intended for advanced practice clinicians, physician assistants, advanced practice nurses and pharmacists, oncology nurses, nurse navigators, and other healthcare professionals who are involved with the direct treatment and management of patients with HR+, HER2– breast cancer.

### ACTIVITY OVERVIEW

Endocrine therapy is currently the cornerstone of treatment for advanced hormone receptor–positive (HR+) breast cancer in both pre- and postmenopausal patients. However, not all advanced HR+ breast cancers respond to first-line endocrine therapy, and those that do respond eventually relapse. Agents that target critical pathways involved in resistance to endocrine therapy, such as cyclin-dependent kinase (CDK) 4/6 inhibitors, have been approved by the U.S. Food & Drug Administration (FDA) for the treatment of HR+/human epidermal growth factor receptor 2–negative (HER2–) advanced/metastatic breast cancer. Now, CDK4/6 inhibitors are being investigated for the treatment of early stage HR+, HER2– breast cancer added to adjuvant endocrine therapy, with the goal of preventing early recurrence and development of metastases.

This activity will review the latest emerging evidence for CDK4/6 inhibitors in the adjuvant setting for early breast cancer. Interprofessional perspectives and recommendations for improving adherence and side effect management will be featured.

### LEARNING OBJECTIVES

At the conclusion of this activity, participants should be better able to:

- Evaluate recent evidence supporting the use of CDK4/6 inhibitors for the adjuvant treatment of HR+, HER2– early breast cancer to prevent early disease recurrences and reduce the risk of distant metastases
- Assess the efficacy of CDK4/6 inhibitors as adjuvant therapy in high-risk early breast cancer
- Integrate strategies to promote and improve adherence in patients receiving oral CDK4/6 inhibitors for the treatment of breast cancer
- Review recommendations for managing side effects that may occur with oral CDK4/6 inhibitors to prevent and reduce toxicities, treatment delays, and treatment discontinuation

### AUTHOR CHAIR

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