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Do Molecular Subtypes of Breast Cancer Affect Outcomes Following Hypofractionation or Conventional Fractionation Radiation Therapy?

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This Capstone Experience is brought to you for free and open access by the Master of Public Health at DigitalCommons@UNMC. It has been accepted for inclusion in Capstone Experience by an authorized administrator of DigitalCommons@UNMC. For more information, please contact digitalcommons@unmc.edu. Do Molecular Subtypes of Breast Cancer Affect Outcomes Following Hypofractionation or Conventional Fractionation Radiation Therapy? A Single Institute Study of 311 Breast Cancer Patients

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ABSTRACT **Introduction**

Molecular subtypes of breast cancer (BC) are well-established prognostic markers in early-stage BC patients. The addition of radiation therapy (RT) to breast-conserving surgery has improved outcomes in this patient population, with conventional fractionation (CF) and hypofractionation (HF) regimens displaying comparable morbidity and mortality. However, most studies have not taken into account molecular subtype. Thus, it is still unknown if outcomes are similar between CF and HF for each molecular subtype. Herein, the effects of molecular subtype on the efficacy of CF and HF radiotherapy regimens for early-stage BC patients receiving adjuvant RT was investigated.

Methods

A retrospective review of stage I/II BC patients who received surgical intervention (breast conservation surgery or mastectomy) followed by RT at UNMC between 2010 and 2017 was conducted. Demographics, tumor characteristics, treatment data (course and dose of radiotherapy), and outcomes information (progression and survival) were collected. Cumulative incidence function and Kaplan-Meier testing were used to assess recurrence and survival, respectively. Variables were then further analyzed using univariate and multivariable COX proportional hazard models.

Results

In total, 311 patients met the inclusion criteria, including 211 CF and 100 HF patients. Patients undergoing HF were of lower stage and grade, but increased age. Rates of locoregional recurrence, distant recurrence, and survival were similar between cohorts. When stratifying based on molecular subtype, no differences in recurrences or survival were observed. On multivariable analysis, only stage was a significant predictor of distant failure and survival.

Conclusions

Although patient numbers were low, these findings suggest that HF and CF are equally efficacious in controlling locoregional recurrence in early stage BC patients. Thus, a hypofractionated regimen for radiation therapy should be considered an option regardless of molecular subtype in early stage BC following breast conserving surgery.

Introduction

In most women with early-stage breast cancer (BC), whole breast radiation therapy (RT) is recommended after breast conserving surgery.[1] Breast conserving therapy has been shown to improve overall outcomes in BC compared to mastectomy or no surgical intervention, and the addition of RT further decreases the rate of recurrence, signifying an increase in local tumor control.[2, 3] In a meta-analysis of 17 trials of breast conserving therapy, Darby et al. showed that RT significantly decreased the risk of local and distant recurrences over 10 years and reduced BCrelated mortality rates.[4] Refinement in RT protocols have improved outcomes for patients extending beyond simple survival metrics leading to reductions in both immediate complications and long-term sequelae of RT. These improvements across several health-related metrics including outcomes and quality of life have led to the National Comprehensive Cancer Network (NCCN) recommendation and current standard of care practice of RT for early-staged BC patients in the US.[5]

The likelihood of radiation-related damage to surrounding, healthy tissue increases as dose per fraction increases. This served as the basis for the longer dose schedule in traditional whole breast irradiation treatments, termed conventional fractionation (CF).[6] CF comprises 5 to 7 weeks of daily radiation treatments (1.8 -2 Gy per fraction) with a common regimen consisting of 50-50.4 Gy in 25-28 fractions to the whole breast and an additional 10 Gy in 5 fractions boost to the tumor bed. Although adherence to radiation therapy is good compared to chemotherapy and tamoxifen, a significant percentage of women in the US choose not to undergo CF because of the inconvenience of the long time course and the associated cost.[7, 8] In recent years, hypofractionated (HF) radiation therapy has been explored as a means to increase adherence and,

in some instances, alter the therapeutic window of RT by using larger doses per fraction but an overall lower total dose of radiation, i.e. 39 Gy in 13 fractions.

With the challenges of adherence, expense, and time commitment in mind, and as the momentum in radiation oncology moves toward shorter and cheaper treatment regimens, randomized trials comparing HF to CF have emerged. The Standardization of Breast Radiotherapy Trials (START A and START B) looked at CF versus two different HF regimens in BC patients with completely excised invasive (breast-conservation therapy or mastectomy) BC from several centers across the United Kingdoms. In START A, patients were randomly assigned to one of three groups: CF patients -50 Gy in 25 fractions over 5 weeks (n=749) versus HF patients that received either 39 Gy ($n=750$) or 41.6 Gy ($n=737$) in 13 fractions given over 5 weeks. There was no significant difference in 10-year rates of local-regional relapse between the treatment groups. Furthermore, the rates of radiation-related complications were lower in those who received 39 versus 50 Gy, suggesting that lower total doses of therapy delivered in fewer, larger doses per fraction are at least as safe as CF.[9] Similar to START A, START B investigated a slightly shorter HF regimen (40 Gy in 15 fractions over 3 weeks, n=1110) compared to CF (50 Gy in 25 fractions, over 5 weeks, n=1105). The findings of START B paralleled START A and showed that rates of radiation-related complications were again lower in those who underwent HF.[9] In terms of efficacy, both treatments displayed similar 10-year local-regional control rates (HF - 95.7% v CF -94.5%), while 10-year distant relapse (12.3% v 16.0%) and all-cause mortality (15.9% v 19.2%) rates were improved in the HF versus CF cohort.^[10] In 2002, Whelan *et al.* presented the results from a single-institute, prospective, randomized study of 1,234 women who had node-negative, invasive BC with negative margins after lumpectomy, and received either 42.5 Gy in 16 fractions

(HF, $n=622$) or 50 Gy in 25 fractions (CF, $n=612$). The results of this study demonstrated equivalent 5- and 10-year local/regional disease-free and overall survival.[11, 12]

The efficacy of hypofractionation dosing schemes for RT in BC is based on the concept of alpha-beta ratios for radiation-induced cell death. Normal tissues have an alpha-beta ratio of approximately 3. Most tumors have an alpha-beta ratio between 8 - 10; however, slower growing tumors can have much lower rates. For example, BC has a relatively low alpha-beta ratio in the range of 3.5 - 4.[13-15] Applying these alpha-beta ratios to the linear quadratic equation to determine the biologically equivalent dose (BED = N*D[1+D/[ABR]] where N = # of fractions, D $=$ dose per fraction, ABR $=$ alpha-beta ratio) demonstrates that the hypofractionation regimen (higher dose per fraction with fewer total fractions) limits the long-term toxic effects on adjacent healthy tissues while remaining efficacious against the tumors. However, this rationale is potentially challenged when considering the higher-risk, more aggressive molecular subtypes of BC that possess faster growth rates and likely higher alpha-beta ratios.[16] Therefore, we sought to evaluate the efficacy of hypofractionation vs conventional fractionation of radiation therapy in the treatment of different molecular subtypes of BC.

Although several studies have surfaced outlining outcomes in HF compared to CF, there is little data from these studies to describe the effects of molecular subtypes in HF. The histological workup of a tumor's biological characteristics is a well-established prognostic factor, and estrogen (ER), progesterone (PR), and human epidermal growth factor 2 (Her2) receptor expression guides our current target-based therapies in BC.[17] In fact, the combination of these factors have been used to describe subtypes of BC that have prognostic and predictive value: luminal A (ER or PR positive, but lacking Her2), luminal B (ER or PR positive and Her2 expressive), Her2 expressing only, and triple negative.^[18] Zhao *et al.* performed a randomized clinical trial exploring long term outcomes related to CF or HF treatment, in which molecular markers were also analyzed.[19] While HER2+ status was an independent prognostic factor for reduced tumor specific survival, no association was observed in for ER/PR status, and the authors did not describe outcomes stratified by CF or HF treatment as they relate to the molecular subtypes. One previous study has evaluated the effect of HF vs CF regimens of RT in early stage BC with adverse prognostic features, which failed to demonstrate any difference in relapse following HF vs CF RT on luminal vs non-luminal molecular subtypes.[20] With the lack of clinical understanding of the impact these molecular subtypes may have on outcomes in RT, histological markers are not routinely considered when it comes to guiding the decision making of implementing HF versus CF. Thus, we sought to determine if molecular subtypes had any bearing on outcomes inpatients treated with HF or CF RT at our institute.

Methods

A retrospective analysis was performed on BC patients who were consulted for radiation therapy at the University of Nebraska Medical Center between 2010 and 2017. Inclusion criteria included pathologically confirmed disease, surgical intervention, and RT as part of their initial treatment plan, *i.e.* not at recurrence. Those with ductal carcinoma *in situ* or disease greater than stage II were excluded. Those who elected not to undergo radiation therapy, did not finish their planned course, or received intraoperative radiation or brachytherapy were also excluded from the present study. Patients meeting the inclusion criteria were partitioned into those who received conventional fractionation (CF) or hypofractionation (HF) therapy. Treatment for CF consisted of the following dosing regimens (Total Gy in X fractions): 45 in 25, 46 in 23, 50 in 25, or 50.4 in 28. Similarly, HF regimens consisted of: 40.05 in 15 or 42.56 in 16.

A comprehensive evaluation was performed comparing the two cohorts evaluating demographics (age, sex, year of diagnosis and treatment, histology, stage, etc.), tumor pathology, treatment (surgical intervention, chemotherapy, etc.), details of their radiation treatment (dose, fractionation pattern, tumor cavity boost, etc.), and progression and survival outcomes. Molecular subtypes of BC were defined using the following criteria: (1) **Luminal A** – ER or PR positive and Her-2 negative with a ki-67<14; (2) **Luminal B** – ER or PR positive and Her-2 positive or ki67 \geq 14; (3) Her2 enriched – those lacking ER and PR staining but expressing Her2; (4) Triple Negative – those who do not display ER, PR, and Her2 expression.

All data was analyzed using SAS (version 9.4, SAS/STAT 14.3). Patient and cancer characteristics were reported in Table 1 using descriptive statistics. Continuous variables, i.e. age, were compared between the two groups using a two-tailed student's t-test. Chi-squared testing was used to compare all dichotomous variables between groups. Recurrence was defined as months from the date of diagnosis until radiological or pathological evidence of recurrence, last follow-up visit, or date of death. Patients who were alive and lacking evidence of disease or that were lost to follow-up were treated as censored. Time to local-regional recurrence (LR) and distant recurrence (DR) was assessed both as disease-specific recurrence, treating death without the identification of disease recurrence as censored, as well as in the presence of death as a competing risk in cumulative incidence function (CIF) modeling. Similarly, survival was defined as months from the date of diagnosis until date of death or last date of follow-up and was assessed in three different manners: 1) overall survival (OS) – death from any cause; 2) cause-specific survival (cancerspecific survival, CSS) - death from non-cancer causes were treated as censored; AND 3) competing risk survival – death from non-cancer causes were treated as a competing event in a CIF model. Patients who were alive at the end of the study or lost to follow-up were treated as

censored. LR, DR, and survival were visualized using CIF and Kaplan-Meier (KM) method, and Gray's test or the log rank test was used to evaluate statistically significant differences between cohorts. Further use of Cox proportional hazard (PH) regression was applied to control for variables known to influence survival, i.e. age, stage, etc., and assess any difference between treatment cohorts.

All statistical tests were conducted in a two-sided manner, and statistical results with $p <$ 0.05 were considered statistically significant. Review of all medical records and the subsequent analyses were approved by the appropriate institutional review committee and met the guidelines of their responsible governmental agency.

Results

In total, 311 patients were identified, which included 211 CF and 100 HF patients. Median overall follow-up time for all patients was 35.7 months, including 36.6 months for patients who received CF and 30.8 months for patients who received HF. General demographic and tumor characteristics can be found in Table 1. Overall, patients in the HF cohort were of lower T-stage ($p<0.001$), lower grade ($p<0.001$), higher proportion of stage I versus II ($p<0.0001$) and older age (p=0.001). For each RT regimen, CF or HF, there were multiple included doses and fractionation schemes that are outlined in Table 2.

Conventional vs Hypofractionation Regimens for Radiation Therapy in Early Stage Breast Cancer

Comparing outcomes in patients with early stage BC treated with RT that was administered using CF or HF (Fig 1) revealed no statistically significant difference in LR ($p=0.6263$) or cancerspecific survival ($p=0.4387$), though distant failure was of borderline significance ($p=0.0763$) in favor of HF. In all three outcomes measures, CF performed slightly worse than HF regimens of RT and had more total failures (Locoregional: 8 CF vs 1 HF; Distant: 14 CF vs 1 HF; cancerspecific survival: 8 CF vs 1 HF); however, these were not statistically significant differences. Of note, 9 patients died from cancer-related causes (8 CF and 1 HF), while 6 and 1 additional patients within the CF and HF cohorts respectively died without evidence of LR or DR, had cancerindependent causes of death, and were therefore analyzed in accordance with competing risks. Due to the overall low incidence, the effects of competing risks were negligible in all three outcome metrics, LR, DR, and survival, see supplementary section.

Effect of Stage on Conventional vs Hypofractionation Regimens Efficacy

To evaluate the possibility that the difference in stage distribution between CF and HF cohorts (Table 1) was contributing to any efficacy difference between CF and HF cohorts, the effect of stage on LR and DR as well as cancer-specific survival was evaluated. Increased stage did not affect LR ($p = 0.5046$), correlated with an increase in distant failure ($p = 0.0043$), and decreased overall survival ($p = 0.0325$) (Fig. 2 A-C). Cancer-specific deaths were higher in stage II than stage I (7.6% vs 1.8%). However, evaluating the effect of CF vs HF on patient outcomes after isolating individual stage I (Fig. 2 D-F) or stage II (Fig. 2 G-I) patients failed to demonstrate a difference in efficacy between the fractionation regimens for any given stage ($p > 0.05$).

Effect of molecular subtype on Conventional vs Hypofractionation Regimens Efficacy

While the distribution of molecular subtypes between fractionation regimens were largely consistent (Table 1), the possibility that molecular subtypes could be a confounder and independently affect patient outcomes needed to be examined. Molecular subtype did not affect local failure ($p = 0.1815$) (Fig. 3A) or distant failure ($p=0.3399$) (Fig. 4A), but did impact overall survival (p=0.0452) (Fig. 5A). Cancer-specific deaths were higher in triple negative patients (12% versus luminal $A - 0\%$, luminal $B - 4.8\%$, and HER-2 enriched – 5.9%).

To evaluate the possibility that the CF vs HF regimens of RT may be more or less efficacious for a given molecular subtype, the effect on patient outcomes following CF or HF RT was evaluated for each molecular subtype individually. When looking at patient outcomes as stratified by CF vs HF for each molecular subtype, no statistically significant difference in efficacy was demonstrated (Fig. 3B-E, Fig. 4B-E, Fig. 5C-F); however, HF regiments appeared to do at least as well if not better than CF.

COX PH Multivariable Analysis of Factors Contributing to Patient Outcomes in Early Stage Breast Cancer

Fractionation regimen, stage, age, and molecular subtype were analyzed for their relationship to patient outcomes via univariate and multivariable analyses using the Cox PH model. On univariate analysis, no factors were associated with LR, and after controlling for the effects of each variable, multivariable analysis of LR failed to reveal any associations (Table 3). Increased stage and the interaction of molecular subtype with stage or fractionation regimen appeared to be of potential significance for increased DR (Table 4). Additionally, stage remained statistically significantly associated with increased DR on multivariable analysis ($p = 0.038$). Lastly, stage and molecular subtype were found to be associated with cancer-specific survival, but upon further evaluation with multivariable analysis, stage was only borderline significant (Table 5).

Discussion and Conclusions

Overall, patients undergoing HF were of lower stage and grade, but older age. There appears to be a clear selection bias for older, but lower-risk, cancer patients to receive HF versus CF. Despite this selection bias, our results do not support a need to select patients with lower stage disease for HF vs CF as controlling for stage revealed that HF regimens were equally efficacious as CF for any given stage. Looking at molecular subtypes, HF appears to be as effective as CF

within each subtype in controlling both local and distant recurrence and produces similar survival outcomes. Thus, these results demonstrate the HF regimens appear equally efficacious as CF in early stage BC patients regardless of stage and molecular subtype. However, a larger, multicenter study should be performed to validate these findings.

Higher stage disease was associated with a higher rate of distant failure and poorer survival. Molecular subtypes were also associated with different rates of survival with Luminal A tumors having the best survival and Luminal B and triple negative tumors demonstrating poorer outcomes. On multivariable analysis, only the effect of increasing stage on higher rates of DR was statistically significant; however, stage and triple negative molecular subtype approached significance in regards to worsening survival. Sensitivity analyses were performed investigating interactions and competing events. Because of the overall low number of competing events, competing risk analyses did not differ from their non-competing event statistical counterpart.

Unfortunately, the conclusions that can be drawn from this study are limited by the relatively small number of patients, patient diversity, and short median follow-up of approximately three years. The small number of patients is especially problematic when attempting to stratify by treatment, molecular subtype, and/or stage where the patient numbers are further reduced. Approximately 80% of patients were Caucasian, and the remaining 20% were distributed over Asian, African American, and Hispanic/Latino ethnicities. Although there is little evidence to date to suggest substantially different outcomes from RT between different racial or ethnic classes, there may exist some differences. Furthermore, socioeconomic status, which is a strong influencer of outcomes, could impact outcomes. However, these two determinants of health were not evaluated in the present study. In regards to the short median follow-up, it is important to consider that the high risk molecular subtypes (HER2-enriched and triple negative) tend to recur both locally and distantly relatively early in the course of the disease (often by year 2). Thus, median follow up of 3 years should be sufficient to demonstrate if HF regimens of RT were less efficacious than the CF regimens. Moreover, early relapse distantly may suggest spread beyond the area of treatment with RT, and one should consider the goal of RT, which is directed at locoregional control rather than distant. Finally, this study is somewhat limited due to an uneven distribution of cancer stage between the two cohorts. The impact of this limitation was managed by evaluating the efficacy of HF vs CF on patient outcomes within a given cancer stage (either Stage I or Stage II), which demonstrated similar results as compared to the evaluation of the entire cohort of patients. Clearly, despite these limitations, our results demonstrate that the overall rates of LR, DR, and survival appeared comparable in patients who received HF vs CF.

In conclusion, early stage BC patients who received HF following breast conserving surgery displayed similar outcomes to those who received CF. Although stage and molecular subtype impacted recurrence in distant locations and survival, their influence on outcomes appear comparable between RT regimens. These results suggest that HF regimens should be considered in early-stage BC patients and may even be favored for therapy due to the benefits of shorter treatment protocols. However, a larger, prospective study should be conducted that can control for age, stage, and molecular subtype in addition to race/ethnicity and social determinants of health to validate the findings in this study.

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Table 1. Demographics and tumor characteristics of early stage breast cancer patients that underwent either CF or HF regimens of radiation therapy.

Table 2. Radiation doses and fractionation regimens included within the conventional fractionation and hypofractionation cohorts.

failure (B) as well as cancer-specific survival (C) in early stage breast cancer patients stratified by stage. Cumulative incidences of local (D) and distant failure (E) as well as cancer-specific survival (F) in stage I b

		Conventional	Hypofractionated
		% (# at risk)	% (# at risk)
${\ensuremath{\mathsf{LR}}}$			
	$1-yr$	1.0% (198)	0.0% (98)
	$2-yr$ $3-yr$	1.0% (152) 2.6% (111)	0.0% (69) 0.0% (39)
	$4 - yr$	2.6% (72)	0.0% (16)
	$5-yr$	4.5% (44)	0.0% (6)
	Total Events	8 (12 comp.)	1 (2 comp.)
DR			
	$1-yr$	1.5% (197)	0.0% (98)
	$2-yr$	3.8% (150)	0.0% (69)
	$3-yr$	6.0% (109)	0.0% (39)
	$4-yr$	8.3% (69)	2.8% (15)
	5-yr	8.3% (43)	2.8% (6)
Survival	Total Events	14 (6 comp.)	$1(1$ comp.)
	$1 - yr$	99.0% (200)	100.0% (98)
	$2-yr$	98.5% (154)	98.9% (69)
	$3 - yr$	96.2% (112)	98.9% (39)
	$4 - yr$	95.3% (74)	98.9% (16)
	$5-yr$	90.3% (46)	92.7% (6)
	Total Events	14 (6 comp.)	$2(1 \text{ comp.})$

Supplementary

Supplementary Table 1. Race/ethnicity of early stage breast cancer patients that underwent either CF or HF regimens of radiation therapy.

