



GLP-1 RECEPTOR AGONISTS IN CANCER THERAPY

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DISCLOSURES

- I have the following financial relationships to disclose:
 - Consultant/Advisor: Pfizer, Novartis, Seattle Genetics, AstraZeneca, Gilead, Boehringer Oncology, Amneal Pharmaceuticals, Arvinas, Daichii-Sankyo, Genentech/Roche, Bayer, SynDevRx, TerSera Therapeutics, BD Life Sciences, Menarini-Stemline, Puma
 - Speaker (Unbranded): MJH Life Sciences, CurioScience, IntrinsiQ Health, Community Health Media, Cardinal Health, DAVA Oncology
 - Editorial Positions: ONCOLOGY (Editor-in-Chief)
 - Equity / Ownership: The Bettering Company, Roon
 - Research Support (to institution): National Cancer Institute / National Institutes of Health, Breast Cancer Research Foundation, American Cancer Society, American Institute for Cancer Research, Conquer Cancer Foundation
 - Contracted Research (PI): Novartis, SynDevRx

CASES



56yo postmenopausal woman with cT3N1M0 TNBC of R breast

- Planned to start neoadjuvant KEYNOTE522 regimen
- Co-morbidities: BMI 34, diabetes on metformin 1000 bid (Hb A1c 6.2%)

She was planning to start **tirzepatide** prior to TNBC diagnosis and asks if she could start with her breast cancer treatment.

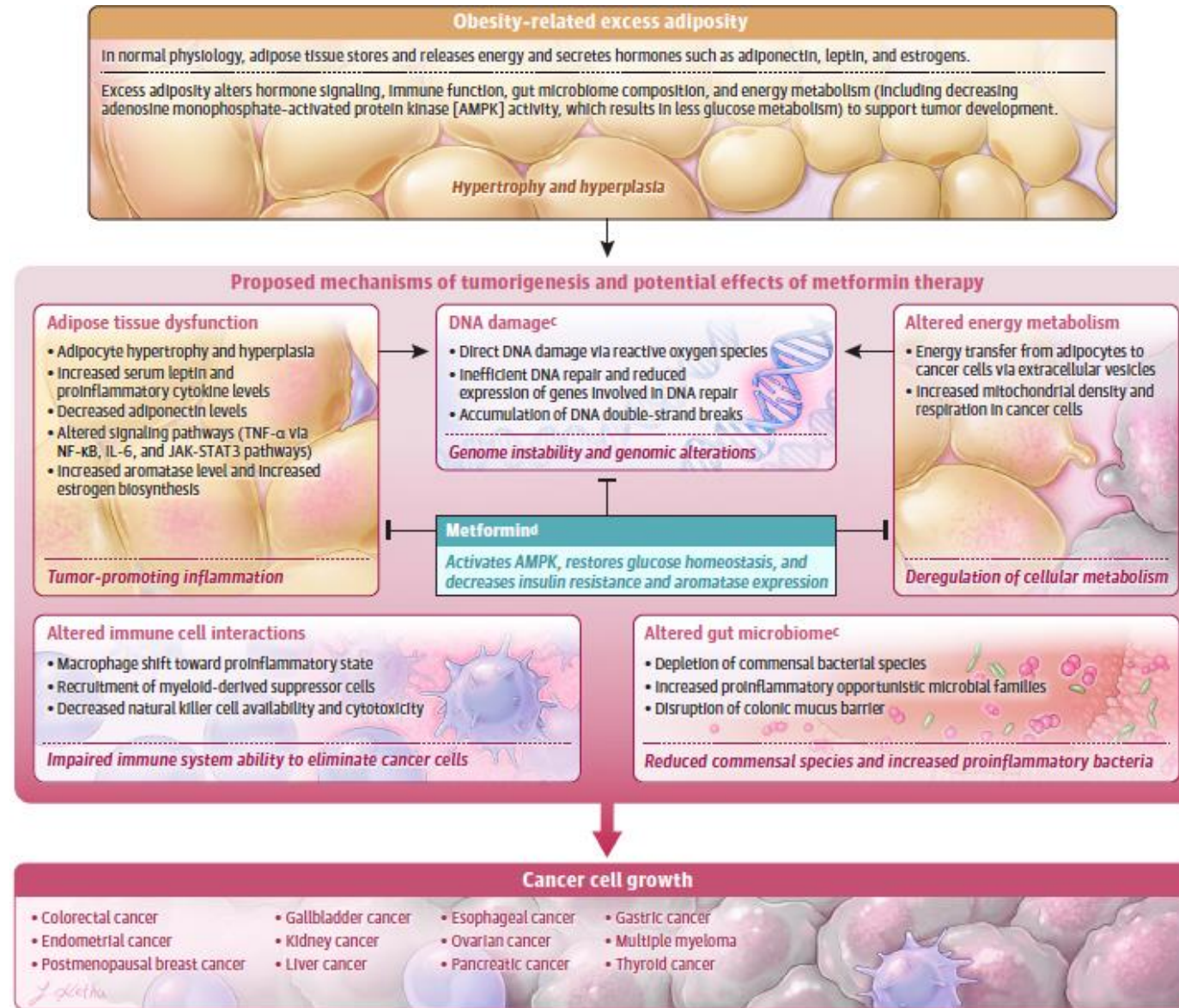


42yo premenopausal woman with pT1cN0M0 HR+/HER2-neg IDC of L breast

- s/p lumpectomy + XRT, OncotypeDX RS 18
- planned to start adjuvant OS + AI
- Co-morbidities: BMI 29 on semaglutide (prior BMI 33)

She asks if she could continue **semaglutide** with adjuvant endocrine therapy.

OBESITY PROMOTES MULTIPLE CANCER HALLMARKS



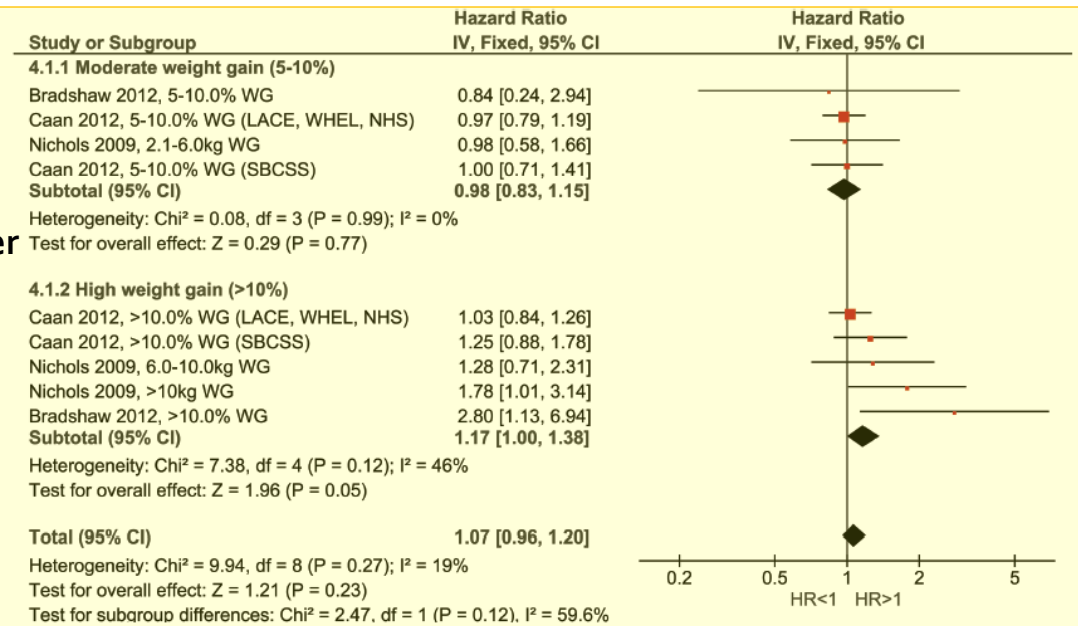
Shen, Brown, Green, Iyengar.
JAMA 2026.

WEIGHT GAIN AFTER DIAGNOSIS

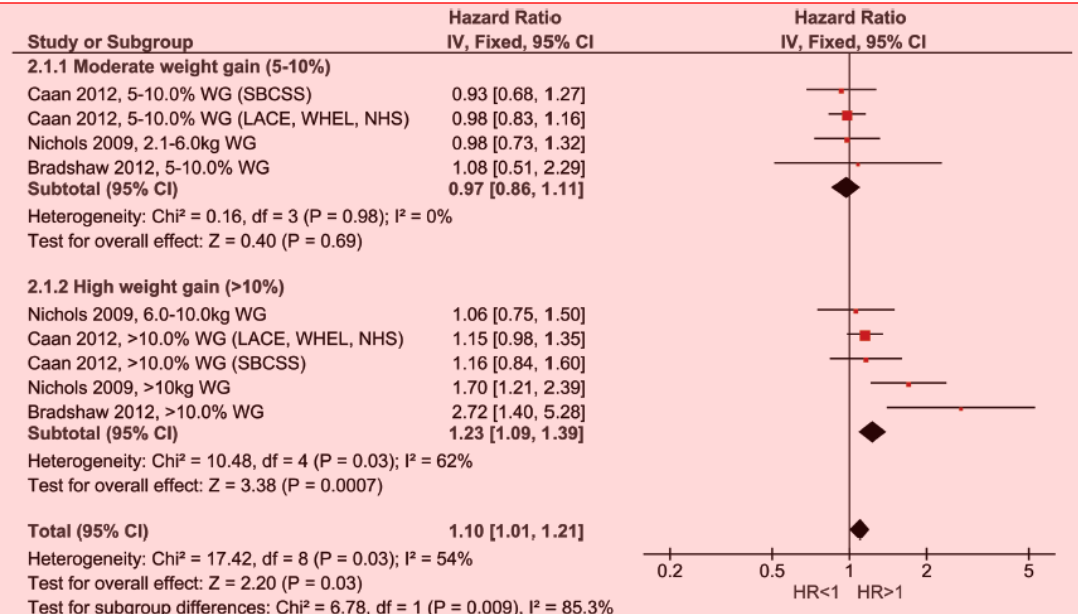
Meta-analysis:
12 studies published up to Dec
2014

Weight gain after diagnosis (over
average of 1.5 years) is associated
with increased mortality

Breast cancer mortality

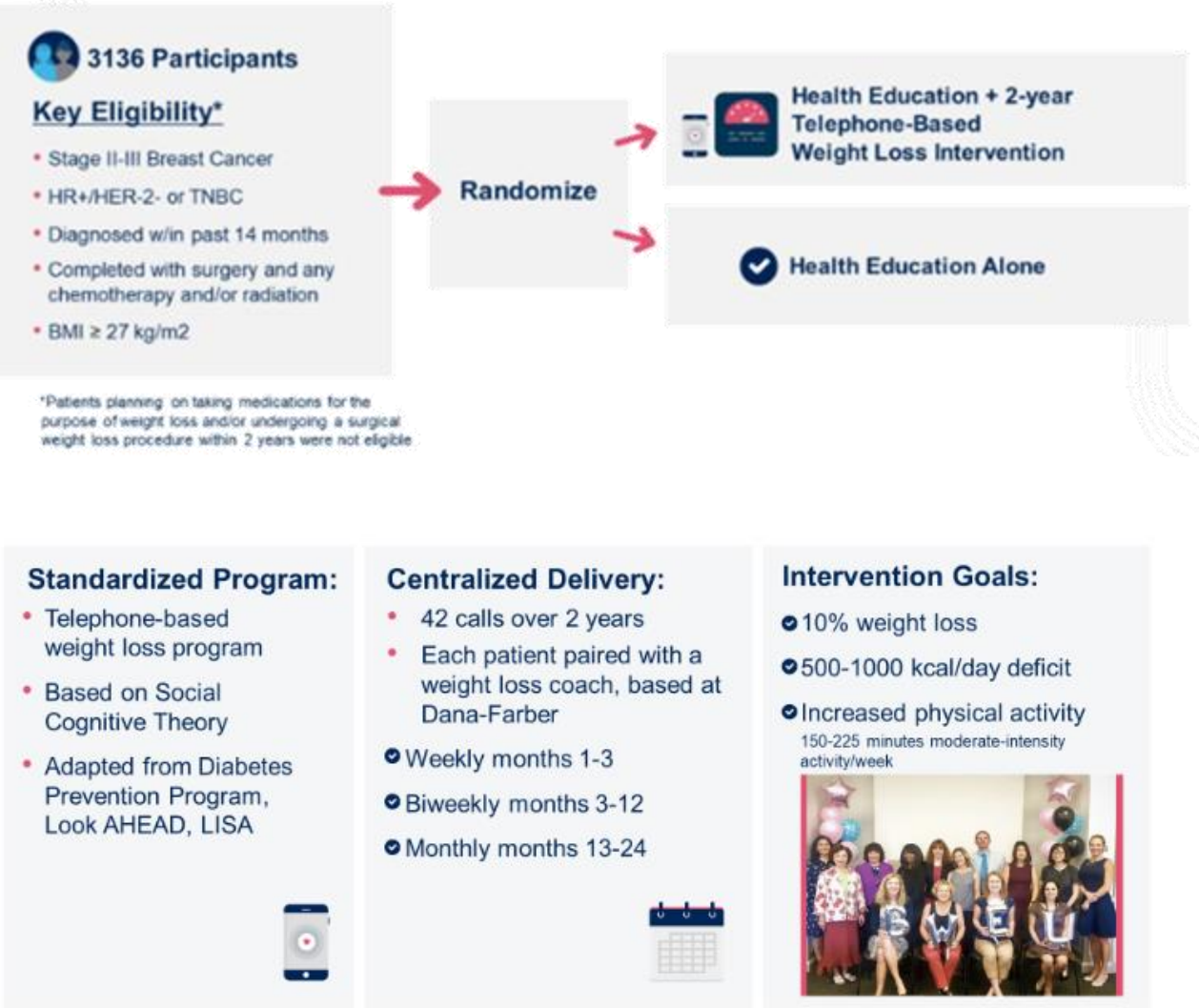


All cause mortality



Playdon MC et al. JNCI 2015.

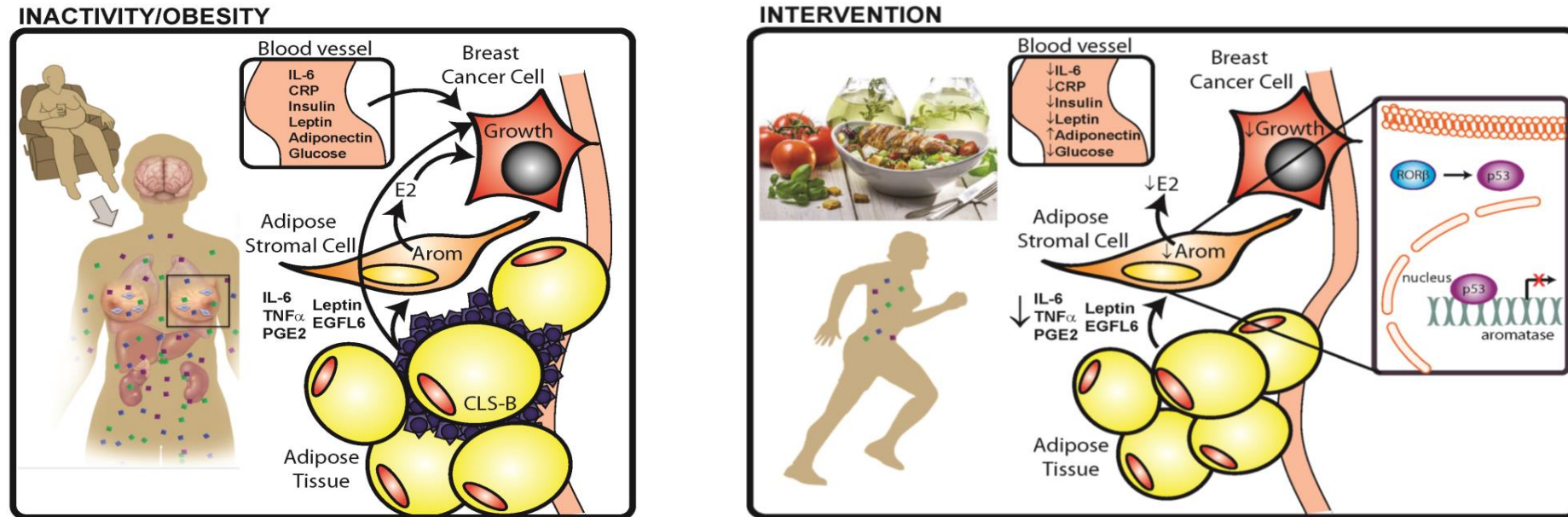
BREAST CANCER WEIGHT LOSS (BWEL) TRIAL



	CONTROL (n=1173)	WLI (n=1222)	P VALUE
Absolute Weight Change at 6-months	+ 0.2 kg	- 4.4 kg	<0.0001
% Weight Change at 6-months	+ 0.3%	- 4.8%	<0.0001
Absolute Weight Change at 12-months	+ 0.7kg	- 4.4kg	<0.0001
% Weight Change at 12-months	+ 0.9%	- 4.8%	<0.0001

Ligibel et al. ASCO 2023.

WEIGHT LOSS TO IMPROVE TISSUE MICROENVIRONMENT AND BIOMARKERS



Iyengar et al. J Clin Oncol 2016

Breast Cancer Research and Treatment. 2013 November; 142:119-132

Favorable Modulation of Benign Breast Tissue and Serum Risk Biomarkers Is Associated with >10% Weight Loss in Postmenopausal Women

Carol J. Fabian, Bruce F. Kimler, Joseph E. Donnelly, Debra K. Sullivan, Jennifer Klemp, Carola Zalles, Gordon B. Mills and Stephen D. Hursting

WEIGHT LOSS IS ASSOCIATED WITH REDUCED INCIDENCE OF OBESITY ASSOCIATED CANCERS WITH VARYING EFFECT SIZE

Women's Health Initiative:

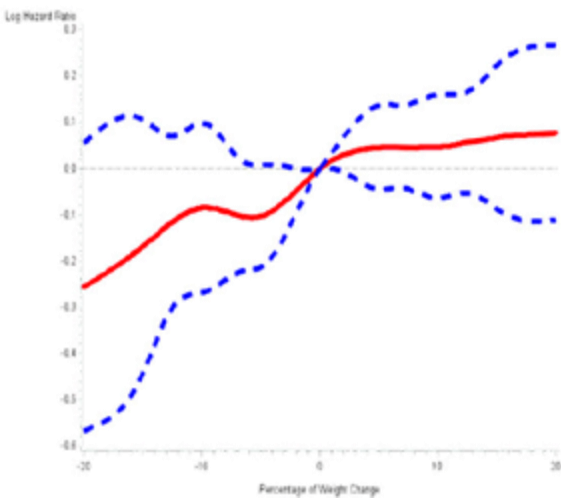
- Prospective observational study
- N = 58,667 postmenopausal women
- 12 years median follow-up
- $\geq 5\%$ weight loss associated with 12% reduction in Obesity Associated Cancers (HR 0.88; 95% CI 0.80 – 0.98)

Look AHEAD RCT (post hoc analysis):

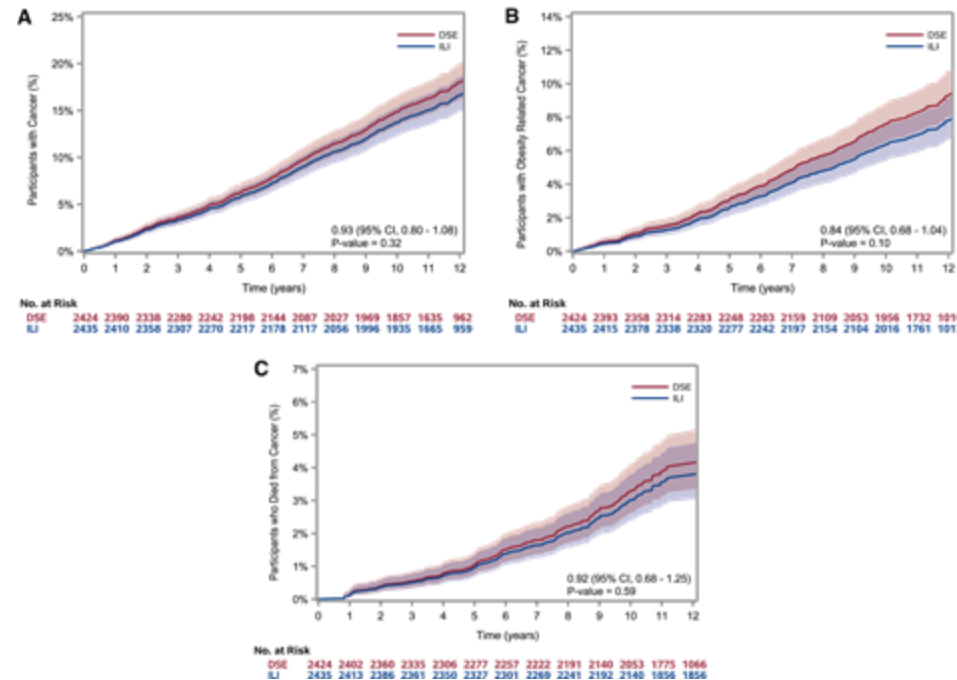
- Lifestyle weight loss intervention
- N = 4859 Ow/Ob with T2DM
- 11 years median follow-up
- 16% reduction in Obesity Associated Cancers (HR 0.84; 95% CI 0.68 – 1.04)

SPLENDID matched cohort study:

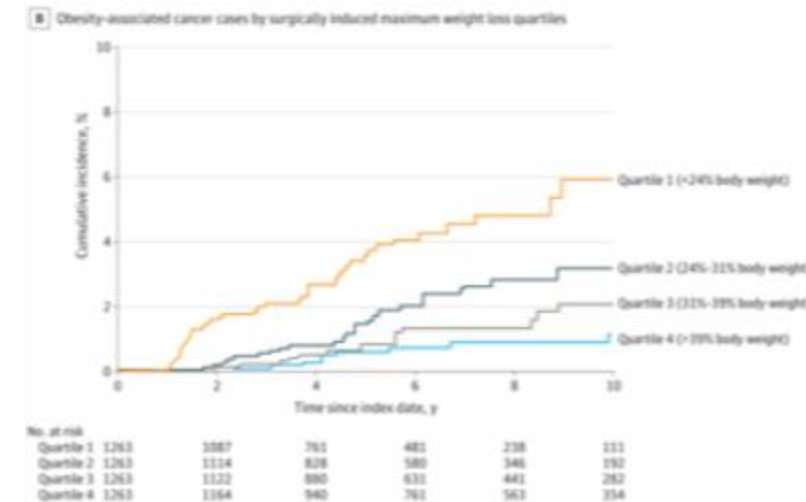
- Bariatric surgery vs no surgery
- N = 30,318 (matched 1:5)
- 6.1 years median follow-up
- 32% reduction in Obesity Associated Cancers (HR 0.68; 95% CI 0.53 – 0.87)



Luo et al. *JNCI Cancer Spectr* 2019

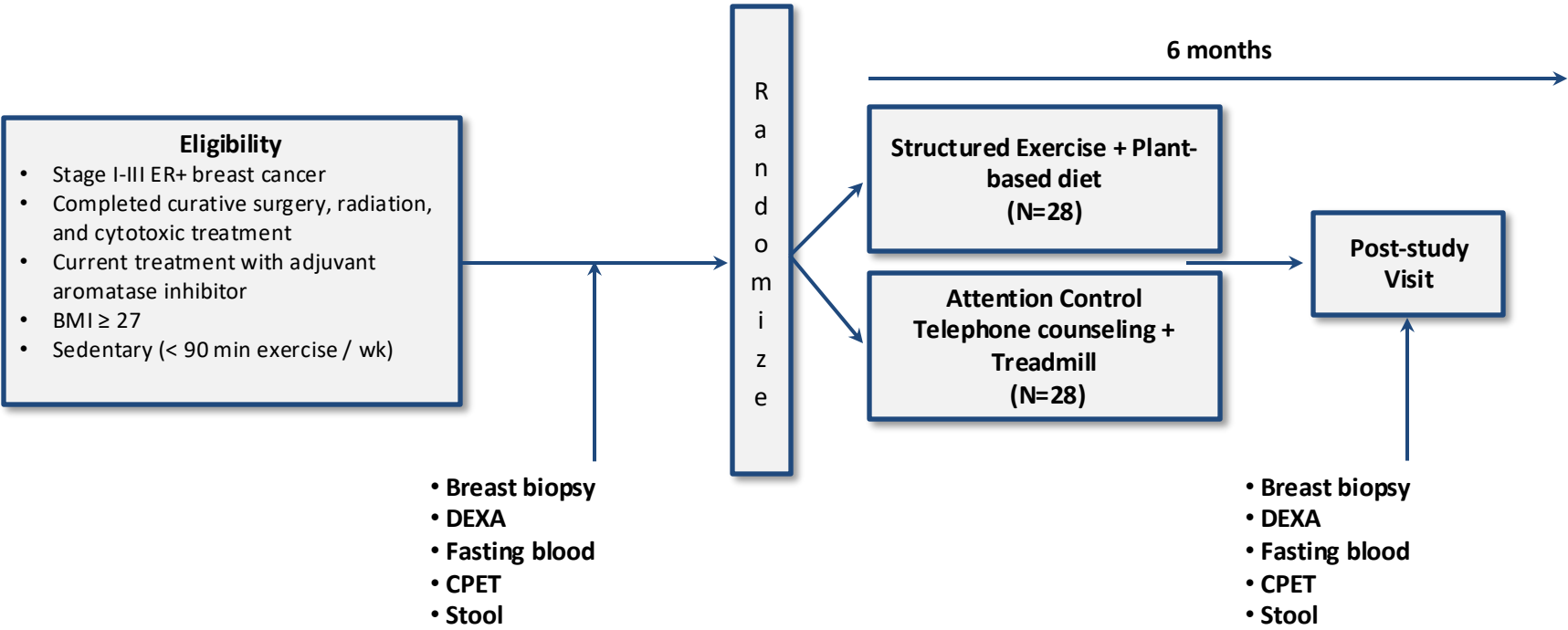


Yeh et al. *Obesity* 2020



Aminian et al. *JAMA* 2022

PHASE 2 RCT: NUTRITION + STRUCTURED EXERCISE FOR WEIGHT LOSS



Study Endpoints

Primary: Breast aromatase level

Secondary: Breast tissue gene expression changes, Blood markers, body composition, weight loss, adherence, microbiome, QOL / PROs

Biostatistical Design

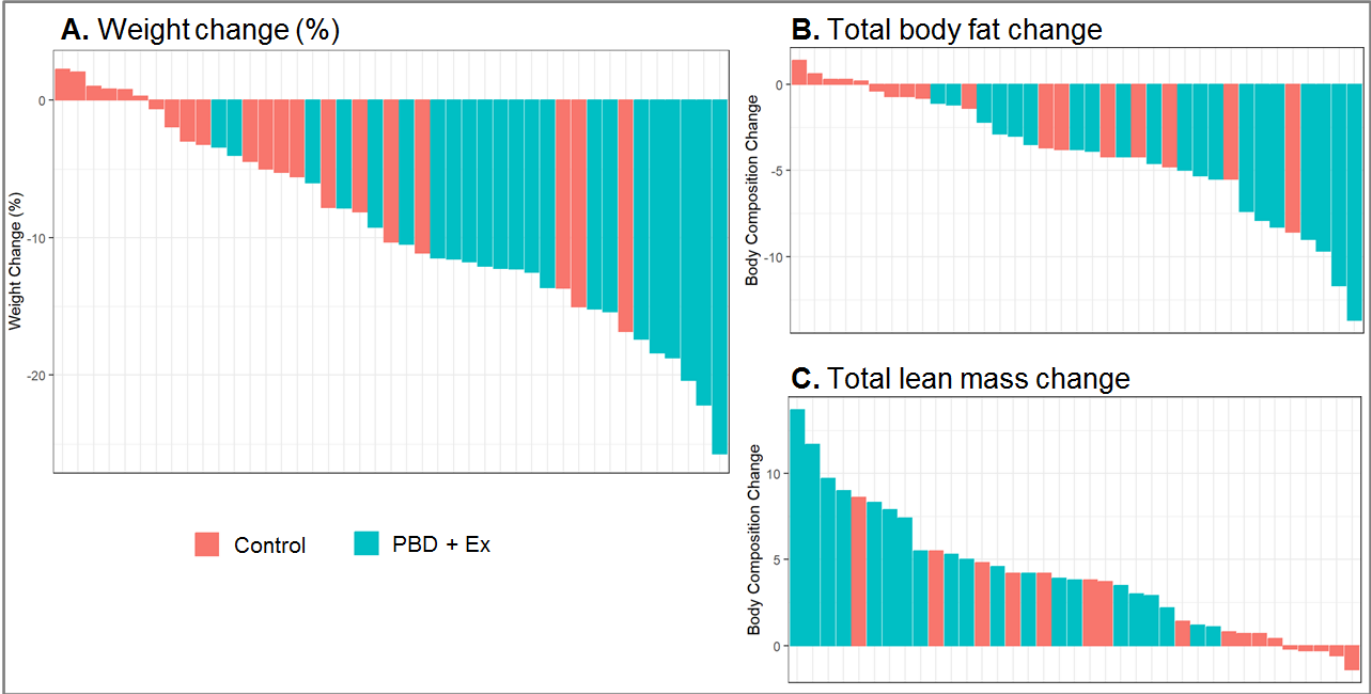
- 1 unit decrease in BMI = 0.06 mean reduction in aromatase (SD 0.81, log scale)
- Goal BMI reduction is 3 kg/m²

NCT04298086

PHASE 2 RCT: PRECISION NUTRITION + STRUCTURED EXERCISE

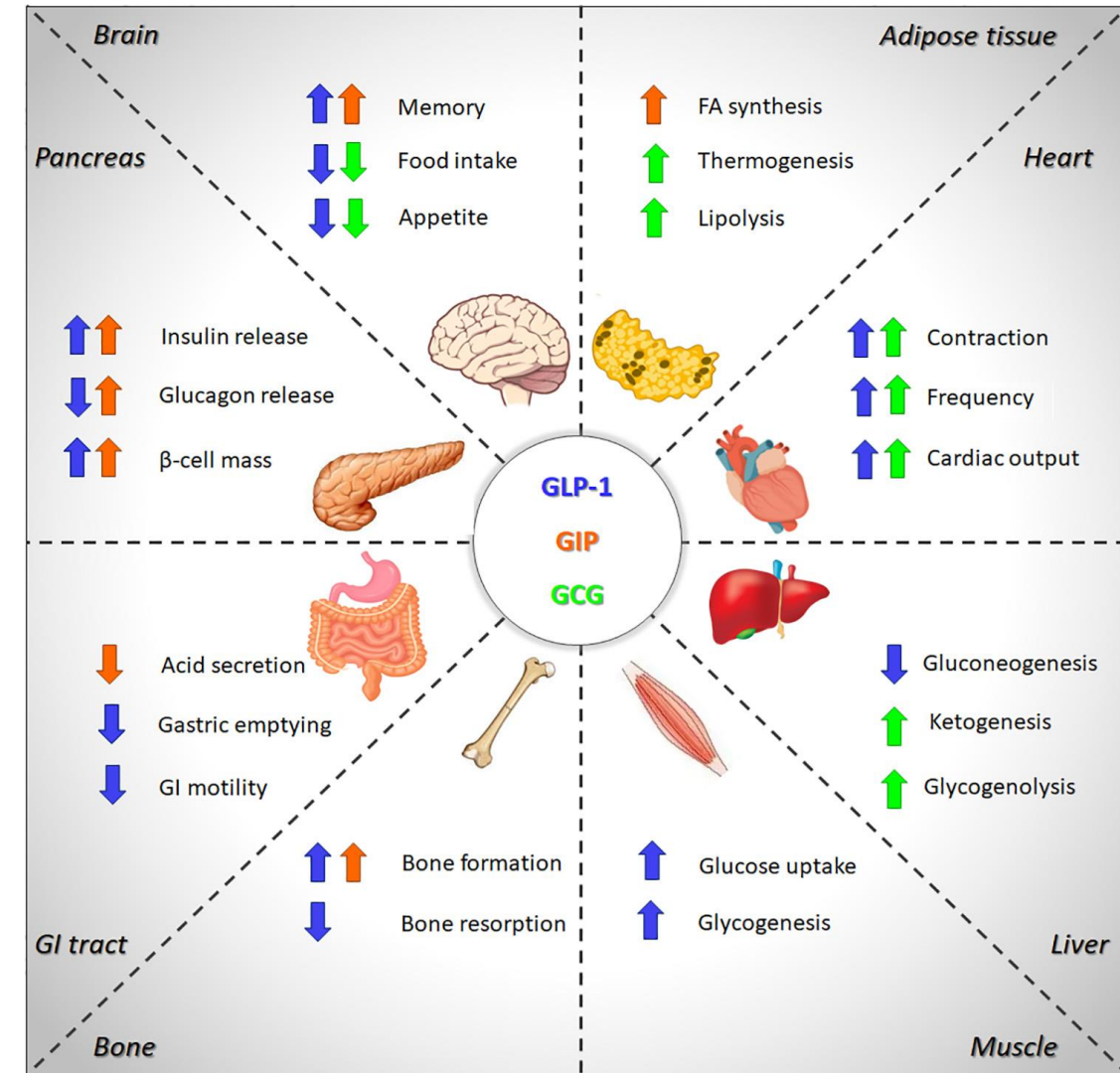
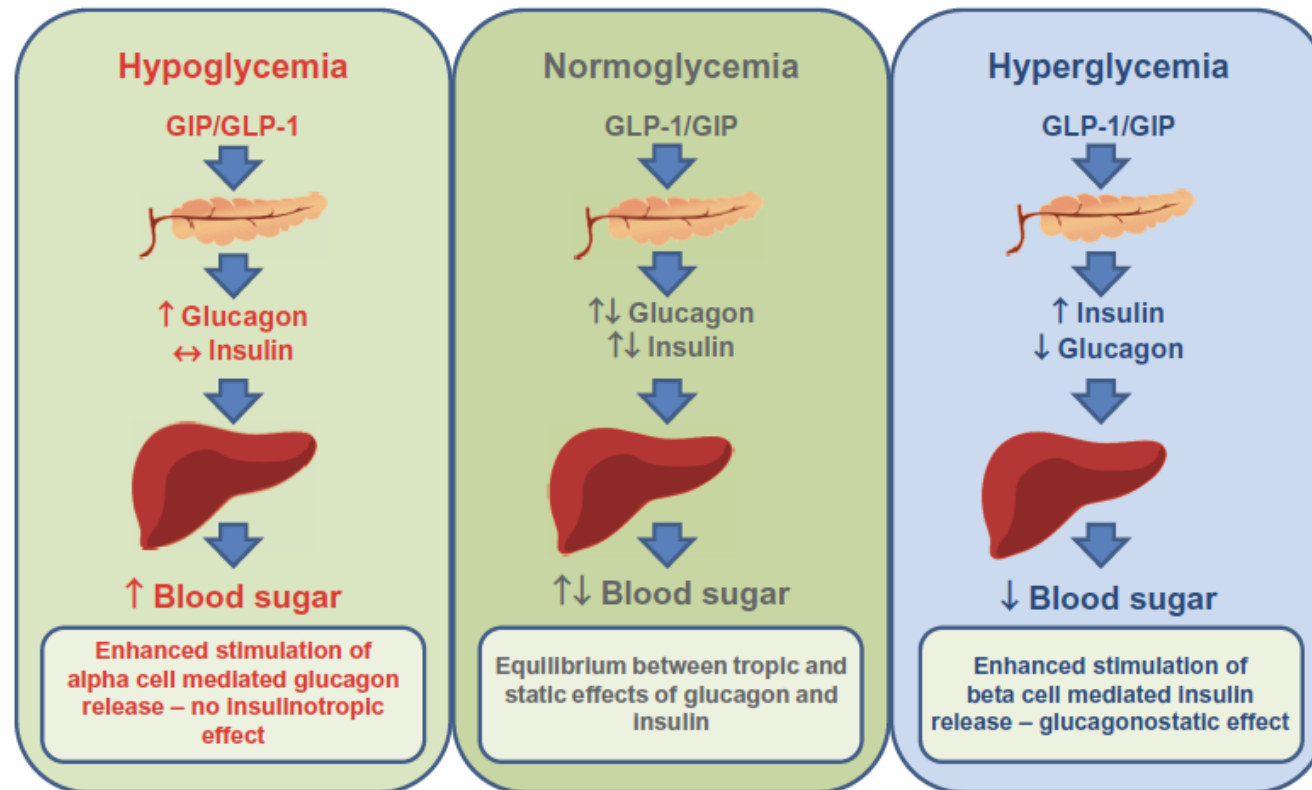
Characteristic	Control (N = 21)	PBD + Ex (N = 22)
Age at consent, mean (SD)	58 (7)	56 (7)
Race, number (%)		
White	16 (76%)	15 (68%)
Black	4 (19%)	3 (14%)
Other	0 (0%)	3 (14%)
Unknown	1 (5%)	1 (5%)
Ethnicity, number (%)		
Non-Hispanic	15 (71%)	18 (82%)
Hispanic	4 (19%)	4 (18%)
Unknown	2 (10%)	0 (0%)
BMI, mean (SD)	34.2 (4)	34.3 (5)
Smoking, number (%)		
Never	13 (62%)	14 (64%)
Prior/quit	8 (38%)	8 (36%)
Alcohol intake, number (%)		
Never	2 (9%)	4 (18%)
Prior/quit	1 (5%)	2 (9%)
Yes	18 (86%)	16 (73%)
Stage, number (%)		
I	11 (52%)	12 (55%)
II	7 (33%)	8 (36%)
III	3 (14%)	2 (9%)
Receptor status, number (%)		
ER+/PR-/HER2-	1 (5%)	1 (4%)
ER+/PR+/HER2-	19 (90%)	18 (82%)
ER+/PR+/HER2+	1 (5%)	3 (14%)
Chemotherapy, number (%)	6 (29%)	8 (36%)
Radiation, number (%)	18 (86%)	17 (77%)
Ovarian suppression, number (%)	5 (24%)	14 (64%)

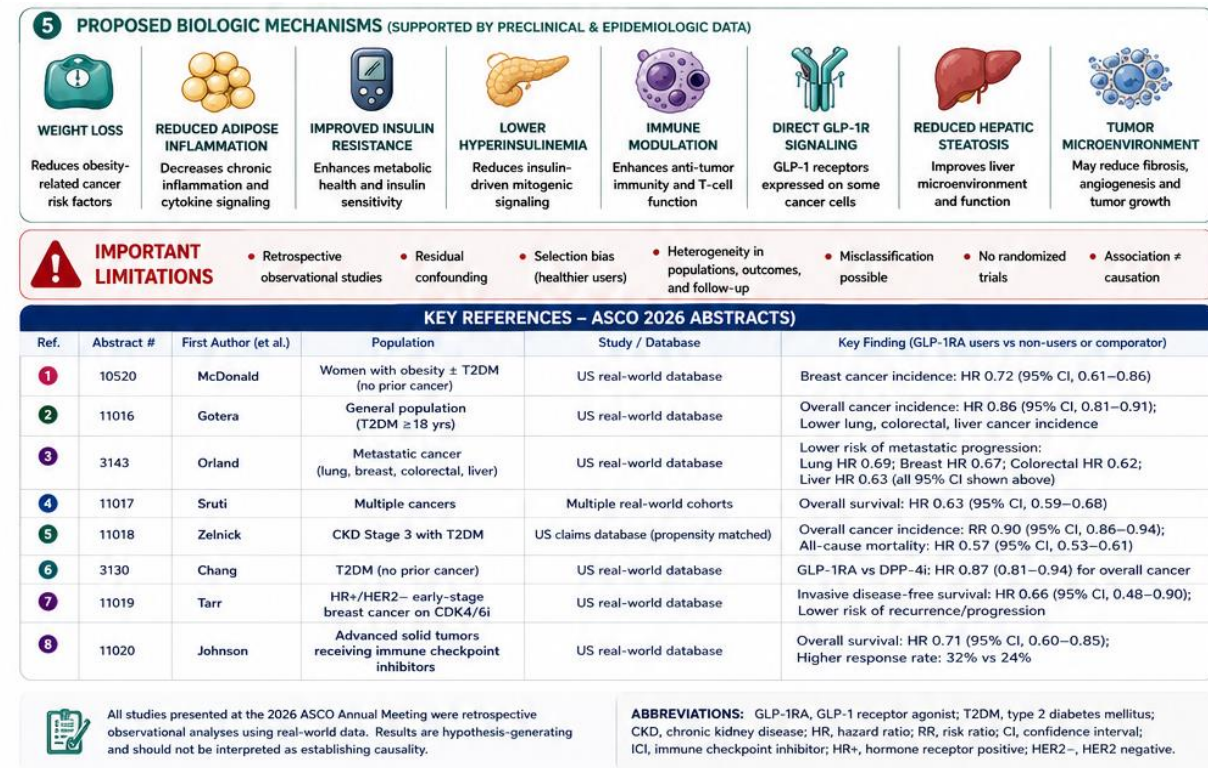
	Control (N=21)	PBD + Ex (N=22)	P
	Change (95% CI)	Change (95% CI)	
Weight (kg)	-4 (-6.6, -2.2)	-12 (-15, -9.4)	<0.001
Total body fat (kg)	-2 (-3.5, -0.71)	-6 (-7.3, -4.1)	<0.001
Trunk fat (kg)	-3 (-4.4, -0.73)	-7 (-8.9, -4.9)	<0.001
Total body lean mass (kg)	2 (0.71, 3.5)	6 (4.1, 7.3)	<0.001
Total body fat to lean mass ratio	-0.01 (-0.02, 0.00)	-0.02 (-0.03, 0.00)	0.4



Iyengar et al. ASCO 2024.

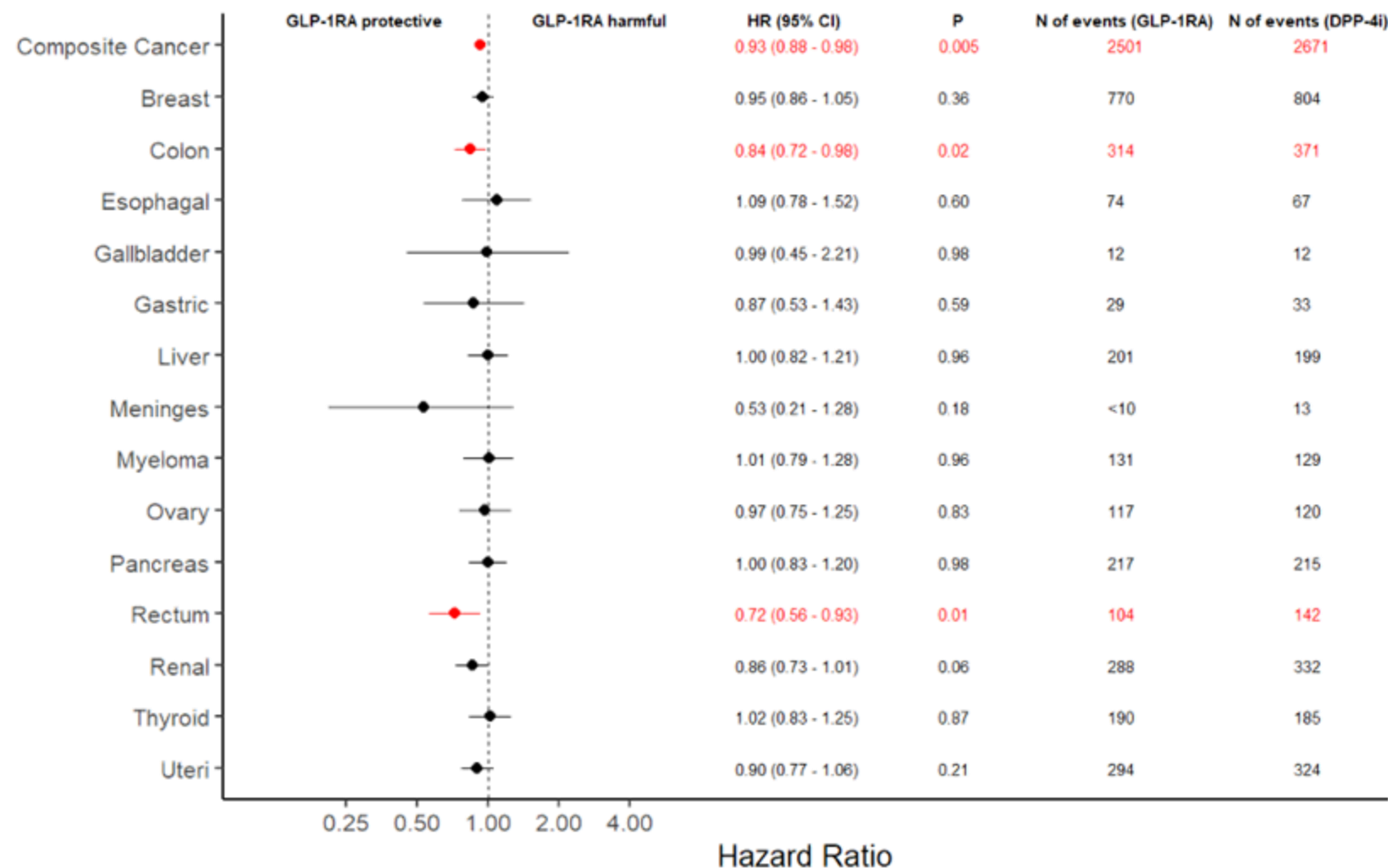
INCRETIN MIMETICS – DUAL- AND TRI-RECEPTOR AGONISTS





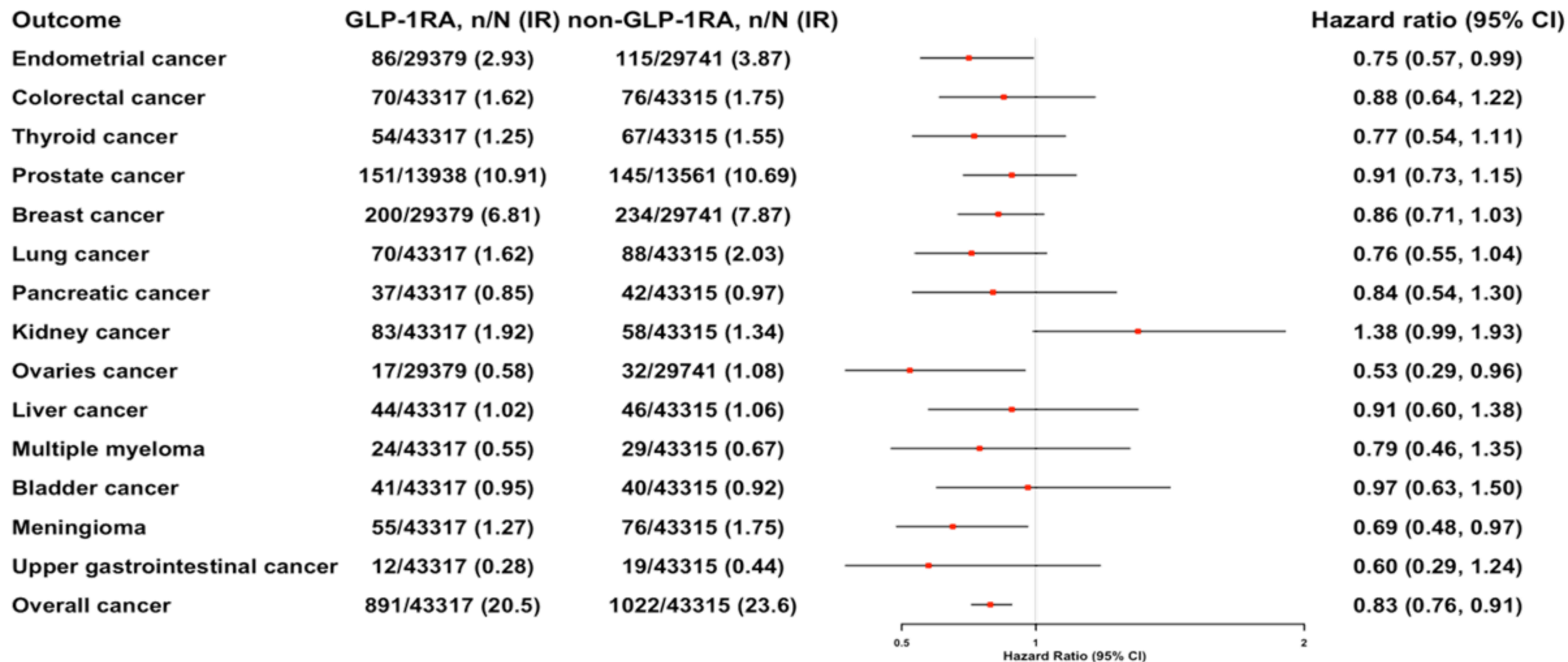
Iyengar. ONCOLOGY 2026.

IN PATIENTS WITH TYPE 2 DIABETES, GLP-1RA USE WAS ASSOCIATED WITH 7% LOWER CANCER INCIDENCE VS DPP4I USE



- 7% lower cancer incidence rate HR 0.93 (0.88–0.98)
- 8% lower all cause mortality rate HR 0.92 (0.87–0.97)
- Benefit driven by colorectal cancer risk reduction
- No signal for increase in specific cancers

IN PATIENTS WITH OR WITHOUT DIABETES, GLP1-RA USE WAS ASSOCIATED WITH 17% LOWER CANCER INCIDENCE



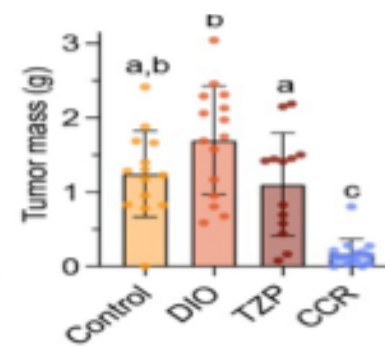
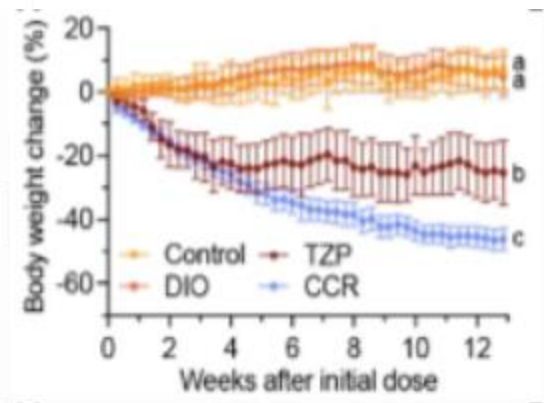
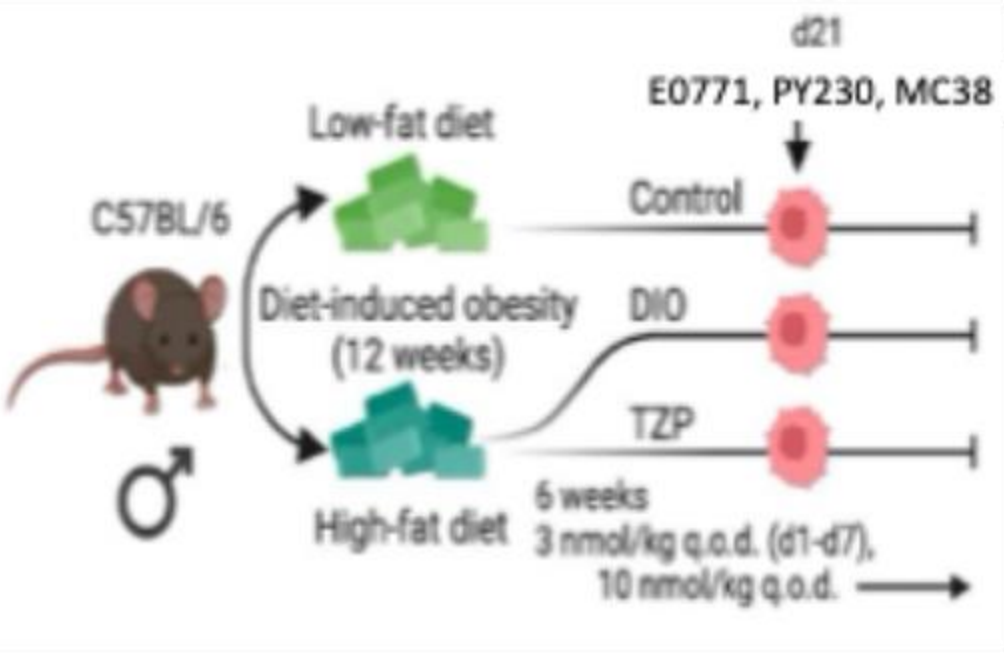
Dai et al. ASCO 2025.

INCRETIN MIMETICS ATTENUATE TUMOR GROWTH: PRECLINICAL EVIDENCE

Tirzepatide attenuates mammary tumor progression in diet-induced obese mice

Elaine M. Glenny, Alyssa N. Ho, Violet A. Kiesel, Fangxin Chen, Claire E. Gates, Evan M. Paules, Ruihan Xu, C. Alex Holt, Michael F. Coleman, Stephen D. Hursting

doi: <https://doi.org/10.1101/2024.01.20.576484>



Analyte	Control	DIO	TZP	CCR
Adiponectin (µg/ml)	20.0 (7.5) [†]	23.1 (8.8) [†]	28.7 (13.4) [†]	95.0 (40.0) ^{##}
Ghrelin (ng/ml)	15.5 (6.5) [†]	10.7 (3.0) [†]	16.2 (5.1) [†]	27.4 (12.1) ^{##}
GP (ng/ml)	1.8 (0.4)	1.8 (0.6)	2.0 (0.5)	2.0 (0.3)
GLP-1 (pg/ml)	124.2 (66.2)	108.8 (48.0)	100.8 (48.3)	130.2 (38.7)
Glucose (mg/d)	127.6 (15.0) [†]	149.5 (18.5) ^{##†}	124.5 (15.5)	107.6 (18.8) [#]
Glucagon (pg/ml)	847.8 (278.7)	702.0 (185.3) [†]	696.3 (34.0) [†]	972.2 (252.7) [†]
IGF-1 (ng/ml)	30.5 (5.3)	53.8 (18.2) ^{##†}	40.0 (10.3)	36.5 (7.8)
Insulin (ng/ml)	2.6 (0.9)	4.5 (1.2) ^{##†}	2.6 (0.5)	3.1 (1.6)
Leptin (ng/ml)	0.6 (0.2) [†]	11.8 (4.4) ^{##†}	3.8 (2.5) [#]	1.8 (1.2)
PAI-1 (ng/ml)	2.6 (1.4) [†]	1.7 (0.6)	1.1 (0.5) [#]	1.0 (0.4) [#]
Resistin (ng/ml)	89.8 (25.2)	65.5 (15.3) [†]	68.0 (17.7)	90.0 (16.5)

Glenny et al. bioRxiv 2024.

INCRETIN MIMETICS IN POST-DIAGNOSIS SETTING

Shen et al:

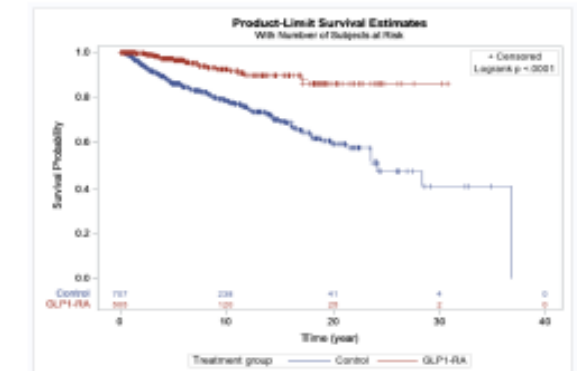
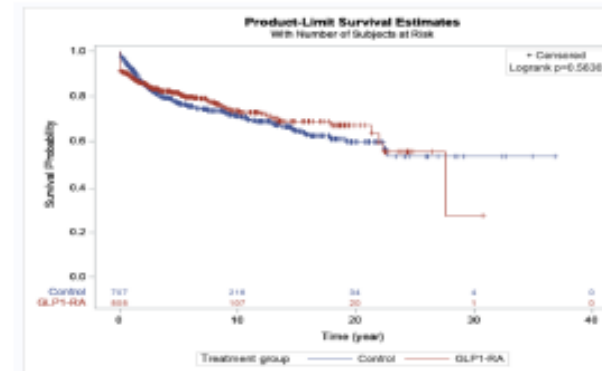
- Retrospective observational study at MSK
- N = 75 women with stage 0-4 breast cancer
- Median GLP-1a duration: 20 months (6 – 111)
- Mean weight change: -6.2 kg (95% CI -6.2 – -2.1)
- Mean relative weight change: -5% (SD 6%)

Variable		N	Odds ratio	p
BMI at GLP Start		46	0.95 (0.85, 1.05)	0.30
Race	White	22	Reference	
	Black Or African American	14	0.69 (0.13, 3.58)	0.66
	Asian, Other/No Response	10	0.10 (0.01, 0.90)	0.06
Ethnicity	Not Hispanic	40	Reference	
	Hispanic Or Latino	6	2.17 (0.24, 28.00)	0.50
Stage	0-1	13	Reference	
	2	19	0.92 (0.17, 5.24)	0.92
	3	10	2.45 (0.35, 21.11)	0.38
	4	4	10.20 (0.65, 360.22)	0.13
Receptors	HR-Positive	33	Reference	
	HER2-Positive	9	0.62 (0.09, 3.77)	0.61
	Triple-Negative	4	0.67 (0.02, 11.10)	0.78
Concurrent Endocrine Therapy	No	16	Reference	
	Yes	30	1.65 (0.31, 9.76)	0.56
Menopause	Post	41	Reference	
	Pre	5	0.54 (0.04, 6.04)	0.62

Shen et al. ONCOLOGY 2025.

Sukumar et al:

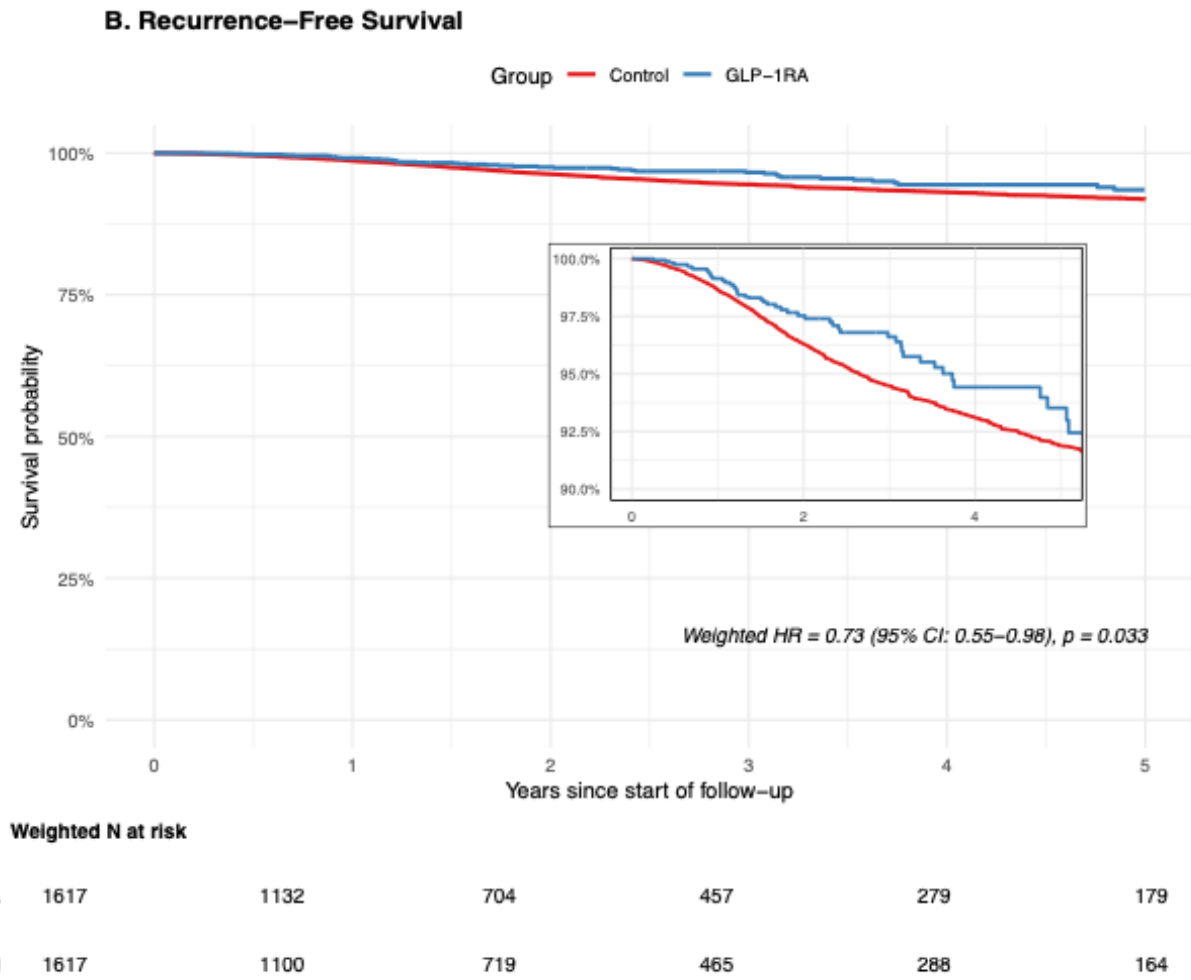
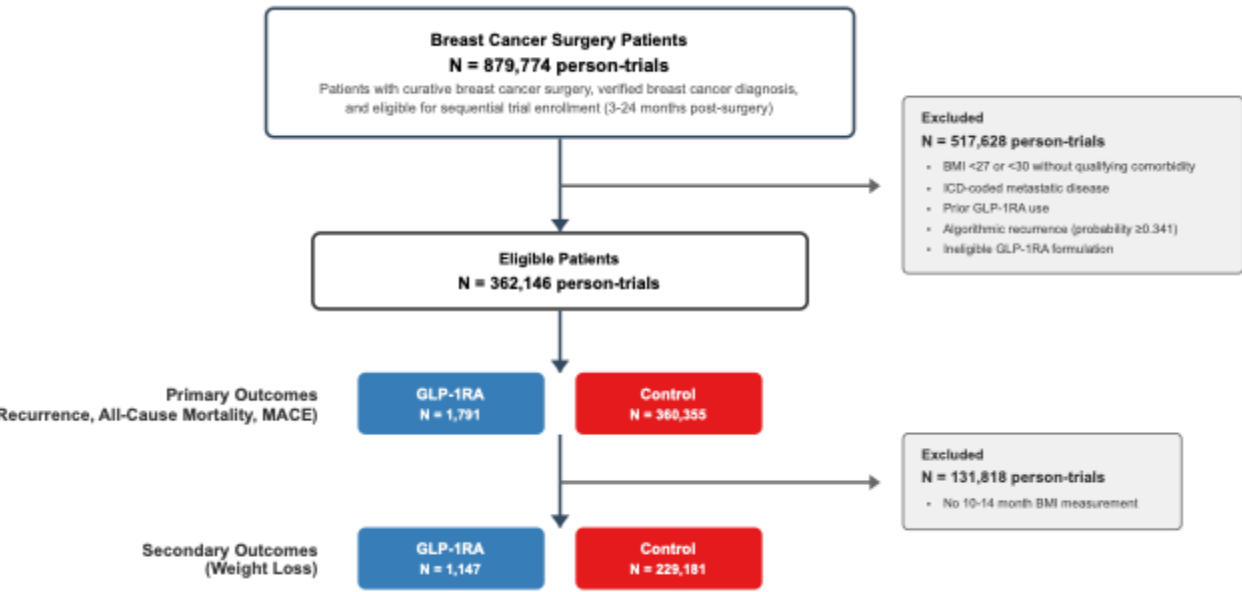
- Retrospective observational study at MDACC
- N = 1,022 patients with stage 0-3 breast cancer
- Median follow-up 4.7 years (0 – 30.9)
- 38.1% (n=389) received semaglutide or tirzepatide; Median weight loss:
 - 3 months: -2.1% (-13.2%-14.9%)
 - 6 months: -2.9% (-20.2%-19.0%)
 - 12 months: -3.1% (-27.8%-11.5%)
- Tamoxifen or AI use associated with weight gain (+2.3kg; p=0.037)
- DFS: Median 27.53 years (0-30.7) GLP-1RA vs not reached (0-36.08) control
- OS: Median not reached (0-30.7) GLP-1RA vs 24.1 years (0-36.8) control, p<0.0001



Sukumar et al. SABCS 2024

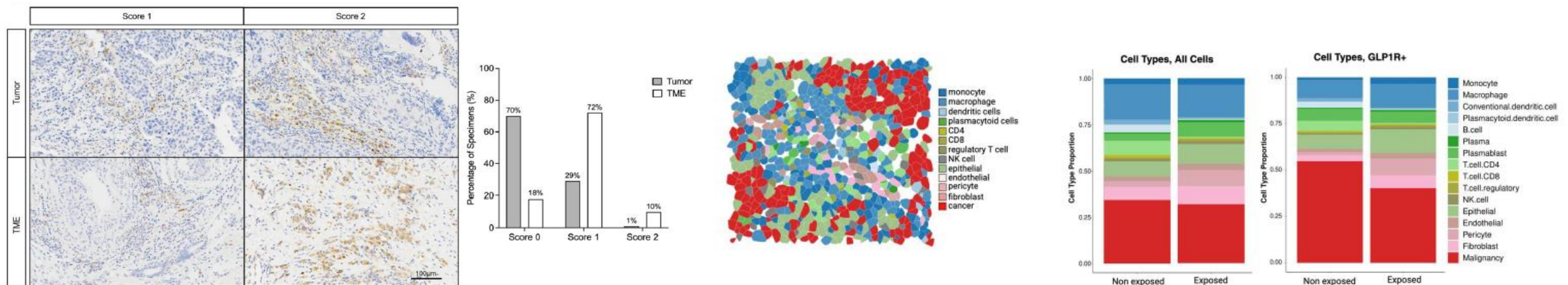
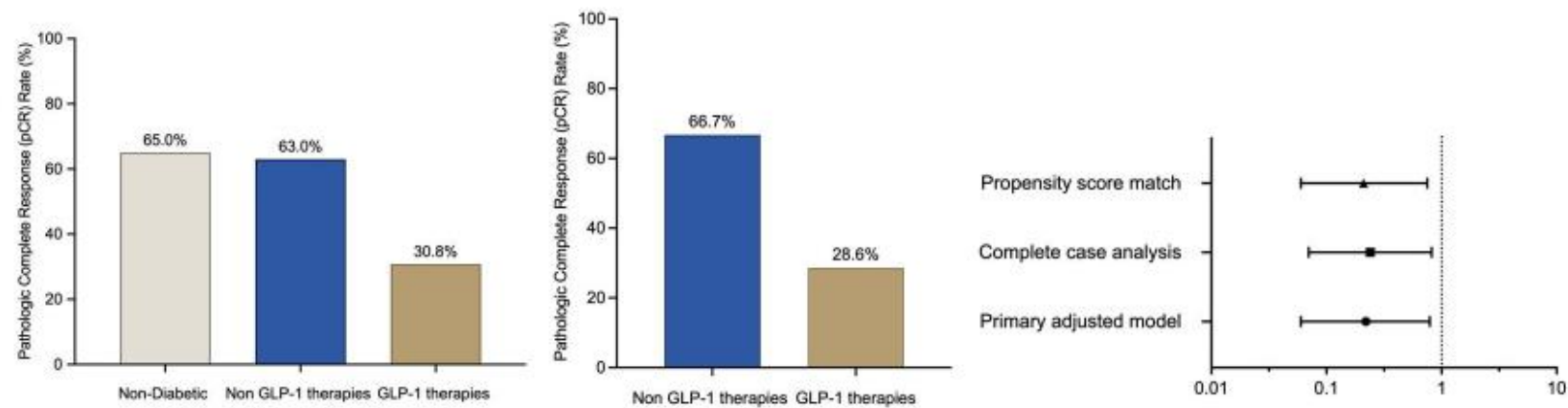
SAFETY AND EFFECTIVENESS OF GLUCAGON-LIKE PEPTIDE-1 RECEPTOR AGONISTS IN BREAST CANCER SURVIVORSHIP: A TARGET TRIAL EMULATION STUDY

Lucas A. Mavromatis, ScB, Neil M. Iyengar, MD, Elizabeth Comen, MD, Jung-Im Shin, MD, PhD, Morgan E. Grams, MD, PhD



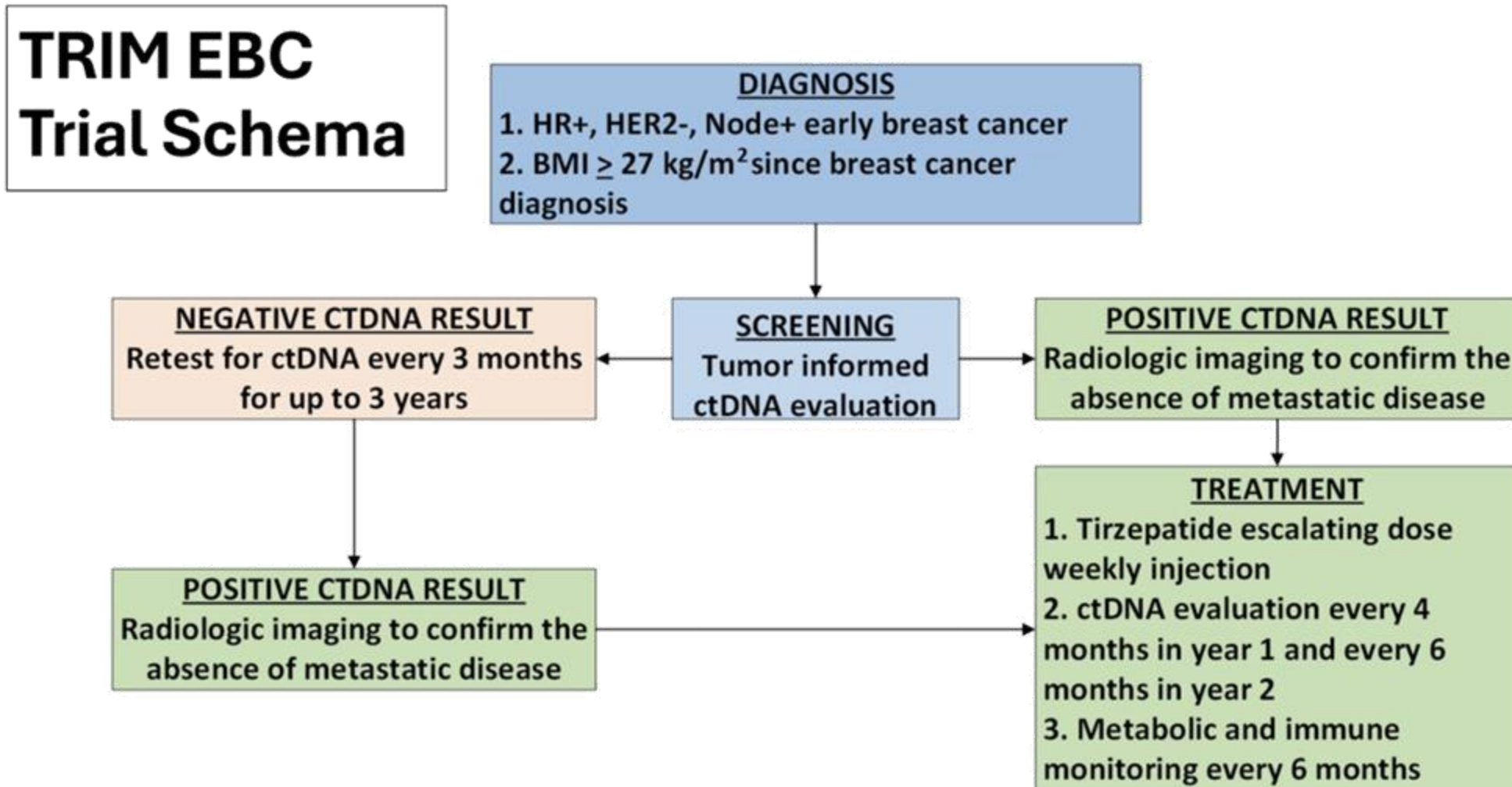
Do not post. Under review.

A NOTE OF CAUTION: GLP1-RA USE DURING NEOADJUVANT KEYNOTE522



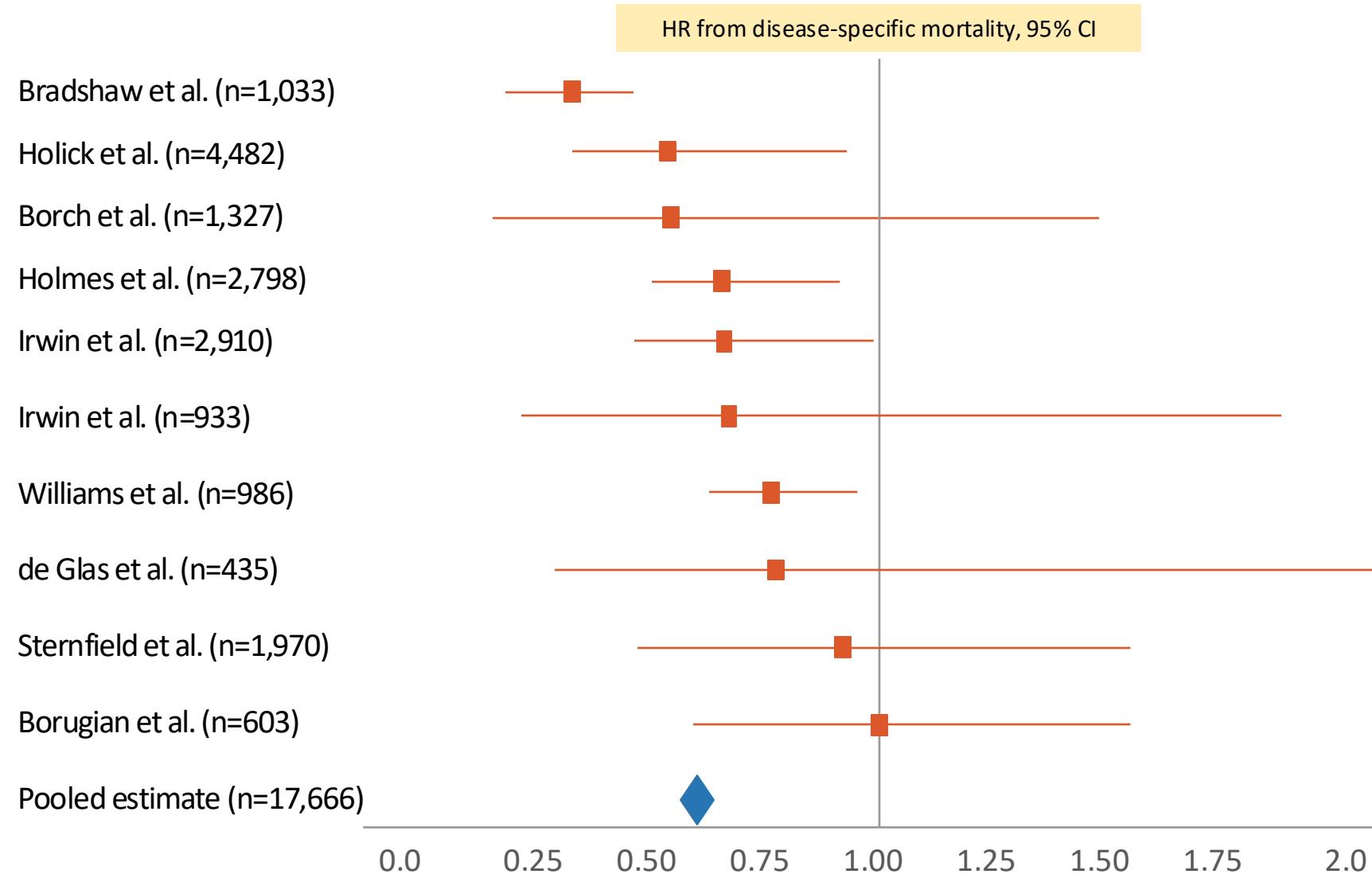
Santos B, Marção et al. Preprint. *Research Square*. 2026.

CLINICAL TRIAL - ADJUVANT



O'Shaughnessy et al.

EXERCISE AND BREAST CANCER MORTALITY



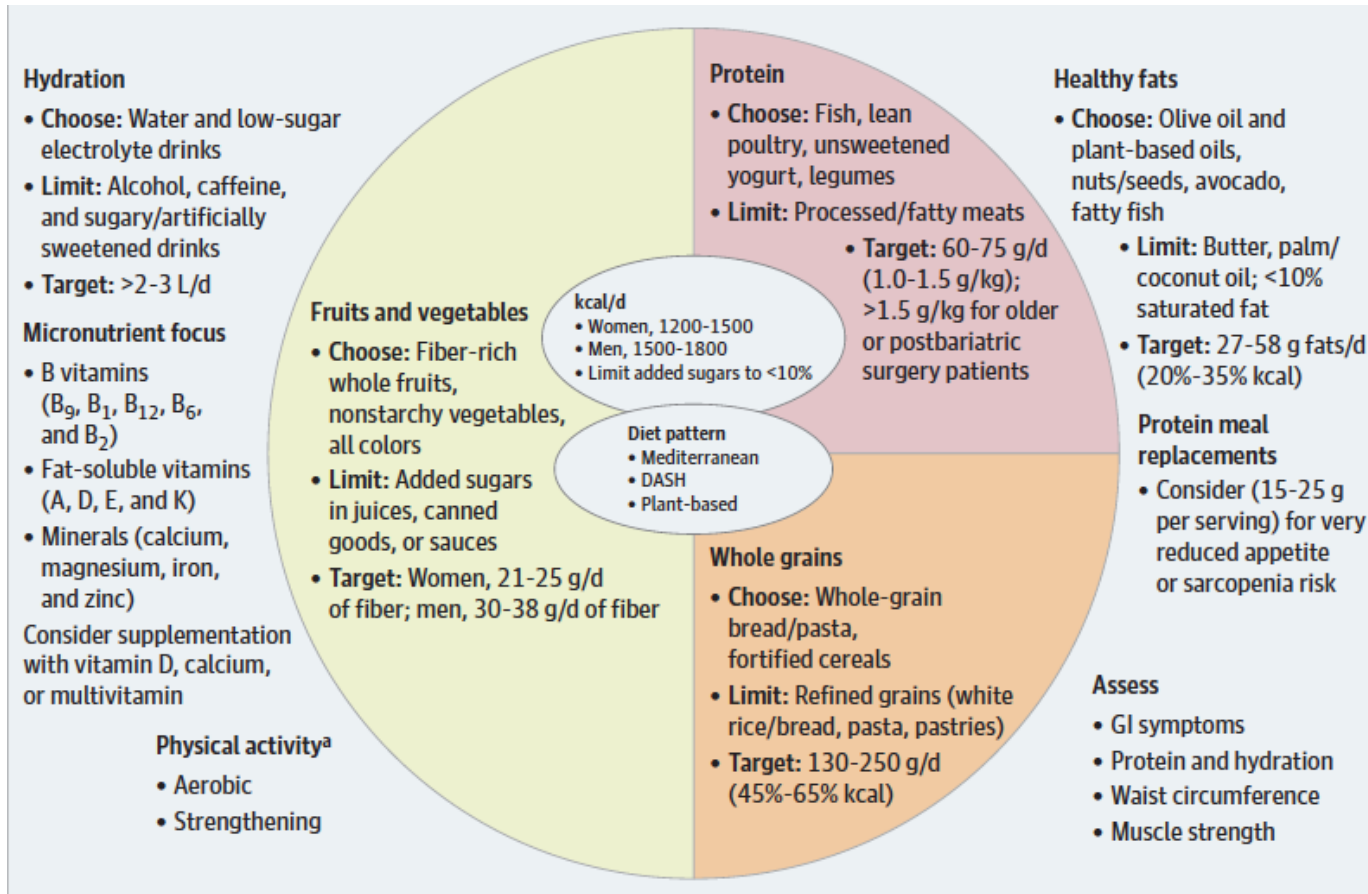
Friedenreich et al. Clin Cancer Res, 2016

■ = risk reduction with 95% confidence interval; ◆ = average risk reduction

Integrating Diet and Physical Activity When Prescribing GLP-1s—Lifestyle Factors Remain Crucial

Farhad Mehrtash, MPH; Jody Dushay, MD, MMSc; JoAnn E. Manson, MD, DrPH

JAMA Internal Medicine September 2025 Volume 185, Number 9



- **7-12% weight rebound** after GLP-1RA discontinuation
- Consider dose taper over at least **20 weeks**
- Increase dose or reinstate if **>5% weight regain**



56yo postmenopausal woman with cT3N1M0 TNBC of R breast

- Planned to start neoadjuvant KEYNOTE522 regimen
- Co-morbidities: BMI 34, diabetes on metformin 1000 bid (Hb A1c 6.2%)

She was planning to start **tirzepatide** prior to TNBC diagnosis and asks if she could start with her breast cancer treatment.



42yo premenopausal woman with pT1cN0M0 HR+/HER2-neg IDC of L breast

- s/p lumpectomy + XRT, OncotypeDX RS 18
- planned to start adjuvant OS + AI
- Co-morbidities: BMI 29 on semaglutide (prior BMI 33)

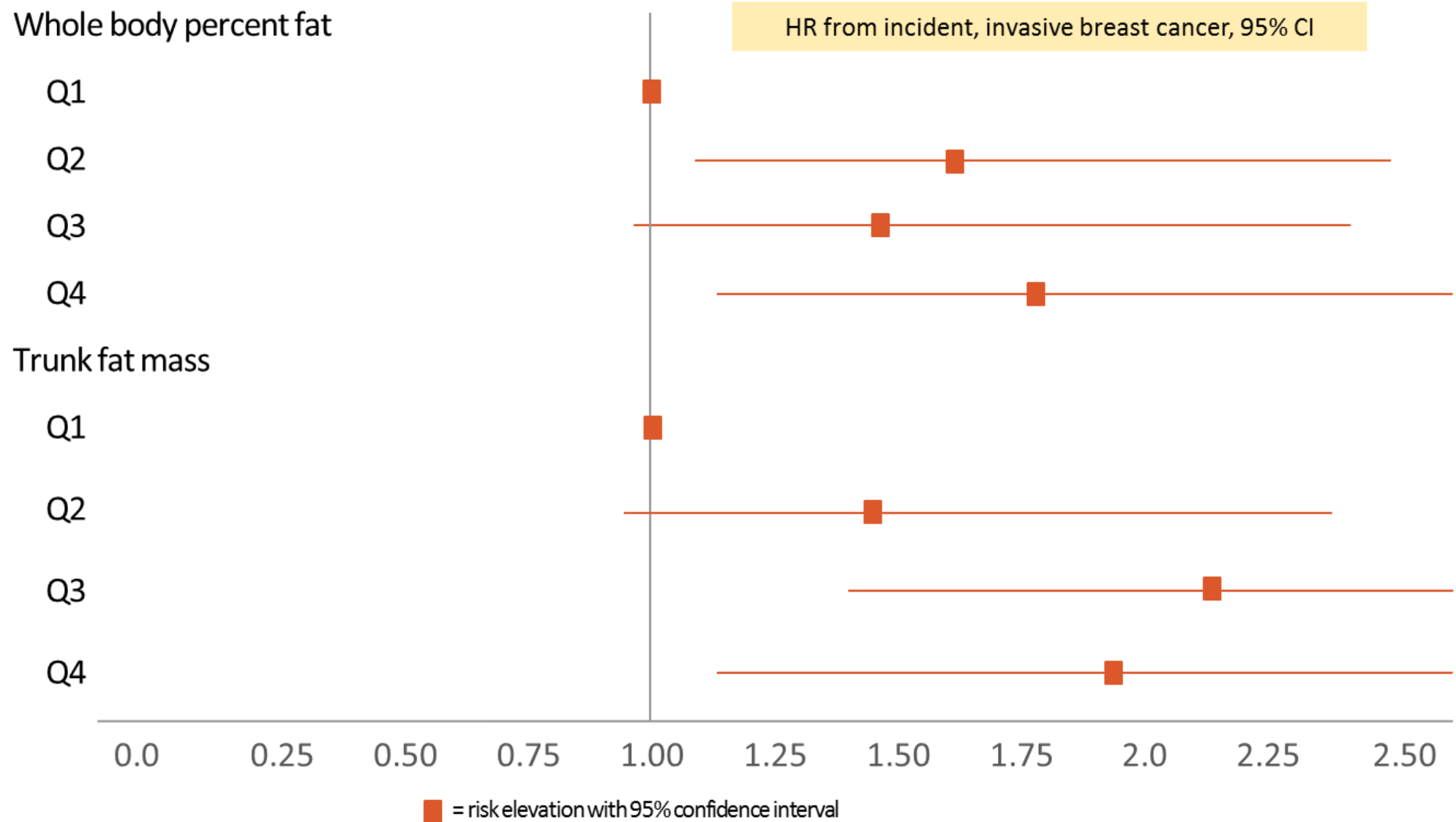
She asks if she could continue **semaglutide** with adjuvant endocrine therapy.

UPCOMING ESMO GUIDELINES STATEMENT

DRAFT STATEMENT:

- GLP-1 RAs may be considered for weight-loss in patients who have completed cancer therapy and may be considered with caution for patients on stable endocrine-based cancer therapies based on limited observational safety data.
- GLP-1 RAs cannot be recommended currently for patients receiving or initiating chemotherapies and/or immunotherapies due to lack of safety and outcomes data.

Normal Weight Hyperadiposity and Postmenopausal Breast Cancer Risk

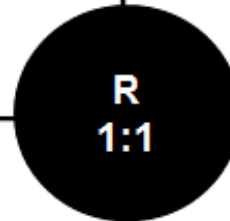


PHASE 2 RCT IN NORMAL WEIGHT OBESITY AND BREAST CANCER



Patients

- Stage 1-3 HR+/HER2- breast cancer
- On adjuvant aromatase inhibitor
- BMI 18.5 – 24.9 kg/m²
- Total body fat ≥ 35%



SurvivorSHINE
(n = 22)

12 months

DEP x3 months +
SurvivorSHINE
(n = 22)

Primary endpoint

- Body fat

Secondary endpoints

- Body composition
- Blood biomarkers
- Adherence
- PROs / QOL

CURE *to* CANCER SURVIVORSHIP

A New Era of Biomarkers, Interventions, and Care Models

We invite you to join us for this inaugural 1-day educational conference, jointly sponsored by Winship Cancer Institute of Emory University and Physicians' Education Resource® (PER®)!

As treatment efficacy continues to improve across tumor types, understanding the long-term physical, psychological, and social impact of cancer care has never been more critical. Designed for oncologists and health care professionals, this program offers rich discussions and practical insights on integrating survivorship into every stage of clinical decision-making—from screening and diagnosis through treatment and long-term follow-up. Key topics will include balancing long-term efficacy with patient-reported outcomes, managing chronic toxicities such as fatigue and nausea, optimizing treatment adherence, and leveraging lifestyle interventions and technology-enabled tools to support your patients beyond the clinic.

Don't miss this opportunity to deepen your expertise and transform the way you approach survivorship care!

DISCOVER THE DETAILS

IN-PERSON CONFERENCE

February 6, 2027

Loews Atlanta Hotel • Atlanta, GA

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PROGRAM CHAIR



Neil M. Iyengar, MD

Co-Director, Breast Oncology Program
Director, Cancer Survivorship Services
Winship Cancer Institute, Emory University
Atlanta, GA



THANK YOU

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✉ @Neil_Iyengar



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