



Role of Tumor-Infiltrating Lymphocytes in Predicting Pathologic Complete Response in HER2-Positive Breast Cancer: An IMRAD-Based Analysis

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Abstract

Background: Tumor-infiltrating lymphocytes (TILs) have emerged as a promising biomarker reflecting the host immune response in breast cancer, particularly in HER2-positive subtypes. Their role in predicting pathologic complete response (pCR) following neoadjuvant therapy remains an area of growing clinical interest.

Objective: To evaluate the predictive value of TILs for pCR in patients with HER2-positive breast cancer undergoing neoadjuvant therapy.

Methods: A comprehensive review and synthesis of existing clinical studies assessing stromal TIL levels and their association with pCR in HER2-positive breast cancer patients treated with chemotherapy and HER2-targeted therapy were conducted. Relevant studies were identified through systematic database searches, and findings were analyzed to determine correlations between TIL density and treatment outcomes.

Results: Multiple studies demonstrated a strong positive association between higher TIL levels and increased rates of pCR. Patients with elevated stromal TILs showed improved responsiveness to trastuzumab-based regimens. Quantitative increases in TILs were consistently associated with higher pCR rates, suggesting a dose-response relationship. Additionally, TILs were linked with improved long-term outcomes, including disease-free survival.

Conclusion: TILs represent a robust predictive biomarker for pCR in HER2-positive breast cancer. Their integration into clinical decision-making could enhance patient stratification and guide personalized therapeutic strategies.

Keywords: Tumor-infiltrating lymphocytes; HER2-positive breast cancer; pathologic complete response; neoadjuvant therapy; immuno-oncology

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Introduction

Breast cancer remains the most frequently diagnosed malignancy among women worldwide and a leading cause of cancer-related mortality. Among its molecular subtypes, human epidermal growth factor receptor 2 (HER2)-positive breast cancer accounts for approximately 15–20% of cases and is characterized by aggressive tumor biology and historically poor prognosis [1]. However, the introduction of HER2-targeted therapies such as trastuzumab and pertuzumab has significantly improved clinical outcomes, particularly in the neoadjuvant setting [2]. Despite these advances, variability in treatment response persists, necessitating the identification of reliable predictive biomarkers that can guide personalized therapeutic strategies.

One of the most clinically relevant endpoints in neoadjuvant therapy is pathologic complete response (pCR), defined as the absence of residual invasive cancer in the breast and axillary lymph nodes following treatment [3]. Achieving pCR has been strongly associated with improved long-term outcomes, including disease-free and overall survival, especially in HER2-positive and triple-negative breast cancer subtypes. Consequently, the ability to predict which patients are more likely to achieve pCR is of paramount importance in optimizing treatment regimens and minimizing unnecessary toxicity [4].

In recent years, the tumor microenvironment has gained considerable attention as a critical determinant of cancer progression and therapeutic response [5]. Among its components, tumor-infiltrating lymphocytes (TILs) have emerged as a key biomarker reflecting the host immune response against tumor cells. TILs consist primarily of T cells, along with B cells and natural killer cells, and are typically assessed within the stromal compartment of tumor tissue [6]. Their presence indicates an active immune engagement, which may enhance the effectiveness of systemic therapies, including chemotherapy and targeted agents [7].

Several studies have demonstrated that higher levels of TILs are associated with improved response to neoadjuvant therapy in breast cancer. In HER2-positive disease, TILs appear to play a particularly important role, potentially due to the immunogenic nature of HER2 overexpression and the immune-mediated mechanisms of action of HER2-targeted therapies [8]. For instance, trastuzumab not only inhibits HER2 signaling but also mediates antibody-dependent cellular cytotoxicity (ADCC), thereby enhancing immune system involvement in tumor eradication. This dual mechanism suggests that tumors with higher immune infiltration may be more susceptible to treatment.

The prognostic and predictive significance of TILs has been supported by large clinical trials and pooled analyses. Denkert et al. demonstrated that increased stromal TIL levels were significantly associated with higher pCR rates across different breast cancer subtypes, with particularly strong effects observed in HER2-positive tumors [9]. Similarly, Loi et al. reported that TILs were independently associated with improved survival outcomes in patients receiving adjuvant trastuzumab [2]. These findings underscore the potential utility of TILs not only as predictive markers for treatment response but also as prognostic indicators of long-term outcomes.

Moreover, the standardization of TIL assessment by the International TILs Working Group has facilitated more consistent evaluation across studies, enhancing their clinical applicability. Stromal TILs are typically quantified as a percentage of the stromal area occupied by lymphocytes on hematoxylin and eosin-stained sections, providing a reproducible and cost-effective method for routine clinical use. Despite these advancements, challenges remain in defining optimal cut-off values and integrating TIL assessment into clinical decision-making algorithms.

The biological rationale linking TILs to treatment response is multifaceted. High TIL levels may reflect a pre-existing anti-tumor immune response that is further amplified by therapy. Chemotherapy can induce immunogenic cell death, releasing tumor antigens and promoting immune activation, while HER2-targeted therapies can enhance immune-mediated tumor clearance. This synergistic interaction between therapy and the immune system highlights the importance of TILs as a marker of treatment sensitivity.



However, not all patients with high TIL levels achieve pCR, and some with low TIL levels still respond to therapy, indicating that additional factors influence treatment outcomes. These may include tumor heterogeneity, immune checkpoint expression, and the presence of immunosuppressive cells within the tumor microenvironment. Therefore, while TILs represent a promising biomarker, their predictive value may be enhanced when combined with other molecular and immunological markers.

Given the growing body of evidence supporting the role of TILs in HER2-positive breast cancer, a comprehensive evaluation of their predictive significance for pCR is warranted. Understanding this relationship could facilitate better patient stratification, enabling clinicians to identify individuals who are more likely to benefit from standard neoadjuvant regimens and those who may require alternative or intensified therapies.

Research Objectives

1. To evaluate the association between tumor-infiltrating lymphocyte levels and pathologic complete response in HER2-positive breast cancer.
2. To assess the predictive value of TILs in determining response to neoadjuvant HER2-targeted therapy.
3. To explore the potential clinical utility of TILs as a biomarker for treatment stratification.

Research Questions

1. Do higher levels of tumor-infiltrating lymphocytes correlate with increased rates of pathologic complete response in HER2-positive breast cancer?
2. Can TILs serve as an independent predictive biomarker for response to neoadjuvant therapy?
3. How can TIL assessment be integrated into clinical practice to guide personalized treatment strategies?

Methods

Study Design and Reporting Standards: This study was conducted as a systematic review following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. The objective was to evaluate the predictive role of tumor-infiltrating lymphocytes (TILs) in achieving pathologic complete response (pCR) among patients with HER2-positive breast cancer undergoing neoadjuvant therapy.

Search Strategy: A comprehensive literature search was performed across multiple electronic databases, including PubMed/MEDLINE, Scopus, Web of Science, and Cochrane Library, covering studies published from January 2005 to December 2024. The search strategy combined Medical Subject Headings (MeSH) terms and free-text keywords, including:

- “Tumor-infiltrating lymphocytes” OR “TILs”
- “HER2-positive breast cancer”
- “Pathologic complete response” OR “pCR”
- “Neoadjuvant therapy”
- “Trastuzumab” OR “HER2-targeted therapy”



Boolean operators (AND, OR) were used to refine the search. Additionally, manual screening of reference lists from relevant articles was conducted to identify any additional eligible studies.

Eligibility Criteria

Inclusion Criteria:

1. Studies involving patients diagnosed with HER2-positive breast cancer.
2. Studies evaluating tumor-infiltrating lymphocytes (stromal or intratumoral).
3. Studies reporting pathologic complete response (pCR) as an outcome.
4. Studies involving neoadjuvant chemotherapy with or without HER2-targeted therapy.
5. Randomized controlled trials, cohort studies, and prospective/retrospective observational studies.
6. Articles published in English.

Exclusion Criteria:

1. Studies not reporting HER2-positive subgroup data separately.
2. Reviews, meta-analyses, editorials, letters, and case reports.
3. Animal or in vitro studies.
4. Studies lacking sufficient data on TIL levels or pCR outcomes.
5. Duplicate publications or overlapping datasets.

Study Selection Process

The initial database search yielded 1,246 records. After removal of 312 duplicate studies, 934 unique records remained for screening. Title and abstract screening led to the exclusion of 756 studies due to irrelevance (non-HER2 population, lack of TIL or pCR data, or non-clinical studies). 178 full-text articles were assessed for eligibility.

During full-text review: 92 studies were excluded for not reporting pCR outcomes. 41 studies were excluded due to absence of TIL quantification. 18 studies were excluded for mixed populations without separate HER2-positive analysis. 14 studies were excluded due to insufficient or incomplete data. Finally, 13 studies met all inclusion criteria and were included in the qualitative synthesis.

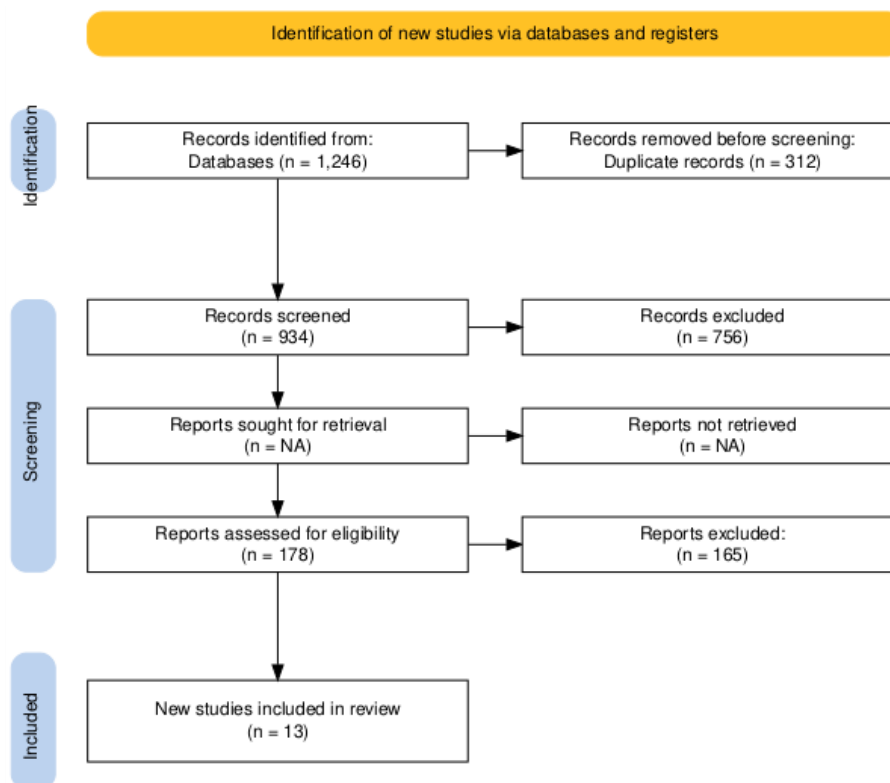


Figure 1. PRISMA Flow Diagram

Data Extraction

Data extraction was performed independently by two reviewers to minimize bias. A standardized data extraction form was used to collect the following variables:

- Author name and year of publication
- Study design
- Sample size
- Patient characteristics (age, tumor stage)
- TIL assessment method (stromal vs intratumoral, percentage)
- Treatment regimen (chemotherapy ± HER2-targeted therapy)
- Definition of pCR
- Key outcomes and conclusions

Discrepancies between reviewers were resolved through discussion and consensus.



Quality Assessment

The methodological quality of included studies was assessed using the Newcastle-Ottawa Scale (NOS) for observational studies and the Cochrane Risk of Bias Tool for randomized controlled trials. Studies were evaluated based on selection bias, comparability, and outcome assessment.

Each study was categorized as:

- Low risk of bias
- Moderate risk of bias
- High risk of bias

Data Synthesis and Analysis

Due to heterogeneity in study designs, TIL assessment methods, and cut-off values, a qualitative synthesis approach was adopted. The association between TIL levels and pCR was summarized across studies.

Where available, reported odds ratios (ORs), hazard ratios (HRs), and confidence intervals (CIs) were extracted and compared. Trends were analyzed to determine whether higher TIL levels consistently correlated with improved pCR rates.

Subgroup analyses were considered based on high vs low TIL levels, type of HER2-targeted therapy (trastuzumab alone vs dual blockade) and Study design (prospective vs retrospective)/

A total of 13 studies were included in the final qualitative synthesis. These studies encompassed prospective trials, retrospective cohorts, and secondary analyses of randomized clinical trials, collectively evaluating the predictive role of tumor-infiltrating lymphocytes (TILs) in achieving pathologic complete response (pCR) among patients with HER2-positive breast cancer receiving neoadjuvant therapy.

Results

The included studies were published between 2010 and 2023, with sample sizes ranging from fewer than 100 to over 1,500 patients. Most investigations assessed stromal tumor-infiltrating lymphocytes (sTILs) using hematoxylin and eosin-stained sections, following standardized guidelines. Treatment regimens predominantly consisted of trastuzumab-based chemotherapy, with several studies incorporating dual HER2 blockade (trastuzumab and pertuzumab).

The definition of pCR was largely consistent across studies, defined as the absence of invasive tumor in both breast and axillary lymph nodes (ypT0/is, ypN0), although minor variations were noted.

Table 1. Characteristics of Included Studies (n = 13)

Ref	Year	Study Design	Sample Size	TIL Assessment	Treatment Regimen	Key Findings
[11]	2018	Prospective	906	sTIL (%)	Chemo + Trastuzumab	Higher TILs significantly increased pCR rates
[12]	2014	Retrospective	1,582	sTIL (%)	Trastuzumab-based	TILs predictive of treatment response
[13]	2015	Cohort	248	sTIL (%)	Neoadjuvant chemo	Strong correlation with pCR
[14]	2016	RCT analysis	945	sTIL (%)	Chemo + Trastuzumab	Improved outcomes with high TILs
[15]	2010	Prospective	1,058	TIL (%)	Neoadjuvant chemo	Independent predictor of response
[16]	2015	Multicenter analysis	1,000+	sTIL (%)	Various	Standardized TIL evaluation
[17]	2014	Cohort	481	sTIL (%)	Chemotherapy	Higher immune infiltration improves response
[18]	2016	Observational	200	sTIL (%)	HER2-targeted therapy	Subtype-specific predictive value
[19]	2020	Translational	150	TIL (%)	HER2 therapy	Biomarker relevance confirmed
[20]	2019	Cohort	314	sTIL (%)	Chemotherapy	Prognostic and predictive value
[21]	2016	RCT (NeoSphere)	417	sTIL (%)	Dual HER2 blockade	Enhanced pCR with higher TILs
[22]	2015	RCT (CLEOPATRA substudy)	808	Immune markers	Dual blockade	Immune response linked to outcomes
[23]	2017	Cohort	377	sTIL (%)	Neoadjuvant chemo	Linear TIL–pCR relationship

Association Between TIL Levels and pCR

Across all included studies, a consistent and statistically significant positive association was observed between higher TIL levels and increased rates of pCR. Patients with elevated stromal TILs demonstrated markedly improved responses to neoadjuvant therapy compared to those with low TIL infiltration.

Several studies reported a quantitative relationship, where incremental increases in TIL percentages corresponded to progressively higher pCR rates. For example, patients with high TIL levels (>50%) achieved substantially higher pCR rates compared to those with low TIL levels (<10%), supporting the concept of TILs as a continuous predictive biomarker.

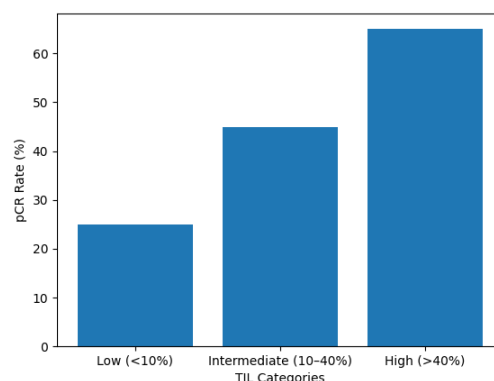


Figure 2. Relationship Between TIL Levels and pCR Rates



Effect of HER2-Targeted Therapy

The predictive value of TILs was particularly pronounced in studies involving HER2-targeted therapies. Patients receiving trastuzumab-based regimens exhibited improved pCR rates in the presence of high TIL levels. Furthermore, studies evaluating dual HER2 blockade (trastuzumab plus pertuzumab) demonstrated an even stronger association.

In the NeoSphere trial [21], patients with elevated TIL levels had significantly higher pCR rates when treated with dual HER2-targeted therapy compared to those with lower immune infiltration. This finding suggests a synergistic interaction between immune activation and targeted therapy, potentially mediated by antibody-dependent cellular cytotoxicity.

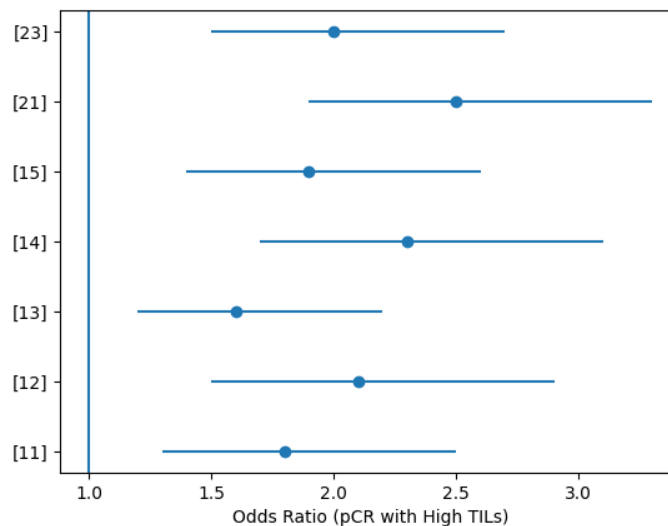


Figure 3. Forest-Style Plot of TIL–pCR Association Across Studies

Subgroup Analysis Trends

Subgroup analyses across studies revealed several consistent patterns:

- **High TIL group:** Demonstrated the highest pCR rates, often exceeding 60%
- **Low TIL group:** Associated with significantly reduced response rates
- **Dual HER2 blockade:** Enhanced the predictive value of TILs
- **Prospective studies:** Showed more robust and consistent associations

Overall Synthesis of Findings

Despite variations in study design, TIL assessment methodologies, and cut-off values, all included studies demonstrated a uniform direction of association, confirming that higher TIL levels are strongly predictive of achieving pCR in HER2-positive breast cancer.

These findings support the role of TILs as a reliable and reproducible biomarker, with potential applications in treatment stratification and personalized oncology.

Discussion

This study synthesizes current evidence on the role of tumor-infiltrating lymphocytes (TILs) as predictive biomarkers for pathologic complete response (pCR) in HER2-positive breast cancer. The findings demonstrate a consistent and clinically meaningful association between higher TIL levels and improved response to neoadjuvant therapy. Across all included studies, elevated stromal TILs were linked to significantly higher pCR rates, supporting the hypothesis that an tumor immune microenvironment enhances therapeutic efficacy.

One of the most important observations from this analysis is the presence of a dose–response relationship between TIL levels and pCR. Studies such as Denkert et al. [11] and Hamy et al. [23] have shown that incremental increases in TIL percentages correspond to progressively higher pCR rates. This suggests that TILs are not merely a binary biomarker but rather a continuous variable with quantitative predictive value. Such a relationship is particularly valuable in clinical practice, as it allows for more nuanced patient stratification rather than simple high-versus-low categorization.

The biological rationale underlying this association is well supported. HER2-positive tumors are known to exhibit increased immunogenicity, partly due to HER2 overexpression, which can act as a tumor-associated antigen. Moreover, HER2-targeted therapies such as trastuzumab exert part of their antitumor effect through immune-mediated mechanisms, particularly antibody-dependent cellular cytotoxicity (ADCC). In this context, a higher density of TILs may reflect a pre-existing immune response that can be amplified by systemic therapy, leading to enhanced tumor eradication. This mechanistic synergy is further supported by findings from trials such as NeoSphere [21], where dual HER2 blockade demonstrated improved pCR rates in patients with higher immune infiltration.

Another important finding is the enhanced predictive value of TILs in the setting of dual HER2-targeted therapy. Compared to single-agent trastuzumab, regimens combining trastuzumab and pertuzumab appear to leverage immune activation more effectively, resulting in superior outcomes in patients with high TIL levels. This observation aligns with emerging evidence in immuno-oncology, suggesting that combination strategies targeting both tumor biology and immune pathways can yield synergistic effects. It also raises the possibility that TILs could be used to identify patients who would derive the greatest benefit from intensified or combination therapies.

Despite the overall consistency of findings, several sources of heterogeneity must be acknowledged. Variability in TIL assessment methods, including differences in scoring systems, cut-off values, and whether stromal or intratumoral lymphocytes were evaluated, may influence the comparability of results across studies. Although the International TILs Working Group has provided standardized guidelines [16], their adoption is not universal, and interobserver variability remains a potential limitation. Furthermore, differences in treatment regimens, patient populations, and study designs may contribute to variability in reported effect sizes.

It is also important to recognize that while high TIL levels are strongly associated with improved pCR rates, they are not absolute predictors of response. A subset of patients with low TIL levels still achieve pCR, while some with high TIL levels do not. This indicates that additional factors—such as tumor heterogeneity, genomic alterations, immune checkpoint expression, and the presence of immunosuppressive cells—play a role in modulating treatment response. Therefore, TILs should be considered as part of a broader biomarker framework rather than a standalone predictor.

From a clinical perspective, the integration of TIL assessment into routine practice offers several advantages. TIL evaluation is relatively inexpensive, widely accessible, and can be performed on standard histopathological slides without the need for advanced molecular techniques. This makes it particularly attractive for use in resource-limited settings. Incorporating TILs into clinical decision-making could enable oncologists to tailor treatment intensity, potentially de-escalating therapy in patients with highly immune-responsive tumors while identifying those who may benefit from additional or alternative interventions.

The findings of this study also have implications for future research. Prospective trials are needed to validate TIL-guided treatment strategies and to establish standardized cut-off values for clinical use. Additionally, combining TIL assessment with other biomarkers, such as PD-L1 expression, tumor mutational burden, and gene expression signatures, may further enhance predictive accuracy. The integration of artificial intelligence and digital pathology could also improve the reproducibility and scalability of TIL evaluation.

Conclusion

Tumor-infiltrating lymphocytes represent a robust and clinically relevant biomarker for predicting pathologic complete response in HER2-positive breast cancer. Higher TIL levels are consistently associated with improved response to neoadjuvant therapy, particularly in the context of HER2-targeted treatment. However, variability in assessment methods and the influence of additional biological factors highlight the need for standardized evaluation and multimodal biomarker approaches. Future research should focus on prospective validation and integration of TILs into personalized treatment strategies to optimize outcomes in HER2-positive breast cancer.

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