

# Breast Cancer in Younger Women

Dr. Ilene Stephan, Cancer Care, Internal Medicine

---



**Breast cancer is the leading cause of cancer death in women ages 20-39.**

**11%**

of all new cases of **breast cancer** in the US are found in women **younger than 45** years of age.

**70%**

While **family history** is a **significant risk factor**, more than **70% of women** who develop breast cancer **do not have a family history** of the disease.



RIVERSIDE | Cancer Care



**fast growing**

**higher grade**

**hormone  
receptor  
negative**

**Breast cancer in younger women is more likely to be aggressive.**



**RIVERSIDE** | Cancer Care





fertility

breastfeeding

menopausal  
status



RIVERSIDE

Cancer Care



**Young women with breast cancer face unique challenges.**  
**There is support here at Riverside and in our community.**

Breast Cancer Support Group

Breast Cancer Navigators

Lymphedema Clinic

Cancer Wellness Program

Cancer Nutrition Consults



Riverside is a partner of Here For The Girls, a non-profit improving the lives of young women affected by breast cancer. They offer at no cost, social-emotional support through services that provide personal connections and a shared experience among members. [hereforthegirls.org](http://hereforthegirls.org)



RIVERSIDE

Cancer Care



The **earlier** breast cancer is found, the **easier** it is to treat and recover.



Understand risk factors, family history



Know what is “normal” for your breasts



Clinical breast exam beginning age 21



Screening mammogram beginning age 40 for women at **average** risk. Women at **higher** risk should talk with their health care provider about what age to start screening.





RIVERSIDE

Cancer Care



[riversideonline.com/cancer](https://riversideonline.com/cancer)