



# Breast Cancer in Young Adults

Did you know that breast cancer can occur at any age? In fact, about nine percent of all new breast cancer cases are diagnosed in individuals under the age of 40. Many women in their 20s and 30s are surprised to learn this. If you or someone you love is in this age range, there are steps you can take to increase breast health and awareness.

## Breast cancer risk factors.

- Having breast tissue (anyone can get breast cancer).
- Family history of breast cancer before the age of 40.
- Family history of ovarian cancer at any age.
- Changes to genes, such as the BRCA1 and BRCA2 genes.
- Exposure to radiation to the breast or chest as a child or young adult.

## What can I do?

- Perform regular breast health checks and monitor changes in your breasts. If you notice any changes, seek medical care as soon as possible. Although not all breast changes indicate cancer, it is important to have a breast exam to be sure. Changes to look out for include:
  - A lump or abnormality in the shape or feel of the breast.
  - A lump in the underarm area.
  - Swelling of all or part of the breast.
  - Irritation or dimpling of the skin.
  - Nipple retraction (nipple turning inward).
  - Rash or redness.
  - Spontaneous discharge from the nipple.
- Learn your family history of cancer and inform your doctor if one or more of your relatives have been diagnosed with cancer.
- Talk to your health care provider about your risk factors and how to monitor your breast health.
- Remember that not all breast cancer is symptomatic. Following your provider's recommendations for breast health is essential.

If you receive a cancer diagnosis, scan the QR code to access resources that may be helpful, including answers to frequently asked questions and informative videos.



## Additional Resources

Young breast cancer: [YoungSurvival.org](https://www.YoungSurvival.org)  
Working with cancer: [CancerandCareers.org](https://www.CancerandCareers.org)  
Finances and insurance: [TriageCancer.org](https://www.TriageCancer.org)  
Hereditary cancer risk: [FacingOurRisk.org](https://www.FacingOurRisk.org)  
Know Your Lemons: [KnowYourLemons.org](https://www.KnowYourLemons.org)

If you are uninsured or underinsured, contact the Breast and Cervical Cancer Control Navigation Program (BC3NP) for help with follow-up on identified breast changes. This program provides free breast and cervical cancer screening and diagnostic services across the state for low-income individuals.

To learn more about the BC3NP, call **844-446-8727** or visit [Michigan.gov/YoungBreastCancer](https://www.Michigan.gov/YoungBreastCancer). Interpreters available.

*Sources:*  
*Centers for Disease Control, Bring Your Brave Campaign (2023)*  
*Young Survival Coalition, Breast Cancer Detection (2023)*

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