**Conclusion:** Greater breast awareness and an increased likelihood of breast examination has the potential to promote early detection of cancers in these young women who are at increased risk of breast cancer.

**PR52**

**Breast cancer in young patients: report of the activity of 12 months in a dedicated breast cancer center in Italy. Biological, treatment-related and organizational peculiar aspects**

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Breast cancer in young patients (BCYP, defined as breast cancer diagnosed ≤40 years old) is a hot topic because a sharp increase in incidence has been recently reported. Moreover, its management requires a multidisciplinary integrated approach and specific skills, such as fertility preservation and a psychological support targeted on these women that are usually concentrated on motherhood, sexuality and femininity. It is very difficult to explain to them the diagnosis, the integrated treatment-plan that sometimes includes the mastectomy and sometimes the chemotherapy, and finally the probable inability to procreate. We describe here the cases of BCYP observed during the year 2013 in a dedicated breast cancer center in Italy, that treated in that period 635 new breast cancer cases, 41 (6.4%) of them were BCYP (mean age 37±2.8). In this subgroup 13 patients (31.7%) were treated with preoperative chemotherapy and 28 (68.3%) with primary surgery: among these 28, there were 2 DCIS, 3 T1mic carcinoma and 23 invasive carcinoma. The aim of this study was to evaluate biological, clinical and peculiar organizational features of BCYP in comparison with the patients aged over 40. We have examined the grading and type of biological pattern of our BCYP, the kind of surgical approach, the response to primary chemotherapy, the adjuvant treatment. Regarding the psychological support, the patients were followed according to a naturalistic design with psychotherapeutic support, pharmacological therapy or combined therapy. The majority of patients did not show severe forms of depression; however, they experienced high levels of stress related to the diagnosis and treatment (involvement of patients in the plan of therapy is important but stressful), feelings of fear related to risk of recurrence and changes in perception of body image.

**PR53**

**Breast cancer in young women in Albania**

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**General background:** Breast cancer (BC) is the most common cancer (31%) and the leading cause of cancer deaths for females in Albania, followed by skin cancer 17.2%. The incidence of breast cancer in 25 yrs is doubled. There is a high frequency in premenopausal women.

**Objectives:** To describe the pathologic features of breast cancer in young women in Albania and its proportion with the whole number of BC.

**Material and Method:** We calculated retrospectively the number of BC in women of ≤40yrs old for the period 2011–2014 in the Service of Oncology UHT and Hygeia Hospital Tirana. We calculated its proportion in relation to the total number of BC cases. Tumor size, lymph node status, histological grade, mitotic index, presence of estrogen and progesterone receptors, c-erbB2 expression and the MIB-1 index were evaluated histopathologically and immunohistochemically. Prognostic factors were compared to those for breast cancer patients aged >40yrs.

**Results:** The total number of BC women was 1158, with 11.4% (133 cases) ≤40yrs. According to the stage (tumor size and lymphnode status): 79% stage II, 19% stage I, 2% stage III–IV. According to the histologic type and grade: 77% were ductal carcinoma or mixed type and the rest lobular, tubular, medullary and 68% high grade (90 cases). According to the hormonal status 80% were ER+ and/or PR+, 48% HER2 negative, of which 14% triple negative, and 74% with a MIB-1 index of >20%. There is no difference in hormonal receptor status with the age group of >40yrs old.

**Conclusion:** BC in young women is an endocrine responsive tumor, and are more likely to present with a higher grade, more extensively proliferating index. Pathological tumor size and number of positive axillary lymph-nodes have a similar distribution among the younger and the older age group. There is a predominance of premenopausal women with breast cancer in Albania, which can influence the screening programs that should be organized in it.

**PR54**

**Alcohol and breast cancer in young women**

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**Introduction:** For every alcoholic drink consumed daily by women, the risk of breast cancer is increased for almost 6%. The fact that the young women drink more alcoholic drinks today than in the past increases concerns for more breast cancers.

**Purpose:** This study highlights the need of recognition and correlation between the wide alcohol consumption and breast cancer in women as well as its prevention.

**Method:** Extensive review of the recent literature was conducted in electronic databases (Pub med, Google scholar) and in scientific journals, with the use of keyword such as breast cancer, alcohol and prevention of breast cancer.

**Results:** The consumption of alcohol can cause breast cancer through two different mechanisms. According to the first, the alcohol as well as the estrogen is decomposed in the liver and it can cause damage to the liver cells. Subsequently the liver cells have a difficulty in decomposing and eliminating estrogen. The second mechanism is related to the intake of folate in our diet. Alcohol can have an adverse effect on folate levels in the blood and this disorder has similar effects on the synthesis and methylation of DNA, which is an important factor in the creation of carcinogenicity.

**Conclusions:** The risk of breast cancer is increased in women who consume more than the average of alcoholic drinks and have a low dietary intake of folic acid. The proper diet and the related information can help the prevention of breast cancer.

**PR55**

**Outcome of breast cancer treatment in young women (age ≤40 years): Single centre experience**

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**Purpose:** To investigate the outcome of multimodality treatment of young women with breast cancer with a minimum follow up of 10-years.

**Methods:** Local departmental database was accessed and the patients with breast cancer who received adjuvant radiotherapy in between January 2001 to December 2003 were identified. The patients age 40-years or younger at the time of diagnosis were included in this retrospective study.