



Breast Cancer Among Young Women in Iran

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In this editorial, I would like to mention an important issue concerning the change in incidence rate pattern of breast cancer in Iran. We know that breast cancer is the most prevalent type of malignancy in women and represents a major public health problem, which confers a huge burden on patients and societies around the world. Likewise, this cancer is the leading type of cancer in Iranian women, accounting for almost one-fourth of all cancers (1). Recently, several studies that assess the incidence rate of this cancer in Iran, reported that the average age of the patients diagnosed with this cancer decreased to lower ages in this country as compared to the rest of the world (2). Its peak incidence age in Iranian females is in the fourth and fifth decades of life, which is a decade earlier than the world peak age of incidence.

I am extremely concerned that despite the increasing incidence rate of breast cancer in Iranian young populations, unfortunately, we are not giving enough importance to this issue and there is no national policy to screening breast cancer in these lower ages. It is important to mention that, there are numerous cases of breast cancer at the ages of 20 to 25 years in our country, thus we should update our screening programs for breast cancer by lowering the screening age at which average-risk and high-risk adults should start screening from over 50 years to under 30-year-olds. It seems that increasing the public's awareness about this event is an important issue and will be beneficial in the early diagnosis of this cancer. In addition to this, I recommend that newer types of tumor markers can be used to aid in the detection of this cancer in younger age groups. Because of Iranian culture

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in which younger women as mothers play the most pivotal role in the children's and family's well-being; giving much more attention to this issue will influence all aspects of social welfare.

Conflict of Interests

Authors declare that they have no conflict of interests.

Ethical Issues

Not applicable.

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