

New Delhi Hosts Pioneering International Conference on Breast Cancer in Young Women

Global Experts Address Rising Breast Cancer Rates in Young Women: The BCYW Foundation Roadmap Charts the Way Forward

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EINPresswire.com/ -- The 2nd International Conference on Breast Cancer in Young Women and Breast Health, held in New Delhi on November 15-16, 2025, was organized by the [Breast Cancer in Young Women \(BCYW\) Foundation](#) and the Indian Oncology Foundation, with Dr. Ashok Vaid and Dr. Rakesh Kumar serving as co-chairs. The conference aimed to address the alarming global increase in breast cancer among young women by promoting awareness, early detection strategies, age-specific treatment guidelines, and lifestyle changes.

The event attracted about 400 participants, including leading breast cancer experts, healthcare professionals, survivors, and advocates from ten countries. The discussions were lively, with attendees asking insightful questions and sharing ideas to tackle current challenges.

Additional highlights included talks by global leaders in medicine and innovation, Nobel Laureate Professor Aaron Ciechanover and Professor Michael Gnant, who shared groundbreaking ideas in



Conference Registration Desk



Opening ceremony

science and medicine supporting the BCYW Foundation's mission to promote advanced research. The international event also covered the biology of breast cancer in young women, updates on treatments, clinical trials, and the unique challenges these patients face, such as issues with fertility, careers, and emotional well-being.

The BCYW Foundation and experts emphasized the urgent need for targeted research and improved care to address the rising cases among young women. Discussions focused on the biological factors of breast cancer in young women, new treatment options, and the specific challenges faced by these patients, including fertility, career impacts, and mental health.

KEY HIGHLIGHTS:

Rising Incidence in Young Women: The conference discussed the significant increase in breast cancer cases among women under 40 in India and many other countries.

Emphasis on Early Detection: Experts, including an actress and a survivor, highlighted the importance of regular check-ups and self-awareness, since cancer often shows no obvious symptoms in its early stages. Dr. Kumar emphasized the importance of empowering students on campuses to create a culture of self-breast care, and how the BCYW Foundation is [creating youth-led campus chapters](#) to this end.



Emerging useful technologies.



Members of an interactive panel discussion.



Engaged participants contributing to the meeting.

Lifestyle and Prevention: A major theme was the role of modifiable risk factors. [Dr. Ashok Kumar Vaid](#) underscored the importance of a healthy diet, physical activity, and trends such as delayed childbirth and breastfeeding in addressing the rising incidence, urging women to adopt healthier lifestyles and to be proactive in prevention.

Unique Challenges: The event highlighted that younger women often encounter more aggressive tumor types, delayed diagnoses (partly due to denser breast tissue), and unique life challenges related to the disease.

Multidisciplinary Approach: The conference brought together oncologists, researchers, policymakers, and survivors to promote the exchange of cutting-edge research, identify key gaps, and develop strategies tailored for young women.

Survivor Advocacy: A notable highlight was the powerful stories shared by survivors such as Mahima Chaudhary, aimed at inspiring bravery and encouraging open discussions about the physical and emotional journey of diagnosis and treatment.

Actionable Insights: The conference aimed to improve diagnostic pathways and build a strong global community dedicated to better breast health outcomes in young women. A primary goal was to equip healthcare professionals and young women with knowledge and strategies for prevention and meaningful change.

Overall, the conference served as a wake-up call to dispel the misconception that breast cancer is only a disease of older women and emphasized the importance of early empowerment and proactive healthcare measures. The event was highly successful, raising essential awareness about the unique challenges young women face with breast cancer.

About BCYW Foundation:

The BCYW Foundation is committed to addressing the increasing issue of breast cancer in young women through targeted advanced research, education, advocacy, and outreach. BCYWF's mission is to save lives by empowering young women with the knowledge and resources they need to detect, prevent, and fight breast cancer.

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