Characterization and survival outcomes of young women with breast cancer in Mexico: 5-year results of the Joven & Fuerte prospective cohort

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Background

Young women with breast cancer (YWBC) comprise up to 15% of all breast cancer (BC) cases in Mexico. Joven & Fuerte was established in 2014 as the first initiative of its kind in Latin America to assess the needs, facilitate access to supportive care services, and implement a prospective 5-year cohort of YWBC.

This study analyzes the clinicopathologic characteristics treatment regimens, and survival outcomes of the complete cohort.

Methods

Females aged ≤40 years with recently-diagnosed BC (<3 months) were consecutively recruited at 1 private and 2 public referral centers in Mexico.

Data were collected from:

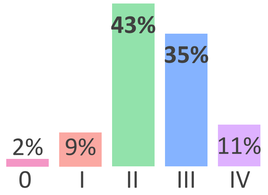
- Patient surveys (sociodemographic data)
- Medical files (clinicopathologic, treatment, and survival data)

5-year survival: overall survival (OS), distant recurrence-free survival (DRFS), and invasive disease-free survival (IDFS) were estimated using the Kaplan-Meier method, specifying date of diagnosis as the time origin. Survival differences between groups were assessed with the log-rank test and Cox proportional hazard model.

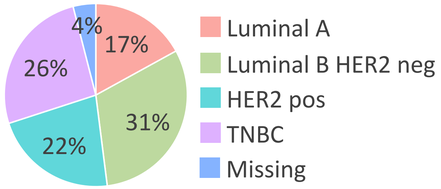
Results

588 patients were included. Their median age at diagnosis was 36 years (IQR 32-38) and most had public healthcare (79%).

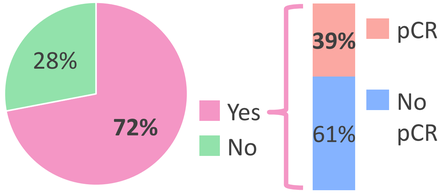
Clinical stage



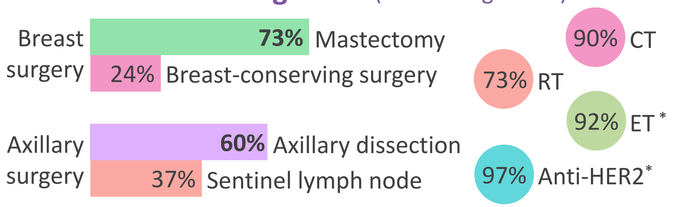
Molecular subtype



Neoadjuvant CT (n=324)

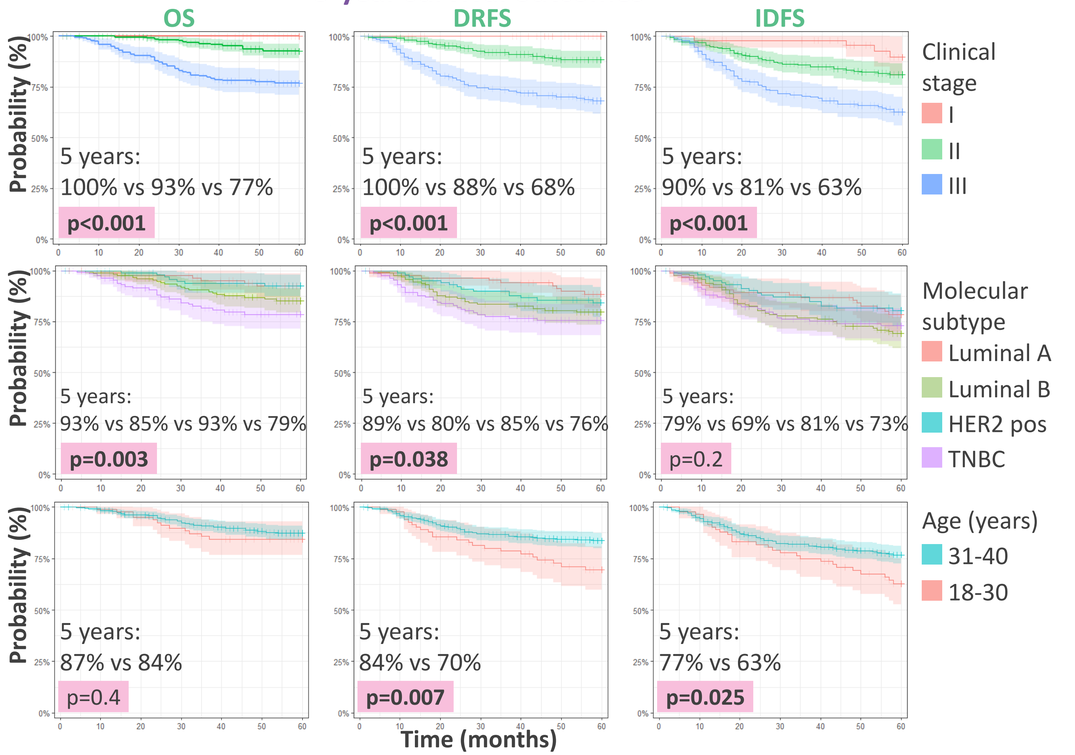


Treatment regimens (n=513 stages I–III)



*According to subtype

5-year survival outcomes



Cox multiple regression

		OS		DRFS		IDFS	
		HR (95% CI)	p	HR (95% CI)	p	HR (95% CI)	p
Stage	I-II	1.00 (ref)	–	1.00 (ref)	–	1.00 (ref)	–
	III	**4.63** (2.6-8.3)	<.001	**3.73** (2.3-6.0)	<.001	**2.46** (1.7-3.6)	<.001
Subtype	Luminal A	1.00 (ref)	–	1.00 (ref)	–	1.00 (ref)	–
	Luminal B	1.79 (0.7-4.4)	.20	1.78 (0.8-3.8)	.13	1.46 (0.8-2.6)	.20
	HER2 pos	0.79 (0.3-2.4)	.70	1.20 (0.5-2.8)	.70	0.83 (0.4-1.6)	.60
	TNBC	**2.90** (1.2-7.0)	.02	**2.29** (1.1-4.9)	.03	1.35 (0.8-2.4)	.30
Age	>30 years	–	–	1.00 (ref)	–	1.00 (ref)	–
	≤30 years	–	–	**1.77** (1.1-2.9)	.02	**1.56** (1.0-2.4)	.04

Conclusion

In this cohort, 5-year survival was significantly worse among patients with:

advanced stage | TNBC | ≤30 years at diagnosis

These findings underscore the need for:

- BC downstaging
- Increased access to treatment options, particularly for patients with TNBC, who could have improved prognosis with complete treatment regimens

Moreover, this study suggests that patients aged ≤30 might comprise a specific subgroup of extremely young patients who face worse outcomes than YWBC aged ≤40

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