

Young Female Drinkers More Likely to Develop Breast Disease, Researchers Say

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Research Summary

Risk of developing benign breast disease increases five-fold among women who drank alcohol six or seven days a week during their teens and early 20s, according to research from the National Cancer Institute.

Benign breast disease is a known risk factor for breast cancer, researchers noted. Symptoms include hard lumps in the breasts, irregular cysts, breast discomfort, sensitive nipples, and itching.

[Reuters](#) reported April 12 that researcher Catherine Berkey of Harvard Medical School and colleagues drew their conclusions from a study of about 6,900 women ages 16-23. About one percent of the women reported having benign breast disease in a follow up study at ages 18-27.

"Our study results give older girls and adolescents another reason to avoid alcohol," said Berkey.

The study appears in the journal [Pediatrics](#).