



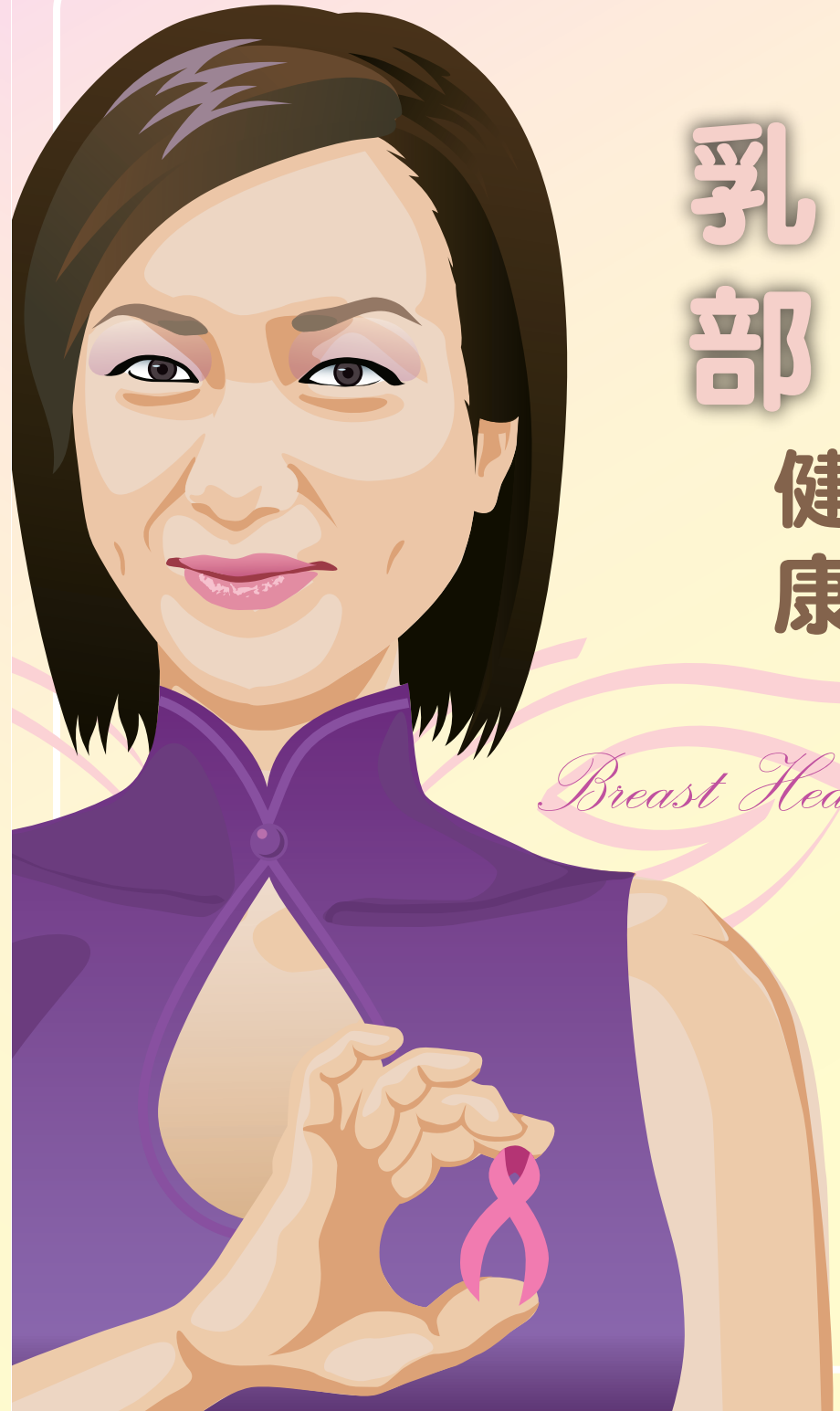
CCHRC

華人社區健康資源中心
Chinese Community Health Resource Center
845 Jackson Street, Suite 101,
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www.cchrhealth.org

乳部

健康

Breast Health





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增加乳癌風險的因素

- 年齡：隨著年齡增長，患乳癌的風險更大。
- 有患乳癌的家族史。
- 酒精：每天喝一份量以上。（一份量為12安士啤酒，5安士葡萄酒，或1.5安士烈酒）
- 身體超重。
- 12歲前開始月經。
- 55歲後進入更年期。
- 35歲後第一次生育小孩。
- 缺乏運動。

Risk Factors that May Increase Breast Cancer

- Aging- the older you get, the greater your risk of breast cancer.
- A family history of breast cancer.
- Alcohol- having more than one drink per day. (One drink = 12-ounces beer, or 5-ounces wine, or 1.5-ounces hard liquor)
- Being overweight.
- Menstruation before age 12.
- Menopause after age 55.
- Having your first child after age 35.
- Lack of physical activity.

乳部健康

女性的乳房隨著人生各個不同的時期而有所改變。例如月經期，懷孕，哺乳以及更年期等都會使乳房產生生理上的變化。在這些變化過程中，會發生一些乳部疾病。乳部疾病在大多數的情形下，都是良性的，但也有可能是惡性的。其中之一就是乳癌。如是乳癌能得到早期發現，是完全可以治癒的。所以說早期發現是治癒乳癌的關鍵。

Susan G. Komen 乳癌基金會對早期發現乳癌的綱領是：

專業性乳部檢查*

20 歲至40 歲的婦女，應每三年接受專業性乳部檢查。

年齡40 歲以上的婦女，應每年接受專業性乳部檢查。

乳房X 光檢查*

年齡40 歲以上的婦女應每年接受乳房X 光檢查。

*屬高風險的婦女應提早進行篩檢及檢查得更頻繁

Breast Health

A woman's breasts change constantly. They change during the menstrual cycle, pregnancy, breast-feeding, and menopause. These changes can sometimes bring problems. Most of the problems are insignificant, but a few can be serious. One serious problem is breast cancer. The key to surviving breast cancer is early detection.

The Susan G. Komen For The Cure Guidelines for breast cancer screening:

Clinical breast exam *

Age 20 - 39 At least every 3 years

Age 40 & over Yearly

Mammography*

Age 40 & over Yearly

* Women who are at higher risk should be screened earlier and more frequently



專業性乳部檢查 (CBE)

專業性乳部檢查是由專業醫療人員為您檢查乳部。專業醫療人員是指醫生、護士等。在做此檢查之前，您需將上衣脫去，檢查員首先觀察您的乳部，留意形狀大小的改變，然後，用指尖肉頭處按摸您二邊乳房，特別留意乳房的形狀及組織，以及是否有硬塊。如發現有硬塊時，留意硬塊的位置是否在皮下或組織深處等。二邊腋下也要檢查。



Clinical Breast Exam (CBE)

A clinical breast exam is an examination of your breasts by a health professional, such as a physician, nurse practitioner, nurse, or physician assistant. For this examination, you undress from the waist up. The health professional will first inspect (look at) your breast for changes in size or shape. Then, using the pads of the fingers, the examiner will gently feel your breasts. Special attention will be given to the shape and texture of the breasts, location of any lumps, and whether such lumps are attached to the skin or to deeper tissues. The area under both arms will also be examined.



乳房 X 光檢查

I. 甚麼是乳房 X 光檢查？

乳房 X 光檢查是通過 X 光透視去檢查乳房，以便偵查或診斷乳癌的一種方法。乳房 X 光檢查可用於已發現有腫塊或乳房有分泌物，又或者乳房感覺到疼痛等有乳房症狀的婦女，也可用於沒有任何乳房症狀的婦女。

II. 為什麼需要接受乳房 X 光檢查？

婦女年齡愈大，患乳癌的可能性愈高。每年診斷出患上乳癌的婦女，其中四人之中有三人年齡超過 50 歲以上。很多患上乳癌的婦女，她們的家人很少有人曾患乳癌。有些乳癌患者，早期感覺不到任何症狀。所以，X 光檢查能偵查早期，用手按摸不到的小塊癌腫。若能早期發現乳癌，可免生命危險。

Mammogram

I. What is a mammogram?

Mammogram is an X-ray examination of the breast. Mammography is used to detect and diagnose breast disease in both women who have breast symptoms such as a lump, pain, or nipple discharge, and women with no symptoms.

II. Why do I need a mammogram?

A woman's risk of developing breast cancer increases as she gets older. Over 3/4 of breast cancers diagnosed each year occur in women over age 50. In many cases, women diagnosed with breast cancer have no family history of the disease. Some breast cancer patients often have no symptoms early in the disease. A mammogram can detect cancer in its early stage when it is still too small to be felt. Finding breast cancer early can save your life.

III. 乳房 X 光檢查安全嗎？

在過去20年裡，乳房 X 光檢查的技術及設備均得到很大的改進。現今的乳房透視所用的 X 光幅射量極微少，對身體安全無害。

IV. 乳房 X 光檢查是如何進行的？

當您接受乳房 X 光檢查時，您站在 X 光透視機旁，一位受過專業訓練的技術人員協助您將乳房貼近一塊塑料板上，然後用另一塊塑料板放在您的乳房上，接著加力約幾秒鐘，將乳房壓平以便攝取更清楚的 X 光照片。通常每個乳房攝照二張照片。對大部份的婦女來說，乳房 X 光檢查都不會引起不適，但有個別婦女或會感覺輕微不舒服。整個檢查過程約需15分鐘。一位專業人員，我們稱之為放射學家，會審閱所攝之圖片，看看乳房內部是否存有乳癌的跡象。

如您的乳房特別敏感的話，最好選擇一個月之中當乳房最為柔軟的時候作乳房 X 光檢查。盡量避免在月經來潮之前一周內檢查，如此則可減輕不適之感。接受 X 光檢查之前，不要在腋下塗抹祛臭劑，搽粉及護膚霜等，因為這些化學物品可影響 X 光透視的質量。另外照 X 光時，您需要脫去上衣，所以最好穿著襯衣配褲子或半身裙，而盡量不要穿連身衣裙。

只要預先告知放射操作人員，曾經隆胸的婦女也可接受乳房 X 光檢查。

III. Is mammogram safe?

Over the past 20 years, mammography techniques and equipment have improved a great deal, and today the level of radiation is very low and not harmful.

IV. What is it like to get a mammogram?

When you get a mammogram, you stand beside the machine, and a specially trained technologist places your breast on a plastic plate. A second piece of plastic is placed on top and some pressure is applied to flatten the breast in order to get a good, clear picture. This compression process takes only a couple of seconds. Two pictures are usually taken of each breast. Some women may feel a little discomfort, but most report none. The entire mammography exam takes about 15 minutes. A specialist, called radiologist, will read the mammogram to see if any suspicious areas exist.

If you have sensitive breasts, try having your mammogram at a time of the month when your breasts will be least tender. Try to avoid the week right before your period. This will help to lessen discomfort.

Don't wear deodorant, powder, or cream, under your arms - it may interfere with the quality of the mammogram. It's a good idea to wear a blouse with a skirt or slacks, rather than a dress, since you will have to undress above the waist.

Mammogram may still be performed if a patient has breast implants as long as the technician is notified.

V. 如果乳房 X 光檢查發現有異常，該怎麼辦？

如果檢查發現有腫塊，醫生也可能要求您做一個稱為切片檢查的小手術。切片檢查是將一部分或所有可疑的組織抽取出來，然後由病理學家將這些組織放在顯微鏡下檢驗。切片檢查是唯一可以確定腫塊是否有癌細胞的一種方法。但是您應知道，即使您需要做切片檢查，也未必一定是患上乳癌。有百份之八十以上的婦女，經切片檢查發現腫塊或可疑之部位並不是癌。

但是如果切片檢查證實腫塊是癌，患者應與醫生商討選擇治療的方法。對於早期的乳癌治療方案多數是割除腫塊或一部份乳房，而不建議割除整個乳房。

VI. 需要多久接受一次乳房 X 光檢查？

Susan G. Komen 乳癌基金會建議年齡在40歲或以上的婦女，應每年接受一次乳房 X 光檢查。醫生或許會根據個別婦女的健康情況，建議有些婦女在35歲左右接受初次的乳房 X 光檢查，將照片用作日後比較之用。

V. What happens if they find something?

If a mass is found, the doctor will perform a biopsy, which involves taking out part or all of the suspicious tissue. It is then examined under a microscope by a specialist called a pathologist. A biopsy is the only sure way to know if cancer is present. It's important to remember that even if you are told you need a biopsy, more than 80% of lumps or suspicious areas are not cancer.

If the biopsy shows that there is cancer, the woman and her doctor will discuss treatment options. Early cancer often can be treated by removing the lump or a portion of the breast rather than the whole breast.

VI. How often do I need a mammogram?

The Susan G. Komen for the Cure recommends mammogram yearly for women aged 40 and older. Depending upon your health history, your doctor may recommend a baseline mammogram at 35 years old.

VII. 接受乳房X光檢查須知

- 檢查前準備好相關的個人病歷，例如曾接受過的手術，使用的激素，家族或個人的乳癌病史。
- 如果是第一次前往該醫療機構診治，事前應準備好有關以往接受過的乳房X光，活組織檢查資料，以及其他有關乳癌治療的時間和地點。
- 接受乳房X光前，請與醫生和護士討論關於您乳房的近況。如果乳房有任何異常症狀，必需告知醫療人員。
- 如果檢查後十日內沒有收到結果，請聯絡您的醫生或醫療機構。按照現時規定，醫療機構必須在三十日之內寄出檢查結果。

VIII. 如何可獲得乳房X光檢查？

聯邦醫療保險 (Medicare)，加州醫療保險 (MediCal)，和大部份的私人健康保險計劃都包括乳房X光檢查。很多公共健康部門，醫院，和診所都提供廉價或免費的檢查。加州防癌計劃 “Cancer Detection Programs: Every Woman Counts” (CDPEWC) 也為婦女提供免費的乳房X光檢查。

查詢乳房X光檢查地點，請致電
華人社區健康資源中心 (415) 677-2473.

VII. Tips when having a mammogram

- Before going to a mammogram facility, write down any pertinent medical history such as prior surgeries, hormone use, and family or personal history of breast cancer.
- If you are going to a facility for the first time, bring a list of the places, dates of mammograms, biopsies, or other breast treatments you have had before.
- Discuss any new findings or problems in your breasts with your doctor or nurse before having a mammogram.
- Always describe any breast symptoms or problems that you are having to the technologist who is doing the mammogram.
- Follow-up with your doctor or facility if you haven't heard from your doctor within 10 days. All mammogram facilities are now required to send your results to you within 30 days.

VIII. How can I get a mammogram?

Mammograms are covered by Medicare, MediCal, and most private health insurance plans. Many public health departments, hospitals, and clinics may also offer lowcost or free mammograms. In California, women may also receive free mammograms through the Cancer Detection Programs: Every Woman Counts (CDPEWC).

For help in finding a place to get a quality mammogram, call the Chinese Community Cancer Information Center at (415) 677-2473.

定期檢查，及早發現乳癌

	乳房X光檢查：	專業性乳房檢查：	
	40歲以上 每年一次	20-39歲： 每三年一次	40歲以上： 每年一次
2013	日期:	日期:	日期:
2014	日期:		日期:
2015	日期:		日期:
2016	日期:	日期:	日期:
2017	日期:		日期:

Early Detection Plan Check-list

	Mammogram	Clinical Breast Exam	
	Age 40 & over Yearly	Age 20-39 Every 3 years	Age 40 & over : Yearly
2013	Date:	Date:	Date:
2014	Date:		Date:
2015	Date:		Date:
2016	Date:	Date:	Date:
2017	Date:		Date:

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