



華人社區健康資源中心

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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。

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.

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，懷孕期間，哺乳期間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：

1. 自我檢查乳房

通過自我檢查乳房，可以發現乳房的變化，並增強對乳癌的警覺。

2. 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。

3. 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。

* 有時您的醫生會根據您過往的健康情況或檢驗報告而要求您多做幾次專業性乳部檢查。

** 有時您的醫生會根據您患癌的風險指數來決定您是否需要提早做乳房X 光檢查。

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 detection are as follows:

Breast self-exam

Breast self exam can help to detect breast changes and raise awareness of breast cancer

Clinical breast exam*

Age 20 - 39.....Every 3 years
Age 40 & over..... Yearly

Mammogram**

Age 40 & over..... Yearly

* Your personal physician may recommend more frequent clinical breast exams based on your health history and exam.

** Your personal physician may recommend mammogram at an earlier age based on your risk factors.



自我乳部檢查

Breast Self-Exam (BSE)

自我乳部檢查是偵查乳癌最有效的方法之一。通過定期作乳房檢查，您可以熟悉您自己乳房的感覺，一旦有異常的改變，可以馬上察覺出來。如果發現有硬塊或其他異常現象，應盡速求醫診斷。

應何時開始自我檢查乳房

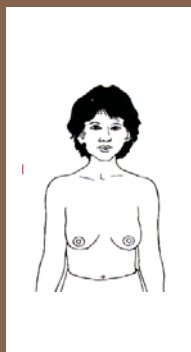
- 經期開始後的第七天，當乳房組織最為柔軟之時。
- 收經後的婦女最好選每月同一天裏自我乳部檢查。
- 哺乳期的婦女最好待母乳擠出後才作自我乳部檢查。

如何自我檢查乳房

(一) 在鏡前站立，擺好姿勢。

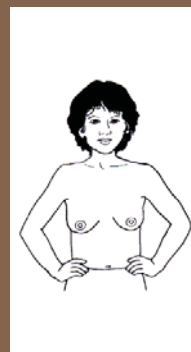
1. 細心察看雙乳大小形狀的改變，例如乳房皮膚是否凹陷，皺起或腫脹等。
2. 乳頭的顏色及肌肉組織是否有異常。
3. 乳頭是否有分泌物流出。
4. 乳頭收縮 (向內)。
5. 乳頭出鱗或出疹。

1



兩手放鬆在身邊
Arms relaxed at side

2



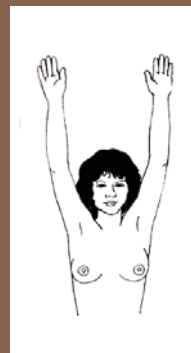
兩手撐腰
Hands on hips

3



上身向前微傾
Bending forward

4



兩手高舉過頭
Arms raised above head

Breast self-exam is one of the best early cancer detection methods. BSE consists of two parts, 'Look' and 'Feel.' By practicing breast self-exam, you will get used to the normal feel and look of your breasts and thus detect any abnormal changes. Seek medical attention immediately if you should discover a lump or find any changes. When cancer is found early, you have more treatment choices and a higher chance of recovery.

When to examine your breasts

- A day after the end of your period when your breasts are least tender.
- On the same day of each month if you no longer menstruate
- Breast-feeding mothers should examine their breasts when all the milk has been expressed.

How to examine your breasts

I. Position - "Look"

Stand in front of a mirror in each of these positions and look for changes in:

1. the size and shape of the breasts, like dimpling, puckering, or swellings.
2. color (redness) and texture (thickness and scalliness) of the skin and nipple.
3. evidence of discharge from the nipples
4. nipple retraction (turning inwards).
5. scaly or rash on the nipple.

(二) 檢查的範圍

檢查範圍包括所有胸部組織，由腋下開始，延伸至乳房下的肋骨，橫至前胸骨，向上經過鎖骨，然後橫過前肩，回到腋下。大部份的乳房腫瘤都在乳房外上部發現（如圖暗影處）用左手按摸右乳，而右臂彎曲成直角向上平放。然后用右手按摸左乳，重復同樣的姿勢。

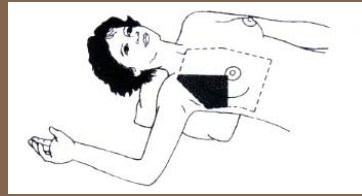
1. 平臥姿勢：用一隻枕頭或卷起的毛巾放在將要檢查的乳房一邊的肩下。
2. 側臥轉身姿勢：（用於乳房較大的婦女）檢查右乳時向左側臥，然後將右肩膀平放。側臥姿勢可有利於檢查您乳房凸出之部份。

(三) 如何熟悉你乳房的組織？

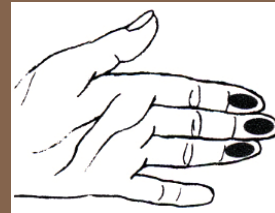
用食指，中指及無名指三隻手指的第一節在乳部上，每一英寸地划小圓圈以檢查是否有硬塊。劃小圓圈時，指尖緊貼皮下按摸，不要移離皮膚。用潤膚霜或爽身粉塗抹潤滑乳房後再按摸，可有助於畫圈。

(四) 以不同之壓力按摸

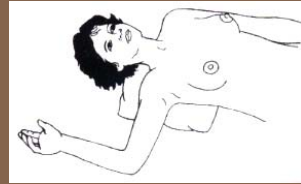
按摸乳部每一部份時，要用不同程度的壓力，先用輕微的壓力，再用中等壓力，然後加強壓力，直至按摸到整個乳房組織。按摸乳房不會傷害乳房組織，切記不要按漏某一部位，以防錯過發現腫瘤的機會。



檢查範圍
Exam area



手指尖端
Finger tips



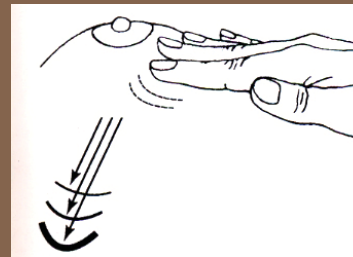
乳房較小的婦女
可用平臥姿勢

For women with small breasts, use flat position



乳房較大的婦女
可用側臥姿勢

For women with large breasts, use side-lying position



先用輕微壓力
再用中等壓力
然後加強壓力

First, use light pressure
Then, medium pressure
Lastly, firm pressure

II. Perimeter

The exam area is bounded by the line which extends down from the middle of the armpit to just beneath the breast, continues across the underside of the breast to the middle of the breast bone then moves up and along the collar bone and back to the middle of the armpit. Most breast cancers occur in the upper outer area of the breast (shaded area).

1. Flat Position: Lie flat on your back with a pillow or folded towel under the shoulder of the breast to be examined.
2. (For women with large breasts) Side-lying Position: Lie on your side opposite to the breast being examined and inspect the other half the breast. Then roll into the Flat Position and lie on the same side of the breast to be examined. Inspect the inner half of your breast.

III. Palpation - How To 'Feel' Your Breast Tissue

Use the pads of the three middle fingers to feel every inch of your breast tissue for lumps. Keep your fingers straight and move your fingers in small circles. Do not lift your fingers from your breast between each area. You

(五) 按摸乳部的方式

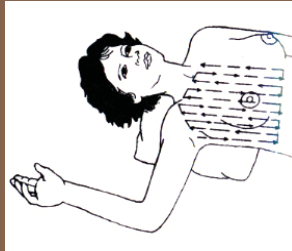
- 上下直行按摸乳部。切記檢查整個乳部，同時每次檢查時，也應留意乳部組織與平日相較是否有不同的感覺。
- 乳頭下的組織也要仔細按摸。
- 當手臂放鬆時，勿忘記檢查手臂內側向腋下伸展的一部份乳房。
- 做過乳部手術的婦女，依然要檢查整個乳部及切口。切口部位要由頭到尾檢查。
- 擠壓乳頭，看看是否有分泌物流出。

直行式檢查法：

從腋下開始，用指尖肉頭作小圓圈的動作，向下按摸，直到摸到肋骨旁，跟著向內移動一手指位，向上按摸至鎖骨。再向橫移一手指位，向下按摸至肋骨。如此一行上，一行下地按摸，大概用 10 至 16 直行方式，可將整個乳房按摸遍。

齒軸式檢查法：

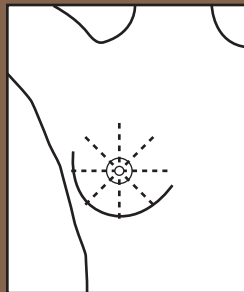
將乳房想像為一個圓形餡餅，再分成三角形，乳頭在中點上，從外圍向乳頭方向按摸，然後回到外圍邊緣時，向旁移一指位，反方向繼續向乳房內圍按摸，繼續重復上述方式，直至將整個乳房摸遍。整個乳房範圍，通常約需 10 至 16 遍則可按摸完畢。



直行式檢查法
Vertical Strip

從腋下開始，按摩腋下，感覺沒有腫瘤或硬塊

Start from under-arm, palpate and feel for lumps



齒軸式檢查法
Wedge pattern

can use lotion, massage oil, or powder to help your finger glide from one area to the next.

IV. Pressure

Feel with various levels of pressure, from light to medium, to firm, to examine the full thickness of your breast tissue. Using pressure will not injure the breast. Use each pressure level to feel the breast tissue before moving on to the next area.

- Examine your breast in an up and down line, wedge or circular path. Check the entire breast area and remember how your breasts feel from month to month.
- Feel carefully beneath the nipple.
- Examine the breast tissue that extends into your armpit.
- Women who have had any breast surgery should still examine the entire area and the incision. Examine the incision carefully from end to end.
- Squeeze your nipple to check for discharge.

Vertical Strip:

Starting from the armpit, proceed downward to the lower boundary. Move a finger's width toward the middle and continue palpating upwards until you reach the collarbone. Repeat this until you have covered all breast tissue.

Wedge:

Imagine your breast divided into triangular sections like a piece of pie. Examine each separate segment, moving from the outside boundary toward the nipple. Slide fingers back to the boundary, move over a finger's width and repeat this procedure until you have covered all breast tissue. You may need between 10 to 16 segments.

打圈式檢查法:

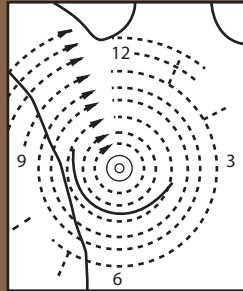
如圖所示，把乳房想象為時鐘表面。從12點位置開始，沿著乳房最外圍的圓圈按摩檢查，最後返回原點。然後手指向內移約一指寬度，再一次沿著圓圈按摩。由外往內，根據乳房大小，大約需要做八至十個圓圈的按摩檢查，直至最後到達乳頭。

曾接受隆胸的婦女，乳房檢查方法需要修改，如有問題請諮詢醫生。

(六) 練習時有專業人員指導
應向您的醫生、護士或健康教育專業人員學習自我檢查乳房的方法。第一次自我檢查時，最好有專業人員在旁指導，確定您的按摩方法是否正確。在導師指導之下練習直至您覺得有信心做好為止。

(七) 乳部保健的個人計劃

- 與您的醫療人員討論“Susan G. Komen 乳癌基金會”的早期發現乳癌綱領。
- 定期到醫生處接受專業的乳部檢查及適當的乳房 X 光檢驗。
- 自我檢查乳房，並向專業人員請教檢查方式是否正確。
- 如發現異常情況，應告知您的醫生。



打圈式檢查法
Circle



學習做乳部自我檢查時，最好有專員在旁指導，確定你的做法是正確的。多練習能增加自己按摩的信心。

It is best to perform BSE under the supervision of a health professional to ensure that you are doing it correctly. Frequent practice can boost your confidence.

Circle:

Imagine your breast as the face of a clock. Start at 12 o'clock and palpate along the boundary of each circle until you return to your starting point. Then move down a finger's width and continue palpating in smaller circles until you reach the nipple. Depending on the size of your breast, you may need 8 to 10 circles.

For patients with breast implants, a breast exam will be modified. Please consult your doctor if you have questions.

VI. Practice With Feedback

Learn how to perform BSE from your doctor, nurse, or health educator. It is important that you perform BSE while your instructor is watching to be sure you are doing it correctly. Practice your skills under supervision until you feel comfortable and confident.

VII. Plan of Action

- **Discuss** the Susan G. Komen for the Cure breast cancer detection guidelines with your healthcare professional.
- **Schedule** your clinical breast examination and mammogram as appropriate.
- **Perform** BSE monthly. Ask your health professional for feedback on your BSE skills.
- **Report** any changes to your health professional.

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
2009	日期:	日期:	日期:
2010	日期:		日期:
2011	日期:		日期:
2012	日期:	日期:	日期:
2013	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
2009	Date:	Date:	Date:
2010	Date:		Date:
2011	Date:		Date:
2012	Date:	Date:	Date:
2013	Date:		Date:

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