

乳癌是本港婦女最常見的癌症，大概每 14 名香港婦女便有 1 名確診入侵性乳癌。及早發現乳癌可增加治療的選擇，並降低乳癌而死亡的風險。乳癌篩查是指在女性尚未出現任何病徵或症狀前，檢查乳房是否有癌症。

Breast cancer is the most common cancer of women in Hong Kong. Roughly 1 out of 14 women will be diagnosed with invasive breast cancer. Finding breast cancer early increases treatment options and reduces the chances of dying from the disease. Breast cancer screening is checking a woman's breasts for cancer before there are signs or symptoms of the disease.

關注乳房

Breast self-awareness

熟悉自己乳房的外觀和觸感，有助於及早發現異常徵狀，例如乳房腫塊、疼痛、乳頭出現變化、分泌物或乳房大小和皮膚的變化。如發現任何異常，應及早向醫生或醫護人員求診。

Being familiar with how your breasts look and feel can help you notice symptoms such as lumps, pain, nipple changes, nipple discharge or changes in breast size and skin that may be of concern. You should report any changes that you notice to your doctor or health care provider.

乳房皮膚出現異常，如紅疹、發紅或凹陷
Change in the skin of your breast such as a rash, redness or dimpling

乳房出現新的腫塊或硬塊，尤其只在單側乳房出現
New lump or lumpiness, especially if it's only in one breast

乳房大小或形狀改變
Change in the size or shape of your breast

無擠壓下乳頭有分泌物
Nipple discharge that occurs without squeezing

乳頭出現變化，如內陷、結痂、潰爛或發紅
Change to the nipple such as inversion, crusting, ulcer or redness

如發現以上乳房變化，請立刻向醫生查詢。

If any of the above breast changes are noticed, seek medical advice promptly.



樂妍站
Women Wellness Satellite



港島賽馬會樂妍站

Jockey Club Women Wellness Satellite (Hong Kong)

柴灣康民街 1 號 柴灣健康院 2 字樓

2/F, Chai Wan Health Centre, 1 Hong Man Street, Chai Wan

☎ 2855 1333

九龍賽馬會樂妍站

Jockey Club Women Wellness Satellite (Kowloon)

藍田啟田道 99 號 藍田分科診所 6 字樓

6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin

☎ 2855 1222

新界賽馬會樂妍站

Jockey Club Women Wellness Satellite (New Territories)

屯門屯利街 4 號 1 樓

1/F, 4 Tuen Lee Street, Tuen Mun

☎ 2851 1722

- 註：1. 各樂妍站的開放時間及服務收費詳情，請瀏覽樂妍站網頁。
2. 有意接受樂妍站服務的婦女請向地區康健中心/站查詢。
3. 有關各地區康健中心/站的聯絡地址及電話，可瀏覽地區康健中心網頁。

- Note: 1. Please visit the website of WWS for the opening hours and service charges of each WWS.
2. Women who are interested in receiving WWS's services can approach DHC/Es for enquiries.
3. Please visit the website of DHC for the addresses and telephone numbers of the DHC/Es.



樂妍站網址
www.wws.org.hk



地區康健中心網址
www.dhc.gov.hk



樂妍站
Women Wellness Satellite



乳房健康
BREAST HEALTH



定期接受乳房篩查

乳房篩查(又稱乳房X光造影或乳房造影檢查)是利用X光檢查乳房,找出尚未能用肉眼或觸摸發現的早期乳癌。定期接受乳房X光造影可降低乳癌死亡的風險。

乳房篩查過程

篩查時,技術人員會將每邊乳房分別放在檢查儀器的托板上,儀器會按壓乳房,使X光影像更清晰。這個過程可能會引起不適或疼痛,但通常只會持續幾秒鐘。

乳房篩查的局限性

乳房X光造影是目前最有效的早期發現乳癌方法,但並非百分百準確。部分情況下,即使乳房內有癌症,篩查結果仍可能顯示正常。此外,乳房X光造影有時會發現疑似癌症但實際並非癌症的情況,導致進一步檢查,這些檢查可能具侵入性、費用高、需時長,並可能引起焦慮。其他潛在風險包括檢查時的不適及接受乳房X光造影的輻射。

需要進一步影像檢查的情況

部分女性在接受乳房X光造影後,可能需進行更多檢查。這並不代表患上乳癌,只是需要進一步確認檢查結果。

乳癌的風險因素

- **性別**: 雖然男性亦可患乳癌,但絕大多數乳癌發生於女性
- **年齡**: 年齡愈大,患乳癌風險愈高
- **家族史及遺傳**: 如母親、姊妹或直系親屬曾患乳癌,風險較高
- **月經週期**: 初經早於12歲或更年期遲於55歲者,風險較高
- **個人癌症病史**: 如童年時曾因其他癌症接受胸部放射治療
- 曾患乳癌或有非典型乳房疾病

Having regular breast screen

A breast screen, also called a mammogram, uses x-ray to look for early cancers in breasts that can't be seen or felt by a woman or her doctor. Having regular mammograms can lower the risk of dying from breast cancer.

What to expect during a breast screening

During the screen, each breast is placed onto a plate of the screening machine one at a time. The machine then presses the breast onto the plate to take clear x-rays images of the breasts. This may cause discomfort or pain, but this should only last a few seconds.

Limitations of breast screening

Screening mammograms are the most effective test for finding breast cancer early. However, they are not 100% accurate. There is a small chance that a screening mammogram will look normal even if a breast cancer is present.

Sometimes, mammogram may show up something that looks like cancer but is not. This can lead to more tests, which can be invasive, expensive, time-consuming, and may cause anxiety.

Other potential harms from breast cancer screening include pain during procedures and radiation exposure from the mammogram test itself.

Additional imaging

Some women will be called back for more tests after a screening mammogram. This does not mean breast cancer is present, but more tests are needed to confirm the mammogram findings.

Risk factors for breast cancer

- **Gender**: although some men may also suffer from the disease, nearly all breast cancers are found in women
- **Age**: in general, the risk of breast cancer increases with age
- **Family history and genetics**: a woman is more likely to have breast cancer if her mother, sister or first-degree relative had suffered from the disease
- **Menstrual cycle**: women having first menses before 12 or menopause after 55 may have higher risk
- **Personal history of cancer**: history of certain malignancy especially with irradiation to the chest wall in childhood
- Personal history of breast cancer or atypical breast diseases

降低乳癌風險的方法 Ways to reduce risk of breast cancer

生育與哺乳 Childbirth and breastfeeding



較早生育及延長哺乳期
Having earlier childbirth and extend breastfeeding

飲食 Diet



均衡飲食, 維持健康體重
Eat a balanced diet and maintain a healthy body weight

生活習慣 Lifestyle



避免吸煙及飲酒
Abstinence from smoking and alcohol

保持活躍 Stay active



恒常運動, 每天至少進行30分鐘中等強度體能活動
Do regular exercise, aim for at least 30 minutes of moderate intensity physical activity each day

篩查 Screening



定期參加乳癌篩查
Participate in regular breast cancer screening

如發現任何乳房症狀, 你需接受的檢查是針對乳房狀況的診斷檢查, 這些檢查與例行乳房篩查X光造影不同。即使你最近的乳房篩查結果正常, 如發現乳房有變化, 亦應盡快諮詢醫生。

If you experience any breast symptoms, a workup for your breast condition is necessary. These diagnostic tests differ from routine screening mammograms. If you notice any changes in your breasts — even if your recent screening mammogram was normal — consult your doctor promptly.

