

**Have you done your monthly breast check?
Have you had a Mammogram in the last year?
IF NOT WHY NOT?**

Breast cancer has increased by 50 % in Hong Kong in the last 2 decades.

The facts affect women, but men can also have breast cancer:

- 1 in every 24 Hong Kong women is at risk of getting breast cancer.
- Over 1,600 new breast cancer cases are found in Hong Kong each year.
- 44% rise in the rate of breast cancer in women aged 30 -39.

The good news is:

Early detection of Breast cancer can save your life. The best way to do this is:

- 1. Self-examination:** from the age of 20, take the time to do a visual and palpable breast examination. Your doctor/nurse can teach you how you should perform this correctly.
- 2. Checkup:** from the age of 30, visit your doctor regularly. He/She can do a breast check, when you have your Pap smear.
- 3. Mammograms:** from the age of 50, the World Health Organization recommends mammograms should be done every 1-2 years.

What is a mammogram and why should I have one?

A mammogram is a x-ray of the breast.

The Matilda International Hospital has a mammogram unit as part of its Early Diagnostic and Imaging Centre. The advanced screening capability of this examination, detects lumps much smaller (3 mm) than those that can be felt by women themselves, or by the most experienced physicians. Therefore, it can detect cancer early before it spreads to other parts of the body.

What can I expect during an examination?

A mammogram is a fairly routine procedure; some women find it uncomfortable some are not concerned by it. During your mammogram you will be:

- Given a short interview or questionnaire to determine your medical history.
- Asked to remove your clothes to the waist, bra, and neck jewellery. You will be given a gown to wear.
- Positioned at the mammography unit, standing or seated.

What will it feel like?

- The female radiographer will have to handle your breast to position it correctly. This can make some women feel uncomfortable, but the radiographer is trained to do this and works quickly. The x-ray plates will apply pressure and compress the breast tissue. This can be painful, but will last no more than 30 seconds. Please stay still during this time.
- Each breast's X-rayed at least twice, to ensure the entire area is examined. Occasionally the picture may have to be repeated.

It helps if you wear easy to remove clothing, do not wear deodorant or talc. Make sure you are not pregnant.



What about risks?

The dose of radiation is very low. The evidence clearly suggests that the life-saving benefits of early cancer detection far outweigh the negligible risks of low-level radiation exposure. For further assurance, consult your physician.

Why do a breast examination?

By performing monthly breast self-exams, you can check for changes in your breasts. Remember that every woman's breasts are different.

It is normal for your breasts to feel a little lumpy and uneven. Your breasts may change during pregnancy, menopause, if you are taking birth control pills or other hormones. Also, it is common for your breasts to change at different stages of your menstrual cycle.

When should I do the tests?

- It is best to do a breast examination or mammogram when you have finished your period, this is when your breast will be least tender or swollen.
- If you use oral contraceptives, do the test on the day you begin a new pill pack.
- If you are menopausal choose the same date each month.

What are the signs of breast cancer?

Women with early breast cancer usually do not feel pain or experience any symptoms at all. As the cancer grows, however, it can cause the following changes:

- A lump or thickening in, near the breast or under the arm
- A change in the size or shape of the breast
- Nipple discharge or nipple tenderness; the nipple may also be inverted, or pulled back into the breast
- Ridges or pitting of the breast; the skin may look like the skin of an orange
- A change in the way the skin of the breast, or areola, looks or feels

You should see your doctor if you experience any of these symptoms. 9 out of 10 breast lumps are not cancers, but it is important to make sure.

What else can I do?

To reduce your risk of breast cancer, current research indicates it is important to pay attention to the following points:

- **If you smoke:** stop now.
- **Diet:** you should have an increased intake of whole grains, nuts and green vegetables, but less animal protein, white sugar, dairy products and salt.
- **Exercise:** about 30 minutes a day and perform some upper body strengthening exercises twice a week.
- **Alcohol:** 2 or less units a day i.e. 2 glasses of wine.

Remember early detection is the key
SO

**Self-examination and
Mammograms are for 'your life.'**

Opening hours are:

8 am - 8 pm on Mondays to Fridays

8 am - 5 pm on Saturdays

Email: imaging@matilda.org

For further information or to book an appointment please call our centre on

2849-1540 / 2849 1528



齊來討論

乳房健康



閣下有否作每月定期乳房檢查？

閣下有否在過去一年接受乳房X光造影檢查？

如閣下未有進行以上檢查，原因何在？

在過去二十年，本港的乳癌個案已增加50%。雖然大部份資料都圍繞著女性，但事實上，男性亦有機會患上乳癌：

- 本港大約每二十四位女仕便有一位有機會患上乳癌。
- 本港每年大約發現一千六百宗新發病個案。
- 年齡介乎三十至三十九歲的女性當中，發病率已提昇達44%。

好消息是：

及早發現乳癌可挽回閣下的生命。
最佳檢查方法：

- 1. 自我檢查：**從二十歲開始便應作自我觀察及用手作乳房檢查。閣下的醫生或護士會指導閣下正確的檢查方法。
- 2. 健康檢查：**從三十歲開始便應定期約見醫生作乳房及柏氏塗片檢查。
- 3. 乳房X光造影檢查：**從五十歲開始，世界衛生組織建議應每一至兩年作乳房X光造影檢查。

什麼是乳房X光造影檢查？為什麼我要接受此檢查？

乳房X光造影檢查是乳房軟組織的X射線照片。

明德國際醫院的疾病預防及影像診斷中心輔設乳房X光造影部門。此高技術檢查能探測出細少至三毫米的硬塊，比起自我檢查或由資深醫生單憑手部觸覺更為準確。因此便能於癌細胞擴散至其它部位前探測出來。



檢查過程是甚樣的？

乳房X光造影檢查過程非常簡單。一些女仕或許會感到不適，但一般來說不會做成任何影響。檢查進行期間：

- 閣下將需接受簡短的訪問或需填寫問卷以便了解閣下的過去病歷。
- 閣下需脫下上半身的衣服，胸圍及頸飾。我們會提供長袍給閣下穿著。
- 站立或坐於乳房X光造影檢查器前。

檢查的感覺是甚樣的？

- 一位女放射治療師將會替閣下把乳房放於正確位置。一些女仕可能會因此感覺不自在但放射治療師是受過專業訓練並且能迅速地找出最適當位置。乳房組織將被壓於X光碟之間，介時可能會感到痛楚，但過程只需大約三十秒鐘，請盡量保持靜止。
- 每邊乳房需最少接受照射兩次以確保能檢查到整個面積。偶然可能有需要重復照射。

請盡量穿上容易脫下的衣服並不要在檢查前使用止汗劑或爽身粉。切勿於懷孕期間接受此檢查。

檢查會否帶來風險？

此檢查的幅射性很低。研究指出及早發現癌病的好處遠遠超越低幅射可能帶來的風險。欲知詳情，可請教閣下的醫生。

為何需要自我檢查？

作定期自我檢查有助閣下了解乳房的變化。緊記每位女仕的乳房都有所不同。如閣下感到乳房凹凸不平是正常的。乳房可能會於懷孕或更年期間出現變化，服食避孕藥或荷爾蒙補充劑也可能會引起同樣變化。於不同階段的月經期間乳房亦會出現不同的變化。

應什麼時候接受檢查？

- 最好在月經來潮後接受檢查；那時乳房不會太腫脹或敏感。
- 如閣下正服食避孕藥，請於開始一包新藥當日接受檢查。
- 如已過更年期，請選擇每月的同一日接受檢查。

乳癌會出現什麼徵狀？

一般患有早期乳癌的女仕不會感到任何痛楚或出現任何徵狀。一但癌病開始增長便會引起以下變化：

- 乳房或腋下出現硬塊。
- 乳房體積或形狀出現變化。
- 乳頭變得觸痛或流出分泌物；乳頭出現凹入情況。
- 乳房出現坑紋或脊狀，或呈橙皮紋。
- 乳房或乳頭在視覺上或感覺上出現變化。

如閣下出現任何徵狀應約見醫生。九成的乳房硬塊均不屬癌病，但也應得以求正。

我還應注意些什麼？

要減低患乳癌的風險，研究指出應注意以下事項：

- 如有吸煙習慣，請即戒除。
- 在飲食方面，應多進食穀類，果仁及蔬菜。減少進食動物蛋白質，白糖，奶類製品及鹽。
- 每天應進行大約三十分鐘的運動並每星期作兩次強化上身的運動。
- 每天不應飲用超過兩個單位的酒類飲料，如兩杯紅酒。

緊記及早發現，自我檢查及乳房X光造影檢查可挽回閣下的生命

辨工時間：

星期一至五：上午八時至晚上八時

星期六：上午八時至下午五時

電郵：imaging@matilda.org

詳情或預約請致電 2849 1540 / 2849 1528