

Breast Screening

Information and advice for patients

Cantonese



Where
EVERYONE
Matters





Information about Breast Screening

當乳房出現任何變化，乳房造影掃描是最好的檢方法。

Breast Screening is the best way to check if you have any changes in your breasts.

在醫生看你和你作檢查前，造影掃描就可以顯示這些變化。

These changes can be picked up at screening before you or your doctor can see or feel them.

造影掃描就是使用乳房攝影術(乳房X-射線) 造影，然後由專業人員研究造影底片。

結果會寄送你的家中或你的家庭醫生。

Screening involves having a mammogram (breast x-ray) which is then read by specialist film readers.

The result will be sent to you at home and to your GP.

關於乳癌的一些事實

Facts about Breast Cancer

➤ 每九個婦女中，有一個會在一生裡的某個時患乳癌。

1 in 9 women will develop breast cancer at some time in their life.



- 全球婦女所患的惡性腫瘤中，百分之二十五是乳癌。

Worldwide: 25% of all female cancer.

- 在你所屬的年齡組別裡，乳癌是較多發生的。百分之八十的乳癌患者是五十歲以上的婦女。

Breast Cancer is more common in women in your age group as 80% of breast cancers occur in women who are over 50 years.

- 通過乳房掃描，可以在較早期發現乳癌的形式，從而確保較大可能完全康復。這將大大提高你的生存機會。

Most breast cancers found at screening are at an early stage when there is a good chance of a successful recovery and this greatly influences your survival chances.

因此，造影掃描可以保持你的乳房健康，非常重要。而這只會花費幾分鐘的時間。

That is why it is important to be screened and it helps keep your breasts healthy and it only takes a few minutes.

會安排我去檢查嗎？

How will I be invited?

所有年齡在50到70之間的(已經在家庭醫生診所登記的)婦女每三年都會被邀請作一次乳房造影描。

70歲以上的不會自動被邀請作檢查。病變的風險會隨年齡增長，因此70歲以上的會比較年輕的面對較大的風險。

All women aged between 50 and 70 (who are registered with a GP) are automatically invited for breast screening every 3 years.

If you are over 70 years, you will not automatically be invited. Women over 70 years are more at risk than younger women because the risk increases with age.

現在仍有提供免費乳房造影掃描，請電話聯絡乳房造影掃描科作出安排。

Screening is still available and free; you just need to call the breast screening office to arrange it.

是怎麼樣安排的呢？

What happens?

只要你已在家庭醫生診所登記，你會收到造影掃描的邀請信。

You will be sent a letter inviting you to come for screening as long as you are registered with a GP.

如果你不可以在安排的日期去檢查，你可以打電話給乳房造影掃描科更改預約時間。

大小尺寸出現變化 - 一邊乳房明顯變得比另一邊大。



乳頭凹陷，位置或形狀出現變化。

乳頭週圍出現疹子。

乳頭排出分泌物。

皮膚出現皺褶或小凹點。

腋窩或鎖骨週圍腫脹。

部份出現腫塊或增厚，與乳房其它部位感覺有異。
乳房一部份或腋窩長期疼痛。

If you cannot attend on that date, you can easily change your appointment by telephoning the breast screening office.



0121 507 4967/4927

在什麼地方檢查？

Where will this happen?

可能是一個流動檢測中心，也可能在市立醫院 (City Hospital) 或華素爾莊園醫院 (Walsall Manor Hospital) 的乳房科。

This could be either on a mobile unit or at The Breast Unit at City Hospital or at The Manor Hospital Walsall.





在流動中心工作的都是女性，男士都要在外面等候。一切私隱都得到保護。

Only women work on the mobile unit.

Men are asked to wait outside the unit so it is private.

去檢查的時候，我須要帶些什麼東西或作一些準備嗎？

Is there anything I need to do or bring with me when I come for screening?

請帶你的邀請信。也請帶你的護照或醫療卡，讓我們可以在檢查前核實你的姓名，出生日期和住址。

Please bring your invitation letter with you. Also your passport or medical card as we need to confirm your Name, Date of Birth and Address before we can screen you.



請前往接待處。那裡有人為你登記和協助你。

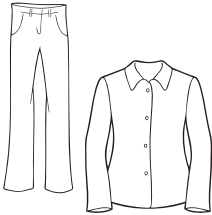
Go to the reception desk and someone will be there to book you in and help you.

到你要檢查的時候，你會被安排進入更衣室作備。

When it is your turn to be screened you will be asked to get ready in a changing room.

最好穿著上下身分開的服裝。也最好穿可以在前方打開的短上衣或羊毛衫。

It is best to wear separates. A cardigan or blouse is best as it opens at the front.



拍攝乳房X光片

Having a mammogram

從前方拍攝一張



從側面拍攝一張



- 我們會解釋進行的程序。

We will explain to you what we are going to do.

- 讓你看看X-光機。

Show you the x-ray machine.

- 我們會從兩個方向 – 前方和側面拍攝每個乳房。

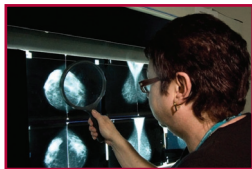
Two views are taken of each breast. One from the front and one from the side.

- X-光機在兩張感光片間逐漸加壓大約六秒鐘，拍攝完成後就會自動放開。感覺有點像量度血壓，只是力度還要輕一點。

The machine will slowly apply a gradual pressure between the two plates for about 6 seconds and then it releases automatically as soon as we've taken the x-ray. It is a similar feeling to having your blood pressure taken but not so intense.

時間不會長。

It will not take long.



放射線醫生(研讀X-光片的專業醫生) 和乳房X-光片專業讀片員會研究你的X-光攝影片。

A radiologist (who is a doctor who specialises in reading x-rays) and specialised film reading mammographers, will report on your films.

我怎樣知道檢查結果？

How do I receive my results?

大概三個星期內，信件會寄到你家中。

A letter will be sent to you at home in about 3 weeks.

在兩次檢查之間，我須要做些什麼嗎？

Do I need to do anything between my screenings? 

造影掃描只是幫助發現已經出現的乳癌。你在平時要注意你的乳房的情況。乳癌可能在任何時間發生，你要注意乳房出現的任何變化。有些婦女會在五十歲前或在兩次掃描之間患上乳癌。

Yes you need to be breast aware as breast screening only helps to find breast cancer if it is already there. You should be aware of any changes in your breasts because breast cancer can develop at any time. Some women may develop breast cancer before they are 50 years or between their screening mammograms.



要注意些什麼呢

How to be breast aware

這要靠觀察和觸摸 – 注意有沒有這些變化:-

By looking and feeling - changes to look for:-



大小尺寸出現變化 – 一邊乳房明顯變得比另一邊大。

A change in size - one breast becoming much larger than the other.

乳頭凹陷，位置或形狀出現變化。

A nipple has become inverted (pulled in) or has changed its position or shape.

乳頭週圍出現疹子。

A rash around the nipple.



乳頭排出分泌物。

A discharge from the nipple.

皮膚出現皺褶或小凹點。

Puckering or dimpling of the skin.

腋窩或鎖骨週圍腫脹。

A swelling under your armpit or around your collarbone.

部份出現腫塊或增厚，與乳房其它部位感覺有異。
A lump or thickening in your breast that feels different from the rest of the breast.

乳房一部份或腋窩長期疼痛。

Constant pain in one part of your breast or in your armpit.

乳房造影掃描提要

A summary of Breast Screening



- 大多數乳癌在出現早期，在你憑觀察或觸摸發現之前已經檢查出來。這樣，患者有很大機會完全康復。

Most breast cancers are found at an early stage before you can see or feel them, when there is a good chance of a successful recovery.

- 半數以上在掃描時發現的癌腫都很小，可以從乳房內取出(而毋須切除整個乳房)。

Around half the cancers found at screening are still small enough to be removed from the breast (the whole breast does not have to be removed).

- 在全國，乳房造影掃描每年拯救了大約1,400條性命。

Breast screening saves an estimated 1,400 lives every year in this country.





- 掃描減低接受檢查的婦女死於乳癌的風險。
Breast screening reduces the risk of the women who attend dying from breast cancer.
- 有時候，我們不太肯定一些乳房X-光片檢查的結果。我們會邀請這些婦女再來檢查。經過進一步檢查，很多婦女都證實沒有患乳癌。
We will call some women back for more investigations if we are unsure about their mammogram. After more tests, we will find many of these women will not have cancer.
- 有些時候，掃描會錯過已出現的癌變。
Screening may miss some cancers.
- 不是所有在掃描時發現的癌變都可以治療。
Not all breast cancers that are found at screening can be cured.
- 很多婦女在接受乳房X-光攝影時不適，部份會感到痛楚。不過這只會持續一段短時間。
Many women find having a mammogram uncomfortable or occasionally painful, but only for a brief period of time.



如果你對乳房造影掃描或你的乳房有任何問題或疑慮，你可以問你的：

If you have any more concerns or questions about breast screening or about your breasts, you can speak to your:

➤ 家庭醫生
GP

➤ 執業護士
Practice Nurse

➤ 地區乳房掃描科
Local Breast Screening Service



City, Sandwell and Walsall Breast Screening Services

0121 507 4967/4927

Open Monday to Friday 9.00am - 4.00pm

Acknowledgements

Dudley Group of Hospitals

Dudley PCT Speech & Language Department

Leeds University

Nottingham PCT



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A Teaching Trust of The University of Birmingham
Incorporating City, Sandwell and Rowley Regis Hospitals

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ML3205

Issue Date: January 2011

Review Date: January 2013