

Breast Clinic 乳病外科門診



Personal Screening 檢查

Research shows that the earlier breast cancer is detected and diagnosed, the better the outcome. We highly recommend regular breast checks for all women according to age and family history.

研究發現，愈早診斷出乳癌，治療結果愈理想。我們鼓勵所有婦女根據其年齡和家族病史，定期接受乳房檢查。

	Age 年齡 (years old 歲)			
	20-39	30-39	40-49	≥50
Breast Self Examination 乳房自我檢查	Monthly 每月			
Clinical Breast Examination 乳房臨床觸診	Once every 2 years 每2年	Once a year 每年		
Mammogram +/- Ultrasound 乳房造影 +/- 超聲波掃描	Depends on family history 視乎家族病史	Once a year 每年	Once or twice a year 每年1-2次	

Appointment & Enquiries 預約及查詢

For more information or to make an appointment with one of our specialists, please contact us or visit our website.

如欲進一步了解上內容，或預約本院專科醫生，請與我們聯絡，或瀏覽本院網站。

Health Assessment Center 身體檢查中心

Telephone 電話：(852) 3651 8789

Email 電郵：cohealth@hkah.org.hk

Website 網站：www.hkah.org.hk



Adventist Medical Center 港安醫療中心

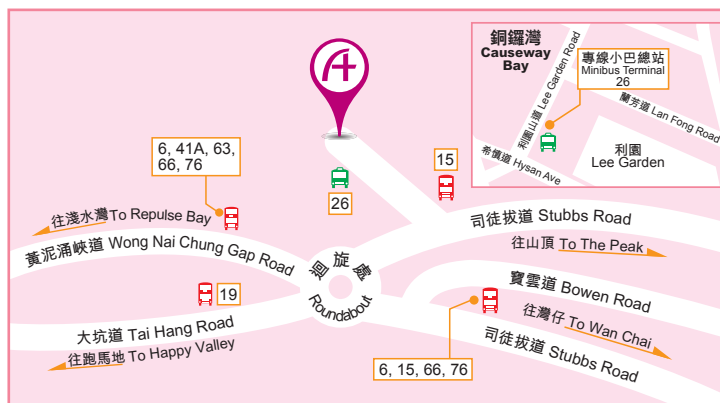
Telephone 電話：(852) 2782 2202

Address 地址：Unit 1606-1610, 16/F,

Hang Lung Centre, 2-20 Paterson Street,

Causeway Bay, Hong Kong

香港銅鑼灣百德新街2-20號恒隆中心16樓1606-10室



* Taxi & Minibus no. 26 are available to and from the front entrance of Hospital.
乘計程車及專線小巴26號可直達本院大門前

Bus 巴士

- 6, 15, 66 Central Bus Station 中環巴士總站
- 76 Causeway Bay 銅鑼灣
- 41A, 63 North Point 北角
- 19 Siu Sai Wan 小西灣

Minibus 專線小巴

- 5, 26 Causeway Bay 銅鑼灣
- 24M Admiralty 金鐘

Taxi 計程車

Available to and from the front entrance of Hospital
乘計程車可直達本院大門前

Parking 停車場

Parking is available for a fee for patients and visitors
本院設有收費停車場予病人及其家屬使用

Hong Kong Adventist Hospital — Stubbs Road 香港港安醫院—司徒拔道

Address 地址：40 Stubbs Road, Hong Kong
香港司徒拔道40號

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Breast Clinic 乳病外科門診

Breast Cancer is the most common female cancer in Hong Kong, and is the third most common cause of cancer deaths. The number of new cases has tripled in the past twenty years, and it is estimated that one in every 17 women in Hong Kong will develop breast cancer during her lifetime. Reassuringly, most breast-related problems are benign; however, it is imperative that all women have their breast concerns properly assessed by experienced doctors as early detection saves lives.

在香港，乳癌是女性最普遍患上的癌症，它同時是第三位癌病殺手。乳癌新症數字在過去廿年增加兩倍。據估計，每十七名香港婦女中，就有一名在一生中有機會患上乳癌。幸好，大部份乳房問題都是良性的。不過，及早發現有助拯救性命，以審慎起見，所有婦女應該正確地關注她們的乳房，最好是由富經驗的醫生檢查。



Breast Clinic

Breast Symptoms 病徵

Changes in the breast such as:

- + Breast lumps#
- + Breast pain
- + Breast skin change and deformity
- + Nipple retraction
- + Nipple discharge

The most common symptom seen in breast cancer

乳房出現以下任何變化：

- + 乳房有硬塊#
- + 乳房痛楚
- + 乳房皮膚改變或畸型
- + 乳頭凹陷
- + 乳頭流出分泌物

#最常見的乳癌症狀



A Multidisciplinary Team 專業醫療團隊

Optimal care for breast cancer involves tailored treatment plans for each individual patient along with collaborative efforts from experts in all relevant specialties. Our Breast Clinic consists of a team of experienced specialists including breast surgeons, oncologists, radiologists, plastic surgeons, experienced nurses, physiotherapists, registered dietitians, and lifestyle management specialists.

最好的乳癌治療需由具不同專長的專家合力為病人度身訂造治療計劃。我們的乳房中心擁有由富經驗的專家組成的醫療團隊，包括乳房外科、腫瘤科、放射科和整形外科專科醫生，還有富經驗的護士、物理治療師、註冊營養師和健康生活管理團隊。

Breast Clinic

Comprehensive Service and State-of-the-Art Technology 綜合式服務及先進科技

The Hong Kong Adventist Hospital – Stubbs Road Breast Clinic provides a full range of in-house breast health services from screening, clinical breast examination and diagnosis to treatment, counseling and cancer aftercare. Digital mammography, ultrasound, magnetic resonance imaging (MRI), positron emission tomography and computed tomography (PET-CT) scans and biopsy facilities ensure a prompt and accurate diagnosis. We offer the most current and optimal treatment options in surgery, including breast-conserving and oncoplastic surgery, sentinel lymph node biopsy and reconstruction, as well as radiotherapy, chemotherapy, hormonal therapy and targeted therapy.

香港安醫院—司徒拔道的乳房中心提供周全的乳房健康服務，由普查、臨床檢查和診斷，至治療、輔導和癌症病後護理都由醫院提供。數碼乳房X光造影、超聲波、磁力共振、正電子及電腦掃描，和活組織檢驗設備，確保迅速而準確地診斷病情。在治療方面，我們提供現時最先進的治療方式以供選擇，包括乳房保留及重建術、前哨淋巴結組織化驗和乳房再造術，也提供放射治療（電療）、化學治療（化療）、荷爾蒙治療和標靶治療。



Breast Clinic



Breast Health Check Program

Breast Health Check Program
Managed by Hospital Designated Specialist

Breast Health Check Program		
Items	Plan A	Plan B
Mammogram	✓	
Ultrasound Breast (Bilateral)	✓	✓
Clinical Examination, Detailed Assessment and Explanation by Specialist	✓	✓
Package Price	HK\$3,600	HK\$2,900

Terms and Conditions

- + Patients with breast symptoms or who have a mammogram or ultrasound breast within the last 12 months should make an appointment with our specialist before selecting a plan.
- + Package fee includes ONE consultation and the indicated examination (s), but does not include follow-up consultation(s), medication, and treatment (if needed).
- + If further examination on an out-patient basis is required, such as additional breast imaging, breast biopsy, pathological examination, or blood tests, additional fees will apply. Please contact our center for details.
- + Hong Kong Adventist Hospital – Stubbs Road reserves the right to make alterations to the price list and the services offered without prior notice.

Booking and Enquiries

For further information or bookings, please contact us on (852) 3651 8789, email cohealth@hkah.org.hk, or visit our website at www.hkah.org.hk.

乳房健康檢查計劃

A 乳房健康檢查計劃 由本院指定專科醫生主理

A 乳房健康檢查計劃

項目	計劃一	計劃二
乳房X光造影	✓	
乳房超聲波掃描（兩側乳房）	✓	✓
專科醫生臨床檢查、病歷評估及詳細解釋醫療報告	✓	✓
費用	HK\$3,600	HK\$2,900

條款及細則

- + 如有乳房病徵或於過去12個月內曾接受過乳房X光造影檢查或乳房超聲波掃描檢查，請先致電約見本院專科醫生。
- + 上述收費已包括註明的檢查項目及一次專科醫生面診，但不包括覆診、藥物和治療（如有）。
- + 若需額外檢查或檢驗，例如加照乳房造影、抽取乳房活組織、病理化驗、驗血等，均須額外收費。詳情請向本中心職員查詢。
- + 香港港安醫院—司徒拔道保留更改或刪改以上資料而不作另行通知。

預約及查詢

如欲進一步了解上述內容或預約服務，歡迎致電(852) 3651 8789或電郵至cohealth@hkah.org.hk與我們聯絡，或瀏覽我們的網站www.hkah.org.hk。



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