

## 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。

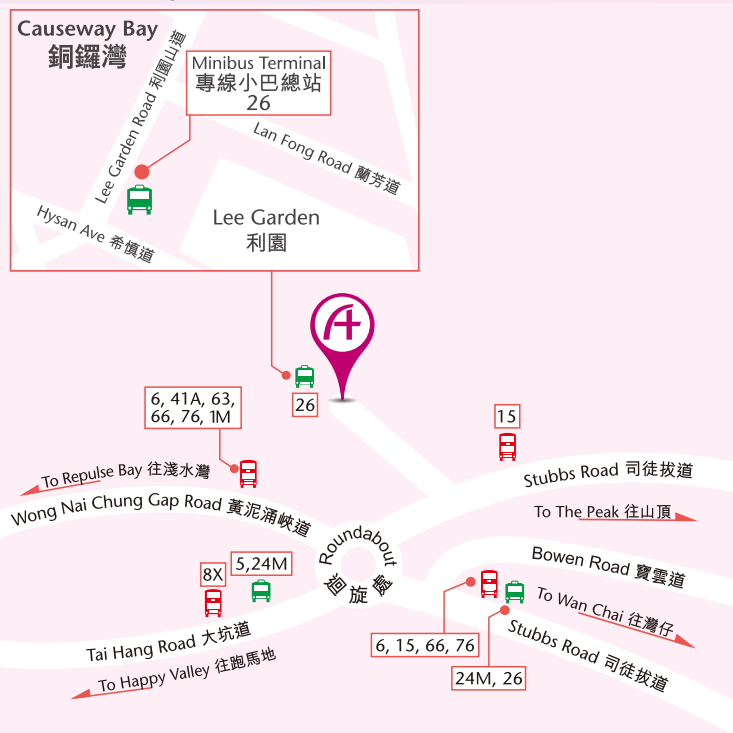
A	Age 年齡 (years old 歲)			
	20-39	30-39	40-49	≥50
Breast Self Examination 乳房自我檢查	Monthly 每月			
Clinical Breast Examination 乳房臨床觸診	Once every 2 years 每2年	Once a year 每年		
Mammogram +/- Ultrasound 乳房造影 +/- 超聲波掃描	Depends on family history 視乎家族病史	Once a year 每年	Once or twice a year 每年1-2次	

## Opening Hours 開放時間

Monday – Friday 09:00 - 18:00  
星期一至星期五

24-hour Urgent Care Services are available  
本院設有二十四小時急診服務

## 路線圖 Map



## Hong Kong Adventist Hospital – Stubbs Road 香港港安醫院一司徒拔道

40 Stubbs Road, Hong Kong  
香港司徒拔道40號  
(852) 2835 0626  
breast.carecenter@hkah.org.hk



Service Information  
服務詳情



Add Download App  
下載應用程式



Contact By Message  
以短訊聯絡

2022/09 Revised 修訂

Adventist 港  
Health 安

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



## Breast Clinic 乳病外科門診



Breast Clinic

Extending the Healing Ministry of Christ  
延續基督的醫治大能

## 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