



4 Important Steps To Maintain Healthy Breasts

- Monthly self-examination
- Yearly examination by doctor
- Regular mammography and / or ultrasound
- Risk assessment by doctor for patients with a family history of breast cancer.



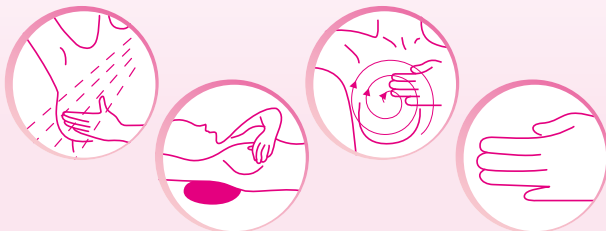
Breast Self-Examination

Inspection

- 1 Disrobe and stand in front of a mirror with your arms at your sides, and look for any change in size, shape, or symmetry.
- 2 View the breasts from each side, as well as facing forward and look for the following:
 - + Asymmetry
 - + Redness or changes in skin color
 - + Puckering, dimpling or bulging of skin
 - + Inversion, or other changes in the nipple

Palpation

- 1 You should do this in both the standing or lying positions. Place one of your hands behind your head, and with the other hand, press the pads of your three middle fingers on the breast. Using a circular massaging motion, feel for any lump or area of thickening. Begin at the margins of the breast and work towards the nipple, being sure to check the whole of the breast.
- 2 Gently squeeze each nipple to check for any discharge or blood.
- 3 Check the other breast using the same technique.



Tips For Breast Self-Examination

Early detection means increased prospects of cure. Some doctors advice that breast self-examination should be performed from age 20 or after the first menstrual cycle. The best time to perform this examination is between the 7th and 10th days after the start of your period. Postmenopausal women should examine their breasts on the first day of each month. Regular self-examination makes early detection of any abnormality more likely, and should then lead to immediate assessment by the doctor. Because breast self-examination can detect only some of the manifestations of breast cancer, it is necessary to have regular examinations and screening tests by doctor.

Healthy Breast Maintenance Schedule				
Examination Age	Self-Examination	Examination by doctor	Ultrasound Breast	Mammogram
20-34	Monthly	Every 3 years	-	-
35-39	Monthly	Every 2-3 years	Yearly	-
40-49	Monthly	Every 2 years	Yearly	Every 2 years
50+	Monthly	Every 2 years	Yearly	Yearly

Booking and Enquiries

(852) 2835 0626

(852) 9860 6718

Please provide name and contact number in text message. Our Center will contact you by phone to confirm. Do not send voice messages or graphics.

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健康乳房四部曲

- 🎗️ 每月自我檢查
- 🎗️ 每年接受醫生檢查
- 🎗️ 定期接受乳房X光造影和/或超聲波檢查
- 🎗️ 如有乳癌家族史，接受由醫生主理的風險評估



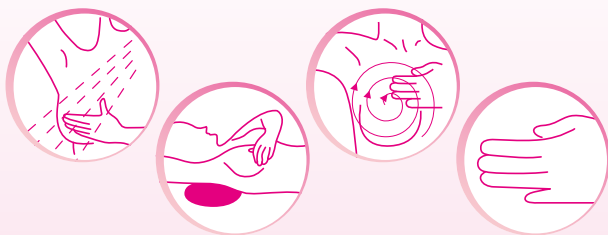
乳房自我檢查

觀察

- 1 立於鏡前，兩手叉腰，仔細觀察兩邊乳房形狀
- 2 雙手叉腰，從不同角度觀察乳房有否變化，包括：
 - + 兩邊不對稱
 - + 皮膚泛紅、不尋常的顏色轉變
 - + 皮膚變異，例如呈橙皮狀、皺起或凹入
 - + 乳頭凹陷、形狀改變或位置異常

觸感

- 1 仰臥或站立，然後一手舉高放在後頸，另一手手指並攏，中間三指的指腹從腋下開始，從外至內以打圈方式輕按整個乳房，感覺有沒有硬塊或增厚。
- 2 輕輕擠壓乳頭，觀察有沒有分泌物。
- 3 另一邊乳房重覆步驟1和2。



乳房檢查小貼士

愈早發現並接受治療，乳癌的治癒率愈高。一般建議女性自20歲起，或首次自經來臨後，於月經後第7至10日，或每月第一天（已停經婦女）自我檢查乳房一次。通過定期自我檢查，有助及早察覺異狀或變化，然後通知醫生。另外，通過醫生臨床檢查和儀器輔助，有助偵測出早期乳癌，減低死亡率。

4 乳房檢查周期表

檢查方法 年齡	自我檢查	接受醫生 檢查	乳房超聲波 檢查	乳房X光 檢查
20-34	每月	每3年	-	-
35-39	每月	每2-3年	每年	-
40-49	每月	每2年	每年	每2年
50+	每月	每2年	每年	每年

預約及查詢

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請以文字信息提供姓名及聯絡方法，本中心稍後由專人致電聯絡。
請勿留言或傳送圖片。

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