

乳房檢查計劃

Breast Screening Packages

檢查項目 Examinations	乳房X光造影或 超聲波檢查計劃 Mammography OR U/S Breasts Package	乳房X光造影及 超聲波檢查計劃 Mammography AND U/S Breasts Package
詳細乳房檢查 Detailed Breast Examination	✓	✓
乳房X光造影 Mammography		✓
超聲波乳房檢查 U/S Breasts	✓*	✓
專科醫生會診 Specialist Consultation	✓	✓
詳細檢查報告 Detailed Medical Report	✓	✓
費用Charges	\$1,350	\$2,020

*附註：35歲以下的女士建議進行乳房超聲波；35歲或以上建議進行乳房X光造影及超聲波檢查。
*Remarks: Breast ultrasound is advisable for women aged under 35. Mammogram and breast ultrasound is advisable for women aged 35 or above.

- 已參加婦女健康計劃者，亦需另行預約。
Advance booking is required for participants who have performed Well Woman Programme.
- 檢查套餐不適用於住院顧客
Check-up packages not applicable to in-patients
- 有關檢查報告需約一星期
Reports usually available one week after check-up



預約及查詢
Booking and Enquiry
2608 3228

乳房保健及治療中心 Union Breast Centre

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交通設施 Traffic Facilities

本院設有免費穿梭巴士，行走本院及大圍。
Free Union Hospital Shuttle Buses run between the Hospital and Tai Wai.

專線小巴 : 68K (由沙田及大圍港鐵站開出)
Green Bus : (From Shatin and Tai Wai MTR Stations)
公共巴士 : 46P, 46X, 80, 80P, 81M, 85B, 863, 87B, 88M, 89B
Buses : (由九龍開出 From Kowloon)

請登入以上網址申請成為「仁安醫院@新消息速遞」會員，
您便可收到本院最新健康活動資訊。

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仁安醫院
UNION HOSPITAL

乳房保健 及治療中心 Union Breast Centre



仁心、安心、貼您心

Tender • Loving • Caring





“**乳**房保健中心於2003年成立，目的為婦女提供一站式全面的乳房診斷、治療及普查保健服務。

Union Breast Centre was established in 2003, aiming to provide one-stop full service on diagnosis, treatment and breast screening programmes.

乳癌 Breast Cancer

自九十年代開始，乳癌已經超越肺癌，成為香港女性最常見的癌症。乳癌的病發率正不斷上升，由1993年的1152宗上升至2007年的2701宗，增幅超過一倍，約每20位女性，便有一位患上乳癌。

Since 1990's, breast cancer replaces lung cancer, becoming the most common cancer among females in Hong Kong. The number of breast cancer cases diagnosed for females doubled from 1,152 in 1993 to 2,701 in 2007, 1 out of 20 women develops breast cancer.

病徵及診斷 Symptoms and Diagnosis

乳癌初期的病徵並不明顯，患者可能會發現乳房或腋下有腫塊、乳房皮膚凹陷或呈橙皮狀、乳頭下陷、乳頭有不正常分泌或出血等症狀。

乳房X光造影檢查有助檢測乳腺組織的改變及早期細小的癌變，不過乳房X光造影術只能檢驗出85-90%的乳癌，所以必須配合醫生的臨床檢查診斷。如果乳房X光結果異常，便需接受進一步檢查。



Breast cancers are usually silent at early stage. Some patients might experience the following changes: lump or swelling, skin irritation or dimpling, puckering of breast skin, nipple inversion or unusual discharge or bleeding from nipples.

Mammogram is an x-ray of the compressed breast, which helps the early detection of breast cancer. As it can help detecting only 85% to 90% of all breast cancers, patients need to discuss with medical professionals for a clear diagnosis. Further investigation such as biopsy will be required if any abnormalities were found in the screening.

普查方法 Screening Methods



目前最有效的普查方法是利用乳房X光造影術及早為乳癌作出診斷，從而降低死亡機會。年過35歲的婦女患上乳癌機會相對提高，所以建議35歲或以上的婦女進行乳房X光造影術，但X光造影並未能檢驗出所有乳癌。中國女性的乳房組織比較密及少脂肪，在X光造影術下往往難於察覺異樣，而乳房超聲波則能輔助X光造影術，偵測較細小的乳癌。



The use of mammography is effective in diagnosing breast cancer early and thus in reducing mortality. Once a woman reaches 35, the chance of cancer increases even further.

Screening mammography is recommended for women aged 35 or above. Even so, mammogram cannot detect all breast cancers. In dense breasts common in Chinese, many cancers may be obscured on mammography. Ultrasound imaging is supplementary to mammography for detecting small breast cancers that may not be visible on mammography.

乳癌的高風險因素 Risk Factors

- 有乳癌的家族病歷
Family history of breast cancer
- 未生育過或較遲生育的婦女
Nullparity, late age at first birth
- 個人曾患乳癌或非典型病變
History of breast cancer or atypical breast conditions
- 較年輕時開始月經或較遲停經
Early menarche, late menopause

減低患上乳癌的建議 Primary Prevention

- 不要酗酒
Abstain from alcohol
- 少吃高脂肪食物
Avoid too much fat in diet
- 控制體重及多做運動
Control body weight and have regular exercise
- 多吃水果、蔬菜
High intake of fruit and vegetables