

## 乳房保健及治療中心 Union Breast Centre

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## 乳房檢查計劃 Breasts Screening Package

檢查項目 Items	乳房超聲波 檢查計劃 U/S Breasts Package	乳房X光造影 及超聲波檢查計劃 2D Mammography & U/S Breasts Package	三維立體乳房X光造影 及超聲波檢查計劃 3D Mammography & 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	\$1,850	\$2,650	\$3,500

- \* 附註：35歲以下的女士建議進行乳房超聲波；35歲以上的女士須進行乳房X光造影及超聲波檢查。
- \* 是否適合進行單項乳房X光造影或超聲波檢查計劃，由醫生根據顧客之情況而決定。
- \* Remarks: Breast ultrasound is advisable for women aged under 35. Mammogram and breast ultrasound is advisable for women aged 35 or above.
- \* Mammogram or Ultrasound Breasts Test will be recommended after doctor diagnosis.

- 檢查套餐不適用於住院顧客  
Screening packages are not applicable to in-patients.

聲明 Disclaimers:  
是否適合參加檢查計劃需由醫護人員根據顧客之情況而定。  
Union Hospital reserves the rights of final decision as to the suitability of individual clients joining the screening package.



預約及查詢  
Booking and Enquiry  
2608 3228



### 交通設施 Traffic Facilities

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

專線小巴 Green Mini Bus : 68K (由沙田及大圍港鐵站開出)  
(From Shatin and Tai Wai MTR Station)

公共巴士 Buses : 46P, 46X, 80, 80P, 85B, 87B, 89B, 249X, 281M, 286X, 287X (由九龍開出 From Kowloon)

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“**乳**房保健及治療中心於2003年成立，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.

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## 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，在1993至2017年間，本港女性確診乳癌的個案增加3.8倍，由每年的1,152宗增至每年4,373宗，平均每每天有12名女士確診。

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 has increased by 3.8 times from 1,152 in 1993 to 4,373 in 2017, on average, about 12 women are diagnosed with breast cancer every day.

## 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光造影技術只能檢驗出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