

Breast Cancer Factsheet

Mandarin

乳腺癌

Breast Cancer

每年在英国超过44,000名妇女是被诊断患上乳腺癌。

由于及早检测和较好的治疗，如今有更多妇女是可以从乳腺癌痊愈过来。认识乳腺癌的征象及早发现病情是很重要的。您应该知道您的乳房外形和平常的感觉是怎样，以便您能够迅速地发现任何变化。

我应该怎样检查我的乳房？

这里没有检查乳房的规定方式，但你应该定期拨出时间来做检查。

乳房知识5重点

1. 知道您平常的状况是怎样。
2. 知道留意什么形状和感觉上的变化。
3. 形状和感觉。
4. 即时向您的家庭医生报告任何变化。
5. 如果您是年龄50岁或以上，应该定期出席乳房检测预约。

我应该检查什么？

如果您发现有列情况，应该通知您的医生：

- 在您的乳房或腋窝有硬块或皮肤变厚
- 您的乳房大小或形状有变化
- 皮肤起波纹(像橙皮)
- 您的乳头形状有改变，尤其是乳头向内曲，凹进乳房里或形状变得不规则
- 乳头有血丝流出来
- 乳头或周边的地方出现红疹

如果我发现有变化应该怎样？

如果您发现你的乳房有变化，尽量不要担心，但应该尽快去看您的家庭医生。切记大多数乳房的变化都不会是癌症。及早检测意味着如果发现癌症，这是可以得到更有效的治疗。

如果您有任何关于健康的问题，可以致电0845 4647向国民保健服务直线查询

资料来源：英国癌症研究和乳腺癌护理

Breast Cancer Factsheet

English



Breast cancer

Over 44,000 women are diagnosed with breast cancer each year in the UK.

More women survive breast cancer today due to earlier detection and better treatments. Being aware of the symptoms of breast cancer is important to find it early. You should know how your breasts look and feel normally, so that you notice any changes quickly.

How should I check my breasts?

There is no set way to check your breasts, but you should find time to do it on a regular basis.

The breast awareness 5-point code

1. Know what is normal for you.
2. Know what changes to look and feel for.
3. Look and feel.
4. Report any changes to your GP without delay.
5. Attend for routine breast screening if you are aged 50 or over.

What should I check for?

Inform your doctor if you experience:

- A lump or thickening in your breast or armpit
- A change in the size or shape of your breast
- Dimpling of the skin (like orange peel)
- A change in the shape of your nipple, particularly if it turns in, sinks into the breast or becomes irregular in shape
- A blood-stained discharge from the nipple
- A rash on a nipple or surrounding area

What if I do find changes?

If you do notice a change in your breasts, try not to worry but see your GP as soon as you can.

Remember most changes in the breast will not be cancer. Early detection can mean more effective treatment if cancer is found.

If you have questions about your health you can contact NHS Direct on **0845 4647**

Sources: Cancer Research UK and Breast Cancer Care

Manchester Public Health Development Service