

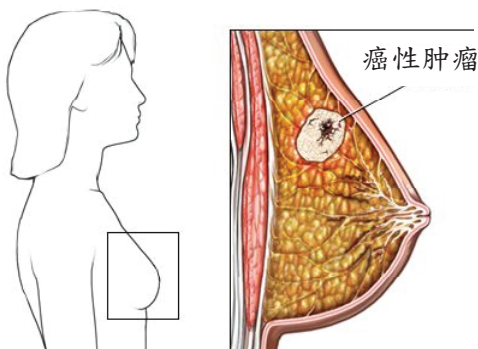
认识乳癌及自我保健

女性健康

Women's Health

Protect Yourself
From Breast Cancer

什么是乳癌？



乳癌是指乳房内的细胞不受控制地异常生长,并形成肿瘤。

» 在美国，乳癌是导致妇女死亡的第二种最常见的主要癌症。

» 乳癌是妇女最常见的癌症。

» 在美国，平均每八位妇女中就有一位会在她的一生中患乳癌。

不论种族和年龄，每一位妇女都有患乳癌的风险。



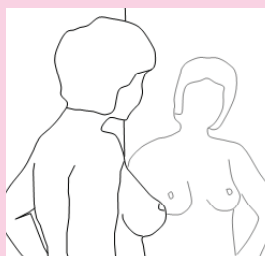
我有患乳癌的风险吗？

请记住，下列是增加妇女患乳癌的风险因素：

- » 年龄
- » 自己或家人曾患过乳癌
- » 十二岁前月经初潮
- » 从未生育子女，或超过三十岁以上才生育
- » 年龄超过五十五岁以上才绝经
- » 曾使用雌激素和黄体酮激素治疗
- » 抽烟
- » 饮酒
- » 成年期体重增加或绝经后体重超重

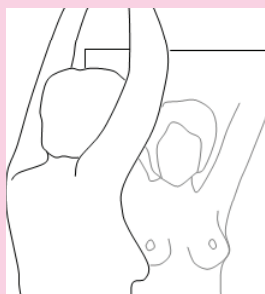
乳房保健四步骤？

（一）每月在家做一次乳房自我检查



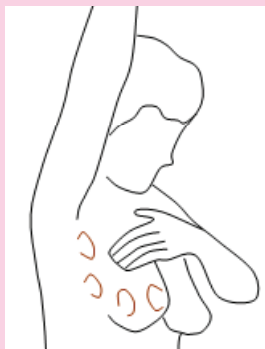
面对镜子做以下動作，注意观察乳房有无不正常的变化：

- » 把双臂垂放在身体左右
- » 把双臂向上高举
- » 把双手压放在腰骨上，将胸部挺起
- » 把双手轻放在腰骨上，将上半身向前倾



如果你发现自己的皮肤有凹陷，或出现皱纹，红疹，乳头流出有色液体，都是异常征兆，需要立即通知医生。

按照以下動作，摸摸看乳房内是否有肿块或小的硬块：



- » 将右手举起
- » 将左手中间三指并拢，平放在右乳房上部
- » 沿乳房轻轻循环压移，用力要均匀，动作要稳定，手指不要离开皮肤
- » 用上下来回形式检查乳房
- » 透过指压方法感觉乳房周围、锁骨下部及腋下有无任何变化
- » 用同样的方法检查左乳房



你也可以躺著做自我乳房檢查：

- » 仰面躺下，在右肩下面放一个枕头
- » 重复以上动作来摸摸看乳房内是否有肿块或小的硬块

如果你发现肿块或其它任何变化，请立即与医生联系并接受检查。

（二）见医生并接受临床乳房检查

- » 医生将触摸你的乳房及腋下，检查是否有肿块和其它变化
- » 二十岁以上的妇女应该每年接受一次临床乳房检查

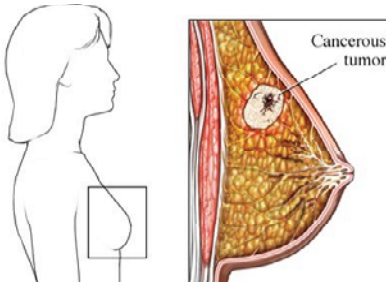
（三）以下妇女应该每年接受一次乳房X光照片检查

- » 年龄四十岁或以上
- » 有家人曾患过乳癌

（四）改变个人生活习惯，采取健康的生活方式

- » 积极锻炼身体
- » 注意饮食，进食低脂肪和低糖食物
- » 多吃含钙的食物，例如低脂牛奶，酸奶，加钙的果汁，菠菜，以及豆腐
- » 母乳喂养你的宝宝，这样会降低你患乳癌的机会
- » 多做令自己开心的事情，减轻生活中的压力

What Is Breast Cancer?



Breast cancer occurs when the cells in your breast become abnormal and grow out of control to form a tumor.

» Breast cancer is the most common cancer among women in the US.

» It is the second leading cause of cancer deaths in women.

» 1 of 8 women in the US will be diagnosed with breast cancer during her lifetime.



*No matter what race
or age you are,
you can be at risk.*

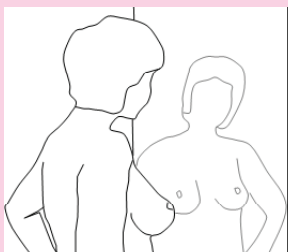
Can I Be At Risk For Breast Cancer?

The chances of getting breast cancer increases with:

- » Age
- » Personal or family history of breast cancer
- » Starting your period before 12 years old
- » Having no children or having children after 30 years old
- » Having menopause after 55 years old
- » Using estrogen and progesterone hormone therapy
- » Smoking
- » Drinking
- » Gaining weight as an adult or being overweight after menopause

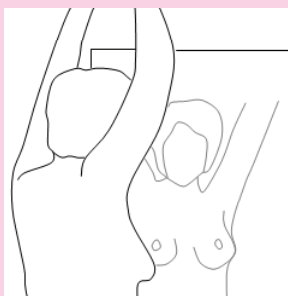
What Can I Do To Protect Myself Against Breast Cancer?

A. Do a breast self-exam at home every month.



Look for any changes that are not normal. Inspect your breasts in the mirror when you:

- » Hold your arms at your side
- » Hold your arms over your head
- » Press your hands on your hips and tighten your chest muscles
- » Bend forward with your hands on your hips



See your health care provider right away if you notice: changes in the size or shape of the breast; dimpling or wrinkling of the skin; rashes on the skin; or nipple discharge.

Feel for changes like a lump or a hard knot:

- » Raise your right arm up
- » Use the pads of the three middle fingers on your left hand to check your right breast
- » Press using light, medium and firm pressure in a circle without lifting your fingers off the skin
- » Follow an up and down pattern
- » Feel for changes in your breast, above and below your collarbone and in your armpit
- » Repeat on your left breast using your right hand



You can also exam your breasts while lying down:

- » Lie down on your back with a pillow under one shoulder
- » Follow the same steps above to feel for changes.



If you feel any lumps or notice any changes, see your doctor right away for a check-up.

B. Visit your doctor for a clinical breast exam.

- » Your doctor will feel your breasts and underarms for any lumps or changes that may be present.
- » You should have a clinical breast exam every year if you are older than 20 years of age.

C. Have a mammogram done every year if you are:

- » 40 years of age or older.
- » Have a family history of breast cancer.

D. Improve your personal habits for a healthier life.

- » Be more physically active.
- » Watch what you eat. Eat less high fat foods and sweets.
- » Get plenty of calcium by having low-fat milk, yogurt, fruit juices that have added calcium, spinach or tofu.
- » Choose to breastfeed since it may decrease risk of breast cancer.
- » Do things that make you happy and reduce the amount of stress in your life.

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