

# Breast Cancer Factsheet Cantonese



## 乳癌

### Breast Cancer

每年在英國有超過44,000名婦女是被診斷患上乳癌。

由於及早檢測和較好的治療，如今有更多婦女是可以從乳癌痊癒過來。認識乳癌的病徵對及早發現病情是很重要。你應該知道你的乳房外形和平常的感覺是怎樣，以便你能夠迅速地發現任何變化。

### 我應該怎樣檢查我的乳房？

這裏沒有檢查乳房的規定方式，但你應該定期撥出時間來做檢查。

### 乳房知識5重點

1. 知道你平常的狀況是怎樣。
2. 知道留意甚麼形狀和感覺上的變化。
3. 形狀和感覺。
4. 即時向你的家庭醫生報告任何變化。
5. 如果你是年齡50歲或以上，應該定期出席乳房檢測預約。

### 我應該檢查甚麼？

如果你發現有下列情況，應該通知你的醫生：

- 在你的乳房或腋窩有硬塊或皮膚變厚
- 你的乳房大小或形狀有變化
- 皮膚起波紋(像橙皮)
- 你的乳頭形狀有改變，尤其是乳頭向內曲，凹進乳房裏或形狀變得  
不規則
- 乳頭有血絲流出來
- 乳頭或周邊的地方出現紅疹

### 如果我發現有變化應該怎樣？

如果你發現你的乳房有變化，盡量不要擔心，但應該盡快去看你的家庭醫生。切記大多數乳房的變化都不會是癌症。及早檢測意味著如果發現癌症，這是可以得到更有效的治療。

如果你有任何關於健康的問題，可以致電0845 4647向國民保健服務直線查詢

資料來源：英國癌症研究和乳癌護理

# 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