



乳房健康檢查計劃內容和收費 Breast Health Programme Details & Fee

專科醫生諮詢及臨床乳房檢查
Specialist Consultation and Clinical Breast Examination

乳房影像檢查：3D乳房X光造影及乳房超聲波掃描
Breast Imaging : 3D Mammogram and Breast Ultrasound

報告分析
Report Review

優惠價 HKD \$3,960
Discounted Fee
(原價 Original Fee HKD \$6,280)

Your Health  Our Purpose
為你健康 盡力盡心

乳房健康檢查 BREAST Health Programme



地址 Address :

香港新界沙田澤祥街 9 號香港中文大學醫院 1 樓
女士健康中心
Women Health Centre, 1/F, CUHK Medical Centre,
9 Chak Cheung Street, Shatin, New Territories, Hong Kong

服務時間 Service Hours :

星期一至五 : 09:00 - 17:00
星期六 : 09:00 - 13:00
星期日及公眾假期: 休息
Monday to Friday : 9:00AM - 5:00PM
Saturday : 9:00AM - 1:00PM
Sunday and Public Holidays : Closed

女士健康中心
Women Health Centre : (852) 3946 6862

 **WhatsApp (852) 3946 6862**

電郵 Email: wellness@cuhkmc.hk

網址 Website: <https://www.cuhkmc.hk/tc/>



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自1994年起，乳癌已成為香港女性的頭號癌症*。及早發現及適時診斷絕對是治癒的關鍵。若在早期發現，配合適切治療，乳癌患者仍有相當高的存活率。

Breast cancer has become the most common cancer affecting women in Hong Kong since 1994*. Early detection and timely diagnosis are the keys to cure. Survival rates of early breast cancer patients remain high with appropriate treatment.

乳癌風險因素 Risk Factors for Breast Cancer

- 個人或家族乳癌史
Personal or family history of breast cancer
- 曾患某些良性乳房疾病
Certain benign breast conditions
- 初經早 / 收經遲
Early menarche / Late menopause
- 從未生育或餵哺母乳
Nulliparous or never breastfed
- 首次生育年齡逾35歲
Age of first live birth over age of 35
- 肥胖 / 缺乏運動 / 生活壓力
Obesity / Sedentary lifestyle / Stress

女性不可忽視的乳房症狀 Breast Symptoms that Women Shouldn't Overlook

大部分乳癌患者都沒有高危因素，因此每位女性都應該熟悉自己的乳房，了解乳房的外觀和質感。如有任何變化就可以及早察覺、及早求醫。

Most breast cancer patients do not have risk factors. Women should therefore get familiar with their breasts; to know how they usually look and feel. Please consult your doctor as soon as possible if there are any changes.

- 乳房硬塊或腋窩腫塊
Breast lump or lump in armpit
- 乳房或乳頭皮膚變異：紅腫、凹入、變厚
Skin changes of the breast or nipple: Redness, dimpling, thickening
- 乳頭分泌
Nipple discharge
- 乳頭形狀改變：不對稱、凹陷、紅疹
Nipple abnormality: Asymmetry, retraction, eczema

3D乳房X光造影的好處 Benefits of 3D Mammogram

3D 乳房X光造影以不同角度拍攝多個乳房切片圖，改善傳統2D技術無法解決的乳腺重疊問題，把乳房組織更清楚地呈現出來。

3D mammogram captures multiple slices of the breast at different angles. In contrast to conventional 2D mammogram, this technology gives clearer views by reducing the effect of overlapping glandular tissue of the breast.

- 提高入侵性癌症的檢測率
Improve invasive cancer detection rate
- 減少加照，避免不必要的輻射
Reduce the need for additional imaging, and thus avoid unnecessary radiation
- 使用較少的按壓，減低檢查過程的不適
Minimise discomfort with less compression force

乳房健康檢查計劃 Breast Health Programme

本院的乳房健康檢查計劃由專科醫生主導，旨在透過定期的臨床評估及影像檢查，及早發現各類乳房病變。

Led by specialists, our Breast Health Programme offers early detection of a wide spectrum of breast diseases via regular clinical and radiological assessments.



乳房健康三大元素 Three Essential Elements of Breast Health

時刻關注
Breast Awareness

臨床觸診
Clinical Breast Examination

影像檢查
Breast Imaging

計劃特色 Programme Features

- 專為40歲或以上女性而設
Specially designed for women aged 40 or above
- 由乳房健康門診經驗豐富的跨專業團隊支援
Supported by a multidisciplinary team of experienced healthcare professionals from Breast Health Clinic
- 提供一站式乳房篩查及後續診斷服務的選擇
Offers one-stop breast screening and option of subsequent diagnostic services all under one roof

*香港乳癌基金會網頁：
https://www.hkbcf.org/zh/breast_cancer/main/101/ · 2022-04-08 擷取
Hong Kong Breast Cancer Foundation website :
https://www.hkbcf.org/en/breast_cancer/main/101/, retrieved on 2022-04-08