

自1994年起，乳癌已成為香港女性的頭號癌症*。在本地，每14名婦女當中，有一位於一生中或會患上乳癌[†]；年紀越大，風險越高。但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*. Lifetime breast cancer risk for local female is 1 in every 14[†].

The risk increases with age. Early detection and timely diagnosis are the keys to cure. Survival rates of early breast cancer patients remain high after 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 35

肥胖 / 缺乏運動 / 生活壓力
Obesity / Sedentary lifestyle / Stress



Your Health 為你健康
Our Purpose 盡力盡心



地址 Address :

香港新界沙田澤祥街9號香港中文大學醫院1樓
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 : 9:00 - 17:00

星期六 : 9:00 - 13:00

星期日及公眾假期休息

Monday to Friday : 9:00 - 17:00

Saturday : 9:00 - 13:00

Closed on Sunday and Public Holidays

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

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中大醫院保留更改以上所有條款及細則的權利而毋須另行通知。
如有任何爭議，中大醫院保留最終決定權。

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乳房健康檢查 BREAST Health Programme



*香港乳癌基金會網頁 :

https://www.hkbccf.org/zh/breast_cancer/main/101/ · 2022-04-08 擷取
Hong Kong Breast Cancer Foundation website :
https://www.hkbccf.org/en/breast_cancer/main/101/, retrieved on 2022-04-08

[†]香港特別行政區政府癌症網上資源中心 :

<https://www.cancer.gov.hk/tc/bctool/index.html>,
Cancer Online Resource Hub, The Government of the Hong Kong SAR, 2022-04-08 擷取
<https://www.cancer.gov.hk/en/bctool/index.html>, retrieved on 2022-04-08

CUHKMC/WHC/BREAST/2022/04

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香港中文大學醫院
CUHK
Medical Centre

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



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

乳房或乳頭疼痛

Breast or nipple pain

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 imaging, this new technology gives clearer views by removing overlapping glandular tissue of the breast.

- ✔ 提高入侵性癌症診斷達41%
Improve invasive cancer detection rate by 41%
- ✔ 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
Create less discomfort as less compression force is applied

乳房健康檢查計劃 Breast Health Programme

本院的乳房健康檢查計劃由乳腺外科專科醫生主導，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 Breast Surgeons, our Breast Health Programme offers early detection of a wide spectrum of breast diseases via regular clinical and radiological assessments.



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科團隊支援
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

乳房健康檢查計劃內容和收費

Breast Health Programme Details & Fee

乳腺外科專科醫生諮詢及臨床乳房檢查

Breast Surgeon 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

乳腺外科專科醫生覆診及報告分析

Report Review by Breast Surgeon

收費 (港幣) Fee HKD \$3,750