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## 關於乳癌 About Breast Cancer



乳癌是香港女性最常見的癌症，平均每14人就有一人有機會患上。大部分乳癌患者都是50歲或以上，然而乳癌近年有年輕化的趨勢，因此處於任何年齡階段的女性都應密切關注自己的乳房健康。數據顯示，第一期乳癌的治癒率達90%以上，因此愈早發現癌症，康復的機會就愈高。

Breast cancer is the commonest cancer among women in Hong Kong, 1 out of 14 women suffers from this disease. Most breast cancers are diagnosed after the age of 50. However, the disease can strike at any age; therefore, women should all be aware of their personal risk factors for breast cancer. Data suggests the cure rate of first stage breast cancer can reach up to >90%. Hence, the earlier the diagnosis, the higher the chance of recovery.

## 常見症狀 Common Symptoms



乳房腫塊  
Lump in breast



乳房凹陷  
Dimple in breast



乳頭出血  
Bleeding from nipple



乳房疼痛  
Breast pain



「橙皮」病變  
"Orange peel" appearance



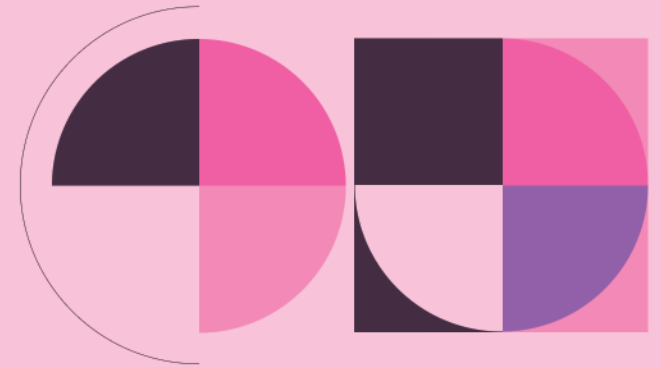
腋下腫塊  
Lump in axilla



## 高危因素 Risk Factors

- 年齡增長 Age
- 從未生育或較遲生育  
No childbirth or first childbirth at a later age
- 較早出現月經或較遲收經  
Early menarche or late menopause
- 高蛋白質、高脂飲食 Diet rich in protein & fat
- 經常喝酒 Alcohol consumption
- 缺乏運動 Physical inactivity
- 生活壓力大 Stress
- 家族遺傳 Family history
- 曾接受荷爾蒙治療 Use of hormone therapy

# 乳房x光造影檢查 Mammogram



## 甚麼是乳房X光造影？ What is a Mammogram?

乳房X光造影（俗稱「夾胸」）是常用的乳癌篩查及診斷方法，原理是透過低劑量的X光從多角度拍攝乳房組織，檢查有否出現極細小的鈣化點、結構改變及陰影等無法靠觸診發現到的問題，能夠有效發現早期乳癌。必要時，醫生會配合其他輔加檢查，如超聲波、磁力共振及活組織檢查等提高診斷的準確性。

A mammogram is a low-dose X-ray examination of the breast and is one of the commonest screening and diagnostic tests for breast cancer. During a mammogram, X-ray images of each breast are taken from different angles to look for any microcalcifications, architectural distortions or masses that are too small to be felt, making mammography a useful tool for early detection of breast cancer. Additional examinations, such as breast ultrasound, magnetic resonance imaging (MRI) and biopsy, may be required for better diagnostic accuracy.

## 2D乳房X光造影 VS 3D乳房X光造影 2D Mammogram VS 3D Mammogram

傳統的乳房X光造影是2D的平面檢查，每邊乳房照兩張相片；新一代的3D檢查則是每一毫米的乳房組織都拍一張照片，並將收集到的數據整合成3D影像，讓醫生更容易分辨重疊的乳房組織以及發現乳房的微細改變。

A conventional mammogram takes 2 X-ray images of each breast, one from the front and one from the side, to create one single 2D image of the breast; and a 3D mammogram, as its name suggests, is able to produce a 3D image by combining multiple images from different angles in thin slices (around 1mm). 3D mammography provides doctors with a clearer view through the overlapping tissues and allows them to check for the slightest signs of abnormalities.



## 乳房X光造影Q&A Mammogram Q&A

### Q1 照乳房x光造影會痛嗎？ Is a mammogram painful?

無論是2D還是3D乳房X光造影，接受檢查時都需要將乳房放在兩塊夾板中間，儀器會從兩個方向擠壓乳房，過程或會造成不適。不過新一代的3D乳房X光造影無須將乳房夾得太過平扁，夾的力度亦較小，大大減低不適程度。

No matter which type of mammogram (2D or 3D) you are having, your breast has to be compressed between two imaging plates from two different angles for X-rays images to be taken. Some may experience discomfort or even pain during the process. Luckily, 3D mammogram requires less compression and is relatively less painful.

### Q2 誰應該照乳房x光造影？ Who should get a mammogram?

40歲或以上的女士建議每兩年接受一次乳房X光造影；而40歲以下的女士因乳腺組織密度較高，加上正值生育年齡，接受乳房超聲波檢查會較好。實際情況請向醫生查詢。

Women of age 40 or above are recommended to get a mammogram every 2 years; and for women under age 40, who are still in their childbearing year and tend to have denser breasts, breast ultrasound will be a better option. Please consult your doctor for personalized advice.

## 美國放射學會乳房影像報告系統BI-RADS BI-RADS (Breast Imaging-Reporting and Data System) by the American College of Radiology

評分 Category	定義 Definition	癌症機會 Likelihood of Cancer	建議 Recommendation
0	檢查結果不完整 Incomplete	不適用 N/A	需要作進一步檢查 Further examination needed
1	陰性 Negative	0%	常規檢查 Routine examination
2	良性 Benign	0%	常規檢查 Routine examination
3	可能良性 Probably benign	>0% - ≤2%	提早覆診或抽組織檢查 Early follow-up visits or biopsy
4a	低度可疑 Low suspicion	>2% - ≤10%	抽組織檢查 Biopsy
4b	中度可疑 Moderate suspicion	>10% - ≤50%	抽組織檢查 Biopsy
4c	高度可疑 High suspicion	>50% - <95%	抽組織檢查 Biopsy
5	高度懷疑癌症 Highly suggestive of malignancy	≥95%	抽組織檢查 Biopsy
6	已抽取組織檢查，證實是癌症 Known biopsy – proven malignancy	100%	接受癌症治療 Cancer treatment

### Q3 乳房超聲波與乳房x光造影有甚麼分別？ What are the differences between breast ultrasound and mammogram?

乳房超聲波是利用聲納分辨乳房內的腫塊是實體還是內含液體的囊腫，過程無痛而且不涉及輻射。不過乳房超聲波難以發現微鈣化點，因此與乳房X光造影檢查相輔相成，無法互相取替。

Breast ultrasound is an examination that uses sound wave to distinguish fluid-filled cysts from solid masses. It is painless and involves no radiation. However, microcalcifications typically do not show up on ultrasound. Therefore, it cannot replace mammogram or vice versa.

### Q4 檢查後發現乳房組織異常，下一步該怎麼辦？ What should I expect if my result is suspicious?

若發現懷疑鈣化或腫瘤，醫生會安排您進行穿刺檢查，抽取少量組織化驗，診斷屬良性還是惡性。一旦確診，醫生會為您制定適合的治療方法。

If your result is suspicious, a biopsy will be recommended to determine whether the suspicious area is cancerous or not. After a diagnosis is made, your doctor will work with you to develop a treatment plan that meets your needs.