

乳房X-光片檢查

MAMMOGRAMS



四十歲以上的婦女每一到兩年都需要做一次!

Women ages 40 and over need a mammogram every 1-2 years!

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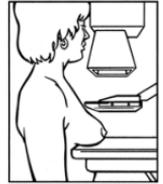


What is a Mammogram?

A mammogram is a very safe x-ray picture of the breast. Although doctors and cancer agencies recommend that women do breast self-exam every month, a mammogram can find breast cancer even before a woman feels it. So getting a mammogram is the best way to prevent breast cancer.

When breast cancer is found early, it is easier to treated.

Prevention and early treatment of breast cancer will prevent pain and suffering for you and your family.



Most women who are treated for breast cancer go on to live healthy, active lives.

Who needs a mammogram?

A woman's risk for breast cancer increases with age.

Women, ages 40 and over, are recommended to have a mammogram every one to two years.





什麼是乳房X-光片檢查?

乳房X-光片檢查是用一種安全的 X-光來做乳房攝影。雖然一般醫療和防癌組織建議婦女每個月要做乳房自我檢查來看乳房是否有不正常的變化，但是有些變化可能婦女自己一點都感覺不到，甚至連用手都觸摸不到。在這種情況下，乳房X-光片將是檢查乳房有沒有癌症最好的方法之一。

****乳癌愈早被發現，就越容易治療。**

越早發現乳癌並接受治療是能夠幫助婦女和她們的家人減少不必要的痛苦和財務上的負擔。

****大部分做了早期乳癌治療的婦女都可過著健康和正常的生活。**

誰需要做乳房X-光片檢查?

隨著年齡的增加，婦女得乳癌的機會就增高。因此，醫生們建議四十歲以上的婦女，每一到兩年需要做乳房X-光片檢查，以便能及早發現乳癌而早期治療。





Mammogram Results



Normal: A normal result means that there are no abnormal findings.

****It is very important for a woman who has a normal mammogram result to get a mammogram every 1 to 2 years.**



Abnormal: An abnormal result means that some changes in the breast were found. Not all breast changes are cancer. Some breast changes are benign and are not harmful. Some breast changes may indicate cancer.



**** If you receive an abnormal mammogram result, it is very important to keep a follow-up appointment with your doctor. ****





乳房X-光片檢查結果

正常：正常的檢查結果是在乳房X-光片上沒有看到任何不正常的地方。

**** 乳房X-光片檢查結果是正常的婦女，還是需要每一到兩年回去做乳房X-光片檢查。**

不正常：不正常的檢查結果是看到乳房有變化。並不是所有的乳房變化都是癌症。有些變化可能是良性的而沒有傷害性。有些變化可能是惡性的，如癌症。



**** 請記住！如果您收到了不正常的檢查結果，請您一定要和您的醫生預約和按時去做複診檢查。**





Waiting for Your Mammogram Results

It is normal to worry while you wait for the mammogram results. Some women may have trouble sleeping, concentrating or doing everyday activities.

If you are having trouble dealing with your worries, you may want to talk about your concerns with a family member or a friend. You can also ask your doctor or nurse about your concerns or ask for a referral to a counselor or psychologist.

Once you receive your mammogram results, you may want to get more information. Talk to your doctor or nurse.



**** Remember: It is very important to keep your follow-up appointments with your doctor as soon as possible especially if you have an abnormal mammogram! ****

After an abnormal mammogram

After an abnormal mammogram a doctor may do more tests:

Clinical breast exam – A doctor or nurse examines the breast

Diagnostic mammography – Look at the breast again with more safe x-rays

Ultra-sound – Look at the breast with safe, high frequency sound waves



Based on the results of these exams, the doctor may decide that no further tests are needed and no treatment is necessary. Or the doctor may decide that you need another test called a biopsy.





等候乳房X光片檢查結果

當您在等乳房 X光片檢查結果的時候會耽心，這是正常的。有些婦女可能因此而睡不著覺，或是精神無法集中，甚至於沒有辦法做日常活動。如果您的耽心和憂慮使您很難過的話，您可以試試和家人或朋友談一談。您也可以告訴您的醫生或是護士有關這方面的問題。如果有需要，他(她)們還可以將您轉介紹給心理輔導員。在您接到您的乳房 X光片檢查結果之後，如果想要得到更多資料的話，請和您的醫生或護士談。



****請記住！繼續去複診是非常重要的！特別是在有了不正常的檢查結果以後，請一定要馬上找醫生，進一步做詳細的檢查。**

進一步的檢查

在有了不正常的乳房X光片檢查結果之後，您的醫生可能會為您再做下面的檢查和測驗。



臨床的乳房檢查：由醫生或是護士用手檢查乳房。

乳房X光照相術：是用安全的X光線再檢查乳房一次。

超音波(B超)：用安全高頻率的音波來檢查乳房。

根據這些檢查結果，醫生可能決定您不需要再做進一步的測驗也不需要治療。或者，醫生可能會要您做另外一種測驗，叫做活組織切片檢查。





Biopsy

The only way to find out for sure if a breast abnormality is cancer is to have some breast tissue or fluid removed and examined under the microscope. This test is called a biopsy.



If the biopsy result is positive, it means the tissues from the area contain cancer. It is important that you get treatment.



**** Remember: When breast cancer is found early, it is easier to treat.****



What causes breast cancer?

Each year in the United States, almost 180,000 women are diagnosed with breast cancer.



Researchers are not sure why some people get cancer and other people do not. However research shows that it is not the woman's fault. She has not done anything wrong in her life to cause breast cancer. A woman cannot "catch" breast cancer from other women who have been diagnosed with breast cancer. It is not contagious. It is also not caused by an injury to the breast. Research has shown that a woman's risk for breast cancer is higher if her mother or sister has had breast cancer. However, this is not because they infected each other.





活組織切片檢查

要確定乳房的不正常變化是否癌症的唯一方法是取出一些乳房的組織或液體，放在顯微鏡下檢查。這個測驗叫做活組織切片檢查。如果活組織切片檢查的結果是陽性，那表示在切片檢查的地方有癌症。這時候您必需要接受治療！



****請記住:如果乳癌發現得早的話,就比較容易治療!**



是什麼引起乳癌?



在美國，每一年大約有十八萬的婦女得了乳癌。我們到現在還不是很清楚為什麼有些人會得乳癌而有些人不會。但是研究告訴我們，並不是因為婦女在她們一生中做了不適當的事而引起乳癌。婦女也不會被其他患有乳癌的婦女傳染。乳癌是沒有傳染性的，它也不是因為乳房受傷而引起的。如果婦女的家族中有人曾患有乳癌的話，她們患乳癌的機會就會比較高。但是，這並不是因為她們互相傳染而引起的。





Types of breast cancer

Every breast cancer case is not necessarily the same. Breast cancer can be found early or later (cancer stage). There are also different types of cancer cells. If breast cancer is found, more tests will be done to find out the specific type and stage. Treatment depends on the stage and type of cancer.

Treatment Options

***** Many women who get treatment for breast cancer live long and healthy lives because of effective treatments.*****



There are newer and more effective treatments for breast cancer. Treatment may be simple or more complex. Usually, more than one type of treatment is needed. To decide which is the best treatment, a woman and her family should talk to her doctor.



Some Treatment Options are:

- Surgery
- Radiation Therapy
- Chemotherapy
- Hormone Therapy



乳癌的分類

每一個乳癌的病情是不相同的。乳癌可能很早就被發現或很遲才被發現（癌症階段）。癌細胞也有不同的類型。

在患有乳癌以後，醫生會做測驗來確定這個乳癌是什麼類型和是在那一個階段。因為治療方法是根據乳癌的類型和階段來決定。

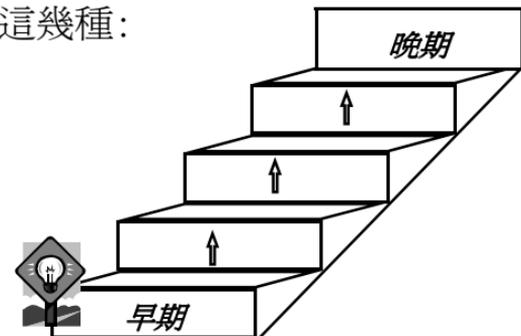
治療的選擇



****很多患了乳癌的婦女，因為及時接受了有效的治療，所以現在她們都還很健康的生活著。**

現在有一些更新和更有效的方法來治療乳癌。治療乳癌的方法可能簡單，也可能複雜。而且通常會用不止一種治療方法。婦女和她的家人應該與她的醫生討論來決定那一種治療是最好的。乳癌的治療方法有下面這幾種：

- 手術
- 放射線治療
- 化學治療
- 荷爾蒙治療





Treatment Options

Surgery: This involves taking out the cancer in an operation. There are different types of surgery depending on the cancer. Some surgeries are simpler. The surgery may remove only the cancer and some tissue around the area (called a lumpectomy). Another type of surgery removes the cancer and some of the other surrounding tissue, such as the lining over the chest muscles (called a partial mastectomy). Yet another type of surgery removes the whole breast and some muscles around it (called a total mastectomy).

****Because mammograms detect breast cancer early, some women only need a lumpectomy.****

Radiation therapy Using high-dose x-rays, radiation therapy kills cancer cells or keeps them from dividing and growing. Radiation therapy is usually used after surgery.

Chemotherapy Anti-cancer medications kill or stop the growth of cancer cells. Chemotherapy is also usually used in combination with surgery.



Hormone Therapy There are oral medications that work to stop certain types of cancer cells from growing. A commonly used medication is called "tamoxifen".



治療的選擇

手術： 這是開刀將癌取出來。不同種類的乳癌需要不同的手術。早期發現的乳癌所需要的手術可能比較簡單。

有一種手術只取出癌和少許周圍的組織(稱為腫瘤切除術)。另一種手術取出癌和其它一部份周圍的組織，如胸肌外層(稱為部份乳房切除術)。還有另一種手術取出整個乳房和一部份周圍的肌肉(稱為全乳房切除術)。

****現在因為有乳房 X光片檢查來及早發現乳癌，所以有些婦女只需做腫瘤切除術。****



放射線治療 [俗稱放療或電療] 放射線治療是用高劑量的X光線來殺死癌細胞或阻止它們繼續分裂和生長。放射線治療通常是在手術完後才使用。

化學治療 [俗稱化療] 化學治療是用抗癌藥物來殺死或阻止癌細胞的生長。化學治療也常常和手術合併使用。



荷爾蒙治療 有些口服藥物可以阻止某種類型的癌細胞繼續生長。其中一個常用藥的名字叫作“tamoxifen”。





Herbal medicine and other traditional health practices

Some people may want to try traditional health practices to prevent or treat cancer. Examples of these may include acupuncture, Chinese herbs, meditation, yoga, and vitamins. Herbal medicines and traditional health practices can go hand in hand with western medicine. One does not keep a person from using the other.



**** If a woman is interested in these treatments, it is important that she talks to her doctor so that the treatments will not interfere in a negative way with any treatment she is already receiving. ****

Free Resources

Here are some resources you can call for more information. The phone calls are free and they can also send you more information for free.



1. American Cancer Society

- a. Mandarin or Cantonese speakers call 1-888-566-6222. Call to get free brochures in Chinese: "Breast Cancer", "Breast Self-Examination", "Nutrition", "Cancer Facts for Women"
- b. English 1-800-227-2345 (Uses AT&T language line-Can get interpreter in Chinese, Vietnamese and other languages, 24 hours a day)
- c. Chinese websites: www.acs-nccu.org or www.cancer-chinese.org

2. Cancer Information Service 1-800-422-6237 (English only)

This brochure made possible through The Susan G Komen Breast Cancer Foundation with the collaboration of the International Community Health Services and Harborview Medical Center in Seattle, Washington.





中醫和其他傳統的保健療法

有些人想用傳統的保健療法來預防或是協助治療乳癌。這些方法可能包括針灸，中國草藥，打座，瑜珈和維他命。草藥和傳統的保健療法可能可以和西醫同時使用。因為它們並不一定會互相排斥。



**** 請注意:如果婦女們想用這些療法的話，請一定要先和醫生討論過，確定這些療法不會對現在所接受的治療產生反作用。**

免費資源中心

您可以打下面的免費電話索取更多的資料。同時他們也可以寄給您更多的免費資料。



1. 美國癌症協會(American Cancer Society)
 - a. 講國語或廣東話的請打1-888-566-6222索取免費的中文資料，如：“乳癌知多少”，“乳部自我檢查”，“飲食，營養和癌症預防指南”以及“女性易罹患的癌症”
 - b. 英語專線1-800-227-2345(使用AT&T語言專線 - 24小時有中，越語和其他語言的翻譯員)
 - c. 中文電腦網頁：www.acs-nccu.org 或 www.cancer-chinese.org
2. 癌症資料服務中心 1-800-422-6237 (只限英語)

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