

乳房健康和乳房筛查

Chinese Simplified



.....
Cancer Institute NSW



这套挂图的用户须知

这套挂图由Cancer Institute NSW 制作，目的是帮助人们向不同文化背景的妇女（特别是那些有资格参加BreastScreen NSW计划的人）提供有关乳腺癌和乳房筛查的信息。

这套挂图包括以下主题：

- 乳房和乳房健康
- 认识乳房
- 乳腺癌
- 乳房筛查
- 接受BreastScreen NSW的乳房X光检查
- 在乳房X光检查以后
- 更多的测试和评估
- 如果患有乳腺癌
- 降低患乳腺癌风险的方法
- 小结和关键信息
- 其他癌症筛查计划

我们鼓励这套挂图的用户修改所提供的表述以适合他们的特定小区。用户可能仅使用挂图中适合其客户需求的某些部分。

挂图可在小组使用，也可以用于一对一的信息分享。

致谢

这套挂图改编自原标题为 *A Breast Health and Breast Screening Bilingual Community Education*（《乳房健康和乳房筛查》）的小册子。原来那份数据是由Cancer Institute NSW 拨款、由Sydney West Area Health Service 在2007年编写的。该拨款项目的目的是为Multicultural Health Network's Bilingual Community Health Education Program提供数据。

Cancer Institute NSW 的 BreastScreen NSW 团队衷心感谢多元文化医疗机构、小区和教育部门的代表对这套资料的贡献和投入，他们在更新这套数据时提供了帮助和指导。

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由Julie Haysom插图

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Facilitator notes - The breast

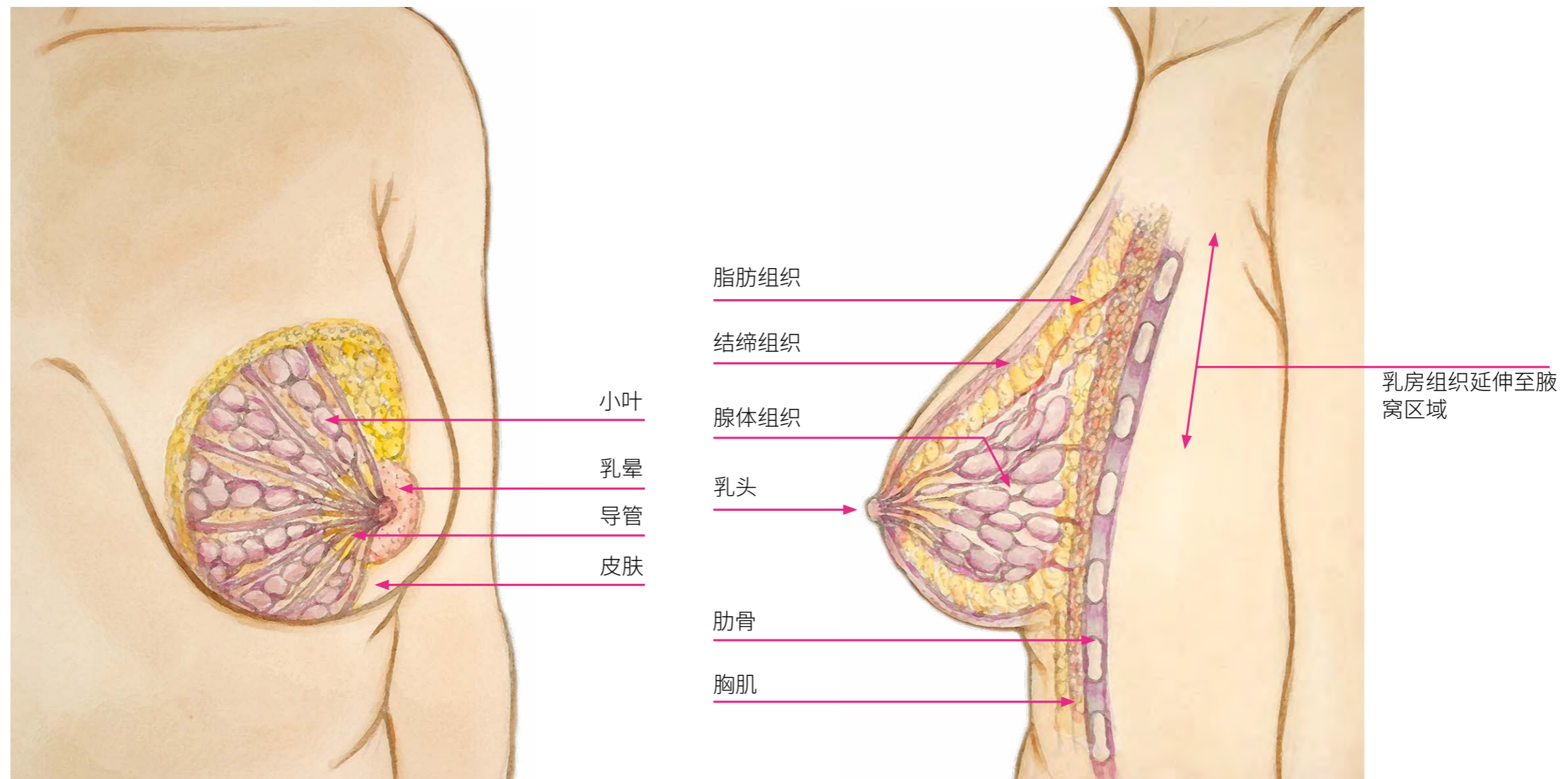
- Breasts are made up of lobules and ducts surrounded by fatty and connective tissue.
- Lobules produce breast milk.
- Ducts carry milk to the nipple.
- Breast tissue covers not just the breast mounds, but also the area from the collarbone to the bra line, and may extend into the glands under the arms. Please see activity.

Activity

Demonstrate the area from your collarbone to bra line and point to the glands under your arms.

乳房

- 乳房由小叶和导管组成，周围有脂肪和结缔组织。
- 小叶产生乳汁。
- 导管将乳汁输送到乳头上。





Facilitator notes - Breast health

- Every woman's breasts are different. Breasts differ in size, shape and colour of the nipples.
- Women's breasts change at different times in their lives. They change with women's menstrual cycle, when pregnant, while breastfeeding, and as we grow older.
- It's sometimes hard for us to talk about our breasts to others because our breasts are private.

乳房健康

- 每个女人的乳房都不同。乳房的大小、形状和乳头颜色都是不同的。
- 女性的乳房在一生的不同时期会发生变化。
- 了解乳房的外观和感觉非常重要。





Facilitator notes - Being breast aware

- Look at and feel your breasts when you are showering, drying yourself or dressing. Get to know what is normal for you.
- *Do you know what your breasts usually look like?*
- If you notice any changes, or feel a lump in your breast, see your doctor as soon as possible.

Breast changes to be aware of (refer to graphic):

- If you notice any of these changes, discuss this with your doctor as soon as possible.
- Remember, it's never too early or too late to start being breast aware. It's important to check your breasts.

认识乳房

- 了解乳房的外观和感觉非常重要。
- 您在洗澡、擦干身子或穿衣服时可以看看、摸摸自己的乳房，了解什么是正常的。

寻找.....



乳房大小或形状的变化。



乳头的变化，如结痂、
溃疡、发红或倒置。



在没有挤压的情况下
发生的乳头溢液。

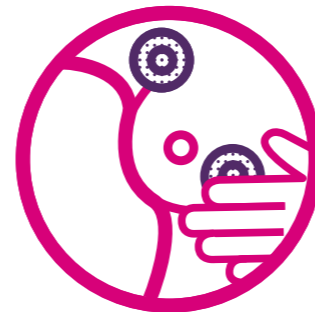


乳房皮肤的变化，
如发红或凹陷。

摸摸有没有.....



新的肿块或团块，
尤其是仅在一个
乳房出现的情况。



在乳房或腋下不会
消失的不寻常疼痛。

Facilitator notes - Breast cancer

It's important for women to talk about breast cancer:

- Many of us have uncomfortable feelings about cancer.
- Some of us find that just saying the word cancer is frightening, or we don't want to say it out loud.
- There are many different reasons it can be difficult to talk about cancer (see activity).

Breast cancer:

- Breast cancer is the most common cancer among women.
- As you can see, 1 in 7 women in NSW will develop breast cancer.
- Men also develop breast cancer. However, this is far less common.

Myths and misconceptions:

- You cannot catch breast cancer. It's not contagious.
- Breast cancer is a common health issue for women; it's not something to feel ashamed of.
- Injuries to your breast do not cause breast cancer.
- You cannot get breast cancer just by talking about it.

Activity

How does talking about cancer make you feel?

Do you know someone who has experienced breast cancer?

乳腺癌

- 女性谈论乳腺癌很重要。
- 乳腺癌是澳大利亚女性中最常见的癌症。
- 新州每7名女性中就有1名患乳腺癌。

新州每7名
女性中就有1名
患乳腺癌。



Facilitator notes - What is breast cancer?

What is breast cancer?

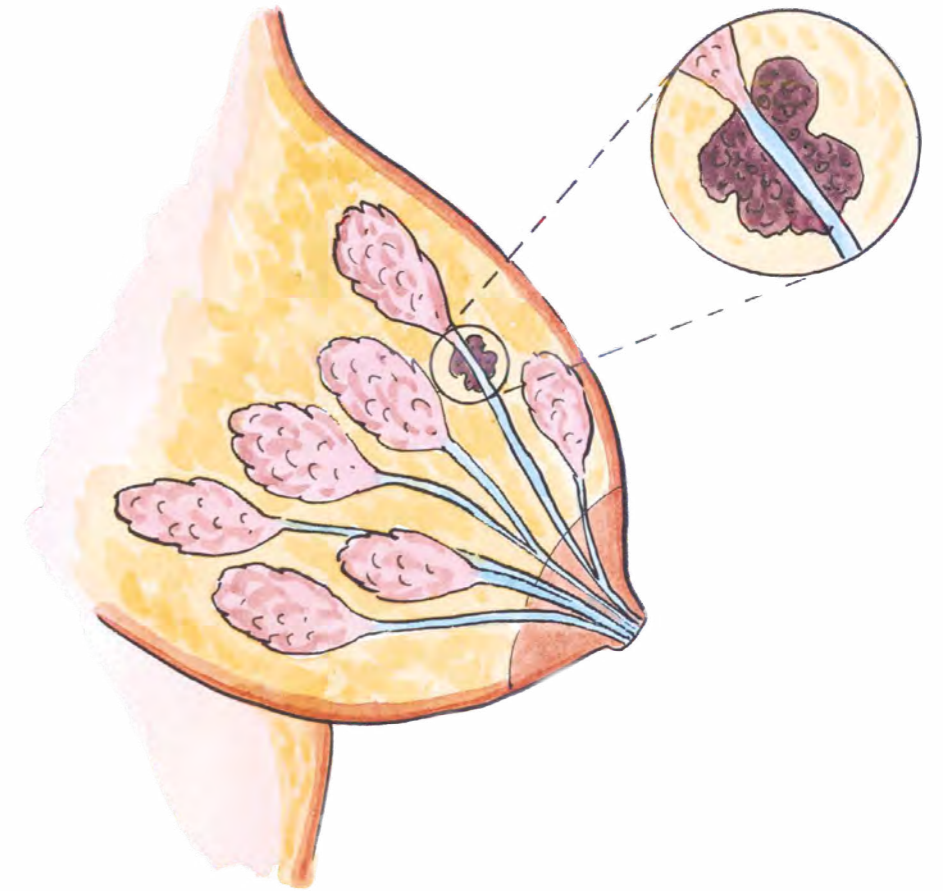
- Breast cancer is a collection of cells in the breast tissue that grow in an uncontrolled manner.
- There are different types of breast cancer. This can depend on where the cancer is within the breast, or if it has spread to an area outside of the breast.
- Being a female and over 50 are the two biggest risk factors for breast cancer.
- Having regular screening mammograms is the best way to find breast cancer early in women over 50.
- Even if there is no breast cancer in your family, you are still at risk.
- If you do have a family history of any type of cancer, please talk to your doctor about this.

Finding breast cancer:

- Fear of finding cancer can be a reason why some women do not have mammograms.
- A mammogram cannot stop you from getting breast cancer, but is the most effective way to find breast cancer.
- Mammograms can find cancers when they are as small as a grain of rice.
- Even when they are diagnosed with breast cancer, women may not identify as being “sick” or “unwell”.
- When breast cancer is found early, women have more treatment options and better outcomes.

什么是乳腺癌？

- 乳腺癌是乳房组织中以不受控制的方式生长的一群细胞。
- 有不同类型的乳腺癌和不同的治疗方法。
- 女性可能患有乳腺癌却没有注意到任何症状或变化。



乳腺癌的主要风险因素是：

- 女性
- 超过50岁



Facilitator notes - Breast screening

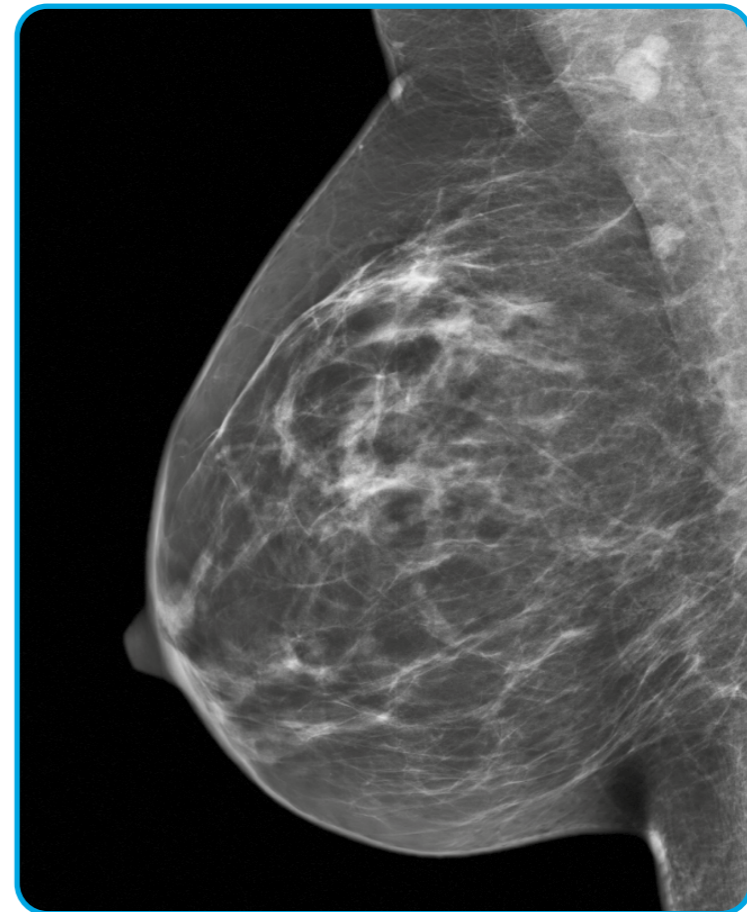
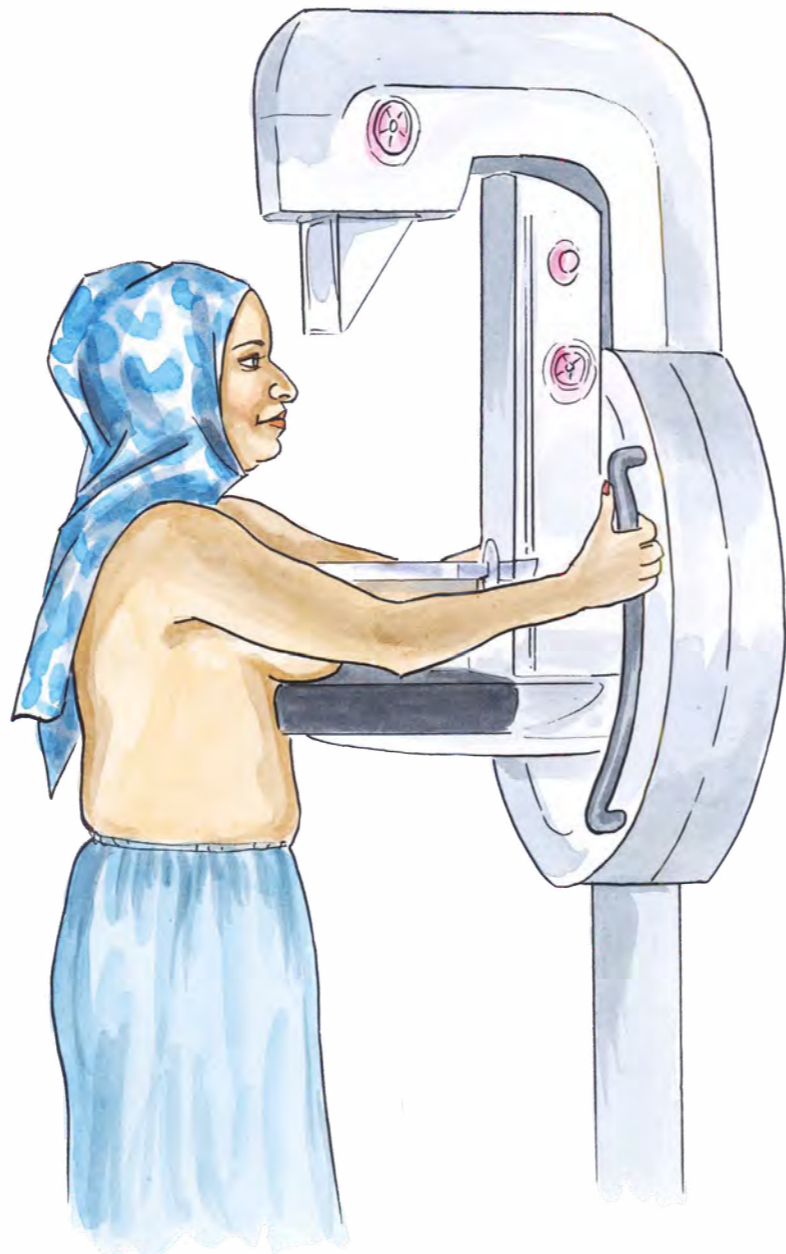
- A mammogram is an x-ray of a woman's breast.
- The mammogram is done by a female radiographer.
- Each breast is x-rayed from top to bottom, and from side to side.
- The mammogram presses the breast (*demonstrate with hands*) to get the best picture of the breast possible.
- The pressing can be uncomfortable, but should not be painful. The breast is only pressed for a few seconds – it is very quick.

Other information:

- **Radiation:** As with any x-ray, a very low amount of radiation is needed when taking a mammogram. Research shows that the benefits of having a mammogram outweigh any risks from radiation.
- **Breast implants:** Most women with breast implants can have a mammogram. Women need to tell BreastScreen NSW when they make their appointment.
- **Pregnancy:** Women who are pregnant are not eligible to be screened.
- **Breastfeeding:** Women who are breastfeeding should advise the staff when making their appointment.

乳房筛查

- 乳房X光检查（也称为乳房筛查）是女性乳房的X光检查。
- 放射科医生对每侧乳房从上到下进行X光检查，检查完一侧再检查另一侧。机器会挤压乳房。



Facilitator notes - Having a mammogram with BreastScreen NSW

- BreastScreen NSW recommends women aged 50–74 years have a mammogram every two years. Research tells us screening is of most benefit for women in this age group.
- Reminder letters are sent every two years for women in this age group.
- BreastScreen has many screening clinics across NSW, as well as mobile vans that visit more than 180 locations every two years.
- Radiographers are female and specially trained.
- The x-ray rooms are very private, with just the client and the radiographer present.
- A doctor's referral is not required.
- Call 13 20 50 to book an appointment. Call 13 14 50 if an interpreter is required.

Women 40–49 years and women 75 and over

- The risk of breast cancer is lower in these age groups.
- Talk to your doctor about whether screening at this time is right for you.

Women who have screened previously with BreastScreen

- Women who have screened previously can book online using a special code. BreastScreen will send the code to you in a letter.
- If you do not receive a letter from BreastScreen, you should call and make an appointment.

Activities

- Hand out BreastScreen NSW appointment cards and brochures to all women.
- Mock call to make a booking.
- Demonstrate searching for a clinic by suburb online (www.breastscreen.nsw.gov.au).
- Consent forms: Explain and assist women to complete their consent form, which they will need to provide at their appointment.

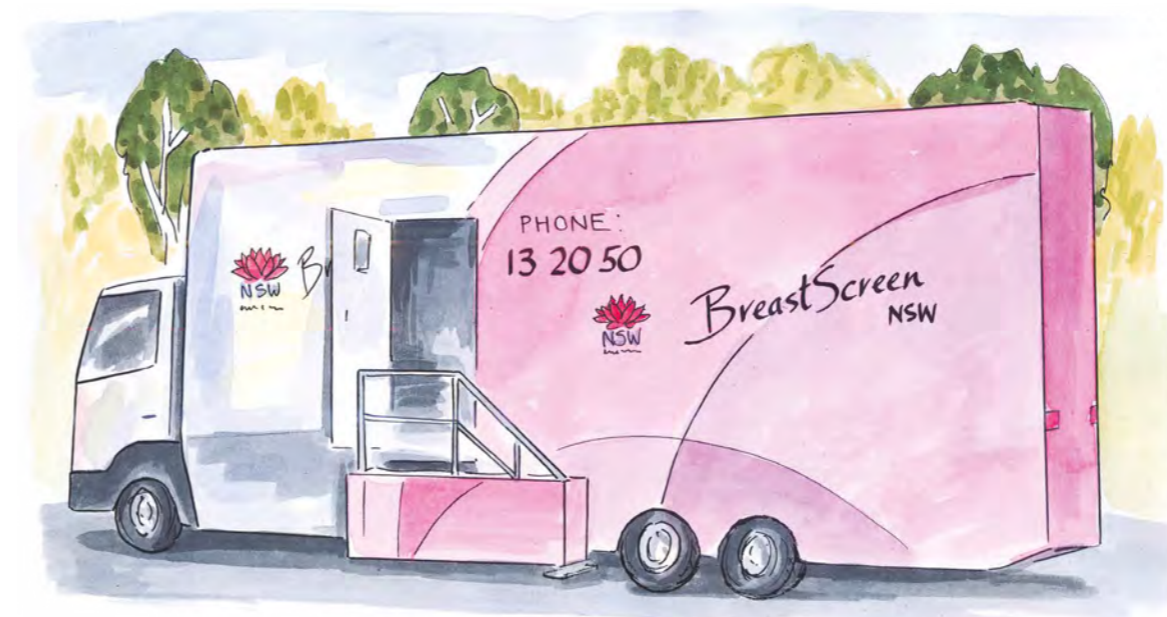
接受BreastScreen NSW的乳房X光检查

- 50至74岁的女性应每两年进行一次乳房X光检查。
- 这项检查是免费的。
- BreastScreen NSW为没有症状的女性做检查。那些有乳房症状的女性应立即就医。
- 当您年满50岁时，您将收到一封邮件，邀请您接受乳房X光检查。
- NSW有超过200个地方可做筛查，包括流动检查车。
- 所有放射科医生都是女的。
- 您不需要医生的介绍信。
- X光室非常私密。

您可以在BreastScreen NSW的网站找到离您最近的诊所：
breastscreen.nsw.gov.au

📍 寻找离您最近的筛查地点

输入您的邮政编码或所在的区名称



Facilitator notes - Going to the clinic

Interpreters

- Do you need an interpreter? Please tell staff when you book your appointment that you need an interpreter.
- In most cases it will be a telephone interpreter, arranged by the BreastScreen NSW reception staff.
- Please do not bring family members as interpreters, especially children.

What happens at the clinic?

- Your appointment will take about 20 minutes.
- BreastScreen NSW will give you a registration form that will need to be completed before you are screened. Please ask the staff any questions you may have.
- Wear something that is easy to take off for your appointment, such as a top with a skirt or pants. You will be asked to undress to the waist, including removing your bra.
- Do not use powder or deodorant before your appointment.
- In the x-ray room, a female radiographer will position you and take the x-rays. This will include touching your breast.
- The x-ray plates need to press very firmly on your breasts to get the best picture possible. The pressure can be uncomfortable. However, it only lasts for a few seconds.
- After the mammogram, you will be asked to get dressed and the appointment will be finished.
- You will not be given your x-rays or results at this time.

去诊所

- 预约的检查大约需要20分钟。
- BreastScreen NSW会让您在接受筛查前先填一份登记表。
- 请穿裙子或裤子和上衣，不要穿连衣裙。您在检查时必须脱掉腰部以上的衣物，包括胸罩。
- 在检查前不要使用爽身粉或除味剂。
- 在X光室，放射科女医生会固定您的体位，然后进行X光检查。
- 在乳房X光检查以后，您穿好衣服，整个检查过程就完成了。
- 检查结果在大约两周内会邮寄给您。



您是否需要口译？
当您打电话预约时，请告诉工作人员。

Facilitator notes - After your mammogram: The results

- Two specially trained doctors will carefully examine your x-rays.
- You will receive your results in the mail within two weeks:
 - **Normal results:** There is no evidence of breast cancer. You will be reminded to come back for another screening mammogram in two years.
 - **Recall to assessment:** Sometimes something shows up on the x-ray that looks different to a normal breast x-ray and you will be called back for more tests. It is very important to go back and have the extra tests.
 - 1 in 10 women will be called back for more tests.

乳房X光检查的结果

您应该在检查以后的两周内收到邮寄的结果。



测试结果的含义：

正常 (Normal): 一切都好。没有乳腺癌的证据。两年后再来做乳房X光检查。

再做检查 (Recall to assessment): X光显示有个区域看起来不一样，所以您需要进一步检查。

Facilitator notes - What are more tests?

Assessment

- If BreastScreen NSW asks you to return for more tests, this is called an assessment.
- Remember, most women who have assessment tests do NOT have breast cancer.
- Assessment tests are FREE.
- Assessment tests take 2-4 hours.
- You can bring a friend or relative to wait with you.
- Doctors, nurses and counsellors are available to support you during the assessment.

还有什么测试？

评估

- 如果BreastScreen NSW请您再做检查，那么这称为评估。
- 请记住，大多数接受评估检查的女性并没有乳腺癌。
- 评估检查是免费的。
- 评估检查需要2-4个小时。
- 在评估过程中，医生、护士和顾问可以为您提供帮助。
- 您可以带个朋友或亲戚跟您一起去。





Facilitator notes - If you have breast cancer

- Assessment tests sometimes show that you have breast cancer, even if you are feeling well or have no obvious signs or symptoms.
- Being told you have breast cancer can come as a shock to most women. Highly trained staff will be there to support you and answer all your questions.
- Breast cancer is a common women's health issue. Most women who have breast cancer are treated successfully.
- It is not your fault. It is not something to be ashamed of. You can't make it worse by talking about it.
- You will receive information about the type of breast cancer, your treatment options and what to do next.

如果您患有乳腺癌

- 即使您感觉良好，评估检查有时也会显示您患有乳腺癌。
- 被告知患有乳腺癌可能会让大多数女性感到震惊。工作人员将在那里为您提供帮助，回答您的所有问题。
- 乳腺癌是一种常见的女性疾病。大多数乳腺癌患者的治疗都很成功。
- 乳腺癌并非任何人的过错。
- 工作人员将为您提供所需的信息和帮助。

Facilitator notes - Ways to reduce your risk of breast cancer

Mammograms help find breast cancer early; they do not prevent cancer.

To reduce your breast cancer risk:

- Maintain a healthy body weight. Find out if you are a healthy weight by talking to your doctor.
- Be physically active every day.
- Avoid alcohol or reduce the amount you drink.
- Eat a healthy diet that is high in vegetables, fruit, legumes, and wholegrains, such as wholemeal pasta, noodles, bread, brown rice, oats and couscous. Aim for two serves of fruit and five serves of vegetables each day.
- Eat less red meat and avoid processed meats such as bacon, ham and salami.
- Quit smoking.

如何降低患乳腺癌的风险

乳房X光检查有助于早期发现乳腺癌，而不是预防癌症发生。

为了降低患乳腺癌的风险，您必须：

- 保持健康的体重
- 身体每天多活动
- 不喝酒或少喝酒
- 吃高纤维的食物
- 戒烟



Facilitator notes - Summary

- Mammograms are important.
- Finding breast cancer when it is small gives women the best chance of successful treatment and being well again.
- Women are invited (usually by a letter in the mail) to have a mammogram with BreastScreen NSW every two years from the age of 50.
- If you do not receive an invitation, please call and make an appointment.
- Mammograms with BreastScreen NSW are FREE and a doctor's referral is not needed.
- Call 13 20 50 to book an appointment. If you need an interpreter, call 13 14 50.
- Most women who develop breast cancer DO NOT have a family history of breast cancer.
- BreastScreen NSW is for women with no breast symptoms (soreness, redness, discharge, dimpling). If you notice any changes in your breasts, it is important to see your doctor first.
- From age 75, BreastScreen NSW stops sending reminder letters. However, you can keep coming for free. Talk to your doctor about whether you need to keep having mammograms.

小结

- 乳房X光检查很重要，因为如果在乳腺癌很小时能发现，患者就有更多的治疗选择，治疗效果会更好。
- 邀请女性从50岁开始每两年接受一次BreastScreen NSW的乳房X光检查。
- 请致电13 20 50进行预约。
- 如果您需要口译员，请致电13 14 50。
- BreastScreen NSW是免费的。
- 不需要医生的介绍信。
- BreastScreen NSW面向没有乳房症状（疼痛、发红、有分泌物、凹陷）的女性。如果您发现乳房有任何变化，请务必先去看医生。
- 如果您年满75岁，请询问您的医生是否仍需要乳房X光检查。

**BreastScreen NSW
的乳房X光检查
是免费的**

Facilitator notes - For more information

- Visit the program website at: breastscreen.nsw.gov.au.
- Call BreastScreen NSW on **13 20 50**.
- If you need help in your language, call the Translating and Interpreting Service on **13 14 50**.

Demonstrate finding the brochures from the website

Translated brochures are available in 28 languages
www.breastscreen.nsw.gov.au/about-screening-mammograms/information-in-other-languages.

如果需要更多信息

请访问 breastscreen.nsw.gov.au

- 预约请致电 **13 20 50**。
- 如果您需要口译，请致电 **13 14 50**。

有28种语言的译本。

在网站上有这些译本。

**20分钟的
乳房筛查
可能会挽救
您的生命!**



Facilitator notes - Our cancer screening programs

Screening programs in Australia

- Cancer screening is the use of simple tests to look for early signs of cancer, or the conditions that cause cancer.
- Screening tests can find cancer before you can see or feel any changes to your body. When you find cancer early, it is easier to treat successfully.
- In Australia, there are three national screening programs. These are for bowel, breast and cervical cancers.
- If you are unsure about doing a screening test, talk to your doctor to help you decide.

我们的癌症筛查计划

NATIONAL BOWELCANCER SCREENING PROGRAM



NATIONAL CERVICAL SCREENING PROGRAM

A joint Australian, State and Territory Government Program



通过筛查早期发现
乳腺癌可以挽救生命

Facilitator notes - Bowel Screening

If you're aged 50–74 years and have a Medicare card, the Commonwealth Government will send you a free bowel screening test kit in the mail every 2 years.

- Bowel cancer can develop slowly, without any signs or symptoms.
- The bowel screening test kit is free, simple and can be done in your own home.
- The test can find changes in the bowel early.
- If found early, 9 out of 10 bowel cancers can be successfully treated.
- Do the test when it comes in the post. It could save your life.
- The test kit instructions and other resources are available online in more than 20 languages: **cancerscreening.gov.au/translations**.
- To find out more, call the National Bowel Cancer Screening Program info line on **1800 627 701** or call the Translating and Interpreting Service on **13 14 50** (for help in your language).

肠道筛查

- 肠道筛查测试包可以在出现任何体征或症状之前提早很长时间发现肠道变化。
- 如果早期发现，10例肠癌有9例可以成功治疗。



50-74岁的男性和女性每两年可以免费收到一个肠道筛查测试包

Facilitator notes - Cervical screening

- Women aged 25–74 should have cervical screening every 5 years.
- You can book a Cervical Screening Test with your local doctor or nurse. You don't need to go to a specialist doctor.
- Some doctors provide this for free. You can ask about the cost when you book an appointment.
- You can ask for a female doctor or nurse to perform the test.
- Cervical cancer can be prevented by having the Cervical Screening Test, because it looks for an infection which causes cervical cancer.
- **Book an appointment with your doctor or nurse.**

Note: If it's been more than 2 years since your last Pap test or you have never had a test before, you should book an appointment as soon as possible. If the result is normal you will then be due for your next test in 5 years' time.

宫颈癌筛查

- 宫颈癌筛查通过发现引起宫颈癌的感染来预防宫颈癌。
- 请向您的医生或护士预约。



25-74岁的女性
应每5年进行一次
子宫颈筛查

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