

乳房健康和乳房篩查

Chinese Traditional



BreastScreen
NSW

.....
Cancer Institute NSW



這套掛圖的用戶須知

這套掛圖由Cancer Institute NSW 製作，目的是幫助人們向不同文化背景的婦女（特別是那些有資格參加BreastScreen NSW計劃的人）提供有關乳腺癌和乳房篩查的資訊。

這套掛圖包括以下主題：

- 乳房和乳房健康
- 認識乳房
- 乳腺癌
- 乳房篩查
- 接受BreastScreen NSW的乳房X光檢查
- 在乳房X光檢查以後
- 更多的測試和評估
- 如果患有乳腺癌
- 降低患乳腺癌風險的方法
- 小結和關鍵資訊
- 其他癌症篩查計劃

我們鼓勵這套掛圖的用戶修改所提供的表述以適合他們的特定社區。用戶可能僅使用掛圖中適合其客戶需求的某些部分。

掛圖可在小組使用，也可以用於一對一的資訊分享。

致謝

這套掛圖改編自原標題為*A Breast Health and Breast Screening Bilingual Community Education*（《乳房健康和乳房篩查》）的小冊子。原來那份資料是由Cancer Institute NSW 撥款、由Sydney West Area Health Service 在2007年編寫的。該撥款項目的目的是為Multicultural Health Network's Bilingual Community Health Education Program提供資料。

Cancer Institute NSW 的BreastScreen NSW團隊衷心感謝多元文化醫療機構、社區和教育部門的代表對這套資料的貢獻和投入，他們在更新這套資料時提供了幫助和指導。

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由Julie Haysom插圖

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Facilitator notes - The breast

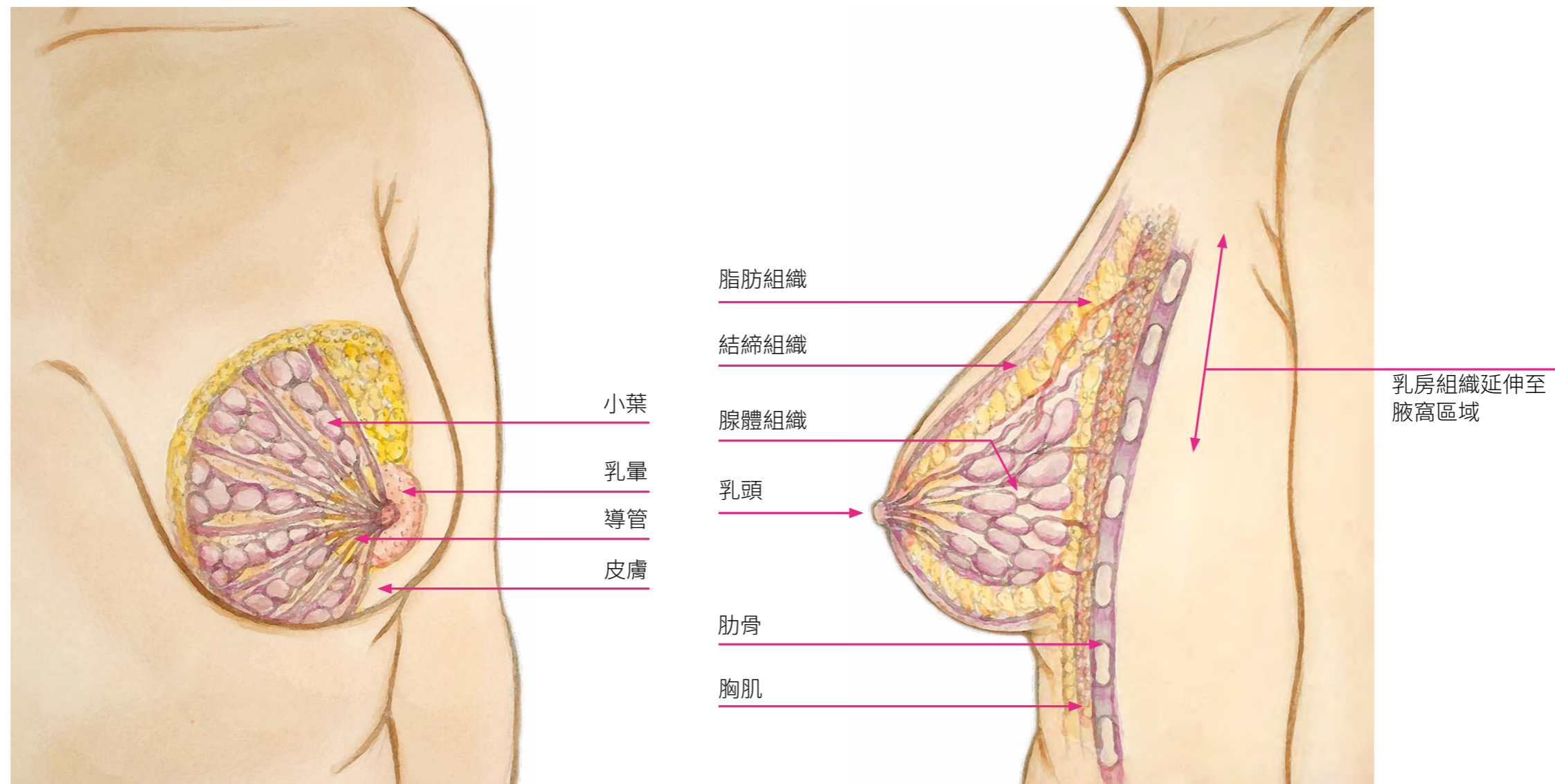
- Breasts are made up of lobules and ducts surrounded by fatty and connective tissue.
- Lobules produce breast milk.
- Ducts carry milk to the nipple.
- Breast tissue covers not just the breast mounds, but also the area from the collarbone to the bra line, and may extend into the glands under the arms.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

Activity

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

乳房

- 乳房由小葉和導管組成，周圍有脂肪和結締組織。
- 小葉產生乳汁。
- 導管將乳汁輸送到乳頭上。





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

- 每個女人的乳房都不同。乳房的大小、形狀和乳頭顏色都是不同的。
- 女性的乳房在一生的不同時期會發生變化。
- 了解乳房的外觀和感覺非常重要。





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.

認識乳房

- 了解乳房的外觀和感覺非常重要。
- 您在洗澡、擦乾身子或穿衣服時可以看看、摸摸自己的乳房，了解什麼是正常的。

尋找.....



乳房大小或形狀的變化。



乳頭的變化，如結痂、潰瘍、發紅或倒置。



在沒有擠壓的情況下發生的乳頭溢液。



乳房皮膚的變化，如發紅或凹陷。

摸摸有沒有.....



新的腫塊或團塊，尤其是僅在一個乳房出現的情況。



在乳房或腋下不會消失的不尋常疼痛。

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

- 女性談論乳腺癌很重要。
- 乳腺癌是澳大利亞女性中最常見的癌症。
- 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?

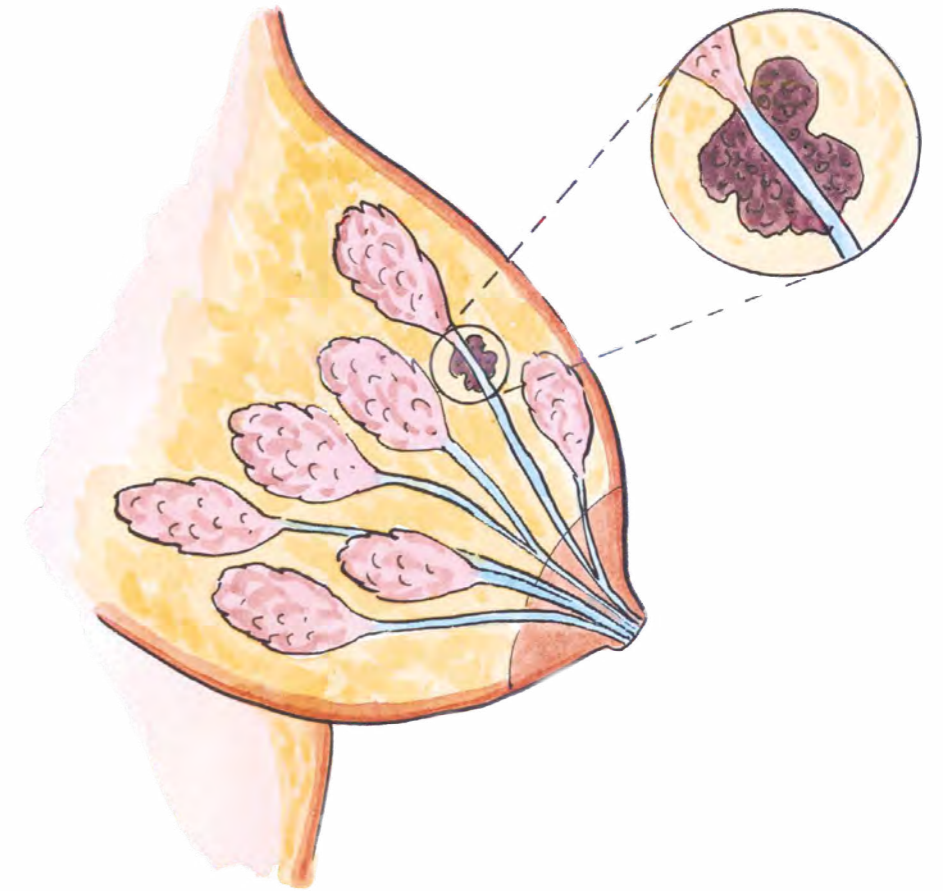
- Breast cancer is a collection of cells in the breast tissue that grow in an uncontrolled manner.
- There are different types of breast cancer. This can depend on where the cancer is within the breast, or if it has spread to an area outside of the breast.
- Being a female and over 50 are the two biggest 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.

什麼是乳腺癌？

- 乳腺癌是乳房組織中以不受控制的方式生長的一群細胞。
- 有不同類型的乳腺癌和不同的治療方法。
- 女性可能患有乳腺癌卻沒有注意到任何症狀或變化。



乳腺癌的主要風險因素是：

- 女性
- 超過50歲



Facilitator notes - Breast screening

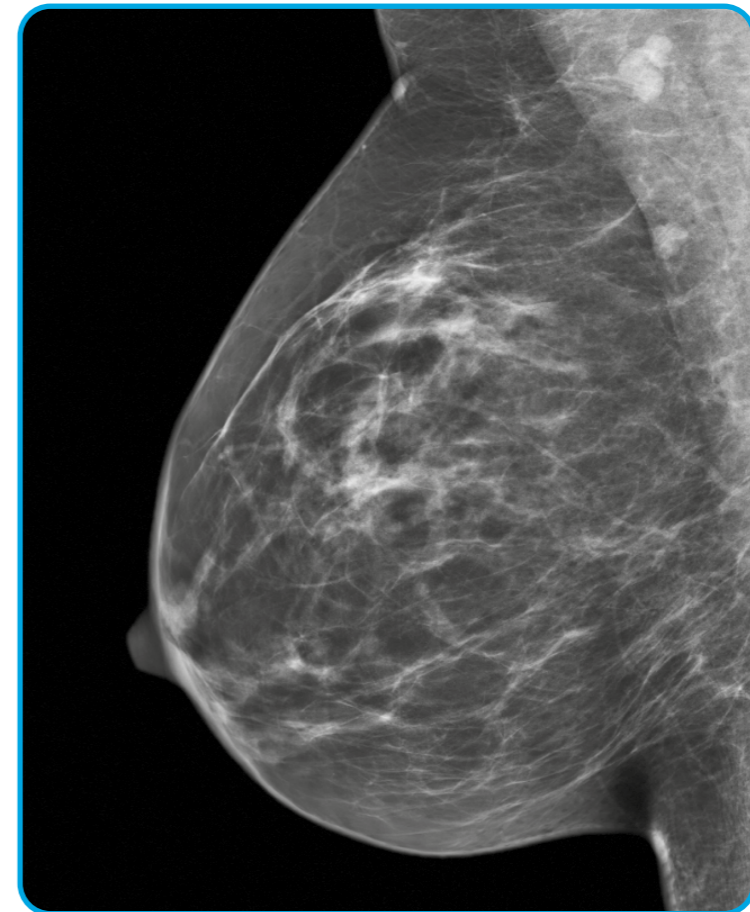
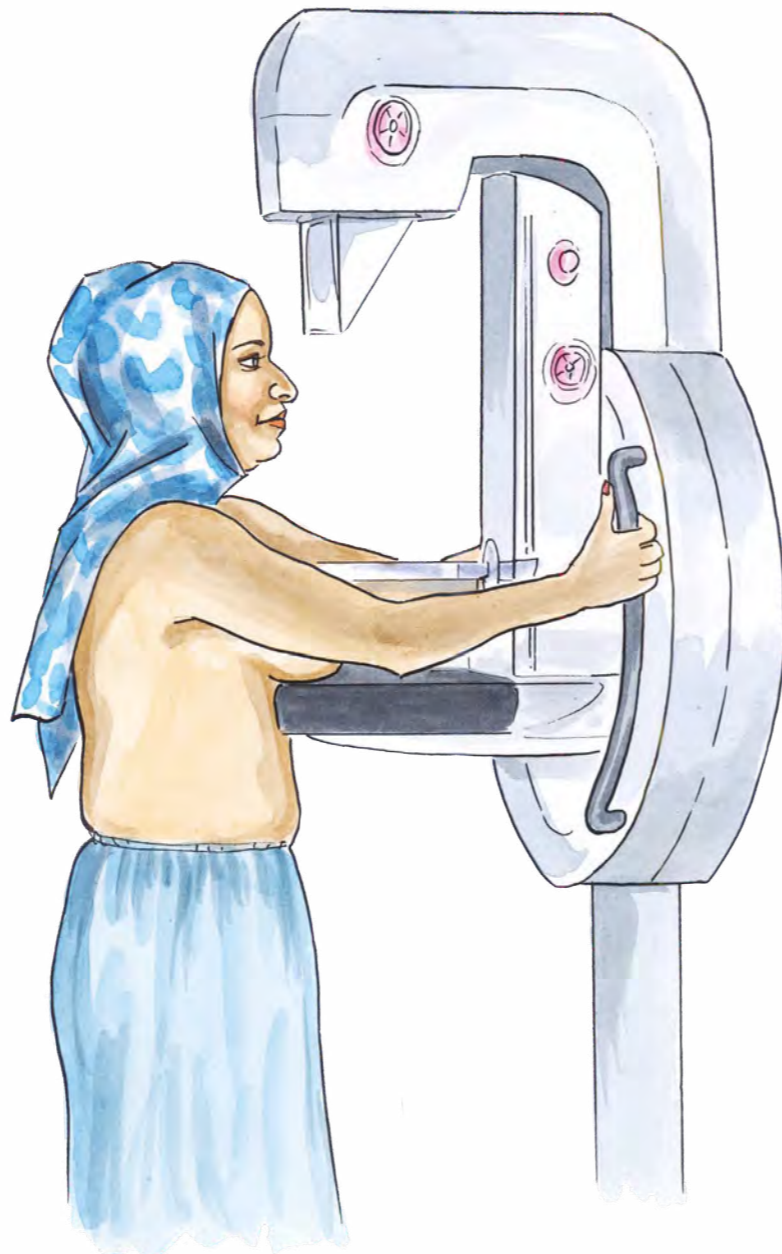
- A mammogram is an x-ray of a woman's breast.
- The mammogram is done by a female radiographer.
- Each breast is x-rayed from top to bottom, and from side to side.
- The mammogram presses the breast (*demonstrate with hands*) to get the best picture of the breast possible.
- The pressing can be uncomfortable, 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.

乳房篩查

- 乳房X光檢查（也稱為乳房篩查）是女性乳房的X光檢查。
- 放射科醫生對每側乳房從上到下進行X光檢查，檢查完一側再檢查另一側。機器會擠壓乳房。



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.

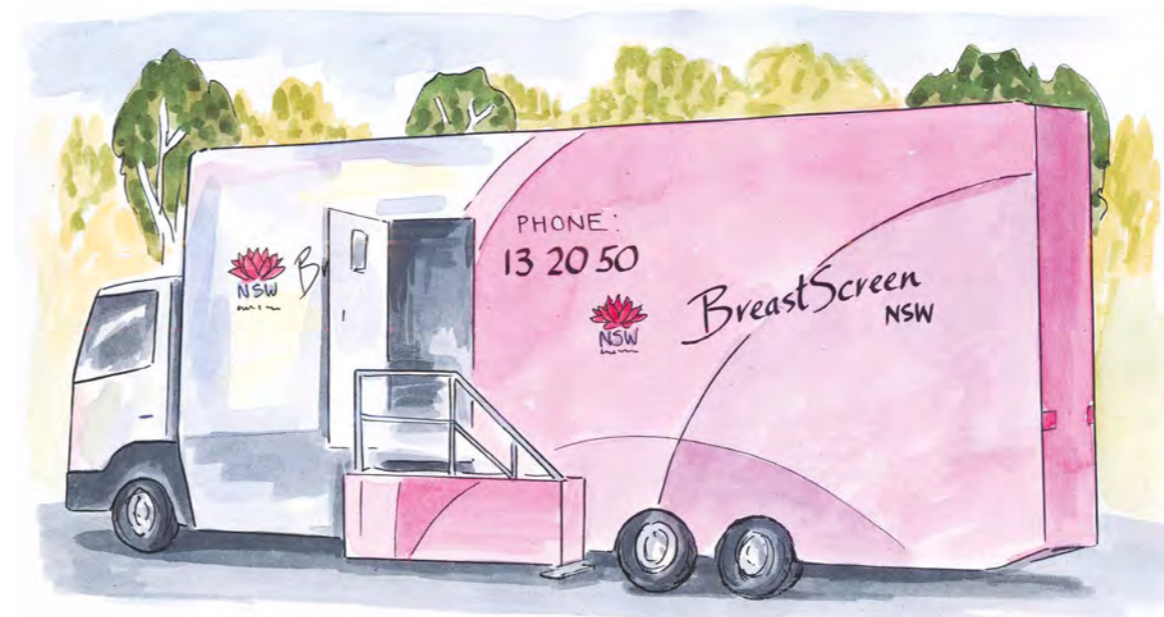
接受BreastScreen NSW的乳房X光檢查

- 50至74歲的女性應每兩年進行一次乳房X光檢查。
- 這項檢查是免費的。
- BreastScreen NSW為沒有症狀的女性做檢查。那些有乳房症狀的女性應立即就醫。
- 當您年滿50歲時，您將收到一封郵件，邀請您接受乳房X光檢查。
- NSW有超過200個地方可做篩查，包括流動檢查車。
- 所有放射科醫生都是女的。
- 您不需要醫生的介紹信。
- X光室非常私密。

您可以在BreastScreen NSW的網站找到離您最近的診所：
breastscreen.nsw.gov.au

📍 尋找離您最近的篩查地點

輸入您的郵政編碼或所在的區名稱



Facilitator notes - Going to the clinic

Interpreters

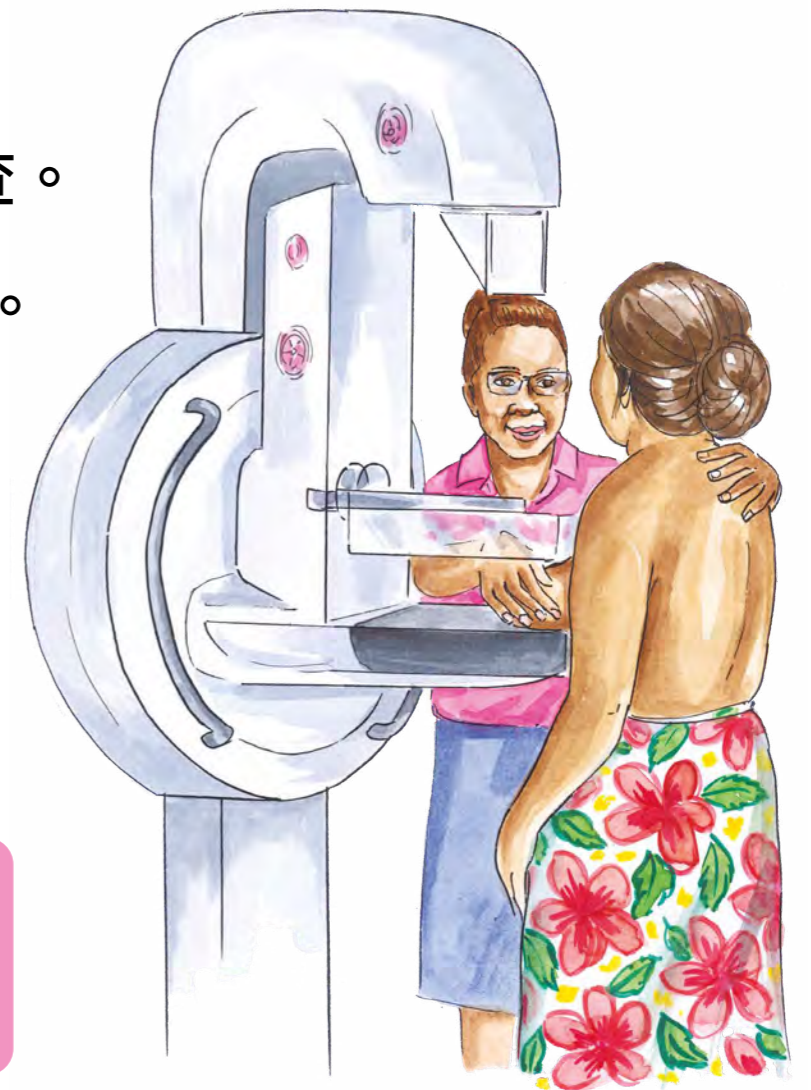
- Do you need an interpreter? Please tell staff when you book your appointment that you need an interpreter.
- In most cases it will be a telephone interpreter, arranged by the BreastScreen NSW reception staff.
- Please do not bring family members as interpreters, especially children.

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.

去診所

- 預約的檢查大約需要20分鐘。
- BreastScreen NSW會讓您在接受篩查前先填一份登記表。
- 請穿裙子或褲子和上衣，不要穿連衣裙。您在檢查時必須脫掉腰部以上的衣物，包括胸罩。
- 在檢查前不要使用爽身粉或除味劑。
- 在X光室，放射科女醫生會固定您的體位，然後進行X光檢查。
- 在乳房X光檢查以後，您穿好衣服，整個檢查過程就完成了。
- 檢查結果在大約兩週內會郵寄給您。



您是否需要口譯？
當您打電話預約時，請告訴工作人員。

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光檢查的結果

您應該在檢查以後的兩週內收到郵寄的結果。



測試結果的含義：

正常 (Normal)：一切都好。沒有乳腺癌的證據。兩年後再來做乳房X光檢查。

再做檢查 (Recall to assessment)：X光顯示有個區域看起來不一樣，所以您需要進一步檢查。

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.

還有什麼測試？

評估

- 如果BreastScreen NSW請您再做檢查，那麼這稱為評估。
- 請記住，大多數接受評估檢查的女性並沒有乳腺癌。
- 評估檢查是免費的。
- 評估檢查需要2-4個小時。
- 在評估過程中，醫生、護士和顧問可以為您提供幫助。
- 您可以帶個朋友或親戚跟您一起去。





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

- 即使您感覺良好，評估檢查有時也會顯示您患有乳腺癌。
- 被告知患有乳腺癌可能會讓大多數女性感到震驚。工作人員將在那里為您提供幫助，回答您的所有問題。
- 乳腺癌是一種常見的女性疾病。大多數乳腺癌患者的治療都很成功。
- 乳腺癌並非任何人的過錯。
- 工作人員將為您提供所需的資訊和幫助。

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風險

乳房X光檢查有助於早期發現乳腺癌，而不是預防癌症發生。

為了降低患乳腺癌的風險，您必須：

- 保持健康的體重
- 身體每天多活動
- 不喝酒或少喝酒
- 吃高纖維的食物
- 戒煙



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.

小結

- 乳房X光檢查很重要，因為如果在乳腺癌很小時能發現，患者就有更多的治療選擇，治療效果會更好。
- 邀請女性從50歲開始每兩年接受一次BreastScreen NSW的乳房X光檢查。
- 請致電13 20 50進行預約。
- 如果您需要口譯員，請致電13 14 50。
- BreastScreen NSW是免費的。
- 不需要醫生的介紹信。
- BreastScreen NSW面向沒有乳房症狀（疼痛、發紅、有分泌物、凹陷）的女性。如果您發現乳房有任何變化，請務必先去看醫生。
- 如果您年滿75歲，請詢問您的醫生是否仍需要乳房X光檢查。

**BreastScreen NSW
的乳房X光檢查
是免費的**

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.


如果需要更多資訊

請訪問 breastscreen.nsw.gov.au

- 預約請致電 **13 20 50**。
- 如果您需要口譯，請致電 **13 14 50**。

有28種語言的譯本。

在網站上有這些譯本。



20分鐘的
乳房篩查
可能會挽救
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.

我們的癌症篩查計劃

NATIONAL BOWELCANCER SCREENING PROGRAM



NATIONAL CERVICAL SCREENING PROGRAM

A joint Australian, State and Territory Government Program

通過篩查早期發現
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).

腸道篩查

- 腸道篩查測試包可以在出現任何體徵或症狀之前提早很長時間發現腸道變化。
- 如果早期發現，10例腸癌有9例可以成功治療。



50-74歲的男性和
女性每兩年可以
免費收到一個
腸道篩查測試包

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.

宮頸癌篩查

- 宮頸癌篩查通過發現引起宮頸癌的感染來預防宮頸癌。
- 請向您的醫生或護士預約。



25-74歲的女性
應每5年進行一次
子宮頸篩查

Cancer Institute NSW

cancer.nsw.gov.au

Locked Bag 2030, St Leonards NSW 1590

t +61 (0)2 8374 5600

cinsw-information@health.nsw.gov.au

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