

유방 건강 및 유방 검사

Korean



.....
Cancer Institute NSW



플립차트 사용자를 위하여

이 플립차트는 다양한 문화적 배경의 여성들에게 유방암 및 유방 검사에 대한 정보를 제공하는 사람들, 특히 BreastScreen NSW 프로그램에 참여할 자격이있는 사람들을 지원하기 위하여 Cancer Institute NSW 에서 제작되었습니다.

플립차트에는 아래와 같은 사안들이 포함됩니다.

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이 플립차트 사용자는 제공된 문구를 해당 지역사회에 맞게 수정하는 것이 권장됩니다. 사용자는 플립차트 중에서 고객의 요구에 맞는 섹션만 선택해서 사용할 수도 있습니다.

플립차트는 소그룹에서 혹은 일대일 정보 공유를 위해 사용될 수도 있습니다.

감사 인사

이 플립차트는 *A Breast Health and Breast Screening Bilingual Community Education* 설명서라는 제목의 원본 설명서를 각색한 것입니다. 원 자료는 2007년에 Sydney West Area Health Service에서 개발했으며, Cancer Institute NSW 보조금으로 재정을 마련했습니다. 이 보조금의 목적은 Multicultural Health Network's Bilingual Community Health Education Program을 위한 자료를 개발하는 것이었습니다.

Cancer Institute NSW의 BreastScreen NSW 팀은 이 자료 업데이트 기간 동안 제공한 다문화 건강, 지역 사회 및 교육 분야의 대표자들의 도움과 지도 그리고 이 자료에 대한 이들의 기여와 의견에 대해 감사드립니다.

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Facilitator notes - The breast

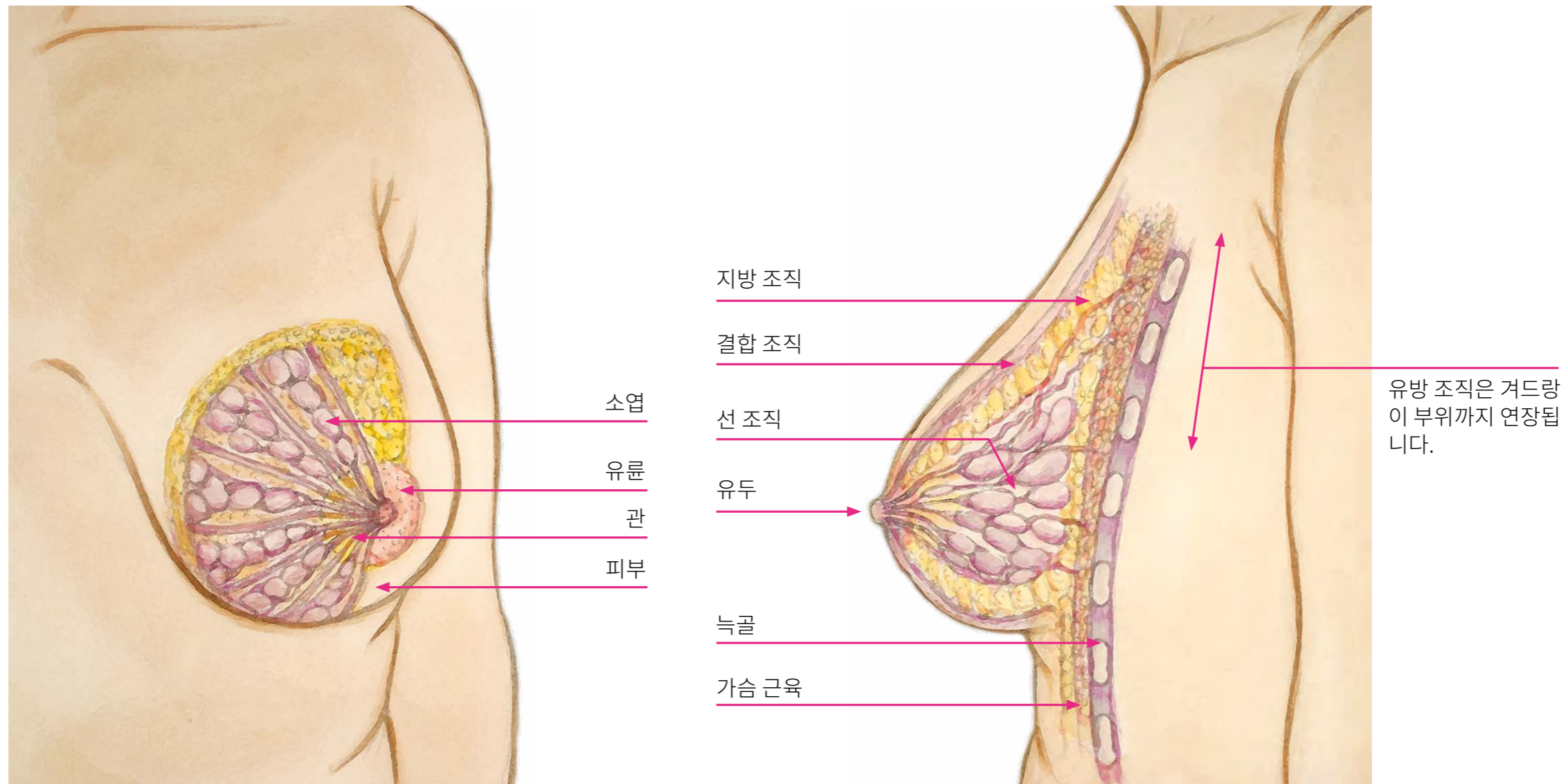
- Breasts are made up of lobules and ducts surrounded by fatty and connective tissue.
- Lobules produce breast milk.
- Ducts carry milk to the nipple.
- Breast tissue covers not just the breast mounds, but also the area from the collarbone to the bra line, and may extend into the glands under the arms.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

Activity

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

유방

- 유방은 지방 및 결합 조직으로 둘러싸인 소엽과 관으로 구성됩니다.
- 소엽은 모유를 만듭니다.
- 관은 우유를 유두로 운반합니다.





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.

유방 건강

- 여성의 유방은 개인마다 다릅니다. 유방은 유두의 크기, 모양 및 색깔이 다릅니다.
- 여성의 유방은 삶의 여러 기간에 변합니다.
- 자신의 유방의 모양과 느낌을 아는 것이 중요합니다.





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.

유방 인지

- 자신의 유방의 모양과 느낌을 아는 것이 중요합니다.
- 샤워 할 때, 몸의 물기를 닦거나 옷을 입을 때 가슴을 관찰하고 만져 보십시오. 자신에게 정상적인 것이 어떤 것인지를 알아야 합니다.

..... 관찰하기.....



유방의 크기나 모양의 변화.



딱지, 궤양, 발적 또는 전도와 같은 유두 변화.



짜지 않아도 나오는 유두 분비물.



붉은 색을 띠거나 오목하게 들어간 것 같은 유방의 피부 변화.

..... 만져보기.....



새로운 덩어리 또는 멍울, 특히 한쪽 유방에만 있는 경우.



유방이나 겨드랑이에 평상시와는 다른 통증이 지속적으로 있음.

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?

유방암

- 여성들이 유방암에 관해 이야기하는 것이 중요합니다.
- 유방암은 호주 여성들에게 가장 흔한 암입니다.
- NSW 주에는 7 명의 여성 중 1 명이 유방암에 걸립니다.

NSW 주에는

7 명의 여성 중 1 명이

유방암에 걸립니다.



Facilitator notes - What is breast cancer?

What is breast cancer?

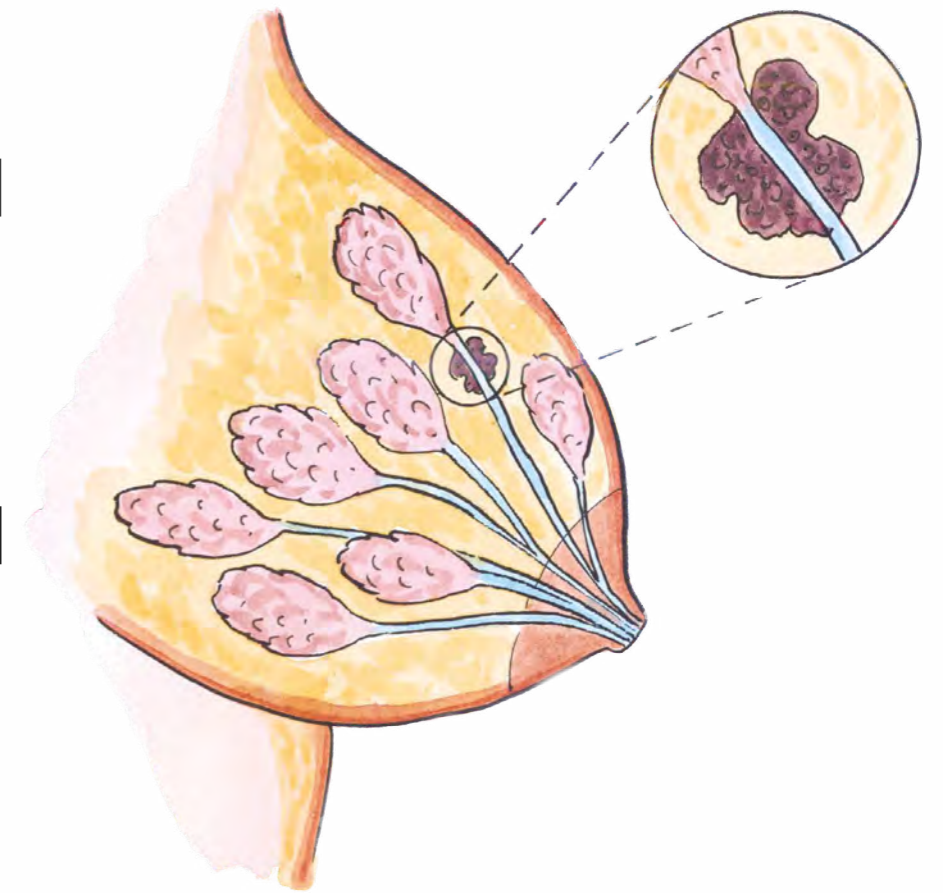
- Breast cancer is a collection of cells in the breast tissue that grow in an uncontrolled manner.
- There are different types of breast cancer. This can depend on where the cancer is within the breast, or if it has spread to an area outside of the breast.
- Being a female and over 50 are the two biggest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

유방암이란?

- 유방암은 통제되지 않은 방식으로 자라는 유방 조직 세포의 군체입니다.
- 다양한 종류의 유방암과 여러 가지 치료법이 있습니다.
- 여성들이 증상이나 변화를 알아채지 못한 채 유방암에 걸려 있을 수 있습니다.



유방암의 주요 위험 요소는:

- 여성임
- 50 세 이상



Facilitator notes - Breast screening

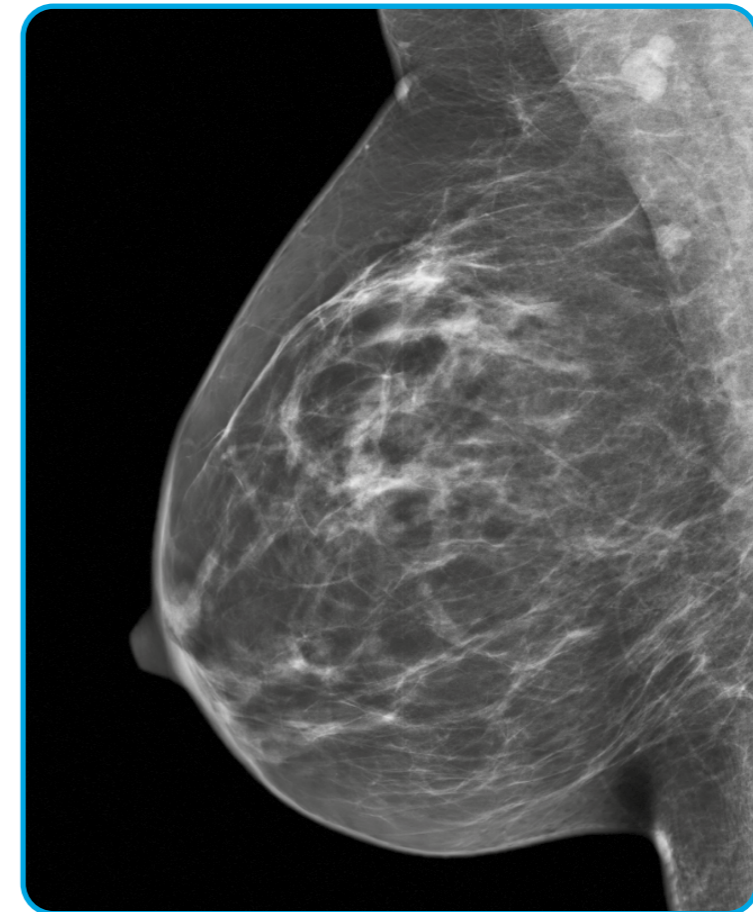
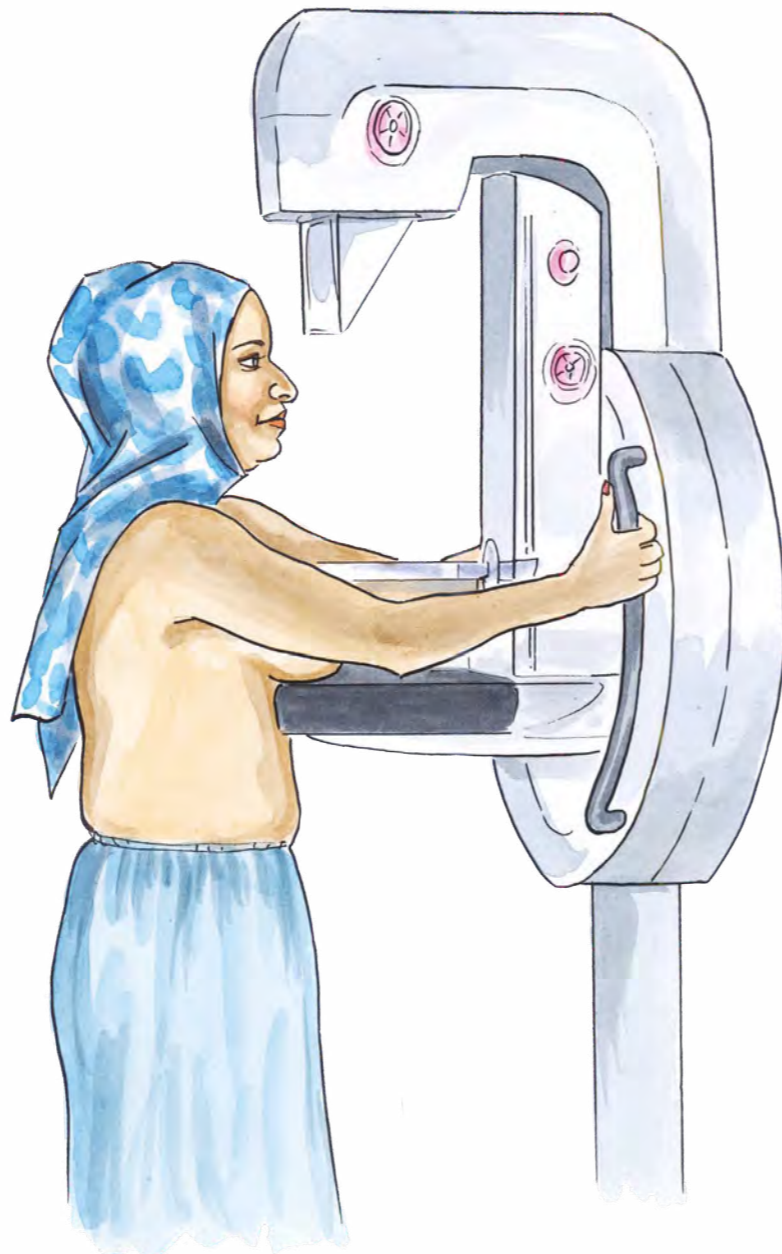
- A mammogram is an x-ray of a woman's breast.
- The mammogram is done by a female radiographer.
- Each breast is x-rayed from top to bottom, and from side to side.
- The mammogram presses the breast (**demonstrate with hands**) to get the best picture of the breast possible.
- The pressing can be uncomfortable,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

유방 검사

- 유방 X선 촬영(유방 검사라고도 함)은 여성의 유방을 엑스레이로 찍는 것입니다.
- 방사선 촬영기사가 위아래 그리고 좌우로 엑스레이를 찍습니다. 기계가 유방을 누를 것입니다.



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.

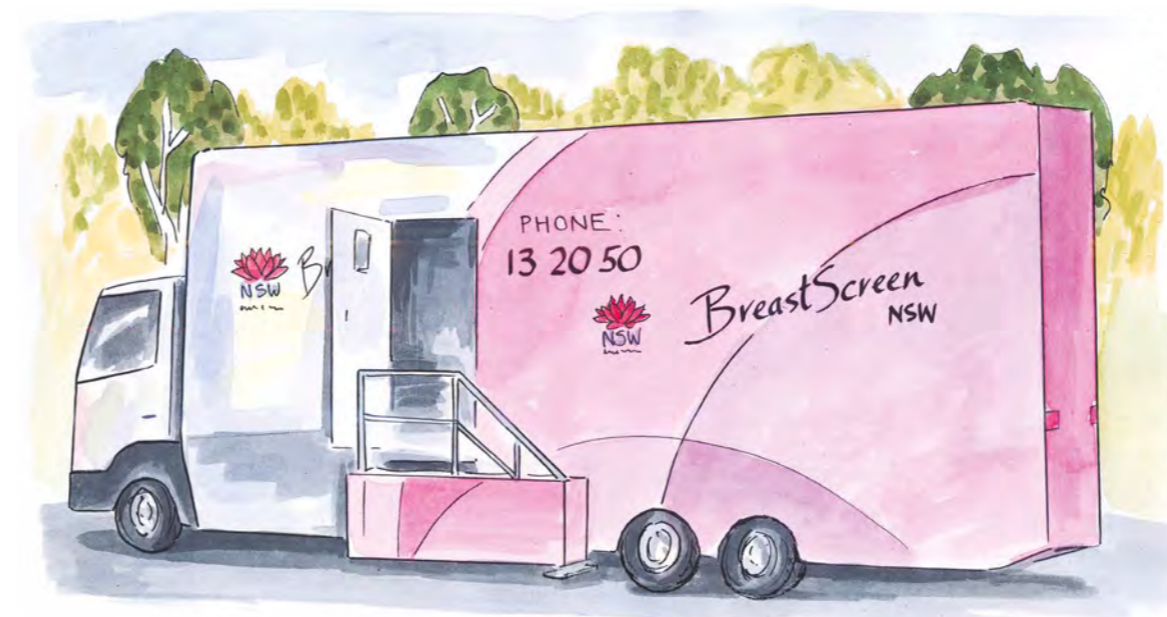
BreastScreen NSW에서 유방 X선 촬영

- 50-74 세의 여성은 2년마다 유방 X선 촬영을 해야 합니다.
- 무료입니다.
- BreastScreen NSW는 증상이 없는 여성을 위한 것입니다. 유방에 증상이 있는 여성은 즉시 의사의 진찰을 받아야 합니다.
- 50세가 되면, 유방 X선 촬영을 권유하는 편지를 우편으로 받게 됩니다.
- NSW에는 이동 밴 차량을 포함하여 200 개 이상의 검진 장소가 있습니다.
- 모든 방사선 촬영 기사는 여성입니다.
- 의사의 의뢰서는 필요하지 않습니다.
- 엑스레이를 찍는 방은 사적으로 보호된 공간입니다.

가장 가까운 클리닉을 BreastScreen NSW 웹 사이트에서 찾을 수 있습니다:
breastscreen.nsw.gov.au

 가장 가까운 검진소 위치 찾기

귀하의 우편 번호 또는 사는 지역 (suburb) 입력 



Facilitator notes - Going to the clinic

Interpreters

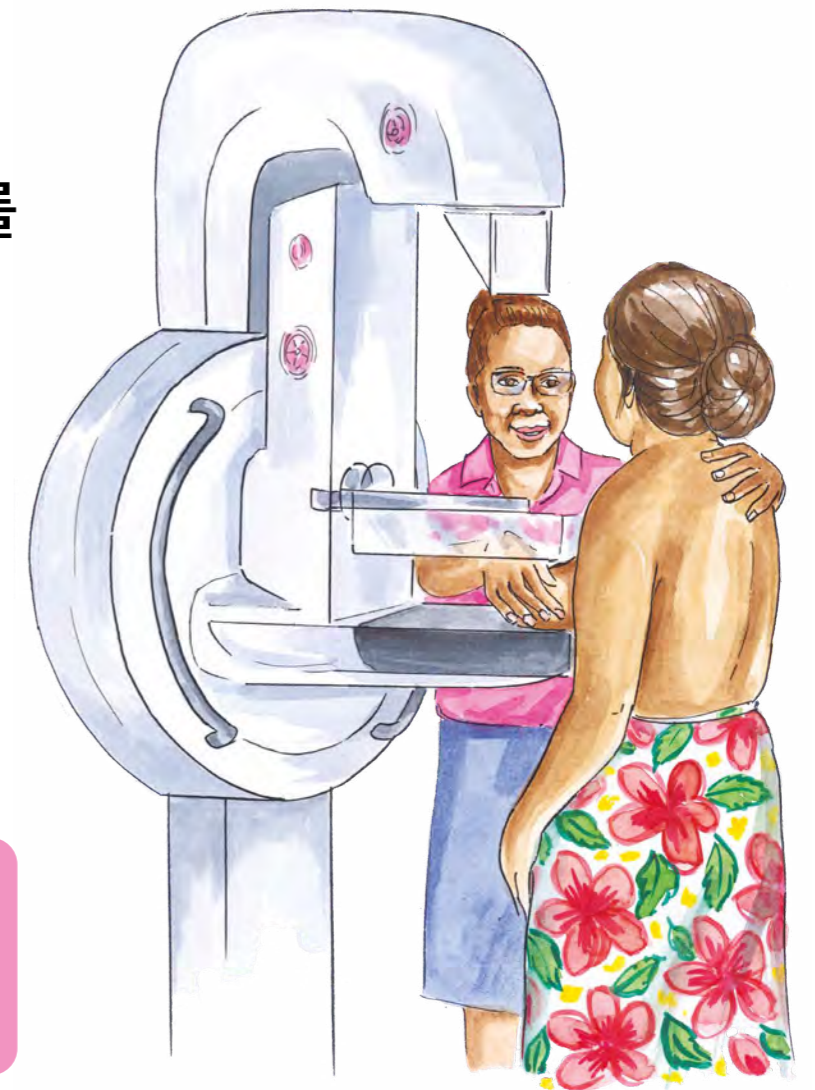
- Do you need an interpreter? Please tell staff when you book your appointment that you need an interpreter.
- In most cases it will be a telephone interpreter, arranged by the BreastScreen NSW reception staff.
- Please do not bring family members as interpreters, especially children.

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.

클리닉 방문

- 예약 검진 시간은 약 20 분이 소요됩니다.
- BreastScreen NSW에서는 검사를 하기 전에 작성해야 하는 등록 양식을 제공합니다.
- 치마 또는 바지와 함께 상의를 입으십시오. 원피스는 안됩니다. 브라지어를 포함하여 허리까지 탈의하도록 요청될 것입니다.
- 예약 전에 파우더나 탈취제를 사용하지 마십시오.
- 엑스레이 방에서 여성 촬영기사가 환자를 위치시키고 엑스레이를 찍을 것입니다.
- 유방 X선 촬영 후, 옷을 입으면 예약 검진이 끝날 것입니다.
- 약 2 주 내에 결과를 우편으로 받게 될 것입니다.



통역이 필요하십니까?
예약 전화를 할 때 직원에게 알려 주세요.

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.

유방 X선 촬영: 결과

예약 검진 후 2 주 이내에 결과를 우편으로 받습니다.



테스트 결과- 해석:

정상 (Normal): 모두 괜찮고 유방암의 증거가 없음. 2 년후에 유방 X선 촬영을 위해 다시 방문하십시오.

평가를 위한 호출 (Recall to assessment): 엑스레이의 한 부위가 다르게 보이므로 검사가 더 필요합니다.

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.

추가 검사는 어떤 것입니까?

평가

- BreastScreen NSW에서 추가 검사를 받아야 한다고 호출하는 경우, 이를 평가라고 합니다.
- 기억하실 것은 평가 검사를 받은 대부분의 여성이 유방암에 걸리지 않았다는 것입니다.
- 평가 검사는 무료입니다.
- 평가 검사는 2-4 시간이 걸립니다
- 평가 검진 중에 의사, 간호사 및 상담사 지원이 가능합니다.
- 함께 기다려 줄 친구나 친척을 동반할 수 있습니다.



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.

유방암이 있으면

- 스스로 건강하다고 느끼고 있었더라도 평가 검사에서 때때로 유방암이 나타납니다.
- 유방암에 걸렸다는 말을 듣게 되면 대부분의 여성은 충격을 받을 수 있습니다. 여러분의 모든 질문에 답변하고 지원해 줄 직원이 준비되어 있습니다.
- 유방암은 보통 여성의 건강 문제입니다. 유방암에 걸린 여성 대부분이 성공적으로 치료됩니다.
- 유방암은 그 누구의 잘못도 아닙니다.
- 직원이 필요한 정보와 지원을 제공합니다.

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.

유방암의 위험을 줄이는 방법

유방 X선 촬영은 유방암의 조기발견에 도움이 됩니다. X선 촬영이 암을 예방하지는 않습니다.

유방암 위험을 줄이려면:

- 건강한 체중을 유지한다
- 매일 신체 활동을 한다
- 알코올 섭취를 피하거나 줄인다
- 식이 섬유가 많은 식품을 섭취한다
- 금연



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.

개요

- 유방 X선 촬영은 중요합니다 왜냐하면 유방암의 크기가 작을 때 발견하면 치료의 옵션이 더 많아지고 더 나은 결과를 얻을 수 있기 때문입니다.
- 여성은 50세부터 2년마다 BreastScreen NSW에서 유방 X선 촬영을 받도록 권유됩니다.
- 예약을 하려면 13 20 50으로 전화하십시오.
- 통역사가 필요하시면 13 14 50 번으로 전화하십시오.
- BreastScreen NSW는 무료입니다.
- 의사의 의뢰서는 필요하지 않습니다
- BreastScreen NSW는 유방 증상 (통증, 발적, 분비물, 오목하게 들어감)이 없는 여성을 위한 것입니다. 유방에 변화를 발견하면 먼저 의사를 보는 것이 중요합니다.
- 75 세 이상인 경우, 유방 X선 촬영이 여전히 필요한지 의사에게 문의하십시오.

**BreastScreen NSW
의 유방 X선 촬영은
무료입니다.**

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.


더 자세한 정보를 원하시면

breastscreen.nsw.gov.au를 방문하십시오.

- 예약을 하시려면 13 20 50으로 전화하십시오.
- 통역사를 원하시면 13 14 50으로 전화하십시오.

번역된 안내서는 28개 언어로 가능합니다.

이들 자료는 웹 사이트에서 구할 수 있습니다.



20 분간의 유방
검사로 당신의
생명을 구할 수
있습니다!

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.

본 기관의 암 검사 프로그램

NATIONAL BOWELCANCER SCREENING PROGRAM



NATIONAL CERVICAL SCREENING PROGRAM

A joint Australian, State and Territory Government Program

검사를 통한 조기 발견은
생명을 구합니다

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).

대장 검사

- 대장 검사 도구는 증상이나 징후가 나타나기 오래 전에 대장의 변화를 감지할 수 있습니다.
- 조기에 발견되면 10 개의 대장암 중 9개가 성공적으로 치료 될 수 있습니다.



50-74 세 남성과
여성에게는 2 년마다
무료 대장 검사 도구가
발송됩니다

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.

자궁 경부 검사

- 자궁 경부 검사는 자궁 경부암을 초래하는 감염을 찾아내어 자궁 경부암을 예방합니다.
- 의사 또는 간호사와 예약하십시오.



25-74 세 여성은 5 년마다
자궁 경부 검사를 받아야
합니다

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