

The present pandemic situation led to a substantial decline in cancer screening and a lot of procedures put on hold. It resulted in a significant increase in the number of cancer cases globally as well as deaths related to it.

I have received several questions related to breast cancer, let me share some information on how to identify and prevent it.

Breast cancer is a disease in which cells in the breast grow out of control. It is the most commonly diagnosed cancer in women worldwide, it is also the leading cause of cancer death in women including in China.

It should be remembered that if breast cancer is detected in early stages it is curable.

新冠疫情的爆发导致癌症筛查的大幅下降，同时也导致了全球癌症病例和相关死亡人数的大幅增加。在收到几个有关乳腺癌的问题后，请允许我分享一些关于如何识别和预防乳腺癌的相关信息。

乳腺癌是一种乳房内细胞失控生长的疾病，它是全世界范围内女性最常见的癌症，也是造成包括中国在内的女性癌症死亡的主要原因。请记住，乳腺癌如果能及早发现并积极治疗，其治愈的机率是非常大的。

Women should be familiar with how their breasts normally look and feel, any changes must be discussed with the qualified doctor the soonest. It is also best to perform breast self-examination monthly... **Particularly if you have the following conditions:** 女性应该熟悉自身乳房的正常外观和触感，任何变化都必须尽快与有资质的医生进行讨论。至少每月进行一次乳房自检.....特别是在您有以下情况时:

- Family history of breast or ovarian cancer
有乳腺癌或卵巢癌的家族史
- Personal history of non-cancerous breast disease
个人有非癌性乳腺疾病史
- Menstruated early (before age 12) or had late menopause (after age 55) 月经较早 (12岁以前) 或绝经较晚 (55岁以后)
- Over 50 years old 50岁以上
- Overweight and obese after menopause
绝经后超重和肥胖者
- Having a dense breast 乳房密度大
- Had their first pregnancy after age 30, not breast feeding
30岁以后第一次怀孕，未进行母乳喂养
- Smoking and drinking alcohol 吸烟和饮酒
- Taking hormones 服用激素
- Known to have BRCA1 or BRCA2 gene mutation
携带BRCA1或BRCA2突变基因者

HOW CAN I LEARN MORE? 如何获取更多信息

Talk to a qualified doctor, nurse or health care professional or **contact us at**



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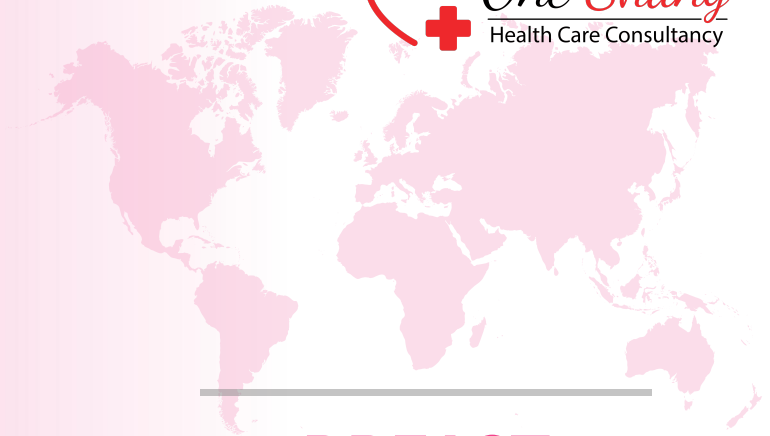
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BREAST CANCER AWARENESS

乳房自检





WHAT IS BREAST SELF EXAMINATION (BSE)?

什么是乳房自检?

It is a life saving practice which enables the women to see or feel any sign of abnormalities which could be a sign of cancer. It only takes 10 – 15 minutes to do it by yourself, once a month on the last day of menstrual cycle.

Women on birth control, pregnant, menopause are encourage to perform this self examination as well. Ideally, on the first day or on the date of your birthday, every month. **It should be remember BSE should be coupled with screening procedures.**

这是一种能够让女性尽早识别乳腺癌早期征兆以挽救生命的方法，它只需要女性在每个月经周期的最后一天花10-15分钟进行自检。我们也鼓励正在避孕的妇女、孕妇以及绝经期妇女常规进行这种自我检查。最好是在每月固定一天进行检查。

请记住，乳房自检应与乳腺癌筛查相结合。



SCREENING RECOMMENDATIONS

筛查建议

Most guidelines recommend screening every one to two years in women **50 years and older.**

Women who are **40 – 49 years old** should discuss their doctor when to start and how often to get mammogram.

Women who are at **high risk for breast cancer** based on certain factors should get a mammogram and sometimes breast MRI every year, typically starting **at age 30.**

多数指南建议50岁及以上的女性应每一到两年进行一次筛查。

40-49岁的女性应与医生讨论何时开始以及接受乳房钼靶检查频率。

对于受到某些因素影响而处于**乳腺癌高风险**的女性，建议从30岁开始每年做一次乳房MRI和钼靶检查。



MAMMOGRAM 乳房钼靶检查



MAMMOGRAM is like x-ray of the breast, it is the best way to find breast cancer early, before it is big enough to feel or cause symptoms. Having regular mammogram can lower the risk of dying from breast cancer.

乳房 X 光检查是早期发现乳腺癌的最佳方式，在异物大到足以被感觉到或引起症状之前。定期做乳房X光检查可以降低死于乳腺癌的风险。

HOW TO DO BREAST SELF EXAMINATION? 如何进行乳房自检?



1

STAND BEFORE THE MIRROR, Inspect both breasts for anything unusual, such as dimpling, scaling or puckering of skin or any discharge from nipples.

站在镜子前：检查两个乳房是否有任何异常，如凹陷、脱皮或皮肤皱褶或乳头分泌物。



2

WATCH CLOSELY ANY CHANGE IN THE SHAPE OR CONTOUR, clasp hands behind your head and press hand forward and observe for anything unusual.

仔细观察形状或轮廓的任何变化：双手紧握在头后，向前按压手，观察是否有任何异常。



3

HANDS ON YOUR HIPS BEFORE THE MIRROR, press hands firmly on hips and bow slightly toward your mirror as you pull your shoulders and elbows forward.

面向镜子：双手叉腰，微微向前倾，使肩膀和肘部能够向前得到拉伸。



4

FINGERS SLIDING OVER SOAPY SKIN, Some women prefers to do the next part of the examination in the shower. It makes easy to concentrate on the texture underneath. Raise your left arm, use three fingers of your right hand to explore your left breast firmly, carefully and thoroughly. Repeat the procedure on the other side of your breast.

有些女性喜欢在淋浴时进行这一步检查。手指滑过被沐浴露涂抹后的皮肤，这样能使你的注意力更容易集中于皮肤下的组织。用右手的三个手指紧紧地、仔细地、彻底地触摸你的左乳房。（右乳同法）



5

CIRCULAR MOTION, beginning at the outer edge, press the flat part of your fingers in small circles, moving the circle slowly around the breast. Gradually move towards the nipple. Pay special attention to the area between the breast and armpit. Feel for any unusual lump or mass under the skin.

圆周运动：从乳房外侧开始，用手指端在乳房周围慢慢移动画圈，逐渐向乳头处移动。需特别注意乳房和腋窝之间的区域，感受皮肤下有无任何的肿块。



6

NIPPLE DISCHARGE, gently squeeze the nipple and look for a discharge, repeat the examination on the other side of breast.

乳头溢液：轻轻挤压左侧乳头，检查乳头是否有溢液（两侧同法）



7

LYING DOWN, step 4 and 5 should be repeated lying down. Lie flat on your back, left arm over your head and a pillow or folded towel under your left shoulder. This position flattens the breast and makes it easier to examine. Use the same circular motion described earlier. (Repeat on your right breast)

请躺下：平躺在床上，左臂举过头顶，左肩下放一个枕头或折叠毛巾，这个姿势可以使乳房平坦，便于检查，然后重复第4、5步的步骤（右乳同法）



CAN I RELY ON BREAST SELF EXAMINATION ALONE TO BE SURE I AM BREAST CANCER FREE?

我能依靠乳房自检来保证自己没有患乳腺癌吗?

Remember, there are tumors so tiny that cannot be felt, it will require other breast cancer screening methods such as mammogram, MRI and ultrasound. Your qualified doctor can discuss with you the best option possible.

请记住，有些肿瘤因体积太小而无法感受到，因此需要借助其他的乳腺癌筛查方法，如乳房钼靶、MRI和超声波检查。请与您的主治医生讨论最佳的可能选择。