

有 百分之九十的乳房腫物是由女性自己發現的，而當中只有百分之十是惡性。任何年齡的女性都應注意自己的乳房有否轉變，如有異常，應立即通知你的家庭醫生。

年滿廿歲的女性應每月施行自我檢查乳房。最理想是在每月經期開始的第七至第十天施行；如你的經期是不規則或已收經，可嘗試在每月同一日施行自我檢查乳房；如你是用母乳哺餵的話，你亦可在每月同一日於哺餵後施行自我檢查乳房。

施行自我乳房檢查最重要的兩步驟是觀察和觸摸。

I. 觀察：站立於鏡前

1. 觀察你的乳房形狀和外形，注意乳房皮膚有沒有呈鱗狀、皺起或向內凹入，
2. 注意乳頭的位置有沒有不對稱或向內凹入，
3. 舉高雙手，觀察你的乳房有沒有不對稱，
4. 雙手放在臍部，並將肩膀及手肘拉向前，留意你的乳房的輪廓有沒有不對稱。



II. 觸摸：可仰臥或於沐浴時施行，觸摸沾有肥皂的皮膚較容易發現異狀。

1. 右手放在右耳旁，用左手三隻手指墊部放在右側乳房上作小圓圈按摩動作，觸摸整個乳房一周，注意乳房有沒有硬塊或增厚，
2. 再移近乳頭部位，
3. 檢查乳頭後的部位，
4. 用左手兩隻手指，輕輕擠壓右乳頭，檢查有無任何分泌物，
5. 檢查右腋下部位有沒有硬塊，
6. 相同方法，用右手檢查左乳房、左乳頭及左腋下部位，
7. 如有異常，應立刻通知醫生。

自我乳房檢查是一項很容易的程序，不要猶豫，應定時施行；使你熟悉自己乳房的特質，以便在重覆檢查時，可及早發現異狀或變化。這樣能保護你的生命。



自我檢查乳房 Breast Self Examination



養和醫院

HONG KONG SANATORIUM & HOSPITAL

乳房護理中心 Breast Care Centre
Tel: 2835 8878

Breast Self Examination (BSE)

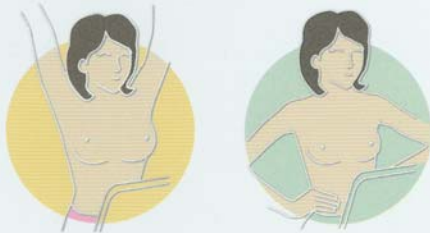
More than 90% of lumps are discovered by women themselves, and only 10% are malignant in nature. Women of all ages should be alert to any changes in their breast and should report these to their family doctor as soon as possible.

BSE should be performed every month by women when they have reached 20 years old. The best time for performing BSE is 7-10 days after first day of period since your breasts are not tender or swollen. If you are not having regular periods or post-menopausal, try to perform BSE on the same day of every month. If you use breast feeding, try to perform BSE once a month after breasts are empty.

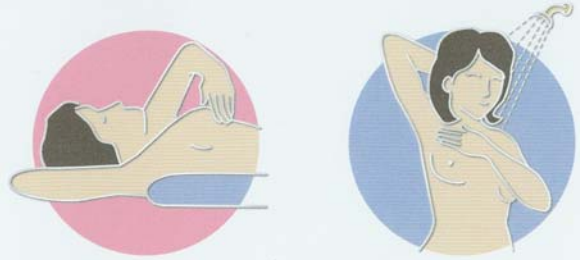
The two main steps to perform BSE are inspection and palpation.

I) Inspection: stand in front of a mirror

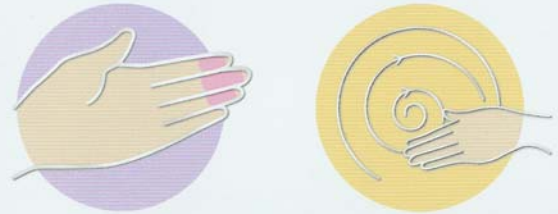
- note the shape and contour of your breasts, look for any change in the outline of the breast, any puckering or dimpling of the skin,
- note the appearance of the nipples, look for any inverted nipple or difference in nipple level,
- raise both arms and look for any asymmetry of the breasts,
- hands on hips, elbows forward and look for changes in contour of the breasts.



II) Palpation: lie down or during shower (the best is on a soapy skin)



- right hand at ear level, use pads of fingers on your left hand to feel for lumps or thickening in the right breast by making small circles around the breast,
- spiral toward nipple,
- check area behind nipple,



- gently squeeze the right nipple with two fingers of your left hand to look for any discharge,
- put the pads of your left fingers beneath your right armpit and do rotational movement to look for any lumps,
- repeat the exam on your left breast, left nipple and left armpit by using the finger pads of the right hand,
- if you find any changes, call your doctor as soon as possible.

Don't hesitate to perform BSE. Each woman's breasts feel different. You should familiarize yourself with your own breasts. It could save your life.