

3. Further Checks and Examinations

If any abnormality is detected, besides clinical check-ups and mammogram/ultrasound breast examinations, your doctor may recommend MRI or biopsy for further diagnosis.

According to the Hong Kong Breast Cancer Registry Report No. 15 published by the Hong Kong Breast Cancer Foundation in 2023, compared with cases of self-detected cancers, the tumour size, staging and lymph node metastasis are far less complex in patients with regular breast screening. Breast screening is very important for breast care. The earlier it is detected, the simpler the treatment and the better the outcome.

References:

Hong Kong Breast Cancer Foundation
www.hkbcf.org



Breast Care Centre

Breast Care Centre

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Service Hours

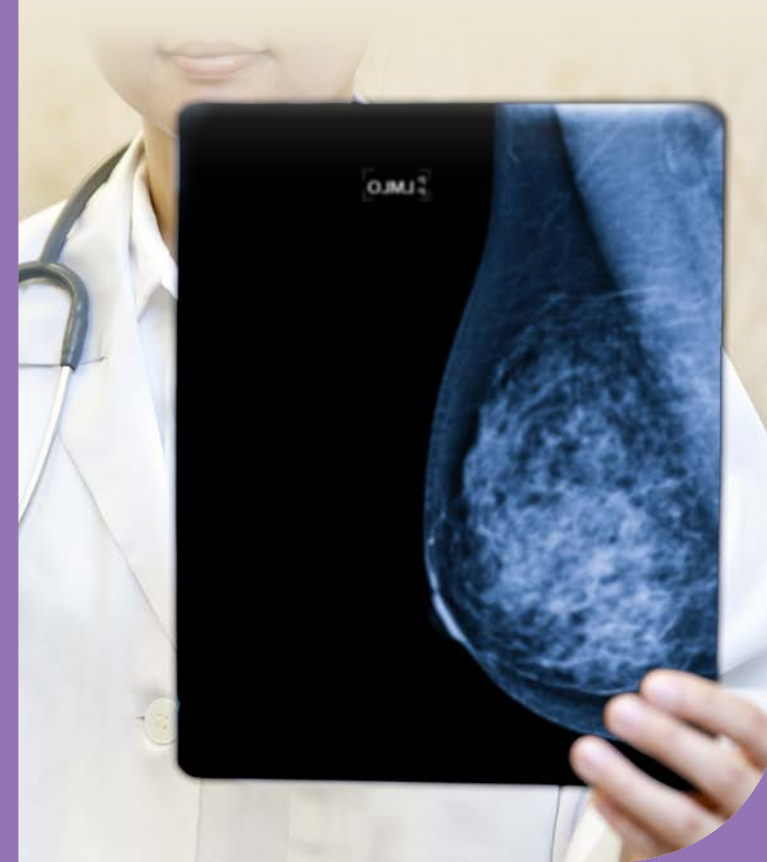
Monday to Friday: 9:00 am – 5:00 pm
Closed on Saturdays, Sundays and Public Holidays
Consultation by Appointment



For enquiries and appointments,
please contact us



Comprehensive Breast Screening Programme

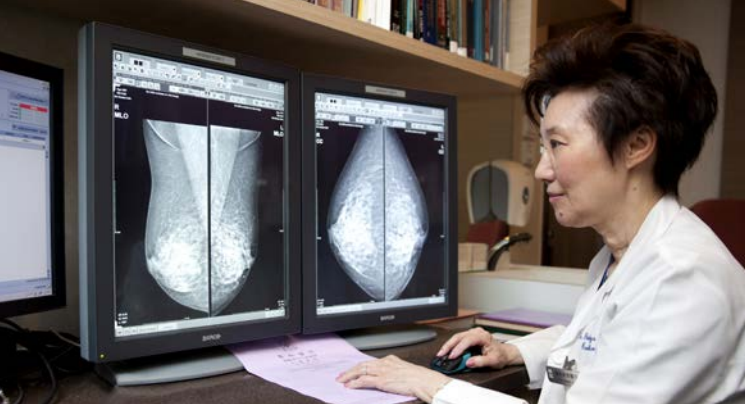


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What is Breast Screening?

Regular breast examinations are the first line of defense for early prevention of breast cancer or detection of cell abnormalities. The earlier the breast cancer is diagnosed, the better the clinical outcome.

Breast Cancer in Hong Kong

Breast cancer is the most common cancer among women in Hong Kong, with cases steadily increasing every year, accounting for about one-third of new cancer cases in women. Most patients can achieve a higher survival and cure rate if diagnosed at the first stage. Therefore, regular breast screening is recommended for timely follow-up and treatment.

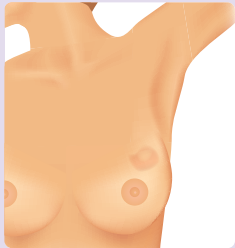
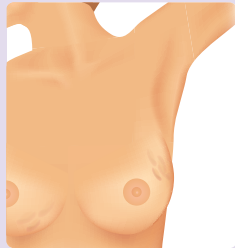
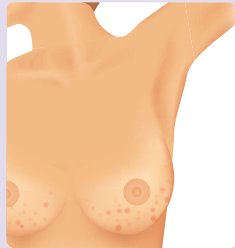
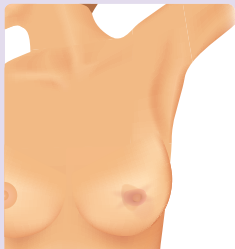
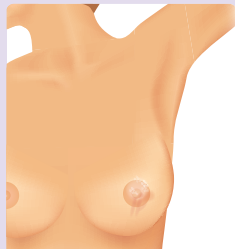
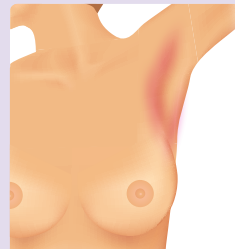
Who should have Breast Screening?

All women should start regular breast screening at age 20 or if they have the following risk factors:

- No experience of breastfeeding
- Overweight or obesity
- No childbirth or first live birth after age 35
- A family history of breast cancer
- Early menarche before age 12
- Use of hormone replacement therapy

Good Habits of Breast Screening

1. Self-examination in 3 Steps: Observe, Touch and Compare

Symptoms of breast cancer	Breast	A lump or thickening in the breast 	Dimpling or abnormal contour 	 Pitting on the skin that resembles orange peels, unusual skin rash, non-healing wounds, bleeding or ulceration
		Nipple retraction or asymmetry 	Nipple skin change, discharge or bleeding 	
				A lump or enlarged lymph node in the underarm 
	Nipple			
	Underarm			

2. Regular Breast Screening

Age	Self-examination	Clinical Examination	Mammogram	Ultrasound Breast
	Consult a doctor if you are aware of any unusual changes during self-examination	Medical professionals can help detect problems that go unnoticed by patients	It helps detect a tumour that is still non-palpable, i.e. microcalcifications and structural distortion	It helps differentiate between solid and cystic mass, and detect symptoms of suspected cancer cases
20 - 39	Every month after menstruation	Every 3 years or as per doctor's recommendation	Get the first baseline mammogram between age 35 and 39, or as per doctor's recommendation	Every 3 years or as per doctor's recommendation
40+	Every month after period or on the same date of every month in case of irregular period or menopause	Every 2 years or as per doctor's recommendation	Every 1-2 years or as per doctor's recommendation	For patients with dense breast tissue, your doctor may recommend ultrasound examination to complement mammogram