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佛教慈濟綜合醫院網址：

Buddhist Tzu Chi General hospital

Web site: <http://www.tzuchi.com.tw>

各院區健康諮詢專線

Health consultancy of Buddhist Tzu-Chi Hospital：

花蓮總院Hualien Tzu Chi medical center:(03)8562016

台北分院Taipei branch:(02)66289779-2236

台中分院Taichung branch:(04)25368069

大林分院Dalin branch:(05)2648333

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佛·教·大·林·慈·濟·綜·合·醫·院
Buddhist Tzu Chi General Hospital

乳部自我檢查
Breast Self-examination



中英文



乳部自我檢查 Breast Self-examination

凡年齡在二十歲以上的婦女應每月做乳部自我檢查。定期做乳部自我檢查可以幫助你及早發現乳部的改變，並找一般外科醫師診治。

Every woman who is older than 20 years of age should examine her breasts by herself every month. Routine breast self-examination can help you find out any changes in your breasts as earlier as possible than can urge you to seek treatment by a general surgeon.

乳部自我檢查最適合的時間，是在經期結束後的7天內，在乳部不漲痛時做檢查。已進入更年期的婦女、懷孕及用母乳哺餵嬰兒的婦女也應每月做一次乳部自我檢查。用母乳哺餵嬰兒的婦女，應待母乳擠出後才做乳部自我檢查。

The most appropriate time for breast self-examination is about seven days after the start of your menstruation, that if you don't feel full pain in your breasts. For women in menopause, pregnancy and breast feeding breast self-examining per month is also necessary. For breast-feeding women, do the examination after the breast is milked.

婦女若發現有硬塊、腫瘤或改變時，雖然大多數的腫瘤不會發展成乳癌，但仍應儘速找一般外科醫師診治。

If you find lumps or masses in your breasts or you find changes in form of your breasts, though most tumors will not develop become breast cancer. You still need to consult with a general surgeon doctor.

《及早發現乳癌》 美國防癌協會的建議

<< Early detect breast cancer >>

Suggestions from American Anti-Cancer Society

■ 乳部自我檢查

Breast self-examination :

凡二十歲以上婦女，應每月做乳部自我檢查。

Every woman older than 20 should do this examination every month.

■ 專業性乳部檢查

Professional breast examination :

二十歲至三十九歲婦女，應每三年接受專業性乳部檢查。

Women between 20 to 39 should do breast self-examination every three years.

四十歲以上婦女，應每年接受專業性乳部檢查。

Women older than 40 should do breast self-examination every year.

■ 乳房攝影檢查

Mammography examination :

三十五歲至三十九歲婦女，應接受首次乳房攝影檢查一次。

Women between 35 to 39 should do the first examination.

四十歲至四十九歲婦女，應每一至二年接受乳房攝影檢查一次。

Women between 40 to 49 should do this examination for every one to two years.

五十歲以上婦女，應每年接受乳房攝影檢查一次。

Women older than 50 should do this examination per year.

《乳部自我檢查》的七個步驟 Seven steps of breast self-examination :

① 由醫療人員指導練習

Step 1 : Practice under the instruction of a medical staff.

學習乳部自我檢查時，最好有醫療人員在旁指導，確定你的做法是正確的。多練習能增加自己觸摸的信心。

It is better to have a medical staff by your side to instruct you how to examine breasts and to make sure that your examination is correct. More practice can increase your confidence in breast self-examination.

每一位婦女對個人乳部健康應有一個保健計劃，乳部保健計劃應包括：

Every woman should have a health care plan for their breasts. This plan should include :

- (1) 每月做《乳部自我檢查》。
Do the breast self-examination every month.
- (2) 如發現有不正常改變，應儘早去一般外科醫師處就診。
If find any abnormal changes, to visit a general on doctor as early as possible.

(3) 與合格專科醫師討論乳癌預防要則，並接受專家之建議。

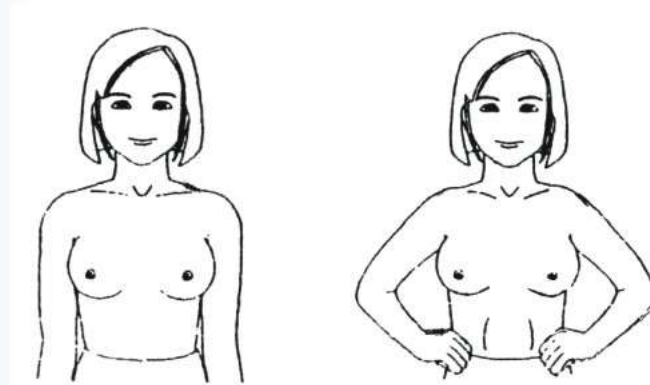
Discuss with a professional doctor about the principles of preventing breast cancer, and follow the advices given.

(4) 定期到一般外科醫師處做乳部檢查，如有需要並接受乳房攝影或超音波檢查。

Examine breasts by a general surgeon regularly. If necessary, do the mammography or breast ultrasonography.

2 站在鏡前觀察乳部

Step 2 : Observe your breasts while standing in front of a mirror



兩手放鬆垂下，
放在身邊。

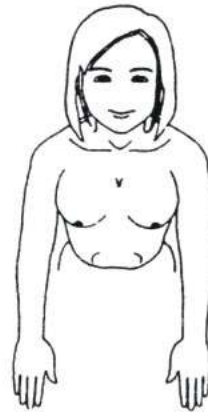
Slacken your arms
and hang them down
by your side.

兩手撐腰收緊胸
部肌肉。

Prop the waist with
you hands, and
contract your breast
muscles.



兩手高舉過頭。
Raise your arms
over your head.



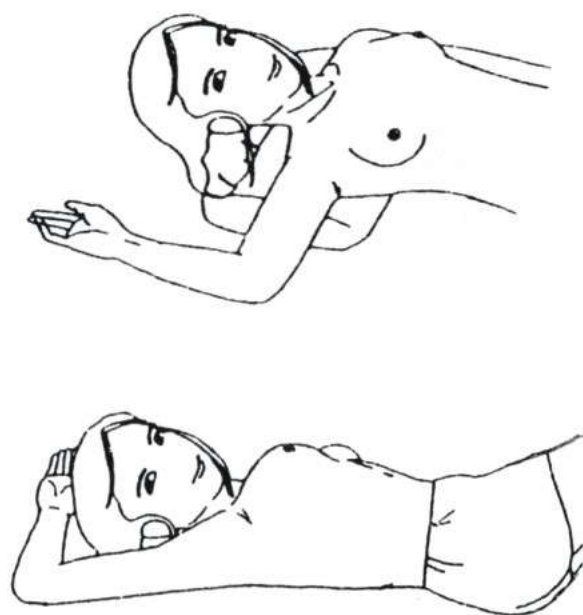
兩手放鬆垂下，
上身向前微傾。
Hang down your
arms loosely and
bend slightly your
upper body.

在上面每一個姿勢，留意查看雙乳的外觀及形狀，皮膚及乳頭的顏色，肌肉組織有沒有改變，乳頭有沒有分泌物流出。

For each postures above, watch closely the appearance and shape of your breasts, color of your skin and nipples, changes of muscular tissues, sign of secretions from your nipple.

③ 平臥或側臥做觸摸

Step 3 : Touch your breasts with supine or lateral lying position

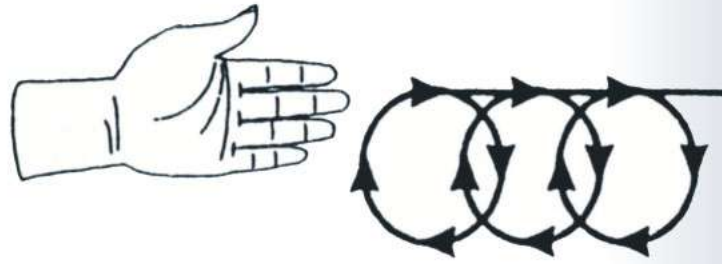


觸摸範圍包括所有胸部組織，由腋下開始，延伸到乳房下的肋骨，橫至前胸骨，向上經過鎖骨，然後橫過前肩，回到腋下。觸摸時，先用左手觸摸右乳房，再用右手觸摸左乳房。

Range of touch includes all the breast tissue, starting from the axilla, moving down to the rib under breasts, crossing to the sternal bone, going up through the clavicle bone, going across the front shoulder and then moving back to the axilla. Use your left hand to touch the right breast, and vice versa.

4 手指尖觸摸

Step 4 : Touch your breasts with finger tips

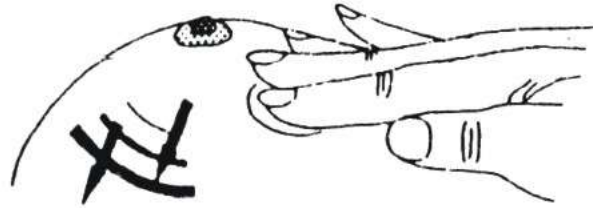


觸摸乳部時，用食指、中指及無名指三隻手指端，在乳部組織上做小圓圈的動作（見上圖），做小圓圈的動作時指尖緊貼皮膚，不要提高。

Use the finger tips of your index, middle, and ring fingers to touch your breast in a small circle fashion (see the illustration). Stay your finger tips close to the skin of breasts, do not raise the fingers.

⑤ 用不同程度的壓力觸摸

Step 5: Touch your breasts with various levels of pressure

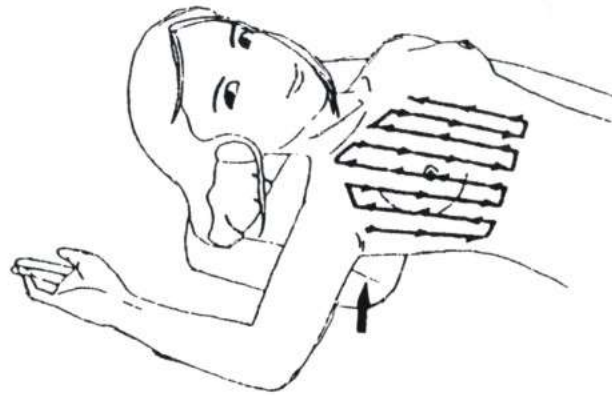


輕觸乳部每一部位時，要用不同程度的壓力，先用輕微的壓力做小圓圈的動作觸摸，再用中等壓力，然後加強壓力，直到手指觸摸到肋骨。

Touch every part of your breast with various levels of pressure. First, touch with a slight pressure in a circle, increase the pressure a little bit, and then touch with the highest pressure until you can touch your ribs.

6 觸摸乳部的方式

Step 6: The ways of touching your breasts



從腋下開始，用指尖做小圓圈的動作，向下觸摸，直到摸到肋旁，跟著向內移動一手指位，向上觸摸至鎖骨，再向橫移一手指位，向下觸摸至肋骨。如此一行上一行下的觸摸用10至16直行方式，將前胸完全觸摸過。

Start from the axilla, move your finger tips in a small circle down to the ribs, move your fingers inside about a fingers width, go up to the clavicle, move laterally again a finger width, and the go down to the ribs. Repeat this pattern 10 to 16 times until the entire breast palpated.

7 檢查乳頭及腋下

Step 7: Examine nipples and axilla



擠壓乳頭，留意有沒有分泌液流出。
Squeeze the nipple to see if any excretion is coming out.



觸摸腋下，感覺有沒有腫塊或硬塊。
Touch the axilla to feel that if there is any tumor or lump.

◎如欲進一步瞭解或需醫護人員指導衛教，請於白天門診時間，洽佛教慈濟綜合醫院各院區健康諮詢室或致電服務專線電話。

For more information or personal Instructions,
please call Health Consultation Room, Buddhist
Tzu Chi General Hospital