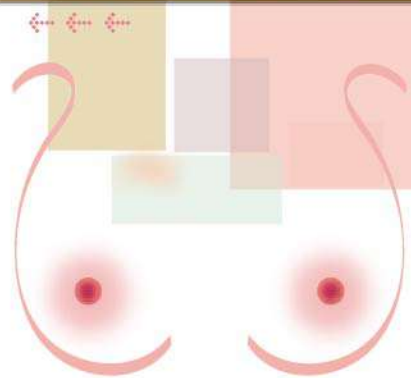
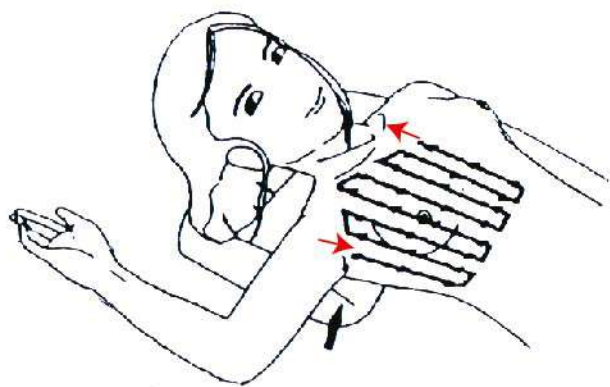


## 乳癌防治簡介

### Introduction to breast cancer



Do the “self-examination of breasts” every month. Before menopause, do the examination seven days after the period (or the first day after the end of period); after menopause, do the examination the first day of every month. If any abnormality is found, go to see a general surgical doctor as earlier as possible. Discuss with a licensed professional doctor about the ways of preventing breast cancer and follow the doctor’s advices. Examine breasts by a general surgical doctor regularly. If necessary, do the photographic examination or supersonic examination.



**方法：**  
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，向上觸摸到肋骨，再向橫移

一手指位，向下觸摸到肋骨如此一行上一行下的觸摸用十至十六直行方式，將前胸完全觸摸過。最後擠壓乳頭，看有無異常分泌物。

**Method:** Do the examination by using the finger before the first knuckle. Draw small circles as the finger travels across the chest. Start the examination from the axilla and down to the rib under breasts. Beginning from the second line, shift the finger one-finger width towards or away from the chest bone and go up to the collar bone or move down to the rib. Repeat the steps such that the entire chest can be touched by ten to sixteen lines. Finally, squeeze the nipple for any unusual excretion.

### 乳癌治療 Treatments of breast cancer

- 開刀。 Operation.
- 放射線治療。 Radiotherapy.
- 化學藥物治療。 Chemotherapy.
- 荷爾蒙治療。 Hormone replacement therapy.

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

佛教慈濟醫療財團法人  
Buddhist Tzu Chi Hospital

各院區健康諮詢專線

Health consultancy of Buddhist Tzu-Chi Hospital :

花蓮慈濟醫院 Hualien Tzu Chi Hospital : (03)8562016

玉里慈濟醫院 Yuli Tzu Chi Hospital : (03)8882718-9

關山慈濟醫院 Kuanshan Tzu Chi Hospital : (089)8148000-128

台北慈濟醫院 Taipei Tzu Chi Hospital : (02)66289779-2236

台中慈濟醫院 Taichung Tzu Chi Hospital : (04)25368069

大林慈濟醫院 Dalin Tzu Chi Hospital : (05)2648333

斗六慈濟醫院 Douliou Tzu Chi Hospital : (05)5372000-127

嘉義慈濟診所 Chiayi Outpatient Department of  
Dalin Tzu Chi Hospital : (05)2167000

網址 Web site : <https://dalin.tzuchi-healthcare.org.tw/>

大林慈院 113. 修訂

## 什麼是癌 What is a cancer?

癌症是因身體無法控制的不正常細胞持續的成長，而破壞了正常細胞所導致功能喪失，使個體死亡的疾病。癌症佔目前我國十大死亡原因的第一位，每五位死亡個案中就有一位死於癌症。癌症雖可怕，但有一些癌症是可以早期發現、早期診斷，和及時治療。且治癒率機會很大；而乳癌是癌症中可以早期發現治療之其中一種。如有可疑症狀，千萬不要隨便聽信偏方、密醫、胡亂治療，應到設備較完善的醫院去就醫，以免延誤時機。

Cancer is a disease caused by the dysfunction and death of normal cells because of the sustained and uncontrollable growth of abnormal cells. Cancer is at the first place of the ten leading causes of death in our country, that is, one out of five deaths is because of cancer. Although cancers are horrible, some of them can be discovered and

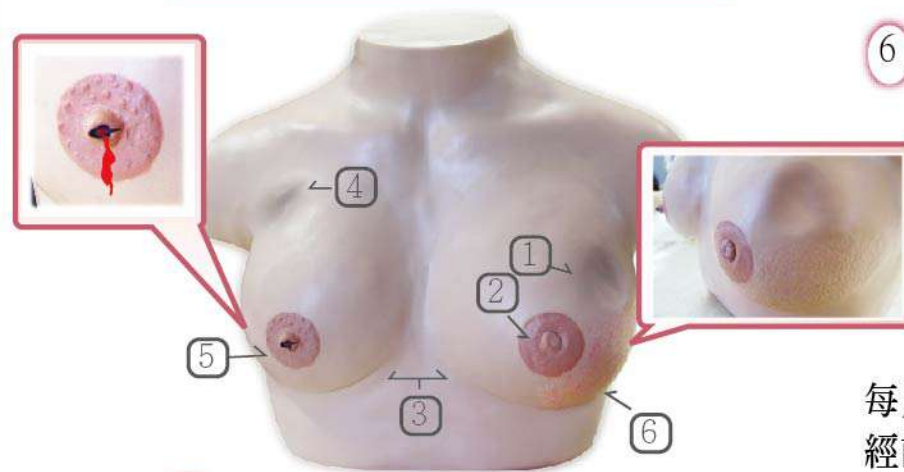
diagnosed at the early stage such that they can be treated promptly, with a good chance of being cured. Breast cancer is one of the examples. If any suspicious symptom is found, do not trust any secret remedy or un-licensed doctor. It is suggested to go to a fully-equipped hospital to seek treatments in order not to miss the opportunity to be cured.

## 那些人容易得到乳癌 Who are liable to breast cancer?

- 1 家族中曾有女性直系血親得過。  
Lineal relatives who had breast cancer.
- 2 以前乳部曾患良性瘤或乳癌者。  
Women who suffered from benign tumor or breast cancer.
- 3 未曾生育或大於35歲以上才生第一胎者。  
Women who have never had a baby or had the first baby at the age more than 35.

- 4 太晚停經或肥胖者。  
Obese women or women who have menopause too late.
- 5 35歲以上婦女。  
Women older than 35.

## 乳癌的前兆 Precursory symptoms of breast cancer



- 1 乳房變形。  
Abnormal form change view of breasts. (ex. depress of skin, color change)
- 2 乳頭有凹陷。  
Asymmetric nipple.

- 3 兩邊乳房大小高低不一樣。  
The size as well as the height of two breasts is not the same.
- 4 乳房或腋下有腫塊。  
Lumps on breasts or axilla.
- 5 乳頭有出血、發炎或有不正常分泌物。  
Bleeding, irritation or abnormal excretion from nipples.
- 6 乳房的皮膚有如橘皮樣。  
The like and orange skin kind of the breast skin.

## 預防方法 Prophylaxis

每月做「乳部自我檢查」。時間：停經前婦女，月經開始後第七天；停經後婦女，每月初一檢查。如發現有不正常的改變，應儘早去一般外科門診或乳房外科就診，與醫師討論乳癌預防方法，並接受專家之建議，定期到一般外科門診做乳部檢查，必要時接受乳房攝影或超音波檢查。