



The Nethersole School of Nursing
The Chinese University of Hong Kong

**Skrining Kanker Payudara:
Dapatkan Diperiksa
tidak Takut!**

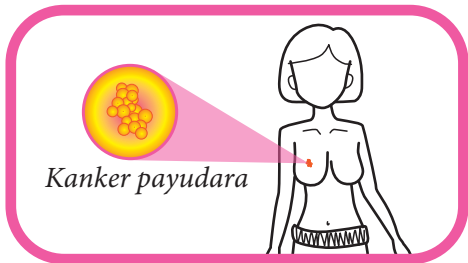
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Apa Itu Kanker Payudara?

Kanker payudara adalah pertumbuhan sel payudara yang tidak terkendali. Sel-sel payudara yang abnormal ini dapat tumbuh ke jaringan sekitarnya atau menyebar ke area tubuh yang jauh.



Kanker payudara telah menjadi kanker paling umum yang menyerang wanita di Hong Kong sejak 1993. Ini adalah penyebab utama ketiga kematian akibat kanker di kalangan wanita.

FAKTOR RISIKO YANG DAPAT DIUBAH:



● Use of long term hormone



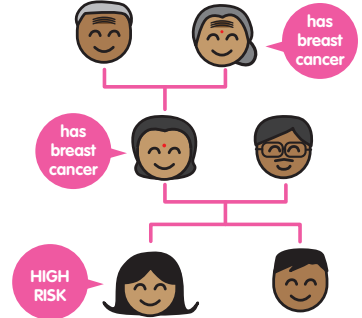
RISK FACTORS THAT CANNOT BE CHANGED:



**BRCA 1/
BRCA 2**

- Changes in BRCA 1 and BRCA 2 genes
- History of breast diseases
- Early menstruation (before age 12)
- Late menopause (after age 55)

- Getting older



- Family history of breast cancer

How To Detect Breast Cancer?

1. BREAST SELF-AWARENESS

- Use your eyes and hands to look and feel your breasts.
- Breast self-examination (BSE) can be used to **empower** women being familiar with their own breasts, understand what is normal and promptly report the changes.

When to look and feel your breasts?

APRIL						
	1	2	3	4	5	6
7	8	9 ^M	10 ^M	11 ^M	12 ^M	13 ^M
14 ^M	15 ^M	16	17	18	19	20
21	22 ^{check}	23	24	25	26	27
28	29	30	31			

For pre-menopausal women:
a week after menstrual period

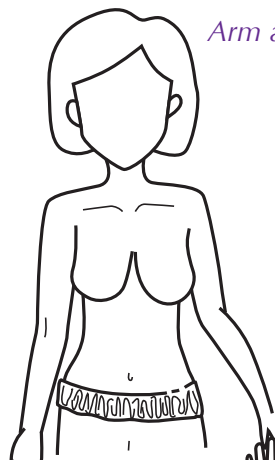
APRIL						
	CHECK 1 ✓	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

For post-menopausal women:
on the first day of the month

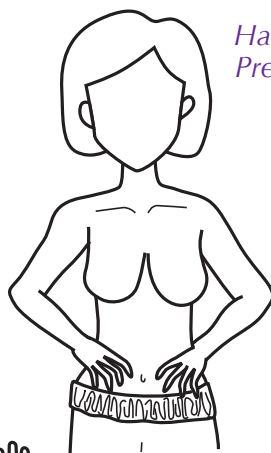


How to look and feel your breasts?

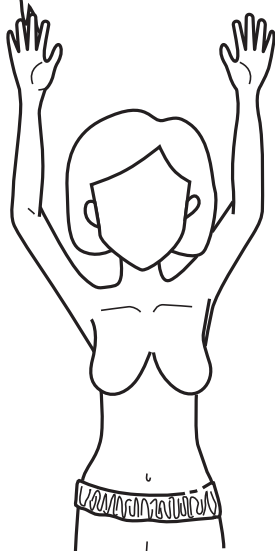
Stand in front of the mirror with arms at side and other positions;
see figures below



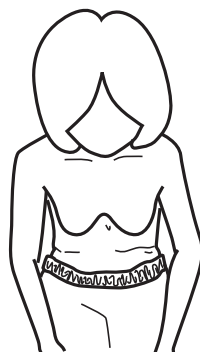
Arm at Side



*Hands on Hips
Pressing Down*



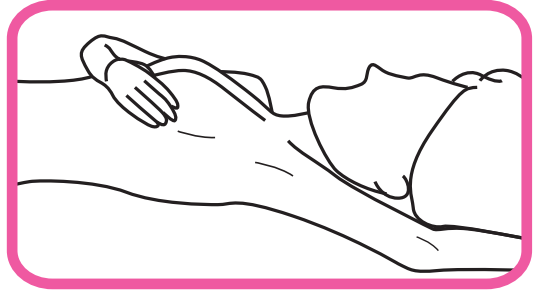
Raised Above Head



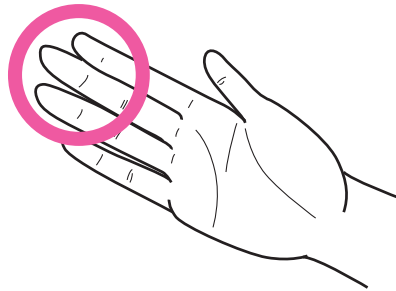
Bending Forward

You can feel your breast when you are lying down.

1. Place your left arm behind

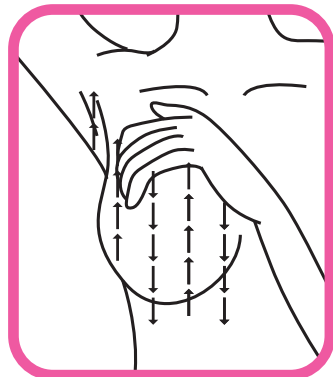


2. Use the finger pads of 3 middle fingers on your right hand to feel the left breast



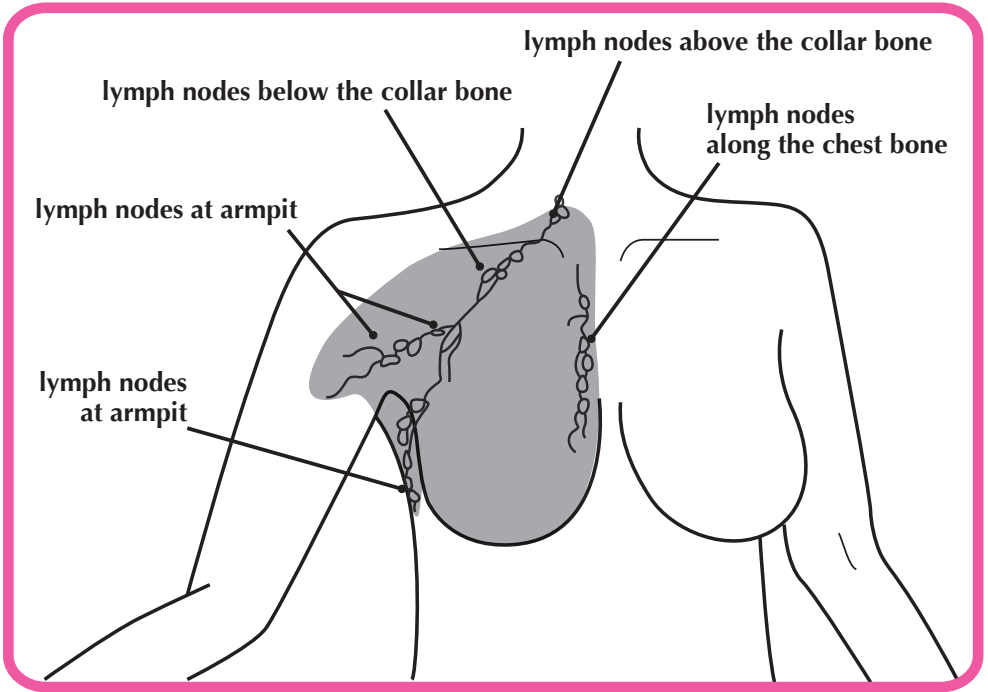
3. Use vertical strip pattern

- Start from the imaginary line down from your armpit
- Then move across the breast to middle of the chest bone in an up and down pattern



4. Remember to feel and touch any lymph nodes around your breasts

- Armpit
- Below collar bone
- Above collar bone
- Along chest bone



5. Use your left hand and repeat the steps (1-4) to feel the right breast

Normally the lymph nodes cannot be felt. You can feel a lump if abnormal.

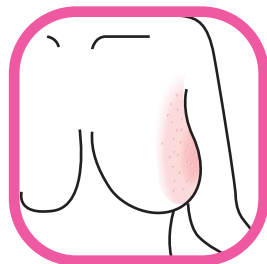


Look and feel any changes of your breasts and nipples:

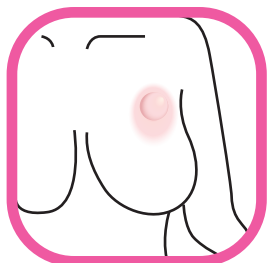
Symptoms of breast and nipple changes:



Dimples in the breast



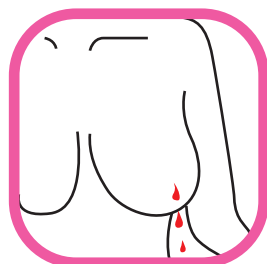
*Change in skin color or texture
(e.g. red, scaly, thickened)*



A lump in the breast or armpit



Nipple turning inward



*Fluid leaks out from the nipple
except breast milk*

Women may also notice....

- Change in the size and shape of the breast
- Constant pain in the breast or armpit

These changes do not mean you have breast cancer. However, all women should be familiar with how their breasts normally look and feel. They should report any abnormal changes to a doctor right away.



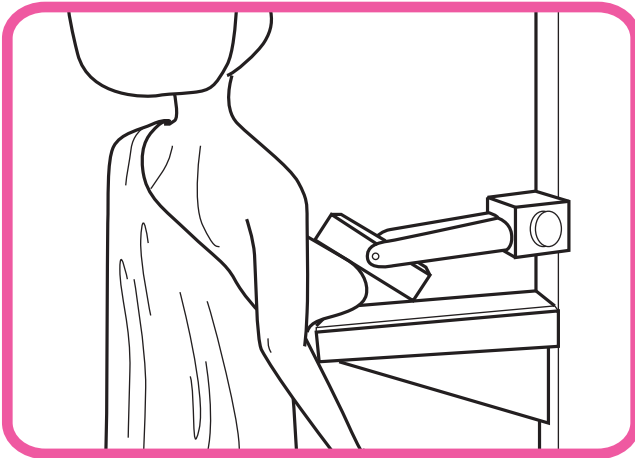
2. CLINICAL BREAST EXAMINATION

It is an examination of the breasts by a doctor or nurse. The doctor/nurse will feel the breasts and under the arms for lumps.



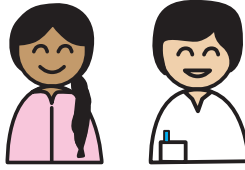
3. MAMMOGRAM (MAMMOGRAPHY)

It is the x-ray of the breast and is a screening method to detect early breast cancer.

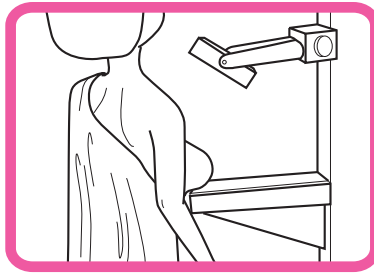


DURING THE MAMMOGRAM

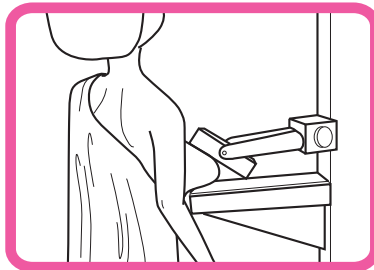
Only you and female technician are in the room.



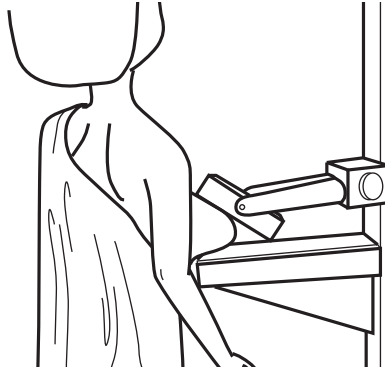
Technician places your breast on the machine's lower plate.



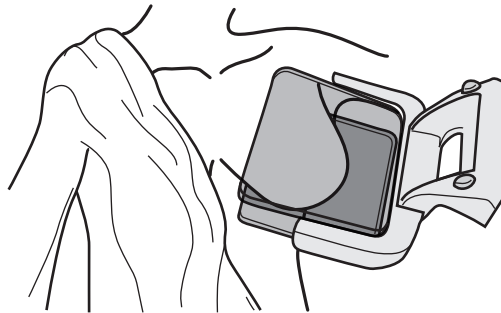
The upper plate of the machine is lowered to compress the breast for few seconds while the technician takes the picture.



Two views of each side of your breast will be taken.



Horizontal X-ray Examination



Oblique-angled X-ray Examination

- The whole procedure lasts for about 20 minutes
- You may feel short-term discomfort or pain when your breast is compressed

Remarks

- After the examination, your report will be sent to your referring doctor and the doctor will tell you about the result.

Local Mammogram Service Providers

PUBLIC HEALTH SECTORS

1. Department of Health

(List of Women Health Centers providing mammogram for women at high risk in developing breast cancer)

- **Chai Wan Women Health Center**

2/F, Chai Wan Health Center, 1 Hong Man Street, Chai Wan.
Tel: 2897 9321

- **Lam Tin Woman Health Center**

6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin.
Tel: 2952 9829

- **Tuen Mun Woman Health Center**

Yan Oi Polyclinic, 4 Tuen Lee Street, Tuen Mun.
Tel: 2451 5310

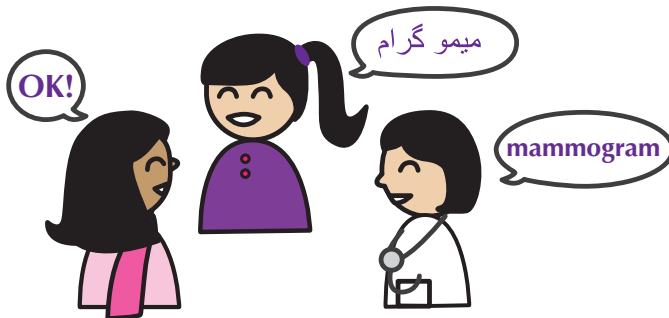
Do you need Interpreter Service?
(Charges are needed for on-site interpreter.)

1. Hong Kong Christian Services:

Centre for Harmony and Enhancement of
Ethnic Minority Residents (CHEER)
Tel: 3106 3104

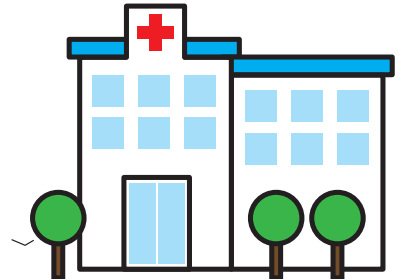
2. HKSKH Lady MacLehose Center Services for Ethnic Minorities

Tel: 2423 5101



2. Women Clinic and Breast Center

- Well Women Clinic,
Tung Wah Eastern Hospital
19 Eastern Hospital Road,
Causeway Bay.
Tel: 2915 7555
- Well Women Clinic,
Kwong Wah Hospital
4/F, TWGHs Tsui Tsin Tong Outpatient Building,
25 Waterloo Road, Kowloon.
Tel: 2782 1773
- (Require doctor's referral for women age below 40)
Lady Helen Woo Women's Diagnostic & Treatment Center,
Tsan Yuk Hospital
2/F East Wing, 30 Hospital Road,
Hong Kong.
Tel: 2589 2405
- (Require doctor's referral)
Kowloon East Cluster Breast Center,
United Christian Hospital
130 Hip Wo Street,
Kwun Tong, Kowloon.
Tel: 3513 4746 / 2379 9611



Misconceptions & Facts About Breast Cancer

MISCONCEPTIONS

I am too young to have breast cancer.



Nothing can be done to reduce the risk of breast cancer.

No one in my family and relatives has breast cancer, so my risk of having breast cancer is very low.

All lumps in breast are cancer.

Breast cancer screening is expensive to perform.

FACTS

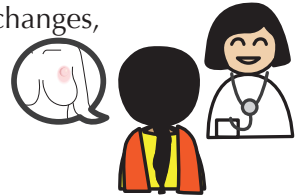
Women of any age can be diagnosed with breast cancer. However, older women have a higher chance than younger women.

One can help reduce their risk of developing breast cancer: reduce your weight, increase your physical activity level, and decrease drinking alcohol.



Apart from family history, there are other risk factors that increase one's risk to have breast cancer such as obesity, use of long term hormone, having first child after the age of 35, early menstruation, late menopause and history of breast diseases.

If you notice any breast changes, you should notify your doctor. Eighty percent of breast lumps are benign (non-cancer).



All women should be familiar with how their breasts normally look and feel. If you notice any changes of the breast and nipple, you should report to a doctor right away. Different center may charge clinical breast examination and mammogram differently. (e.g. the cost of both services in the Women Health Center is about HK\$500)



Sources of information:



American Cancer Society
<http://www.cancer.org/cancer/breastcancer/>



Center for Health Protection
<http://www.chp.gov.hk/en/content/9/25/53.html>



Department of Health, Family Health Service
http://www.fhs.gov.hk/english/centre_det/cent_pwhs/14734.pdf



Hong Kong Cancer Fund
<http://pink.cancer-fund.org/en/>



Well Women Clinic
<http://www.tungwah.org.hk/en/medical/mh-introduction/screening/well-women-clinic/>



World Health Organization
<http://www.who.int/cancer/detection/breastcancer/en>

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