

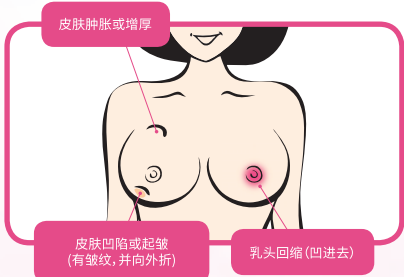
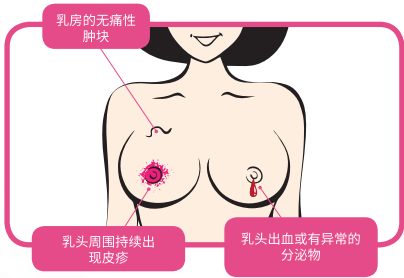
乳房X光检验的费用是多少？

乳房X光检验的费用大于\$100。保健促进局在‘**定期体检, 终身保健**’计划下为您提供津贴。在扣除津贴后, 您须付的剩余的费用是:

新加坡人	永久居民	建国一代卡持有者	立国一代卡持有者
\$50	\$75	\$25	\$37.50

乳癌的症状或体征有哪些呢？

如果您有任何症状, 如肿块、疼痛或乳头有异常的分泌物, 请立刻看医生。



进行乳房X光检验后, 接下来该怎么做？

您会在检验后的3-4个星期内收到检验结果。
请注意, 您将不会受到正式的医疗报告。

- 如果您的检验结果正常, 请继续每月自行检查乳房, 并每两年接受一次乳房X光检验。

若您需要去做进一步检查

请不必惊慌。这并不意味着您已患癌。在需要做进一步检验的女性中, 九成的结果都是正常的。

依照信中的指示, 拨打热线与检验中心预约检查日期。请在收到信件的两个星期内拨电预约。以下是所有检验中心的预约热线:

- 国立癌症中心 ☎ 6436 8415
- 国大医院 ☎ 6772 2263
- 陈笃生医院 ☎ 6357 8177
- 樟宜综合医院 ☎ 8127 7900
- 邱德拔医院 ☎ 9113 9295
- 盛港综合医院 ☎ 6930 3990

进一步检查包括哪些步骤？

根据您的乳房X光检验结果, 检验中心的医生可能会:

- 针对出现异常状况的部位做进一步的X光检查, 以证实检查结果无误;
- 进行乳房超声波扫描以检查乳房组织
- 进行乳房活组织抽检化验, 从呈异状的部位抽取体液或组织样本进行化验。只有少数女性需要进行这项检验。
- 检验中心的医生将根据您的情况建议适当的检验。

更多有关乳房筛查和后续检查的信息, 请扫描右边QR码或浏览 www.bcf.org.sg/breast-book/ 网页查询。



为什么早期检验很重要呢？

- 早期的乳癌没有任何症状和体征
- 乳房X光检验可以帮您及早发现乳癌。如果您是50岁或以上, 请每两年进行一次乳房X光检验
- 越早发现乳癌, 治疗的选择就越好, 而生存的机会就越大

定期的乳房X光检验是检测乳癌最可靠的方法, 甚至在触摸到任何肿块之前就可检测到乳癌的存在。

我会有患上乳癌的风险吗？

所有的女性都会有患上乳癌的风险, 而随着年龄的增长, 风险也会提高。您患上乳癌的风险会随着以下提高:

- 如果您是50岁或以上; 以及/或
- 您的母亲、姐妹或女儿曾患上乳癌

您知道吗? 乳癌是新加坡女性最常见的癌症。

如何为乳房X光检验做准备？

- 把您的检验时间预约在月经开始一 周后, 以减轻乳房的疼痛和敏感。
- 检查当天
 - 穿两件式套装, 因为您将需要脱去腰部以上的衣物
 - 不要在腋下或乳房使用任何香水、除臭剂、爽身粉或药膏

乳房X光检验的程序是什么？

- 乳房X光检验就是在乳房部位照射X光
- 在进行检查时, 您的乳房将会被放在两个平板之间, 并压缩几秒钟(每次一个乳房)。
- 如果您感到不适, 请务必告诉放射师, 必要时休息片刻。

扫描右边的QR码, 观看乳房X光检查视频



Mammogram Centres under Screen for Life ‘定期体检, 终身保健’ 计划下的乳房X光检验中心

How much does a screening mammogram cost?

The cost of a mammogram is more than \$100. HPB subsidises the cost of your mammogram under **Screen for Life**. The remaining amount for you to pay after the subsidy is:

Singaporeans	Permanent Residents	Pioneer Generation card holder	Merdeka Generation card holder
\$50	\$75	\$25	\$37.50

Did you know that if you are aged 50 or above, your screening mammogram is **Medisave-claimable**. Call **1800 223 1313** for the list of Medisave-approved mammogram centres.

- SingHealth** ☎ 6536 6000
 - Bedok Polyclinic
 - Eunos Polyclinic
 - Outram Polyclinic
 - Pasir Ris Polyclinic
 - Punggol Polyclinic
 - Sengkang Polyclinic
 - Tampines Polyclinic
- Singapore Cancer Society** (For women with a valid Community Health Assist Scheme (CHAS) card) (仅限持有社保援助计划卡的女性) ☎ 1800 727 3333

- National Healthcare Group Diagnostics (NHGD)** ☎ 6275 6443 (6-ASK-NHGD)
 - Ang Mo Kio Polyclinic
 - Hougang Polyclinic
 - Kallang Polyclinic
 - Toa Payoh Polyclinic
 - Woodlands Polyclinic
 - Yishun Polyclinic
- National University Health System Diagnostics** ☎ 6370 6556
 - Bukit Batok Polyclinic
 - Choa Chu Kang Polyclinic
 - Clementi Polyclinic
 - Pioneer Polyclinic



A simple guide to breast cancer screening. Screen for your loved ones. Screen for life.
乳癌检验简单指南。为了挚爱的亲人, 为了自己的生命, 请今天就做检查。

Go for your mammogram every two years if you are 50 years and older to detect any breast changes early.

如果您50岁或以上, 请每两年进行一次乳房X光检验, 及早发现任何乳房上的改变。

screenforlife.sg
1800 223 1313



Why is screening important?

- Early stages of breast cancer show no signs or symptoms
- Screening by mammogram may help to detect breast cancer early. Have a screening mammogram every two years if you are 50 years or older
- The earlier a cancer is found, the better the treatment options and the greater the chances of survival

Regular mammograms are the most reliable way to detect breast cancer, even before any lumps can be felt.

Am I at risk?

All women are at risk of getting breast cancer, and the risk increases with age. Your risk increases if:

- You are 50 years and older; and/or
- Your mother, sister or daughter has had breast cancer

Did you know? Breast cancer is the most common cancer among women in Singapore.

How do I prepare for my mammogram?

- 1 Book your appointment at least one week after the start of your menses, to lessen the pain and sensitivity of your breasts.
- 2 On the day of screening:
 - Wear a two-piece outfit as you will need to undress from the waist up
 - Do not use any perfume, deodorant, powder or ointment on your underarms or breasts

What happens during my mammogram?

- A mammogram is a breast X-ray
- Your breast will be placed between two flat plates and compressed for a few seconds (one breast at a time)
- Do let the radiographer know if your experience becomes uncomfortable and take a break if necessary



Scan the QR code on the right to watch a video about mammogram screening



What happens after my mammogram?

You will receive a results letter within 3 - 4 weeks from your screening date. **Please note that a medical report will not be given.**

- If your results are normal, continue doing monthly breast self-examination and go for regular screening once every two years

If you are required to go for further assessment

Don't panic. 9 out of 10 women who are referred for further tests usually have normal results

Call the appointment hotline of the Assessment Centre for your follow up. You should do this within two weeks of receiving your result letter.

- National Cancer Centre ☎ 6436 8415
- National University Hospital ☎ 6772 2263
- Tan Tock Seng Hospital ☎ 6357 8177
- Changi General Hospital ☎ 8127 7900
- Khoo Teck Puat Hospital ☎ 9113 9295
- Sengkang General Hospital ☎ 6930 3990

What happens when I go for further assessment?

Depending on your mammogram result, the doctor at the Assessment Centre may:

- Take additional views on the abnormal area (s) of the breast to help the doctor confirm the findings
- Do a breast ultrasound where sound waves are used to see the breast tissues
- Perform a biopsy using a needle to remove a sample of fluid or tissue from the abnormal area for analysis. Only a small number of women will be required to undergo this test.

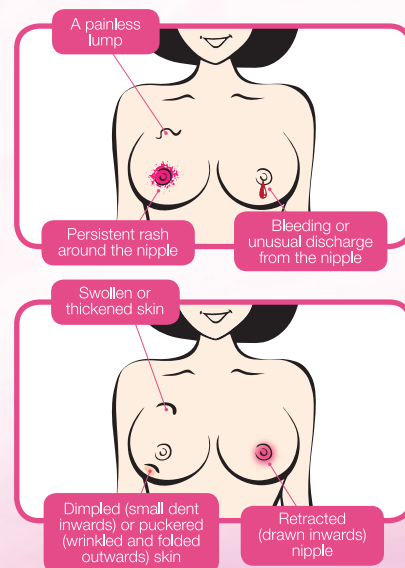
Your doctor at the assessment centres will advise you on the appropriate tests to be done

For other information about breast screening and follow up, scan the QR code on the right or visit www.bcf.org.sg/breast-book/



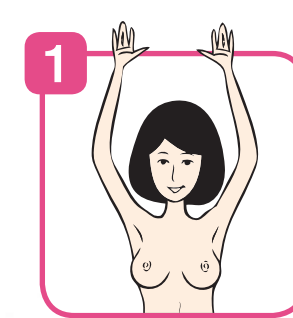
What are some signs and symptoms of breast cancer?

If you experience any symptoms, such as a lump, pain or nipple discharge, see your doctor immediately.

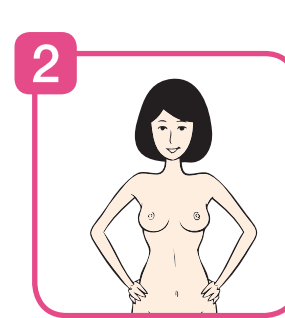


How can I become more breast aware?

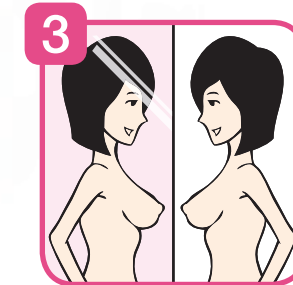
Monthly breast self-examination can improve your awareness of your own breasts and help you notice any changes.



Raise your arms.

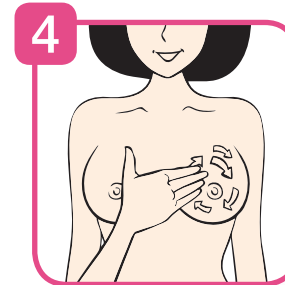


Lower your arms and press them firmly against your hips.

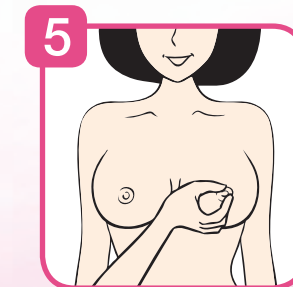


Turn slowly from side to side and look for changes in:

- size or shape of breasts
- nipples
- appearance of skin



Use small, circular movements to feel your armpits for lumps. Starting from the outside, feel around your breasts in circles. Feel behind the nipple.



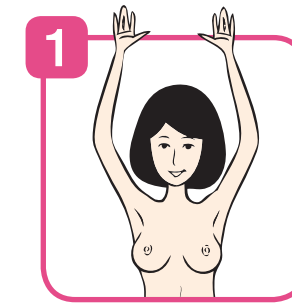
Finally, gently squeeze your nipple to check for any bleeding or discharge.



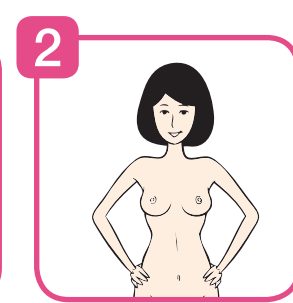
Lie down and repeat steps 4 and 5.

我该如何保护好自己呢?

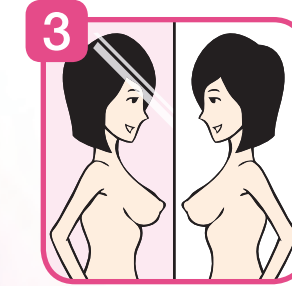
每月自行乳房检查,能够增加您对自己乳房的意识,帮助您察觉乳房所出现的任何变化。



抬高手臂。

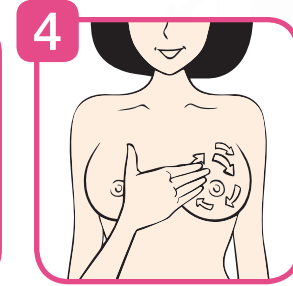


放下手臂,把手固定地放在臀部的两侧。

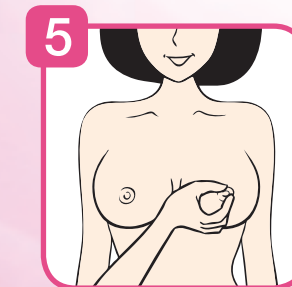


慢慢转向左右两侧,并留意一下是否有变化:

- 乳房的大小或形状
- 乳头
- 皮肤的外观



使用小圆圈式的移动方式从外至内来检查您的腋下、乳房和乳头的后面有没有肿块。



最后,轻轻挤压乳头,查看有没有出血和分泌物。



躺下来重复第4和第5步。