

# 乳房定期 檢測計劃

## Regular Breast Screening



乳癌是目前香港女性最常見的癌症，及早發現有助治療乳癌，故此定期檢測極為重要。定期檢測可檢查乳房有否出現硬塊或其他異常情況，女士應定期進行乳健檢測，為自己帶來多一份保障。

Breast Cancer is currently the most common cancer among women in Hong Kong. Early detection plays an important role in the treatment of breast cancer, so does regular screening.

Regular breast screening helps in detecting lumps and other irregular or suspected conditions.

All women shall undergo screening regularly for further protection.

計劃項目 Package Items	標準 Basic	智選 Standard	全方位 Comprehensive
1 楷和醫療乳腺專科問卷 Breast Health Questionnaire by Chiron Medical Specialist	✓	✓	✓
2 醫生臨床檢查及觸診、 病歷評估及詳細解釋醫療報告 GP Consultation & Breast Examination	✓	✓	✓
3 3D乳房X光造影 3D Mammogram		✓	✓
4 乳房超聲波掃描 Bilateral Breast Ultrasound	✓		✓
	HK\$ 2,080	HK\$ 3,350	HK\$ 4,350

### 1 乳房間卷調查

了解一般健康狀況及病歷

Breast Screening Questionnaire:  
Understand the general health condition and record

### 2 醫生臨床檢查及觸診

檢查乳房有否出現硬塊或異常情況、  
腋下和頸頂的淋巴有否擴大

Doctor Consultation & Breast Examination:  
Examine for swelling, pain, or other abnormal  
conditions in lymph nodes, armpit, and neck lymph nodes

### 3 3D乳房X光造影

偵測未成形腫塊的鈣化點

3D Mammogram:  
Detect cancerous cells in micro-calcification

### 4 乳房超聲波掃描

檢測是否有水泡、結節、乳腺增生及腫瘤

Bilateral Breast Ultrasound:  
Detect cystic lesion, benign nodules, fibroadenoma,  
fibroadenosis or a tumour

註：以上價錢只供參考，楷和醫療集團有權定期更新收費表，如有任何疑問，可與本診所職員聯絡。

Note: All the prices listed are for reference only, Chiron Medical Group reserves the right to update the price information. For any enquiries please do not hesitate to contact our staff.

及早檢測 保障乳房健康

Early Detection, Further Protection

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# 身體檢查注意事項

## 乳房定期檢查計劃

1. 請預早十五分鐘到達診所
2. 檢查過程約需一小時
3. 乳房超聲波/乳房X光造影注意事項
  - 如確定或懷疑懷孕或哺乳中，請通知本中心職員
  - 檢查當天，請勿於腋下或乳前塗上止汗液、潤膚膏及爽身粉
  - 建議安排於月經期完最後一天起計七天後進行，以減低對乳房造成不適
4. 請告知醫護人員正在服用的所有長期藥物
5. 請攜同現時正在服用藥物及相關檢查之舊片及報告以作參考
6. 報告大約一星期後完成



# Checkup Instructions

## Regular Breast Screening

1. Arrive 15 minutes early.
2. Checkup takes approximately 1 hour.

### Breast exams:

3. Notify staff if pregnant/breastfeeding.
4. Avoid deodorant, moisturizer on exam day.
5. Schedule 7 days after last period.
6. Inform staff of any long-term medications.
7. Bring current meds, past exam reports.
8. Report available in about 1 week.

