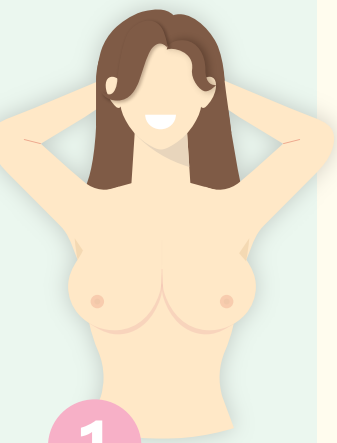


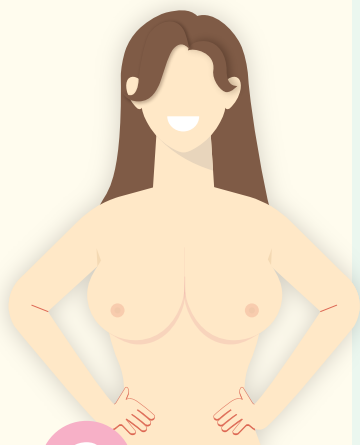
如何作自我檢查？



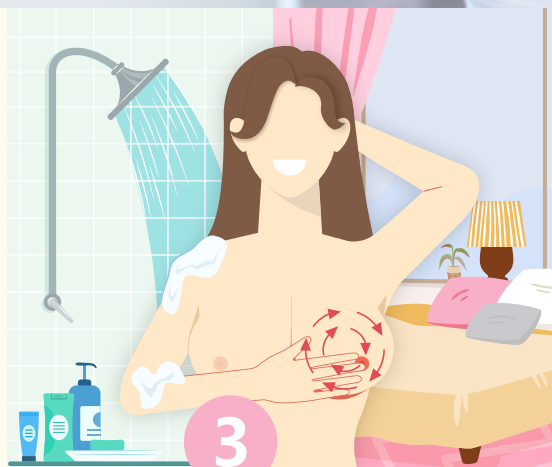
1

站在鏡子前，
舉起手，
觀察乳房狀況。

然後把雙手手掌放在
臀部，張開兩側的
肩膀以拉緊胸肌，
留意乳房有否下陷
或變形。



2



3

再於淋浴或仰臥床上時，舉起右手
放於後腦勺，用左手食指、中指及
無名指指頭，由右乳房側腋下的位
置，以環形方式一直向內打圈按壓，
直至到達乳頭位置。然後輕輕擠壓
乳頭，觀察會否滲出分泌物。

接著，以相同方法，
左右對調，
以檢查另一邊乳房。

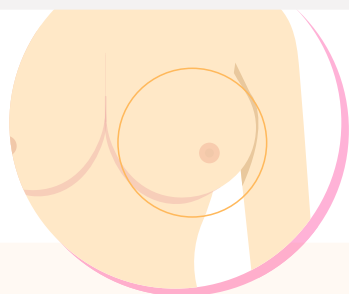


20歲以上的女性應
在每月月經開始後
第7至10天進行定
期自我乳房檢查，
而已結束經期的女
性則應定在每月同
一天進行。

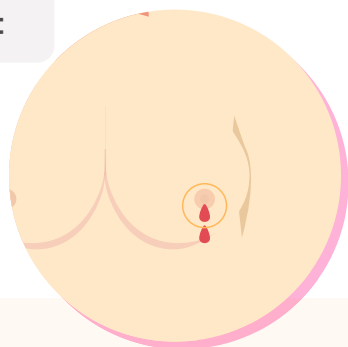


4

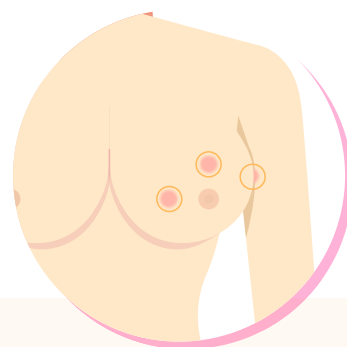
如遇上以下情況，患者應及早求醫：



乳房大小和外形，在左右
對比或與從前狀況對比
時，出現不尋常變化。



乳頭形狀變異、結焦、疼痛、
泛紅或出現滲液。



硬塊、腫脹或變硬；皮膚出
現皺紋或凹凸不平，不尋
常泛紅或其他顏色轉變；乳
房在經後仍持續痛楚，並只
發生在一邊乳房上。



了解更多

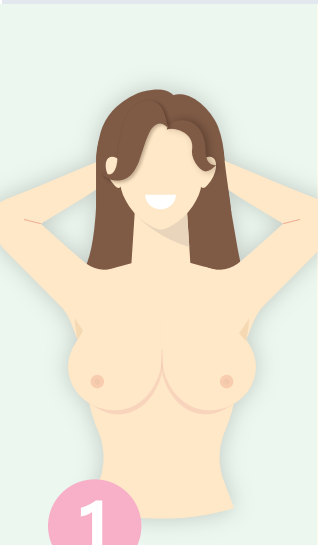


聯絡我們

☎ 2830 3709 📞 6620 6566 (只限訊息)

📍 香港銅鑼東院道 A座 十三樓 外科中心

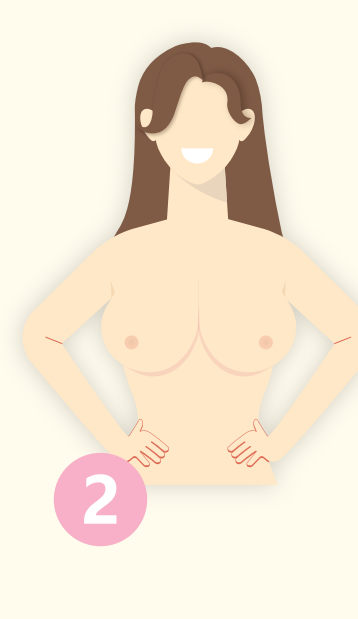
How to do breast self-examination?




1

Stand in front of a mirror, raise your arms and observe your breasts.

Then, put both hands on your hips to engage the chest muscles, look for puckering, dimpling, or changes in size, shape or symmetry.




2




3

In the shower or while lying down, put your right hand behind your head, examine your right breast with pads of your left hand, using your index, middle and ring fingers. Starting from the edge of the breast and move your fingers toward the nipple in circular motion; apply enough pressures to feel the different layers of breast tissue thoroughly. Squeeze the nipple to observe for any discharge.

Then, repeat the steps on the left breast.

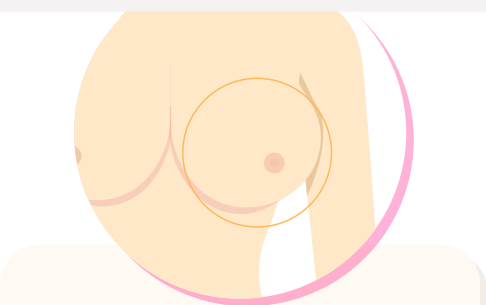


Women aged 20 or above should perform breast self-examination once a month between Day 7 to Day 10 of the menstrual cycle. For menopausal women, they should perform breast self-examination on the same day every month.

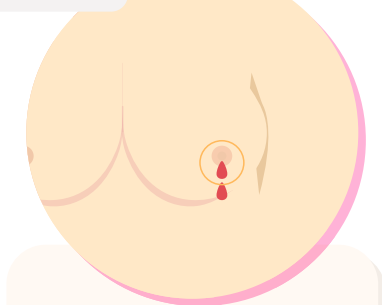


4

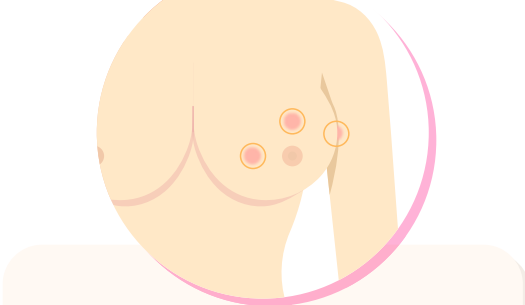
Please seek medical advice if you notice:



Any change in the size, shape and symmetry of your breasts.



Discharge from a nipple, nipple rash or change in shape.



Lump, lumpiness or thickening; changes in the skin e.g. puckering, dimpling or rash; new and persistent discomfort or pain in the breasts or armpit, in particular occurring in only one breast after menstrual cycle.



Learn More



Contact Us

☎ 2830 3709 📞 6620 6566 (message only)

📍 Surgery Centre, 13/F, Block A, St. Paul's Hospital, 2 Eastern Hospital Road, Causeway Bay