

Breast Cancer Screening

Why is breast cancer screening important?

Breast cancer is the second leading cause of cancer death in women in the U.S. Each year, more than 40,000 women in the U.S. die from breast cancer and more than 200,000 women are diagnosed with it. Getting screened can help to prevent and lower the risk of getting breast cancer.



Types of Screening

Mammogram	Clinical Breast Exam (CBE)/ Self-Examination
<p>A mammogram is the most common type of screening test for breast cancer. It uses x-ray imaging on the breast to detect cancer or lumps that can't be felt.</p> <p>It is recommended to start screening at age 40, with annual tests from age 50, at the population level.</p> <p>Benefits: Reduces the risk of death from breast cancer The earlier cancer is detected, the easier it is to treat</p> <p>Notes:</p> <ul style="list-style-type: none"> • May cause discomfort or anxiety during examination • 10% of women screened may be called for subsequent mammograms • 1-2% of women with an abnormal mammogram may need a biopsy 	<p>A trained health care provider can examine and feel for any unusual lumps, and observe any breast size and skin changes in the breast and armpit area. A woman can also check herself, recommended daily.</p> <p>Benefits: Early detection can reduce the risk of cancer death</p> <p>Notes: If you notice any abnormalities, please contact your primary care physician to discuss if other tests such as a mammogram are needed.</p>

*Magnetic Resonance Imaging (MRI) might be used for determining breast cancer.

Contact your OB/GYN doctor for more information!



To learn more about our doctor's group, call Member Relations: (415) 590-7418



aamgdoctors.com



youtube.com/c/AAMGDoctors



facebook.com/DoctorsAAMG

乳腺癌篩選測試

為什麼乳腺癌篩選很重要？

乳腺癌是美國女性癌症死亡的第二大主要原因。每年，美國有40,000多名女性死於乳腺癌，並且有200,000多名女性被診斷患有乳腺癌。接受篩查可以幫助預防和降低患乳腺癌的風險。



檢查類別

乳房X光檢查	臨床乳房檢查 (CBE) / 自我檢查
<p>乳房X光檢查是最常見的乳腺癌檢查類型。它運用X光綫去檢測人手無法感覺到的腫塊。</p> <p>建議40歲開始檢測，並在50歲後作每年檢查。</p> <p>好處： 減低乳癌致死的幾率。愈早發現癌症，愈容易治療。</p> <p>注意事項：</p> <ul style="list-style-type: none">● 檢查過程可引起不適或焦慮● 10% 接受檢查的女性可能被要求接受後續乳房X光檢查● 1-2% 接受檢查的女性可能需要接受活體組織切片	<p>由受過專業訓練的醫療保健提供者協助檢查，並檢查有否非尋常的硬塊，大小，皮膚有否改變和檢查腋窩下有否異常改變。建議女性亦可每天自己檢查胸部。</p> <p>好處： 早期發現的癌症更容易治療</p> <p>注意事項： 如果你感到胸部有任何異常，請聯絡你的主診醫生並商量是否需要進行任何檢測，例如：乳房X光檢查。</p>

*磁共振成像 (MRI) 可用於確定乳腺癌。

請向你婦產科醫生查詢更多關於乳癌檢查的資訊！



要了解我們的醫生集團，
請致電會員服務部：(415) 590-7418



aamgdoctors.com



youtube.com/c/AAMGDoctors



facebook.com/DoctorsAAMG