

Guidelines for Breast Cancer Screening and Early Detection

Early Detection saves lives! The earlier breast cancer is diagnosed the better the chance of recovery. Women can take proactive steps to know their family history, risk factors, and especially their own bodies. It is important to be vigilant.

Screening Type	Description	Frequency	Risk Level*
Breast Self- Exam	Self examination of the breasts to feel for any lumps or irregularities.	Discuss with your doctor the benefits and limitations of breast self-exams and determine whether this procedure is right for you.	Average
Clinical Breast Exam	A healthcare provider physically examines the breasts to feel for any lumps or irregularities.	As part of a regular physical health exam: at least every 3 years in your 20s and 30s; annually beginning at age 40	Average
		1-2 times per year beginning at age 25	High
Mammogram	An x-ray image of the breast that can reveal irregularities and help to detect cancer early when it is most treatable.	Annually, starting at age 40	Average
		Annually, starting at age 30	High
Genetic Testing	Usually several blood samples are taken for laboratory tests, to identify changes in DNA.	At time determined by individual's physician	High
MRI	Uses radio waves and a magnet to create detailed images of the inside of the body.	Annually, starting at age 30	High

**Screening schedules should be personally tailored, based on each woman's individual risk factors. Consult your physician to determine your risk level for developing breast cancer, and work together to build the screening schedule that is right for you.*

To make a donation, mail to: Asian Fund for Cancer Research Limited, P.O. Box No. 33786, Sheung Wan Post Office, Hong Kong
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早期檢測可以救助生命！ 早診早治才能更好地戰勝乳癌。女性應該提高警惕，積極了解自己的家族病史，自身的風險因素，以及身體方面出現的任何異常變化，這些對於及早發現乳癌尤為重要。

篩查類型	篩查方法簡介	頻率	適用風險人群*
乳房自我檢查	自行檢查乳房以發現腫塊或其他任何異常。	請與您的醫生具體討論乳房自我檢查的好處和局限性，從而判定這種檢查方式是否適合您。	普通風險
臨床乳房檢查	醫護人員對乳房進行檢查，以發現腫塊或其他任何異常。	作為常規全面健康檢查的一部分：20-39歲，至少每3年一次；40歲以後，每年檢查1次。	普通風險
		25歲以後每年1到2次	高風險
乳房X光檢查	X光檢測能夠顯示乳房異常，從而幫助早期檢測出癌症，便於治療。	40歲以後每年1次	普通風險
		30歲以後每年1次	高風險
基因檢測	通常是將數個血液樣品進行實驗室檢驗，以確定是否有DNA改變。	由醫生做具體決定	高風險
核磁共振	使用電磁波和磁場來繪製身體內部結構的詳細圖像。	30歲以後每年1次	高風險

*乳癌篩查時間表要根據每位女性個人的風險系數而量身定制，請詢問醫生，制定適合您乳癌風險系數的、詳細的篩查檢測時間表。

捐款請寄至：亞洲癌症研究基金會有限公司, 香港上環郵政局郵政信箱33786號
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