



您是否有罹患乳癌的風險？

只要您身為女性，而且年齡漸增，就有罹患乳癌的風險。罹患乳癌的機率會隨著您的年齡提高。此外，如果您的母親、姐妹或女兒當中曾經有人得過乳癌，您罹患乳癌的風險也會增加。乳癌是全美婦女最常見的癌症*。許多女性並不知道她們已經罹患乳癌，等到發現時已是乳癌末期。

因此，透過乳房 X 光攝影檢查和由醫師或護士所做的乳房檢查早期發現乳癌，可以挽救您寶貴的生命。為了您自己，也為了您的家人，請今天就打電話跟您的醫師預約乳房檢查和乳房 X 光攝影檢查。

什麼是乳房 X 光攝影檢查？

乳房 X 光攝影檢查是以低劑量的 X 光拍攝出乳房的照片。利用乳房 X 光攝影檢查加上醫師或護士所做的乳房檢查，可以早期發現乳癌，發揮最佳的治療效果。乳房 X 光攝影檢查並不會讓您罹患癌症，因為使用的放射劑量非常低，所以造成傷害的風險也微乎其微。

誰應該接受乳房 X 光攝影檢查？

年滿 40 歲的女性每年或每兩年應接受一次乳房 X 光攝影檢查。女性罹患乳癌的機率會隨著年齡而增加。

乳房 X 光攝影檢查是怎樣的程序？

乳房 X 光攝影檢查是一項簡單的檢查。做乳房 X 光攝影檢查時，醫技人員會將您的乳房放置在兩片 X 光面板之間然後拍照。面板會擠壓您的乳房，以便拍攝出清晰的相片。您可能會稍感不適，不過每一次 X 光照相時間不會超過一分鐘。

為什麼我應該接受乳房 X 光攝影檢查？

乳房 X 光攝影檢查可以早期發現乳癌，挽救您寶貴的生命。它可以照出您或您的醫師觸診無法察覺的小腫瘤。如果及早發現乳癌，您就有更多的治療選擇。

Detect Breast Cancer



Are you at risk for breast cancer?

Simply being a woman and getting older puts you at risk for breast cancer. The older you are, the greater your chances of getting breast cancer. Also, you are at higher risk if your mother, sister or daughter has had breast cancer. Breast cancer is the most common cancer among women in the United States.* Many women do not know they have breast cancer until it is advanced.

Finding the disease early with mammograms and breast exams by your doctor or nurse can save your life. For yourself and your family, call your doctor for an exam and a mammogram today.

What is a mammogram?

A mammogram is a low-dose X-ray picture of the breast. A mammogram, along with a breast exam by your doctor or nurse, can find breast cancer at an early stage, when it can best be treated. A mammogram does not cause cancer. Because the amount of radiation used is very low, the risk of any harm is extremely small.

Who should get one?

Women in their 40s and older should get a mammogram every one to two years. A woman's chance of getting breast cancer increases as she ages.

What happens during a mammogram?

A mammogram is a simple test. When you go for a mammogram, the technician taking the picture will place your breast between two X-ray panels. The panels will push your breast between them to get a clear picture. You may feel a little bit of discomfort, but each X-ray takes less than one minute.

Why should I have one?

Mammograms can save your life by finding breast cancer early. A mammogram can show cancer that is too small for you or your doctor to feel. When breast cancer is found early, you have more treatment options.



A woman's chance of being diagnosed with breast cancer is:

Current Age	Probability of developing breast cancer in the next 10 years
40	1 in 68
50	1 in 37
60	1 in 26
70	1 in 24
Lifetime Risk	1 in 8

How do I get a mammogram?

- Ask your doctor today if a referral is required.
- Make an appointment with a mammography center approved by the U.S. Food and Drug Administration (FDA). Your doctor or nurse can help you find one.
- When you go for your mammogram, do not wear lotions, powders, perfumes or deodorant. They can cause shadows on the X-ray picture.
- Follow up with your doctor to get the results.

Take care of your health now. Get a mammogram every one to two years.

What else can I do?

- If you are in your 40s or older, get a mammogram every one to two years.
- Ask your doctor or nurse to give you a clinical breast exam every year.

Where can I learn more?

For more information in English, call the National Cancer Institute's Cancer Information Service: 1-800-4-CANCER (1-800-422-6237) TTY/TTD: 1-800-332-8615. You can also visit the National Cancer Institute's Web site at **www.cancer.gov****

For more information about UnitedHealthcare's Asian American Markets, visit www.uhcasian.com.



*Source: Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2007

**UnitedHealthcare is not affiliated with this Web site.

This information was prepared solely for general educational purposes. If you have specific questions about the topic(s) featured in this flier or about other health conditions, see your doctor.

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女性被診斷出罹患乳癌的機率是：

目前年齡	未來 10 年內罹患乳癌的機率
40	每 68 人中即有 1 人
50	每 37 人中即有 1 人
60	每 26 人中即有 1 人
70	每 24 人中即有 1 人
終生風險	每 8 人中即有 1 人

我要如何獲得乳房 X 光攝影檢查？

- 今天就詢問醫師是否需要乳房 X 光攝影檢查轉診。

- 和美國食品藥物管理局 (FDA) 核准的乳房 X 光攝影檢查中心約好檢查時間。您的醫師或護士可以協助您找到一家 FDA 核可的檢查中心。

- 進行乳房 X 光攝影檢查時，請勿擦乳液、粉類、香水或止汗劑。這些物品可能會使 X 光照片出現陰影。

- 做完後與您的醫師約診，以追蹤檢查結果。

照顧您的健康，就從今天開始。每年一次，或兩年做一次乳房 X 光攝影檢查。

我還可以怎麼做？

- 如果您年滿 40 歲，您應每年或每兩年做一次乳房 X 光攝影檢查。
- 請您的醫師或護士為您做臨床乳房檢查，每年做一次。

我可以到哪裡獲得更多資訊？

如需更多的英文資訊，請撥 1-800-4-CANCER (1-800-422-6237) 向美國國家癌症研究所的癌症資訊服務中心查詢，聽語障服務請撥 1-800-332-8615。您也可以上網 www.cancer.gov** 查閱美國國家癌症研究所網站相關內容。

欲查詢有關 UnitedHealthcare 亞裔市場部的詳細資訊，請上網 www.uhcasian.com



*資料來源：美國疾病管制局 (CDC)。行為風險因素監視系統調查資料。喬治亞州亞特蘭大市：美國健康及人民服務部，疾病控制與預防中心，2007 年。
 **UnitedHealthcare 與上述網站並無關聯。

本資訊僅供一般教育之用。如果您有關於本傳單專題或其他健康狀況的特定疑問，請向醫師諮詢。
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