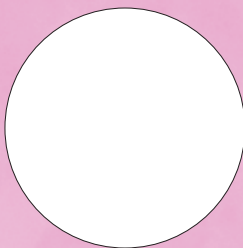


乳房保健，貴在堅持



The Susan G. Komen Breast Cancer Foundation



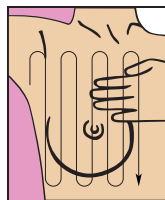
- 一月 每年定期請醫生做一次乳房檢查及拍乳房 X-光片。
- 二月 每月月經期後或年長婦女在停經後，每月需定期做乳房自我檢查。
- 三月 如果發現乳房外觀或感覺上有任何變化，請立即通知您的醫生。



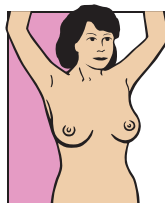
自我檢查方法一：身體平躺自我檢查

摸摸看乳房組織是否有硬塊，變厚或任何改變。

- 仰面躺下，在右肩下面放一個枕頭。
- 將左手中間三指併攏，平放在右乳房上部。
- 沿乳房輕輕循環壓移，用力要均勻，動作要穩定，手指不要離開皮膚。
- 用上下來回形式檢查乳房。
- 通過指壓方法感覺乳房周圍、鎖骨下部及腋下有任何變化。
- 用同樣的方法檢查左乳房。



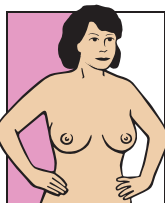
以上這些動作可在洗澡或淋浴時用塗有肥皂滑液的手反復進行。



自我檢查方法二：面對鏡子自我檢查

可在洗澡或淋浴時，面對鏡子做以下動作，觀察乳房：

- 把雙臂垂放身體左右。
- 把雙臂向上高舉。
- 把雙手壓放在腰骨上，將胸部挺起。
- 把雙手輕放在腰骨上，將上半身向前傾。



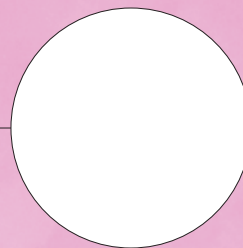
做以上四個動作時，注意觀察乳房的形狀、大小、及樣子有無變化。如果皮膚有凹陷，或出現皺紋，紅疹，乳頭流出有色液體，都是異常徵兆，需要立即通知醫生。

十二月

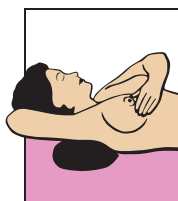
Steps to Breast Self-Examination



The Susan G. Komen Breast Cancer Foundation



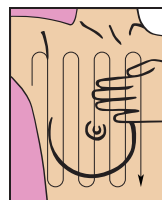
Just as your period ends (or at the same time each month if you do not have periods), check for any change in the normal look or feel of your breasts. Report any changes to your doctor or nurse. Go for regular breast exams and ask about a mammogram.



Step 1: Lying Down

Feel for a hard lump, thickening or any change in your breast tissue.

- Lie down on your back with a pillow under your right shoulder
- Use the pads of the three middle fingers on your left hand to examine your right breast
- Press using light, medium and firm pressure in a circular motion without lifting your fingers off the skin
- Follow an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit area
- Repeat on your left breast using your right hand



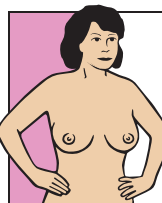
These steps may be repeated while bathing or showering using soapy hands.



Step 2: In Front of the Mirror

Look for any changes from normal. Inspect your breasts in four steps:

- Hold your arms at your sides
- Hold your arms over your head
- Press your hands on hips and tighten chest muscles
- Bend forward with your hands on your hips



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

For more information about breast health or breast cancer, please call the Komen National Toll-Free Breast Care Helpline (1.800.462.9273) or visit our website.

1-800 I'M AWARE®

www.komen.org