

通過外科手術切除惡性腫瘤，是乳癌治療最重要的一環。目前，最普遍使用的方式為乳房保留術和全乳切除術，兩者的主要目的都是要完全切除乳房的癌細胞。如接受乳房保留術，術後須在六週內接受放射治療，以減低復發率。病人在切除乳癌手術時，須同時接受腋下淋巴清除術。

除外科手術外，適當使用放射治療、化學治療、生物治療和荷爾蒙治療也有助減少復發率、控制腫瘤生長、緩解病情，並提高生活質素。本中心的專科醫生經詳細診斷後，會視乎實際情況和病人的意願，為病人建議合適的治療方案。

## 4 Breast Reconstruction Following Surgery 術後乳房重建

Recognizing that breast cancer surgery not only effects a women's physical appearance, but also has considerable psychological consequences, including reduction in self confidence and impaired self image. Breast reconstruction after cancer surgery can be very rewarding, and in many cases results in a breast of very similar appearance to that of the normal breast.

Experienced plastic surgeons will advise you of the options available for breast reconstruction.

乳癌對女性帶來的影響不僅是生理上，還有心理上的，包括自信心、自我形象等。乳房重建的目標是恢復乳房對稱、等高和體整，通過外觀上的復原，以盡量減少乳癌切除手術對患者心理上的負面影響。本中心的整型外科醫生經驗豐富，會為你建議最合適的乳房重建方案。



Breast Cancer

## 4 Post-operative Care And Follow Up 術後護理及跟進

It is important to continue regular checks of you operated area, and also your remaining natural breast. Early detection of recurrent disease is very important, and this will involve regular physical examinations, tests for tumor markers in the blood, and medical imaging, which may include ultrasound, X-Rays, CT, MRI and PET Scans.

在手術後根據醫生建議定期接受檢查，有助監察身體狀況，及早發現異常或復發徵狀。檢查範圍一般包括乳房、胸腔、頸部和腋下，多數需要定期接受乳房X光造影、超聲波掃描、病理學檢查、血液檢查及腫瘤標記。腹部超聲波及全身掃描則視乎病況而定。

## Appointment & Enquiries 預約及查詢

Please contact our Breast Health Center for bookings and inquiries.  
歡迎致電本院乳房健康中心查詢及預約。  
Tel 電話 : 2276 7333



Breast Cancer

## Map 路線圖



## Bus 巴士

39A Tsuen Wan West Station 荃灣西站  
39M Tsuen Wan MTR 荃灣港鐵站  
30X Whampoa Gardens 黃埔花園  
30 Cheung Sha Wan 長沙灣

To the Hospital Via Castle Peak Road:  
+ Alight at Tsuen King Circuit Flyover  
+ Take the bus in front of Tsuen King Circuit Police Station

所有行經青山公路荃灣段之巴士：  
+ 於荃景園天橋站下車，  
+ 然後步行至荃景園警署轉乘巴士到醫院。

## Minibus 專線小巴

95M Tsuen Wan MTR 荃灣港鐵站  
95 Nina Tower 如心廣場  
84 Tsuen Wan Chung On Street 荃灣眾安街

## 24 小時急診中心 hour Urgent Care Center

Adventist Health 港安 Hong Kong Adventist Hospital · Tsuen Wan  
香港港安醫院 · 荃灣

Address : 199 Tsuen King Circuit, Tsuen Wan, N.T.  
地址 : 新界荃灣荃景園 199 號  
Telephone 電話 : 2275 6688  
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Website 網頁 : www.twah.org.hk

Valid until 有效期至 : 2019/12/31  
The Hospital reserves the right to change or amend details without prior notification.  
For the latest information, please visit our website at www.twah.org.hk  
如有任何資料調整或變更，本院毋須另行通知。  
如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

Extending the Healing Ministry of Christ  
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## Breast Cancer 乳癌



## A What is Breast Cancer? 甚麼是乳癌？

Breast cancer is a malignant tumor. Glandular or Ductal cells of the breast undergo a change that causes them to grow out of control. Malignant cells invade nearby tissues and can then spread throughout the body and eventually cause death. Breast cancer is the most frequent cancer in women in Hong Kong with over 2000 new cases each year, and effecting 1 in every 22 women.

乳癌是由於乳房乳腺管細胞或腺泡細胞經由不正常分裂、繁殖所形成的惡性腫瘤。它們除了會侵犯乳房，還可以轉移到其他器官，破壞身體重要器官的功能，甚至損害性命。在香港婦女癌病中，乳癌的發病率高據首位，每年約有二千宗新症。每22個女性中，就有一個有機會患上乳癌。

## A Breast Cancer Staging 乳癌的分期

Staging is a system for categorizing the extent of the disease, which in turn, allows your specialist to determine your treatment, prospects of cure, and life expectancy.

'Staging' takes into account the size of the tumor, whether the regional lymph nodes are involved, and if there is any evidence the tumor has spread more distantly in the body.



## A

Stage 0	Earliest stage of non-invasive breast cancer. Malignant changes are confined within the breast ducts.
Stage I	The tumor measures up to 2 cm, cancer cells are breaking through the duct wall to invade the neighboring normal tissues, but no lymph nodes are involved.
Stage II	A tumor not more than 2cm that has spread to the lymph nodes under the arm on the same side, or, a tumor up to 5 cm, but without lymph node involvement.
Stage III	A tumor measuring greater than 5cm with significant lymph node involvement, or, a tumor of any size that has spread to involve the skin of the breast, the chest wall, or internal mammary lymph nodes.
Stage IV	A tumor that has spread to involve distant parts of the body, such as the lungs, liver, or bones.

乳癌分期有助醫生根據臨床經驗，預測治療前景和生存率，評估不同治療方式的效果，繼而建議合適的治療方案。目前最常用的分期方式主要根據腫瘤大小、腋下淋巴結和是否遠端轉移來分級。

## A

零期乳癌	即原位癌，最早期的乳癌。
第一期乳癌	腫瘤小於2厘米，癌細胞仍在乳腺管基底層，腋下淋巴結無癌轉移。
第二期乳癌	腫瘤介乎2至5厘米；或腫瘤小於2厘米但腋下淋巴結有癌轉移。
第三期乳癌	腫瘤大於5厘米，且腋下淋巴結有癌轉移；或癌細胞已侵入胸腔皮膚。
第四期乳癌	癌細胞已擴散至其他器官，例如肝、肺、骨等。

## A Symptoms Or Warning Signs 病徵或先兆

Fortunately, most breast abnormalities are not due to cancer, however, it is important to consult your doctor if any of the following signs or symptoms develop:

- + Breast lump
- + Skin dimpling
- + Skin puckering
- + Retraction, bleeding, or unusual discharge from the nipple
- + Enlargement of lymph nodes or swelling under the arm.

Breast cancer may be present without causing signs or symptoms as far as the patient is concerned. It is important to have REGULAR breast examinations.

如果乳房出現不正常的變化，不代表一定患上乳癌，但必須跟進及接受進一步檢查。如發現以下任何一項徵狀，應立即看醫生：

- + 乳房硬塊
- + 乳房皮膚凹陷
- + 乳房皮膚呈橙皮樣變化
- + 乳頭內陷、出血或有分泌物
- + 腋窩腫脹或腋下淋巴結發大

注意：乳癌可能是完全沒有症狀的，因此定期進行乳房普查十分重要。



## A Breast Cancer Risk Factors 乳癌的風險因素

- + History of previous breast cancer
- + Family history
- + Abnormal cell growth found on biopsy
- + Nulliparity, or women who have their first child after the age of 30.

- + Early menarche (before age 12) and late menopause (after age 55).

- + 一側乳房曾患乳癌
- + 家族病史
- + 乳房切片有不正常細胞增生
- + 未曾生育，或30歲後第一次生育
- + 初經在12歲以前，或55歲後停經

## A Breast Cancer Treatment 乳癌的治療

Optimal breast cancer treatment involves a multidisciplinary approach, involving breast surgeons, pathologists, oncologists, radiologists, radiotherapists, nurses, and physiotherapists. Together, these professionals contribute to the care of each patient, providing an individual tailor-made and one-stop treatment program. This program reduces waiting and treatment times, and provides increased comfort and assurance to the patient.

Surgical excision of the cancer is vital in the treatment of most breast cancers. The aim of surgery is to remove all the cancer tissue and the option is between total mastectomy and the more limited breast conserving surgery. In both forms of surgery, lymph nodes in the armpit are also removed for assessment. Postoperative radiation therapy to the breast is usually programmed within 6 weeks of any breast conserving surgery.

All adjuvant therapy including radiation, chemotherapy, monoclonal antibody treatment or hormone therapy, is given to reduce the chances of recurrent disease, and to produce a better quality of life, and hopefully, a complete cure. After a detailed discussion with the patient explaining the diagnosis, the specialist will outline a treatment plan, tailor-made for the individual patient.

治療乳癌牽涉多門醫科專科的緊密合作，包括外科醫生、病理學家、臨床腫瘤科醫生、放射治療師、護士和物理治療師等。本中心提供多門專科會診及一站式服務，由不同專科一起，為病人訂定合適的治療方案，並減輕心理壓力和節省輪候時間。