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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
A38	Hong Kong International Airport	香港國際機場

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

- + Alight at Tsuen King Circuit Flyover
- + Take the bus in front of Tsuen King Circuit Police Station
- + 於荃景圍天橋站下車，
- + 然後步行至荃景圍警署轉乘巴士到醫院。

Parking is available for a fee for patients and visitors  
本院設有收費停車場予病人及其家屬使用

香港安醫院一荃灣保留修訂收費表、單張內容、條款及細則之權利。任何的收費表調整將會根據法定的通知期提前發出通告和作出宣布。其他與收費表以外的相關修訂，則可能不作另行通知，閣下於使用本院服務前查閱最新資訊。如欲查閱最新資料，請瀏覽本院網站[www.twah.org.hk](http://www.twah.org.hk)。

N-2504



**Breast**  
Health Center  
乳房健康中心



# Breast Health Center

## 乳房健康中心

Cancer is a terrifying disease, and considering that breast cancer is the third most common cause of death for women in Hong Kong, Hong Kong Adventist Hospital – Tsuen Wan is excited about opening their new comprehensive breast care facility. Reassuringly, most breast problems are benign; however, it is prudent that all women should have their breast concerns properly assessed by experienced doctors, as early detection and treatment of breast cancer saves lives.

Being a Christian Institution, our main concern is for the optimum health of all members of the community. Not only do we heal disease, but we provide health education aimed at reducing the incidence of future ill health in our patients.

乳癌是香港女性的第三位殺手，萬不能掉以輕心。可惜的是，它跟其他癌症一樣，往往難以察覺。萬幸的是，大部份乳房腫塊都屬良性；不過，即使如此，所有婦女都應該由富經驗的醫生定期檢查乳房，以防萬一。因為，愈早發現乳癌，治癒的機會率就愈高。

有鑑及此，香港安醫院—荃灣增設了全新的綜合性乳房健康中心。身為基督教團體，我們以照顧社區裡所有成員的健康為己任。不過，我們不單單醫治疾病，還希望通過健康教育，幫助我們的病人預防疾病。



# Scope Of Services

## 服務範圍

1. To identify potential new cases by Breast Screening Package, triple assessment\* or investigations such as Breast Examination/ Mammogram/ Ultrasound Breast (Bilateral/ Unilateral)/ Core Biopsy/ MRI Breasts.
2. To provide timely, person-centred standard treatment plan for the clients that follow up by Breast surgeon which additional imaging/staging (Core Biopsy/ Mammotome/ MRI Breasts/PET-CT scan/Blood test) will be arranged.
3. To access for appropriate high quality support and advocacy for options and services to meet the individual needs of clients and their care givers .
4. To arrange and perform the Breast surgery by the surgeon with specific training and expert experience.
5. To provide pre- & post-operative services including assessment, education, counselling, evaluation, introduction of admission and discharge plan, post-op wound and drain management, post-op complication management, post-op lymphedema care with exercise and education if necessary.
6. To support the patient pathway by the appropriate trained nursing and allied health professionals.
7. To arrange further referral to clinical oncologist and oncology nurse for adjuvant therapy if necessary.

**\*Triple assessment-** clinical examination, MMG/USG and needle biopsy

1. 透過乳房檢查計劃、三重評估方案或檢查，及早識別潛在新症，服務包括乳房檢查 / 乳房X光造影 / 乳房超聲波檢查（兩側 / 單側） / 乳房活組織檢驗 / 乳房磁力共振掃描。
2. 由乳房外科醫生跟進個案，適時提供以病人為本的標準治療計劃，包括安排額外的乳房影像 / 乳癌分期評估（乳房活組織檢驗 / 麥瑪通乳房入刀技術 / 乳房磁力共振掃描 / 正電子電腦掃描 / 血液檢查）。
3. 確保病人得到適切而優質的支援、專業意見及服務，對應每位病人及其照顧者的個人需要。
4. 由受過特定培訓、具有專家經驗的外科醫生安排及進行乳房手術。
5. 按病人需要，提供術前和術後服務，包括檢查、教育、輔導服務、評估、介紹入院與出院方案、術後傷口和引流處理、術後併發症處理、術後淋巴水腫護理和上肢運動教育。
6. 由經過適當培訓的護理人員和專職醫療人員支援病人護理服務。
7. 按病人需要，進一步轉介至臨床腫瘤科醫生和腫瘤科護士，以進行輔助治療。

**\*三重評估** - 臨床檢查、乳房X光造影 / 乳房超聲波檢查、粗針活檢術



# Comprehensive Service

## 綜合性服務

The new Breast Health Center at Hong Kong Adventist Hospital – Tsuen Wan will provide a full range of in-house breast health services, from screening, clinical examination and diagnosis, to treatment, counseling and aftercare. Digital mammography, ultrasound, MRI and biopsy facilities will ensure prompt and accurate diagnosis. The most current surgical treatment options will also be available, and these include breast-conserving surgery, sentinel lymph node biopsy and breast reconstruction.



本中心提供一系列全面性的乳房健康服務，由掃描、臨床檢測和診斷，以至治療、輔導和治療後護理等。所配備的先進儀器，可提供數碼X光乳房造影、超聲波檢查、磁力共振掃描，加上乳房活組織檢驗服務，有助確保診斷快速而準確。同時，本中心還提供最新的手術治療，包括乳房保留術、前哨淋巴結組織切片檢驗及乳房重建等。

# Specialized Care Program

## 專業護理計劃

### Tailor-made treatment plan

- ✦ A specialist breast surgeon will follow the client in the first visit till the treatment completion
- ✦ Tailor-made treatment plan is unique to design for each client which aim to provide most suitable and tolerable treatment for the client
- ✦ Post-operative follow up and follow up investigation will be arranged according to client's need
- ✦ A specialist nurse will follow the clients in the first visit till the treatment completion
- ✦ Call-back system is implemented for missing the future regular check up
- ✦ Enquiry hotline is provided for client to solve their needs and questions

### 專業護理計劃

- ✦ 專科乳房外科醫生將從初診開始跟進個案，直至治療完成。
- ✦ 為每位病人設計專屬的治療計劃，以提供最合適和可以接受的治療方案。
- ✦ 按病人需要，安排術後跟進和跟進調查。
- ✦ 專科護士將從初診開始跟進個案，直至治療完成。
- ✦ 實施覆診提示系統，以免病人錯過後續的定期檢查。

- 3 ✦ 提供諮詢熱線，解決病人所需及疑難。

# Multidisciplinary Team

## 多門專科會診

Our new Breast Health Center will be supported by an experienced team of specialists comprising breast surgeons, oncologists, radiologists, plastic surgeons, experienced nurses, physiotherapists, pathologists and counselors, who together, will share the care of each patient offering individual tailor-made treatment plans.

本中心的醫療團隊由一群具豐富經驗的專家組成，包括乳房外科醫生、腫瘤科專家、放射治療科醫生、整形外科醫生、物理治療師、心理輔導員和專職護士等。通過多方面的考慮和分析，綜合各專家意見，每位病人的治療方法均是「度身訂造」，符合其需要。





## One-Stop Care —— 一站式服務 ——

Most services and treatments are provided in one facility so care is convenient for the patient. Care is given in a supportive environment, and consultation rooms and imaging areas are designed for the comfort of patients.

為照顧病人的生理和心理需要，大部份治療和護理均在香港港安醫院一荃灣內進行，並由醫生協調，病人可免受周車勞頓之苦，亦無須長期輪候。事實上，由舒適的輔導室至檢驗地點，院內各項設施均以體貼病人的需要作優先考慮。

One-to-one specialist nurse will follow the treatment journey of the client.

- + Facilitates timely access to quality health by arrangement of clinic follow up, investigations, operation date, post-op follow-up & investigations.
- + Accompanied client and their care givers to provide psychological supports in breaking of bad news and the whole treatment journey.
- + Provide (pre- & post-op) education, wound management and counselling e.g. nature of disease treatment plan (types of operation offered by surgeons), post-op wounds and drain care, post-op complication, post-op lymphedema care and education, briefly introduce admission and discharge plan.
- + Coordinate multi-disciplinary team activity (Physiotherapy, Lifestyle management, Dietitian etc.).
- + Communicate and coordinate a patient-centered plan of care with surgeon, ward nurses and other health care professionals.
- + Provide information and support of patients' post-op needs such as prosthesis, underwear, wag, nutrition information or supplements etc.
- + Monitor post-treatment progress.

由專科護士提供一對一服務，跟進病人的整個治療過程。

- + 安排臨床跟進、檢查、手術日期、術後跟進和調查，為病人適時提供優質健康護理。
- + 陪伴病人及其照顧者，於病情告知及整個治療過程中給予心理支援。
- + 提供（術前和術後）教育、傷口處理和諮詢服務，例如疾病治療計劃的性質（外科醫生所提供的手術類型）、術後傷口和引流護理、術後併發症處理、術後淋巴水腫護理和教育、簡介入院和出院方案。
- + 協調各專科綜合治療服務（物理治療、健康生活管理、營養師服務等）。
- + 與外科醫生、病房護士和其他醫療保健專業人員進行溝通和協調，安排以病人為中心的護理計劃。
- + 為病人的術後需要提供資訊和支援，包括義乳、內衣、假髮、營養資訊或營養補充品等。
- + 監察治療後的進展情況。





## Our services include :

本中心所提供的服務範圍包括：

A	
Diagnostic Radiology 放射診斷學	Mammography, Ultrasonography, Magnetic Resonance Imaging (MRI), etc. 乳房X光造影、超聲波檢查、磁力共振（MRI）等
Interventional Radiology 介入放射學	Ultrasound-guided Core Needle Biopsy, etc. 超聲波引導下粗針活檢術等
Laboratory Tests 化驗	Laboratory and Pathology Services 化驗室及病理學服務
Surgical Services 外科	Breast Conservation (Lumpectomy) Mastectomy, Sentinel Lymph Node Biopsy, Skin Sparing Mastectomy, Breast Reconstruction, etc. 新技術的乳房保留術（腫塊切除）、前哨淋巴結活組織化驗、全乳切除術、乳房重整等等。
Oncology 腫瘤科	Chemotherapy, Radiotherapy, Hormonal Manipulation, etc. 化療、電療、藥療等
Physical Therapy 物理治療	Postoperative arm lymphedema evaluation with exercise and treatment 評估及治療術後淋巴水腫和上肢運動障礙
Psychosocial Support 社交心理支援	

Physicians in the Breast Health Center will coordinate breast surgery for patients who choose this treatment option.

如選擇接受外科手術，本乳房中心的醫生可為病人協調及安排。



## Common Breast Problems 乳房常見疾病

The Breast Health Center evaluates and treats patients with a wide variety of breast-related concerns or complications, including:

診斷乳房疾病是通過綜合分析病徵及檢查結果等多樣化的有關資料，以作評估，及建議治療方案。常見的問題包括：

- + Abnormal mammogram and/or ultrasound scan
- + Atypical hyperplasia of the breast
- + Benign breast changes
- + Breast lumps
- + Breast pain
- + Breast cancer
- + Breast skin change and deformity
- + Fibrocystic disorder
- + Nipple retraction
- + Nipple discharge
- + Fibroadenoma
- + X光乳房造影或超音波掃描顯示不正常的影像
- + 非典型的乳房組織增生
- + 乳房良性病變
- + 乳房出現硬塊
- + 乳房感到痛楚
- + 乳癌
- + 乳房皮膚凹陷、呈橙皮狀或外形變異
- + 乳房纖維囊腫或乳線增生
- + 乳頭縮陷
- + 乳頭出血或有不明分泌物
- + 纖維腺瘤



Research shows that the earlier breast cancer is diagnosed, the better the outcome after treatment. Hong Kong Adventist Hospital – Tsuen Wan looks forward to meeting your needs in this particular area of medicine with the opening of our new facility, the Hong Kong Adventist Hospital – Tsuen Wan Breast Health Center of Excellence.

研究顯示，愈早確診乳癌，治療效果愈理想。乳房保健及診療中心乃香港港安醫院—荃灣針對乳房健康而增設的專科中心，期待能為大家提供適切且完善的服務。

# Breast Screening Packages

## 乳房檢查計劃

We offer multiple and flexible packages. Patients should consult with their doctors as to which package(s) best suits their particular needs.

我們提供多個富彈性的檢查計劃，以照顧不同病人的需要。病人可向醫生查詢，以確定哪個計劃最適合自己。

- |  |                        |
|--|------------------------|
| + Mammogram                                    | + 乳房X光造影               |
| + Ultrasound Breasts (Bilateral)               | + 乳房超聲波掃描（兩側乳房）        |
| + Mammogram and Ultrasound Breasts (Bilateral) | + 乳房X光造影及乳房超聲波掃描（兩側乳房） |
| + Core Biopsy of Breast (One lesion)           | + 乳房粗針穿刺術（一處病灶）        |
| + Core Biopsy of Breast (more than one lesion) | + 乳房粗針穿刺術（多處病灶）        |

# Appointment & Enquiries

## 預約及查詢

Our Center ensures that your appointment will be promptly scheduled with one of our breast specialists to reduce your anxiety. If it is shown that you do have breast cancer, you and your physician can begin to plan your care right away.

Please contact Breast Health Center for more information during service hours.  
Telephone / Whatsapp : (852) 5506 3188

Service hours:  
Sunday – Friday 09:00 – 17:00  
Saturday & Public Holidays Closed

本中心會確保盡快為您安排預約，與我們其中一位專家會面，以減少因為疾病未明導致的不安。萬一確診患上乳癌，醫生會即時開始計劃治療方案，與您一起面對，共渡難關。

如欲進一步查詢，歡迎於服務時間內致電或Whatsapp (852) 5506 3188 與我們聯絡。

服務時間：  
星期日至五 09:00 – 17:00  
星期六及公眾假期 休息



# Breast Screening Program

## 乳房普查計劃

A	The following plans only apply to Out-patients 以下計劃只適用於門診病人	Plan 1	Plan 2	Plan 3	Plan 4 #
		計劃 1	計劃 2	計劃 3	計劃 4
	Consultation by Specialist, Nursing Team, Detailed Medical History, Breast Examination 專科醫生及護理團隊評估 詳細的病歷評估及乳房檢查	✓	✓	✓	
	2D Mammogram (Bilateral) 2D乳房X光造影（兩側乳房）	✓		✓	
	Ultrasound Breasts (Bilateral) 乳房超聲波掃描（兩側乳房）		✓	✓	
	Detailed Medical Report Explanation by Physician 醫生詳細解釋醫療報告	✓	✓	✓	
	Core Biopsy of Breast (One Lesion) 乳房活組織檢驗（一處病灶）				✓
	Price 費用	\$1,900	\$1,900	\$2,700	\$6,000
	Package Special Price 套餐精選價				\$4,800

### Important Information

- + Plan 4 can only be eligible for individuals who have participated in Plan 1, 2, and 3 within 3 months.
- + Plan 4 price includes the fee for one lesion examination only; laboratory tests and follow-up consultation fees are excluded.
- + If multiple lesions are found during the Ultrasound Breasts examination, an additional fee will be charged for each lesion in the Core Biopsy of the Breast. Please contact our staff for more information.
- + For the latest information, please visit our website at [www.twah.org.hk](http://www.twah.org.hk)

### 注意事項

- + 計劃4只適用於3個月內參加並完成計劃1、2或3之人士。
- + 計劃4費用只包括一處病灶活驗抽取費用，該次醫生跟進費、化驗費用另計。
- + 若乳房超聲波掃描發現多於一個病灶，乳房活組織檢驗會按每個病灶額外收費，詳情請向職員查詢。
- + 如欲查閱最新資料，請瀏覽本院網站[www.twah.org.hk](http://www.twah.org.hk)。

\*Breast Screening Program is only eligible for regular checkups; If a patient experiences any breast discomfort or abnormalities or has undergone breast surgery, please contact a specialist for assessment.

\*此乃乳房普查計劃只適用於定期檢查之用，如病人有任何乳房不適、異常情況或已進行乳房手術者，應先預約專科醫生評估。