

上海嘉会国际医院乳腺门诊  
SHANGHAI JIAHUI BREAST INSTITUTE

# 乳腺健康筛查

Breast Health Screening

共筑生命之美 YOUR PARTNER FOR LIFE

# 乳腺健康筛查

## 什么是乳腺筛查

定期进行乳房检查,是及早发现乳腺病变或乳腺癌的第一防线。尽早发现乳腺病变可以提高治愈率。定期乳腺自检、由乳腺专科医生作临床检查及乳腺影像检查(乳腺超声或乳腺钼靶)是乳腺检查的三部曲。

## 哪些人群需要进行乳腺筛查

二十岁以上的女性应该开始考虑接受乳腺筛查,以便及时发现乳房感染、良性肿瘤及乳头异常等情况。如您有下列风险因素,更需要定期进行乳腺筛查<sup>1</sup>:

- 年龄增加
- 高体重和体脂(BMI  $\geq 30$  kg/m<sup>2</sup>)
- 高身材
- 高雌激素水平
- 有良性乳腺疾病
- 致密乳腺组织
- 初潮较早或绝经较晚
- 未经产和多产
- 初次妊娠的年龄较晚
- 乳腺癌个人史
- 乳腺癌家族史
- 遗传基因突变
- 饮酒
- 吸烟
- 夜班工作
- 暴露于治疗性电离辐射

<sup>1</sup>信息来源:临床顾问

## 常规风险女性乳腺筛查建议

年龄组	40岁以下	40-45	45岁以上
检查方法	自动乳腺容积超声*	钼靶	钼靶
频率	两年一次,或由医生建议	两年一次,或由医生建议	建议两年一次

对于40岁以下的人群,3D自动容积乳腺超声(ABUS)是通常合适的乳腺影像检查。ABUS通常应用于年轻女性的乳腺筛查,或作为乳房钼靶筛查的补充应用于乳腺致密人群的乳腺筛查中。

\*对于一些特殊情况的患者,医生会根据情况选用手持超声进行检查。

对于40岁以上的人群,乳腺钼靶是临床推荐的常规筛查手段。

## 乳腺健康筛查套餐 (980元)

- 乳腺专科医生问诊及体格检查
- 双侧自动全容积乳腺超声, 或乳腺钼靶
- 影像检查报告
- 乳腺专科医生报告解读及建议

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### 预约注意事项:

- 如您本人或家族中有乳腺癌史、乳房疾病或病变,建议进行常规门诊随访,并与医生商讨长期管理计划
- 胸部或乳头皮肤有破损,或有胸部皮肤过敏性皮炎的情况,建议您预约乳腺专科医生门诊咨询
- 建议女性避开月经期之前一周及月经期,待乳腺较为疏松时再进行检查;哺乳期女性建议待哺乳期结束6个月后再行筛查

请拨打 (400)868 3000, 预约嘉会乳腺门诊进行筛查。

套餐价格仅限自费客户,不可退换,如当天有额外检查等项目,需另行支付。嘉会医疗在法律范围内保有最终解释权。

使用地点:上海嘉会国际医院

# Breast Health Screening

## What Is Breast Screening

Regular breast screening is the first line of defense when it comes to early detection of breast lesions and breast cancer. Early detection of breast cancer can lead to improved cure rate, and regular breast self-examination, clinical examination by a breast specialist and breast imaging examination (breast ultrasound or mammography) form the foundation of early detection.

## Who Needs Breast Screening

Women over the age of 20 should consider beginning breast screening to detect breast infections, benign and malignant tumors, and nipple abnormalities. Regular breast screening is even more important if you have any the following risk factors <sup>1</sup>.

- Increasing age
- High weight and high body fat (BMI  $\geq 30$  kg/m<sup>2</sup>)
- Tall stature
- High estrogen levels
- Benign breast disease
- Dense breast tissue
- Earlier menarche or later menopause
- Nulliparity and multiparity
- Increasing age at first pregnancy
- Personal history of breast cancer
- Family history of breast cancer
- Inherited genetic mutations
- Alcohol
- Smoking
- Night-shift work
- Exposure to therapeutic ionizing radiation

<sup>1</sup> Source: UpToDate

## Breast Screening Protocol For Average Risk Women

Age groups	Below 40	40-45	Above 45
Method	ABUS*	Mammography Tomosynthesis	Mammography Tomosynthesis
Frequency	Every 2 years, or according to physician recommendation	Every 2 years, or according to physician recommendation	Recommend every 2 years

For people under 40 years of age, automatic breast ultrasound scan (ABUS) is a suitable breast imaging examination. ABUS is used for breast screening in young populations or as a supplement to mammography for breast screening in populations with high breast density.

\* Under some specific circumstances, the doctor may choose to do a hand-held ultrasound examination.

Mammography is the clinically recommended screening method for people over the age of 40.

## Breast Health Screening Package (980 RMB)

- Breast Specialist Consultation and Physical Examination
- Bilateral Automatic Breast Ultrasound Scan (ABUS) , or Breast Mammography
- Imaging Report
- Interpretation and Consultation with Breast Specialist

### Appointment tips:

- If you or your family have a history of breast cancer, breast disease or lesions, it is recommended that you conduct routine screening appointments and follow-ups, and discuss a long-term management plan with your doctor
- For skin damage on your chest or nipples, or allergic dermatitis on your chest, it is recommended that you book a consultation appointment with breast specialist
- It is recommended that women avoid scheduling an examination during or within one week before menstruation, as changes in breast density during this time can affect the results of screening; breastfeeding women are advised to perform screening 6 months after they stop lactating

**Call (400) 868 3000 to make appointment to Jiahui Breast Institute for screening.**

**Promotions are limited to self-paying patients. The promotion package is non-refundable and cannot be exchanged for other services or used with other special offers. Jiahui Health reserves the right of final interpretation within the scope of the law.**

**Location of use: Shanghai Jiahui International Hospital**



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