

## Health Settlement Checklist

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# Minor Nodules & Major Concerns

## Breast Nodules



Breast nodules are very common in women. Emotions such as **anger**, **sorrow**, and **anxiety** can lead to **breast hyperplasia** and **premenstrual breast pain**, which can develop into breast tumors over time. These conditions may gradually affect thyroid and ovarian function, causing significant distress for women. **High-risk Group:** Breast nodules primarily occur in women aged 30 to 50. The most common breast nodules in young women are fibroadenomas, which account for 7% to 13% of breast outpatient cases.

## Thyroid Nodules



The thyroid gland, located below the Adam's apple, resembles a butterfly and is the body's largest endocrine gland. Thyroid nodules are solid masses that appear in thyroid tissue due to abnormal growth of thyroid cells. Although most nodules are benign, they have the potential to become malignant, affecting thyroid and parathyroid function. **High-risk Group:** Thyroid nodules are common in the middle-aged population, especially in women aged 20 to 40. The incidence of thyroid tumors in women is 2 to 4 times higher than in men.

Emotional fluctuations     
 Hormonal fluctuations     
 Unhealthy lifestyle habits

### Breast BI-Rads / Thyroid TI-Rads Grading

|         |  |                                      |
|---------|--|--------------------------------------|
| Level 1 | Negative   | Routine check-up                     |
| Level 2 | Benign (cystic)  | Routine follow-up                    |
| Level 3 | Likely benign  | Regular follow-up                    |
| Level 4 | 4a: Low malignancy rate (2% to 10%)                    | Recommend biopsy within a time limit |
|         | 4b: Intermediate malignancy rate (10% to 50%)          |                                      |
|         | 4c: High malignancy rate (50% to 95%)                  |                                      |
| Level 5 | Highly suspicious of malignancy (malignancy rate >95%) | Recommend immediate biopsy           |
| Level 6 | Confirmed malignant by biopsy                          | Immediate treatment required         |

## Lung Nodules



Most lung nodules are benign, with only a small portion developing into lung cancer. Based on density, lung nodules can be classified as ground-glass nodules, mixed nodules, and partially solid nodules.

Frequent smoking     
 Living/working environment     
 Frequent late nights

|  |   |                  |
|--|---|------------------|
| <b>Breast Disease Screening</b>          | • Doctor consultation and assessment • Breast ultrasound/target (choose one)  | <b>RMB 880</b>   |
| <b>Thyroid Basic Health Screening</b>    | • Doctor consultation and assessment • Thyroid ultrasound examination • Thyroid Function Screening Panel 3                            | <b>RMB 1,050</b> |
| <b>Thyroid Advanced Health Screening</b> | • Doctor consultation and assessment • Thyroid ultrasound examination • Thyroid Function Screening Panel 5 • Thyroid Antibody Panel 4 | <b>RMB 1,280</b> |
| <b>Lung Nodule CT Examination</b>        | • Doctor consultation and assessment • Chest CT scan  | <b>RMB 1,880</b> |

\*The package price is only for self-pay service \*The package is only for designated doctors only

