



National
Cancer
Society
Malaysia

Giving Hope Celebrating Life



BRINGING EDUCATION AND UNDERSTANDING TO YOU



乳癌

Bringing Education And Understanding To You

合作单位:



Asia
Cancer
Forum

支持单位:



astellas



翻译者:

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乳房

01 什么是乳癌？

02 乳癌有多普遍？

03 谁有患上乳癌的风险？

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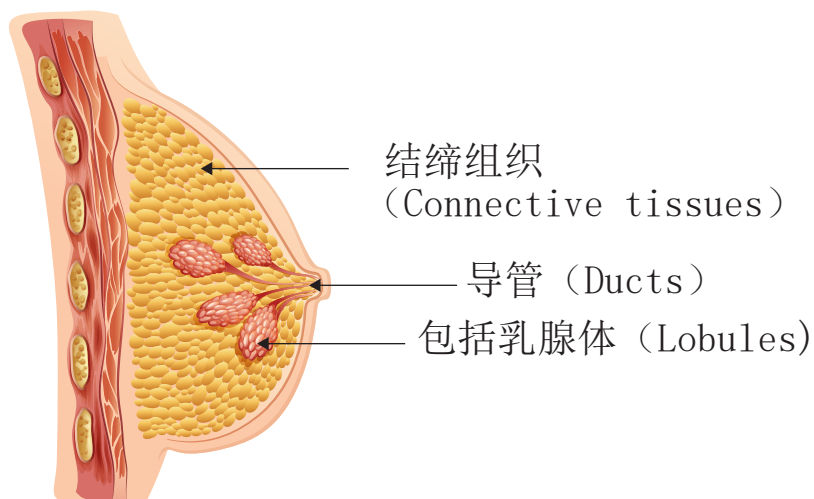
06 我该进行什么检测以了解自己是否可能患上乳癌？

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08 我该如何预防自己患上癌症？

I 什么是乳腺癌？

- 当乳房的细胞发生异常变化，并不受控制地生长，即称为乳腺癌。¹



- 乳房有三个主要的部分组成，包括乳腺体 (Lobules)，导管 (Ducts) 结缔组织和 (Connective tissue) (脂肪组织 Fatty tissue)。¹
- 这些异常细胞会在乳房形成肿瘤，并呈现为肿块。它可能发生在单侧乳房或两侧乳房。



参考文献

1. Centers for Disease Control and Prevention. "What is breast cancer?" [Internet] 2022 Sep 26 [cited on 2022 Nov 17]. Available at: https://www.cdc.gov/cancer/breast/basic_info/what-is-breast-cancer.htm

I 乳癌有多普遍？

乳癌是马来西亚女性排名第

1

最常见的癌症²

在2012 至2016年期间，

每 **2** 名患上乳癌的女性中，就有 **1** 名被诊断上第3期或第4期乳癌 (即称为晚期乳癌)。这使癌症治疗变得困难。²



第 **1** 及第 **2** 期乳癌患者 = **88%** 及 **81%**
五年存活率*3

第 **3** 及第 **4** 期乳癌患者 = **60%** 及 **23%**
五年存活率*3

*五年存活率：病患在癌症确诊的5年后依然存活的机率

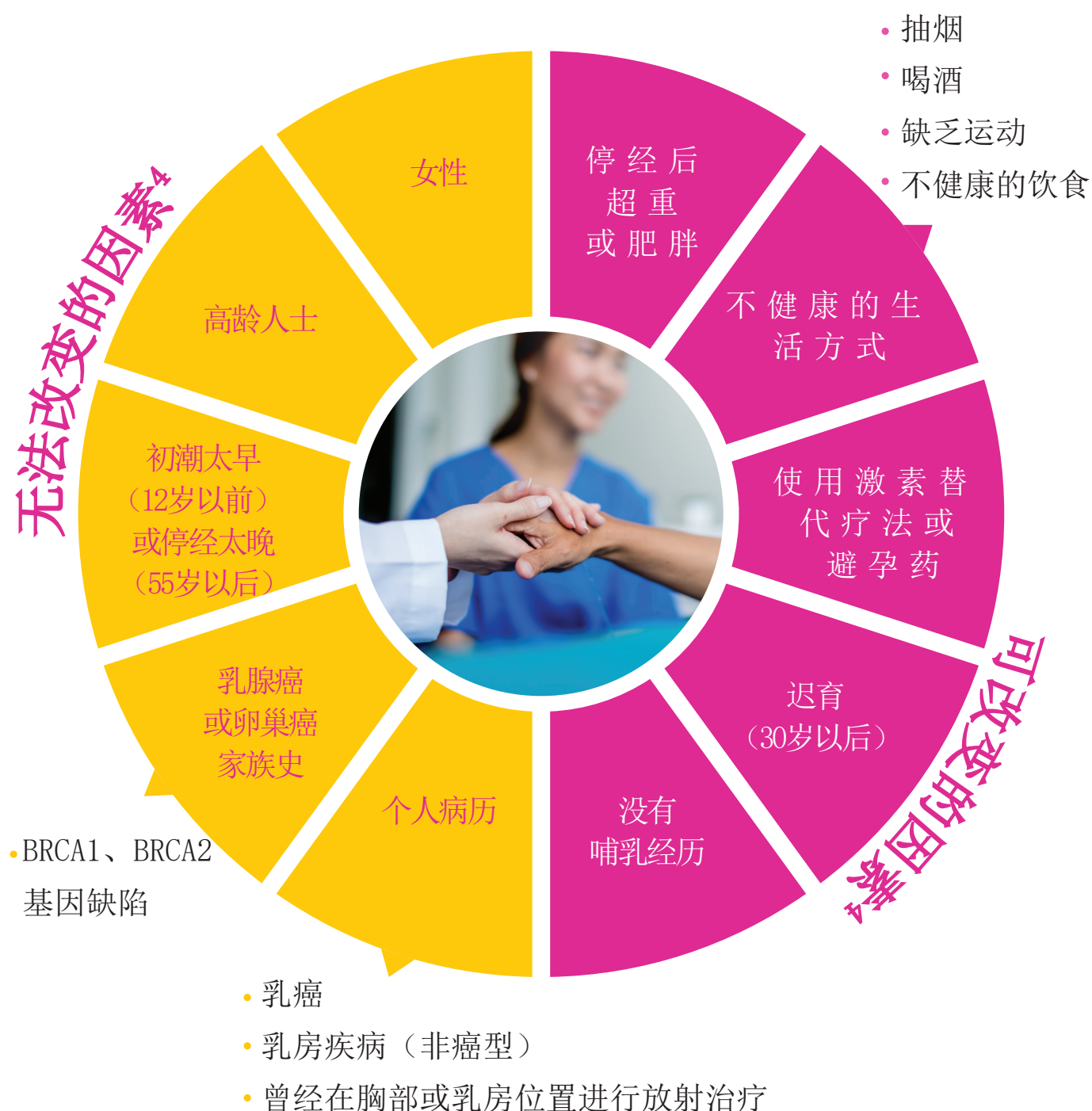
当癌症的诊断时机越早，康复和存活的机率越大。

参考文献：

2. Azizah A, Hashimah B, Nirmal K, Siti Zubaidah A, Puteri N, Nabihah A et al. Malaysia National Cancer Registry Report (MNCR) 2012-2016. Putrajaya, Malaysia: Ministry of Health Malaysia; 2019.

3. National Cancer Registry, National Cancer Institute, Ministry of Health Malaysia (2018). Malaysian Study on Cancer Survival (MyScan).

I 谁有患上乳癌的风险？

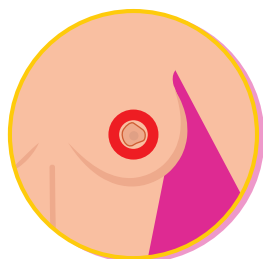


参考文献:

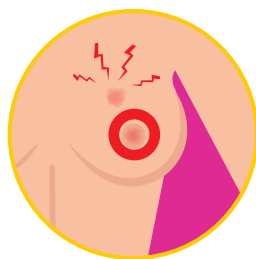
4. Centers for Disease Control and Prevention. "What Are The Risk Factors for Breast Cancer?" [Internet]. 2022 Sep [cited on 2022 Nov 17]. Available from: https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm

I 乳腺癌的体征与症状有哪些？

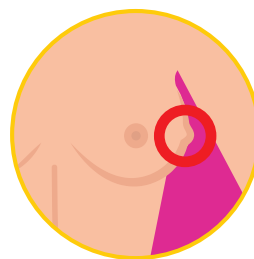
乳腺癌的体征与症状⁵



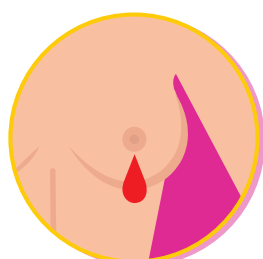
乳头内陷



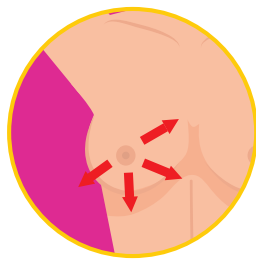
乳房或乳头疼痛



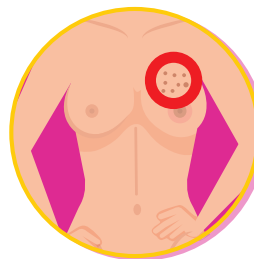
乳房有肿块



乳头有异常分泌物



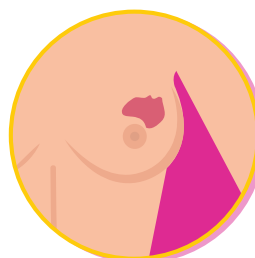
肿胀



乳房皮肤发生变化



锁骨或腋下有肿块



皮肤发红/皮疹

体征与症状的区别：

体征 (Signs) 是别人可看见的（例如：肿胀和流血）
症状 (Symptoms) 是只有您可感觉得到的（例如：头痛、疼痛）⁶

若发现任何变化，请咨询您的医生

参考文献：

5. Breastcancer.org. "Breast Self-Exam (BSE)" [Internet]. 2022 Oct [cited on 2022 Nov 17].

Available from: <https://www.breastcancer.org/screening-testing/breast-self-exam-bse>

6. American Cancer Society. Signs and Symptoms of Cancer [Internet]. 2020 Nov 6 [cited on 2022 Dec 28]. Available from: <https://www.cancer.org/treatment/understanding-your-diagnosis/signs-and-symptoms-of-cancer.html>

I 我该如何自行检查乳房？

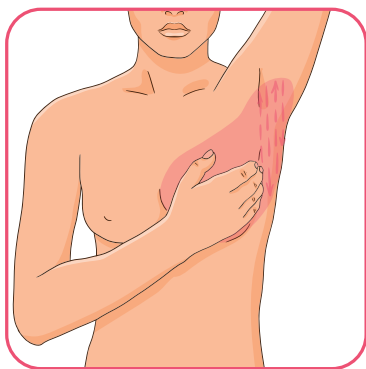
☑ 什么时候需进行检查？

每个月：在经期开始后的7-10天⁵

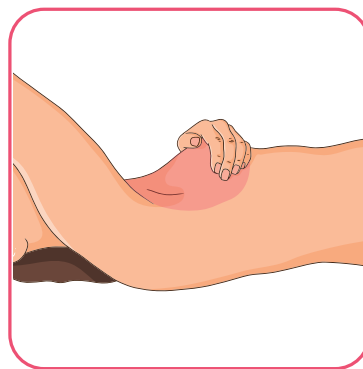
☑ 在哪里进行检查？

站在镜子面前（需选择舒适及有足够光线的空间）

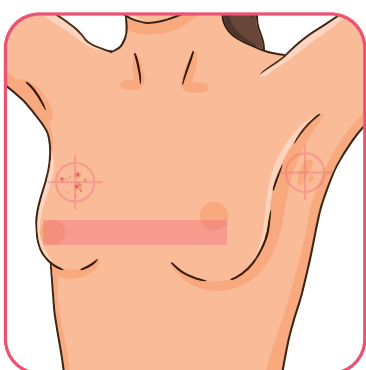
☑ 如何进行检查？⁵



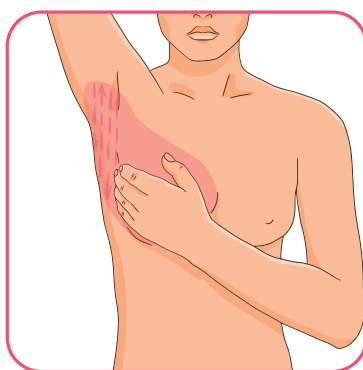
第1步：举起您的手臂



第2步：用指腹以旋转的方式，由腋窝到乳房，进行按压，以便触摸有无任何乳房肿块



第3步：
观察乳房是否有任何变化



第4步：
对另一侧的乳房，重复以上步骤

若发现任何变化，请咨询您的医生

我该进行什么检测以了解自己是否可能患上乳癌？

- 您可以通过以下乳癌的检测方法，及早发现身体是否有任何的异常变化：



自行检查乳房 (BSE)

您自行检查乳房

18岁或以上：每个月一次⁵



临床乳房检查 (CBE)

医生或护士为你进行乳房检查

20-39岁：每三年一次
40岁或以上：每年一次⁷



乳房 X 光检测 (Mammography)

乳房的 X 光图

40-49岁：每年一次⁸
50-59岁：
每年一次或每两年一次⁸
60岁或以上：每两年一次⁸



乳房超声波

(Breast Ultrasound)

使用声波产生乳房图像

按照医生的建议进行检测

医生会根据您的检测结果，提出医疗建议。

参考文献：

7. Ministry of Health Malaysia (2021). National Strategic Plan For Cancer Control Programme 2021-2025.

8. Malaysia Health Technology Assessment Section (MaHTAS). Clinical Practice Guidelines: management of breast cancer (3rd edition). Ministry of Health Malaysia 2019 MOH/P/PAK/432.19 (GU)-e

I 我该如何预防自己患上乳癌？



乳房 X 光检查 (Mammogram)

40-49岁：每年一次⁸
50-59岁：每年一次或每两年一次⁸
60岁以上：每两年一次⁸



哺乳

产后哺乳至少6个月可以降低乳癌风险^{9, 10}



常运动并保持健康的体重

多做运动并保持活跃，
以维持健康的体重⁹
(请参考下一页)



保持健康的饮食方式

培养均衡饮食⁹
(请参考下一页)



不抽烟

远离香烟和二手烟⁹



不喝酒

远离含酒精饮品¹¹

参考文献

9. American Cancer Society. "Can I lower my risk of breast cancer?" [Internet]. 2021 Dec. [cited on 2022 Nov 17].

Available from: <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention/can-i-lower-my-risk.html>

10. World Health Organization. Breastfeeding [Internet]. [cited on 2022 Nov 17].

Available from: https://www.who.int/health-topics/breastfeeding#tab=tab_1

11. World Cancer Research Fund. "Limit alcohol consumption". [Internet] [cited on 2022 Nov 17].

Available from: <https://www.wcrf-uk.org/preventing-cancer/our-cancer-prevention-recommendations/limit-alcohol-consumption/>

I 我该如何预防自己患上癌症？

保持健康的饮食方式

这是马来西亚“四分之一、四分之一、一半”
的健康饮食餐盘概念：

请使用此图片作为均衡饮食的指南¹²



以下食品的建议份量：

	红肉	每周吃少过五百克或三个手掌大小的份量 ¹³		每日两份水果和三份蔬菜 ¹³	例如：每天吃一粒苹果 + 一片西瓜 + 十二汤匙煮熟的叶类蔬菜
	加工肉类	不建议食用 ¹³		含糖饮料	不建议饮用 ¹³
	每日多过两份的全谷物食品 ¹³	例如：每天至少吃两片全麦面包+半杯煮熟的糙米饭		加工食品	每周吃少过一次或完全不食用

参考文献：

12. Panduan Pinggan Sihat Malaysia. Putrajaya (MY). Ministry of Health Malaysia; 2016. 50 p. Report No.: 1.

13. World Cancer Research Fund/American Institute for Cancer Research. "Continuous Update Project Expert Report 2018.

Recommendations and public health and policy implications." [Internet]. [cited on 2022 Nov 17]. Available from: dietandcancerreport.org

I 我该如何预防自己患上癌症？（续篇）

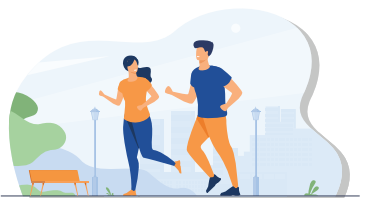
保持活跃的生活方式



每周至少进行150分钟适度运动强度
(Moderate-intensity exercise) *
的有氧运动¹⁴

快步走、慢跑、游泳、网球（双人）、
骑自行车、远足、排舞

或



每周至少进行75分钟剧烈运动强度
(Vigorous-intensity exercise) **
的有氧运动¹⁴

跑步、游泳（泳道内来回）、
网球（单打）、跳绳、有氧舞蹈、拳击

和



每周至少两天中等或更高强度的肌
肉强化活动，并涉及所有主要肌群¹⁴

使用健身带、举重机或手持式举重器；
俯卧撑、引体向上、平板支撑、深蹲、
弓步、瑜伽、太极拳

我该如何测量运动强度？

使用‘谈话测试’

*适度运动强度
(Moderate-intensity exercise)

这类型的运动需要适度的力气。您的呼吸会变得稍微急促，身体会开始出汗；运动时，您说话的速度也会比平时慢¹⁵

**剧烈运动强度
(Vigorous-intensity exercise)

这类型的运动需要更大的力气。您的呼吸会变得更加急促，身体会大汗淋漓；并且说话时，必须要停下来¹⁵

参考文献：

14. World Health Organization. Physical Activity [Internet]. [Cited on 2022 Nov 17]. Available from:

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

15. Cancer Council Australia. "Exercise for people living with cancer" [Internet]. 2019. [Cited on 2022 Nov 17].

Available from: <https://www.cancer.org.au/assets/pdf/exercise-for-people-living-with-cancer>

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