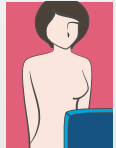


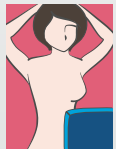
及早发现是您的最佳保障。  
每月一次做乳房自我检查将能挽救您的性命!

# 1 镜前检查

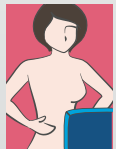
在镜前将...



- 双臂垂于两侧



- 双臂高举过头或放在头后



- 双手插腰，挺胸，收腹

同时仔细观察...

- 乳房形状和轮廓的变化
- 皮肤有无皱缩隆肿溃疡或橘子皮样
- 乳头外观有五不寻常凹陷变化
- 乳头有无分泌物(当轻轻挤压时)

您这个月做了乳房自我检查了吗?

一月	二月	三月	四月	五月	六月
七月	八月	九月	十月	十一月	十二月

# 2 躺着检查

左侧肩下垫一小枕头，左手置于头下，用右手...



- 中间三根手指平放在左乳房上
- 将手指紧贴皮肤，用力做循环按摩，检查乳房内有无异常肿块



- 由乳房外侧向内做循环按摩直至乳头
- 检查整个乳房，腋下及窝与乳头后方

改换用右手，重复上述步骤，检查左乳房

# 3 沐浴检查



- 左臂高举过头
- 右手擦上肥皂后，重复以上“躺着检查”步骤

改换用右手，重复步骤，检查左乳房

检查时若发现乳房有任何变化或可疑现象，请立即咨询医生做进一步检查。别慌张! - 大多数的肿块并非恶性的。

除了每个月的乳房自我检查，同时也鼓励五十岁以上的女性每两年进行一次乳房X光检查。

# Breast Self-Examination Guide

乳房自我检查指南



Early detection is the best protection.  
A monthly routine Breast Self-Examination (BSE) is recommended for all women above the age of 30.

# 1 In front of the mirror

Do all of the following one by one. Put your...



- Arms at your side



- Arms raised above or behind your head



- Hands on your hips with chest muscles tensed

While doing so, keep a lookout for...

- Change in size or shape of breast
- Dimpling of skin
- Change in nipple appearance
- Discharge from nipple (when squeezed gently)

## Monthly Self-Examination Checklist

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sept	Oct	Nov	Dec

# 2 Lying down

Slip a pillow under your left shoulder and your left hand under your head. With your right hand...



- Hold your middle three fingers flat against your left breast
- Press firmly using small circular movements to feel for lumps



- Start from the outside edge of your breast and move inwards in circles
- Check the entire breast, armpit and behind the nipple

Repeat the above steps with your left hand to check your right breast.

# 3 While showering



- Raise your left arm above your head.
- Soap your right hand and perform steps from the 'Lying down' position.

Repeat the steps with your left hand to check your right breast.

Consult a doctor immediately should you notice any changes or areas of concern. Do not panic – most lumps are non-cancerous.

Besides a routine monthly BSE, women above the age of 50 are encouraged to go for a mammogram once every 2 years.

## Location and Contact Details / 诊所地点及联系方式

Outpatient Facilities / 门诊设施	Level @ NUH MC
Radiation Therapy Centre, 放射治疗中心	8
Breast Care Centre, 乳房护理中心	8
Viva-University Children's Cancer Centre, 维瓦大学儿童癌症中心	9
Stem Cell Therapy Centre, 干细胞治疗中心	9
Chemotherapy Centre, 化疗中心	9
Cancer Centre, 癌症中心	10



- A Linkway @ Level 1 via MRT station (Exit A)
- B Linkway @ Level 1
- C Linkway @ Level 4
- Kent Ridge MRT Station 肯特岗地铁站
- Taxi Stand / Drop off
- Drop off only
- Bus Stop

Appointment Line 预约热线 : (65) 6773 7888\*  
Fax 传真 : (65) 6777 4413  
Email 电邮 : CancerApptLine@nuhs.edu.sg

## Cancer Line 癌疹热线:

Free, anonymous and confidential counselling service  
确保匿名和保密的免费专业辅导服务  
Cancer Line 癌疹热线 : (65) 9722 0569\*  
Email 电邮 : CancerLineNurse@nuhs.edu.sg

\*Mon - Fri (Except PH) 新一至五(除了公共假日):  
8.30am - 5.30pm

National University  
Cancer Institute, Singapore



Email: ncis@nuhs.edu.sg  
Website: www.ncis.com.sg

5 Lower Kent Ridge Road,  
Singapore 119074  
Website: www.nuh.com.sg