

# 乳房造影檢查

## Mammogram

A mammogram is an X-ray of your breast. It is the best way to detect breast cancer. You should have a yearly mammogram after age 40 or sooner if you have higher risk for breast cancer. Talk to your doctor about your risk factors.

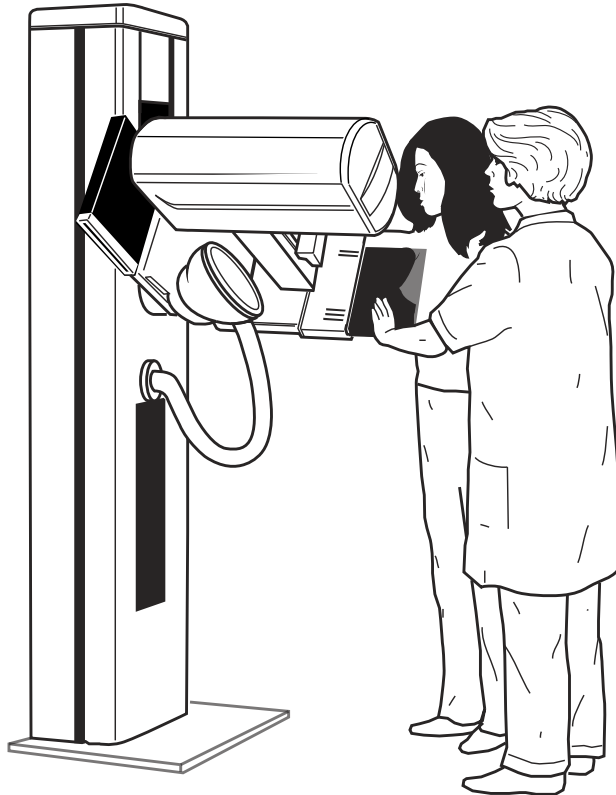
**Arrive on time for your test.**

### To Prepare

- Tell the staff before the test if there is a chance you may be pregnant.
- Do not use deodorant, lotion or powder under your arms or on your breasts the day of your test.

### During the Test

- You need to undress from the waist up. You are given a paper gown to wear.
- You are asked to stand next to the machine.
- There are at least 2 X-rays taken of each breast.
- The person doing the test needs to touch and move your breast to get it in the right spot for each X-ray.



乳房造影檢查是乳房專用的 X 光攝影技術，是偵測乳癌的最佳方法。40 歲後應每年進行乳房造影檢查，或如果您是高危族應更早開始。請諮詢您的醫師了解其風險因素。

**準時到場檢查。**

### 準備工作

- 如您有可能已懷孕，請在測試前告知職員。
- 檢查當天請勿在腋下或乳房上使用止汗劑、乳液或香粉。

### 檢查過程

- 您必須脫掉腰部以上的衣服，並穿上一件紙製袍服。
- 職員會請您站在機器旁邊。
- 每一邊乳房要拍攝最少 2 張 X 光片。
- 檢查人員必須觸摸及移動您的乳房，務使每張 X 光片拍到正確位置。

- Small sticky dots may be put on your nipples to help show them on your X-rays.
- Your breast is squeezed between 2 flat surfaces. This may hurt, but it does not harm your breasts.
- You are told to take a deep breath and hold it while the X-ray is taken.
- Each X-ray takes less than 30 seconds.
- The X-ray may need to be repeated if the X-ray is not clear.
- If you have breast implants, more X-rays will need to be taken and the test will take more time.

When all the X-rays are done, be sure to remove the sticky dots and throw them away. You will be able to get dressed and you can return to your usual activity.

Test results are sent to your doctor. Your doctor will share the results with you.

**Talk to your doctor or nurse if you have any questions or concerns.**

- 乳頭上可能要貼上小黏片，讓其在 X 光片上可顯示出來。
- 您的乳房會被夾在兩塊平板中間。可能有點痛，但不會傷害到乳房。
- 拍攝 X 光片時，職員會請您深吸一口氣並屏息一會。
- 每張 X 光拍攝時間不超過30秒。
- 如果 X 光片不清晰，可能需要重複檢查。
- 如您曾進行乳房植入手術，將須拍攝更多 X 光片，而且檢查需時更久。

當所有 X 光片拍攝完後，請務必把小黏片去除並扔掉。您可以穿衣，並恢復日常活動。

檢查結果會送到您的醫生處。您的醫生會告知您結果。

**若您有任何疑問或擔憂，請諮詢您的醫生或護士。**