

# 乳房健康中心

## Breast Care Centre

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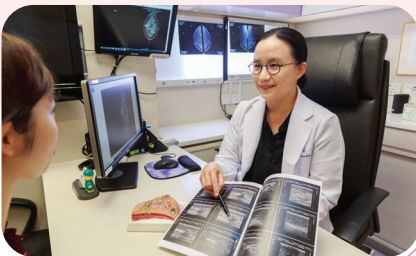
Breast Care Centre

### 簡介

乳癌是香港婦女的頭號癌症，自 2016 年起，每年有超過 4,000 名女性確診乳癌，而新增確診數字更於十年間增長了 76.4%\*。而近年更有愈來愈多的年輕婦女罹患乳癌。有見及此，香港浸信會醫院於 2010 年成立乳房健康中心，藉以推廣及提高大眾對乳房健康的知識和關注，並為乳癌病人提供一站式全面照顧。

\* 根據醫管局癌症資料統計中心 2016-2018 年癌症統計概覽

我們的專業醫護團隊由外科乳房專科、核子醫學專科、腫瘤科、放射診斷科、病理化驗科、整形外科專科醫生及乳房專科護士組成，加上院牧及乳癌病人互助小組，致力為乳癌病人提供包括專業檢查、診斷、治療、手術前後護理及輔導的綜合治療服務。



### 服務範圍

乳房健康普查

以優惠計劃鼓勵 40 歲以上婦女進行乳房普查以助及早發現乳癌。



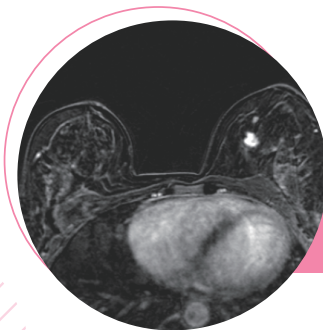
三維乳房造影檢查

如今常存的有信、有望、有愛這三樣，其中最大的是愛。

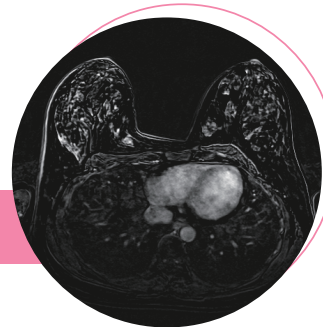
【哥林多前書 13:13 • 和合本】

### 乳房三重評估

由經驗豐富的專業乳房外科醫生為婦女進行乳房觸診檢查，配合乳房超聲波，X 光造影檢查，需要時抽取細胞或活組織化驗等，達至及早診斷及治療的目標。



透過磁力共振掃描找到懷疑病變的乳房組織



磁力共振掃描顯示正常乳房的影像

本中心秉承浸信會醫院「全人醫治，榮神益人」的宗旨，致力為患有乳房良性疾病或惡性腫瘤的病人提供全面優質專業服務，以達至身、心、靈各方面的全人健康護理。

### 乳房普查優惠計劃

愈早診斷出乳癌，治療方法愈簡單，病人的康復率亦愈高。乳房普查有助及早發現乳癌，為鼓勵婦女定期檢查乳房，本中心現推出乳房普查優惠計劃，詳情請致電本中心查詢。  
備註：此普查計劃並不適用於曾施行乳房手術（包括乳房整形手術）及乳房有不適症狀之婦女。

### 檢查及診斷

本院擁有多種精確的造影設備，包括三維乳房造影 (3D Mammography)、全景直接數碼乳房造影系統 (Full Field Digital Mammography)、超聲波掃描系統及磁力共振掃描系統；亦提供多項先進的檢驗方法，包括幼針管抽吸術、活組織檢驗、麥瑪通®微創（乳房）活檢術 (Mammotome®) 及導絲定位活組織檢驗等。專科醫生按每位病人的特別需要，為他們挑選及安排合適的檢查，盡早診斷。



俯臥式乳房活組織立體定位檢查系統

### 治療

· 良性的乳房症狀

普遍來說，大部分的乳房硬塊均屬良性，本中心為患上如乳腺纖維腺瘤、囊腫及乳房腫痛等良性乳房症狀的病人提供優質的一站式專業診斷、治療及指導服務。

· 乳癌

部分硬塊屬於惡性（即「癌」），由於癌細胞會不停地增生及破壞正常的乳房細胞，甚至會透過血液或淋巴系統擴散至身體的其他器官，因此本中心會透過全面的綜合治療方案為乳癌病人帶來身、心、靈的醫治。

本院經驗豐富的專科醫生會為每位病人製定一個整全的治療計劃，內容包括手術前輔導、外科切除手術、乳房重建手術、輔助治療、傷口護理、物理治療及跟進服務。

乳房疾病是一種普遍但獨特的疾病，因此乳癌病人需要全面的專業照顧及護理。我們承諾會致力向病人及家屬提供優質的身、心、靈服務，陪伴他們渡過對抗乳癌的歲月。

### 教育及支援

關注乳房健康對預防及對抗乳癌來說非常重要，有見及此，乳房健康中心亦為病人提供教育及資訊性的支援。

本中心亦支援康復人士。於 1997 年 6 月成立的乳癌病友支援小組，於 2010 年正名為「心怡舍」，定期舉辦聚會，讓同路人聚首一堂，分享經驗，互相支持及鼓勵，並會舉辦健康講座，積極地推廣乳房健康，鼓勵病友共同邁向人生新一頁。



\* 有關轉介個案，請致電本院乳房健康中心查詢詳情。

### 服務時間（敬請預約）

星期一至五	上午 10 時至下午 1 時 下午 3 時至 6 時
星期六	上午 10 時至下午 1 時
星期日及公眾假期	休息

 香港浸信會醫院  
Hong Kong Baptist Hospital

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# Breast Care Centre 乳房健康中心

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And now these three remain: faith, hope and love.  
But the greatest of there is love.  
[1 Corinthians 13:13 NIV]

### Introduction

Breast cancer is the most common female cancer in Hong Kong. Since 2016, over 4,000 women are diagnosed of breast cancer annually, and the number of new cases has increased at an alarming rate of 76.4%\* within a decade. Moreover, there is an increasing incidence of breast cancer among the younger age group. Hong Kong Baptist Hospital thus found the Breast Care Centre in 2010 with a view to actively promoting breast health and providing holistic care to patients with support and advice for clients throughout the investigation, diagnosis and treatment of breast-related problems, particularly breast cancer.

\* According to Overview of Hong Kong Cancer Statistics 2016 - 2018 published by Hong Kong Cancer Registry, Hospital Authority

Our team which comprises of experienced surgeons, nuclear medicine specialists, oncologists, radiologists, pathologists and plastic surgeons, as well as nurses specialized in breast care, chaplains and patient support group, provides expert screening, diagnosis, disease management, pre- and post-operative care as well as counselling services to patients through a multidisciplinary approach.



### Scope of Services

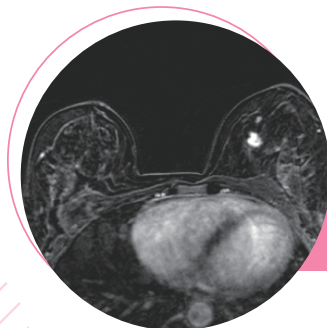
Breast Screening  
Breast Screening Packages at special rate are offered to women over 40 to undergo breast screening so as to detect cancer at early stage.



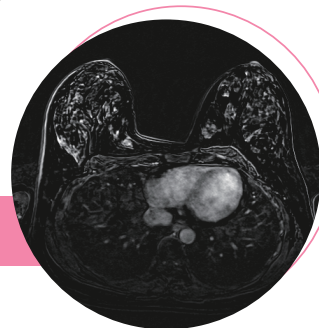
3D Mammography

### Triple Assessment

Our experienced specialist will carry out triple assessments with investigations for diagnosis including mammogram, Ultrasound breast, and biopsy if necessary, so as to achieve the aim of early detection and carrying out necessary treatment.



Suspicious breast mass is clearly demonstrated by MRI



MRI shows normal breast tissue

### Pre & post-operative care for breast disease

In accordance with our Hospital's motto "In the Glory of God, For the Service of Man", the Centre is dedicated to providing holistic care to patients with which their physical, emotional, and spiritual well-being are being taken care of.

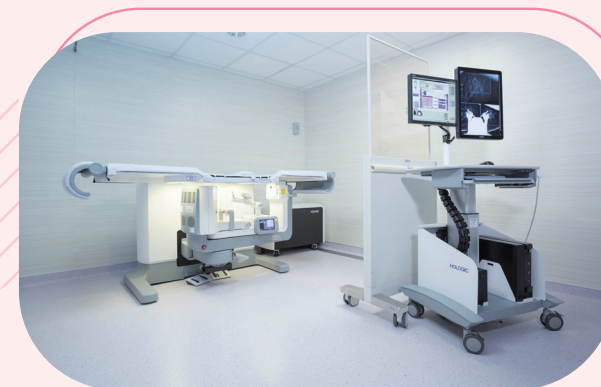
### Breast Screening Promotion Package

It is believed that early detection is crucial to enabling simpler treatment, as well as enhancing the recovery rate. Therefore, we offer breast screening packages at special rate in encouraging women to develop habits of regular breast screenings. Please call Breast Care Centre for more information.

Remark: Breast Screening Package is not suitable for women who have history of breast surgery (including Breast Plastic Surgery) and women with symptoms.

### Investigations and Diagnosis

Various latest investigation modalities including 3D Mammography, Full Field Digital Mammography, Magnetic Resonance Imaging (MRI), Ultrasound Breast Imaging, Fine Needle Aspiration, Core Biopsy, Mammotome® and Hook-wire localization biopsy are available. Prompt selection and arrangement of the most suitable modalities are conducted to meet the special needs of each patient.



Prone Table Stereotactic System

### Treatment

- Benign Breast Conditions

In general, most of the lumps in breasts are benign. One-stop diagnosis, treatment and advice are available to patients who have benign breast conditions including fibroadenoma, cysts, breast pain and so forth.

- Breast Cancer

Some lumps which grow in an uncontrolled way and damage normal breast tissues are malignant. Cancer may also spread to the other parts of the body through blood or lymph vessels. Breast Care Center is dedicated to providing holistic care to patients with which their physical, emotional, and spiritual well-being are being taken care of.

We emphasize on holistic care with the adoption of multidisciplinary approach. A comprehensive management plan, which consists of pre-operative counseling, surgery, reconstruction, adjuvant therapy, wound care, physiotherapy and surveillance program, is tailor-made for each patient by our experienced specialists on a timely basis.

Breast problem is a common yet unique disease that requires comprehensive and specialized care. We strive to provide quality service and holistic care to meet the physical and psychological needs of patients and their families.

### Education & Support

Breast health awareness is of paramount importance to preventing and combating breast cancer, therefore we proactively provide essential information and education to promote breast health.

Our Breast Cancer Patient Support Group was established in June 1997 and named as 「心 怡 舍」in 2010. It promotes peer support through gathering and experience sharing, and provides reassurance and encouragement to new patients. Educational talks are also held to promote breast health to public.



\* For referral cases, please call our Centre for more information.

### Service Hours (By appointment only)

Monday to Friday	10:00am - 1:00pm 3:00pm - 6:00pm
Saturday	10:00am - 1:00pm
Sunday & Public Holidays	Closed



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