

WE ARE
MACMILLAN.
CANCER SUPPORT

「洗浴時，我發現
自己的乳房有腫塊，
我就知道自己需要
去做檢查了。」

Wendy



乳腺癌的症狀

乳癌是英國女性最常見的癌症。常見於 50 歲以上的女性，三分之一的乳癌患者發病時年齡超過 70 歲。男性也會患乳腺癌，但不常見。

知道注意何種症狀及於何時去看醫生，會產生很大不同。若您出現這些症狀，請不要恐懼，要去做檢查。

若您出現以下任何症狀，請去看醫生。

- 乳房或腋下存在腫塊或增厚。
- 乳房尺寸或形狀發生變化。
- 乳頭發生變化，例如皮疹、分泌物或乳頭內陷。
- 乳房皮膚發生變化，例如起皺或出現凹陷。
- 乳房持續不適或疼痛。

多數乳房變化並非是由癌症引起的。但是，若您發現任何異常，請去看醫生。

請了解乳房的外觀及感受。若您發現乳房發生變化，這將有助於您及早診斷。

去檢查這些症狀並非是在浪費醫生的時間。

越早發現乳癌，成功治愈的可能性就會越大。

若您需要支援或只是想和別人談談，請撥打免費電話 **0808 808 00 00** 聯絡麥克米倫，或造訪 **macmillan.org.uk**

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**'I FOUND THE
LUMP IN MY BREAST
WHEN I WAS IN THE BATH.
I KNEW I NEEDED TO HAVE IT
CHECKED OUT.'**

Wendy



Breast cancer is the most common cancer in women in the UK. It is more common in women over 50, and 1 in 3 breast cancers develops in women over 70. Men can also get breast cancer, but this is rare.

Knowing what changes to look for and when to see your doctor could make a real difference. Don't be scared if you have symptoms – get them checked.

See your doctor if you have any of these symptoms:

- A lump or thickening in your breast or armpit.
- A change in the size or shape of your breast.
- A change to your nipple, such as a rash, discharge or the nipple turning in.
- A change to the skin on your breast, such as puckering or dimpling.
- Constant discomfort or pain in your breast.

Most breast changes are not caused by cancer. But if you notice anything that isn't normal for you, see your doctor.

Get to know how your breasts look and feel. If there are changes, this will help you spot them early.

You are not wasting your doctor's time by getting your symptoms checked.

The earlier breast cancer is found, the more likely it is to be successfully treated.

If you need support or just want someone to talk to, call Macmillan free on **0808 808 00 00** or visit **macmillan.org.uk**