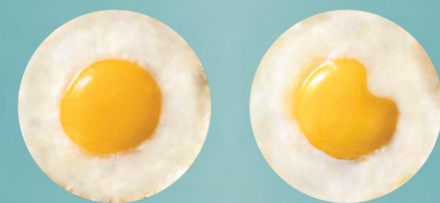


# CARE FOR YOUR BREASTS

## CARE FOR YOUR HEALTH



**Breast cancer** is the most common cancer among women in Hong Kong. It is a malignant tumour formed in the breast tissues.

### Breast Awareness

Symptoms of breast cancer may not be easily noticed at an early stage.

Every woman should **be breast aware, be familiar with the normal look and feel of her breasts at all times.**

Be aware of the following **unusual breast changes** during daily activities (e.g. showering, dressing and putting on body lotion):

- Breast lump
- Change in the size or shape of the breast
- Change in skin texture of the breast or nipple (e.g. red, scaly, thickened or "orange-skin" appearance)
- Rash around, in-drawing of, or discharge from the nipple
- New and persistent discomfort or pain in the breast or armpit
- New lump or thickening in the armpit

**Consult the doctor promptly if you notice any of the changes.**



Be aware of unusual breast changes

### Breast Cancer Prevention

**Adopt a healthy lifestyle** to reduce the risk of getting breast cancer:

- Have regular physical activity
- Maintain a healthy body weight and waist circumference
- Avoid alcohol consumption
- Have childbirth at an earlier age and breastfeed each child for a longer duration, whenever possible



Adopt a healthy lifestyle

### Breast Cancer Screening

Breast cancer screening is to **detect breast cancer before it gives rise to symptoms**, so that women can receive treatment earlier.

- Mammography is a widely used screening tool which is an x-ray examination of the breasts
- Screening has limitations and may cause potential risks (e.g. false-positives, false-negatives, over-diagnosis and unnecessary treatment)
- **Women who consider breast cancer screening should discuss with their doctor on the potential benefits and harms**

### Recommendations on Breast Cancer Screening

The Government's Cancer Expert Working Group on Cancer Prevention and Screening recommends to adopt a **risk-based approach** for breast cancer screening and makes the recommendations for women at different risk profiles summarised as follows:

#### A Women at High Risk

(e.g. carriers of confirmed *BRCA1* or *BRCA2* gene mutations, with strong family history of breast cancer or ovarian cancer, etc.)

- are recommended to seek advice from doctor and **have mammography screening every year**

#### B Women at Moderate Risk

(i.e. with family history of only one first-degree female relative with breast cancer diagnosed at or before the age of 50, or two first-degree female relatives diagnosed with breast cancer after the age of 50)

- are recommended to seek advice from doctor and **have mammography screening every 2 years**

#### C Other Women at General Population

➤ Women **aged 44-69** with **certain combinations of personalised risk factors** putting them at increased risk of breast cancer are recommended to **consider mammography screening every 2 years** and consult doctor

- A **risk assessment tool** for local women (e.g. developed by The University of Hong Kong (HKU)) is recommended to be used for estimating the risk of developing breast cancer

Details of breast cancer screening recommendations can be found on [www.cancer.gov.hk/breastcancer](http://www.cancer.gov.hk/breastcancer)

### Breast Cancer Risk Assessment Tool

The Government commissioned the School of Public Health of HKU to conduct **Hong Kong Breast Cancer Study** to collect and analyse the local risk factors of breast cancer and then develop a **Breast Cancer Risk Assessment Tool** which has been validated for **Hong Kong Chinese women.**

The tool estimates a woman's personal risk of developing breast cancer so that she can work with doctor in making an informed decision for breast cancer screening.



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### Workflow of Risk Assessment

#### 1 Access Breast Cancer Risk Assessment Tool

- Visit [www.cancer.gov.hk/bctool](http://www.cancer.gov.hk/bctool) or scan QR code
- Read the preamble and check your eligibility before starting assessment



#### 2 Enter Personalised Risk Factors

- Assessment tool will calculate your risk level based on the information you provided

#### 3 Health Advice and Screening Recommendations

- Assessment tool will interpret your risk level and provide suitable health advice and screening recommendations
- You can print your assessment result to discuss with doctor



Please note

- The tool cannot accurately estimate women at high or moderate risk of breast cancer. It is also not used for diagnosis of breast cancer
- Even if the tool identifies that a woman has a higher risk than the average population, the result does not necessarily mean that she will develop breast cancer eventually
- By the same token, if a woman is assessed to have a lower risk than the average population, she should still be breast aware and adopt a healthy lifestyle

Breast Cancer Risk Assessment Tool can be found on Cancer Online Resource Hub:  
[www.cancer.gov.hk/bctool](http://www.cancer.gov.hk/bctool)



Breast Cancer Risk Assessment Tool