



# October is National Breast Cancer Awareness Month

## 十月是全國乳癌關注月

### Topics 題目：

- **What is Breast Cancer?**  
甚麼是乳癌？
- **What is a Mammogram?**  
甚麼是乳房X光造影檢查
- **Why is a Mammogram Important?**  
為何乳房X光造影檢查如此重要？
- **When should I start getting a Mammogram?**  
應該何時開始做乳房X光造影檢查？
- **What can I do to reduce my risk?**  
做什麼能降低患乳癌風險？

### Brief Description:

Breast Cancer is a very common disease in females. Having an annual mammography checkup can help detect risk factors for developing breast cancer. There are different types of screening and treatment options depending one's need. If you want to learn more about mammography screening, please attend NEMS Health Education Workshop.

### 簡介：

乳癌是女性中非常常見的疾病。每年進行一次乳房X光檢查可以幫助檢測患乳腺癌的危險因素。根據個人的需要，有不同類型的篩查和治療選擇。如果您想了解更多有關乳房X光檢查的信息，請參加東北醫療中心健康教育部舉辦的講座。

Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠診所	211 Eastmoor Clinic 帝利市Eastmoor診所
<b>Date 日期</b>	10/1 - 10/31/2024 Every Tuesday & Thursday 逢星期二、四	10/14 - 10/28/2024 Every Monday 逢星期一
<b>Time 時間</b>	10:30am - 11:30am 上午 10 時半 至 11 時半	11:00am - 12:00pm 上午 11 時 至 中午 12 時
<b>Location 地點</b>	1520 Stockton St. San Francisco, CA 94133	211 Eastmoor Ave. Daly City, CA 94015
<b>Language 語言</b>	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語

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**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).