



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 women. 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	Chinatown Clinic 三藩市華埠診所
Date 日期	10/1 - 10/31/2025 Every Tuesday & Thursday 逢週二及週四
Time 時間	10:30am – 11:30am 上午 10 時半至 11 時半
Location 地點	1520 Stockton St., San Francisco, CA 94133
Language 語言	English, Cantonese, Mandarin 英、粵及國語

NEMS complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.