



**OCTOBER**  
**National Breast Cancer**  
**Awareness Month**

十月  
 全國乳癌宣傳月

# BREAST CANCER SCREENING WORKSHOP

## 乳癌檢查講座

**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？**
- **How can I lower my risk for breast cancer? 我如何能降低患乳癌的風險？**

**Brief Description:**

Breast Cancer is the second most common type of cancer in women. A Mammogram every 1-2 years is recommended for women starting as early as age 40. If you want to learn more about breast cancer, please attend NEMS Health Education Workshop.

**簡介：**

乳癌是排行第二常見的婦科病。女性由40歲開始，每一至兩年要做一次乳房x光造影檢查。如果您想要了解更多關於乳癌的資料，請參加東北醫療中心健康教育部舉辦的課程。

Detailed Information 詳細資料	1520 Stockton Clinic 華埠Stockton街診所	2574 San Bruno Clinic 波特羅區San Bruno街診所	211 Eastmoor Clinic 帝利市Eastmoor街診所	1870 Lundy Clinic 聖荷西 Lundy街診所
<b>Date 日期</b>	10/4 - 10/27/2022 Every Tue & Thu 逢星期二、四	10/3 - 10/31/2022 Every Monday 逢星期一	10/4 - 10/25/2022 Every Tuesday 逢星期二	10/5 - 10/26/2022 Every Wednesday 逢星期三
<b>Time 時間</b>	10:30am – 11:30am 上午10時半至11時半	By Appointment only. 僅限預約。	By Appointment only. 僅限預約。	2:00pm – 3:00pm 下午2時至3時
<b>Location 地點</b>	1520 Stockton St. San Francisco, CA 94133	2629 San Bruno Ave. San Francisco, CA 94134	211 Eastmoor Ave. Daly City, CA 94015	1870 Lundy Ave. San Jose, CA 95131
<b>Language 語言</b>	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, 英、粵語	English, Mandarin 英及國語



**Contact Health Education 聯絡健康諮詢部：**  
 (408) 573-9686 轉內線 ext.8711 | WWW.NEMS.ORG

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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).