Chinese: Regular Breast Examinations Can Prolong Your Life

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Regular Breast Examinations Can Prolong Your Life

定期乳房檢查延長壽命
It really was. I haven’t seen Cousin Mei in so long! And you got so many gifts, Mother! Which was your favourite?

I think I liked my new jade bracelet the best. But I really loved seeing my entire family happy together.

Every birthday party should be as wonderful as the one yesterday. It is so important to stay healthy and strong so we can celebrate your birthday every year. That’s why I want you to get a mammogram, Grandmother!

Mother, listen to Li! She is young, but she is studying to be a nurse and is very bright. I want you to live for a long time so you can see your great grandchildren smiling at your parties. Women need to get a mammogram every year after they are forty so the doctors can help them live a long life.

Hush! It’s bad luck to talk about things like that at a time like this. Let’s talk about my new jade bracelet.
是呀，很久沒見梅表妹了，媽，您收到那麼多禮物，哪一件是您最喜歡的呢？

昨晚婆婆的生日晚會開得真好，看到大家真開心，不是嗎？

我最喜歡的是這個玉手鐲。不過我最開心的還是看到全家人歡聚一堂。

婆婆，每年您的生日聚會都應該像昨晚這麼開心。為了您的健康長壽和我們可以每年慶祝您的生日。我建議您去照乳房X光片。

媽，聽麗麗的話吧，她雖年輕，但很聰明，她在讀護士學校，我希望您長命百歲，可以看到您的曾孫與您歡聚生日晚會，婦女在40歲以上每年都要照乳房X光片，這樣醫生才可以幫您活得更健康長壽。

嘿！現在不適合講這種不吉利的話，我們來談一下這個玉手鐲吧。
The earlier doctors see a problem on a mammogram, the easier it is to be cured. That is why it is important to get a mammogram every year. Remember Mrs. Chen, Mother? She had breast cancer ten years ago, and she is still alive because she had a mammogram and doctors found the problem early. Next month is her 75th birthday.

1. Why should I get a mammogram? I am old now. I don’t want to know what is wrong with me. If the doctors find something wrong, I will die soon anyway.

2. That is not true, Grandmother! A mammogram is a special x-ray or picture to make sure everything in your breasts are healthy. If there is something that is wrong, there are many ways doctors can treat the problem. Knowing more about your breasts won’t hurt you; it will only help you!

3. Grandmother, breast cancer is the most common cancer among Chinese women! The mammogram machine does squeeze your breasts, and you might feel uncomfortable, but only for a few seconds. And a few seconds of discomfort might bring you a healthier life.

Well, I still don’t want to get a mammogram. It hurts so much! And I won’t get breast cancer because no one in my family has had breast cancer.
1. 我為什麼要照乳房X光片？我老了，不想知道自己有什麼問題，如果醫生發現我有問題，反正我都會很快死的。

2. 不對的，婆婆，乳房X光是一種特殊照片，檢查您的乳房是否健康，如果發現問題醫生就會對症處理，及早了解你的乳房健康狀況對你很有幫助的。

3. 越早從乳房X光片中發現問題就越容易治療，那就是為什麼每年做一次乳房X光檢查是多麼重要。還記得陳太太嗎？她在十年前曾經得過乳癌，她現在還活著是因為她做乳房X光檢查時醫生及早發現了她的乳癌，及時治療。下個月是她的七十五歲大壽了。

4. 唔，我還是不想去照乳房X光片，那一定會很痛的。我想我不會有乳癌的，因為我們家族沒有人得過乳癌。

婆婆，在中國婦女當中乳癌是最常見的一種癌症。那個乳房X光機只是擠壓一下你的乳房，你可能會感到有點不舒服。但是幾秒鐘的不舒服給你帶來更健康的生活是值得的。
But I feel embarrassed if someone looks at my breasts! Even talking about my breasts is embarrassing!

Doctors are trained to talk about every health problem. A specially trained woman will give you the mammogram, and if you want you can go to a woman doctor.

I know you might have other excuses not to get a mammogram, Mother. You will say that a mammogram is too expensive, or that you don’t have time, or that you will forget every year. The Chinese Health Information Center at Thomas Jefferson University Hospital can help you get a mammogram. The number is 215-955-8282. The staff there can also help you find a good female doctor if you need one. And every year, Li and I will remind you to get a mammogram and a woman’s checkup. We want you to stay healthy.
但是我不好意思讓別人看到我的乳房。就算談起我的乳房，我都感到不好意思。

受過訓練的醫生可以談論各種健康問題，如果你感到看女醫生舒服些，你可以找女醫生做。

媽媽，我知道你還有其它的理由說不想去檢查，你可能會說太貴啦，可能會說沒有時間啦，或者你會說記不得啦。傑佛遜大學醫院中文健康資訊中心可以幫你預約乳房X光檢查的。電話號碼是215-955-8282。如果你喜歡女醫生幫你檢查，他們也可以幫你找個女醫生。麗麗和我每年都會提醒你去照乳房X光和婦科檢查。我們都希望你保持健康。
What does it mean to examine my own breasts?

Besides getting a mammogram every year, it is important for women to examine their own breasts every month.

A breast self exam is when you feel your breast for any unusual lumps. You do one every month on the last day of your period if you get a period. If you don’t have a period, you examine your breasts on the first day of the month. This is another way along with a mammogram to make sure that your breasts are healthy.
1. 除了每年照乳房 X 光片以外，每個月自己檢查乳房也是很重要的。

2. 我該如何做自我乳房檢查呢？

自我乳房檢查即是你用手觸摸自己的乳房是否有任何異常的腫塊，你可以在每個月的月經來潮的最後一天做，如果你已經經了，就可以在每個月的頭一天做。這是一種方法加上每年照乳房 X 光片來確定你的乳房是否健康。
So if I get a mammogram every year, and if I examine my breasts every month, I could live a long life.

Mother, a good place to examine your breasts is in the shower or lying on your bed. This way, you know what your breasts feel like. If you feel anything unusual one month, you should see your doctor. Your health care provider will teach you how to do one. You can also call the Chinese Health Information Center for more information.

You know, Mom, we just celebrated Grandmother’s birthday yesterday, but you are older than forty too, even though you look much younger. Have you gotten a mammogram recently?

I haven’t, and I really should. I will go with you, Mother. We can both get one and then I will take you shopping for a new dress. What are you doing next Tuesday?

I will be with you, getting a mammogram, a new dress, and taking care of myself.
1. 媽媽，你可以在洗澡或者躺在床上的時候檢查你的乳房，這樣，你更清楚地了解你乳房的健康狀況。如果你在某過月發現任何異常情況，你就有馬上看醫生。你的醫生或護士會教你如何做。你也可以到中文健康資訊中心去取有關資料，學習怎樣自我檢查乳房。

2. 按你說我每年照一次乳房X光片和每個月做一次自我乳房檢查，就可以活得更長啦。

3. 媽媽，昨天我們慶祝奶奶的生日，雖然你看上去很年輕，但你也過了四十了，你最近有沒有去照乳房X光片呢？

4. 啊，我還沒呢，我也應該照了，媽媽，我和你一起去吧，照完後我們倆一起去逛街買新衣服好了。下個禮拜二你有空嗎？

5. 好極了，我會跟你去照乳房X光片，然後逛街買新衣服，好好地照顧自己。
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