



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:

Empower yourself with knowledge and take charge of your health. While breast cancer is common, early detection through regular mammograms is one of your strongest tools for staying healthy. Today, there are many personalized screening and care options available to fit your unique needs. Join our NEMS Health Education Workshop to learn more about mammography and discover the best ways to proactively protect your well-being!

簡介：

以知識裝備自己，積極掌握您的健康！雖然乳癌是女性常見的疾病，但透過定期的乳房X光檢查及早發現，是守護您健康的最佳防線。現今有許多針對個人需求的篩查與護理選擇。歡迎參加東北醫療中心健康教育部舉辦的講座，了解更多有關乳房X光檢查的資訊，學習如何積極守護您的乳房健康！

Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠診所 1520 Stockton St. San Francisco, CA 94133	211 Eastmoor Clinic 帝利市診所 211 Eastmoor Ave. Daly City, CA 94015
Date 日期	10/1 – 10/29/2026 Every Tuesday & Thursday 逢星期二及星期四	10/6 – 10/27/2026 Every Tuesday 逢星期二
Time 時間	10:30am – 11:30am 上午 10 時半 至 11 時半	10:00am – 11:00am 上午 10 時至 11 時
Room 房間	1/F Health Education Room 一樓健康教育部	1/F Room 104 一樓 104 房

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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.



October is National Breast Cancer Awareness Month

Octubre es el Mes Nacional de Concientización sobre el Cáncer de Mama

Topics Temas:

- What is breast cancer?
¿Qué es el cáncer de mama?
- What is a mammogram?
¿Qué es una mamografía?
- Why is a mammogram important?
¿Por qué es importante hacerse una mamografía?
- When should I start getting a mammogram?
¿Cuándo debo comenzar a hacerme mamografías?
- What can I do to reduce my risk?
¿Qué puedo hacer para reducir mi riesgo?

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Empower yourself with knowledge and take charge of your health. While breast cancer is common, early detection through regular mammograms is one of your strongest tools for staying healthy. Today, there are many personalized screening and care options available to fit your unique needs. Join our NEMS Health Education Workshop to learn more about mammography and discover the best ways to proactively protect your well-being!

Breve descripción:

Infórmese y tome el control de su salud. Aunque el cáncer de mama es común, la detección temprana mediante mamografías periódicas es una de las mejores herramientas para cuidar su salud. Hoy en día, existen muchas opciones personalizadas de detección y atención médica que se adaptan a sus necesidades. ¡Acompáñenos en nuestro Taller de Educación para la Salud de NEMS para aprender más sobre las mamografías y descubrir las mejores maneras de cuidar su salud de forma preventiva! discover the best ways to proactively protect your well-being!

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Date Fechas	10/1 – 10/29/2026 Every Tuesday & Thursday <i>Todos los martes y jueves</i>	10/6 – 10/27/2026 Every Tuesday <i>Todos los martes</i>
Time Horario	10:30am – 11:30am	10:00am – 11:00am
Room Sala	1/F Health Education Room <i>1er piso, Sala de Educación en Salud</i>	1/F Room 104 <i>1er piso, Sala 104</i>

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