

BreastScreen Aotearoa Programme

What is the BreastScreen Aotearoa Programme?

BreastScreen Aotearoa (BSA) is the publicly funded national breast screening programme in Aotearoa.
Established in 1998, BSA provides free mammograms for women aged 45-69, or are 70 to 74 and qualify for the screening age extension, with no signs of breast cancer every two years.
The aim of the programme is to reduce the number of women who die from breast cancer.

You are eligible if you:

- are a woman aged 45 to 69, or qualify for the extended screening age range up to age 74
- do not have symptoms of breast cancer such as a new lump, rash, nipple discharge, or changes in the shape or size of your breast
- have not had a mammogram from another provider within the last 12 months
- are not pregnant
- have been free of breast cancer for at least 5 years
- are eligible for public health services in Aotearoa New Zealand

To find out more about the Free Breast Screening Programme, visit: www.healthnz.govt.nz/health-topics/keeping-healthy/cancer-screening/breast-screening

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新西兰乳房筛查项目

什么是新西兰乳房筛查项目？

BreastScreen Aotearoa（BSA）是新西兰（Aotearoa）由公共资金支持的国家乳房筛查项目。

该项目于 1998年，为 45–69岁的女性，以及符合筛查年龄延长条件的 70–74岁女性提供每两年一次的免费乳房X光检查（乳房X线摄影）。该筛查适用于没有乳腺癌症状的人群。

该项目的目标是减少因乳腺癌而死亡的女性人数，通过定期筛查帮助及早发现乳腺癌

如果您符合以下条件，您可以参加免费乳房筛查:

- 年龄为45至69岁的女性，或符合筛查年龄延长条件、年龄不超过74岁
- 没有乳腺癌相关症状，例如新出现的乳房肿块、皮疹、乳头异常分泌物，或乳房形状、大小发生变化
- 在过去 12个月内没有在其他机构接受过乳房X光检查（乳房X线摄影）
- 目前没有怀孕
- 过去 5年内没有患过乳腺癌
- 符合在新西兰享有公共医疗服务的资格

如需了解更多关于免费乳房筛查计划的信息，请访问：
www.healthnz.govt.nz/health-topics/keeping-healthy/cancer-screening/breast-screening

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뉴질랜드 국가 유방암 검진 프로그램

유방암 검진 프로그램이란 무엇인가요?

BreastScreen Aotearoa(BSA)는 뉴질랜드의 정부 지원 국가 유방 검진 프로그램입니다. 1998년에 설립된 BSA는 유방암 증상이 없는 만 45~69세 여성, 또는 연장된 검진 연령에 해당하여 70~74세인 여성에게 2년마다 무료 유방촬영술을 제공합니다. 이 프로그램의 목적은 유방암으로 사망하는 여성의 수를 줄이는 것입니다.

지원 대상 자격:

- 만 45세에서 69세 사이의 여성이거나, 만 74세까지 연장된 검진 연령 범위에 해당하는 분
- 새로운 멍울, 발진, 유두 분비물, 또는 유방 모양이나 크기의 변화와 같은 유방암 증상이 없는 분
- 지난 12개월 이내에 다른 기관에서 유방촬영술을 받지 않은 분
- 임신 중이 아닌 분
- 최소 5년 동안 유방암이 없었던 분
- 뉴질랜드(Aotearoa New Zealand)에서 공공 보건 서비스를 받을 자격이 있는 분

무료 유방암 검진 프로그램에 대한 자세한 내용을 알아보려면 다음 사이트를 방문하세요: www.healthnz.govt.nz/health-topics/keeping-healthy/cancer-screening/breast-screening

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Chương trình BreastScreen Aotearoa

Chương trình BreastScreen Aotearoa là gì?

BreastScreen Aotearoa (BSA) là chương trình quốc gia về tầm soát ung thư vú tại Aotearoa New Zealand, do Chính phủ tài trợ.

Được thành lập năm 1998, BSA cung cấp dịch vụ chụp nhũ ảnh (mammogram) miễn phí, hai năm một lần, cho phụ nữ đủ điều kiện trong độ tuổi từ 45 đến 69. Chương trình mở rộng độ tuổi đang được triển khai theo từng giai đoạn và đến cuối năm 2029 sẽ bao gồm cả độ tuổi từ 70 đến 74 (và đến 75 tuổi đối với một số người tùy theo ngày sinh).

Mục tiêu của chương trình là giảm số phụ nữ tử vong do ung thư vú.

Bạn đủ điều kiện tham gia nếu bạn:

- là phụ nữ từ 45 đến 69 tuổi, hoặc thuộc diện mở rộng độ tuổi tầm soát lên đến 74 tuổi
- không có triệu chứng ung thư vú như khối u mới, phát ban, tiết dịch ở núm vú, hoặc vú thay đổi về hình dạng hay kích thước
- chưa chụp nhũ ảnh tại một cơ sở y tế khác trong 12 tháng qua
- hiện không mang thai
- không mắc ung thư vú trong ít nhất 5 năm qua
- đủ điều kiện hưởng dịch vụ y tế công ở Aotearoa New Zealand

Để tìm hiểu thêm về Chương trình Tầm soát Ung thư Vú Miễn phí, hãy truy cập:
www.healthnz.govt.nz/health-topics/keeping-healthy/cancer-screening/breast-screening

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“ရင်သားကင်ဆာ စစ်ဆေးမှုအစီအစဉ်”

ရင်သားကင်ဆာ စစ်ဆေးမှုအစီအစဉ် ဆိုတာဘာလဲ?

ရင်သားကင်ဆာ စစ်ဆေးမှုအစီအစဉ် သည် နယူးဇီလန်နိုင်ငံတွင် အများပြည်သူအတွက်အခမဲ့ ပံ့ပိုးပေးထားသော ရင်သားကင်ဆာ စစ်ဆေးမှုအစီအစဉ် ဖြစ်ပါသည်။

ရင်သားကင်ဆာ စစ်ဆေးမှု အစီအစဉ် သည် ၁၉၉၈ ခုနှစ်တွင် စတင်တည်ထောင်ခဲ့ပြီး အသက် ၄၅ မှ ၆၉ နှစ်အထိရှိသော အမျိုးသမီးများအတွက် (သို့မဟုတ်) အသက် ၇၀ မှ ၇၄ နှစ်အထိရှိပြီး စစ်ဆေးမှု အသက်အပိုင်းအခြား ပြည့်မီသူများအတွက် ရင်သားကင်ဆာလက္ခဏာ မရှိသည့်အခြေအနေတွင် နှစ်စဉ် အခမဲ့ ရင်သားကင်ဆာစစ်ဆေးမှု (ရင်သား အပျော့စား မာတ်မှန်) စစ်ဆေးပေးပါသည်။

ဤအစီအစဉ်၏ ရည်ရွယ်ချက်မှာ ရင်သားကင်ဆာကြောင့် သေဆုံးသည့် မိန်းကလေးအရေအတွက်ကို လျော့ချရန် ဖြစ်သည်။

သင့်အနေဖြင့် အောက်ပါ အခြေအနေများဖြင့် အရည်အချင်း ပြည့်မီ ပါက စစ်ဆေးမှုတွင် ပါဝင်နိုင်ပါသည်။

- အသက် ၄၅ မှ ၆၉ နှစ်အထိ အမျိုးသမီးဖြစ်ခြင်း သို့မဟုတ် အသက် ၇၄ နှစ်အထိ တိုးချဲ့ထားသော စစ်ဆေးမှုအသက်အပိုင်းအဆင့်အတွက် အရည်အချင်းပြည့်မီသူ
- ရင်သားကင်ဆာ၏ လက္ခဏာများမရှိခြင်း ဥပမာ – အကျိုးအကြောင်းမသိသော ရင်သားအကျိတ်၊ အရေပြားပြောင်းလဲမှု၊ နို့သီးခေါင်းမှအရည်အကျိအခွဲထွက်ခြင်း၊ သို့မဟုတ် ရင်သားအရွယ်အစား/ပုံသဏ္ဌာန် ပြောင်းလဲခြင်း
- လွန်ခဲ့သော ၁၂ လအတွင်း အခြားနေရာမှ ရင်သားကင်ဆာစစ်ဆေးမှု မခံယူထားခြင်း
- ကိုယ်ဝန်မရှိခြင်း
- အနည်းဆုံး ၅ နှစ်ကြာ ရင်သားကင်ဆာကနေ လုံးဝကင်းလွတ်နေခြင်း

အခမဲ့ ရင်သားကင်ဆာ စစ်ဆေးမှုအစီအစဉ်အကြောင်း နောက်ထပ် အသေးစိတ် သိရှိလိုပါက အောက်ပါ လင့်ခ်တွင် သွားရောက်ကြည့်ရှုနိုင်ပါသည်။

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www.healthnz.govt.nz/health-topics/keeping-healthy/cancer-screening/breast-screening



BreastScreen Aotearoa Programme

Ano ang BreastScreen Aotearoa Programme?

Ang BreastScreen Aotearoa (BSA) ay isang libreng pambansang programa sa New Zealand para sa regular na pagsusuri ng suso at maagang pagtuklas ng breast cancer. Itinatag ang programa noong 1998. Nagbibigay ito ng **libreng mammogram bawat dalawang taon** para sa mga babaeng edad **45 hanggang 69**, at para rin sa mga edad **70 hanggang 74** na pasok sa pinalawig na age range para sa breast screening. Ang libreng screening ay para sa mga babaeng **walang sintomas ng breast cancer**. Layunin ng programa na mabawasan ang bilang ng mga babaeng namamatay dahil sa breast cancer sa pamamagitan ng maagang pag-detect nito.

Ikaw ay eligible sa libreng breast screening kung ikaw ay:

- Babaeng edad 45 hanggang 69, o hanggang 74 taong gulang kung pasok ka sa pinalawig na age range para sa screening.
- Walang sintomas ng breast cancer, gaya ng bagong bukol, pantal, nipple discharge, o pagbabago sa hugis or laki ng suso.
- Hindi nagpa-mammogram sa ibang provider sa nakalipas na 12 buwan.
- Hindi buntis.
- Walang breast cancer sa loob ng minimum na 5 taon.
- Eligible para sa mga public health services sa New Zealand.

Para sa karagdagang impormasyon tungkol sa libreng Breast Screening Programme, bisitahin ang: www.healthnz.govt.nz/health-topics/keeping-healthy/cancer-screening/breast-screening

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BreastScreen Aotearoa Programme
（乳がん検診プログラム）

BreastScreen Aotearoa Programme？
（乳がん検診プログラム）とは?

BreastScreen Aotearoa（BSA）は、ニュージーランド政府が公費で提供する全国乳がん検診プログラムです。1998年に発足し、乳がんの症状がない45歳から69歳までの女性、および検診対象年齢延長制度の対象となる74歳までの女性に対して、2年ごとに無料のマンモグラフィー検査を提供しています。
このプログラムは、乳がんによる死亡を減らすことを目的としています。

次の条件に該当する方は受診できます　：

- 45歳から69歳までの女性、または74歳までの受診対象となる方。
- 新しいしこり、発疹、乳頭からの分泌物、乳房の形や大きさの変化など、乳がんを疑う症状がない方。
- 過去12か月以内に他の医療機関でマンモグラフィ検査を受けていない方。
- 妊娠していない方。
- 5年以上、乳がんの再発がない方。
- ニュージーランドの公的医療サービスを受ける資格がある方。

無料乳がん検診プログラムについて、詳しくは、以下のウェブサイトをご覧ください。：
www.healthnz.govt.nz/health-topics/keeping-healthy/cancer-screening/breast-screening

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