



乳腺活检结果

Breast Biopsy Results (Chinese)

等待乳房活检结果可能会有压力。大多数活检结果不是癌症。然而，有一些结果需要后续治疗。当您的结果准备好后，乳房摄影部门的人员会打电话给您并告知您的结果。这些结果也将通过您的患者门户网站提供 MyUofMHealth.org。以下的定义可以帮助您了解在乳房中发现了什么。

Waiting for your breast biopsy results can be stressful. Most biopsy results are not cancer. However, a few results require follow-up treatment. When your results are ready, someone from the breast imaging department will call you with your results. These results will also be made available through your patient portal at MyUofMHealth.org. The definitions below may help you understand what has been found in your breast.

良性 Benign

良性意味着**不是**癌症。当您的活检结果为良性时，您通常不需要任何其他治疗。

Benign means **not** cancer. When your biopsy result is benign, you usually do not need any other treatment.

下面列出了一些可能的良性结果：

Some possible benign results are listed below:

- **囊肿**是乳房中的液体囊，很常见。囊肿可大可小，并且大小可能会发生变化。如果囊肿较大或疼痛，您和您的医生可能会决定将其引流或切除。

- **Cysts** are pockets of liquid in the breast and they are very common. Cysts can be large or small and may change in size. If a cyst is larger or painful, you and your doctor may decide to drain it or remove it.
- **脂肪坏死**是乳房受伤后愈合的方式之一。受伤可能很轻微，您甚至可能不记得。脂肪坏死可能随时出现，甚至在受伤后数年。无需治疗。
- **Fat necrosis** is one of the ways that the breast heals after an injury. The injury may be something minor that you may not even remember. Fat necrosis may show up at any time, even years after the injury. No treatment is needed.
- **纤维腺瘤**是乳房中固体组织的生长。它们可能会缓慢生长。如果是大的纤维腺瘤或引起不适，您和您的医生可能会决定将其切除。
- **Fibroadenomas** are growths of solid tissue in the breast. They may grow slowly. If a fibroadenoma is large or is causing discomfort, you and your doctor may decide to remove it.
- **纤维囊性变化**是乳房中与囊肿混合的比较致密的组织区域。通常，不需要治疗。
- **Fibrocystic changes** are areas of denser tissue mixed with cysts in the breast. Usually, no treatment is needed.
- **淋巴结**是身体的正常部分，位于腋下（腋窝）和乳房中。当您的身体正在对抗感染时或癌症已扩散到淋巴结时，它们可能会变大。如果您的淋巴结是良性的，则其中没有癌症。
- **Lymph nodes** are a normal part of your body that are found in your underarm (armpit) and in your breast. They may get larger when your body is fighting an infection or if a cancer has spread to your lymph nodes. If your lymph node is benign, there is no cancer in it.

- **假性血管瘤性基质增生**是一种在乳房中发现无害的组织生长类型。通常，不需要治疗。如果该区域大或引起不适，您和您的医生可能会决定将其切除。
- **Pseudoangiomatous stromal hyperplasia** is a harmless type of growth of tissues found in the breast. Usually, no treatment is needed. If the area is large or is causing discomfort, you and your doctor may decide to remove it.
- 其他良性且通常不需要治疗的结果包括：大汗腺化生、柱状细胞改变、基质纤维化、炎症、反应性改变、硬化性腺病和常见的导管增生。
- Other results that are benign and usually require no treatment include: apocrine metaplasia, columnar cell change, stromal fibrosis, inflammation, reactive changes, sclerosing adenosis, and usual ductal hyperplasia.

风险增加 Increased Risk

活检结果显示“风险增加”**不是**癌症。然而，这个结果可能意味着您将来患癌症的可能性比较大。我们会转介您到乳房护理中心与医生讨论您是否需要进一步的治疗。

Biopsy results which show “increased risk” are **not** cancer. However, this result could mean that you may be more likely to get cancer in the future. We will refer you to the Breast Care Center to talk with a doctor about whether you need more treatment.

下面列出了一些风险增加的可能结果：

Some possible increased risk results are listed below:

- **非典型导管增生**可以被认为是最早的癌症形式之前的一步。它经常被移除，因为有个小的可能性会在附近发现癌细胞。您可以咨询您的医生，看看您是否有资格接受更多的筛查或测试。
- **Atypical ductal hyperplasia** can be thought of as one step before the earliest form of cancer. It is often removed because there is a small chance that cancer cells may be found nearby. You may talk with your doctor to see if you qualify for more screening or testing.
- **扁平上皮非典型性**是在乳房的乳腺内生长。它通常不需要切除。
- **Flat epithelial atypia** is a growth within a milk gland in your breast. It usually doesn't need to be removed.
- **乳头状瘤**是乳房乳管内的生长物，可能导致乳头溢液（液体从乳头漏出）。并非所有乳头状瘤都需要从乳房中切除。如果乳头状瘤有异常细胞或引起像乳头溢液或疼痛等症状，则可以将它切除。
- A **papilloma** is a growth within a milk duct in your breast that may cause nipple discharge (fluid leaking from your nipple). Not all papillomas need to be removed from your breast. A papilloma may be removed if it has abnormal cells or if it is causing symptoms like nipple discharge or pain.
- **叶状肿瘤**是罕见的肿瘤，通常是良性的。因为它们倾向于快速生长，所以它们通常会被切除。
- **Phyllodes tumors** are rare tumors that are most often benign. Because they tend to grow very fast, they are usually removed.
- **放射状疤痕（或复杂硬化性病变）**是被困在乳腺组织的一个区域的乳管集合体。并非所有的放射状疤痕都需要从乳房中去除。如果放射状疤痕有异常细胞，则可以将其切除。

- A **radial scar** (or **complex sclerosing lesion**) is a collection of milk ducts trapped in an area of breast tissue. Not all radial scars need to be removed from your breast. A radial scar may be removed if it has abnormal cells.
- **小叶原位癌和非典型小叶增生**被归为一类，称为**小叶瘤变**。这些通常不会从乳房中去除。您将与医生讨论小叶瘤变的管理。
- **Lobular carcinoma in situ** and **atypical lobular hyperplasia** are grouped together and called **lobular neoplasia**. These are usually not removed from your breast. You will talk with a doctor about management of lobular neoplasia.

恶性 Malignant

恶性意味着在您的活检组织中发现了一些癌细胞。乳腺癌有多种类型。每种类型的乳腺癌都有不同的治疗选择。您应该与您的医生讨论接下来的治疗步骤。

Malignant means that some cancer cells were found in your biopsy tissue. There are several types of breast cancer. Each type of breast cancer has different treatment options. You should talk with your doctor about the next steps of your treatment.

乳房的腺体（产奶部分）由**小叶**（产奶的小囊）和**导管**（将乳汁输送到的小管）组成。**非侵入性**癌症尚未突破腺体或导管进入周围组织。**侵入性**癌症开始在腺体或导管中生长，并且也进入周围组织。侵入性癌症也可能扩散到乳房之外。

The glands (milk-producing parts) of the breast are made of **lobules** (small sacs where milk is made) and **ducts** (small tubes which carry the milk to the nipple). **Non-invasive** cancers have not yet broken out of the glands or ducts into the

surrounding tissues. **Invasive** cancers start out growing in the glands or ducts and have also entered the surrounding tissues. Invasive cancers may also spread outside of the breast.

下面列出了一些可能的恶性结果：

Some possible malignant results are listed below:

- **导管原位癌**是非侵入性癌症。癌细胞在乳管中生长和扩张，但它们不在周围的乳房组织中。它通常不会危及生命。
- **Ductal carcinoma in situ** is non-invasive cancer. The cancer cells grow and expand in the milk ducts, but they are not in the surrounding breast tissue. It is usually not life-threatening.
- **浸润性导管癌**是最常见的浸润性乳腺癌类型。大约80%的浸润性乳腺癌是这种类型的。癌症始于乳管内的细胞，并生长到乳管外的组织中。
- **Invasive ductal carcinoma** is the most common type of invasive breast cancer. About 80% of invasive breast cancers are this type. The cancer starts in the cells within a milk duct and grows into the tissues outside of the duct.
- **浸润性小叶癌**是一种比较不常见的浸润性乳腺癌类型。大约15%的浸润性乳腺癌是这种类型的。癌症始于产生乳汁的腺体部分（小叶），并生长到小叶外的组织。
- **Invasive lobular carcinoma** is a less common type of invasive breast cancer. About 15% of invasive breast cancers are this type. The cancer starts in the part of the gland that produces milk (the lobule) and grows into the tissues outside of the lobule.
- **浸润性乳腺癌**是一种比较不常见的浸润性乳腺癌，具有导管和小叶癌的特征。
- **Invasive mammary carcinoma** is a less common type of invasive breast cancer that has features of both ductal and lobular cancer.

- 其他较不常见的乳腺癌类型包括筛状癌、炎性癌、髓样癌、粘液癌、乳头状癌和小管状癌
- Other less common types of breast cancer are cribriform, inflammatory, medullary, mucinous, papillary, and tubular.

您的恶性结果报告可能包括其他详细信息，以帮助您和您的医生决定您的治疗。

Your malignant result report may include other details that help you and your doctors decide on your treatment.

- **肿瘤分级**显示癌细胞生长和扩散的速度。通常等级从1到3，其中1级较不令人担忧（细胞异常程度最低），而3级更令人担忧（细胞看起来非常异常）。
- A **tumor grade** shows how quickly cancer cells are likely to grow and spread. Usually the grade is from 1 to 3, with 1 being less of a concern (where the cells are the least abnormal) and 3 being more concerning (where the cells look very abnormal).
- **肿瘤标志物**是由癌细胞产生的物质，使其对某些治疗敏感。肿瘤标志物的类型包括雌激素受体、孕酮受体和 Her2-neu。了解这些标志物可以让您的医生更好地了解如何最好地治疗癌症。
- **Tumor markers** are substances made by cancer cells that make it sensitive to certain treatments. Types of tumor markers include estrogen receptor, progesterone receptor, and Her2-neu. Knowing about these markers gives your doctor a better idea of how best to treat the cancer.

联系信息 Contact information

如果您在活检后有任何其他问题或疑虑，您可以联系以下人员来帮助您：

- 乳房摄影的护士们：(734) 647-5703

周一至周五上午 7: 30 至下午 5: 00 致电

Rogel Cancer Center
Breast Biopsy Results (Chinese)

- 下班后放射科值班者: **(734) 936-6267**

下午 5: 00 后随时致电

- 一般乳房摄影科: **(734) 647-8912**

如果 6 个工作日后仍未获得活检结果, 请拨打此号码。

- 乳房护理中心: **(734) 647-8902**

安排预约或有任何其他问题或疑虑请致电。

If you have any other questions or concerns after your biopsy, here are some people you can contact to help you:

- Breast imaging nurses: **(734) 647-5703**

Call 7:30 AM - 5:00 PM on Monday - Friday

- After hours Radiology on call: **(734) 936-6267**

Call anytime after 5:00 PM

- General breast imaging: **(734) 647-8912**

If your biopsy results are not available after 6 business days, call this number.

- Breast Care Center: **(734) 647-8902**

Call for appointment scheduling or any other questions or concerns.

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