

# 中年妇女保健问题

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## Maintaining Good Health for Older Women 中年妇女保健

- Mid-life is a time of change for women's health
  - Menopause
  - May gain weight, especially around abdomen
  - Increased risk of cardiovascular disease
  - Increased risk of osteoporosis
  - Increased risk of cancer
- 中年是妇女健康变化的时间
  - 更年期
  - 可能发胖，尤其是在腹部
  - 心血管疾病的风险增加
  - 骨质疏松症的风险增加
  - 癌症的风险增加

## Maintaining Good Health for Older Women 中年妇女保健

### What you can do:

- Eat a healthy diet
- Exercise regularly (recommend total 150 minutes per week)
- Maintain a healthy weight
- Calcium 1200mg and Vitamin D 800 to 2000 IU per day from diet and supplementation

### 你能做些什么

- 健康饮食
- 定期运动（建议每周共约150分钟）
- 保持健康的体重
- 每天从饮食和药物中补充：1200毫克的钙和800~2000 IU的维生素D

## Maintaining Good Health for Older Women 中年妇女保健

### 请去看医生，以得到：

- 心血管风险评估
- 乳腺癌筛查（50-75岁，每2至3年做一次乳房X光检查）
- 宫颈癌筛查
- 更年期关注

### See your doctor for:

- Cardiovascular risk assessment
- Breast cancer screening (mammogram every 2-3 years from age 50-75)
- Cervical cancer screening
- Menopause concerns

# Cervical Cancer Screening

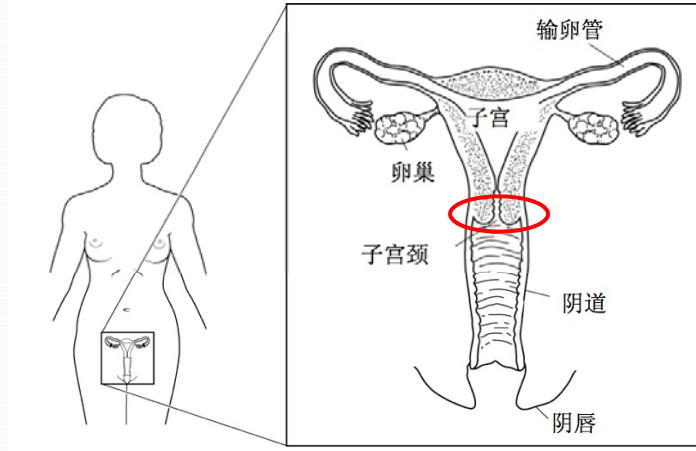
## 宫颈癌筛查

### What is Cervical Cancer?

### 什么是宫颈癌？

- Malignant changes in cells of the cervix
  - If untreated, can spread to other reproductive organs and other parts of the body
- 宫颈细胞的恶性变化
  - 如果不进行治疗，可以扩散到其他生殖器官和身体的其它部位

## Female reproductive system 女性生殖系統



## What is Cervical Cancer? 什么是宫颈癌？

- In Ontario per year:
    - 630 women found to have cervical cancer
    - 150 die from cervical cancer
  - Lifetime risk of cervical cancer in North America is approximately 0.8%
  - Over 90% are caused by HPV infection
- 每年在安大略省:
    - 630 女性发现有子宫颈癌
    - 150 死于宫颈癌
  - 在北美妇女一生中患宫颈癌的危险性约为 0.8%
  - 超过 90% 是由 HPV 感染引起

## Human Papillomavirus (HPV)

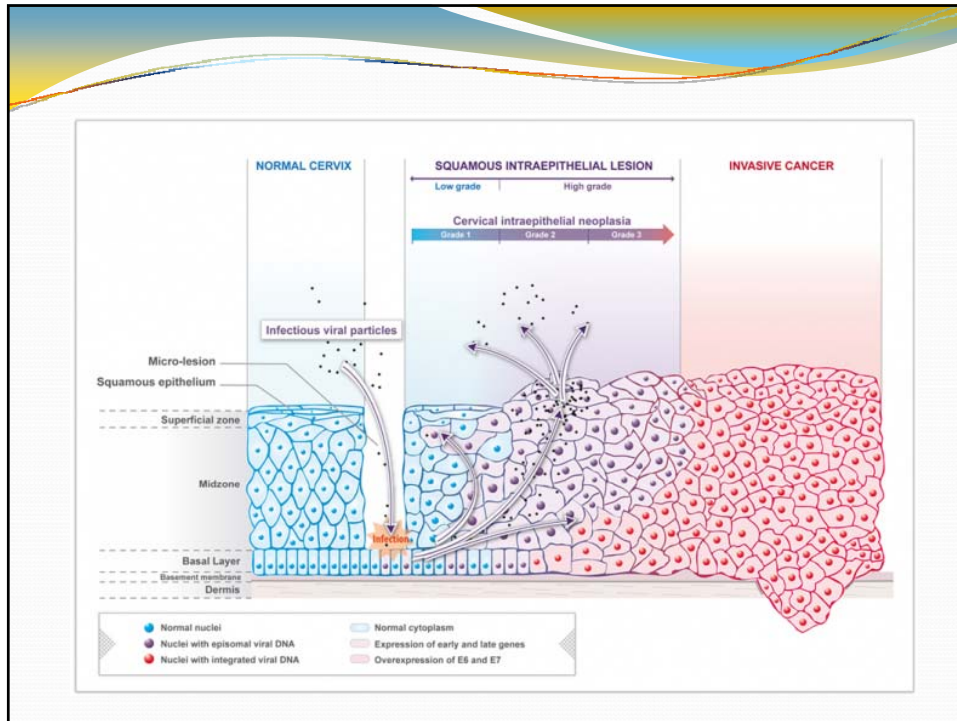
### 人类乳头状瘤病毒

- Over 100 different types
- Transmitted by any type of sexual contact
- 75% of sexually active men and women have been infected with HPV during their lifetime
- 超过100种不同类型
- 可通过任何类型的性接触传播
- 75%性活跃的男性和女性在其一生中都被感染过HPV

## Human Papillomavirus (HPV)

### 人类乳头状瘤病毒

- Most of the time, there are no symptoms, and the virus goes away within 2 years
- Sometimes, HPV causes changes in cells of the cervix that do not go away
  - If these changes are not treated, over a long period of time they can become cervical cancer
- 大多数时候没有症状，而病毒在2年内消失
- 有时HPV引起宫颈细胞的变化不会消失
- 如果不及时治疗这些变化，经过一段时间，它们可以发展成宫颈癌



## Cervical Cancer Prevention 预防宫颈癌

- HPV Vaccine
  - Protects against future infection from HPV
- HPV疫苗
  - 预防将来由HPV引起的感染
- Pap Tests
  - Detect abnormal cells in cervix before they become cancerous
- 子宫颈抹片检查
  - 在发生癌变之前，检测宫颈异常细胞

## HPV Vaccine

### HPV疫苗

- Protects against future infection from certain strains of HPV
  - Cervarix: 2 HPV strains
  - Gardasil: 4 HPV strains
  - Gardasil 9: 9 HPV strains
- 预防将来由某些HPV菌株引起的感染
  - Cervarix : 2 HPV菌株
  - Gardasil : HPV<sub>4</sub>菌株
  - Gardasil<sub>9</sub> : 9 HPV菌株

## HPV Vaccine

### HPV疫苗

- Approved to reduce risk of cervical cancer for women age 9-45
- Gardasil available for free to grade 8 girls in Ontario through schools
- If vaccinated, still require Pap tests
  - 10-30% of cervical cancers caused by HPV strains not covered by the vaccines
- 已被批准用于降低9-45岁妇女患子宫颈癌的风险
- 在安大略省, 8年级女生可以在学校免费得到Gardasil
- 即使接种了疫苗, 仍然需要子宫颈抹片检查
  - 10-30%的子宫颈癌得不到HPV疫苗菌株的涵盖

## Pap Tests

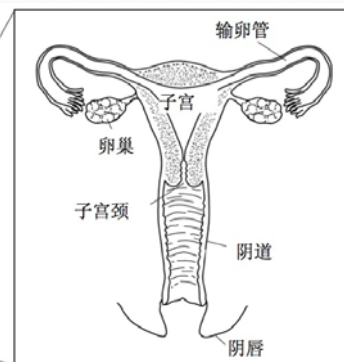
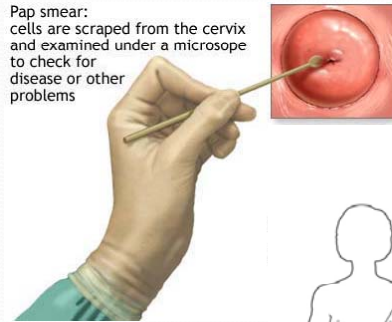
### 子宫颈抹片检查

- Recommended every 3 years for all women age 21 to 70 who have ever had sexual contact
- Can be done at your family doctor's office
  - Vaginal examination
  - Brush is used to collect cells from surface of cervix for testing
  - Only takes a few minutes
- 建议所有21~70岁曾经有过性接触的女性, 每3年一次
- 可以在您的家庭医生处做
  - 阴道检查
  - 用刷子在宫颈表面收集细胞进行测试
  - 只需要几分钟的时间

## Pap Tests

### 子宫颈抹片检查

Pap smear:  
cells are scraped from the cervix  
and examined under a microscope  
to check for  
disease or other  
problems





## Pap Tests

### 子宫颈抹片检查

- If abnormal cells are found, you may require more frequent testing or special treatment with a specialist
- After age 70, can stop Pap tests if you have had 3 normal tests in the prior 10 years.
- Regular Pap tests can decrease the risk of getting cervical cancer by 70% or more
- 如果发现异常细胞，则可能需要更频繁的测试或专科治疗
- 70岁以后，如果你在之前10年有3次正常试验，可以停止子宫颈抹片检查。
- 定时子宫颈抹片检查可以降低70%以上宫颈癌的风险

## Menopause 更年期

## Menopause 更年期

- Menopause – cessation of menstrual period
  - Determined after 1 year of no period without any other reason
  - Average age = 51
- 更年期 - 停止月经期
  - 在没有任何其他理由停止月经一年后确定
  - 平均年龄=51

## Menopause 更年期

- Decline in ovarian function and levels of estrogen cause symptoms
  - Symptoms start on average 4 years before menopause, and persist for 4 to 5 years after
  - Irregular menstrual cycles, gradually stop
  - Other symptoms...
- 症状是由卵巢功能和雌激素水平下降引起
  - 症状平均在绝经前4年开始，并在绝经后持续4至5年
  - 月经周期不规则，逐渐停止
  - 其他症状.....

## Symptoms of Menopause

### 更年期症状

- Hot flashes (60-80% of women)
- Insomnia
- Mood disturbances
- Memory and concentration changes
- Vaginal dryness
- Decreased interest in sex
- 潮热 (60-80% 女性)
- 失眠
- 情绪障碍
- 记忆力和注意力的改变
- 阴道干涩
- 性兴趣下降

## Managing Hot Flashes

### 处理潮热

- Non-medicinal
  - Exercise
  - Weight management
  - Stop smoking
  - Dress in layers
  - Avoid triggers: alcohol, caffeine, hot drinks, spicy foods, warm temperatures
- Medicinal
  - Hormone replacement therapy (HRT)
  - Non-hormonal medications
- 非医疗途径
  - 运动
  - 体重控制
  - 停止吸烟
  - 穿几层衣服
  - 避免触发源: 酒精, 咖啡因, 热饮, 辛辣的食物, 温暖的温度
- 医疗途径
  - 激素替代疗法 (HRT)
  - 非激素类药物

## See your doctor if you have...

## 请去看医生，如果你有...

- Very heavy, frequent or prolonged periods before menopause
- Any vaginal bleeding after menopause ( $\geq 12$  months of no menstrual period)
- Menopausal symptoms that are significantly affecting your life
- 更年期前月经量非常大，月经周期频密或行经期延长
- 更年期后的任何阴道出血（无月经期 $\geq 12$ 个月）
- 更年期症状显著地影响您的生活

## 谢谢 Thank you!

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