BREAST THERMOGRAPHY

About the procedure

The process begins with simple preparation steps that must be strictly followed before you arrive (pre-examination instructions). You will also be asked to fill out a breast health history form. The procedure itself begins with a 15-minute temperature acclimation period. During this time, you will be disrobed from the waist up while in a special temperature-controlled imaging room. Once acclimated to the temperature of the room, you will be placed in front of an infrared camera while multiple images are taken from different angles.

What to expect from your breast thermography report

After the images have been analyzed by a Board Certified Thermologist, they are graded using a strict standardized reading protocol. Each breast's image is placed into one of five thermobiological (TH) categories:

- **TH1 – Normal Uniform Non-Vascular**
- **TH2 – Normal Uniform Vascular**
- **TH3 – Equivocal (questionable)**
- **TH4 – Abnormal**
- **TH5 – Very Abnormal**

Depending upon the results of the exam, further tests may be ordered and/or future infrared scans performed at recommended intervals to monitor the breasts.

What Is Thermography?

Breast thermography, or thermal imaging, is a non-invasive and painless test that doctors sometimes use to monitor for early breast changes that may warn of breast cancer. It works by detecting increases in temperature. Thermography (Medical Infrared Imaging) is a state-of-the-art risk assessment tool that is used as part of an early detection program which gives women of all ages the opportunity to increase their chances of detecting breast disease at an early stage.

Thermography does not involve radiation. Instead, it uses an ultra-sensitive camera to produce high-resolution, infrared photographs, or heat images of the breast.

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Call or email today to make an appointment at Be Wholistic with Paula

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BREAST THERMOGRAPHY

Medical Infrared Imaging

YOUR PARTNER IN EARLY DETECTION

SAFE - NO CONTACT - NO RADIATION



What does breast thermography have to offer?

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A PARTNER IN EARLY BREAST CANCER DETECTION.

Breast thermography has developed into an important adjunctive tool in the fight against breast cancer.

As a safe, comfortable, and sensitive procedure, thermography is used to detect infrared risk markers that may suggest some of the earliest signs of breast cancer.

Thermography uses sophisticated infrared cameras and computer systems to image heat patterns from the surface of breasts. Alterations in these images are caused when cellular changes increase blood flow (angiogenesis); thus, warming the breast. These thermovascular changes may be among the earliest signs of breast cancer.

It may take a long time for a condition to develop.

Medical infrared imaging may be able to provide an early warning.

IDENTIFY SOME OF THE EARLIEST SIGNS THAT A BREAST CANCER MAY BE FORMING

Angiogenesis, or new blood vessel formation, is necessary to sustain the growth of a tumor. Breast thermography may be the first signal that such a possibility is developing.

INDIVIDUALIZED BREAST CANCER RISK ASSESSMENT

Women with a family history are definitely at greater risk, but 75% of women who get breast cancer have no family history of the disease. If discovered, certain thermographic risk markers may warn a woman that she needs to work closely with her doctor to improve her breast health. Monitoring with regular check-ups and thermography will look for improvements with time or possibly the earliest signs that a problem may exist.

A POSSIBLE ROLE IN BREAST CANCER PREVENTION

Since the single greatest risk factor for the development of breast cancer is lifetime exposure to estrogen, normalizing the balance of the hormones in the breast may be an important step in prevention.

Certain thermographic signs may suggest the effects of hormones in the breasts. This may be the first marker that alerts your doctor to this possibility. Your doctor will first need to run further tests to confirm this. If these tests are positive, your doctor may use these tests to monitor your care.

IMAGING FOR YOUNGER WOMEN

Do you know that approximately 15% of all breast cancers occur in women under 45? This is the most common cancer in women in this age group. Breast cancers in younger women are usually more aggressive and have poorer survival rates. Breast thermography offers younger women a valuable imaging tool that they can add to their regular breast health check-ups beginning with baseline imaging at age 20.

WHAT MAKES BREAST THERMOGRAPHY SO UNIQUE?

Thermography is an imaging procedure that uses no radiation, injections, or other invasive methods. Women who are on hormone replacement, or have fibrocystic, large, dense, or augmented breasts pose no difficulties when it comes to the reading of thermograms.

Since thermography does not involve contact with the skin, the procedure is quite comfortable.
Studies show that an abnormal thermogram is the single
most important marker of high risk for developing breast
cancer, 10 times more significant than a family history of the disease.

In the absence of other positive tests, an abnormal thermogram may give a woman an early warning that a pathological process may be occurring. By maintaining close monitoring of her breast health with the addition of thermography to her regular exams, a woman may have a much better chance of detecting cancer at its earliest stage and preventing invasive tumor growth.

GREAT RISK ASSESSMENT TOOL

- **Doctors look for warm blood vessels which appear different than the norm.**
- **Identifies women at higher risk based upon their own body rather than general statistics.**
- **Can be used to monitor women more frequently than other tests with no adverse effects.**
- **Can be used on younger women who currently have no screening protocol.**
- **Can be used on women with implants, reductions and benign breast disease without effecting sensitivity.**