Who should have Thermography?

According to the Association for the Advancement of Diagnostic Thermal Imaging: "A woman should get a baseline breast thermography at age 20. Between ages 20 and 30, she should get a breast thermography every three years. Above the age of 30, she should get a breast thermography on a yearly basis."

Additional breast thermographies may be performed more frequently for higher-risk women or based on suspicions from prior thermographic examination, always at the doctor's discretion.

It takes years for a tumor to grow thus the earliest indication of abnormality is needed to allow for the earliest possible treatment and intervention.

Prevention is always the best cure.

"Detects possible breast cancer 1,5-2 years before a Mammogram"

"AYIA TRIADA" MEDICAL CENTER

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Medical Breast Thermography

Center of Digital Infrared Thermal Imaging of Paphos

Dr. Boris Kouhartsiouk
General Practitioner

What is Thermography?

Medical thermography, otherwise known as Digital Infrared Thermal Imaging – DITI, is a simple procedure using an infrared scanning device (camera) to visualize and obtain an image of the infrared radiation (heat) coming from the surface of the skin.

This visual image graphically maps the body's temperature and is projected onto the examination's monitor as a thermogram. The spectrum of colors indicate an increase or decrease in the amount of infrared radiation being emitted from the surface of the body. The doctor can then use the image as a map to determine if abnormal hot or cold areas are present, indicating a possible medical condition.

Medical DITI's major clinical value is in its high sensitivity to pathology in the vascular, muscular, neural and skeletal systems and as such can contribute to the pathogenesis and diagnosis made by the doctor.

Medical DITI has been used extensively in human medicine in U.S.A., Europe and Asia for the past 20 years. There have been a number of advancements in the past decade, which has brought thermal imaging in medicine back to the forefront of diagnosis.

Thermography and Breast Cancer

Breast cancer rates are increasing every year. Currently, one in seven women will develop breast cancer in their lifetime. The incidence continues to rise with the disease occurring in ever younger women and is the leading cause of cancer death in women ages 20 to 59.

Probably the most applied area of Medical Thermography - breast cancer, benign tumors, mastitis, and fibrocystic breast disease. The detection of early breast cancer was thermograph's first medical use.

Mammography or Thermography?

They are **each unique** in their detection capacities. Most women are familiar with mammography as a screening tool for breast cancer, but are unfamiliar with thermography. Interestingly, both mammography and thermography were both approved by the FDA in the same year, 1982.

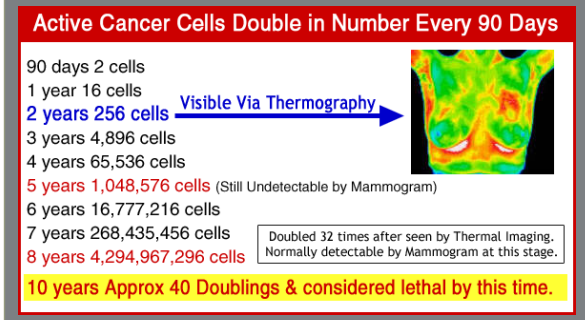
The advantages of thermography, as compared to mammography, are many, but perhaps the most important one of all is that it has the ability to detect active cancer cells **3 – 5 years before a mammogram.** This is due to the fact that where mammography looks for a structure, such as a lump, thermography looks for the body's physiological response to cancer cells.

However, a mammogram needs to be considered complimentary to a thermogram and not as a competitive or alternative breast cancer detection tool.

Advantages of Thermography

Early Screening for Breast Cancer

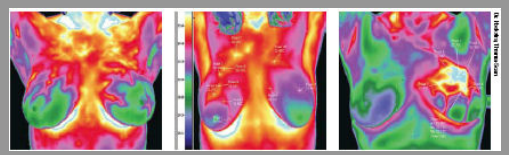
- No Radiation
- Painless
- Non Invasive
- No Body Contact
- Safe for breast implants
- Safe even for pregnant women



What is involved in breast thermography?

This simple and non invasive procedure begins with a brief medical history being taken. During that time the women sit in a room to allow the body's surface temperature to come to ambient room temperature. After that she stands partially disrobed about 6 feet from the thermography camera and the imaging takes only a matter of minutes. The entire process usually lasts less than 30-45 minutes.

It takes a few days for the test results to be processed and for the consultation to be given.



Thermograph breast images (from left to right): "normal"; showing early stage of cancer in the right breast; showing advanced cancer in the left breast