

Thermo-Tech Inc.

THERMOGRAPHY FOR BREAST SCREENING



Thermography has been used successfully for breast screening for over 40 years. It offers women safe, accurate screening for breast cancer and other breast health issues without carcinogenic radiation or painful, tissue damaging compression as found with mammography. It is entirely safe and more accurate for women with augmentation implants and younger women with dense breast tissue. John Goffman MD, PhD in Radiology shares his research after years of determining how many RADS of radiation exposure causes cancer. In his book, *Preventing Breast Cancer*, He states that: "Three quarters of the current annual incident of breast cancer, in the U.S., is caused by earlier ionizing radiation primarily from medical sources". This research proves that by the accumulative effect of radiation Mammography is actually causing the disease it is being used to detect. The American Cancer Society shows that

Mammography has a 40% false negative rate and 80% false positive rate. In comparison the research from the Pasteur Institute in Marseilles, France, in which Thermography has a 9% error rate for both false negative and false positive. Thermography is clearly a better option for general screening.

In our Comprehensive Breast Screening five infrared images (left and right views at 45° and 90° and full frontal view) are taken before and after the patient place their hands in on ice for one minute. This causes a constriction in the vascular system helping to distinguish suspicious hyperthermic features that are just an inflammation from those indicating neo-angiogenesis (the blood supply that feeds a tumor). Benign tumors, such as fiber-adenoma cyst, are hypothermic (cold) and are easily distinguished from the blood supply that feeds a cancerous tumor, which shows up hyperthermic (hot). Because Thermography can distinguish the difference it avoids the unnecessary biopsy ordered with Mammography.

A qualified Thermologist should interpret the images and provide a written report with colored infrared images of the patient showing right, left and frontal views noting any areas or specific features of concern. In our Comprehensive Breast Screening we also include a comparative analysis to the previous report for each follow-up thermography so we can determine the progress of the patient's breast health issues and see if there is an improvement from the nutritional protocols being used. A complimentary consultation is also included every time so the patient is informed as to the results of their screening. This gives them the opportunity to get all their questions answered and concerns about their breast health addressed.

Infrared cameras can see through soft tissue and muscles so it can be used to view other areas of the body for regional inflammation indicating other health related issues. Other health related issues that we include in our Comprehensive Breast Screening is by looking at the emission levels we can determine if the patient body temperature is sub-clinical indicating the thyroid gland may need support. We can also see if the lymphatic system is hyper-metabolic which could indicate a common viral infection, food allergies, seasonal allergies or potential toxic exposure. During the autonomic challenge (holding ice for one minute) the bodies sympathetic nervous system is engaged in a response so if the patient has been under a lot of stress or the adrenal glands are burned out they can have a paradoxical response to the autonomic challenge which indicates the adrenal glands are exhausted and needing support. This kind of response happens in about 10-15% of breast screenings. The type of non-breast related health issues are noted on the report in a separate paragraph noted: Other Significant Features, so as not to interfere with the regular thermography report. This additional information can really help us determine a more comprehensive protocol to aid in the patient attaining optimum health and vitality.

**Thermo-Tech Inc. and Healthy Breasts at: www.HealthyBreasts.info
P.O. Box 891 Knights Ferry CA 95361 (209) 881 3044**

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Seek a qualified Thermographer board certified from American Academy of Thermology. This is the only board that has Medical Doctors, Radiologist and Breast Surgeons on the certification board. They should follow the guidelines of having the patient stand unclothed on the upper body in a cool room

about 10°F colder than the outside climates for at least 5 minutes with their arms away from the sides of the body before their images are taken. The written report should indicate abnormal hyperthermic (hot) and hypothermic (cold) features and note the results of this autonomic (holding ice) challenge. The cost of a Thermography may range from \$225.00 and up.

Thermography is in the truest sense a preventative technique of screening the breast. It can see changes in the breast years before a tumor is detectable by skilled palpation or Mammograms. Nancy Gardner-Heaven's research published in the Townsend Letter in November, 2003 and presented at the American Academy of Thermology's Medical Conference at Auburn University in 2003, has proven to reverse early signs of breast disease such as DCIS in 80% of patients. This cutting edge research when accompanied with Thermography for early detection has been instrumental in changing the paradigm of breast health and treatment in the United States.

Today women are more informed and are making their own choices about their health care. Many are choosing Thermography to avoid compression and radiation and for the increased in accuracy. They are choosing bio-identical hormones as opposed to synthetic hormones for menopausal treatment. Those who have taken hormone therapy in the past such as fertility hormones, the morning after pill, post-menopausal Hormone Replacement Therapy or HRT, birth control pills or related hormones as a patch or in their IUD are now opting to use nutritional supplements such as Calcium d' Glucarate* to support liver function to help clean these excessive hormones out of their systems. Those who remain on hormones even bio-identical hormones are informed enough to use Indoplex* (Indo-3 Carbonyl) or DIM to make sure the pathways of these hormones do not convert to Estrone which in large quantities (more than what the body produces naturally) can increase the risk of developing breast cancer by stimulating the growth of neo-angiogenesis (the blood supply that feeds a cancerous tumor).

Women are now empowered to choose safer methods of screening and thus are getting screened on a regular basis (annually) as well as doing their own breast exams. Finding a suspicious lump early and removing it before it spreads into the lymphatic system can help avoid chemotherapy which is contra-indicated for breast cancer unless it has spread or metastasized. They are opting for lumpectomy instead of radical mastectomy when possible. They are choosing nutritional supplementation to build the immune system instead of more radical and harmful treatment plans when ever possible.

We can't blame doctors for not being holistic; they are doing their best to treat within the scope of their practice, as they have been trained. We can however encourage women to become better informed of their options so as to make intelligent decisions. With knowledge we can replace fear!

About the Author: Nancy Gardner-Heaven TMT is board certified at Auburn University by the American Academy of Thermology. She is the CEO of the California Preventative Medicine Foundation and is head of the research department. She is also director of Thermo-Tech Inc. offering Comprehensive Breast Screening with Thermography in numerous locations around the bay area and Hawaii. For more information about Thermography or to find a location near you visit www.HealthyBreasts.info and under *Up-Coming Events* time-line.

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