

THERMOGRAPHY ACCURACY VS MAMMOGRAPHY 2019



Thermography has been used successfully for breast screening for over 40 years. It offers women safe, accurate screening for breast cancer detection and other breast health issues without carcinogenic radiation or painful, tissue damaging compression found with mammography. Because there is no compression it is safe and more accurate for women with augmentation implants, lactating or pregnant women and younger women with dense breast tissue where the error rate with mammography is 60%.

John Goffman MD. PhD, Head of Radiology at UC Berkeley, after a five years of research determining how many RADS of radiation causes cancer, in his book, *Preventing Breast Cancer*, he shares: "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 the accumulative effect of radiation with 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 the latter of which leads to unnecessary invasive surgical procedures. In comparison the research from the Marseille's Classification Study from the Pasteur Institute in Marseilles, France, in 1976, proves Thermography has a 9% error rate for both false negative and false positive. This study also determined the Thermography rating of TH-1 through TH-5 with specific risk factor for malignancy making it clearly a better option for general screening. Note should be made here that only a histology report from a biopsy can tell with 100% accuracy if a cell is malignant.

Seek a qualified clinic that provides Standardize Medical Thermography with a board certified and trained technician 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:

1. After the patient fills out an in depth reproductive history form she is acclimated unclothed on the upper body in a cool room for ten to fifteen minutes arms away from sides so underarm area until sufficiently cool.
2. Five sets of images are taken with a high resolution medical grade infrared camera. Images of the left and right views at 45° and 90° and full frontal view are taken before and after the autonomic challenge (the patient place their hands in on ice for one minute). This autonomic challenge distinguishes nitric oxide filled neo-angeogenic blood vessels seen with malignancy from normal blood vessels or a regional inflammation.
3. Only after these images have been acquired a skilled breast exam should be preformed and any concerns should be addressed at this time as well as the patient should be instruction on how to perform their own self-exam if needed. Results of this exam should be noted on the patients intake form for future comparison.
4. The written report should indicate with notation the exact temperature differences of features of concern with that of the contra-lateral breast. This is essential in comparing future reports to monitor improvements.
5. A follow-up phone consultation to go over the thermography report to explain in detail the results, answer questions the patient may have and address health related issues with a comprehensive individualize immune support protocol. The phone consultation should be included in the cost of the thermography. The cost of a Thermography may vary depending upon the clinic.

Infrared cameras can see through soft tissue 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 looking at the emission levels we can determine for example if the patient body temperature is sub-clinical (colder) 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

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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' the patient can have a paradoxical response to the autonomic challenge, which can indicate the adrenal glands are exhausted and are 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 help to determine a more comprehensive protocol to aid in the patient attaining optimum health and vitality.

Thermography is in the truest sense a preventative technique of screening the breasts. It can see changes in the breasts years before a tumor is detectable by skilled palpation or Mammograms. Nancy Gardner-Heaven's research published in the Townsend Letter in November, 2004 and presented at the American Academy of Thermology's Medical Conference at Auburn University in 2003, has proven to reverse atypical features or early signs of breast disease such as DCIS in 80% of patients in 3 to 6 months. This cutting edge research when accompanied with Thermography for early detection and monitoring to see if the protocol is improving breast health has been instrumental in changing the paradigm of breast health and treatment world-wide. For the 20% of patients who are not improving from the protocols it is essential that they have the support to investigate further preferably with a targeted ultrasound which has a 99% accuracy rate to see if a lump is fluid filled indicating an infection or cyst thus avoiding unnecessary biopsy of a benign condition or if a lump is solid filled and the margins are merging into surrounding tissue. Finding a suspicious lump early and removing it before it spreads into the lymphatic system helps avoid chemotherapy which is contra-indicated for breast cancer itself.

Today women are more informed and are making their own choices about their health care. Many are choosing Thermography to avoid the painful compression and harmful radiation of mammography as well as an increased in accuracy. They are more vigilant about doing their own breast exams and self-care. They are choosing bio-identical hormones as opposed to synthetic hormones for menopausal symptoms. 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(1) to support phase II of the 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 Indolplex with DIM (1) to assure the pathways of these hormones do not convert to estrone which can increase the risk of developing breast cancer by stimulating the growth of neo-angiogenesis (the blood supply that feeds a cancerous tumor). We can't blame medical 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!

(1) To order produce from Integrative Therapeutic call (877) 628-3477 Pin# iti-5568.

This article is intended to educate as to the various option available to healing the body and in no way is intended to take the place of a doctors advise or treatment of disease.



About the Author: Nancy Gardner-Heaven TMT is board certified as a Technician of Metical Thermology, at Auburn University by the American Academy of Thermology. After studying to be a surgical nurse at Stanford University, she continued her education in nutrition and preventing disease at the American College of Advancement in Medicine. She was the founder and director of Optimum Health Clinic Inc. in San Rafael, CA, educating patient's how to stay healthy for 35 years. She taught disease prevention at San Francisco State University, US Berkeley and the University of Hawaii. She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening for 25 years.