

Breast Thermography: Taking Care of “The Girls”

By Sue Singleton, Med. Int., MHT, CST, EOLMTT



“The Girls” (your breasts) deserve great care, in order for you to stay healthy! We encourage women to practice self-exam, as well as self-massage of the breast tissue in order to facilitate blood and lymphatic stimulation. The self-massage techniques can be accomplished with “fluffing the girls” briefly twice each day, or with EOL Citrus Cellular Detox massage oil, specifically formulated to encourage lymphatic stimulation (which can be used anywhere on the body for cleansing and stimulation). This brief article is primarily about another breast health topic: Thermography.

There is a lot of misinformation circulating about Thermography, and it is important to know the facts. There are several forms or types of thermography being advertised in the holistic and alternative medicine community, but there is only one that is a true diagnostic clinical medical test. **Digital infrared thermographic imaging (DITI) is the ONLY legitimate clinical thermography that exists, and is also the only FDA approved thermography for human screening.** DITI Thermography screening has been used extensively in human and veterinary medicine for 40+ years, is non-invasive, comfortable, affordable, and involves no radiation exposure. DITI is highly sensitive and early breast disease detection at its best. Pathology, which is not always malignant, can be identified early, when it’s progress can be changed for the better. It is safe for pregnant and lactating women, women with augmented breasts and/or post-mastectomy, women with fibrocystic and dense breasts, young women, men (men get breast cancer too).

DITI is the only screening method currently available that **detects IBC**, inflammatory breast cancer, and detects angiogenesis, a tumor’s source of nutrients, **at only 256 cells**. It takes a mammogram 4.295 Billion cells, about the size of a small grape, to detect the mass. DITI can also visualize pain, differentiating between acute and chronic conditions. An infrared scanning device converts the emission of infrared energy from the body into a real time, colorful visual image, the thermogram, indicating physiologic functionality; also, identified are subtle thermal variations, called asymmetries, reflecting areas of interest and/or concern. Clinical thermography is appropriate for vascular, muscular, neurologic and skeletal systems, as well as breast health screenings.

DITI clinical thermography uses a highly sensitive bolometer/camera(FDA licensed for medical use) which captures anywhere from 50,000 to more than 70,000 temperature measurements per image. Both heat and cold are detected using clinical thermography. The screening is performed by a fully trained and certified medical professional. A team of medical doctors specializing in this technology reads the results and provides a full written report and thermography images to the patient.

It is very important to note that “European Thermography” is **NOT** clinical thermography at all, and has been banned for medical/clinical use by the FDA in several states. The European method measures surface temperatures at 100 points on the body, and then re-measures them after a cooling down period. It does not provide any images, and readings are not read or reviewed by a medical doctor.

According to Dr. Len Saputo, MD in his presentation Beyond Mammography, legitimate clinical thermography is the most sensitive and accurate way to identify women with breast cancer, especially in women under the age of 55. “...breast thermography needs to be embraced more widely by the medical community and awareness increased among women. Not only has it demonstrated a higher degree of success in identifying women with breast cancer under the age of 55 in comparison to other technologies, but it is also an effective adjunct to clinical breast exams and mammography for women over 55. Finally, it provides a non-invasive and safe detection method, and if introduced at age 25, provides a benchmark that future scans can be compared with for even greater detection accuracy.”
(From The Townsend Newsletter for Doctors and Patients)

When considering DITI, determine if:

- The equipment is approved and licensed by the FDA for medical imaging,
- A real time thermal image is produced
- The thermographer is certified, affiliated with a recognized thermology association, and a licensed health professional
- The thermograms are read by a group of MDs trained in thermology
- There is comparability and portability, through a professional group like the ACCT, The American College of Clinical Thermology. The ACCT is the oldest and largest governing body for thermology and is worldwide.

To find a certified and trained thermologist near you, follow this link:

http://www.thermologyonline.org/Breast/breast_thermography_clinics.htm

For more information, please visit www.TheWayToBalance.com or call 978-834-0341

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