

# Thermography & Breast Cancer Prevention

Thermography can detect irregular patterns in the breast, conditions that occur often before a noticeable lump is formed. In some cases, such as Inflammatory cancer, there are no lumps to be detected by self-exam or Mammogram. This is why adding Thermography to your annual routine can help with early detection.

## Thermal Imaging is:

- Painless
- No Compression
- Non-Invasive
- Emits absolutely no radiation.

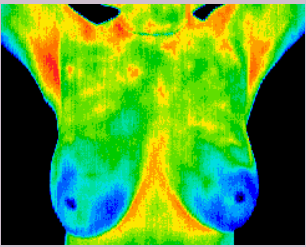
With Breast Thermography, it is important to have 2 scans done within a 3-4 month period. Why? Because active cancers double in size and heat approximately 100 days apart. If there are any increased heat patterns and/or vascular changes from the first breast scan to the second, additional modalities will be requested by the interpreting Doctor. If there are no changes, annual thermal scans are appropriate.

Mammograms look at anatomical changes in the breast as they detect masses or lumps in the breast tissue. Thermograms look at vascular changes in the breast, as they detect blood flow patterns, inflammation and asymmetries. The two detection methods complement each other and provide a holistic approach to early detection.

Thermograms can benefit all women. They may be particularly useful for young women who want to monitor their breast health before the recommended age of 40. Breast cancer prevention should start as early as possible.

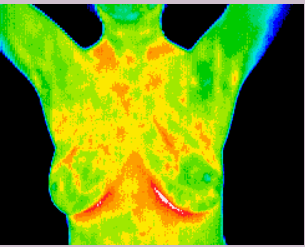
One in eight women will get breast cancer at some point in their life. Proper breast self-exams, physician exams, Thermography, and Mammography together provide the earliest detection system available.

“With a multi-modal approach to detection, a woman’s chances for early breast cancer detection are 95%.”



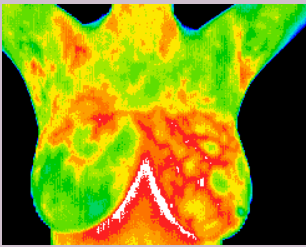
### Normal

Good thermal symmetry with no suspicious thermal findings. These patterns establish a baseline against which future scans can be compared to detect any changes over time.



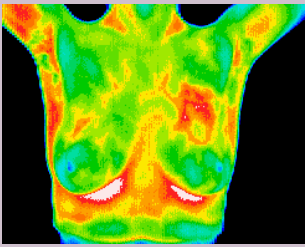
### Fibrocystic

Fibroids generally show on a thermal scan slightly warm, and are determined by comparing to a second baseline image.



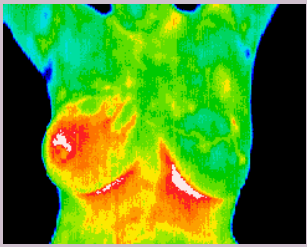
### Suspicious

Significant asymmetry and vascular activity is present in the left breast. The patient is advised to clinically investigate thermal findings and make dietary & lifestyle improvements while closely monitoring thermal progress.



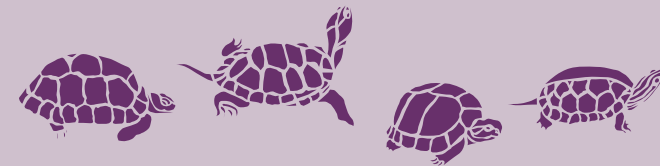
### Ductal Carcinoma

Vascular asymmetry in the upper left breast was particularly suspicious and clinical investigation indicated a palpable mass. Biopsy confirmed a DCIS of 2cm and the patient had the tumor removed.



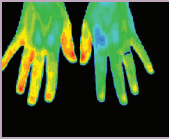
### Inflammatory Cancer

This type of cancer can not be detected by Mammogram because it is not a “lump” cancer. Prior to the Thermogram, there were no signs of abnormality. We referred this patient to a breast specialist and her biopsy diagnosed the inflammatory cancer at a very early stage.

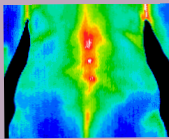


Thermograms provide early detection of cancerous and pre-cancerous conditions – meaning you can often see conditions before they become disease.

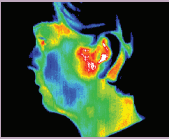
# What else can Thermography detect?



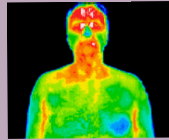
**Arthritis:** Detect early signs and differentiate between Osteo and Rheumatoid. Effective early treatment strategies can be suggested before further degeneration occurs.



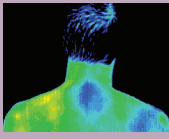
**Back & Neck Pain:** Pain patterns light up white and red hot on a thermal scan in the affected area. The individual can get relief faster and begin restorative care on the correct target area.



**Dental issues:** TMJ, gum disease and/or an infected tooth will show up on a thermal scan white or red hot.



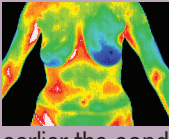
**Sinus issues & Headaches:** Significant heat in the forehead/sinus region is an indicator that some of the systems in your body are not functioning properly.



**Immune Dysfunction, Fibromyalgia & Chronic Fatigue:** The immune system is observed at the T1 &T2 areas of the spine and levels of heat in that region indicate immune function. Chronic fatigue, Fibromyalgia, and aching joints are just a few symptom/complaints that correlate to cool patterns seen at this area.



**Carpal Tunnel Syndrome:** Is often mis-diagnosed. For instance, you may think you have carpal tunnel, yet the scan shows your neck is referring pain from a different affected area. Treating the wrists will not help, but treating the neck, for example, often will.

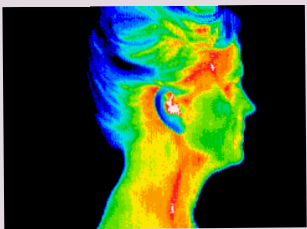


**Digestive disorders:** IBS, diverticulitis and chrones disease are often visible with Thermo-graphy. Address these conditions early on, and a health restoration is much more likely the earlier the conditions are found.

**Determining extent of injury:** assess severity of pain by the temperature radiating from the affected areas. The scan can provide objective agreement or disagreement with an individuals' subjective assessment.

**Unexplained Pain:** determine source of pain as sometimes physical pain in one location is a symptom of a problem in another.

# Heart Disease Prevention



Thermography screenings can assess heart function and detect inflammation in the Carotid arteries (which may be a precursor to stroke and blood clots). When inflammation and/or occlusion of the carotid is visible, your Doctor may do additional testing. Earlier detection of a heart problem may save your life.



# What happens in a Thermogram?

**STEP 1** You sit in a temperature-controlled room to allow the body to cool from any external conditions and complete paperwork, including a health survey.

**STEP 2** You are positioned in front of a Thermal Imaging Camera and the technician takes digital pictures. (5 - 15 minutes)

*You will be able to see your body "live" on the computer screen, which may help you to better understand your body.*

**STEP 3** Your pictures are sent out to a certified doctor for analysis of 1) the **amount** of heat and 2) the **symmetry** of the heat patterns.

*Heat patterns may indicate infection, inflammation or a variance from your body's norm.*

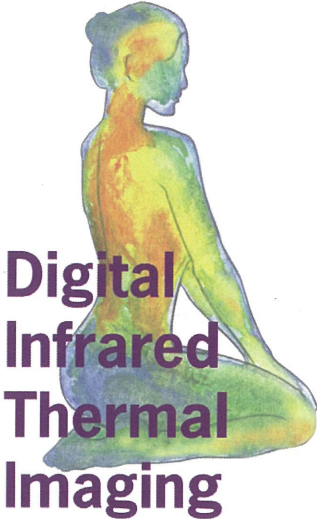
**STEP 4** A report-of-findings arrives in the mail shortly thereafter. This will help you and your doctor determine any next steps.

*We also provide recommendations for ways to reduce inflammation, if present, and provide personal health coaching programs if desired.*

**STEP 5** Return for thermograms annually to monitor your health and watch for changes.

*Since everyone's body is different, the best way to detect problems is to measure changes from your own body's norm.*

Be mindful to avoid heavy exercise, deodorant, spicy foods, hot beverages, body creams and lotions, gum-chewing and tight-fitting clothing on the day of your thermogram.

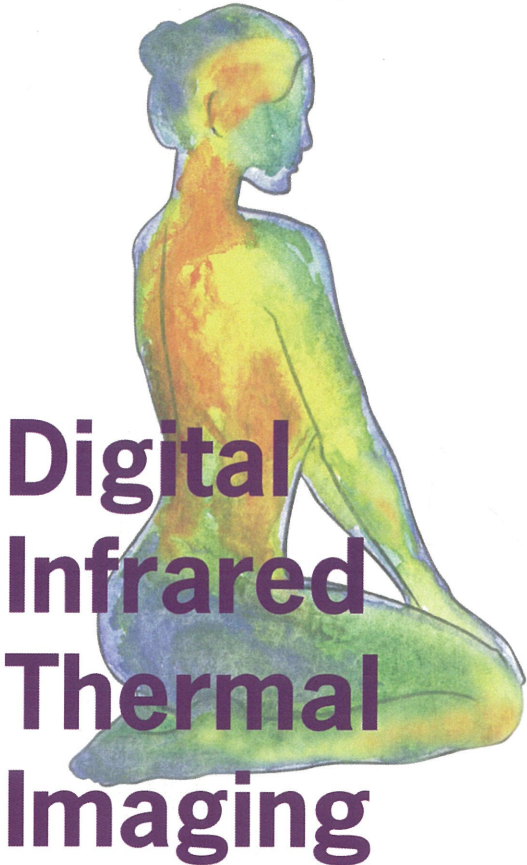


Digital Infrared Thermal Imaging

The Longevity Center offers mobile thermography services to clinics and health centers around the country. This is free to practitioners, and an affordable service for your patients and clients.

If your clinic or center is interested, please contact [longevity@email.com](mailto:longevity@email.com) for more information.

**Multiple locations in multiple states**  
Wisconsin, Illinois, Arizona and Nevada  
Find locations and/or book online  
[www.longevitythermography.com](http://www.longevitythermography.com)  
1-888-580-0040



Digital Infrared Thermal Imaging

A higher level of prevention

Specializing in:  
Breast Imaging  
Pain Diagnostics  
Early-stage Disease Detection

# What is Thermal Imaging?

Digital Infrared Thermal Imaging (or Thermography) creates images that illustrate heat patterns in the body. The thermal images are analyzed for abnormalities, which may be signs of disease in the body.

**Thermography** is a diagnostic tool for patients to better understand their bodies.

Annual thermograms allow you to map changes in the body's heat patterns over time. They can alert you to any deviations from your norm. Mapping your health annually helps you detect changes often before disease develops.

Prevention is the key to longevity.

Inflammation is a precursor to many diseases, such as cancer, arthritis, heart disease, stroke, diabetes and HBP. Early detection of inflammation may help you prevent many negative health conditions from developing.

Inflammation can be reduced through dietary changes, nutritional supplements, antioxidants, detoxification, stress-reduction, acupuncture and more.

Measuring inflammation through thermal imaging is a proactive, preventative method for detecting diseases. It significantly improves your chances for longevity and good health.