Thermography is ideal for all breast types:

**Young or dense**

Thermography reveals the vascular pattern that is unique to each woman. This pattern is normally remarkably constant over a woman's lifetime. Ideally a baseline thermogram at 20 years of age would provide a profile for future comparison.

**Tender/painful or fibrocystic**

The images above are of a woman with very tender breasts who applied simple treatments and became pain free. The red area in the left breast shows inflammation caused by excessive hormonal congestion. Thermography illustrates the improvements after 6 months (right image).

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**Why Thermography?**

- Thermography focuses on breast health
- Thermography identifies altered breast blood flow
- Altered blood flow can indicate breast inflammation and hormonal imbalance
- Thermography contributes to breast health risk assessment
- Breast health progress can be monitored
- Breast health measures reduce the risk of breast disease
- Peace of mind

MammoVision™ was developed by InfraMedic™ in Germany and is EU-certified as a class 1 medical thermography (CE 0483) device with the ability to accurately measure surface temperatures without contact. MammoVision is thus a form of "risk assessment" that can be uniquely used to monitor breast health and its accuracy is unaffected by breast density or age.

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**How is a thermogram taken?**

**Procedure:**

After 10 minutes relaxing in an air-conditioned room, the exam begins. After undressing you will be asked to sit with arms elevated whilst a series of 6 images are taken from about 1 metre. You will then sit for another 10 minutes (at 20°C) after which the images are repeated.

Because the breast tissue cools significantly, a ratio of temperature change is established. Areas of heat that don't cool within the same ratio are thermally abnormal.

The images are downloaded and assessed by a trained doctor. The unique patented MammoVision grid placed over the images allows a precise segment by segment temperature comparison with high reproducibility. A report will then be sent advising of the test result and recommendations.

**Follow-up investigations:**

These could be recommended at 1-2 years if normal or at 3-6 months depending on the ratings. Any abnormal heat or blood vessel pattern is then precisely compared to the previous images to determine whether heat signals have remained stable, improved, or deteriorated following appropriate interventions. Structural investigations would be recommended with any further evidence of deteriorating heat patterns. These could include ultrasound, mammography or MRI and if indicated, a referral to a breast specialist.
Thermography as a breast health monitor

The top picture shows heat in one breast that progressively improved following naturopathic interventions. Persistent heat as seen here has been associated with an increased risk of future disease.

Another woman who initially had a normal thermogram in 2003 developed a thermally abnormal right breast when followed up in 2005. Multiple herbal, homoeopathic, nutritional and dental interventions reversed the abnormalities within a year and the improvement has been maintained to 2012.

Breast Health Program

Women's lifestyle and health risk factors are assessed through a questionnaire and thermographic imaging. Inflammation in breast tissue is readily identified. Reports may include recommendations for lifestyle changes.

These may involve:
- nutrition
- exercise
- detoxification
- lymphatic drainage
- oral health
- supplementation
- further investigations

This gives opportunities to address potential underlying factors such as exposures to endocrine disrupting chemicals (EDCs), toxic metals, nutritional deficiencies, stresses and unhealthy lifestyles that are all associated with increased risks of breast cancer.

Reduction of inflammation can be seen with follow-up thermograms.

Further educational information is available on our website

Clinical Thermography March 2013

How do you know your breasts are healthy?

You can use Thermography

Complementary breast health assessment

Available in:
Auckland Hamilton Tauranga Hawkes Bay Wellington Christchurch

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www.clinicalthermography.co.nz

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