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Breast Exams without the Squeeze

Are you concerned about relying on breast self-examination? Do you worry about the discomfort and x-ray exposure involved in mammograms? Digital Infrared Breast Thermology is a sensitive, non-invasive method of effectively screening for early functional changes in breast tissue.

ThermaCan Inc. based in Alberta is committed to making Breast Thermology available in communities across Western Canada and provides the equipment and technicians for the Breast Thermology Clinics at Paradigm Health Group four times per year.

What is Breast Thermology?

Breast Thermology is a medical diagnostic technique used extensively in France, Germany, Sweden, Spain and Japan as a first step screening procedure. A digital infrared-sensing camera and high-speed computer are used to measure heat radiated from the breasts and adjacent areas. To distinguish normal from abnormal tissues, the hands are immersed in cold water to provide a cold challenge to the whole body and the scan is then repeated. Normal cells will show a decrease in heat production while cells with increased cellular activity will maintain or increase their heat radiation. Highly skilled and certified thermographers read the before-and-after-cold-challenge scans and establish a graded scale of response.

What can Thermology provide that Mammograms can't?

Because mammograms detect structural changes, a lump or mass is already present in breast tissue by the time a problem is detected. The next step is further investigation by ultrasound and/or biopsy to diagnose the nature of the lump or mass, and to make treatment decisions. At this point of structural change, it is usually too late to implement preventive strategies.

In comparison, Breast Thermology detects functional changes in breast tissue and thus can be used to monitor the state of health of breast tissue without radiation, compression, contact or needles. Thermology provides useful information for women of all ages and with all types of breast tissue: young, dense, pregnant, breastfeeding, pre- and post-menopausal, fibrocystic, with breast implants and when on HRT.

Thermology has the potential to detect abnormal heat patterns five to eight years before abnormalities can be seen with mammograms. This early detection of abnormal tissue activity makes Breast Thermology extremely useful and cost-effective as a screening strategy for breast health. The non-invasive nature of thermology also allows for repeat scans. This improves the ability to compare changes over time and monitor the results of preventive strategies to protect breast tissue.

What can you expect during a Breast Thermology Scan?

- **Preparation** – After filling out a breast history form, you will be asked to undress to the waist in a private dressing room to allow your breasts to cool to room temperature (20-22 °C) for about 15 minutes.
- **Scanning** – You will be asked to stand about 10 feet in front of the camera with your arms over your head while three images are taken: front, right side and left side.
- **Cold challenge** – You will be asked to place both hands in cold water at 11° C for one minute.
- **Rescanning** – The three scans will be repeated.
- **Reporting** – The Thermology Breast Scans will be read and analyzed by Dr. Phil Hoekstra PhD of Detroit, a highly trained and skilled member of the American Board of Thermology.

What will the report tell you and your health care provider?

A full report with a color copy of your Thermology results will be sent to you and/or your health care provider by mail in approximately one month. The Marseille System of classification provides strict criteria for rating Breast Thermology scans. The scans are reported on a scale of TH-1 to TH-5.

- **TH-1** – normal tissue
- **TH-2** – some changes but normal response to cold challenge
- **TH-3** – suspicious cell activity with higher heat areas
- **TH-4** – abnormal cell activity
- **TH-5** – severely abnormal cell activity.

Levels **TH-1** and **TH-2** provide reassurance that the tissue activity is normal and that the appropriate follow-up is a repeat screening by Thermology in one year. Level **TH-3** indicates that close monitoring and preventive therapies are needed. Levels **TH-4** & **TH-5** require immediate referral for ultrasound exam on the areas specifically located by the Breast Thermology.

Major Benefits of Thermology

- **Timeliness** – Problems can be found before abnormalities are seen on mammograms. Early detection provides the best outcomes.
- **Inclusive** – Examines the whole chest, breast and armpit areas. Good for all breast types: young/dense, fibrocystic, pregnancy, women on HRT, breast implants. Also can be used for men.
- **Precise** – Locates exact problem area allowing for more precise focus with other medical diagnostic tests: ultrasound, mammogram, MRI.
- **No Risk** – No harmful rays emitted so can be done as often as needed without risk.
- **No Pain** – No squeezing, no pressure, no touching by equipment or technician.

Need more information on Thermology?

Canadian locations at <http://www.thermacan.ca> Appointments at **1-866-681-8847**

Technical information at <http://www.thermascan.com>