

# 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 specially trained medical doctor for analysis of

- 1) the amount of heat produced
- 2) the symmetry of the heat patterns.

*Changes in heat patterns from your body's norm may indicate infection or inflammation*

**STEP 4** A report of your findings arrives in your inbox. This will help you and your doctor determine how to proceed if necessary.

**STEP 5** Return for a thermogram in 3-4 months for a second baseline scan, then annually to monitor your health and watch for changes.

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

## Be mindful to AVOID

Exercise, chiropractic adjustments, deodorant, spicy food, hot beverages, body creams, lotions, gum-chewing and tight fitting clothing on the day of your thermogram. Wait 3 months after any surgery, chemo and radiation therapy and lactation before your thermal session.



Illinois Thermography offers a mobile thermography service to clinics and health centers in Illinois. This is free to practitioners and an affordable service for your patients and clients.

If your clinic or center is interested, please contact

[illinoisthermography@gmail.com](mailto:illinoisthermography@gmail.com)

MULTIPLE LOCATIONS IN ILLINOIS

[www.illinoisthermography.com](http://www.illinoisthermography.com)

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# DIGITAL INFRARED THERMAL IMAGING

## A HIGHER LEVEL OF PROTECTION

### Specializing in

- Breast imaging
- Pain and early stage disease screening

## 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 screening tool for clients 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 monitor 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 high blood pressure. Early indication 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 screening diseases. It significantly improves your chances for longevity and good health.

# THERMOGRAPHY & BREAST CANCER PREVENTION

Thermography can show irregular patterns in the breast, conditions that often occur before a noticeable lump is formed. In some cases, such as inflammatory cancer, there are no lumps to be seen by self exam or mammogram. This is why adding thermography to your annual routine can help with early screening.

## THERMAL IMAGING

- Is painless
- Does not involve compression
- Is non-invasive
- Emits absolutely no radiation

With breast thermography, it is important to have **TWO scans done within a 3-4 month period. Why?** Because most 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.

**Thermograms provide early screening for inflammation, vascular and neurological changes, meaning you can often see conditions before they become disease.**

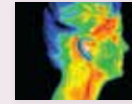
Mammograms look at anatomical changes in the breast as they show masses or lumps in the breast tissue. Thermograms look at vascular changes in the breast as they see blood flow patterns, inflammation and asymmetries. The two screening methods COMPLEMENT each other and provide a holistic approach to early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

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 screening system available.

**«WITH A MULTI-MODAL APPROACH THE EFFECTIVENESS OF EARLY BREAST CANCER SCREENING IS 95%.»**

## WHAT ELSE CAN THERMOGRAPHY SCREEN?



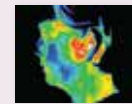
### Heart Disease Prevention:

Thermography screenings can assess heart function and show inflammation in the carotid arteries (which may be a precursor to stroke and blood clots). Your doctor may do additional testing.

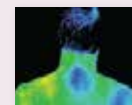


### Sinus, Thyroid Issues & Headaches:

Significant heat is an indicator that some of the systems in your body are not functioning properly.



**Dental Issues:** TMJ, gum disease and or an infected tooth will show up on thermal scan white, red or yellow.



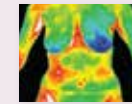
**Immune Dysfunction:** The immune system is observed at the T1 & T2 areas of the spine and low levels of heat in that region indicate immune dysfunction. Chronic fatigue, fibromyalgia and aching joints are just a few symptoms complaints that correlate to cool patterns seen at this area.



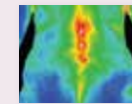
**Carpal Tunnel Syndrome:** Often misdiagnosed. You may think you have carpal tunnel, yet the scan shows your neck is referring pain from a different affected area. Treating the wrists will not help, but treating the neck, for example, often will.



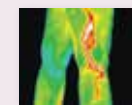
**Arthritis:** Shows early signs and differentiates between osteo and rheumatoid arthritis. Effective early treatment strategies can be suggested before further degeneration occurs.



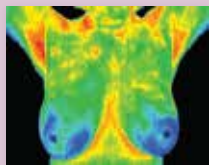
**Digestive Disorders:** IBS, diverticulitis and Crohn's disease are often visible with thermography. Address these conditions early on. Health restoration is much more likely the earlier the conditions are found.



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

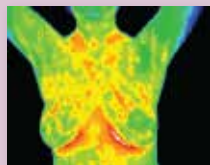


**Legs and feet:** Different heat patterns can indicate joint dysfunction, varicosity, radiculopathy or phlebitis.



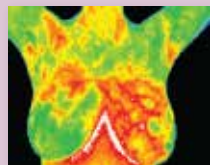
### NORMAL

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



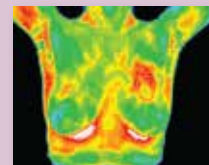
### FIBROCYSTIC

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



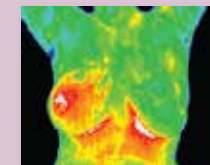
### SUSPICIOUS

Significant asymmetry and vascular activity is present in the left breast. The client 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 2 cm and the client had the tumor removed.



### INFLAMMATORY CANCER

This type of cancer cannot be seen by mammogram because it is not a lump cancer. Prior to the thermogram, there were no signs of abnormality. We referred this client to a breast specialist and her biopsy diagnosed inflammatory cancer at a very early stage.