

CLINICAL THERMOGRAPHY

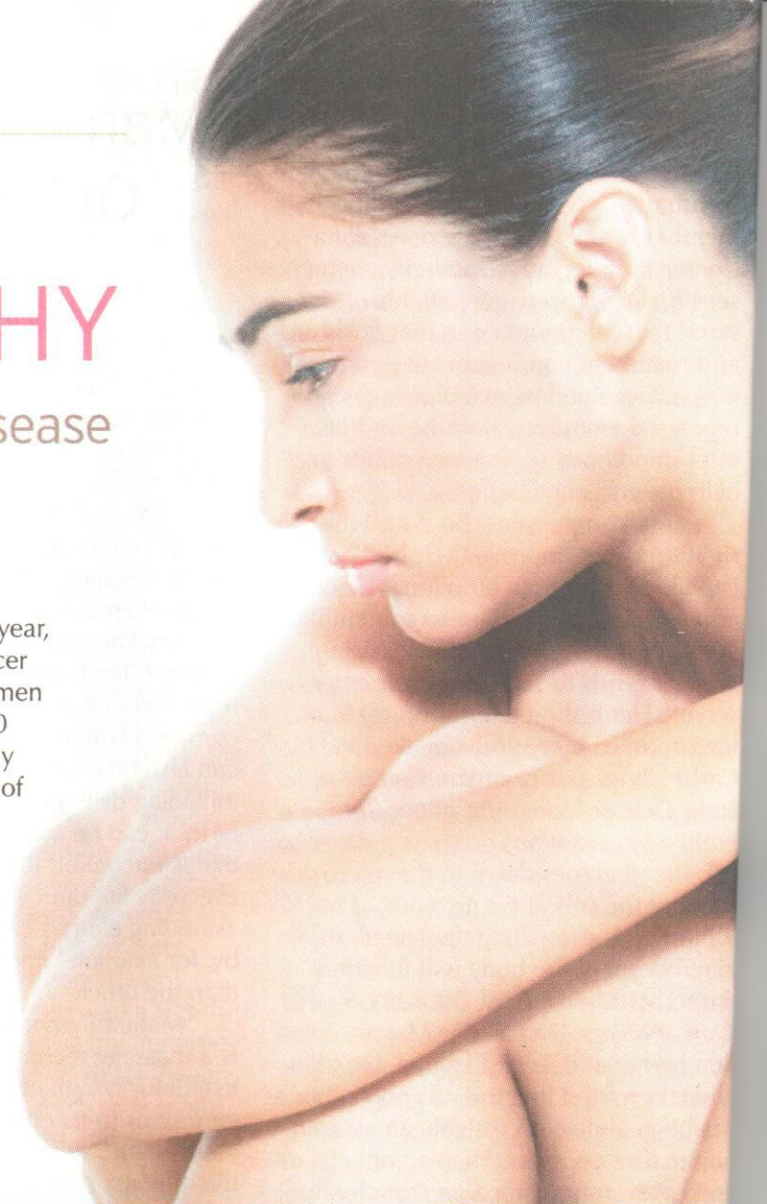
Provides Early Detection of Disease

by Karen Rubenstein, R.N., CCT

The American Cancer Society predicts that during this year, there will be more than 1.6 million new cases of cancer diagnosed in this country. Among those, 220,000 women will be diagnosed with breast cancer and more than 40,000 women will die from it. Breast cancer is the most commonly diagnosed cancer in women and the second leading cause of death. The ACS also estimates that one in 8 women will be diagnosed with breast cancer in her lifetime.

Judging by these statistics, it's clear that our present system for prevention and early detection isn't working. Unfortunately, breast cancer is a reality among women of all ages. Presently there is no cure. Current screenings alone have failed to provide women with early enough detection.

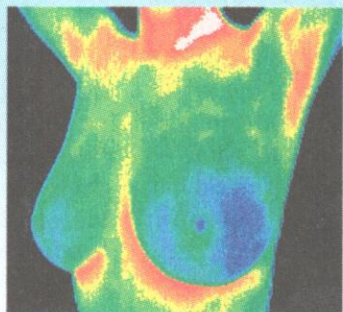
Breast thermography, however, fills the gap with a screening that not only aids in earlier detection but can



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actually guide us toward prevention. All women should consider themselves candidates for thermography.

Clinical thermography is a safe, painless, and private screening offering a glance into the body's physiology. It is radiation-free, compression-free, touch-free and non-invasive.

A specially designed camera takes a picture of the infrared heat being emitted from the body surface. These heat patterns provide the interpreting doctors, who are certified in thermology, with information that can help in detecting early changes associated with the disease process. Each body has its own unique thermal patterns. Annual thermography screening gives the interpreting doctors the ability to monitor for changes over time. This provides women with the knowledge and power to implement changes that can aid in reversal of the disease process.

Commonly used for breast screening, thermography is 95-percent accurate at detecting breast cancers when used as part of a multimodal (mammogram, self-breast exam, yearly clinical exam) approach. Thermography itself is 97-percent effective at detecting malignant versus non-malignant breast abnormalities. Since it takes years for a tumor to grow, the sooner women begin to make breast thermography part of their yearly health screening, the better the chances for prevention and early detection.

Other screenings, such as mammography and ultrasound, look at anatomy and can often see a tumor once it is already established. Thermography has the ability to detect physiological changes in the breast years before a tumor develops.

Clinical thermography provides valuable information for the whole body. It has been said, "Thermography is the only method available for visualizing pain." It is used in the detection and monitoring of unexplained pain, vascular disease, immune dysfunction, diabetes and systemic inflammation. It also is useful in monitoring the effectiveness of rehabilitative treatment (such as physical therapy and acupuncture). Many people choose to undergo periodic whole body imaging to screen for early changes in these and other conditions.

We are all searching and hoping for a cure for cancer. In this age of increasing technology and harmful side effects from an abundance of prescription drugs, environmental toxins and GMOs, we must become proactive and take control of our own health. Utilizing all options available to us can increase our hope for a healthier future.

Karen Rubenstein is registered nurse and certified clinical thermographer at Thermography Center of Memphis, located at 5668 S. Rex Rd., in Memphis. For more information or to make an appointment, call 901-249-8642 or visit MemphisThermography.com.

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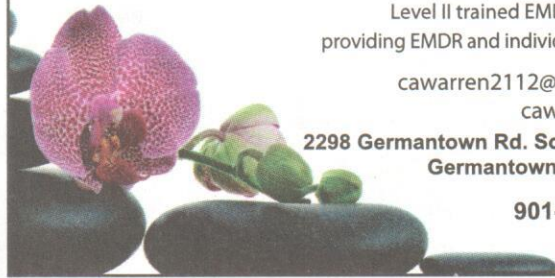
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