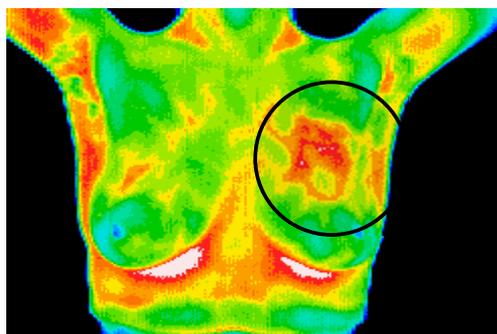


# BREAST HEALTH AWARENESS

By Claudia Barrington R.N.

Current methods used to detect breast cancer depend primarily on the combination of both physical examination and mammography. While this approach has become a mainstay of early breast cancer detection, mortality from this disease has gone relatively unchanged for over 30 yrs. Simply, the majority of breast cancers revealed by mammography are not detected early enough to impact mortality. Consequently, the addition of Digital Infrared Thermal Imaging (DITI or Breast Thermography) as an adjunct monitoring tool offers the opportunity of earlier breast cancer detection than has been possible with breast self-examination, physician palpation, or mammography alone.

Approved by the FDA in 1982, and the AMA Council on Scientific Affairs in 1987, Breast thermography is still underutilized today. It is unfortunate, by many physicians still hesitate to consider thermography as a useful tool in clinical practice, in spite of the considerable research database. This attitude may be because the physical and biological basis of thermography is not familiar to most physicians.



“This asymmetry or abnormal heat pattern detected in the breast would require additional procedures to rule out or properly diagnose cancer and a host of other diseases”

## What is Digital Infrared Thermal Imaging (DITI)?

Thermal imaging, as a test of physiology, may detect subtle changes in breast temperature that indicate a variety of breast diseases and abnormalities. It measures heat radiating from the body using an infrared camera connected to a computer. One of DITI's challenges is that these changes can often be seen years before structure-based tests like ultrasound or mammography can confirm DITI findings. As each individual has their own thermal pattern (which is normally symmetrical) and includes vascular anatomy, we can establish a baseline study which can be archived for annual

comparison. Because the subject's thermal patterns are accurate and repeatable throughout their lifetime, any changes to their normal “thermal fingerprint” caused by early cell changes (pathology) will become increasingly apparent.

Monitoring changes (thermal asymmetry and neovascularity) over periods of time with DITI, is the most efficient means of identifying subjects who require further investigation. As soon as a suspicious (positive) breast thermogram is performed, the appropriate follow up diagnostic and clinical testing can be instigated. This could include mammography and other imaging tests, clinical laboratory procedures, nutritional and lifestyle evaluation and extended awareness for changes in the breast during self-examination.

**DITI is non-invasive, painless, no body contact, safe, no radiation**



Currently available high-resolution digital infrared imaging (Breast Thermography) technology benefits greatly from enhanced image production, standardized interpretation protocols, computerized comparison and storage, and sophisticated image enhancements and analysis. Over 30 years of research and 800 peer reviewed studies encompassing well over 300,000 women participants has demonstrated infrared imaging abilities in the early detection of breast cancer.

DITI is appropriate for women of all ages and of particular importance for three groups of women: those outside the age brackets for mammography with denser breasts, those who have implants or have had a mastectomy and for those who dislike and refuse to have a mammography.

**For more information on imaging, making an appointment, becoming an Associate office or integrating the DITI system into your office, please contact**

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