

Thermal imaging can offer a proactive, painless alternative

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Thermography is also an objective method to evaluate if therapies or life style changes are actually working to reduce risk.

For example, many women today use bio-identical hormones which can be very beneficial. However, not all women react the same way to these treatments and thermography provides a way of measuring these results.

On top of all this, breast thermography is non-invasive, safe (even for young women, pregnant women and those with implants) and painless. No radiation or compression is used.

Be proactive rather than reactive. Being proactive is a wonderful choice that we have. It is a way of dealing with things that we can develop and strengthen. The difference is that when choosing to be proactive we do the reacting before something happens instead of after. It is a matter of perspective.

Measuring inflammation through thermal imaging is a proactive, preventive method you can use, which significantly improves your chances for longevity and good health.

For the longest time, little was

known about the fact that inflammation was the "guilty party", responsible for many chronic diseases. However, it is now well recognized that inflammation is a precursor to many diseases, such as cancer, arthritis, heart disease, stroke, diabetes, and high blood pressure. The good news is that early detection of inflammation may help you prevent many negative health conditions from developing.

Even if you're feeling okay today, it's good to have a baseline thermogram done now, so you'll have something to compare to if anything ever pops up down the road.

Thermography has been FDA-approved since 1982 as an adjunct therapy for breast cancer prevention and over 700 peer reviewed studies have been published. Your scans are analyzed and reviewed by board certified physicians who've specialized in thermography.

—This article is submitted by: Dr. Cynthia Simmons, HD, D.H.M.H.S., C.T.T., Healthy Breast Program Educator Breast Health Clinic www.breasthealthclinic.com Phone: 905-873-5773



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