

Thermography Service



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Fee Schedule*

Breast Thermography **\$275**
 (Baseline)

Follow up Breast Thermography
Basic: **\$95**
 (Useful for healthy breasts or frequent follow ups)

Full: **\$275**
 (When more detail is needed)

Please note: Since thermography is preventive medical care, it is not likely to be reimbursed by insurance.

*Fee includes a written assessment with the thermographic images. It does not include review with practitioner.

Early Detection for Early Prevention



Real Early...

...Years Early

Referenced articles

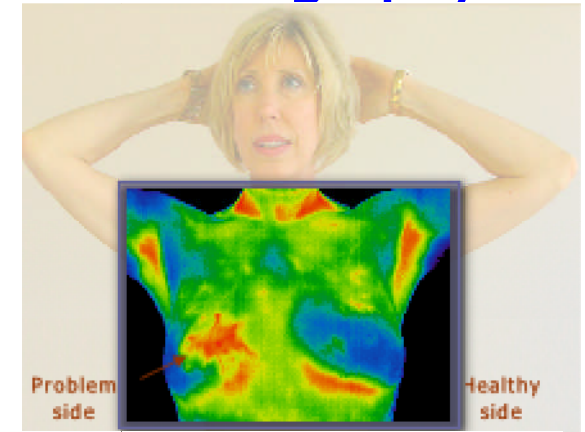
◆ Parisky, Y.R. et al. Efficacy of Computerized Infrared Imaging Analysis to Evaluate Mammographically Suspicious Lesions. *American Journal of Roentgenology*. January 2003, 263-69. The article states that Th-1 and Th-2 (i.e., thermographic risk levels 1 and 2) scores can be reassured with a 99% level of confidence that they do not have breast cancer.

◆ The Breast Journal, Vol. 4. 1998, 245-51. Keyselingk et al documented 85% sensitivity in diagnosing breast cancer using clinical examination and mammography together. This increased to 98% when breast thermography was added.

◆ Gautherine, M. and Gros, CM. Breast Thermography and Cancer Risk Protection. *Cancer*, 1980, Vol 56, 45-51. The article reports that 58,000 patients with breast complaints were examined between 1965 and 1977. 1,245 patients with abnormal Th-3 mammothems had normal breasts by mammography, ultrasound, physical exam and biopsy. 38% of women with normal breasts and 44% of those with mastopathy (i.e. breast problems) developed biopsy proven breast cancer within five years. In 90% of patients with a Th-4 of Th-5 (thermographic risk level of 4 or 5), a diagnosis of cancer was made on their first visit.

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Breast Thermography



This thermogram shows, in rainbow fashion, blue is cold and red is warm. In this simulated thermographic exam, the red (warm) spot corresponds to a known malignancy.

Early Detection Tool for Prevention Of Breast Cancer

◆ See referenced articles ◆

Non-invasive | Safe | Accurate

No Radiation | Painless | Non-contact

State of the Art Equipment



The Power of Prevention

Q: What's better than a cure for breast cancer?

A: Not getting it to begin with!

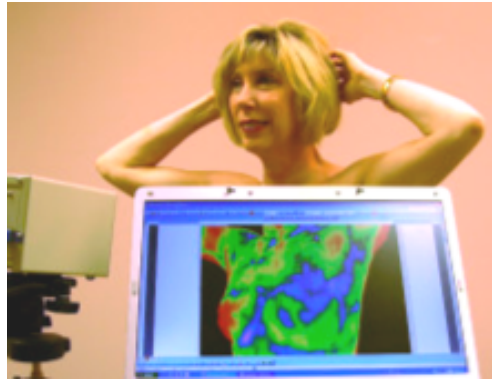
Empower yourself with knowledge. Breast thermography can help anticipate oncoming cancer risk, years ahead of time. Thermography is a risk assessment tool for cancer. A woman can choose to just monitor thermographic stability or change, or she can choose to take steps to reduce her risk. Reduced risk can be seen as a healthier looking thermographic breast image.

Thermographic risk is assessed on a scale of 1 to 5. **A risk level of 1 is associated with a 99% chance of not having breast cancer.** *A risk level of 5, however, is associated with a 90% chance that cancer is already present (references on back).* We can take on health habits that are beneficial or harmful. As our breast health changes, so does our risk, as well as the thermographic image which reflects that risk.

What is breast thermography?

It is an *imaging of the temperatures* on the surface of the breast. The pattern reflects metabolic activity inside the breasts as well as at the neighboring lymph nodes. Certain breast problems tend to produce recognizable thermal patterns while benign conditions such as fibrocystic breasts and benign cysts/lumps tend to show no thermal activity. This helps differentiate problems from non-problems.

It's as easy as this...



After the thermographic image has been analyzed, you will be given a copy for your records, as well as the option to discuss the results in detail with Dr. Rind or another physician knowledgeable in thermography. If the scan suggests a moderate to high risk, you may decide to follow up with a consultation to determine the next step.



The next step may involve taking steps towards **improving breast health**, as well as the possibility of pursuing other imaging modalities including: mammography, ultrasound, MRI or PET scan. Even though the thermographic image is used for risk assessment, an image suggestive of high risk could be an indicator of a problem coming on and closer monitoring might be warranted.

Is there a choice of scans?

At NIHA, we offer two types of scans. **A basic scan** and a **full scan**.

☞ **The basic scan** is an option that affords a glimpse at one's breast health. Three thermographic (from different angles) images are taken. This is not used for a complete analysis but allows us to get a reasonable idea of the breast health. It will appear healthy, unhealthy or equivocal. After reviewing the assessment, you decide how to proceed. Most women show a reasonably healthy image. Many will then monitor for changes with follow up imaging every 1-2 years. After obtaining a basic scan, about 15% of the women choose to pursue a *full* (more detailed) *scan* which more accurately reflects the published research statistics.

☞ **The full scan** consists of nine thermal images followed by a cold challenge**.

☞ Both types of imaging allow a baseline image for monitoring future changes.

☞ **Note:** Thermography does not replace mammography. These technologies are different and yield different information. A mammogram can show a structure that is already present (e.g. a tumor or calcification) while thermography measures physiologic effects and changes. These effects/changes have been shown to have a statistical correlation rather than a direct correlation to the development of breast cancer. Consult your physician regarding recommendations for mammography.

** **Cold Challenge (test):** The hands are placed in cold water for a minute. There is a reflex cooling of the body's skin in response to the cooling of the hands. Cancer and inflammation tend to ignore the brain's order to cool thus staying warm while the surrounding areas cool. A failed cold challenge is not a proof of malignancy but raise our level of suspicion.