

## Frequently Asked Questions:

Q – Who can receive Breast Thermography?

A – Thermography is safe to use on any woman regardless of age and health conditions. Since no radiation is involved, it is safe for pregnant and lactating women. Thermography is also an accurate and comfortable option for women with implants, fibrocystic breasts, dense breast tissue and those who've had mastectomies.

Q- Is Thermography safe?

A - Thermography is non-invasive and there is no radiation involved. In addition, there is no compression of the breasts. The breasts are not touched in any way during a thermography screening. Studies have shown that compressing the breast can rupture cysts allowing cancer cells to spread.

Q – How often should I have Thermography?

A – Typically the first scan is used to set a baseline. Follow-ups will vary depending on your age, health risk and past test results. Generally, women ages 20-30 should have a follow up every 3 years; women ages 40+ should have one every year. Thermograms may be repeated as often as necessary if pathology is found. It is suggested that women start getting Breast Thermography as early as 18 years old.

Q – Will my insurance cover Thermography?

A – Check with your insurance company to be sure. Back To Health Center is out of network with all insurance companies and full payment is due at time of service. Medicare does not cover Thermography.

Q – Can Thermography replace a mammogram?

A – Thermography is another detection tool for breast cancer. Thermograms assess vascular changes in the breast which is the initial physiological change seen in developing cancers. Mammograms look at the structural changes in the breast because they detect masses or lumps in the breast tissue.

**Angiogenesis, the growth of new blood vessels, may be the first sign that cancer is forming. Thermography makes significant contributions to evaluate breast health.**

## Advantages of Thermography

- **100% safe regardless of age**
- **Non Invasive**
- **No Radiation**
- **No painful compression**
- **Earliest method of detecting breast pathology**
- **Detection before it forms a sizable mass or has a chance to spread**
- **Effective, accurate results for women with dense breasts, breast implants, and who've had mastectomy.**
- **When compared with x-rays, CT scans, ultrasound and MRI's, thermography has the unique ability to show physiological and metabolic changes.**
- **When compared to other screenings, Thermography is very cost effective.**



*Call for your appointment today!*

Back to Health Center

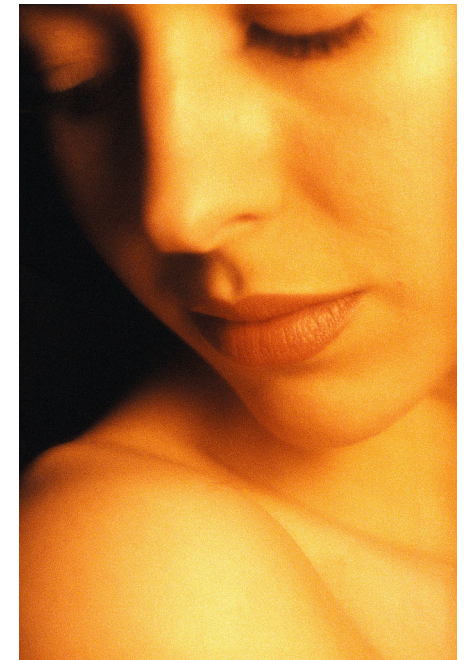
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*Breast  
Thermography:  
Opening Doors  
To Better Health*

*44% of women with an abnormal thermogram develop breast cancer within 10 years if no preventative steps are taken. This number falls to 0.4% if the thermogram is normal.*

## What Happens During a Breast Thermography Screening?

Prior to your appointment, you need fulfill the pre-screening requirements as explained in this pamphlet. You'll also be asked to complete some basic paperwork. At the time of your appointment, you will sit disrobed from the waist up in a private, temperature-controlled room for 15 minutes. This allows your body to acclimate to a normal temperature.

During the screening, you will be positioned in front of a Thermal Imaging Camera as the technician takes digital pictures (5-15 minutes). Your thermograms (pictures) are sent out to a certified physician for analysis. Once the report is received, you'll be called to set up an appointment for your report of findings with one of our consultants.

## A Partner in Early Breast Cancer Prevention

The FDA has cleared thermography devices for use as an additional diagnostic tool in a multi-model approach towards the fight against breast cancer. It is a safe, comfortable and extremely sensitive procedure, so thermography can be used to detect a pathological state of the breast and be used to monitor treatments.

The thermography images visualize heat patterns that can accurately detect breast abnormalities. The test can sense slight changes in breast temperature that can signify an array of breast diseases. The images are then analyzed for the amount of heat shown and also for the symmetry of heat patterns.

When thermography is used as part of a multi-model approach along with other diagnostic tools, 95% of early stage pathologies can be detected.

Nearly one-third of all breast cancers occur in women under 45 and 1 in every 8 women will get breast cancer at some point in their lifetime. When detected in its earliest stages, cure rates of over 95% are possible!

## Breast Thermography Pre-Screening Requirements

- Wait at least 4 weeks after a needle biopsy
- Wait at least 8 weeks after an incisional biopsy
- Wait at least 3 months after any radiation
- Nursing mothers: try to feed the baby at least 1 hour before screening.

### 5 Days prior to screening avoid:

- Sun Exposure and indoor tanning of the chest

### 24 Hours prior to screening avoid:

- Treatments and tests such as EMG, TENS, physical therapy, chiropractic adjustments, deep heat treatments, hot/cold packs, acupuncture, etc to any body part.
- Drinking alcohol
- Clinical physical stimulation, examination or compression of the breasts (self or clinical examination, ultrasound or mammogram)
- Shaving or other types of hair removal from the chest area.
- If you have had a fever in the last 36 hours, your screening will need to be rescheduled.

### DAY of the screening:

- Do NOT bath or shower
- Do NOT wear any skin preparations: skin creams, deodorant, lotions, perfume or powders
- Do NOT exercise
- Avoid sauna and/or steam-room
- Wear loose fitting clothes. Do not wear a bra to the screening

**An abnormal thermogram is 10 times more significant as a future risk indicator for breast cancer than a first order family history.**

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## Did You Know...

- A woman is diagnosed with breast cancer every 3 minutes in the U.S.
- A woman dies from breast cancer every 12 minutes in the U.S.
- Breast cancer results in over 40,000 deaths each year.
- Breast cancer is the leading cause of death for women between the ages of 15 to 54.