

Early Detection Breakthrough: **Is Thermography right for you?**

Most women are familiar with mammography, but other screening options are becoming readily available.

Despite increased awareness levels of breast cancer and mammography, breast cancer statistics continue to get worse. Today, nearly 1 in 7 women will get breast cancer in their lifetime. We know that prevention and early detection of breast cancer are key. But one technology you may not know much about is Thermography—and it's the best way to detect breast cancer early.

Although most Americans may not be familiar with Thermograms, many should already be aware of the concept. Anyone who has seen action movies or television shows, likely know, that the US Military

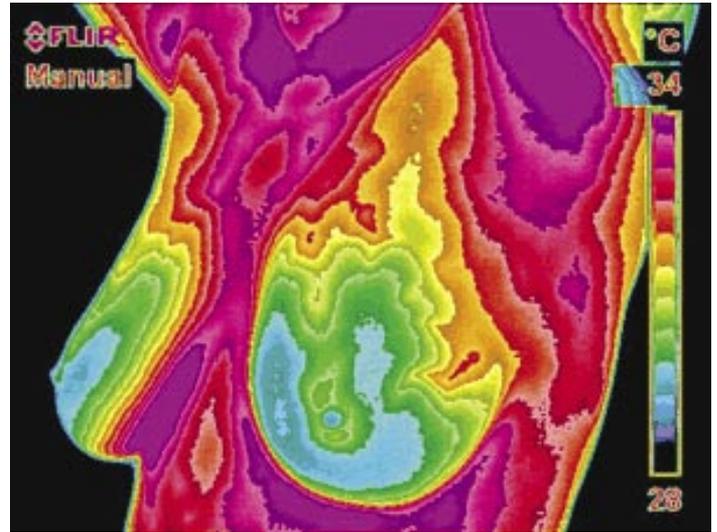
In fact, thermograms can detect cancerous tissue years before a mammogram.

has been using thermal technology—or Digital Infrared Imaging—for years. Thermography

is especially valued by the military for its ability to see beneath the surface, to detect heat where the eye cannot see. In the medical world, recent advances in thermographic technology from Micro Health Systems and NEC have made this breast screening tool more widely available and more effective than ever.

How does Thermography work? A breast thermogram is a Digital Infrared Image of a woman's breasts and upper torso. Images are taken in color, which reveal patterns of heat, and gray-scale, which show vascularity in the breast tissue. Specially trained Breast Thermographers then review the information on the images, comparing one to another, as well as to typical patterns of heat and vascularity. Various patterns of heat and vascularity in the breast tissue can reveal the earliest stages of abnormalities, everything from hormonal imbalances to cancerous tissue.

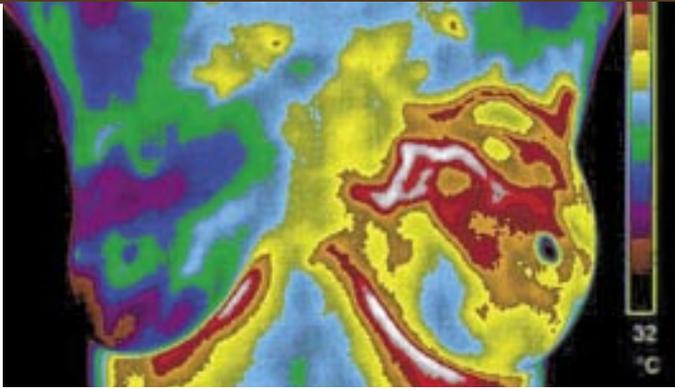
Who can perform Thermograms? Breast Thermography has been approved by the FDA since 1982. The designation of "Thermographer" is only open to medical doctors who have completed the American Medical Infrared Academy's training program, which



The hotter temperatures are the lighter colors. In the normal THI image above, the color (temperature) patterns of the breasts are cool and very close to identical when compared to each other.

includes live classroom training, research projects, and oral and written exams. Thermographers are able to take and read digital images, as well as advise the patient on further work-ups that may be needed. Non-medical doctors can undergo training to become a Thermographic Technician, which allows them to take digital images and suggest treatment choices for the patient.

Is a Thermogram right for you? Breast Thermography is not necessarily considered a replacement to mammograms or other diagnostic tools. However, thermograms certainly offer advantages. First and foremost, they are completely safe, non-invasive, and radiation and pain-free. They have also been proven extremely effective at finding abnormalities in breast tissue, including the earliest stages of breast cancer. In fact, thermograms can detect cancerous tissue years before a mammogram. Since thermograms do not pose health risks, they may be started far earlier in life, even when a woman is in her teens. Given the increased incidence of breast cancer among younger women, thermography can be a great option for women in their teens and twenties. Thermograms can also be especially valuable for women with a history of breast cancer in their families, for women who have been on the pill, and for women who have been exposed to significant environmental pollutants. Not just for younger women, thermograms can be highly advantageous for

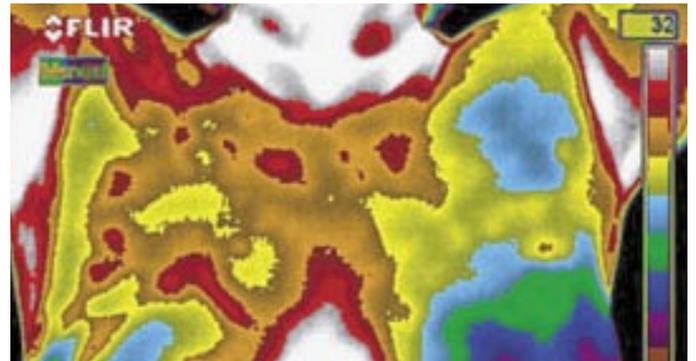


Note the intensely increased temperature (metabolism) and vascularity of the entire left breast.

post-menopausal women as they can reveal hormonal imbalances, a significant risk factor in breast cancer.

Where can you get a Thermogram? With recent advances in thermographic technology, more and more clinics are offering women this screening option. Pink Penguin Press is also making thermogram education a priority. By working with alternative and allopathic practitioners, equipment suppliers in Europe, and by creating an easy to use listing of available clinics across the country, Pink Penguin Press has committed a major part of their resources to make it easy for individuals to source out local clinics that offer thermography and other alternative therapies. Check in frequently

at www.pinkpenguinpress.org or call 800-647-5048 as they build their database of clinics nationwide. Additionally, further information on thermograms is available at LifeSavingEmail.com. Please visit www.LifeSavingEmail.com and sign up for your monthly Breast Self Exam reminder, as well as to receive your annual thermogram and/or mammogram reminder. Each monthly reminder is filled with the latest research, valuable nutritional advice, and, of course, directions to guide you through your self-exam.



Note the increased temperature (metabolism) of the right breast. There are three suspicious areas of higher temperatures.



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