



Thermograms More User-Friendly than Mammograms

by Lee Walker

The American Cancer Society's (ACS) statistics on breast cancer are shocking. Every three minutes in the United States alone another woman is diagnosed with this dreaded disease, which annually claims the lives of more than 40,000 women.

With its incidence on the rise and prevention now considered more valuable than cure, women are beginning to educate themselves on the option of including a thermogram in their annual check-up. This little-known tool for risk assessment measures thermal emissions

abnormal physiology changes." Cancer stimulates the production of new blood vessels that don't have the ability to contract, and brings about the production of nitric oxide, which causes vascular dilation, increased blood supply and heat. The infrared camera images this abnormal blood supply, which forms to feed cancerous tumors. To those skilled in interpreting such images, these vessels look different and indicate abnormal development.

Rita Rimmer, owner of Health Imaging, can't imagine why traditional

long session to sharing pertinent information and answering questions. The imaging process takes only 15 minutes. Her recommended reading list, gathered over her past six years of practice, also includes *Dressed to Kill*, by Sydney Ross Singer and Soma Grismaijer.

The book, advises Rimmer, points to a link between cancer and bras. "This is obviously information that women need to make informed choices."

Two consultations are required for assessment, the first for imaging and the second, three months later, for a follow-up. In the meantime, Rimmer mails her clients a written interpretation of the initial imaging session.

Dr. Moshe Dekel has been performing thermography imaging and interpretation for his patients for five years. He notes that the majority of his clients choose the technique because they don't want to undergo the compression and radiation of mammography.

Dekel explains "Breast cancer is a systemic cancer that happens in the breast because the immune system is overwhelmed. Since a thermogram is basically a physiology study, I include preventative protocols for breast cancer during the interpretive process. Then I show them what these practices can do for their health in general."

He shares his enlightened philosophy on health with every patient. "You are in charge of your health and your family's health," he affirms. "This means that you must educate yourself on the various modalities that will keep you healthy, so that you can make the best choices based on data, rather than on fear."

It appears that women who add thermography to their annual self-care checklist will get the gentle ounce of prevention that's worth far more than a pound of cure.

Contact Dr. Moshe Dekel at 166 Elaine Dr, in Oceanside, NY, or call (516) 817-1770. Visit DrDekel.com.

Contact Rita Rimmer at (941) 355-1007. Health Imaging is located at 1920 Northgate Blvd, St A-4 in Estero, FL. Visit HealthyThermalImaging.com.

For more info on thermography, visit the American College of Clinical Thermology at ThermologyOnline.org.

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emanating from the body, a key indicator of health. Available here since the 1960s, it was approved in 1982 as an adjunct to mammography.

Also referred to as digital infrared thermal imaging, thermography has long been used for surveillance and night vision by the military. Since its early clinical use in the field of medicine, dramatic technological advances have occurred in the underlying science, which now employs highly sensitive, state-of-the-art infrared cameras and sophisticated computers. The American College of Clinical Thermology (ACCT) is now responsible for training technicians and physicians, providing accreditation for practitioners and promoting scientific research. Peter Leando, PhD, an ACCT training officer, conducts ongoing sessions at Duke University.

"Thermography," explains Leando, "offers an indication of inflammation, vascular change, lymph activity and

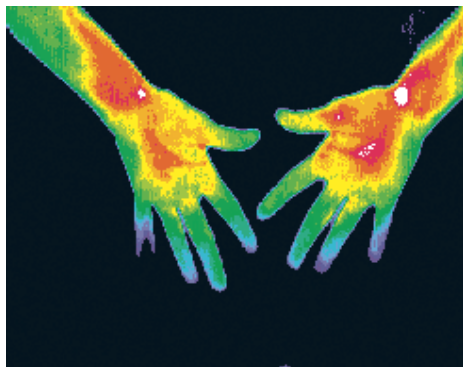
medicine doesn't embrace thermography for early risk assessment. "Mammography finds the cancer only when it's large enough to be a tumor," says Rimmer. "Thermography has been known to detect breast cancer as much as 10 years before a tumor develops."

She points out that it has also been debated whether mammograms can cause some breast cancers. Referencing a book that she refers to her clients, *What Your Doctor May Not Tell You about Breast Cancer* by Dr. John Lee, she quotes: "The [mammogram] procedure is unpleasant and radiation is potentially harmful. Both tissue damage and radiation are known risk factors for breast cancer, so it may even be logical to assume that mammography can contribute to breast cancer."

Rimmer focuses much of her time on educating women about prevention. She devotes 45 minutes of the first hour-

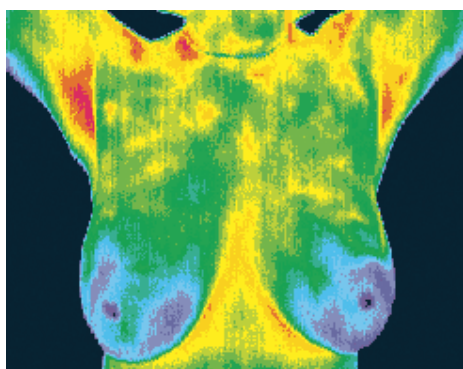
Thermography Comes to Columbia

Now Offered by About Your Health Inc



Carpal Tunnel Syndrome

About Your Health, located at 120 Kaminer Way, is focused on health education and providing health and wellness enhancing services to the public, such as one-on-one nutritional counseling, Reams PH testing, parasite programs, aqua-chi footbaths, far infrared sauna, weight-loss programs and, now, thermography.



Normal Thermogram

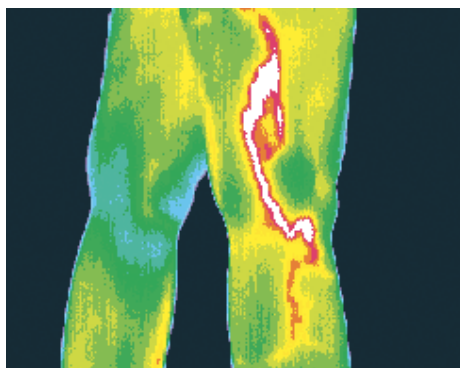
Thermography, the diagnostic technique that captures graphic images to map the body's temperature, produces images that show thermal symmetry in a normal healthy body and subtle abnormal temperature asymmetry in a potentially unhealthy body. It can be a valuable procedure for alerting your doctor to changes that can indicate early disease or potential pathology.

The procedure at About Your Health is quick and easy. Your medical history is taken before you partially disrobe for the scan. The scanning is done by a technician who simply takes your picture and forwards the photos and medical history to the interpretation company. In a fairly short time, a certi-

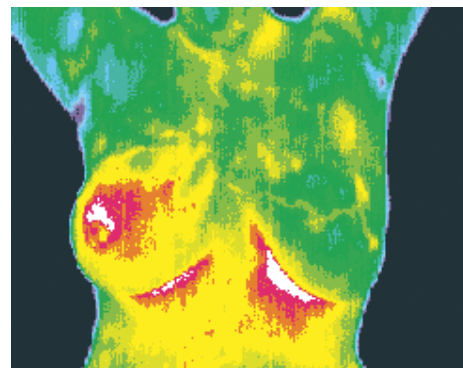
fied medical doctor reports your results with copies of all of the color images taken during your test. Your thermal fingerprint, or thermal baseline, is established with your initial visit and a subsequent visit three months later. All of your thermography images are kept on record, and once your stable thermal pattern has been established, any changes can be detected during a routine annual study.

The procedure is completely noninvasive, contains no radiation, is painless, and there is no contact with the body. It is US Food and Drug Administration approved. Conditions and injuries that might benefit include:

- Back injuries • Breast disease • Arthritis • Headache
- Nerve damage • Unexplained pain
- Fibromyalgia • RSD (CRPS)
- Sprain/strain • Skin cancer
- Artery inflammation • Vascular disease • Carpal tunnel • Disc disease • Inflammatory pain • Stroke screening • Whiplash • Dental issues • TMJ • Digestive disorders



Vascular Inflammatory Pain



Inflammatory Cancer

The role of thermography in monitoring breast health is to help in early detection and monitoring of abnormal physiology. One day, there may be a single method for the early detection of breast cancer. Until then, using a combination of methods will increase your chances of detecting cancer in an early stage. Recommended methods include:

- Annual thermography screening for women of all ages
- Mammography, when considered appropriate for women who are aged 50 or older
- A regular breast examination by a health professional
- Monthly breast self-examination
- Personal awareness for changes in the breast
- Readiness to discuss quickly any changes with a doctor

Information is empowering, and About Your Health strives to educate you and provide you with the tools to make the right health and wellness decisions.

For more info, contact About Your Health Inc, 120 Kaminer Way Pkwy, Suite J, Columbia, (803) 798-8687. Visit AboutYourHealthSC.com and MediTherm.com. See ad back page.