



Breast Thermography

What is Infrared Thermography?

Infrared Thermography uses an FDA approved medical grade Infrared Camera to detect subtle variations of heat radiating from the surface of the body. Its use in cancer prevention and early detection is based on the principal that as a cancerous tumor develops, there is increased circulation and metabolic activity in the area which correlate to a rise in radiant heat that can be detected by the Infrared Camera.

These metabolic changes can be identified well before a noticeable mass develops, up to 8 years earlier. In some cases, such as Inflammatory Breast Cancer, there are no lumps to be detected by self-exam or Mammography.



How is Infrared Breast Thermography Different from Traditional Mammography?

Unlike Mammography, Infrared Thermography is a completely non-contact and pain-free procedure. There also is no radiation exposure. Mammography uses an X-Ray to capture an image that is a shadow of dense structures in the breast. It has an 80% sensitivity, which means that it correctly identifies malignant tumors 80% of the time, in women over age 50. It has lower sensitivity in women under age 50.

Difficulties in reading mammograms can occur in women who are on hormone replacement, nursing or have fibro-cystic,

large, dense, or enhanced breasts. These types of breast differences do not cause complications in reading digital Infrared scans. Thermography is designed to be an adjunctive screening and is best used in combination with other screening tools.

It has a 90% sensitivity in women of all ages. Since it detects physiological changes in tissue, a positive Infrared image is the highest known risk factor for the existence of or future development of breast cancer. It is important to note that neither Mammography nor Thermography diagnose cancer. Only a biopsy can determine if a questionable area is malignant.



Prevention is Key

Breast Cancer is a leading concern for all women, and is even becoming more common among men. As a woman, you have a 1 in 8 chance of developing breast cancer at some point in your lifetime. Fortunately, nearly all breast cancers can be treated successfully if they are found early. The five-year survival rate for women whose breast cancer is found and treated in its early stages is nearly 100%. Detecting breast cancer early gives you a lifesaving head start on the road to treatment and optimal health.

Just as unique as a fingerprint, each patient has a particular Infrared map of their breasts. Any variation of this Infrared map on serial imaging (images taken over months to years) may indicate an early sign of an abnormality. Stay proactive and in charge of your health by making Infrared Thermography a part of your annual routine.

What can I expect when I come in for an Infrared Thermography Study?

The Riordan Clinic uses Thermo-Scan Reference Lab, the leading provider of Infrared Thermography analysis and reporting. They are the only scientific lab in North America solely dedicated to medical thermography and have analyzed and written over 1 million studies. They utilize a rigorous 4-step analytic and reporting process that is unmatched in the industry. They provide an easy to read, comprehensive report that includes the images as well as key areas of concern.

When you come for your Infrared Thermography study, you will be shown to the thermography room where the temperature is set at around 70 degrees. You will first complete a medical history with our nurse. You also will have the option to complete this online before you come to the appointment if you prefer. You will then rest comfortably in the room for 10 minutes to let any heat from outside dissipate and your body's temperature to come into equilibrium with the room. Following this, you will stand comfortably in front of the camera as 6 images from various angles are taken. And that's it! You will receive your personalized and comprehensive report within 3 weeks, and a copy of the report can be sent to any health care providers you request.

You do not need to be a patient in order to schedule and the process takes about 30 minutes.

[Learn more at riordanclinic.org/what-we-do/infrared-breast-thermography](https://riordanclinic.org/what-we-do/infrared-breast-thermography)