

## ***Midwest Thermography***



More has to be done for prevention of hormone related cancers. By the time mammography and ultrasound detect an issue, a pathology has already developed. Thermography helps to detect risk factors early to allow time to make a change before the diagnosis can occur.

Breast thermography is an essential addition to breast health screening because of its ability to monitor physiological changes in the breast tissue, such as hormone imbalance and lifestyle effects on breast health.

All technicians are female, certified and experienced health care professionals. Our imaging process is performed in a designated temperature controlled room and offers privacy and comfort for the patient.

All breast thermograms at Midwest Thermography include a comparison study using a cold water challenge to provide even greater vascular and angiogenesis detail. This assists doctors in detecting and clarifying abnormalities in the breast tissue from the earliest visible changes.

The cold water challenge is a second series of pictures taken after the patient places their hands in cool water for 60 seconds. Accuracy, precision, specificity, sensitivity and standardization are all increased by doing a cold water challenge.

Some research shows that the cold water challenge may not be necessary; however we include it in all our breast scans for exceptional accuracy and earlier detection.

Many factors can vary when only one series is done by a clinic and the comparison is done three months later. For this reason, we strongly advocate the use of the cold water challenge to give the utmost accuracy in your breast thermogram.



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## ***Naturopathic Family Care Lifestyle Medicine***



**Member of the American College of  
Lifestyle Medicine**



**CHIP Lifestyle Institute Director for the  
Greater Kansas City Area**



**Member of the American Association of  
Naturopathic Physicians**



**Member of the Physician's Committee for  
Responsible Medicine**



## Naturopathic Family Care

**The Healing Power of Nature-** Restore and support the body's own healing abilities by using methods, medicines and techniques that are in harmony with natural processes.

**Identify and Treat the Cause-** Identify and remove the underlying causes of an illness, rather than to merely eliminate or suppress symptoms.

**First Do No Harm-** Utilization of non-invasive testing, treatments and therapies to minimize the risks of harmful side-effects.

**Doctor as Teacher-** Provide education for patient on preventative medicine, healthy lifestyle and encourage them to take responsibility for their health.

**Treat the Whole Person-** Customized health care for each patient by taking into consideration physical, emotional, dietary, genetic, environmental, lifestyle and other factors.

**Preventative Medicine-** Comprehensive assessment, health risk analysis and diagnostic testing to provide earlier interventions and prevention of illness.

Naturopathic Doctors are specialists in natural medicine and licensed primary care providers trained in the following Medical Sciences:

Anatomy	Pediatrics	Laboratory Diagnosis
Physiology	Dermatology	Clinical Assessment
Pathology	Cardiology	Gastroenterology
Biochemistry	Pulmonology	Neurology
Radiology	Oncology	Gynecology
Pharmacology	Psychology	Physical Exam
Microbiology	Obstetrics	Minor Surgery
Immunology	Venipuncture	Rheumatology



## Natural Hormone Balancing



Hormone imbalance is often the cause of many unwanted symptoms and health risks. Our doctors provide comprehensive Neurotransmitter/Adrenal/Hormone testing to detect the underlying cause and assist the body to naturally balance the hormones. Our testing includes estrogen and progesterone quotients to earlier detect risks for hormone related cancers. These quotients help monitor the risks for cancer in the breast and reproductive organs. Our doctors use these detection methods in combination with custom treatment plans for prevention and earlier detection of new and reoccurring hormone related cancers.

Breast thermograms are also utilized to monitor hormone imbalance and its effects on breast health risks. If a thermogram is abnormal or shows that a hormone imbalance is affecting the breast tissue, additional diagnostic testing may be suggested. Thermography assists doctors in formulating more effective treatment and prevention plans, as well as monitoring the effectiveness of treatments and lifestyle changes.

Breast Thermograms and Neurotransmitter/Adrenal/Hormone testing are recommended yearly for women and men, if any of the following risk factors apply:

- Obesity & Belly Fat
- Use of ANY Hormone Replacement Therapy
- Hormone Imbalance
- History of Birth Control Use
- Fibrocystic or Dense Breast Tissue
- Gynecomastia in Men
- Family History of Hormone Related Cancers
- Personal History of Hormone Related Cancer(s)
- Red Dots on the Tongue
- Red Spots (Cherry Angiomas) on the Abdomen
- Eating Commercially or Conventionally Grown Foods
- Exposure To Xenoestrogens in Environmental Chemicals/Products

## Lifestyle Medicine

Our comprehensive lifestyle screening gives doctors early indications of health risks, as well as a way to monitor effectiveness of preventative health plans. Many conditions go unnoticed until painful symptoms arise which indicates disease is well on its way. By detecting these health risks, doctors can work to formulate more customized plans to accelerate the healing process and prevent and reverse diseases.

Our state of the art cardiovascular screening process provides doctors with unique information and correlates with the medical standard Framingham Score. The Framingham Score estimates the 10 year cardiovascular risk of the patient and their chance of developing cardiovascular disease.

Nutritional screening provides personalized diet recommendations with recommended foods to accelerate the healing process and help prevent future illness. All customized dietary plans also include a list of foods to avoid that can promote inflammation and increase health risks. Vitamin and mineral deficiency analysis assists in formulation of nutrition and supplement plans. Proper diet and nutrient balance is an essential part of the healing process and disease prevention.

Proper weight management is also an important part of maintaining optimal health. Body composition, metabolic rate analysis and lifestyle assessment is included in all nutrient and lifestyle screens. This addition provides patients with an easy to follow, healthy, custom weight management plan.

The full comprehensive Lifestyle Screening is \$150. Nutrition, spine, disease risk and autonomic nervous system assessments may also be done individually for \$40 each. Price does not include doctor's interpretation.

