

## ***Understanding Your Risk Rating***

### **TH1- Normal Non-Vascular Image**

- Normal with minimal risk of cancer.
- When compared to each other, both breasts are even in temperature and cool (dark colors).

### **TH2- Normal Vascular Image**

- Normal with minimal risk of cancer
- Evenly distributed areas of heat (blood vessels) in both breasts.
- If present, specific vascular patterns indicate increased estrogen activity.

### **TH3- Equivocal Image (Questionable)**

- Classified between normal and abnormal.
- One breast with one primary or two secondary thermovascular findings.
- Early follow-up infrared examination is indicated to monitor the stability and/or possible progression of any noted regions of interest.

### **TH4- Abnormal Image**

- Increased risk that a cancer may be present.
- Aggressive heated blood vessels in one breast vs. the other.
- Higher risk of future breast cancer when other tests are negative.
- Additional diagnostic imaging may be indicated to monitor the stability and/or possible progression of any noted regions of interest.

### **TH5- Severely Abnormal Image**

- Increased risk that cancer may be present.
- Highly aggressive heated blood vessels in one breast vs. the other.
- Higher risk of future breast cancer when other tests are negative.
- Additional diagnostic imaging may be indicated to monitor the stability and/or possible progression of any noted regions of interest.

Source: Guthrie. *The Cancer Journal* 45.1 (1980): 51-56. Print.



*Midwest  
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*Trusted Partners in Thermal Imaging*



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## Midwest Thermography

At Midwest Thermography we are dedicated to educating patients and health care providers about the benefits of thermography, its intended use and the correct methods of thermal imaging and interpretation.

Thermography is an FDA approved, non-invasive, radiation free imaging technology that can visualize and document temperature variations. This allows for visualization of physiological changes in the body such as hormone imbalance and lifestyle effects on health risks. X-Rays, mammography, ultrasound, and MRIs are all tests that only provide information on the structures found within the body.

Thermography is a valuable diagnostic tool for doctors. It assists doctors in formulating more effective treatment and prevention plans, as well as monitoring the effectiveness of treatments and lifestyle changes.

Clinical Thermography is used for monitoring treatment progress of many conditions including:

- Breast Health
- Dental Irritation
- Dental Misalignment
- Headache Patterns
- Hormone Imbalance
- Inflammatory Conditions
- Musculoskeletal Pain
- Spider Veins
- Spinal Misalignment
- Sports Injuries
- Thyroid Problems
- Varicose Veins



## An Integrative Approach



All thermograms at Midwest Thermography are viewed by two doctors experienced in thermography and women's health. If a thermogram is abnormal or shows that a hormone imbalance is affecting the breast tissue, additional diagnostic testing may be suggested. Licensed doctors are on staff to assist with further testing and treatment if desired. We are also happy to work with other health care providers for an integrative approach to women's health.

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 recurring hormone related cancers.

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

## Breast 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.

