

by Kathy Markham,
Certified Clinical Thermographer

Every time I know or hear of someone experiencing the devastation of a cancer diagnosis, it breaks my heart to know that it could have been prevented. Educating myself on the benefits of thermography has taken my awareness of women's health issues to a whole new level.

Medical Thermal Imaging is an FDA registered technology that is completely safe and noninvasive without the use of radiation or other potentially harmful elements. It can visualize and quantify minute variations/changes in skin surface temperature. These subtle temperature abnormalities can be indications of a multitude of potential health conditions.

One of the most valuable uses for this technology is the earliest possible detection of breast abnormalities. Thermal Imaging can detect signs literally 10-15 years before disease manifests itself. Mammograms are integral in assisting the diagnosis of a suspicious situation, but by the time it is effective the patient is already a statistic.

In our practice we have had the opportunity of providing thermography to many women and three of them were identified in the "neovascular" early stages. Editor Note: Early stages of what? Neovascular means, neo – new and vascular – blood vessel. This term is used by radiologists that read thermograms. In layman's terms, it means that cancer has not developed, but that the body is in a stage where development could begin.

This early warning allows women to begin making lifestyle changes, including small dietary changes and exercise that improves the chances that cancer can be prevented. Other screenings available include, monthly breast self-exams, mammography and physician exams. While these are very important they are catching cancer AFTER it has developed. Thermography may be able to see problems BEFORE they develop. An ounce of prevention is still worth a pound of cure.

Today, in addition to breast screening, Thermal Imaging is also used for early detection of heart diseases, diabetes and any other inflammation-related problems. Besides early detection, it also offers the benefits of being safe, painless and affordable.

The images are evaluated by a medical doctor who specializes in reading thermograms and a full comprehensive report is returned within just a few days along with the images. It's painless, noninvasive and that simple. You can then schedule an annual exam after completing this process.

With this technology, three types of screenings are available; Breast Screening that consists of six images; Women's Health Screening that consists of 12 images; and the Full Body Screening that consists of 31 pictures.

Supplemental detection is provided with a Plexus Breast Chek aid that is used as an aid in performing Breast Self-Examinations between annual exams. The Plexus Breast Chek is a medical device composed of soft, ultra-thin latex-free polyurethane with a special lubricant sealed inside. This aid is designed to help women perform their monthly Breast Self-Examination with confidence. This device reduces friction and provides for an easier and more comfortable exam.

Breast cancer has the potential to become an epidemic, but with the help of thermograms and other supplemental detection options we now have the power to change that.

Kathy Markham, CCT, TN, MH, CNC, CNHP has been appointed to the Board of Directors of the Texas Health Freedom Coalition. Kathy is a member of the American Association of Nutritional Consultants, American Naturopathic Medical Association, Certified Natural Health Professionals, American Association of Integrative Medicine, Council of Naturopathic Registration and Accreditation, Texas Complementary & Alternative Medical Association and the Texas Health Freedom Coalition. She resides in Houston with her two children, Amanda and Robert.

Nutritional Transitions is a new facility that opened in December 2007 and has rapidly become one of the leaders in the Houston area and now in the state with this appointment. Nutritional Transitions is a new kind of health care facility that includes a wide selection of cutting-edge alternative modalities offered in one facility by well-trained, experienced, caring practitioners. Nutritional Transitions is associated with The American Wellness Center in Lake Charles, Louisiana located at 213 So. Ryan; 337-463-4007. See us at the Lake Charles Women's Conference.