



### **Is Thermal Imaging for breast screening a better option to mammograms?**

Many women come for Thermal Imaging believing & thinking that this is a safer & therefore better option to mammography for breast screening. There is no comparison or competition between mammogram or breast ultrasound and Thermal Imaging. They are two different tests providing different results.

Digital Infrared Thermal Imaging (DITI) is a valuable tool for first line breast screening. Thermal Imaging detects abnormal and asymmetric heat patterns emitting from the breast tissue. These patterns signify disturbances in underlying metabolic & physiological processes that are potentially reversible.

Examples of common metabolic & physiological processes that affect the breast area which are commonly seen on thermal imaging are lymph congestion, estrogen dominance, vascular changes and inflammation all of which are considered important risk factors for breast disease. All screening tools have their value & limitations.

**The limitation of Thermal Imaging is that it cannot detect structural or physical abnormalities such as areas of calcification.**

Mammography does expose a woman to high dose radiation & can also be unpleasantly painful. However it is offered "free" within the NHS as part of their breast screening service and they do not offer the option of breast ultrasound instead of mammography.

If therefore one is unable to afford to pay privately for both Thermal Imaging and breast ultrasound once a year for breast screening then I do recommend that you take up the offer to obtain a mammogram – perhaps not as often as once a year but once every 3 years - to ensure that the breast tissue is being examined from another important physical dimension. Of course there is also the option to have an MRI scan of the breasts but that is often reserved for further evaluating any subtle abnormalities that may have been found on breast ultrasound or mammograms.

**In summary, whilst breast ultrasound and/or mammograms are useful screening tools to detect physical, structural abnormalities within the breast tissue, they do not detect underlying metabolic & physiological changes such as lymph congestion & estrogen dominance that commonly affect the breast tissues.**

Therefore it is recommended that Thermal Imaging be used alongside breast ultrasound, mammography or MRI scanning to increase the sensitivity of detecting early abnormalities within the breast tissue.

**My preferred choice is to use Thermal Imaging alongside breast ultrasound for a more complete breast screening programme.**

Thermal Imaging, like mammography & breast ultrasound, is a screening tool.

THEY DO NOT DIAGNOSE

**The only diagnostic tool for breast cancer is a tissue biopsy of a suspicious or abnormal area found on any one of the screening tests.**

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