## DR. BLAKE BAGGETT

5 Critical Findings

# your mammogram is missing

Learn how thermograms can improve your breast cancer screenings.



### Disclaimer

No breast cancer screening tool is 100% accurate. Thermography is an adjunctive imaging technique that should be used in addition to mammography and physical exam, not in place of. Thermograms do not replace mammograms, nor do mammograms replace thermograms. These technologies are complementary. This booklet is intended for informational purposes only and not meant to diagnose, prevent, or treat any disease. For full legal terms and disclaimer, visit www.thermologyclinic.com





A Message from Dr. Blake Baggett Owner of The Thermology Clinic

Breast cancer is the most common cancer in women, affecting 1 in 8 US women in their lifetimes. The American Cancer Society recommends routine mammograms in women over the age of 40 as the best screening tool for the early detection of breast cancer.

I do not disagree with the recommendations of the American Cancer Society and do not advise anybody to go against the recommendations of their physician.

### However, mammograms are not perfect.

Approximately 1 in 5 breast cancers are missed by routine mammograms. This can give a woman a false sense of security, leading her to think she doesn't have breast cancer when she actually does. The breast tumor may continue to grow unrecognized for years.

Even in the best-case scenario, mammograms can only detect breast cancer after it has grown large enough to already require treatments like surgery or radiation. I believe that's just not acceptable.

# We have the technology to improve breast cancer screenings. It's called THERMOGRAPHY.



## **About Thermography**

Thermography is a test that uses ultra-sensitive infrared cameras and computer technology to produce high-resolution images of heat patterns and blood flow in body tissues. It is completely non-invasive and involves no radiation or compression.

Thermography measures subtle temperature variations in the breast tissue. **The technology detects heat, which can be produced by increased blood vessel circulation, inflammation, or other metabolic changes.** 

Thermography has been subjected to extensive scientific research since the 1950s. It is FDA-cleared as an adjunct to breast cancer screening. Strict protocols for the interpretation of thermograms have been standardized for years.

In the following pages, you will discover 5 things that your mammograms might be missing. You'll also learn how **thermograms can improve your breast cancer screenings** and actually go beyond early detection to real breast cancer prevention.



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## **Precancerous Activity**

A mammogram is a special type of x-ray that detects structural changes in the breast tissue. It can visualize an established tumor after it has grown to a detectable size. Unfortunately, it could take as many as 2-5 years for a tumor to grow large enough to detect on a mammogram.

By the time a mammogram detects a breast tumor, it's already at the point that requires an invasive treatment—like surgery, radiation, or chemotherapy.

#### Mammograms cannot detect precancerous activity.

Thermography is different in that it detects functional instead of structural changes in the breast tissue. Thermography detects patterns of heat and blood flow, which can be among the earliest signs of precancerous activity.

For example, increased blood flow to the breast may mean there is new blood vessel formation, called angiogenesis. Angiogenesis is necessary to sustain tumor growth and is an early warning sign that a tumor may be growing.

# Whereas mammograms detect breast cancer after it is well established, **thermograms can detect changes that precede cancer growth.**

This means you don't have to wait for a tumor to grow large enough to be visualized by a mammogram to take proactive and preventive action.

### What Your Mammogram is Missing #2

## **Breast Cancer Risk**

The American Cancer Society states that mammograms are the best tool we have for the early detection of cancer. That means that at their very best, mammograms detect cancer at a stage that it can be treated effectively.

### Mammograms do not detect cancer risk.

Thermography is different in that it detects changes that potentially precede cancer growth and therefore gives an indication of risk. For example, increased blood flow to the breast tissue may be secondary to higher levels of estrogen in that area. Since some breast cancers are stimulated by estrogen, this is an important marker of risk.

Risk factors for breast cancer include having a family history, being overweight, taking birth control pills, and drinking alcohol. But do you want to know the most overlooked risk factor for developing breast cancer?

Abnormal findings on a thermogram.

Studies show that an **abnormal thermogram** is 10 times as significant as family history and the **single best predictor of breast cancer risk.** 

# The Difference Between Invasive and Non-Invasive Cancer

Mammograms often detect serious cancers that need to be treated, but sometimes they detect benign cancers, like ductal carcinoma in-situ (DCIS). DCIS is the presence of abnormal cells inside the milk duct in the breast. DCIS is non-invasive (meaning it has not spread outside the milk duct) and has an extremely low risk of becoming invasive.

The problem is that mammogram images cannot tell the difference between cancer that will grow and spread and cancer that will not. It's a situation called overdiagnosis and means that some women receive treatments like surgery or radiation for cancers that would never become life-threatening.

Thermograms offer information beyond that of mammograms. By detecting functional changes in heat patterns and blood flow, thermograms provide additional insight into the health of the breast tissue.

Although a thermogram cannot diagnose breast cancer (invasive or non-invasive), it provides **information that you can get in no other way.** 

By adding thermography scans to your breast cancer screenings, you get a more complete understanding of both the structural and functional changes that occur in the breast. This empowers you to make informed medical decisions about your health.

## **Breast Cancer in Men**

Mammograms are not typically offered to men and may be difficult to perform because of the small amount of breast tissue. Although breast cancer is about 100 times less likely to occur in white men than in white women, it can still happen.

The American Cancer Society estimates that more than 2500 men are diagnosed with invasive breast cancer each year in the United States and more than 500 die.

Risk factors for breast cancer in men include getting older (most occur after the age of 50), genetic mutations or family history, hormone therapy, radiation therapy, and being overweight or obese.

**Thermograms provide a tool for men to visualize and track functional changes in their breast tissue.** If abnormal findings are detected, men can pursue additional diagnostics to determine whether or not breast cancer is a real concern.

It's also worth noting that many men choose to have thermography scans for additional areas of the body beyond the breasts.

Thermograms can also be used to evaluate **functional changes in the joints, spine, and vital organs of the body.** 

# Breast Cancer in Specific Situations

Mammograms can be challenging to interpret in several situations. For example, mammograms can be difficult to read in women who have dense breasts or fibrocystic breasts. Mammogram x-rays cannot pass through silicone or saline implants well enough to show the breast tissue that is in line with them on the mammogram.

Also, women who have had a mastectomy because of previous breast cancer may not have enough breast tissue left to have a mammogram. They can still regrow cancer in the skin or chest wall, but it will only be found on physical exam.

Thermograms offer an invaluable tool for women in any of these situations that make mammograms less reliable.

**Thermography scans are unaffected** by breast density, fibrocystic breasts, breast implants, or surgeries.

Because thermography involves no radiation and no compression, it is a safe tool to use in any person—regardless of age or health condition. Even women who are younger or older than the typical recommended age for mammograms can benefit from the information provided by thermography.



## **About The Thermology Clinic**

The Thermology Clinic is owned and operated by Dr. Blake Baggett of Anchored Chiropractic. When he saw patients in his chiropractic practice who had been affected by breast cancer, he recognized some glaring gaps in the current system.

Women often receive a diagnosis of breast cancer out of the blue, creating shock and fear. He knew there had to be a better way. When he discovered thermography and the more than 50 years of research backing the technology, he knew it was the answer to a very meaningful problem.

At the Thermology Clinic, we believe you deserve to know your real risk so you can be proactive in breast cancer prevention. We are grateful for the opportunity to serve our community with this empowering and life-saving imaging technology.

Knowledge is Power.

Thermograms empower both women and men with information about their bodies they can get in no other way.

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Too many women receive a diagnosis of breast cancer without warning. We have the technology to do better. Thermograms visualize precancerous activity before a tumor can be seen on a mammogram, allowing time for real breast cancer prevention.

Book your thermogram at thermologyclinic.com or call us at **205-235-3909** 

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