

## Breast Imaging Revealed

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The recent recommendation from the US Preventive Services Task Force has a lot of women are in turmoil about breast imaging. The fact is prevention is the key. One will often hear physicians in mainstream medicine making comments that we really do not know how to prevent cancer. This could be nothing further from the truth. The body is an awesome, intelligent machine made up of matter and energy. The simple fact is choosing a wise lifestyle choice does prevent disease. We have choices as women in how we screen our breasts but it is more involved than just imaging.

The breast is made up of milk ducts, lobules, connective tissue and fat. Those cells which line the ducts can be exposed to toxins, viruses and bacteria.

Breast cancer forms in cells that either line the milk ducts or the lobules where the milk is produced. If the tumor is contained within the milk duct, it is called an intraductal cancer or DCIS. If the tumor is within the lobule it is called lobular cancer. The word invasive means the cancer cells have traveled outside of the duct or lobule into the connective or supporting tissue. The cells also have receptors which are very specific for hormones such as estrogen, progesterone and insulin. The breast cells also have iodine receptors. The purpose of the receptors is to allow the hormones to communicate with the DNA turning genes on and off. Estrogen is a hormone which causes growth of cells.

So if you have experienced pain in the breast we often call this fibrocystic meaning the cells and supportive structures are growing and may form cysts, tumors or thickening of the cells. Progesterone is a hormone which is anti growth and keeps estrogen in balance. Iodine is an element which provides energy for the DNA and may reverse cellular damage with healing.

There are two types of breast imaging. Physiologic imaging is one type of breast imaging which we call medical thermography, PET or BSGI. Thermography is able to detect cellular imbalance by picking up metabolic activity of your heat signature and converting those images to pictures. A physician specializing in interpretation of thermography determines vascular and heat patterns. Imagine a single cell gone bad where the normal doubling time is approximately every 90 days. At the end of one year there are about 16 abnormal cells. In order to detect an abnormal tumor with Mammography means you need to form about one billion cells in order to detect. Inflammation means there is an imbalance at the cellular level. There are many reasons such as hormone imbalance, detoxification issues, immune dysfunction and lymphatic congestion. Thermography is the perfect opportunity to change your plan midstream and redirect your path to healing.

PET imaging, or Positron Emission Tomography, uses FDG (radionuclide) which is injected into the body and a special camera, to pick up the body's response to glucose transport. This form of physiologic

imaging is used to determine if there is cancer in other parts of the body. While it is physiology it also exposes one to a lot of radiation.

Breast Specific Gamma imaging or BSGI uses radionuclide called Technetium 99m-sestamibi which is injected into the body. A special camera converts the images for interpretation and one looks for hot spots in the breast. This form of imaging is physiologic but unlike thermography exposes you to a lot of radiation.

Anatomic imaging includes Mammography, Ultrasound and MRI.

Mammography is anatomic imaging. Mammography uses x-rays to convert electrons into high power energy with conversion to images either on film or converted to digital images to be viewed on a computer. Mammography detects tumors, calcium deposits and distortion but exposes you to radiation.

Ultrasound measures high frequency sound waves which bounce off of tissues. The echoes are then converted into a picture called a sonogram. Ultrasound can be used for screening or diagnosis. The main reason to use ultrasound is to determine if a mass is solid or liquid. It can also see tissue which is distorted.

Magnetic Resonance Imaging or MRI is a non invasive non radiation imaging procedure which uses powerful magnets and radio waves manipulating protons to construct pictures of the internal structures of the breast. It can determine if a tumor looks suspicious by its enhancement or has benign features. It can also determine the integrity of implants and helps in evaluation for presurgical planning.

Prevention screening is most important because if you are diagnosed with cancer on a Mammogram, Ultrasound or MRI, I don't say it is too late, but the cancer is already there and you are going to have to fight for your life. Thermography screening is where we are looking at infrared light, vascular patterns and temperature differentials which signal us to look deeper in the body physiologically and identify markers that may be the cause of these abnormal cells mutating. This can be caused by toxins damaging the DNA because of abnormal messages signaling the genes, hormone imbalance or excessive release of stress hormones causing suppression of the immune system.

The bottom line is, if we get to the root cause of the mutation of the genes or DNA damage, then we never have to see this cancer manifest. Prevention Screening without radiation (Thermography) is the key to living a healthy life.

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