



Weight Loss and Natural Hormone Balancing Clinic
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THERMOGRAPHY - A Safe Alternative to Mammography

Thermography does NOT include radiation nor the manual compression of breast tissue; rather, it utilizes digital images that detect patterns of heat produced by increased circulation of blood. A thermogram will not show breast tumors. I recommend scheduling an appointment at a facility that employs a board-certified thermographic technician who uses a cold water challenge for the second half of her digital images. Also, make sure your thermograph will be interpreted by an M.D. experienced in this specialty.

I encourage females to read the textbook on breast health written by John R. Lee, M.D. and David Zava, PhD entitled: *What Your Doctor May Not Tell You About BREAST CANCER—How Hormone Balance Can Help Save Your Life.*

Females are advised to perform a monthly Self Breast Exam (SBE).

SCREENING FOR BREAST CANCER – “Medical Standard of Care”

If you are 40 years of age or older, it will be necessary for you to complete some form of breast cancer screening before proceeding with hormone replacement therapy. Please provide my clinic with a copy of your screening results by mail.

As a medical provider, I am required to inform my patients of The American Cancer Society recommendations regarding clinical breast exams and mammography for early breast cancer detection:

- for women **20-39 years of age:**
 - clinical breast exam every 3 years
- for women **≥ 40 years of age:**
 - annual clinical breast exam
 - annual mammography
- for women **≥ age 35 years of age, who is at high risk* for breast cancer** (*high risk is defined as having a *mother* or *sister* who has been diagnosed with breast cancer)
 - annual clinical breast exam
 - annual mammography

Kathryn R. DeSantis, Family Nurse Practitioner

Feel More Like Yourself Again!