



Naturopathic Family Clinic
healing the whole person

About Breast Thermography (or DITI)

Digital Infrared Thermal Imaging, or DITI, is a state of the art method for early detection of breast disease. It is a procedure complimentary to mammography, however thermography is noninvasive, painless, and radiation-free. The benefit is that thermography offers the opportunity of earlier detection of breast disease than has not been possible through breast self examination, doctor examination or mammography alone. DITI detects the subtle physiological changes that accompany breast pathology, whether it is cancer, fibrocystic disease, an infection or a vascular disease.

DITI is based on detecting the heat produced by increased blood vessel circulation and metabolic changes associated with a tumor's genesis and growth. By detecting minute variations in normal blood vessel activity, thermography may find thermal signs suggesting a pre-cancerous state of the breast or the presence of an early tumor that is not yet large enough to be detected by physical examination, mammography, or other types of structural imaging.

All women can benefit from DITI, however it is especially appropriate for younger women (ages 30 – 50) whose denser breast tissue makes it more difficult for mammography to be effective. It is also for women of all ages who, for many reasons, are unable to undergo routine mammography. Since there is no single method for the early detection of breast cancer, using a combination of methods will increase likelihood of detecting cancer at an early stage. Thermography is not meant to replace mammography, but rather to compliment it as a more patient-friendly method to detect abnormalities earlier.

References

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