

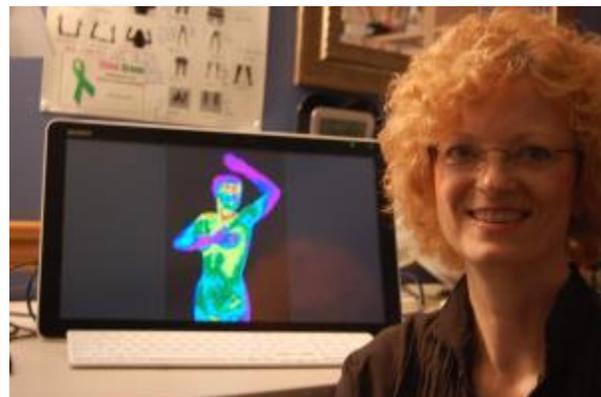
# Thermograms offered in West Chester as radiation-free adjunct for breast cancer screening

Contributed By: [Melinda Zemper](#) | Oak Tree Communications, LLC

Women who fear radiation or have dense breasts that may make mammograms less effective in predicting breast cancer can now obtain thermographic images of their breasts at a West Chester wellness center.

Mindful Wellness Medical Thermography, 8859 Cincinnati-Dayton Road, Suite 007 in West Chester offers breast thermograms for women and men.

“Thermography is a safe, adjunctive screening tool that can be helpful in the diagnosis of many potential diseases,” says Jacky Groenewegen, owner of Mindful Wellness. She is a certified thermographic technician and licensed massage therapist. “It’s perfect for women with dense breasts, implants or women who are nursing or pregnant, when mammograms are not a good option.”



Jacky Groenewegen now offers thermograms as an adjunctive test to mammograms for breast cancer screening. (Oak Tree Communications Photo)

The science of medical thermology was first published in 1956 and was cleared by the FDA in 1982.

Thermograms are 97 percent accurate in identifying breast pathology in women, according to a 2008 clinical study at Cornell University. Mammograms are 78 percent accurate for women under 50 years old and 83 percent accurate for women older than 50, says the Susan G. Komen website. Neither test alone can be used to diagnose breast cancer in women; only a biopsy can determine the presence of cancer.

A 15-minute thermogram requires no contact or breast compression and is radiation free.

Thermography uses a sensitive, infrared camera that creates thermal images of the body’s heat patterns. Disease, inflammation and tumors increase blood flow in the body, which causes an increase in body temperature that can be seen on a thermographic scan.

Thermography can alert a woman’s doctor to breast changes that can indicate early-stage breast disease, according to the American College of Clinical Thermography. Heat patterns on the images can detect physiologic changes that accompany breast pathology, whether it is cancer, fibrocystic breast disease, an infection or vascular disease.

About 40 percent of women in the U.S. have dense breasts, which increases their breast cancer risk.

Dense breasts, which are more common in women under the age of 40, are composed of less fat and more connective tissue, which appears white on a mammogram. Cancer also appears white on a mammogram, so tumors are often hidden behind the dense tissues, according to Are You Dense, an advocacy group dedicated to informing the public about dense breast tissue and its significance for early detection of breast cancer.

If a thermogram is abnormal, a woman can work with her doctor to monitor her breast health and treatments, Groenewegen says.

Recent guidelines in mammography are being challenged for safety and efficacy. Researchers noted in 2012 in

the New England Journal of Medicine that breast cancer was over-diagnosed in more than 30 percent of women's mammograms overall over the past 30 years. Other organizations state that mammograms should be reserved for women over 50. This leaves a large percentage of the cancer population to fend for themselves without access to any method of breast screening, according to Dr. Anthony Piana, founder of Breast Thermography International, in a 2014 study called "Contemporary Evaluation of Thermal Breast Screening."

Dr. J.T. Carson, a West Chester internal medicine physician who treats cancer patients, says he recommends thermograms over mammograms because they are better tests and there is no radiation involved.

"The best course is to self-examine breasts each month between menstrual periods," says Carson. "If you find a lump, see your doctor. If you have had breast cancer or have a history of breast cancer in your family, you should avoid radiation."

The U.S. Preventative Services Task Force, an independent, volunteer panel of national experts in prevention and evidence-based medicine, recommends mammograms every two years for women aged 50 to 74 years old. The task force recommends women under 50 should talk to their doctors about when to start and how often to get them.

Ohio women with dense breasts must be notified after mammogram screening by a letter that explains the limitations of mammogram readings. Ohio is the 20th state in the union to enact a breast density law.

The law was passed in January, 2015, after a campaign by a northeastern Ohio woman whose sister died of breast cancer despite repeated mammograms that did not reveal problems, according to a recent story by Columbus Dispatch medical reporter Misti Crane.

Cost of breast thermograms at Mindful Wellness is \$249. Health savings accounts and flex-spending accounts can be used to pay for thermography. Full-body thermograms are also available.

All scans are interpreted by board-certified physicians of the Professional Academy of Clinical Thermology.

Groenewegen says Mindful Wellness will have a booth at the upcoming Conscious-Con Convention at the Duke Energy Center in Cincinnati on May 16 and 17.

For more information or to schedule a thermogram, go to [www.MindfulWellnessMedicalThermography.com](http://www.MindfulWellnessMedicalThermography.com) or call Groenewegen at (513) 382-3132.

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