



Greetings!

## Speaking of Mindful Wellness...

Dense Breasts, Breast Density & Cancer Risk and Self-Exam Techniques....

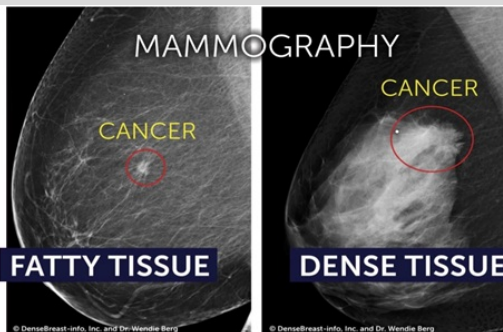
- Thank you Dr. Anthony Piana for the article "Why are Dense Breasts Stigmatized?" And, more about Breast Density and Cancer Risk and if your state has implemented Breast Density Notification Laws...
- Check out the Breast Care Corner - Different Techniques used for Breast Self-exams
- Join us on March 15th at Sycamore Chiropractic for an evening about Thermography & Functional Medicine.
- We're expanding our Lab Locations bringing Thermography to you! Welcome Versaille's Medical Massage in Versailles, OH and Children's Family Chiropractic in Fort Wright, KY.

Yours in health & Wellness,  
Jacky

## Why are Dense Breasts Stigmatized?

### Why are Dense Breasts Stigmatized

*by Anthony Piana, DC, FPACT*



The mammogram industry has created a view towards dense breasts that is rather demeaning, as if having dense breasts is similar to a disease. The truth of the matter is, dense breasts are perfectly healthy and normal.

The reason dense breasts have been stigmatized is because mammograms have a difficult time identifying tumors within higher density breasts. This could be caused by the breast being as dense as the tumor, making it hard to distinguish. A way of understanding this is if you were taking an X-Ray of an ice cube that was frozen in a slab of ice. This would cause it to appear no different than the rest of the surrounding area, because the density is the same.

Standards for mammograms have been specifically created around this idea that dense breasts are a nuisance or disease. This is why a few years ago the age recommendation for a mammogram was

increased to the age of 50, based on the idea that breast density lowers with age. Still, many women in their 50s have dense breasts.

Another issue is that research studies related to the accuracy of mammograms have adjusted their research perimeters to not include women with dense breasts, despite them being over half of the population. The findings of the studies have shown greater results for mammogram screening, but ultimately they do not reflect well for the general population when identifying tumors.

This isn't to say that other tests are perfect, though. As an example, thermography has similar limitations when it comes to breast size, obesity, and breast implants. This is why it is important to discuss information with your clients, so they understand that a combination of tests provide the best results — especially when dealing with dense breasts.

[Click to see more about Breast Density and Cancer Risk and if your state has implemented Breast Density Notification Laws...](#)

## Upcoming Events

We are working with our lab locations to offer scans and keep everyone healthy.

### Mobile Thermography Scans...

Please contact Robin Hanson-Gobell directly to schedule your scan at a convenient location near you.

**513-443-5161**

The Wellness Lounge - Lebanon, Ohio

Integrative Hormone Center & Pharmacy ~  
Centerville Office

True2Form Chiropractic - West Chester, OH

Covenant Natural Healthcare - Florence, KY

Fully Alive Chiropractic - Springboro, OH

Advanced Chiropractic & Nutrition - Eastgate, OH

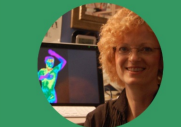

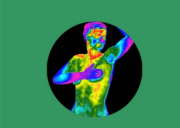
Versailles Medical Massage - Versailles, OH

Children's Family Chiropractic - Fort Wright, KY

Click to find out how to schedule at one of our mobile locations!

Check out the map! We're bringing thermography



	<b>INTEGRATIVE BREAST CARE</b> <i>With Dr. David Boynton &amp; Mindful Wellness Medical Thermography</i> <b>Thermography &amp; Functional Medicine</b> Functional Medicine allows us to determine the root cause of the inflammation and to ensure there is never a problem with your breasts. Join us for a fun and informative evening!	
Holistic breast self-care Thermography for breast screening - The goal is NOT Early Detection, it's PREVENTION!		Join us March 15th 7:00 pm - 8:30 pm <b>Sycamore Chiropractic and Nutrition</b> 9007 Fields Ertel Road Cincinnati, Ohio 45249 Register early to reserve your spot. Limited Seating

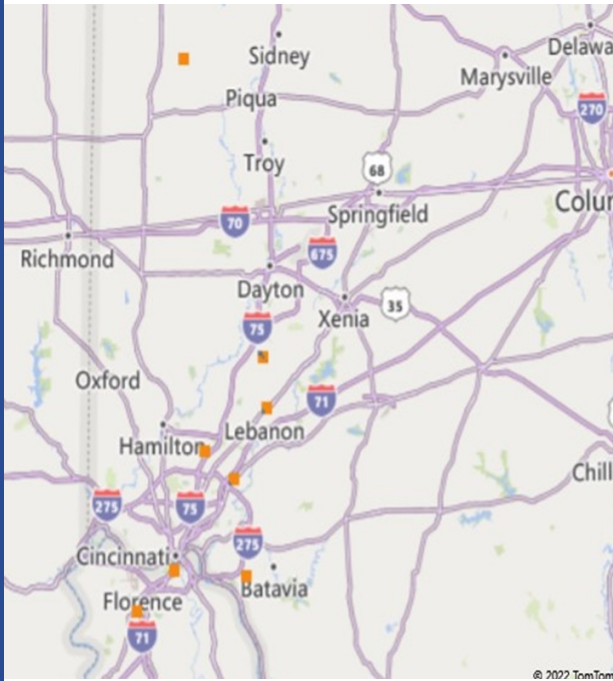
## Thermography & Functional Medicine

March 15th at 7:00 pm

- *Pitfalls of mammograms*
- *Causes of breast inflammation and what can be done about it*
- *Dense breast tissue - what is it - is it a cancer risk?*
- *Breast cysts*
- *Fibroadenomas*
- *Supplementation for breast health*
- *Thermography for breast screening - The goal is NOT Early Detection, it's PREVENTION!*
- *Breast massage*
- *Breast self-check*
- *Are bras an issue as far as breast health*

to a location near your.

- goes? (Danielle Fritz)
- Raffles for Breast Thermography, Ruby Ribbon Bras, massage therapy, plus more....



March 15th at 7:00 pm

**Sycamore Chiropractic**  
9007 Fields Ertel Road  
Cincinnati, Ohio 45249

*Register early to reserve your spot.  
Limited Seating*

**Reserve your seat!**

## Welcome to our Newest Mobile Lab Locations



**Versailles Medical  
Massage**  
11594 Conover Rd.  
Versailles, Ohio 45380

**Children's Family  
Chiropractic**  
1898 Ashwood Circle  
Fort Wright, KY 41011



## Breast Care Corner



[Click here for more valuable breast health resources. You'll find Patient Resources and Videos.](#)

## Different Techniques used for Breast Self-exams

There are three different techniques used to perform breast self-examinations; circular, vertical, and wedge pattern. Using a methodical technique will ensure you examine your entire breast.

1. To start, begin by lying as this position will help spread out breast tissue, creating an easier feel. Use the pads of your three middle fingers. Apply 3 levels of pressure to palpate depths of your breast tissue. Make sure to use each pressure level before moving on to the next area. Use light pressure to feel the tissue closest to the skin
2. Use medium pressure to feel a little deeper
3. Use firm pressure to feel the tissue closest to the chest and ribs. Palpate your underarm and upper chest wall

**Circular:** Start at the outer edge of your breast and move fingers around the entire breast in a circular motion.

**Vertical:** Start at your underarm and move your fingers downward and back up until

you check your entire breast.  
Wedge: Start at the outer edge of your breast and move fingers towards the nipple and back to the edge until you check the entire breast in small wedge-shaped sections.

Remember: hormone levels fluctuate monthly during the menstrual cycle, which causes changes in breast tissue and tenderness. The best time to perform a breast self-exam is one-week post-menstruation.

## Hostess Incentive

Invite your breast friends to learn more about thermography....

Hostess receives \$50.00 for providing the space for Robin to come and do her presentation. (To be put towards her thermography scan.)

It can be virtual or in person.

Then she also receives an additional \$25.00 (to be put towards her scan) for every scan booked and performed as a direct result of the presentation.



## Can you help me?



[Leave a GOOGLE REVIEW](#)

[Leave a FACEBOOK REVIEW](#)

**Do you have a few moments to share your opinion?**

**We're asking for your support?**

Thank you for being a loyal customer. As a locally-owned business, we strive to provide the highest quality service and care deeply about how our work affects customers like you.

As such, we would love if you could send us an email and tell us what we can do to better serve you next time.

Of course, we hope you enjoyed the level of service you received. If so, we would love if you could leave your feedback on our Google Business Page or Facebook so we can help others on a health journey like you! Every review helps build credibility for future customers and your feedback would be greatly appreciated.

Thank you for taking time out of your day. We greatly appreciate it!

**Looking for more....**

## Buy a Gift Certificate

Get your Thermography or Massage Gift Certificate.

Every penny counts! Remember that you can avoid paying Sales Tax for massage therapy by getting a prescription from your doctor or chiropractor. All it needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!

## Schedule an Appointment

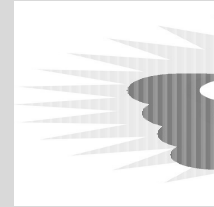
Schedule your Thermography scan online. Contact Jacky or Robin for more times!



Women's Health Initiative Foundation, whose mission is to empower women and guide them to the truth about natural options which prevent, treat, and defeat cancer and other diseases is proud to announce its newest offering. WHIF is accepting applications for financial assistance with the cost (full or part) of diagnostic thermography screenings for men and women on the full upper body through Mindful Wellness Medical Thermography and Holistic Health Medical Thermography. *Click here for more information and access to the application.*

## Our Mobile Locations

Bringing Thermography to you! Click to find a location near you!



Like me on *Facebook* to receive short therapeutic wellness tips to help your mind and body feel better.

Make a Donation



### Contact Us

Phone: 513-382-3132 Jacky

Phone: 513-443-5161 Robin

*e-mail Jacky*

### Website

[www.MindfulWellnessMedicalThermography.com](http://www.MindfulWellnessMedicalThermography.com)

[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com)

[www.HolisticHealthMobileThermography.com](http://www.HolisticHealthMobileThermography.com)



[Visit our Website](#)