HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Understanding Thermography: A Cutting-Edge Imaging Tool at Holistique

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Thermography, or thermal imaging, is an innovative diagnostic method that uses infrared cameras to capture and analyze heat patterns in the body. This non-invasive approach provides valuable insights into various health conditions by detecting abnormal temperature variations that may signal inflammation.

Key Benefits

1. **Completely Non-Invasive:** Thermography is a safe procedure that uses no radiation or physical contact, ensuring patient comfort.
2. **Expert Interpretation:** While the imaging offers immediate visual data, the detailed analysis is performed by a certified thermographer.
3. **Early Detection of Health Issues:** Subtle temperature changes, detectable through thermography, can reveal potential underlying conditions, aiding in early diagnosis.

What to Expect During a Thermography Appointment

During your appointment, the process is quick and painless. You will be asked to sit or stand comfortably in front of an infrared camera, which captures thermal images of your body or specific areas of concern. There is no need for physical contact or compression, making it a comfortable experience for patients. The images are then reviewed and analyzed for any abnormal heat patterns or temperature variations.

After the session, the captured images are sent to a certified thermographer for an in-depth analysis which typically takes about 2 weeks. At Holistique, our team of doctors is equipped to review the results in detail and discuss any findings with you, helping to guide the next steps in your healthcare journey. Whether the images suggest the need for further diagnostic testing or simply provide valuable information for monitoring purposes, we ensure that you are supported throughout the process.

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Advantages of Breast Thermography

Breast thermography stands out as a key application of thermal imaging, offering several unique benefits:

1. **Detection of Subtle Changes:** It identifies minor temperature fluctuations associated with abnormalities in breast tissue, potentially catching issues before they can be detected through other imaging methods.
2. **No Radiation Risk:** Unlike mammograms, thermography poses no radiation exposure, making it a safe option for ongoing monitoring.
3. **Complementary Diagnostics:** Can enhance traditional methods such as mammograms and ultrasounds, offering a more comprehensive view of breast health.
4. **Effective Monitoring:** This imaging tool is valuable for tracking changes over time, helping to monitor treatment progress and the development of conditions.

Thermography, especially in breast health, offers a safe, non-invasive way to assist in the early identification and continuous monitoring of potential health concerns, ultimately improving patient care and outcomes.

“The more healthful his body, the greater will be the power of the spirit of man; the power of the intellect, the power of the memory, the power of reflection would then be greater.” -‘Abdu’l-Bahá

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