Digitized Thermography: Early Warning for Breast Cancer

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Recently, Dr. Dennis Fera, a holistic physician in Hillsborough, did a digital thermographic scan for a woman that detected multiple abnormalities on both breasts: hot spots, asymmetries, and vascular changes all showed up on the scan.

“I told her this was quite significant,” he says, “and urged her to get an anatomical imaging study, the sooner the better. And so she got a mammogram and had a breast ultrasound, and both were normal.

“We were delighted with that result, but I cautioned, ‘Now is the time to start making lifestyle changes, because if you continue doing what you are doing right now, we may soon be dealing with more than an abnormal breast thermogram. In the worst case scenario, the hot spots the thermography is picking up now will at some point develop into full-blown cancer.’

BALANCING HORMONES

“What affects the health of breast tissue? Hormonal balance is one critical issue for all women, and so I do the testing to establish a baseline, and prescribe the sex hormones based on test results. And I always use bio-identical hormones—that’s an important factor.

“Within the past year, I had another patient who had hot spots on breast thermograms, and now—as the result of bio-identical hormone replacement therapy and nutritional changes—she is getting absolutely clean scans. That gives us both confidence that her breast tissue has returned to a balanced, healthy state.

“There is good evidence that breast thermography can detect signs of possible cancer or pre-cancerous cell growth up to 10 years earlier than abnormalities can be detected using other procedures such as mammography or ultrasound. With a comprehensive breast health program that includes thermography, it’s now possible to detect breast cancer in the earliest stages in over 95 percent of all patients.

“DISEASE JUST HAPPENS”

“The idea of detecting a tissue abnormality years before it manifests as a health problem is pretty strange to a lot of people,” notes Dr. Fera. “The more common attitude is that disease is something that just happens to you when it happens—but in fact, it doesn’t work that way. In the majority of cases, there are subtle changes occurring over a period of time—and it may well be years before a disease overtly manifests. It’s more of a slow creep, and a shift of going down the wrong path until symptoms show up or lab tests suggest there’s a problem. And the problem, when detected, actually originated many years earlier in a great many cases. So we welcome an early-detection device such as thermography.”

The FDA approved thermography for screening for breast cancer in 1982, and it is the principal breast screening option in Canada and other countries. A thermogram is non-invasive, painless, uses no radiation, requires no physical contact, is completely safe even for pregnant and nursing women, free of all side effects, and provides the earliest risk markers for the potential of breast cancer, Dr. Fera explains. “A thermogram simply measures the heat coming from the surface of the skin. The process uses infrared sensors to detect heat and increased vascularity—angiogenesis—as the byproduct of biochemical reactions. The heat is compiled into an image for computerized analysis.

“It’s important to understand that thermography cannot diagnose breast cancer, as is also true for mammography and ultrasound. But it is a highly effective screening tool. Thermography identifies abnormal physiological changes in breasts that may, in fact, be cancerous. After screening with either mammography or thermography, definitive diagnosis is done by other procedures such as a biopsy or lumpectomy.

“If abnormal cell changes are suggested with a thermogram, the use of several natural products, as well as healthy lifestyle changes—including hormonal balance—often can reverse the condition, as I’ve experienced in my practice. Further, any abnormality seen on a thermogram can be localized to a specific breast quadrant, and other anatomic detection methods, such as mammograms or ultrasound, can then be focused on that particular area.”

Thermography is effective for women of any age, notes Dr. Fera, regardless of breast density. “It is an ideal screening tool given that it is non-invasive, non-contact, non-compressive and non-ionizing—it doesn’t produce radiation.”

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MANY PATHS TO HEALING

As a holistic physician with extensive training in physical medicine, Dr. Fera employs many “non-traditional” therapies to aid his patients in their quest for emotional and organic balance and robust health. His therapeutic approaches include:

• CHELATION THERAPY. A safe, effective IV detoxification process that is also increasingly used to restore the blood flow in victims of arteriosclerosis without surgery. Often used to remove concentrations of mercury, lead, and other toxic metals from the body.

• OXIDATION THERAPY. Another IV procedure that rapidly relieves allergic reactions, influenza symptoms, and acute viral infections. Tumor cells, bacteria, and other unwanted foreign elements in the blood can usually be destroyed with hydrogen peroxide treatment.

• ULTRAVIOLET LIGHT THERAPY. A procedure called “photoluminescence” is beneficial in the treatment and cure of an extremely broad range of ailments, from colds and flu to kidney diseases, osteoporosis pain, tinnitus, certain dermatologic problems, and many others.

• PROLO THERAPY. Used for treatment of painful joints (back, neck, shoulders, knees, etc.). An injection procedure that is often beneficial, particularly when other treatments don’t work and X-ray findings are negative.

• NEURAL THERAPY. Scars and other traumas to the body can cause areas of disturbed energy flow known as “interference fields.” Neural therapy eliminates the interference field, restoring normal energy flow and balance to the nervous system.

• NATURAL HORMONE THERAPY. Used to address a wide range of problems including fatigue, weak bones, frequent joint pain, chronic pain, weakened immunity, thyroid problems, unsatisfying sleep, and skin problems.

• NUTRITIONAL MEDICINE, including IV therapies and a strong emphasis on nutritional balance and proper use of vitamins and supplements.

• STOMACH AND INTESTINAL SCREENING AND TREATMENTS. Used to discover the presence of pathogens such as bacteria, fungi, yeast, and various parasites, and to overcome digestive related problems, GI irritation, and inflammation.

• MERIDIAN STRESS ASSESSMENT TESTING. A non-invasive technique to evaluate imbalances in glands and organ systems, and help the body achieve optimal balance.

• THERMOGRAPHIC INFRARED IMAGING. A non-contact, non-invasive procedure to visualize the body’s physiologic response to pain and disease states.