

# breast thermography

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## SUMMARY KEYWORDS

thermography, breast thermography, breast, women, health, mammogram, breast cancer, work, check, approach, anthony, therm, camera, important, body, information, medi, improve, choices, tenderness

## SPEAKERS

Dr. Anthony DeMaria, Dr. Casen DeMaria

- D** Dr. Casen DeMaria 00:00  
This is Dr. Casen with an In Case Of Podcast Today I'm joined with my husband, Dr. Anthony. And we are going to have a discussion on breast health and our approach to helping women create healthy and natural strategies.
- D** Dr. Anthony DeMaria 00:13  
Well, Dr. Casen, it's been a couple of years now that we've been working on doing breast thermography in our office, and it's been really life changing for those that we work with it. So why is maybe a natural approach to breast health or maybe a less invasive approach to breast breast health important and what what is breast thermography?
- D** Dr. Casen DeMaria 00:35  
So, number one, breast health is really important because I think in every woman's thought process, their their stems are thought of, if you know someone that's had breast cancer or maybe you have a family member or a family history of breast cancer, you might think to yourself, Am I going to get breast cancer or do I have to be concerned about breast cancer, if it's in my family, if it's not in my family, and how do I get checked for breast health, maybe you have some tenderness in your breast or larger breast tissue or fibrous tissue. Maybe you have cysts on your breasts, and maybe the the traditional

route for you has been birth control or other things that they're recommending that can actually impact your body and yourselves. So breast and health health is really important because it's actually a representation of your whole body. And naturally, as a woman, you really want to be in the prevention mindset, your whole life. So even from a young age, you want to be working on preventatively improving not just your breast health but your overall health and I know research shows that when it comes to breast cancer and even cancer that 90% percent of cancer is environment and five to 10% being genes. And I know Dr. Anthony that is really a staggering rate if you really think about environment versus genes, because I think that there's a misconception in regards to what that really means for someone's future health status.

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Dr. Anthony DeMaria 02:24

You know, I think that it comes down to it is if you make better choices, you're gonna get better long term outcomes, and you kind of mentioned it, but a lot of women are afraid of their own breast health because they're waiting for a diagnosis. So that's kind of why we went into breast thermography because we wanted to come up with a way to help people be proved proactive, versus reactive. So who might be best suited to get a thermography doctor case in and what what can you learn from her a thermography. And, and how can you apply that information?

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Dr. Casen DeMaria 03:00

So backing up a little bit breast thermography is a non invasive approach to breast health. So meaning that this is a series of images and there's no compression and no radiation. And it's a measure of function and blood flow. So this does not replace a mammogram, it's a different approach. And women as early as 25, can start doing thermography for prevention. I know we've had women, even earlier than 25 that have been doing thermography with us here in our office, and they want to get checked because maybe they have some tenderness going on or other things going on. And the traditional approach at someone even with 25, and 35, might be to do a mammogram and maybe their choices that they want to do something less invasive. So they're McAfee in our practice here. I do thermography and I do the images and then what I do As I send these pictures to certified their villages, so these are MDS that read all of our reports and create a overall report with that, and how it works is ladies they do it initially and then another one in three months to get their baseline. And then after someone's baseline is established, they're doing it annually for prevention. And what we've seen in the thermography is we've seen women that I've had limb congestion, as well as fibrocystic tissue. I've had women that have had breast implants, biopsies, surgeries, even women that have had up to 40 mammograms and maybe it's said that they were normal, but

they could have dense breast tissue, and we're able to help them nutritionally to improve their body hormonally and even with thermography of women that are doing ultrasounds as well in mammograms, but it's good in conjunction because it shows you another evaluation. What makes us unique is we use a camera that's very, very specific. And it's by Medi therm. And that's really important because the technology that we have, it's the most up to date, FDA approved body camera. And unfortunately, there are places around the world that are doing thermography. And it's not up to standards and even they may not have MDS that are reading the report. So I do want to share with you that if you are looking for thermography in your area, you want to look to make sure that it is through this Medi therm camera and also, Dr. Anthony, I believe it's the ACC T. ACC T, if you were to go to ACC t clinics, you could actually look up thermography clinics, and they're all around the world and that's the camera that we use, and that's where you You want to go because you want to make sure that is properly reported, but also what makes us unique and different is we actually sit down we go over their report and we create a nutritional approach for you.

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Dr. Anthony DeMaria 06:11

I think that that's really important. The nutritional approach by far is the best part of the thermography. It's the what now I did this now, what do I do? And I feel like that's probably where most people have frustrations when it comes to their health is they might have had some testing done but then there's nobody to go over a strategy for improvement. It kind of reminds me like when I went to the dentist and maybe I had a few things to work on. I was like telling me what I need to do in order to improve. That's what we really like to do with someone is what can I do to in order to be better? So if you enjoyed the information, check out our website. drugless DRS comm we have more information on there on breast thermography Check out our Facebook page, hit us up on Twitter, send us a message.

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Dr. Casen DeMaria 06:54

We hope you've enjoyed this podcast See you next time on in case of with Dr cases. Cindy Maria