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What is Thermography?

Thermography is a simple test of physiology that relies on the sympathetic nerve control of skin blood flow and the ability of the sympathetic nervous system to respond to and react to pain, pathology, injury or dysfunction anywhere in the body. Tests such as ultrasound, x-ray and mammography show the body's structure or anatomy looking for structural changes such as tumours... but the majority of health problems do not come in the form of tumours and even tumours often have a signature pre-development phase. Just as thermography, these tests are non-diagnostic as they require corroboration of findings which identify possible abnormalities. The unique contribution of thermography is that it shows physiological and metabolic processes... that is, thermography looks at how the body is functioning and helps to identify what is stressing the body. Thermography is an additional procedure that your health practitioner may use along with other tests to evaluate your health.

By using the **most advanced infra-red cameras and our patented image capture and analytical software**, Thermography Medical Clinic staff can accurately measure the temperature at every single point of the human body. The role of body temperature as a very good indicator of health and wellness has been known since the time of Hippocrates, as changes of just a few degrees on skin (cutaneous or superficial) can be used as an indicator of inflammation and possible illness.

Thermography can see your body asking for extra help. At Thermography Medical Clinic, we call thermography a "Health Discovery Tool" and we consider it to be a very important part of a preventive wellness program. By accurately measuring temperature regions and identifying thermographic patterns, thermography detects inflammation, often long before symptoms may be felt or eventually diagnosed with an actual disease. The increasing consensus on the role of inflammation in disease development was recently discussed in a note produced by the Mayo Clinic (see:

<http://healthletter.mayoclinic.com/editorial/editorial.cfm/i/163/t/Buzzed%20on%20inflammation/>).

As a Health Discovery Tool, thermography has many advantages over other technologies, including:

- a) as a **non-contact** technique, it is painless and accurate (because it does not affect the measurement);
- b) it has **no harmful radiation** (such as mammography and x-ray imaging);
- c) as a **non-invasive** technique, it is suitable for prolonged and repeated use (as necessary for intensive monitoring and higher accuracy); and
- d) by generating a **two-dimensional image**, it makes comparison between different areas possible (which broadens its applicability as a health discovery tool because the human body, when healthy, tends to be symmetrical in temperature regions).

An ounce of prevention is worth a pound of cure. Humans are notorious for waiting until symptoms get so bad they finally act on them. At that point, there is probably little opportunity for Prevention – only Reaction – leaving no choice but to endure invasive testing, drugs with side effects, treatments and surgeries that tend to have a negative impact on the quality of life. However on the Proactive side, trained practitioners can use the findings of a thermography study to motivate their patients to be proactive and can help to support the body's ability to heal itself through various modalities such as diet changes, supplementation, acupuncture, chiropractic, massage, exercise and more... All designed to return the person to a healthier state of well-being.