



## Advanced Thermography Specialists

BREAST, BODY & TEETH IMAGING + EDUCATION

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## For Repeat Breast Imaging Clients

**If your Vascular Display Grade** goes up, please recall that **Systemic Lymphatic Inflammation** throughout the body can inflame (lymph) vessels in/across the chest and mimic estrogen stimulation or (blood) vessels.

DO NOT BE CONFUSED

Work on reducing sources of systemic lymphatic inflammation. Prolonged elevated Vascular Display Grades are often indicative of CHRONIC INFLAMMATION, which can set the stage for auto-immune conditions in the future. As inflammation leaves the body, so too should excess estrogen, if present.

Case in point: Some of our clients did not act on this recommendation and active breast cancer(s) developed. For instance, one client whose Vascular Display Grade remained a 4 for several years developed a different kind of active breast cancer simultaneously in each breast. *Please act appropriately.* **See More on Vascular Display Grades, below.**

Common causes of systemic inflammation often revolve around diet and detox (we are designed to have a bowel movement after each meal) in which the colon does not evacuate adequately. The liver can be sluggish with poor chemical/estrogen metabolism. The diet can include food toxins and antinutrients. The lymphatics can be full and inflamed.

**If a TH Rating goes up or down by one number,** it is typically due to fluctuating inflammation and considered Relatively Stable. Please do not be alarmed.

**If a TH Rating goes up by more than one number,** it may warrant further evaluation.

**Ultrasound or MRI is recommended** especially for TH 4 + and TH 5 breasts. While most TH 3, 4, 4+ and 5 ratings are due to risk factors and acute inflammation and NOT cancer, there is approx. a 3% - 5% chance that a recently activated cancer may be present when hypervascularity is not. (See the Reference Document, [How and Where to Get an Ultrasound.](#))

That means that approximately **95% - 97% of elevated TH ratings are signs of risk in**

**the form of inflammation and risk factors and NOT cancer.** Whether you choose further evaluation or not, please... take action steps to reduce your risk and monitor your resulting risk ratings over time.

**Consider the Abdomen, Back and Face Series** every 3 to 5 years in an attempt to identify sources of inflammation in the body contributing to breast inflammation and cancer risk.

### **More on Vascular Display Grades**

**Don't underestimate the significance of testing and intervention** as an integral part of your cancer prevention plan.

Do you have a naturopath, functional MD and/or nutritionist on your team? You may recall the file "**Functional, Genomic & Hormone Health Resources Along the Front Range**". It lists Front Range providers that we have learned about from clients. There are many quality functional professionals in Colorado.

Functional Genomic Professionals explain inherited genetic variations-epigenetics-gut-hormone connections, and what nutritional, nutraceutical, and lifestyle changes are warranted.

**For Preventive Support**, consider the remaining self-care documents and [\*Take Back Control of your Health\*](#).