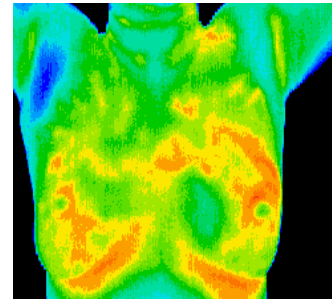


# EXPOSURE TO UNNECESSARY RADIATION

By: Sherri Kavazovic, CT, Family Health Thermal Imaging

In the past two decades, significant strides have been made to diagnose and treat the human disease, including cancer. Many of these advances have been made possible by improved imaging technologies. Substantial evidence exists that medical radiation is an important and controllable cause of breast cancer. Therefore minimizing radiation dose to breast tissue is critically important, particularly in girls and young women. For example, a chest CT delivers an organ dose to the breast equal to about 15 sets of mammograms. The 2008-2009 Annual Report President's Cancer Panel has a wealth of information on this subject and it's free by calling 301-451-9399. The report mentions that a third of all CT scans could be replaced by other approaches and we should scan only when necessary, scan only the indicated region, scan once only, and reduce the amount of exposure as low as reasonable to achieve a quality image.



Radiation exposure is cumulative and their recommendation is that health care providers and the public must be informed about the extent of radiation from commonly used imaging and nuclear medicine examinations and the potential health risks of these procedures. Doctors should discuss the balance of benefit and risk associated with each imaging procedure being recommended. They should also discuss alternative ways of obtaining the same information. One way that is gaining popularity for breast imaging and full body imaging is Thermography. The somewhat new technology can scan for breast disease, heart disease, digestive disorders and many other health conditions without using any radiation.

To learn more about Thermography visit this nonprofit site: [www.acct-blog.com](http://www.acct-blog.com) or for local information visit [www.familyhealthti.com](http://www.familyhealthti.com). Thermography, also known as digital infrared thermal imaging, is a totally non-invasive clinical imaging procedure for detecting and monitoring a number of diseased and physical injuries, by showing the thermal abnormalities present in the body. It is used as an aid for diagnosis and prognosis as well as monitoring therapies. X-Ray, C.T., Ultrasound and M.R.I. are all tests of the anatomy. Thermography imaging is unique in its capability to show physiological change and metabolic processes. It has also proven to be a very useful and complementary procedure to other diagnostic modalities.