What is Thermal Imaging?

Thermal Imaging – or Thermography – is a painless, non-invasive state of the art clinical test which is radiation free and gives you the ability to see how your body is functioning. Used as part of an early detection program to visualise areas of pain or dysfunction that could help in an early diagnosis or aid with any current or new treatment plans.

Widely used in the US, Europe and other parts of the world and widely supported by over 30 years of research, Thermography is now available at Holmedale Health.

Our team use a Thermal Imaging camera and digital infrared heat map technology to see patterns of heat and cooler areas in the body which could highlight areas of inflammation or dysfunction. A map – or thermal fingerprint of your body is created which can give you a visual guide to how your body is functioning.

One of the areas Thermal Imaging proves most popular is for breast health checks - an effective breast screening option for women of any age, who have had breast cancer or may have a history of breast cancer in the family, for women who have dense breast tissue and women with implants. Thermal Imaging is a functional test, as compared to mammography, ultrasound and MRI – which are structural types of imaging. All are important in detecting signs that may be indicative of breast disease. This simple test provides a visual guide to any blood vessel and temperature differentials that are present, providing early indications for future breast disease, fibrocystic disease, an infection or a vascular disease. This can help you and your doctor to plan accordingly and lay out a careful program to further diagnose and/or monitor your breast health during and after treatment.

Detecting and monitoring these physical changes through time can play a significant role in helping a woman to lower her risk over time, and in the absence of other positive tests, an abnormal thermogram can be a warning sign to remain vigilant about her breast health, and can give the opportunity to make diet and lifestyle changes to help better balance hormones and subsequently improve breast health.

Thermography does not replace an ultrasound, mammogram or MRI and is not a medical diagnostic tool – it can be used as an adjunctive to the structural tests

Full and half body scans can provide anyone with information on how their body is functioning, can visualise pain and inflammation and could help to detect any early stage health issues, a great way to monitor ongoing issues and can work alongside any therapies. Why not give yourself an annual body MOT?

The screening is quick, your appointment will take between 30-60 minutes, and with our breast screening programme we take a further follow up scan three months after the initial scan to establish a stable breast baseline. Full or half body scans can be done annually.

You will receive a comprehensive medical report including the images taken within a week.

For further information please take a look at our website: [www.thermalogicahealthscreening.co.uk](http://www.thermalogicahealthscreening.co.uk) or call 01392 330 656. We offer free consultations over the phone