

Breast cancer risk FACTORS

RISK FACTORS Contributing to Breast Cancer:

- ! Age (Increasing risk with increasing age)
- ! Previous history of cancer (uterine, cervical or breast) or prior mastectomy
- ! Family history of cancer, especially premenopausal or breast cancer in both breasts
- ! Fibrocystic disease of breast (fibrocysts)
- ! Lump, localized pain, or nipple discharge
- ! Previous benign breast biopsy
- ! Early menarche (periods before age 12) or late menopause (after 50)
- ! Nulliparity (childless)
- ! Increased age (over 35) at birth of 1st child
- ! Increased body size
- ! Large breasts
- ! Middle to upper socioeconomic status
- ! Jewish or European descent
- ! Radiation or x-ray exposure
- ! Previous abnormal thermographic mammogram

Unfortunately, in over 90% of breast cancer patients, there was no family history. Therefore, it is recommended that all women, especially those 35 years of age and older, have their breasts examined as a part of an annual medical/chiropractic evaluation.

However, those with significant risk factors should be examined even more frequently.



Dr. William Lyden is a Chiropractic Physician in private practice since 1985. He has two postgraduate diplomates or specialty degrees: D.A.C.B.N. (Diplomate of the American Chiropractic Board of Nutrition) in Clinical Nutrition and a D.A.B.C.I. (Diplomate of the American Chiropractic Board of Internists) in Internal Disorders and Diagnosis. He is a member of the American Association of Chiropractic Physicians (A.A.C.P.) and the American Association of Anti-Aging Physicians (A4P). Dr. Lyden is the only Certified Neuro-Emotional Technique (N.E.T.) practitioner in Michiana. As past president of the Midwest Chiropractic Internist Association, he teaches and consults, and has developed laboratory blood profiles utilized by chiropractic physicians in the upper Midwest. As a participating physician in *Health Coach Systems International*, he is dedicated to changing health care paradigms in North America.

"Chiropractic & a Whole Lot More!"



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MICHIANA WELLNESS &
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"Chiropractic & a Whole Lot More!"

**Pain-free Breast
cancer screening
without
radiation**



**THE THERMOGRAPHIC
MAMMOGRAM**

Tel: 574-258-4444

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Innovative BREAST EXAMINATION TECHNIQUE

Our clinic is pleased to offer the innovative breast thermographic (heat sensing) mammogram technique. It is unlike anything else currently available, using a different technology in which no X-rays are necessary.

The basis of this technology is the fact that malignant or cancerous tumors release chemicals that stimulate the blood vessels to grow toward the tumor to feed its high rate of growth.

The thermographic mammogram can detect the heat from the increased blood supply to the tumor. This allows us to detect tumors and differentiate them from benign lumps or cysts, often earlier than other detection methods.

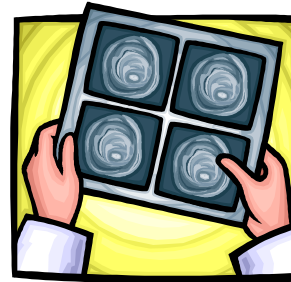
Thermographic mammograms are, first and foremost, comfortable! Your breast is not compressed between metal plates, nor is there any significant pressure exerted upon your breast like when a x-ray mammogram is performed. Instead, a heat-sensitive soft plastic plate is gently placed against the breast and color changes noted on the front of the plate.

The color pattern is documented and analyzed by the doctor in conjunction with an examination of the breast tissue.



Benefits OF thermographic mammogram

• **COMFORTABLE:** This technique allows all women, especially those with larger or smaller than normal breasts, or those with breast implants, to have a high quality evaluation of their breast tissue without severe discomfort or danger due to compression.



• **NON-RADIATION:** Some researchers predict 1-3% of breast cancers may be caused by the radiation from x-ray mammograms. Thermographic mammograms do not put any form of radiation into the body.

• **SAFE:** Thermographic mammography does not produce any x-ray radiation and can therefore be performed safely on a frequent basis for mature women, on young women with moderate risk, and even during pregnancy.

• **ACCURATE:** In studies conducted by gynecologists and clinics worldwide, it was found that the thermographic technique detected approximately 93% of the patients who had breast cancers. This finding was confirmed by biopsy (a lab test that examines the cell samples under a microscope).

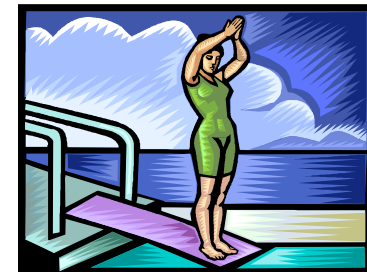
• **SUPERIOR:** This procedure is better at differentiating tumors from fibrocysts (fibrocystic disease of the breast), fluid cysts or benign masses than x-ray mammograms.

• **EARLY DETECTION:** Studies found that thermographic mammograms were often able to detect malignant breast cancer as much as 4 years earlier than other procedures, such as biopsy and X-Ray.

Patient cost

The Initial visit and mammogram cost is \$180.00. This includes a consultation and review of your health history, thermographic exam, and manual (palpation) breast exam. The doctor may make recommendations for natural treatment options, additional tests and/or referrals. Follow-up mammograms, if needed, are \$120.00 and subsequent yearly mammograms are \$150.00. These fees include the palpation examination, as well.

NOTE: Ideally, the thermographic mammogram test should be performed 5 to 8 days after your menstrual cycle has begun (i.e., 5-8 days after your flow has started). If you are not able to schedule your test during this timeframe, be certain to replicate the test at the same time of the month for your follow-up tests. If you are post-menopausal, this rule does not apply, you can schedule at any time .



Call today!
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