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# Fact Sheet

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**I am a Doctor -  
should I recommend  
my patients?**

Many doctors and health professionals refer women to Breast Check.

Breast Check offers a non-invasive, comfortable method of imaging women of all ages to obtain reproducible, accurate images that build a profile of physiological activity within the breast. Advanced, proprietary image processing provides physiological information that can be useful to assist medical practitioners with their management of patient care.

If there is a cause of concern, further suggestions for anatomical imaging, such as mammogram and ultrasound, are recommended as further follow up.

Your patient's breast health profile is forwarded to you for your records following the appointment. Your patient will also receive a copy of the report directly.

Breast Check is currently taking part in a scientific clinical trial at the University of Western Australia.

**I am young and have  
breast symptoms  
- should I make an  
appointment?**

Our multiple imaging techniques are suitable for all ages, use no radiation, and provide information on the physiology of your breasts.

If you are concerned in any way about the way your breasts feel, then physiological testing at Breast Check can help evaluate hormonal and metabolic activity within the breast. Many detectable changes are normal. We can also detect activity which could be a possible warning sign.

Learning of early changes that may indicate possible future risk provides you with the opportunity to initiate health and lifestyle strategies for better breast health outcomes.

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### *How is your imaging different to mammograms?*

Mammogram have proven to be a useful tool to screen for existing breast cancer or other anatomical changes. Mammograms are normally recommended for women who are between 50 – 70 years of age.

At Breast Check monitoring your breast health can begin in your teens. New and improved screening technologies are used to examine the physiology of your breasts. Our methods differ from a mammogram and ultrasound which look at the anatomy and structure of the breast.

Breast Check's breast profiling allows us to evaluate breast behaviour, indicated by physiological activity, as well as observing anatomical structure. Activity may indicate hormonal imbalance that can act as a predictor of possible future risk to your breast health.

Just like mammogram we do not diagnose. Final diagnosis of any suspicious activity is by a biopsy of the suspected area.

### *Who is it for?*

Our multiple imaging techniques are suitable for many women during their lifetime. Especially:

If you have dense breast tissue – Our technologies provide a picture of your breast health

If you have lumpy, bumpy or tender breasts

If you are under 50 - you may not be suited to having a mammogram

If you are pregnant or breastfeeding - safe and effective for mother and child

If you are taking hormone replacement therapy (HRT)

If you have implants - no risk of damage to implants

If you have previously had breast cancer

If you seek an additional method of monitoring your breast health - age is no barrier - our current client age range is 15 to 99.

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***What happens  
when I visit  
Breast Check?***

Upon arrival at Breast Check you will be welcomed into a professional medical environment that is focussed on maintaining optimum breast health outcomes for women. You will be screened by trained technicians, who will explain the purpose and abilities of each device. You can expect the imaging to take approximately one hour.

A breast health profile will then be sent to you by the Breast Physician, detailing the results and suggested strategies. If there are any concerns at all, the Doctor will ring you to discuss strategies.

Your breast health profile will then stand as a record of your current breast health and serve as a reference tool for annual profiling or ongoing management if necessary.

At Breast Check we pride ourselves on the professional training that our staff receive. All of our technicians are trained and dedicated to providing the highest quality care for our clients. You can be confident that at Breast Check your breast health and general wellbeing is our highest priority, and the training of our staff reflects this commitment.

***What do you use  
to scientifically  
gather information  
about the health  
of my breasts?***

Electrical Impedance Scanning, maps the local electrical impedance properties of breast tissue, using the 'MEM'.

There is a growing body of evidence to indicate that differences in impedance between normal and malignant tissue can be observed.

Micro-electric current flowing through biological tissue encounters resistance (impedance) that can be measured. The MEM uses proprietary software to map the breast through 7 layers, each 7mm apart, so we can view the structure and get clues as to breast health.

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***What do you use  
to scientifically  
gather information  
about the health  
of my breasts?***

***(continued)***

Thermal Radiometry measures surface and internal tissue temperature. Thermal abnormality may indicate increased cell metabolism and possible risk. Intensity is proportional to the temperature of tissue. It is thought that specific heat generation in a tumour is proportional to the growth rate of a tumour. So fast growing tumours are "hotter" and have a higher contrast in temperature. Thus thermal radiometry is a suitable method to detect fast growing tumours. Thermal changes often proceed anatomical changes that can be detected by palpation, mammography and ultrasound.

Infrared Thermography. Research has shown that infrared thermography is a reliable predictor for those who may be at greater risk of developing breast cancer. Early detection of abnormal activity offers the greatest number of options for management. By measuring the energy naturally emitted by your body, potential regions of interest can be identified. Infrared technology analyses the behavioural (physiological) features of your breast including blood flow and vascular patterns, as well as temperature changes that can occur during the early stages of breast cancer development.

This unique information is only available by physiological testing.

***What is the best age  
to start monitoring?***

It is important to check your breasts from an early age. Many women do not believe that they need be concerned about their breast health until they are over 40.

Unfortunately many illnesses do not discriminate.

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***Is your Imaging  
as good as a  
Mammogram?***

It is different. A mammogram looks for a lump – for anatomical change or cancer that is already there. Mammograms are suitable if you are post-menopausal, are not on HRT, and do not have dense breast tissue. Our imaging looks at metabolic activity to measure breast health. Metabolic activity may give an indication of possible future risk. Sometimes this is due to hormonal imbalance.

***Should I still have a  
Mammogram?***

Yes, Breast Check recommends BreastScreen<sup>®</sup> mammogram screening for eligible women.

***Are all breast lumps  
cancer?***

No. Nine out of ten breast lumps are benign (harmless). However, it is important that you see your doctor if you have any new or persistent breast lump.

***I have no family  
history of breast  
cancer. Am I still  
at risk?***

Remember – most women who develop breast cancer have no family history of the disease.

***What about other  
breast screening I  
have been using?***

Breast Check supports and recommends mammograms to those who are eligible. We work closely with service providers of mammography and ultrasonography. Our imaging can be used in conjunction with mammogram and ultrasound to provide a comprehensive picture of your health. Taking a multi faceted approach will offer additional comfort and peace of mind.

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***I have been told that BreastScreen® does not recommend the use of thermography for the early detection of breast cancer.***

This may have been true 20 years ago with early generation infrared cameras. Now, medical infrared cameras are very accurate. Breast Check is picking up clinically confirmed cancers down to 3mm (including those who have had a negative mammogram and ultrasound).

It is important that infrared thermography is carried out by medically trained technicians to internationally recognised standards. There can be wide variance in the quality of images and experience in interpretation, depending on the camera, expertise and imaging protocols.

At Breast Check strict international protocols are followed, including standardised and internationally recognised analysis methodology. All results are analysed by internationally trained breast physicians.

***How often should I be checked?***

We recommend imaging be done on an annual basis. Occasionally we may recommend more frequently. This will be discussed with you during your visit.

***Are there any risks?***

The devices we use are all non-invasive, safe and radiation free.

***What if you find something?***

Breast Check has developed a way of profiling your breast health. If early atypical behaviour is found, these changes can be monitored. Not all changes are cancer related. Some suspicious findings may require further management, which may include ultrasound and mammography.

There are many opportunities available to women to maintain breast health including breast health profiling, diet, lifestyle changes as well as conventional methods.

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