



THERMAL BREAST IMAGING REPORT

Name: Sample Breast
Technician: Annette Adams, CTT
Imaging Center: Midwest Thermography

DoB: 12/07/1974

Date of Scan: 04/03/2026
Date of Report: 04/09/2026

Dear Ms. Breast,

Thank you for the opportunity to review your images and assist you with your breast health goals. Thermal breast imaging provides biomarkers that aid in breast cancer detection, provide risk assessment, assess hormonal effects on the breasts, and evaluate blood and lymph circulation. In addition to detecting pathology, follow-up thermal imaging can reveal subtle changes over time, allowing us to monitor the breasts more closely and provide feedback for any interventions you are engaging in to improve your breast health.

Results and Follow-Up Summary:

TH Score	Right: TH 3	Left: TH 2
Vascular Display Grade		2

Follow-Up: 6-month follow-up thermal imaging. Medical evaluation for breasts scored as TH 3 or higher. Medical evaluation of any breast concern not yet evaluated and considered benign. Continued medical monitoring of all known breast conditions as per your physician's advice. Consider pro-active wellness care to reduce breast health risk factors to attempt to lower an elevated TH Score or maintain a lower one. Continue standard breast screening as per your doctor's recommendation.

Detailed Analysis, Results, and Recommendations:

Procedure Description and Limitations: Thermal breast imaging uses an infrared spectral camera to capture the infrared emissions of the breasts and create a map of thermal activity for computer assisted analysis. Images are taken in carefully controlled environments utilizing strict patient protocols established by the American Academy of Thermology and International Academy of Clinical Thermology. Thermal patterns are analyzed for signs of unusual activity and are scored from 1-5 indicating the level of thermal activity. Lower thermal activity is generally associated with healthy breasts while higher indicates that normal function has been disrupted. Higher thermal activity levels may be associated with higher risk for pathology including cancer. Thermal breast scans are not stand-alone examinations and are always used along with standard breast screening and/or diagnostic examinations. Thermal breast imaging does not diagnose or rule out the presence of breast cancer or disease regardless of the activity rating assigned.

Relevant History: This is a follow-up scan. Prior thermal imaging results are as follows:

10/10/2025	Right TH 3	Left TH 2	Vascular display 2
04/04/2025	Right TH 3	Left TH 2+	Vascular display 2

You have no current concerns. Your last ultrasound was 6 months ago. Physical breast examination of February 2025 and mammography of 2022 were normal. You are experiencing symptoms of perimenopause. Hormone use includes estrogen and progesterone. Supplement use includes those for inflammation. You are engaged in lifestyle activity or diet designed to reduce inflammation.

Thermal Findings Analysis: The areas listed below are specific thermal findings contributing to your thermal score. While some patterns are considered normal, unusual patterns may be related to disturbances in breast tissue function such as inflammation, increased metabolism, altered blood flow, or neoangiogenesis among others. Thermal activity is not specific to cancer or breast disease but can help identify need for additional testing and monitoring. Certain patterns are significant even when their temperature values are within the normal range. When temperature values exceed the normal range, a finding is more significant than one within normal limits. The TH score reflects the level of thermal activity based upon a visual pattern analysis and a quantitative activity analysis.

Metabolic Activity and Vascular Pattern Analysis:

- Stable symmetrical upper breast vascular patterns.
- Stable right upper inner quadrant vascular pattern extending to the upper surface and upper outer quadrant with higher signal asymmetry.
- Stable right lower breast vascular pattern with higher signal asymmetry.
- Stable left upper inner quadrant vascular pattern with improved signal asymmetry.
- Normal vasoconstrictive response to the sympathetic challenge.

Quantitative Thermal Symmetry Analysis:

Finding	Temp Difference	Normal Range
Right Upper Inner Quadrant Vascular Asymmetry	1.00 Deg C	0.00 - 2.00 Deg C
Right Upper Breast Vascular Asymmetry	2.40 Deg C	0.00 - 2.00 Deg C
Right Upper Outer Quadrant Vascular Asymmetry	2.40 Deg C	0.00 - 2.00 Deg C
Right Lower Breast Vascular Asymmetry	2.30 Deg C	0.00 - 1.00 Deg C
Left Upper Inner Quadrant Vascular Asymmetry	1.20 Deg C	0.00 - 2.00 Deg C

Detailed Results:

Thermal (TH) Score for Each Breast: Thermal scores reflect elevated thermal activity and are biomarkers sometimes associated with higher risk for breast disease and breast cancer.

Thermal Score (TH)		Right: TH 3		Left: TH 2	
LOW	TH-1	TH-2	TH-3	TH-4	TH-5 HIGH

Vascular Display Grade: A pattern of symmetrical vascular thermal signals is a biomarker that indicates systemic vasodilation and may be associated with breast inflammation, compromised lymphatic circulation, certain medications, and estrogen stimulation of both breasts among other factors. Higher

vascular display grades may be normal in certain age groups and under certain conditions such as pregnancy and lactation. The significance of this biomarker is situation dependent.

Vascular Display Grade					2
NONE	0	1	2	3	4 HIGH

Comments: Stable patterns with some signal increase on the right.

Follow-Up Recommendations: Medical evaluation of your right breast is recommended to investigate possible causes of the elevated thermal activity including breast pathology as well as benign causes. In addition, specific evaluation of any existing breast and axillary symptoms, conditions, and exam findings including swelling, thickening, skin changes, puckering, dimpling, nipple changes, discharge, lumps, masses, clinical findings, and radiographic findings is also recommended even if it occurs in a breast with low thermal activity.

In the absence of pathology, routine radiological breast cancer screening should continue as per your doctor's recommendations. Thermal imaging is not stand-alone breast cancer screening.

Additionally, it is recommended to explore ways to improve breast tissue function and lower thermal activity by reducing breast health risk factors. This could include lifestyle, diet, and holistic interventions depending on your individual situation.

Follow-up thermal breast imaging in 6 months to determine if there are any changes warranting additional evaluation or suggesting a change in risk. This is also important to get feedback on the effectiveness of any actions you are taking to lower risk. Imaging may be performed sooner if you expect to see a change in a shorter time frame.

Discussion:

Right Breast: Your right breast was rated TH 3 indicating a moderate level of thermal activity.

General Significance: Moderate levels of thermal activity are biomarkers that demonstrate moderately altered breast tissue function. These are commonly caused by benign breast conditions, past or current trauma, or normal variation. However, they can also be caused by existing or developing pathology and require clinical/radiographic evaluation and follow-up.

Significance for breast cancer screening: TH 3 suggests a higher likelihood that cancer is present than does the lower TH Scores but not to the extent suggested by the higher ratings. Medical evaluation is warranted and should include radiology if not recently performed. Any existing clinical or radiographic findings should be considered with greater caution when thermal activity is occurring in the same location or breast.

Significance for breast cancer risk assessment: In the absence of breast pathology, TH 3 breasts statistically tend to develop breast cancer in the future more than lower TH breasts but less than those with higher scores. This score does not warrant enhanced breast cancer screening protocols (combination radiology testing) by itself but your physician may still recommend it based on other indicators of risk.

Opportunity for Risk Reduction and Possible Disease Prevention: When thermal findings indicate the possibility of risk in the absence of pathology, the opportunity to act and lower one's risk is equally present. With lifestyle changes, good food choices, and wholistic interventions, lowering risk is possible and thermal imaging can be used to monitor the effects of those actions on the breasts.

Left Breast: Your left breast was rated TH 2 indicating a low level of thermal activity.

General Significance: Low levels of thermal activity are biomarkers associated with healthy breast tissue function and circulation. Any existing pathology tends to be less active and less aggressive especially when this score is stable over time.

Significance for breast cancer screening: In the absence of clinical or radiographic findings, this score suggests there is a statistically low likelihood that cancer is present. Since thermal imaging will miss structural and other biomarkers of cancer not found in temperature analysis, thermal breast imaging should NOT be used as standalone screening to ensure that cancer with no visible thermal activity is not missed. All breast and axillary symptoms, conditions, and exam findings including skin changes, discharge, lumps, masses, clinical findings, and radiographic findings require medical evaluation regardless of the level of thermal activity so that an existing cancer is not missed. Standard clinical and radiological screening should be performed per your doctor's advice based upon any other risk markers, clinical findings, or radiographic findings.

Significance for breast cancer risk assessment: When cancer is not present, thermal activity is a biomarker associated with an increased likelihood of developing cancer in the future. Low thermal activity breasts statistically tend to develop breast cancer less than those with higher ratings. Clinical and radiological breast cancer screening should be performed based upon standard guidelines along with any other risk markers, clinical findings, or radiographic findings that may be present at your doctor's discretion.

Opportunity for Risk Reduction and Possible Disease Prevention: While this TH score is associated with a low risk for developing breast cancer, it is important to continue to make healthy choices to maintain the low-risk status. Additionally, we should monitor for changes that could indicate the thermal activity has changed. If thermal activity increases without any evidence of breast disease, it is an opportunity to act to lower risk. With lifestyle changes, good food choices, and wholistic interventions, lowering risk is possible and thermal imaging can be used to monitor the effects of those actions on the breasts.

Vascular Display: Your breasts demonstrated a Vascular Display Grade of 2 indicating that vascular patterns associated with overall vasodilation are within normal limits.

Significance: Overall breast vasodilation is a biomarker that can be associated with certain medications, inflammation, lymph pathway activation, and estrogen stimulation of the breast tissue. A grade of 2 means this biomarker is within normal limits.

Significance for Estrogen Activity: There are no indications the breast tissue is being overstimulated by estrogen. This grade is typical of pre- and post-menopausal women who are not taking hormone therapy or supplements designed to increase estrogen activity in the body and is completely normal. If taking estrogen or these types of supplements, this shows that the breast tissue function is not showing any related stimulation from them.

For more information on thermal breast imaging and its uses, please ask the imaging center you visit and also visit my website at www.kanethermalimaging.com

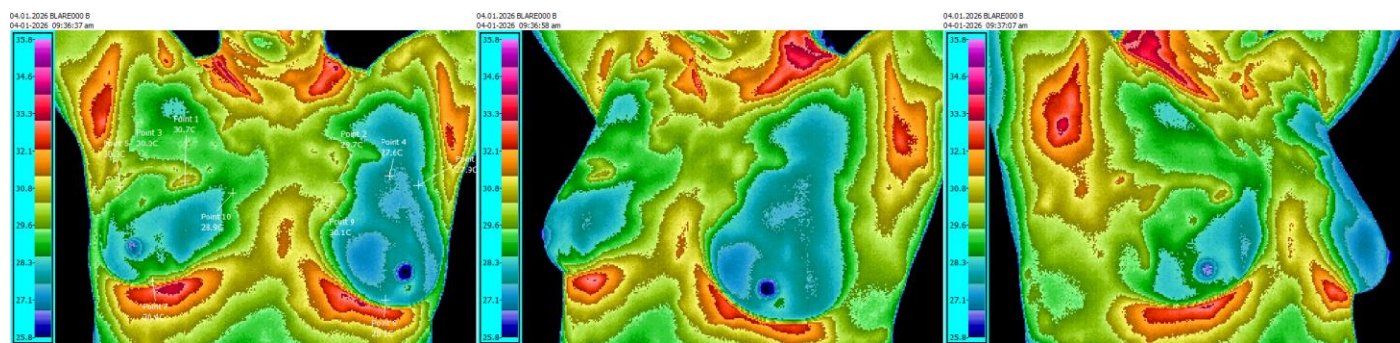
Thank you again for the opportunity to support your breast health.



Robert L. Kane, DC, DABCT, FIACT
Board Certified Clinical Thermologist

Diplomate American Board of Clinical Thermography
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Understanding Your Thermal Breast Imaging Scan

Introduction:

Thermal breast imaging (Breast Thermography) is a non invasive imaging tool that harmlessly captures the naturally occurring infrared energy from the surface of the breasts and creates a visual map of thermal activity. Thermal activity is a biomarker for breast tissue function providing information related to inflammation, tissue metabolism, circulation, and risk for breast disease. It is designed to be used as a complement to standard breast examinations and does not replace clinical exam, breast radiology, biopsy or any other relevant breast examination.

Thermal breast imaging analyzes for biomarkers of breast tissue function. Certain markers have been correlated with increased risk for the presence of breast cancer or developing it in the future however, thermal findings cannot diagnose or rule out breast cancer or any breast condition. The information is used to help assess current and future risk and determine when additional testing above standard medical breast screening is necessary. Thermal Imaging can also help monitor the effects of interventions designed to lower risk and improve breast health to see if they are effective. Interventions include things such as modifying one's diet or lifestyle, improving nutrition or supervised care by a health care provider.

How Are The Images Analyzed?

The analysis is based upon deviations from the normal symmetry of the breast temperature.

Metabolic and Vascular Pattern Analysis – Each image is evaluated for specific thermal patterns that could be produced by increased metabolism (cells growing faster than normal), altered blood flow, vascular distortion produced by masses, inflammation, and neoangiogenesis (new blood vessel formation) among others. Special care is made to correlate these findings to any existing concerns or findings identified on other exams.

Quantitative Thermal Activity Analysis – The healthy breast temperature is fairly symmetrical when specific regions of one breast are compared to those on the opposite breast. Once a thermal finding is identified, measurement are taken and compared to normal range for that region to help determine the level of activity.

Mastectomy – In the case of mastectomy, the ability to compare from side to side is lost. This is true even when reconstruction has been performed. The remaining breast and mastectomy region are analyzed based upon temperature patterns only and the mastectomy region is rated simply as low/medium/high risk rather than the standard TH scale.

Radiation – When radiation therapy for cancer is performed to the breast, it frequently warms the breast for a period of time subsequent to completing the course of treatment. This warming could last anywhere from a few weeks to several years depending on the extent of treatment and tissue reaction. Consequently, the untreated breast may be analyzed based on temperature pattern only. The irradiated breast is evaluated normally with the understanding that the radiation warming may be simulating signs of inflammation. The breast is then monitored for stability and eventual resolution as the effects of the radiation diminish.

Modifiers – A plus or minus sign is used to upgrade or downgrade the severity within a particular TH rating.