

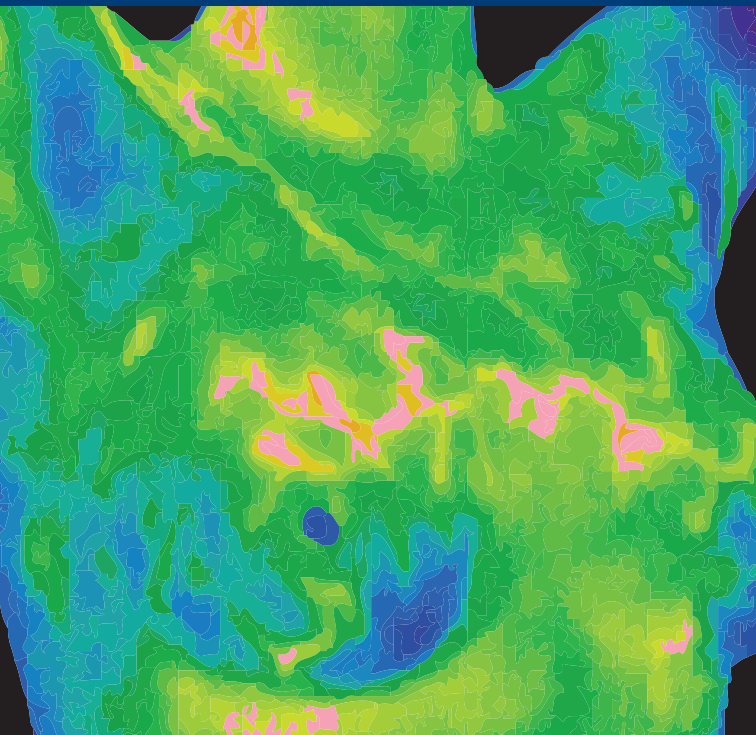
# Thermography

(also called thermal imaging)

Thermography is a way to measure and map the heat on the surface of the skin using a special heat-sensing camera. The colours in the 'heat map' show the temperature in the tissues in that area. Thermography is based on the belief that rises in temperature in areas with increased blood flow and cell activity, can be a sign of cancer. However there are many other things that can cause changes in the temperature of body tissues. Some tumours do not cause detectable temperature changes.



## Some useful facts about thermography



# Thermography

Thermography has a long history, and some scientists are still trying to improve the technology to use it in breast imaging. There is no evidence that thermography is harmful. However, there are no studies showing it is an effective screening tool for finding breast cancer early or to diagnose breast cancer. **It should not be used as a substitute for mammograms.** For women (aged 45 -69 years) using thermography, it is recommended they also take part in the mammography screening programme.

## Be breast aware:

Know what is normal for you

Know what changes to look for

See your doctor straight away if you find any changes

(See “Being Breast Aware” leaflet)

## For more information see:

The Cancer Society of New Zealand’s position statement  
*“The Use of Thermography as a Breast Screening or Diagnostic Tool”*

[http://www.cancernz.org.nz/assets/files/info/CSNZ\\_PS\\_Thermography23August2010.pdf](http://www.cancernz.org.nz/assets/files/info/CSNZ_PS_Thermography23August2010.pdf)

The Cancer Society of New Zealand leaflet:

*“Being Breast Aware”*

<http://www.cancernz.org.nz/assets/files/info/Screening/BreastawarenessJuly2010.pdf>

Cancer Research, UK:

<http://www.cancerhelp.org.uk/about-cancer/cancer-questions/thermography-or-heat-mapping>

HP317A

