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Optimal Health Medical LLC's Newsletter #17

Summer 2007

### *THERMOGRAPHY*

**Increase your chances of detecting breast cancer in its earliest stages with thermography. This early detection method is now available at our office!**

Thermography involves Digital Infrared Thermal Imaging (DITI), a technology that is entirely non-invasive and does not use radiation, as is associated with mammography.

Thermography is a 15-minute imaging test of physiology that detects the subtle changes that accompany breast disease, whether it is cancer, fibrocystic disease, vascular disease, or an infection. It is painless as there is no contact with the body in doing the examination. You are simply seated in front of the D.I.T.I. camera.

Thermography is an F.D.A.-approved test. All tests that we will perform will be analyzed by MD's certified in thermography interpretation. Results will be available to review with Dr. Sobo in a matter of days.

Thermography is especially helpful for women under the age of 50 who have denser breast tissue making it more difficult for mammography to be as effective as in those after the age of 50.

It is known to take years for a breast tumor to grow to the point where it will be found by physical examination or mammography. The changes seen by thermography may show up years earlier while the tumor is in a very early stage.

Thermography can also be used to image other areas of the body and is especially useful in pain of musculoskeletal nature, helping you to know whether it might be necessary to have further studies such as CT scan or an MRI, or whether these might be unnecessary in a particular case.

**Ohio State University researchers say that mercury's link to heart disease begins in blood vessel walls.**

Research recently published in the International Journal of Toxicology hopes to further our understanding of the link between heavy metals such as mercury, and the development of heart disease. This research has focused on an enzyme, whose activation by the presence of mercury triggers a process that leads to plaque buildup in blood vessel walls. The study also suggests that chelation of the heavy metals might suppress activity of the enzyme, and thus reduce the damage which would be caused by its presence. Antioxidants suppress the process by which damage from heavy metals is caused, but the research suggests that chelation is more effective.

### **Blood Pressure Reduced By Omega-3 Fatty Acids**

A double-blind research study done at the cardiovascular Research Division of the St. Thomas Hospital in London England showed a significant reduction in diastolic blood pressure. The study involved 38 healthy men and women between the ages of 40 and 65.

In the discussion accompanying the study the authors noted that intake of Omega-3 fatty acids has been associated with a lower risk of death from myocardial infarction (heart attack).

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Dr. Sobo is a Medical Doctor practicing Holistic/ Nutritional Medicine in Stamford, CT. More information about natural hormones and about Dr. Sobo's practice can be found on the Internet at <http://drsobo.com>. Dr. Sobo's office phone number is 203-348-8805.

We welcome you to pass this information on to a friend and invite anyone to e-mail us at [optimalhealth@optonline.net](mailto:optimalhealth@optonline.net) with their address to be on our e-mail newsletter mailing list.

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