

## What is Thermal Imaging?

Digital Infrared Thermal Imaging (or Thermography) creates images that illustrate heat patterns in the body. The thermal images are analyzed for abnormalities which may be signs of disease in the body.

## Thermography is a diagnostic tool for patients to better understand their bodies.

Annual Thermograms allow you to map changes in the body's heat patterns over time. Annual thermograms allow you to map changes in the body's heat patterns over time and can alert you to any deviations from your norm.

*Mapping your health annually helps you detect changes often before disease develops.*

## Prevention is the Key to Longevity

Inflammation is a precursor to many diseases such as cancer, arthritis, heart disease, stroke, diabetes and HBP. Early detection of inflammation may help you prevent many negative health conditions from developing.

Inflammation can be reduced through dietary changes, nutritional supplements, antioxidants, detoxification, stress-reduction, acupuncture, and more.

Measuring inflammation through thermal imaging is a proactive, preventative method for detecting diseases which significantly improves your chances for longevity and good health.

## What happens in a Thermogram?

**STEP 1** You sit in a temperature controlled room to allow the body to cool from any external conditions and complete paperwork including a health survey.

**STEP 2** You are positioned in front of a Thermal Imaging Camera and the technician takes digital pictures. (5 - 15 minutes)

*You will be able to see your body "live" on the computer screen, which may help you to better understand your body.*

**STEP 3** Your pictures are sent out to a certified doctor for analysis of 1) the **amount** of heat and 2) the **symmetry** of the heat patterns.

*Heat patterns may indicate infection, inflammation or a variance from your body's norm.*

**STEP 4** A report-of-findings arrives in the mail shortly thereafter. This will help you and your Doctor determine any next steps.

*We also provide recommendations for ways to reduce inflammation, if present, and provide personal health coaching programs if desired.*

**STEP 5** Return for Thermograms annually to monitor your health and watch for changes.

*Since everyone's body is different, the best way to detect problems is to measure changes against your body's normal baseline.*

## The Longevity Center

### The Initiative for Wellness

Thermal imaging can be conducted onsite at your Health Center or through our Corporate Wellness Initiative. For more information, please inquire at 414-405-8019 or email [tammypsr@yahoo.com](mailto:tammypsr@yahoo.com).

*New Breast Scan or Region of Interest: \$195  
Comparative Breast Screening (3-6 months): \$125  
Yearly Breast Screenings: \$150  
Half Body Scan (upper or lower): \$325  
Preventative Full Body Screening: \$425*

#### CONTACT US:

#### The Longevity Center

Tammy Leiner  
Advanced Clinical Thermographer – Principal  
PO Box 3074  
Oakton, VA 22124  
E-mail: [contact@longevitythermography.com](mailto:contact@longevitythermography.com)  
Phone (Call or Text): 703-399-5367

Be mindful to avoid heavy exercise, deodorant, spicy foods, hot beverages, body creams and lotions, gum-chewing, and tight fitting clothing on the day of your Thermogram.

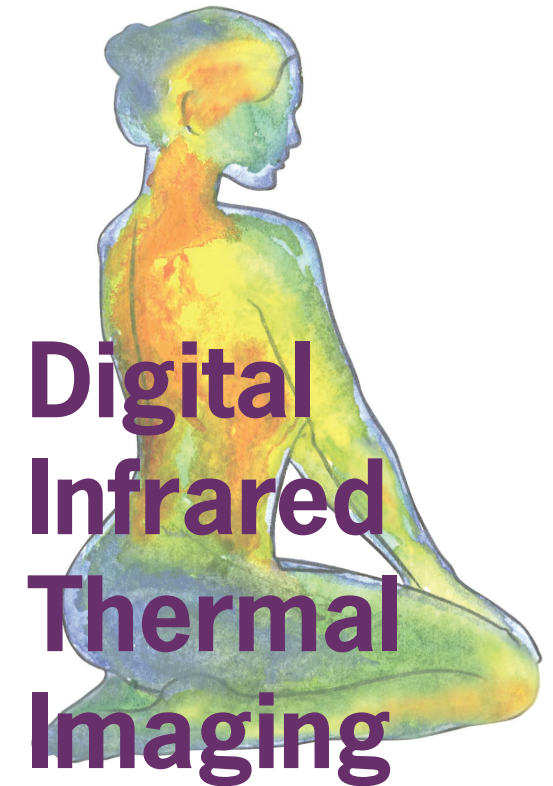
#### Multiple Locations in Multiple States

*Virginia, Maryland, DC,  
Delaware, Pennsylvania, West Virginia*

Find locations and/or book online:

[www.longevitythermography.com](http://www.longevitythermography.com)  
**Toll Free Scheduling: 1-888-580-0040**

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## Digital Infrared Thermal Imaging

A higher level of prevention

## Specializing in:

Breast Imaging  
Pain Diagnostics  
Early-stage Disease Detection