



Weight Loss and Natural Hormone Balancing Clinic
Kathryn Ruth DeSantis, Nurse Practitioner
2003 Stoneleigh Drive, Draper, UT 84020
Ph. (801) 272-1246

www.UtahNaturalSolutions.com

THERMOGRAPHY - A Safe Alternative to Mammography

If you are interested in learning about safer forms of breast cancer screening, other than the traditional mammogram, contact Utah Thermography at (801) 885-4616. They can assist you in scheduling an appointment at their Salt Lake City location - 34 South 500 East, Suite 103.

I encourage females to read a textbook on breast health written by John R. Lee, M.D. and David Zava, PhD entitled: *What Your Doctor May Not Tell You About BREAST CANCER—How Hormone Balance Can Help Save Your Life.*

Females are advised to perform a monthly Self Breast Exam (SBE). Instructions for SBE can be found by entering a search on my website.

SCREENING FOR BREAST CANCER – “Medical Standard of Care”

If you are 40 years of age or older, it will be necessary for you to complete some form of breast cancer screening before proceeding with hormone replacement therapy. Please provide my clinic with a copy of your screening results by mail.

As a medical provider, I am required to inform my patients of The American Cancer Society recommendations regarding clinical breast exams and mammography for early breast cancer detection:

- for women **20-39 years of age:**
 - clinical breast exam every 3 years

- for women **≥ 40 years of age:**
 - annual clinical breast exam
 - annual mammography

- for women **≥ age 35 years of age, who is at high risk* for breast cancer** (*high risk is defined as having a *mother* or *sister* who has been diagnosed with breast cancer)
 - annual clinical breast exam
 - annual mammography

For a routine mammogram, a referral is not necessary.

Kathryn R. Palmer, Nurse Practitioner

Feel More Like Yourself Again!