

# In the Midst of Things, Remember

By  
Thermography  
of Wisconsin



**M**emory is a funny thing. Recently, I found an apron my mother used to wear. The thinning, gray abstract print has an aqua bias trim on the ruffles and pocket. Holding it made me remember how my daughter wore that same apron while cooking when she was little. That thread led to memories of how my daughter also used to climb the big cedar tree in the front yard...with her cats. Upon reflection, I know my daughter remembers much more about her childhood that I do—I was “in the midst” of it all. Now, she’s a young mother “in the midst” of it all, trying to make and hold on to the memories of her own young daughter’s adventures and antics. How and what we remember looks different for everyone.

My mother lived with Alzheimer’s for eleven years following her diagnosis. As her memory fragmented, she lived those years “in the midst” of her younger days, when times were hard and uncertain for a young girl raised by a tavern owner in the 1920’s and 30’s.

I had a recent phone conversation with a woman whose husband died unexpectedly. She was in the “midst of

things,” scrambling to pulling together all that had been left undone. She mentioned this winter was going to be quiet when everything is settled. She will remember this winter.

We all do what we can, the best way we know how, when we are “in the midst” of things. Be encouraged to remember the good times when you are “in the midst” of things. Remember the hard times, too: how you endured, and how others rallied around you in support. Remember to take care of yourself—and to keep your appointments—when life seems to get too busy.

That’s where I come in! My role is to jog your memory: Keep up with your breast screening. In turn, you can help someone else remember, too. Thermography is an ideal adjunct to structural screenings like mammography, ultrasound and MRI. It is a quick and easy scan—painless, no contact, non-invasive, zero radiation...totally harmless. Remember to bring this article to your next Digital Infrared Thermal Imaging appointment and receive \$25.00 off your regular-priced screening. (Expires 1/31/2027)

A festive holiday-themed graphic featuring pine branches, gold and red ornaments, and a small red bow.

*Stay healthy  
this holiday season*

**Digital Infrared Thermal Imaging ‘DITI’**  
is a non-invasive procedure that  
visualizes pain and pathology.

Contact Thermography of Wisconsin:  
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The logo for the American College of Clinical Thermography (ACCT), featuring a circular design with the acronym 'ACCT' and the full name around it.

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