

Before Your Appointment

There are a few guidelines to prepare for your thermography scan:

- Do not have physical therapy, a massage or electromyography on the day of your scan.
 - Do not smoke for 2 hours before your scan.
 - Do not use lotion, deodorants or liniments on the day of your scan.
 - Stay out of strong sunlight on the day of scan.
 - Avoid exercise or heavy physical activity.
 - No massage or lymph treatments.
 - No chiropractic adjustments.
 - No saunas, steam baths or hot tubs.
 - No hot or cold packs.
 - Avoid heavy makeup, Oil based products on the body will affect accurate detection
 - No hot shower within 4 hours of imaging.
 - Do not shave area to be imaged.
 - For head imaging, do not eat for at least 2 hours prior.
 - No gum chewing.
 - Avoid A/C in the car blowing directly on the you.
 - There are no dietary or medication restrictions on the day of your scan.
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During Your Appointment

You will remove all jewelry and clothes from the part of the body being scanned (for full body scans, under wear is left on). We are a privacy screened service so once you are ready, the Certified Clinical Thermographer who is on the opposite side of the screen takes your necessary images by utilizing a computer and remote controlled thermal camera, which never comes in contact with your body, while directing the standard positions you will be in while sitting and standing. An example of a standard position is sitting on a chair with your arms by your side. We see many patients who have regular trouble sitting and/or standing. We do our best to accommodate.

After Your Appointment

All thermography interpretations will be reported by adequately trained and experienced doctors (MDs) who hold board certification as Thermologists. After your thermography scan, your thermograms and intake information is electronically sent to a group of physicians known as Physicians Insight for interpretation and reporting. They typically turn the report around in 7 business days electronically to our office. Our office will then email you and your doctor, if you provided their email on your intake form.

All of your thermograms are kept on record for 7 years and once your stable thermal pattern has been established any changes can be detected during your routine annual studies.

When should I come back?

A subsequent session assures that the patterns remain unchanged. If you are a female and this was your first scan then you should come back in three months for just a breast scan to establish an accurate and stable baseline. Everyone else should come back annually, unless specified by a Thermologist.

Why do I need to come back in 3 months exactly?

The most accurate result we can produce is change over time. Before we can start to evaluate any changes, we need to establish an accurate and stable baseline for you. This baseline represents **your unique thermal blueprint**, which will only be altered by developing pathology. A baseline cannot be established with only one study, as we would have no way of knowing if this is your normal pattern or if it is actually changing at the time of the first scan. By comparing two studies three months apart we are able to judge if your breast physiology is stable and suitable to be used as your normal baseline and safe for continued annual screening.

The reason a three-month interval is used relates to the period of time it takes for blood vessels to show change. A period of time less than three months may miss significant change. A period of time much more than three months can miss significant change that may have already taken place.

There is no substitute for establishing an accurate baseline.

Your initial scan is only being compared to what a normal body's thermal symmetries should be. Your annual scan is being compared to what a normal body's thermal symmetries should be, your past scans, and your accurately establish baseline created by your 3 month follow up.

In simpler terms, this is to make sure there are no rapid changes even if there wasn't anything of concern in your initial scan. If there are no rapid changes then your stable baseline has been established and we will see you in a year (from your initial scan)!