



PREPARATION GUIDELINES

How Do You Prepare for Your Appointment?

There are activities and products that can affect the outcome of your thermal images. Because of the sensitivity of the equipment, and so your scans are as accurate as possible, we ask that you adhere to the following:

- 1 Week Prior to Scan:
 - Avoid strong sunlight or tanning sessions (especially sunburn) to the body areas being imaged
- 24 Hours Prior to Scan:
 - If you are a massage therapist or have another profession with repeated rubbing to an area to be tested, please schedule your appointment early in the day before work begins
 - No treatment (chiropractic, acupuncture, massage, TENS, physical therapy, electrical muscle stimulation, ultrasound, mammogram, sauna, hot or cold pack use) or physical stimulation to the areas to be imaged
 - No shaving on the areas to be imaged (i.e. underarms for breast scans, legs for full body scans)
- Day of Thermal Scan:
 - No lotions, powders, oils (including essential oils), creams, or makeup on the areas you are having scanned
 - This includes NO makeup on the face and neck when having an Upper Body, Full Body, or Face & Neck scan done. Makeup is fine for breast-only scans.
 - No use of deodorants or antiperspirants
 - Please wear your hair up
 - Do not use seat warmers in your vehicle
- 4 Hours Prior to Scan:
 - No strenuous exercise
 - No caffeine
 - Some medications (such as those for arthritis or pain) can reduce swelling and/or inflammation and may not give an accurate reading. Please avoid taking them within 4 hours prior to the examination. ***You must consult with the prescribing physician for his or her consent prior to any change in medication use such as this.***
- 2 Hours Prior to Scan:
 - No smoking

- 1 Hour Prior to Scan:
 - No bathing
 - Room temperature food or drink is okay but avoid hot, cold, or spicy food and beverages
- Wait 3 months before scheduling an appointment:
 - Post-surgery
 - Radiation therapy
 - Chemotherapy
 - Post-lactation/weaning
 - Black salve use on an area being imaged

Office Policies

Cancellation / Rescheduling Policy:

Your appointment is very important to the Thermography of Houston team as it is reserved especially for you to ensure we provide you with our full attention. When a client cancels or reschedules without giving enough notice, they prevent another client from receiving service. Therefore, we respectfully ask that you provide a notice at least 24 hours in advance of making changes to your scheduled appointment. For a Monday appointment, please call the office by Friday.

A deposit of \$50 is required for all appointments at the time of scheduling to confirm and hold your appointment. This deposit will be applied to your balance at the time of your appointment. ***If you cancel or reschedule with less than 24 hours until your appointment or if you do not show for your appointment, the deposit will not be refunded.*** As these policies help us ensure quality service for each client, your understanding and cooperation is greatly appreciated.

Lubbock, Midland, Hobbs Cancellation / Rescheduling Policy:

We greatly value our Lubbock, Midland, and Hobbs clients and enjoy bringing thermal imaging services to these communities.

Due to the significantly higher costs involved, extended time required for traveling, and very limited availability of appointment times, *the \$50 deposit required at the time of scheduling an appointment is non-refundable and non-transferrable.* This means you will forfeit this deposit if you do not keep your original appointment.

Thank you for your understanding and cooperation, as we strive to provide quality service to all of our clients.

Fees and Payment:

- We do not provide insurance billing, as most traditional insurance companies do not cover thermography. However, there are some HealthShare companies that cover thermography, as well as supplemental insurance such as Aflac. You can also use your Health Savings Account (HSA or HRA card) or Flexible Spending Account (FSA card).
- Payment is expected in full at the time of the thermography scan. Payment can be made through personal check, credit card (Visa, Master Card, Discover, and American Express), or cash. If you pay with cash, please note that we are not prepared to provide change.

- If you would like your report back quickly, we can process it as urgent for an additional \$35.00. This ensures your report is back within 24 hours.

About the Visit – What You Can Expect

When you arrive, you will be taken to the thermography room and given a gown to change into. This allows your body to adjust to the temperature in the room and to prepare it for the scanning. For Full Body scans, you will need to remove all clothing and jewelry, underwear is optional and your choice. For other scans, you will need to remove clothing for the area(s) being scanned.

Next, the certified thermographer will review your completed forms and discuss them with you. The session will involve taking several images and the provided gown will need to be removed while images are taken. You need to be still during the brief times when the images are taken, but you can relax in between scans.

Once your scanning is complete, the technician will write up your report and combine this with your thermal images. Your completed file is then sent to the medical doctor, specifically a board-certified thermologist, who will interpret your images.

The length of your appointment is determined by the number of scans you need. Scanning one area of interest may take 15 minutes while a full body could be 45 minutes.

Who Takes the Images?

The technicians at Thermography of Houston are certified thermographers and have been trained through ACCT, the American College of Clinical Thermology. All of the clinical technicians currently at Thermography of Houston are female thermographers.

Who Are the Doctors that Interpret the Images?

The interpreting doctors are licensed medical doctors that have continued their education by completing the requirements at the American College of Clinical Thermology (ACCT) to become a board-certified thermologist. To make the interpretation, the doctor considers the information you provide in your health history, your current symptoms and complaints, and your thermal images. The doctor writes his/her interpretations into a Report of Findings. This report can help your practitioner in designing a health program or treatment plan for you.

Receiving Your Report

All reports will be received in 7-10 calendar days via mail or email. You will receive the interpreting doctor's report, as well as all of the images taken during your scan. If you need your results sooner, we can provide an urgent report to be completed in 24 hours for a \$35 fee.

Once you have received your results, we highly recommend you contact our office to schedule a Report Review appointment. This is when the thermographer reviews your report with you and ensures you fully understand your results and receive recommended next steps. Many clients remark on how much more information they

receive during the Report Review and find it immensely helpful. There is no additional cost for the Report Review, so be sure to take advantage of that!

Thermography Service Options

- Full Body - \$475
- Upper Body - \$395
- 1 Region of Interest - \$195
- 2 Regions of Interest - \$295
- Report Review Consult - \$0
- Breast Initial - \$225
- Breast Follow-Up - \$195
- Breast Baseline Package - \$395 – *Discounted rate that includes the Breast Initial scan and the 3-month baseline scan. Separately, these two scans are a total of \$420, but when purchased as a package it is only \$395.*

Note: Since every woman has a unique thermal pattern in the breast region, like a thumbprint, the key to accurate thermal imaging is showing consistent patterns over time. Your initial breast scan will show your current patterns. What we want to know is, are these patterns new or have they been this way your whole life? The baseline breast scan in 3 months is used to compare your patterns from the first and second scan and confirm that your patterns are stable over time and not changing. This is crucial in establishing what is “normal” for you and is required before annual screening can be recommended.