



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 (face and neck excluded).
- 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 a Well Woman, Upper Body, Full Body, or Face & Neck scan done.
 - No use of deodorants or antiperspirants.
- 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 or cold food or beverages.
- Wait 3 months before scheduling an appointment if you have received the following:
 - Post-surgery
 - Radiation therapy
 - Chemotherapy
- Also wait 3 months post-lactation before scheduling an appointment, as the milk production effects the accuracy of the results

Other than what is listed above, you can follow your normal routine with medications, supplements and food choices.

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 enables your body 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, except for the underwear. 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 scanned area(s) will need to be disrobed. You need to be still during the brief times when the images are taken, but you can relax in between scans.

For cold stress testing (used to help diagnose RSD) it will be necessary to place the hands or feet in a bucket of cold water for a few minutes, which can be uncomfortable but not painful. This is only used for specific purposes, ordered by a physician. Additional images will be taken before the chilling process and then after the chilling process to record the recovering process.

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 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. This professional organization is closely associated with Duke University in North Carolina. 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 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.

Please note: Early detection programs such as thermography (Digital Infrared Thermal Imaging) can increase your chance of detecting and monitoring breast disease and other conditions. (Some research shows thermography is 90% accurate in screening for breast cancer, even in women younger than 50 with dense breast tissue. Research also shows that thermography can detect suspicious patterns 5-8 years before other technologies.) While annual thermography screening provides the earliest known method for detecting breast cancer, as with all other tests, it is still not a 100% guarantee of detection.

Receiving Your Report

All reports will be received in 7-10 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.

If you would like to go over your results with someone to better explain your report and images, you can schedule a consultation with our head thermographer, Rebekah Stump, FDN-P, CCT.

We consistently receive positive feedback from clients who schedule these appointments. They often comment on how much more informative their report is and increases the value of the thermography service.

Office Policies

Please come 5 minutes early. We do our best to respect people's time and try to keep the waiting to a minimum. We appreciate your help with this.

Appointments:

- Appointments must be made ahead of time. Walk-ins are not accepted.
- As mentioned earlier, an optional Report Review may be scheduled for those wanting to review the interpreting doctor's findings. This is included with the cost of your scan.

Cancellation / Rescheduling Policy:

Appointment times are valuable to both our staff and our clients. If you need to cancel or reschedule your appointment, you will need to call the office at least 48 hours prior to your appointment. We appreciate your help with this.

Fees:

- Fees are determined by the type of thermal scan you request (see below for details).
- We do not submit insurance forms and most insurance companies do not cover thermography. However, there are a few who may if it is ordered by your physician.

- Some people are concerned about an issue and need the results quickly. We can provide an urgent report for an additional \$35.00 and you can expect to receive your results in 24 hours.
- For additional copies of your report and images there is a \$5 fee.
- 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.