



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). **Men with facial hair** (goatee, beard, etc.): The facial hair will obscure our view of the face and dental area. If you are willing, please consider shaving (preferred) the day before or shortening any facial hair before your scan, so we can properly image the face and neck.
- Day of Thermal Scan:
 - No lotions, powders, oils (including essential oils), creams, or makeup on the areas you are having scanned.
 - No use of deodorants or antiperspirants.
 - 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 if you have received the following:
 - Post-surgery (this does not include minor procedures like lasik, needle biopsy, etc.)
 - Radiation therapy
 - Chemotherapy
- Wait 6 months after using black salve on an area to be imaged.

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.

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.

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.

Once you have received your results, we are available to review your results with you to ensure you fully understand the report and receive the complete value of our services. You are welcome to contact our office to schedule this review.

Office Policies

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:

- We do not provide insurance billing as traditional insurance companies do not cover thermography. However, some healthshare companies cover thermography, as well as supplemental insurance such as Aflac. You can use your Health Savings Account (HSA or HRA card) or Flexible Spending Account (FSA card).
- 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.
- 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.

Types of Scans

- Full Body - \$475
Includes head, neck, chest, back, arms, abdomen, pelvic region, hips, legs
- Half Body - \$395
Includes head, neck, chest, back, arms, abdomen, and pelvic region
- 1 Region of Interest - \$195
Includes one area of interest (example: (example: abdomen)
- 2 Regions of Interest - \$295
Includes two areas of interest (example: chest and abdomen)