

# Patient Information Sheet

Breast Screening with Digital Infrared Thermal Imaging (Thermography)

## **Purpose of test:**

For early detection of abnormal changes in the breasts requiring further diagnostic testing.

## **Patient Instructions:**

- ***No physical therapy, massage, chiropractic adjustments, acupuncture or electromyography 24 hours prior to testing***
- ***No vigorous exercise or intimate relations 24 hours prior to testing***
- ***No smoking for a minimum of 2 hours prior to thermography***
- ***No powders, lotion or deodorant on your breast or any area to be scanned***
- ***Avoid strong sunlight on the day of testing***
- ***No sunburn that is still active or peeling- if so, delay testing until completely gone***
- ***No excessive hot or cold food or drinks prior to testing***
- ***Please wear loose fitting clothing, if possible***

***\*\*There are no dietary or medication restrictions of the day of your scan.***

***\*\*Disrobing – Remove all upper body clothing and jewelry. Put on surgical gown. Inform your thermographer if you have had any recent skin lesions on your breasts. The inflammation can cause a false positive result.***

***Tip: If you are pregnant, breastfeeding, had surgery in the area of interest, or any biopsies, chemo, or radiation, you will need to wait 3 months after any of these events have stopped.***

## **Frequently asked questions:**

**1. *Where is test performed?***

*X-ray laboratory, hospital, doctor's office, clinician's office*

**2. *Who performs test?***

*Female Clinical thermographer*

**3. *Are there any risks or side effects?***

*None. Thermography is a non-invasive procedure*

# **THE TEST**

## **SENSORY FACTORS:**

The number of people involved in the procedure will be limited to protect your privacy. The room air may feel cool on your breasts as they adjust to room temperature before scanning. Examining room temperatures can be slightly cool when you disrobe for the procedure. Any apprehension about the sophisticated thermography equipment is soon dispelled. The procedure is totally noninvasive and the camera does not emit radiation of any kind.

## **Equipment Used:**

Thermal imaging camera, Computer, Hair dryer, Spray bottle containing alcohol, Cooling gel pads, Instant camera, Temperature reference

## **Description of test:**

Patient time for test: Initial testing approximately 1 to 1 ½ hours, Follow Up testing ~ 15 to 30 minutes. You are given time for your skin temperature to equalize with the room temperature.

Thermograms are taken of the whole body, or just the areas under investigation.

Neurological testing can include a “cold stress test”, this involves placing a hand or foot into a bowl of cool water, alternatively a cool gel pad can be applied to any part of the body.

***\*\*You are welcome to bring a companion or partner to be present at the examination.***

***\*\*Do not bring children to the appointment. Children are not allowed in the examination room.***

*While participation in a Digital Infrared Thermography Imaging (D.I.T.I.) early detection program can increase your chance of detecting and monitoring breast disease, as with all other tests, it is still not a 100% guarantee of detection.*

*Digital Infrared Thermal Imaging (D.I.T.I.) has been recognized as a viable diagnostic tool since 1987 by the AMA Council on Scientific Affairs, the ACA Council on Diagnostic Imaging, the Congress of Neuro-Surgeons in 1988 and in 1990 by the American Academy of Physical Medicine and Rehabilitation.*