



*The Thermography Center*  
*A Division Radiant Health Thermography, Inc.*

**Client Information:**

**Torso Screening with Digital Infrared thermal Imaging (thermography)**

**Purpose of Test:**

For early detection of abnormal changes in the torso region for preventative care or for further diagnostic testing and for indications of disease, organ function and pain.

**Client Preparation:**

Do not smoke for 2 hours before the test

Do not exercise vigorously before the test

Do not receive chiropractic adjustments, receive a massage, or get acupuncture before the test

Do not use lotion anywhere on your torso area, including back before test

Avoid sun exposure on day of test. A sunburn to the chest/breast area may alter results

Diet – no change necessary

Medicines – no change necessary

Do not take a hot shower 3 hours before test or shave the day of test

During your appointment, you will be removing all upper body clothing and jewelry. You may feel more comfortable wearing a skirt and top or pants and a blouse so that you do not have to fully disrobe. A gown will be supplied for your upper body during the cooling down period when you arrive. Your hair will need to be tied up as well above your shoulders during the exam and cooling down period. Inform your Thermographer if you have had any recent lesions on your breast as the inflammation can cause a false positive result.

**How the test will feel:**

The test takes place in a relaxed, peaceful & private room. The room air may feel cool on your body as you adjust to room temperature before scanning but you will be lightly robed during the cooling process (about ten minutes). Examination room temperatures are comfortable once you disrobe for the image taking. Any apprehension about the sophisticated thermography equipment is soon dispelled as the procedure is totally non-invasive and the camera does not emit radiation of any kind.

**Time before test results available:**

Time before results are reported to the doctor or patient varies from a few days to two weeks. If you have an urgent request for a 48 hour turn around, please discuss with your Thermographer.

**Frequently asked questions:**

*Who performs test?*

Female Certified Clinical Thermographer

*Any risks or side effects?*

None. Procedure is non-invasive, non-contact, no radiation.

*How long does it take?*

Patient time for test: 15-20 minutes

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

While participation in a DITI early detection program can increase your chance of detecting and monitoring disease, as with all other tests, it is still not 100% guarantee of detection.