



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

**Client Information:**  
**Breast Screening with Digital Infrared thermal Imaging (thermography)**

**Purpose of Test:**

Screening for hot spots, inflammation, and indications of disease, specifically cancer, and for changes in breast physiology and function for the purpose of early prevention.

**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 deodorant or lotion anywhere on your chest/breast area 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

If you are a nursing mother, please call us to discuss the limitations of thermographic testing prior to test

During your appointment, for upper body only screenings, you will be removing all upper body clothing and jewelry. You may feel more comfortable wearing a top and pants 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 body 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 breasts as they 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. Urgent requests can usually be accommodated within 24 hours for an additional fee.

**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 breast disease, as with all other tests, it is still not 100% guarantee of detection.

Most research demonstrates a 93% accuracy rate; like Mammography.