



APPOINTMENT CHECKLIST AND IMPORTANT INFORMATION

3 Months Prior

- No major surgery in area being imaged
- No radiation therapy
- Women: cease pregnancy, lactation, and breastfeeding

1 Month Prior

- No minor surgery to area being imaged, i.e. biopsy

1 Week Prior

- Avoid strong sunlight or tanning sessions (especially sunburn).

24 Hours Prior

- No treatment: chiropractic, mammogram/x-ray, acupuncture, massage, kidney dialysis, TENS, physical therapy, electrical muscle stimulation, steam room, sauna, hot or cold pack use.

Day of the Exam

- No lotions, powders, or oils (including essential oils) on the areas being imaged
- No makeup on the face and neck when having a Well Woman, Upper Body, Full Body, or Face & Neck scan done
- No deodorants or antiperspirants
- No shaving areas to be imaged

2 Hours Prior

- No smoking, No exercise, No alcohol
- No caffeine – coffee, tea, chocolate

1 Hour Prior

- No bathing
- Avoid hot or cold food or beverages – room temperature is fine

What to Wear

- Loose clothing and no jewelry on areas being imaged
- Wear pinned up hair
- Women: avoid underwire bra

What to Bring

- Completed health history forms (unless you emailed the forms in advance).
- OPTIONAL: Any recent test results (i.e. biopsy, mammogram, ultrasound, etc.) that would be relevant to the area being imaged.



ABOUT THE VISIT – WHAT TO 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 clothing will need to be removed while images are taken. 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 Rio Grande Valley 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. Thermography RGV has both male and female clinical certified thermographers.

WHO PROVIDES THE INTERPRETATION?

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 RESULTS

All reports will be received in 3-5 days via 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 \$50 fee. We can also provide interpreting doctor's report in Spanish as per your request for an additional \$85 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:

Your appointment is very important to the Thermography RGV team as it is reserved especially for you to ensure we provide you with our full attention. When a client cancels or reschedules without giving enough notice, they prevent another client from receiving service. Therefore, we respectfully ask that you provide a notice at least 48 hours in advance of making changes to your scheduled appointment. For a Monday appointment, please call the office by Friday.

We truly appreciate your understanding and cooperation, as we strive to provide quality service to all of our clients.

Fees and Payment:

- Fees are determined by the type of thermal scan you request (see last page 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.
- We can provide an urgent report (processed in 24 hours) for an additional \$50.00.
- We have Spanish report interpretation services available for an additional fee of \$85. This request must be done at the time of your visit.

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.