

Medical Thermographic Body Imaging: New Client Information/IHS

Medical thermographic body imaging is a screening technique which has absolutely no radiation, and requires no body contact or pressing. It is non-invasive, and painless. A trained, certified nurse thermographer takes the images. The infrared thermal imaging device detects heat being emitted from the body. Heat patterns are translated into picture format through the use of computer technology. The images are then sent to medical physicians trained in thermal image reading, called thermologists. The thermologist generates a report, which can then be shared with the clients chosen healthcare provider. The report can be used to assist the client's healthcare provider in screening, diagnosis and treatment monitoring.

Common uses:

- breast cancer screening
- to monitor a previously diagnosed breast health concern
- to assist in determining causes of pain
- to evaluate sensory-nerve irritation, or significant soft tissue injury (i.e. sports injury)
- to monitor and evaluate gastrointestinal problems, arthritis, lung disease, thyroid dysfunction, cardiac concerns

Test Preparation prior to scanning:

- **no showers 3-4 hours prior** to scan
- **skin: no deodorant, lotions, or creams** on the body (make-up acceptable for breast scan but not for fullbody scanning).
- **Prior to fullbody scan, do not brush teeth or chew gum.**
- **keep hands and feet warm** (i.e. wear gloves and socks in cold weather, preferably no shoes without socks)
- **diet restrictions:** no caffeine, or alcohol for at least 4-6 hours prior to scanning
- **normal diet and meals:** no fasting necessary
- **medicines: no changes necessary** (inform thermographer of all medications)
- **activity:** no exercise at least 4 hours prior to scanning
- **smoking:** no smoking for at least 2-4 hours prior to scanning
- **treatments:** no massage, chiropractic, physical therapy, electromyography, acupuncture, or energy work for 24-48 hours prior scanning (if questions on other types of treatments, discuss with thermographer prior to appointment)
- **sunburn:** no excessive sun exposure or tanning booth 48 hours prior to scan

Procedure experience:

- **disrobing:** clothing and jewelry will be removed depending on body area being scanned. **Hair** needs to be off the forehead and shoulders using head bands or hair clips. You are welcome to bring a companion or partner to be present at the time of scanning. This is entirely up to you since you will be disrobing during the scan as necessary.
- **initial cooling prior to scanning:** 15-20 minutes in a temperature controlled thermography room in a paper gown
- **time for scanning following the initial cooling time:** 20-60 minutes depending on number of body areas requiring scanning

Scan results

- results are mailed to client and one other designated healthcare provider upon client request
- results can be reviewed with the nurse thermographer by scheduling a review by phone or in the office
- results sent to the client's medical provider may be reviewed with the thermographer or with the medical physician who interpreted the scan report
- **recommendations for breast screening include an initial breast scan followed by a 3-6 month repeat scan to establish a baseline, from which yearly scanning can then be compared**
- while thermal imaging is a valuable screening and monitoring tool, it is not diagnostic nor are the results 100% guaranteed (as with all other tests used in clinical practice)

Appointment: phone: 719-573-2254

address: 7606 N. Union Blvd. Suite A Colorado Springs, CO 80920

Note: If you are unable to keep your appointment, please call 24 hours ahead of scheduled appointment time, as a "\$50 no show fee" may be applied.