

BodyTherms

Protocol for Thermography Breast and Body Exam

Thermography is an **Adjunctive** breast health exam in addition to your annual Mammogram.

- Avoid a hot shower at least 4 hours prior to exam
- Do not use lotions, hormone creams, or powder on your breasts on the day of the exam
- Avoid application of deodorant or antiperspirant (even crystal deodorant) if possible
- Avoid coffee or tea, hot or cold for 4 hours before exam -- no caffeine
- Do not shave on the day of the exam to avoid skin abrasions
- No physical stimulation or treatment of the breasts, chest, neck, or back for 24 hours prior to the examination (no chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, massage, or ice or heat use)
- Avoid sun exposure for extended periods of time the day before and on the day of the exam -- no sunburns
- No heated seats on the way to exam, or hot liquids
- Please provide a list of medications either prior to or at the time of the exam
- Notify the Technician if you are taking Beta Blockers
- Do not smoke for 4 hours before exam
- Do not plan a heavy workout the day of the exam
- Notify the Technician if you have a current skin lesion, rash or injury to the breast
- Please wear hair up off the shoulders

For the exam, you will need to disrobe from the waist up and acclimate to room temperature (68°-72°F) for ~15 minutes. The scan will take approximately 15-20 minutes.

If you are disabled or unable to sit or stand for long period, notify the Technician.

You are welcome to bring a companion to be present during the exam. The process is non-invasive and non-contact.

Test Results:

Once your scan is complete, it will take approximately 2 weeks before your report will be available.

(Rush Fee is \$50 and time frame is 3 business days)

Your report is provided by Dr. Robert Kane*, DC, DABCT, FIACT

* Dr. Kane is an independent contractor for the purpose of Thermography interpretation only. Dr. Kane is not an owner, employee, or agent of BodyTherms, and does not oversee my operations.

Please Print Name _____

Address: _____

Your Email Address to send report (will be password protected): _____

Phone number: _____

Sign here that you followed the protocol _____ Date _____

Locations for Imaging:

San Francisco: @ 1628 Union Street, San Francisco, CA 94123 (Btw Franklin and Gough)

Fair Oaks: Office of Dr. Lisa Moore, DC @ 9700 Fair Oaks Blvd, Suite F, Fair Oaks, CA 95628

Contact Info Julia Danekas, Certified Thermography Technician:

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