

Patient Information:
Breast Screening with Digital Infrared Thermal Imaging
(Thermography)

Purpose of Test:

- For early detection of abnormal changes in the breasts requiring further diagnostic testing.

Patient Preparation:

- Do not smoke for 2 hours before the test
- **Do not use lotions or powder** on your breasts or surrounding areas on the test day
- **DO NOT USE DEODORANT** on the day of the test
- No chiropractic adjustments the day of the test
- Avoid sun exposure on the day of the test
- Diet- No changes necessary
- Medicines- No changes necessary
- Disrobing- remove all upper body clothing and jewelry. Put on the surgical gown supplied. Inform your Thermographer if you have had any recent skin lesions on your breast; the inflammation can cause a false positive result.

How the test will feel:

- The number of people involved in the procedure will be limited to protect your privacy. The room air may feel cool on your breasts as they adjust to room temperature before scanning. Examining room temperatures are comfortable when you disrobe for the examination. Any apprehension about the sophisticated thermography equipment is soon dispelled, the procedure is totally non-invasive, the camera does not emit radiation of any kind.

Time before test results are available:

- Time before results are reported to the doctor or patient varies from a few hours to a few days.

Frequently asked questions:

- Who performs the test?
 - Female 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 participating 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 a 100% guarantee of detection.