

CLEAR VIEW THERMAL IMAGING

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PATIENT PREPARATION FOR THERMOGRAPHY

The purpose of the test is to detect recognizable signs of normal or abnormal physiological activity to determine if further clinical evaluation or preventive recommendations are required.

PREPARATION: You will be trying to avoid activities that affect your circulation or body temperature as you prepare for the exam.

Three months prior to exam: No major breast surgery, chemotherapy, radiation treatment, lactation, or breast feeding. Bone density scans and x-rays are OK

One month prior to exam: No minor breast surgery or biopsy.

One week prior to exam: Avoid tanning and/or sunburn.

24 hours prior to exam: Avoid exercise, massage, chiropractic adjustment, steam rooms, saunas, hot or cold packs, hot tubs. If you have a fever, you will need to reschedule.

Exam day: Do not shave underarms. Do not use any deodorant, cream or lotion on your upper body.

Two Hours prior to exam: Discontinue use of tobacco, caffeine, hot liquids, cold liquids, chewing gum, mints, exercise, bathing, and showering.

DURING THE EXAM: There will be no contact with your body, no injections, no radiation, no fluids to drink. You will be in a cool private room with the camera positioned four to seven feet from you. You will be asked to turn to the necessary positions.

You will be required to disrobe all areas of the body to be imaged with the exception of underpants, which will remain on. A trained thermographer will be making the images. A single region of the body takes about 15 minutes, and the full body takes about 45 minutes.

REPORTING: Your images and questionnaire will be forwarded to a trained thermologist for interpretation. You will receive a written report and images when the report is complete. A copy can be sent to your doctor with your written request.

INTERPRETATION: The images are reviewed for certain temperature findings which may suggest elevated risk for disease. Thermal imaging provides information about current and future risk only and does not provide a diagnosis. Findings should be correlated with diagnostic examinations before a final diagnosis and treatment decision is made. Thermograms are not replacements for mammograms, but rather a different kind of tool for predicting disease.