

# About Your Health, Inc.

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## Thermography: Digital Infrared Thermal Imaging:

The major basis of clinical thermography is the correlation of temperature recordings with various conditions from disease and injury as it relates to autonomic function. The camera system is sensitive to infrared radiation rather than visible light. The images produced are called thermograms.

**Purpose of test:** To detect abnormal changes in the breast or other area of the body which may require further diagnostic testing

### **On the day of your Exam:**

Do not smoke for two hours before your test

Do not have any caffeine, coffee, tea, soda, chocolate

Do not use lotions or powders or under-arm deodorants

Avoid sun exposure on day of test

No changes in diet necessary

No changes in medications on day of exam

No make-up (**if doing a Full Body or Half Body that includes your head**)

No exercise, no chiropractic, or even acupuncture

**Disrobing:** You will be asked to remove your clothes and jewelry. Put on a surgical gown supplied by us. Inform your Thermographer if you have had any recent skin lesions on your area to be scanned; 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 while you adjust to room temperature before scanning. Any apprehension about the sophisticated thermography equipment is soon dispelled, the procedure is totally non-invasive, the camera never touches you, and does not emit radiation of any kind.

**Test results:** Test results are determined by studying the varying patterns and temperature differentials as recorded in the thermogram. These tests are interpreted by EMI employing 16 medical doctors. The results will be emailed to you once we receive them in approximately 4 to 10 days.

**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 disease, as with all other tests, it is still not a 100% guarantee of detection.

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