

Patient Education - 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 day of test. Note, this includes no use of underarm deodorant/antiperspirant.

If you must use, apply as little as possible and only directly in the armpit itself.

We will be imaging the upper back and neck so hair must be up off of the neck.

Please pin up or headband in advance or a headband will be provided when you come for imaging.

Avoid sun exposure on day of test – this includes tanning equipment

Diet - No changes necessary

Medicines - No changes necessary

Pregnancy – we do not image from conception until 3 months after the end of breast feeding due to all the changes going on, not due to any safety issue.

Read and fill out all the forms provided and bring with you on test day. Returning patients will review their previous forms on test day.

The Test

Enter imaging room, disrobe to waist, put on standard gown.

Time is allowed for body to acclimate to room temperature.

Thermographer will review paperwork for any issues.

Gown is removed for imaging of heat from bare skin which is blocked by any clothing.

5 Standard breast images are then taken. Occasionally a couple of extra images may be taken for clarity.

Quick review of images by Certified Thermographer.

Dress.

Closing interview to go over reporting sequence

Disrobing - Remove all upper body clothing and jewelry. Put on 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 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 available:

You should receive the reports from the office where you were imaged within 2-3 weeks.

Frequently asked questions:

Who performs test? Female Imaging Technician

Any risks or side effects? None. Procedure non-invasive, non-contact, no radiation.

How long does it take ? Appointments are 30 minutes.

You are welcome to bring a companion or partner to be present at the examination

While participation 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.