

Please sign and bring  
this form with you

## BodyTherms, LLC Protocol for Day of Thermography Breast Exam

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

- An exam should not be done on the first day of your period in most cases
  - (Ideally, get your thermography days 4-24 of your cycle)
- 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 Cindy if you have a current skin lesion, rash or injury to the breast

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 Cindy.

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 \$100 and time frame is 3-5 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: Core Care Center @ 1634 Union Street, San Francisco, Ca 94123 (Btw Franklin and Gough)

Fairfax: Flow Yoga @ 85 Bolinas Road, Suite 16, Fairfax, CA 94930

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

Truckee: Namaste Holistic Healing and Yoga Center, 10368 Donner Pass Road, Truckee, Ca 96160 (~a block West of Downtown)

### **Contact Info Cindy Crawford, Certified Thermography Technician:**

Work/ Cell 775-846-9000

Email: [bodytherms@gmail.com](mailto:bodytherms@gmail.com)

Website: [www.bodytherms.com](http://www.bodytherms.com)