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Patient Information: Screening with Digital Infrared Thermal Imaging

Purpose of test:

- Help in determining cause of pain.
- For the early detection of disease and pathology.
- Evaluate sensory-nerve irritation or significant soft-tissue injury.
- To define a previously diagnosed injury or condition.
- To identify an abnormal area for further diagnostic testing.
- To follow progress of healing and rehabilitation.
- To provide objective evidence.

Patient preparation: Main consideration - do not do anything that will stress joints, muscles, cause you to heat up or cause the skin surface to be blocked.

- No Dental visits a week prior to an Upper Body or Full Body scan
- Do not exercise, have therapies (massage, facials, PT, etc.), treatments or testing (MRI, CAT Scan, ect) or electromyography on the same day Thermography is performed.
- Do not smoke for 2 hours before the test.
- Do not chew gum or drink hot beverages 2 hours before the test.
- Do not use under arm deodorants, lotions, make-up, liniments or powder on your body or face on the day of test as they will block the skin surface from registering correct temperatures.
- Avoid sun exposure on day of test.
- Diet – No changes necessary
- Medicines – No changes necessary
- Disrobing – You will be removing clothing down to underwear. Men, please wear briefs rather than boxer shorts for Full Body scans.
- Removing jewelry. Putting on a supplied gown. Having hair off face and away from ears & neck. Inform your Thermographer if you have had any recent skin lesions; the inflammation can cause a false positive result.

Description of test:

- Patient time for your visit: approx. 15-45 minutes depending on type of scan performed.
- You are given time for your skin temperature to equalize with the room temperature. Examining rooms can feel cool as your body adjusts to room temperature.
- Thermal Images are taken of the whole body, or just areas under investigation.
- A cervical assessment would typically include: head and neck, upper trunk & arms.
- A lumbar assessment would typically include: low back, pelvis, and legs.
- Neurological testing can include a “cold stress test”, this involves placing a hand or foot into a bowl of cool water, or having a cool gel pack applied to any part of the body. Cold stress testing requires a Doctors referral
- The procedure is totally non-invasive, the camera does not emit radiation of any kind.

Frequently asked questions:

Who performs the test? A Female who is a Certified Clinical Thermographer.
Any risks or side effects? None, Procedure is non-invasive, non-contact and no radiation.

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.