Preparation Guide – Women's Breast Thermography Bring This Form with You - Do Not E-Mail Back

Infrared Thermography Measures Your Body's Radiant Heat Emission Patterns. Your Body Must Be As Neutral As Possible To Ensure Valid Results.

NOTIFY US if you have had any chemotherapy, laser treatments (tattoos), radiation, surgery or any
other specialized procedures or therapies in the past three months, to reschedule your appointment.

	AVOID natural or artificial tanning of any areas to be imaged. Allow 1-2 weeks to heal sunburned areas.
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If You Get A Significant Fever (Over 101 °F) Please Call Us To Reschedule

	DO NOT shave areas to be imaged within 24 hours. DO NOT use a sauna, jacuzzi, infrared therapy or steam room. DO NOT use hot/cold packs on the areas to be imaged.				
24 hours	NO bleaching, henna tattoos, massage or waxing of any areas to be imaged.				
before	NO acupuncture, chiropractic, or physical therapy. NO compression or physical manipulation of any areas to be examined.				
	NO ultrasound or tens therapy (electrical stimulation). NO CT, MRI, PET scans, Ultrasound or X-rays.				

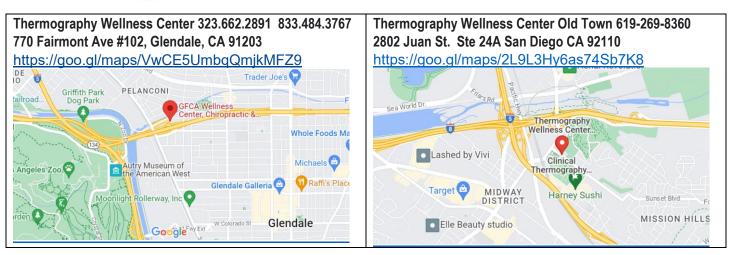
On The Day Of Your Appointment...

NO deodorant, colognes/perfumes, lotions, powders or skin cream. WEAR loose-fitting garments on the day of your exam. REMOVE jewelry and or piercings specific to the areas being imaged. DO NOT BRING babies or children, as it will affect the outcome of your exam.							
6 hours before	NO energy drinks or protein bars. AVOID aspirin, balms or mild pain medications. NOTIFY the staff if you have taken medications.						
2-3 hours before	AVOID exercise, hot bath/showers or swimming in the sun or heated pool. NO beverages or food (room temperature water only). NO candies, chewing gum, mints, smoking, vaping, or chewing tobacco.						

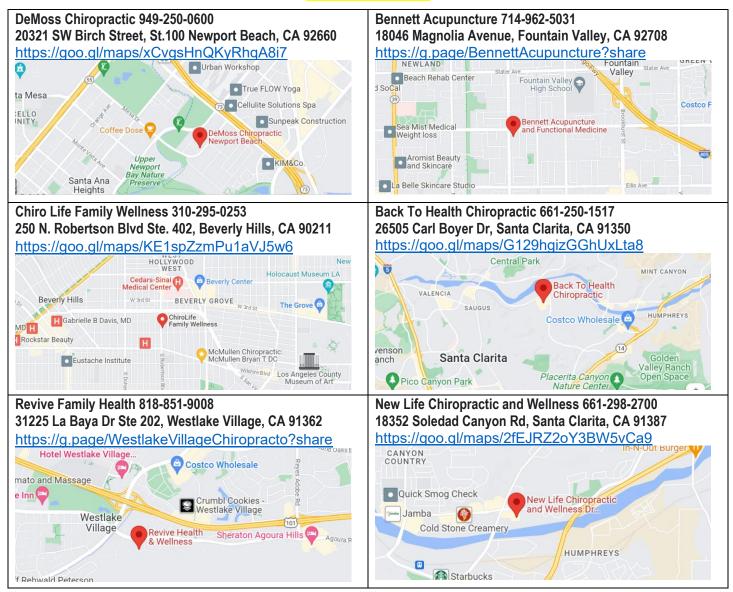
WE LOOK FORWARD TO PROVIDING YOUR THERMOGRAPHY SERVICER

Please Plan on arriving early or contact us as soon as you can in case of an emergency. Allow enough time for traffic delays and to complete your paperwork at the office. Call at least 24 hours in advance for any schedule changes to avoid a missed appointment fee of \$89.





Mobile Locations



Glendale 1-833-4-THERMS | www.thermographywellnesscenter.com | San Diego 619 269-8360

Thermography Wellness Center

Health History (Breast)

Patient Nar	ne:					Appo	ointment Da	te:			
Nickname:							e Phone:				
Address:						Cell I	Phone:				
City/State/Z	Zip:					Carrier (text alerts) Att· TMbl · Vzn ·					
Gender:	•	Female M	lale			Email:					
Date of Birt	th:			Age) :	Refe	rred By:				
Language:							ary Doctor:			(DC, DO, I	MD. ND)
Race:					Occupation:			(20, 20, 10, 10)			
OFFICE USE:							AIL REPORT		PER REPORT	[BB] [BS] [HFT] [G0	C] [PC]
			NEW 3-6-9-12 1yr 3				ail +Audio		er Copy \$35		
					SOND		ail Copy \$35				
			Mon	Wed	Fri		Consult -20min		lio +\$35/rgn		
						FYI:				TOTAL \$	
HISTORY: F	R/L = <u>F</u>	<u>R</u> ight/ <u>L</u> eft n/	' a = <u>n</u>orma	ıl/ <u>a</u> bnorm	al (please	circle	what applie.	s)	Teo	hnician Notes:	
None	Mammo				mo/yr:/_		mo/yr:/				
No updates		ogram - 3D			mo/yr:/_		mo/yr:/				
		ast Ultrasound			mo/yr:/_		mo/yr:/				
		ast Biopsy □ ma					mo/yr:/				
	R/L Bre Breast	east Sonogram			mo/yr:/_ mo/yr: /		mo/yr:/				
	Breast		,		mo/yr:/_		mo/yr:/ mo/yr:/				
	Breast				mo/yr:/_		mo/yr:/				
		est – Cancer Ma					mo/yr:/				
		est – Hormones					mo/yr:/				
					mo/yr:/_		mo/yr:/				
									report(s	s) provided	
PROCEDU	RES: R	R/L = Right/Le			hat applie	s)					
None		plants - silicone	mo/yr:		L Reduction		mo/yr:/				
No updates			mo/yr:	_/ R/I	L Repair		mo/yr:/				
	R/L Lift		mo/yr:		L Implants Re	moved	mo/yr:/				
	R/L Red	construction	mo/yr:	/ <u>R/</u>			_ mo/yr:/				
									-		
DIAGNOSIS	S/CON	DITIONS: R	/I = Right	/l eft (nle	ease circle	what	annlies)				
	R/L Abs		mo/yr:		L Fibro adeno		mo/yr: /				
□ No updates		cifications	mo/yr:		L Paget Disea		mo/yr:/				
		stic/ Fibrocystic	mo/yr:		L Scar Tissue		mo/yr:/				
	•	nse Tissue	mo/yr:		L Toxicity Syn		mo/yr:/				
	R/L		mo/yr:	/ R/	L		/////////				
	R/L Est	rogen+/Progeste	rone+ Breast	Cancer			mo/yr:/				
		R2 positive Breas					mo/yr:/				
		Inflammatory Br					mo/yr:/				
R/L Ductal Carcinoma or Ductal Carcinoma In Situ R/L Lobular Carcinoma or Lobular Carcinoma In Situ R/L Metastatic Breast Cancer				mo/yr:/							
				mo/yr:/							
				mo/yr:/							
		oillary Carcinoma					mo/yr:/				
		ole Negative Brea	ast Cancer				mo/yr:/				
	R/L R/L						_ mo/yr:/				
					_ mo/yr:/						

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Patient Name:

Date:

BREAST CANCER TREATMENT/ SURGERIES: R/L = Right/Left (please circle	what applies) Technician Notes:
□ <i>No updates</i> R/L Natural Salve mo/yr: / Iodine Therapy r R/L Ductal Lavage mo/yr: / Immune Therapy r R/L Laser mo/yr: / Oxygen Therapy r R/L Lumpectomy mo/yr: / Nutrition/Diet r R/L Mastectomy mo/yr: / Herbs/Supplements r R/L Proton Radiation mo/yr: / Chemotherapy r R/L Radiation mo/yr: / Hormone Drugs r R/L Reconstruction mo/yr: / Clinical Trial Drugs r	no/yr: /
additional comments	
FAMILY HISTORY: Breast cancer in family? (please circle what applies)	
□ None Familial: Mother Father Sister Brother □ □ Unknown Maternal: Grandmother Grandfather Aunt Uncle Coust	in DBRCA1
□ <i>Onknown</i> Material. Grandmother Grandfather Aunt Uncle Cous	
HORMONE REPLACEMENT: S/B/H = Synthetic Bio-Identical Herbs/Supplements (#	
□ None S/B/H Estrogen S/B/H Progesterone S/B/H Testosterone S/B/H □ No updates S/B/H S/B/H	I hyroid
WOMEN: At what age did periods begin: Current Cycle, day #:(please circle w	vhat applies)
	gnancies:
BIRTH CONTROL: C/P = Currently Using/ Previously Used (please circle what applies)	
□ None C/P Cervical Cap C/P Injection C/P Patch C/P Sp	onge prilization
MEDICATIONS/VACCINES:	
□ None	
SUPPLEMENTS/HERBS:	reports provided
□ None Multi-Vitamins; A, B, B-12, C, D, E, K □ No updates	
	□ reports provided

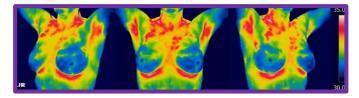
<u>DIAGRAM</u> condition and symptoms by the item #, using a dot, cross, circle, arrow, etc. Please indicate when or how long symptoms/conditions have existed. <u>NOTE:</u> complete the symptom/condition box, with a letter code for the frequency, using the following to indicate frequency: "X"; A=Always, F=Frequent, I=Intermittent, or O=Occasional.

RIGHT BREAST Historically larger NO CONDITIONS 1 Bruising 2 Infection 3 Itching 4 Injury 5 Lump-fixed/movable 6 Lump-hard/soft 7 Lump with pain 8 Marker 9 Nipple-tender 10 Nipple-inverted 11 Pain dull 12 Pain sharp 13 Pressure 14 Prickling 15 Rash 16 Scar Tissue 17 Skin-dimpling 18 Skin-discolored 19 Skin-scaly 20 Skin-reddening 21 Swollen 22 Tenderness 23 Piercing(s) 24 Tattoo(s) Right Lateral 25 Nipple-discharge [clear] [yellow] [brown] [bloody] 26 Breast size recently changed: [smaller] [larger]	HT SIDE LEFT SIDE Left La 25 Nipple-discharge [clear] [yellow 26 Breast size recently changed: 27 27	v] [brown] [bloody]
Please explain (how long and duration) INJURIES: Any breast/chest injuries throughout you None R/L Auto Accident mo/yr:/	R/L Parenting mo/yr:/	Technicians Notes:
No changes R/L Chemical Exposure mo/yr:/ R/L Occupational mo/yr:/ OFFICE USE: Board Certified Clinical Thermologist Dr. Claire H. O'Neill DC, FICCT, BCCT, DCTSI CTT:	R/L Sports/Hobbies mo/yr: / R/L Vaccines mo/yr: / BP (normal) Pulse Resp. Ht. OF	NOTES:
	Wt. / °C	

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Thermography Wellness Center

Infrared breast thermography is non-invasive; no radiation, no injections, and no compression.



Other diagnostic equipment only detects a mass, but Thermography screens for cancer growth through changes in temperatures, thermal and vascular patterns. We use the "Breast Stress Study" system which catches these physiological changes and indicators that can be highly accurate.

... peace of mind through safe and early detection.

WHAT IS THERMOGRAPHY? ... The best way to follow your breast health! Infrared thermography is exceptional in catching breast cancer within the first year of development, as well as detecting and recording more advanced stages of breast malignancy. Infrared thermal imaging shows subtle and dramatic temperature differences along with thermal and vascular patterns that correlate with various types of Breast Pathology. Thermography is of great value in monitoring your Breast Health.

Please tell your families and friends of this "Life Saving Technology"! It is safe for all ages and conditions: Men, Women, Babies, Teens, Breast Cancer Patients, Survivors, Pregnant-Nursing Mothers, and Breast Implant Recipients.

HIPAA Notice of Privacy Practices

How We Collect Information About You: Thermography Wellness Center and its staff collect data through a variety of means including but not necessarily limited to letters, phone calls, emails, voice mails, the intake form and any medical information provided.

What We Do with Your Information: Your information is held in strictest confidence. We do not give out, disseminate any information about patients that is confidential, as restricted by law, or has been specifically restricted by a patient/client signed HIPAA consent form.

How We Use Your Information: Information is only used to provide you with health services which may require communication between us, other health care providers and insurance providers necessary to verify your medical information is accurate.

Limited Right to Use Non-Identifying Personal Information from Biographies, Letters, Notes, and Other Sources: Any pictures, stories, letters, biographies, correspondence, or thank you notes sent to us become the exclusive property of TWC. We reserve the right to use non-identifying information about our clients (those who receive services or goods from us) for research, education, training, informational and marketing purposes. Clients will not be compensated for the use of this information. Identifying information (photos, address, phone numbers, contact information, last name, or uniquely identifiable names) will <u>NOT</u> be used.

You may specifically request that NO information be used whatsoever for research/information/marketing purposes, but you must identify any requested restrictions in writing below. We respect your right to privacy and assure you no identifying information or images will ever be publicly used.

□ TWC <u>may use</u> my non-identifying images for research, education, training, or informational purposes.
 □ TWC <u>may use</u> my written, photo, video and/or audio testimonials for marketing purposes.

□ TWC <u>may not</u> use my non-identifying images for research, education, or informational purposes.

Clearly Print Your Name Patient Signature Date

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