



Insight Thermal Imaging

Patient Preparation Checklist

It is crucial that you follow these restrictions in order to achieve accurate results from your thermal scan.

- * No prolonged sun exposure (especially sunburn) to the body area being imaged for five days prior to your exam.
- * Avoid a strenuous workout, exercise or weight training for 24 hours prior to your test. No sexual activity for 24 hours prior.
- * If you are nursing, please try to nurse as far from one hour prior to the exam as possible.
- * Do not use a car seat heater while travelling to your thermal imaging appointment.
- * No physical therapy, massage, EMS, TENS, ultrasound treatment, acupuncture, chiropractic, physical/sexual stimulation, hot or cold pack use for 24 hours before your exam.
- * Do not use lotions, powder, deodorant, antiperspirant, perfume, scented products, makeup or anything topical on the body area to be imaged the day of your exam.
- * If any areas of the body (as included in the images) are to be shaved, this should be done the evening before the exam. Do NOT shave under your arms the day of your exam.
- * Allow at least 4 hours after a hot shower, hydrotherapy, hot tub or sauna.
- * Do not smoke or have any caffeine for 2 hours prior to your exam.
- * If bathing, it must be no closer than 1 hour before your exam.
- * If not contraindicated by your doctor, avoid the use of pain medications the day of your exam. You must consult with your doctor prior to any change of medication.
- * If you have had any medical procedure within the past 12 weeks, please notify our office before coming in for your appointment.
- * Let the technician know if you have had any recent skin lesions or blunt trauma to the area to be scanned.

Please note: For breast exams you will be asked to disrobe from the waist up.

Please print out your completed form & bring it with you to your appointment

Follow up Breast Health History

Name: _____ Age: _____ Date: _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____

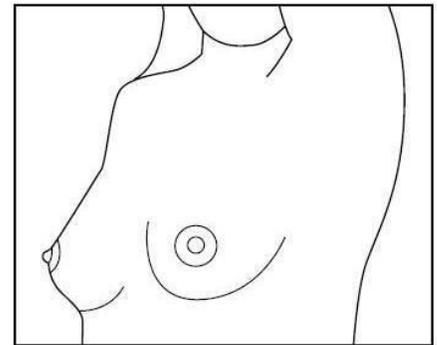
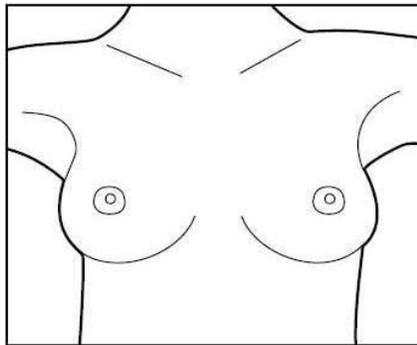
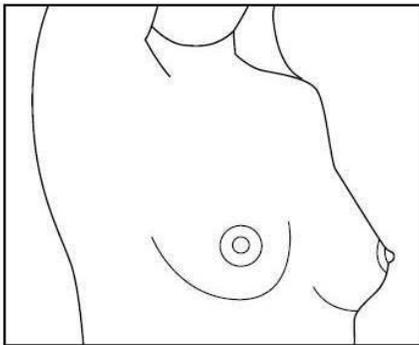
Daytime Phone #: _____ Date of Birth: _____ Sex: F M

PURPOSE OF THE EXAMINATION

- Annual examination to assess breast health.
- Follow up to a prior thermogram that detected a sign of elevated risk or breast hormonal activity
- Follow up to help monitor a lump or other clinical finding found on another test

- Evaluate a new breast concern

MARK THE AREA OF ANY NEW CONCERN ON THE DIAGRAM:



Have you had any new breast examinations since your last thermogram? Y N

Physical Breast Examination: Date _____

Results: Normal Other _____

Mammogram: Date _____

Results: Normal Other _____

Other breast tests (ultrasound, MRI or biopsy, etc) - List test date and results



Have you started or changed any doctor supervised treatment for breast health or hormonal balance since your last thermography examination including birth control pills? Y N

Please describe: _____

Have you started or changed any home treatment (lifestyle modification, diet, supplements) for breast health or hormonal balance since your last thermography examination? Y N

Please describe: _____

New injury to the breasts? Provide date, description and location _____

Have you begun taking any other medications since your last examination?

Please list: _____

Have you begun breast feeding since your last examination? Y N

Have you become pregnant since your last examination?

Y N If not, current cycle day (# of days since 1st day of period)

Have you begun experiencing symptoms of menopause since your last examination? Y N

Age of last menses if it has stopped since last examination:

Have both ovaries been removed since your last examination? Y N

Has a family member developed breast cancer since your last examination?

Y N Who? _____

Doctor in charge of your breast health:



Name: _____

Address: _____ State: _____

Zip: _____ Phone: _____

May we send your doctor the report? Y N

Consent for Testing Procedure

Thermal Imaging of the breasts (otherwise known as breast thermography) measures surface temperature and provides information which may be used to help determine current and/or future risk for breast disease. Thermography cannot diagnose breast cancer or rule out its presence. Some cancers do not produce sufficient temperature changes at the surface of the breasts to be seen with thermography. It does not replace mammography or any other breast examination. Thermal Imaging has no known risks or side effects associated with its use. *Initial* _____

I authorize this clinic's personnel to perform this thermal imaging examination and to send the images to **Robert L. Kane, DC, DABCT** for interpretation. *Initial* _____

I have read and complied with the pre-examination instructions for proper thermal imaging. *Initial* _____

Print Name: _____ Signature: _____

Date: _____

PLEASE DO NOT WRITE IN THIS SECTION

Tech: _____ Patient Temp: F _____ Laboratory Temp: C _____

OFFICE USE ONLY



509-315-4154

I _____ give Insight Thermal Imaging permission to electronically transfer my medical images via email, to the email address I have provided. Additionally, I would also agree to send these images electronically to the medical provider listed. (Provider listed under "Person In Charge of Your Breast Health" on your breast health history form).

Signed _____ Date _____

ATTENTION: THIS EMAIL IS PROTECTED BY FEDERAL LAW UNDER HIPAA GUIDELINES.

This transmission and any accompanying or attached documents may contain confidential health care information that is legally privileged and intended for a specific individual or entity only. The recipient of this document is prohibited from disclosing its contents and is required by law to destroy this information once authorized fulfillment is complete. If you are not the intended recipient, any disclosure, copying, or distribution of the information contained in this transmission is strictly prohibited by federal law. If you have received this transmission in error, please notify the sender immediately at (509)315-4154 and destroy this message and all accompanying documents.



Map to Insight Thermal Imaging office

Insight Thermal Imaging
316 W. Boone Ave
Rock Pointe Tower, Suite 777
Spokane, WA 99201
(509) 981-4703 cell

Parking Entrances

Parking Garage

Rock 1

★
Rock Pointe Tower
Insight Thermal Imaging

AAMCO

N Washington St

N Normandie St

W Sharp Ave

W Boone Avenue

Please note: There is no parking available on Boone

Understanding Your Thermal Imaging Results



(509) 315-4154

Complicated health care procedures and reports are often difficult to understand. We hope the following answers to frequently asked questions will help to make things clearer.

My images are graded as a TH3.

What does that mean? Thermograms graded at this level are considered questionable. Certain questionable thermal and/or blood vessel signs are seen. Breast thermograms are graded on a scale from 1 to 5. TH4 and 5 thermograms present a greater risk that a cancer may be present, or that you are at a higher risk for cancer in the future.

- TH 1 – Normal image without vascularity (blood vessels)
- TH 2 – Normal image with vascularity
- TH 3 – Equivocal (questionable, but not abnormal)
- TH 4 – Abnormal
- TH 5 – Very Abnormal

A questionable thermogram may indicate one of two things. First, there could be a slight chance of cancer in the breast. In order to investigate this, and to protect your health, further testing such as mammography and/or ultrasound is usually ordered.

A second possibility is that the thermogram is acting as a warning sign. If your follow-up tests show no suspicion of cancer, then this thermogram may be a warning that you are at higher risk for future breast cancer. However, the majority of TH3 thermograms normalize in time. Only 5% progress to the potential to warn of a higher risk. Most TH3 thermograms are downgraded to normal or remain stable due to your own unique physiology. This is why it is very important for you to return for a follow-up thermogram. We need to know if you fall into the 5% that progress, or are normal, usually determined within 2 follow-up thermograms.

My report says that I need to have a mammogram and/or ultrasound. Why do I need one?

A thermogram cannot locate the exact area of suspicion inside the breast. You need some form of structural imaging to investigate the findings on your thermogram. A logical sequence of testing needs to be followed in order to protect your health. This is the same action that would be taken if you had a suspicious mammogram. Neither mammograms nor thermograms can tell you if you have cancer, further tests are always necessary.

I have a lump, pain, or imaging finding (mammogram, ultrasound, etc.) in the normal thermograms breast. Does this mean that I don't have cancer? No, a normal thermogram does not mean that you do not have cancer. Approximately 10% of all breast cancers have no abnormal thermal features. Studies show that nearly all of these "cold" cancers have a much better prognosis. However, if you have a lump, pain, or imaging finding, you should see your doctor to determine what it is. It is very important that you follow the recommendations in your report as well as your doctor's advice concerning the management of your lump, pain, or imaging finding.



What does all the information in the findings section mean? This area of the report contains the results from the computerized analysis of your images. Most of this data was used to determine your TH rating. Please do not let this area concern you. This information is intended for your doctor's use.

My report mentioned a blood vessel pattern that is caused by estrogen stimulation. What does this mean? An increase in estrogen levels in the breast causes the cells to become more active. To support this increased activity, the cells require more blood to bring in nutrients. The thermogram displays this as a unique blood vessel pattern. This increase in estrogen can come from an over-production of estrogen in the breast or under-production of progesterone by the body. Another possibility may be medications like birth control or hormone replacement. Since increased exposure to estrogen over time is associated with a higher risk of breast cancer, it would be a good idea to see your doctor about restoring the normal estrogen/progesterone balance in your breasts. This is very important to your breast health and may play an important role in prevention. Research shows that thermal blood vessel patterns improve after a progesterone cream is applied to the breasts. Women frequently report that this treatment also resolves or improves breast tenderness and pain along with a decrease in fibrocysts/cysts. However, this is not a recommendation for treatment. You must be under the direct supervision of a physician before undergoing any type of hormone therapy. Please see your doctor about treatment options.

My report says that I should return for another thermogram at a certain date. Is this important? Yes, this is extremely important. Thermography is very different from other imaging procedures. It has the ability to detect subtle signs of biochemical changes in the breast. These changes occur far in advance of the formation of a large mass of cells. This makes the procedure especially sensitive to the earliest signs of a growing cancer. The images produced are also as individual as your fingerprint. Studies show that by carefully monitoring this "thermal fingerprint" the earliest signs of a problem may be detected 8 – 10 years before any other test. Thermograms are critical in the early detection process. The best approach to early detection includes adding thermal imaging to your regular breast health care.

If your images show signs of estrogen stimulation, follow-up thermograms will be compared to your baseline images as part of your doctor's treatment monitoring process.

It is especially important for patients with a TH3 to return for follow-up thermograms. We need to determine if the initial thermal findings are normal or if it is a warning sign.



There are 4 very important reasons for you to return for regular thermograms:

- 1) Thermography is the earliest known method of detection. *In 7 out of 10 women, thermography will detect a cancerous tumor before any other test can see it.***
- 2) Thermography is the only technology to provide women with a future risk assessment. Regardless of your family history, if a thermogram is abnormal you run a future risk of breast cancer that is 10 times higher than a first order family history of the disease.**

In this capacity, thermography has the ability to warn women from 8 to 10 years in advance of any other test that a cancer may be forming. This makes thermography one of the finest screening tests available. With an advanced warning you are given valuable time. If uncovered at an early enough stage, most diseases can be modified, reversed or cured by lifestyle changes and/or treatment directed by your doctor.

Follow-up thermograms are compared to your baseline images as part of the treatment monitoring process.

- 3) *Thermography provides women under 40 with a sensitive screening test.*** This is especially important since breast cancers in younger women are usually more aggressive and have poorer survival rates. With over 20% of all cancers now occurring in women under 45, thermography offers this age group a powerful, non-invasive addition to their regular breast health check-ups.
- 4) Thermography has the ability to observe hormone imbalances in the breast. *Since lifetime exposure to estrogen has been implicated as the leading cause of breast cancer, thermography may play a significant role in breast cancer prevention.*** If signs of estrogen dominance are found on your thermograms, your doctor can implement a treatment plan to decrease the amount of estrogen activity in your breasts. *Follow-up thermograms are then compared to your baseline estrogen dominant images as part of the treatment monitoring process.*

There is no other test available that offers these advantages.

Thermal imaging should **always** be included in your regular breast health exams!

Insight Thermal Imaging Fees



(509) 315-4154

Below is the fee for breast thermal imaging procedures.

Insight Thermal Imaging does not bill insurance plans. Some insurance plans may reimburse you for our services. It is up to you to submit our bill to your insurance carrier if you so choose. In any event, complete payment for our services is due at the time of service.

Cancellation Policy: Patients will be billed for any appointment cancelled with less than 24 hours' notice. There is a \$50.00 missed appointment fee.

I understand that I am wholly and personally responsible for payment on date of service. Insight Thermal Imaging is not a participant in Medicare or insurance plans. I realize that I may request the attending physician's statement of diagnosis and services provided to me, which I may submit to my insurance company for reimbursement of the treatment cost, as may be provided by my plan. Insight Thermal Imaging does not guarantee that I will receive reimbursement from my insurance carrier.

I have read and agree to the financial terms and cancellation policy above:

Date **Signature**

Invoice

Insight Thermal Imaging - Fees
 316 W. Boone Ave, Rock Pointe Tower, Suite 777
 Spokane, WA 99201

Procedure	Description	Fee	
Insurance Code			
93740 thermo	Breast Thermogram	\$215	
*see below	MammaCare® clinical breast examination	\$75	
	Out of area premium	\$25	
		Total Charges:	

Results to Dr. _____ BP Method of Payment _____

*Depending on your age, your insurance code may vary

- Age Up to 39 Insurance Code 99385
- Age 40 to 64 Insurance Code 99386
- Age 65 and up Insurance Code 99397

Insight Thermal Imaging
 Tax ID #45-4780201