Healthcare Partners
A Holistic Medical Practice

BREAST THERMOGRAPHY

PATIENT INFORMATION

Therrmography is a noninvasive imaging technique that is intended to measure temperature distribution of organs and tissues. The visual display of this temperature information is known as a thermogram. Review of thermal studies emphasizes the need to establish a baseline of the patient's normal (stable) 'thermal fingerprint'. This is done by comparative analysis of two studies, three months apart. Once a stable baseline has been established for the individual patient, screening tests once every year will detect any changes that might indicate developing pathology.

Preparing for your digital thermal scan:

It is very important that you follow the recommendations on the Patient Preparation Checklist for an accurate scan!

Procedure:

You will be required to remove all upper body clothing to allow the surface of your body to cool to an ambient room temperature. After approximately 15 minutes, we will take a series of thermal images.

Cold Challenge Test

At this facility **we do not do the cold challenge test**. This is a procedure where the patient puts her hands in cold water before taking more images. Long term observations regarding the low rates of correlation between the results of cold stress tests and case histories and the growing evidence of false positives and false negatives has led our professional interpretation team to abandon recommending cold stressing of breasts. Our interpretation team uses a more logical and efficient approach, which relies on the detection of changes in the breast over time, which is considered to be far more objective and reliable.

About the test:

The test is very comfortable and totally non-invasive. You will be disrobed relevant to the area of study to allow the surface of your body to cool to an ambient room temperature. Five images will then be taken for the breast screening. The camera does not emit radiation of any kind and there is no compression of the breast. This procedure is pain free and safe. The number of people involved in the procedure will be limited to protect your privacy.

Time before test results are available:

Results are usually available within two weeks.

Cost of test:

Thermography is not yet paid by insurance companies. . For this reason we consider this an alternative service, not requiring a doctor's order and payable at the time of service. Current rates are as follows:

Procedure Code	Description	Standard Fee	Pre-Pay package
THBR1	**Thermogram Breast, 1st Study**	**$160.00**	**$220.00**
THBR2	**Thermogram Breast, 2nd Study**	**$110.00**	
THBRA	**Thermogram Breast, Annual**	**$160.00**	
THRO1	Thermogram 1 Region of Interest, 1st study	$160.00	$220.00
THRO2	Thermogram 1 Region of Interest, 2nd study	$110.00	
THROB	Thermogram 1 Region of Interest With Breasts	$255.00	
THUBB	Thermogram Upper Half Body (front and back)	$255.00	
THUHB	Thermogram Upper Half Body With Breasts	$325.00	
THLBB	Thermogram Lower Half Body (front and back)	$255.00	
THFBY	Thermogram Full Body (includes breasts)	$425.00	

PATIENT PREPARATION CHECKLIST

GENERAL

□ Please be at the office approximately 30 minutes before your appointment, if this is your first exam.

□ Make sure to bring this packet with you, filled out and complete (please PRINT).

□ Make sure you read and understand the informed consent form in this packet as it explains the procedure and your rights.

□ If you have ANY questions about your examination, call us at 352-750-4333.

□ Please be prepared to pay for your examination at the time of your visit. Check, cash, and all major credit cards are accepted.

PRE-EXAMINATION INSTRUCTIONS

□ Avoid sun exposure or tanning lights **for 5 days prior to your test.**
□ Avoid a strenuous workout, exercise or weight training for **24 hours prior to your test**.
□ No physical therapy, EMS (electrical muscle stimulation), TENS (Transcutaneous Electrical Nerve Stimulation), ultrasound treatment, acupuncture, chiropractic physical stimulation, hot or cold pack use **for 24 hours before your exam.**
□ Shower within 24 hours of exam and **DO NOT APPLY** lotions, powder, deodorant, antiperspirant, perfume, makeup or anything topical on the body area to be imaged**.**
□ If any body areas included in the images are to be shaved, this should be done the **evening before the exam or at least 4 hours prior to your examination**.
□ 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 and vasoactive drugs the day of your exam. You must consult with your doctor before changing the use of any medications.
□ For breast imaging, if you are nursing you should try to nurse as far from 1 hour prior to your exam as possible.
□ Let the technician know if you have had any recent skin lesions or blunt trauma to the area to be scanned, a breast biopsy within 1 month of test, or breast surgery, chemotherapy, or radiation treatment within the last 2 months.
□ Remove all piercings prior to exam.
□ Let the technician know if you have a hot flash during the session.

FREQUENTLY ASKED QUESTIONS

When should I start breast thermography? When possible, thermal breast imaging should begin at age 20 to establish a baseline reading. Screening should continue every three years between the ages of 20 and 30. After age 30 it is suggested that women receive one screen per year.

What if I've had breast surgery, such as mastectomy or breast enhancement?
No problem. Clear and accurate images can be obtained regardless of any history of breast surgery, including mastectomy, lumpectomy, breast reduction or breast enhancement. In fact, breast thermography is the initial screening method of choice for women who have had breast surgery of all kinds due to the limitations of mammography.

Who performs the test? The test is performed by a Certified Clinical Thermographer,
.
Who reads my scan? After the imaging is complete the images are sent to EMI (Electronic Medical Interpretation, Inc), our professional interpretation service, where it will be analyzed by a trained and certified thermologist who is either a medical doctor or doctor of osteopathy.

Are there any risks or side effects? There are no risks involved. The procedure is non-invasive. There is no radiation or pain.

How long does it take? The patient time for the procedure is approximately 45 minutes to include a clinical breast examination.

When will I get my results? Results are usually conveyed within 2 weeks.

Why is Breast Thermal Imaging so important for a woman's breast health? Breast thermography can identify changes in the breast that are likely to lead to breast disease (cancer) 4-10 years before a tumor would appear. It can also identify who's at risk for developing cancer in the future and allows, for the first time, the opportunity for breast cancer prevention.

Can breast thermography be used to diagnose breast cancer? No. While participation in a thermal imaging 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. Thermography is the only noninvasive imaging modality that looks at breast function and risk assessment for developing cancer. Positive thermography findings are ten times more important than a positive family history for developing cancer.

A positive thermography study is not a diagnosis of breast cancer, nor is a positive mammogram or ultrasound a diagnosis of breast cancer. Rather, all of these tests indicate the likelihood that breast cancer is present. The only true objective means of determining breast cancer is a biopsy. Thermography = risk, mammogram = detection, biopsy = diagnosis.

BREAST THERMOGRAPHY

Why is a Thermogram so effective? Prior to a tumor being formed, cells in the breast begin to create a cancer-friendly environment. Part of this process involves angiogenesis, the development of new blood vessels. These blood vessels provide a blood supply to the area for the cancer to grow. The process of angiogenesis creates heat patterns. Thermography, being sensitive to fluctuations in temperature, can detect these changes in the breast far earlier than other screening methods.

How is thermography different from mammography? Thermography detects physiology (function). Inflammatory and small multifocal cancers are invisible to mammograms. Thermography is the only noninvasive imaging modality to detect breast function. Thermal changes in tissue can be seen as small as 1/5 of one mm (the thickness of a credit card or end of a pen). Mammography detects anatomy (structure). For a tumor to show on a mammogram it must be at
least the size of a pea (3mm).

What are some additional uses for thermography? Musculoskeletal disorders, inflammation, chronic pain and injuries can be detected and monitored. Thermal imaging is being used to study some cardiovascular disorders, endocrine/metabolic disorders, neurological disorders, dermatological disorders, i.e., Carpal tunnel syndrome, headaches, diabetes, myofascial irritation, neck and back problems, neoplasia, neuropathy, soft tissue injury, TMJ conditions, dental, CRPS and more.

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Thermogram Patient Information Sheet

Last Name _____ First Name _____ M.I ____

Date of Birth: _____

Address: _____ City: _____

State: _____ Zip Code _____ Home phone: _____

Occupation: _____ Cell phone: _____

Previous illness: _____

Previous surgery: _____

Current health problems: _____

_____

_____

_____

Medication: _____

Other Treatment: _____

Current Doctor: _____

Do you want a copy of the thermograph report forward to your doctor? Yes No

If applicable, your Doctor's address (if doctor is not a HEALTHCARE PARTNERS doctor):

_____

_____

_____

_____ _____
Signature of Patient or Patient's authorized Representative Date

_____
Print patient's name

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REQUEST FOR ACCESS TO PROTECTED HEALTH INFORMATION (PHI)

Patient Name:_____

Address: _____

Date of Birth: _____ Date of Request:_____

As allowed by the Privacy Regulations, I wish to access the following information contained in my protected health records: (*Please be specific*)

THERMOGRAM

I would like the following access:

☐ **Review/Pick up**. I would like to make an appointment to review ☐ up copies of ☐ bove-listed information.

☐ **Format**. I would like to receive the above-listed information in the following format (circle as applicable):
CD hard copies

☐ **I would like you to mail/fax** the above listed information to the following address or fax number:

_____

_____

_____

☐ **I would like you to mail or to give the above listed information to the following person.** I have completed and signed the authorization which is attached:

_____

Charges
I understand that I may be charged reasonable clerical costs and that you may charge a copy or other fee associated with this request. I agree to pay these costs prior to receipt of the requested information.

Response
I understand that you will either grant or deny this request within the prescribed time period (30 days if information is maintained on-site, 60 days if the information is maintained off-site. HEALTHCARE PARTNERS may extend the deadline by an additional 30 days if patient is notified in writing of the extension.) HEALTHCARE PARTNERS' response will be in writing with an explanation as required by the Privacy Regulations.

_____ _____
Signature Date

_____ _____
Authorized Signature of Facility Date

If this request is made by a personal representative on behalf of the individual, complete the following:
Personal Representative's Name: _____ Relationship to patient: _____
☐ A copy of my personal representative form or legal document is on file.
☐ Attached is a copy of my personal representative form or legal document.

AUTHORIZATION TO USE OR DISLOSE PROTECTED HEALTH INFORMATION (PHI)

Patient Name**:**_____

Address: _____

Date of Birth: _____ Date of Request**:**_____

As required by the Privacy Regulations, *HEALTHCARE PARTNERS* **may not use or disclose your protected health information except as provided in our Notice of Privacy Practices without your authorization.**

I hereby authorize this office and any of its employees to use or disclose my Patient Health Information to the following person(s), entity(s), or business associates of this office:

EMI, Electronic Medical Interpretations

Patient Health Information authorized to be disclosed: **Thermal Images and related health history**
_____

For the specific purpose of (describe in detail)
Interpretation of said images

Effective dates for this authorization: _____/_____/_____ through _____/_____/_____

This authorization will expire at the end of the above period.
I understand that the information disclosed above may be re-disclosed to additional parties and no longer protected for reasons beyond our control.

I understand I have the right to:

1. Revoke this authorization by sending written notice to this office and that revocation will not affect this office's previous reliance on the uses or disclosure pursuant to this authorization.
2. Knowledge of any remuneration involved due to any marketing activity as allowed by this authorization, and as a result of this authorization.
3. Inspect a copy of Patient Health Information being used or disclosed under federal law.
4. Refuse to sign this authorization.
5. Receive a copy of this authorization.
6. Restrict what is disclosed with this authorization.

I also understand that if I do not sign this document, it will not condition my treatment, payment, enrollment in a health plan, or eligibility for benefits whether or not I provide authorization to use or disclose protected patient health information.

_____ _____
Signature or Patient or Patient's Authorized Representative *Date*

_____ _____
Authorized Signature of Facility *Date*

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BREAST THERMOGRAPHY

Name: _____Birthdate: _____

Address: _____Cit_____Zip____

Email: _____Phone: _____Doctor:_____

All information given in the questionnaire will remain strictly confidential and will only be divulged to the reporting thermologist and any other practitioner that you specify.

Breast Thermography Confidential Questionnaire

	Yes	No
1. Do you have any close relative who has had breast cancer?	ڤ	ڤ
2. Have you ever been diagnosed with breast cancer?	ڤ	ڤ
3. Have you ever been diagnosed with any other breast disease (fibrocystic)?	ڤ	ڤ
4. Have you had any biopsies or surgeries to your breasts?	ڤ	ڤ
5. Have you had any breast cosmetic surgery or implants?	ڤ	ڤ
6. Have you had a mammogram in the past 12 months?	ڤ	ڤ
7. Have you had a mammogram in the past 5 years?	ڤ	ڤ
8. Have you had abnormal results from any breast testing?	ڤ	ڤ
9. Have you ever taken a contraceptive pill for more than 1 year?	ڤ	ڤ
10. Have you suffered with cancer of the womb?	ڤ	ڤ
11. Have you had pharmaceutical hormone replacement therapy?	ڤ	ڤ
12. Do you have an annual physical examination by a doctor?	ڤ	ڤ
13. Do you perform a monthly breast self exam?	ڤ	ڤ

14. How many mammograms approximately have you had in total? _____

15. What was your age when you had your first mammogram? _____

16. How many births have you had? _____ Your age at birth of first child: _____

17. Did your periods start before the age of 12? Yes No Finish after the age of 50? Yes No

18. Do you smoke? Yes: ڤ Never: ڤ Not in last 12 months: ڤ Not in last 5 years: ڤ

19, Have you recently had any of these breast symptoms:	**Right Breast.**	**Left Breast**
Pain	ڤ	ڤ
Tenderness	ڤ	ڤ
Lumps	ڤ	ڤ
Change in breast size	ڤ	ڤ
Areas of skin thickening or dimpling	ڤ	ڤ
Secretions of the nipple	ڤ	ڤ

Extended Breast Questionnaire

Patient Name: _____ Date:_____

Diagnosed with breast cancer:

Cancer type: Metastatic___ Local___ Lymph node involvement___

When diagnosed: Month_____ Year_____

Where (left breast): UO____ UI____ LO____ LI____ Nipple____

Where (right breast): UO____ UI____ LO____ LI____ Nipple____

Treatment: Surgery____ Chemo____ Radiation____ Other____ None____

Diagnosed with other breast disease:

Disease type: Fibrocystic____ Cystic____ Mastitis____ Abscess____ Other ____

(please report other types of disease in the history)

Breast biopsies or surgery:

Where (left breast): UO____ UI____ LO____ LI____ Nipple____

Where (right breast): UO____ UI____ LO____ LI____ Nipple____

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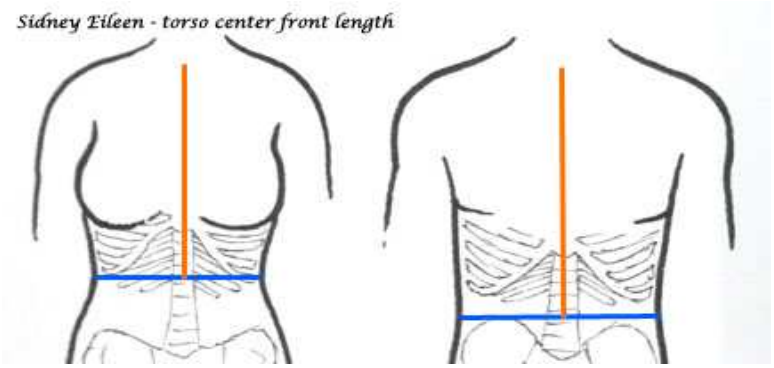
Breast Study Questionnaire

All information given in the questionnaire will remain strictly confidential and will only be released to the reporting thermologist and any other practitioner that you specify.

Name: _____Birthdate_____
Address: _____City_____ Zip____
Phone: _____Your Doctor: _____

By indicating with numbers 1-5, show areas of:

Main Pain 1 Secondary Pain 2 Numbness 3 Pins and needles 4 Skin lesions / scaring 5



Do you know what triggered the pain?

Does anything relieve it?

Does anything aggravate it?

Has it changed since it began?

Have you had any treatment?

PATIENT DISCLOSURE

I understand that the Report generated from my images is intended for use by trained health care providers to assist in evaluation, diagnosis and treatment. I further understand that the Report is not intended to be used by individuals for self evaluation or self-diagnosis.

I understand that the Report will not tell me whether I have any illness, disease, or other condition but will be an analysis of the Images with respect only to the thermographic findings discussed in the Report. By signing below, I certify that I have read and understand the statements above and consent to the examination.

Signature _____ Date _____

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INFORMED CONSENT FOR BREAST THERMOGRAPHY

Thermography is simply a procedure utilizing digital infrared thermal imaging cameras to visualize and obtain an image of the infrared radiation (heat) coming from the surface of the skin. The thermographic procedure is performed as an aid to the diagnosis of the abnormal termperature patterns, which may or may not indicate the presence of a disease process or pathology. The thermographic procedure is not a stand-alone diagnostic tool, but an adjunct to be used with other clinical or diagnostic findings. 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*** _____

This office provides only the thermographic component.

I,_____, hereby authorize the doctors and/or staff of HealthCare Partners Family Medicine to perform a procedure utilizing digital infrared thermal imaging cameras to visualize and obtain an image of the infrared radiation (heat) coming from the surface of the skin and that I will be disrobed to allow for the surface temperature of my body to cool to an ambient room temperature. I understand that this procedure does not use radiation and is not harmful to me.

I authorize this clinic's personnel to send the images to EMI (Electronic Medical Interpretation, Inc) for interpretation. ***Initial*** _____

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

The information provided will be available to my personal physician, HMO, PPO, or other health care provider for further diagnosis should an abnormality be detected.

Doctor in charge of your breast health:

Name:_____

Address: _____

Zip: _____ Phone: _____

May we send your doctor the report: □ YES □ NO ***Initial*** _____

With this knowledge, I voluntarily consent to the above procedures and that I realize that no guarantees have been given to me by the doctors or staff of HealthCare Partners Family Medicine regarding cure or improvement of my condition. I understand that I am free to withdraw my consent and to discontinue participation in these procedures at any time.

Privacy Notice: HealthCare Partners Family Medicine is required by law to respect your privacy by following specific HIPPA guidelines. A "Notice of Privacy Practices" document is available upon request.

Patient Signature:_____Date:_____

Printed Name of Patient:_____