



## THERMOGRAPHY PREPARATION INSTRUCTIONS

### Welcome!

It may be cliché, but an ounce of prevention really *is* worth more than a pound of cure! There truly is no substitute for early detection of any changes or abnormalities in your body. Early detection does save lives and presents more choices for treatment.

Thermography is a non-invasive, contact-free test and evaluation. We commend you for taking an active role in your health and thank you for choosing **Thermography for Health NY** as your partner in achieving optimal health!

### Purpose of the Scan

Thermography is used for the detection of localized inflammatory abnormalities within the tissues that may require further evaluation.

### Required Preparation Prior to the Scan

- Do not shower or bathe the morning of the appointment day. You may shower or bathe the night before.
- Do not shave on the day of the test. You may shave the night before.
- Do not use lotions, powders, or deodorants on the day of the test.
- Do not eat for at least 3 hours prior to the test.
- Do not drink hot liquids (coffee, tea, broth, etc.) for at least 2 hours before the test.
- Do not drink any liquids containing caffeine at least 2 hours before the test.
- Do not drink ANY liquids for at least one hour before the test.
- Try not to take any medication or supplements containing niacin until after the test.
- Unless absolutely necessary, do not take pain medications, including aspirin, for at least 24 hours prior to the test.
- Please advise the thermography technician before the scan of any medications you have taken, including diuretics, steroids, anti-coagulants, and those for blood pressure and pain.
- Do not exercise (including stretching, Pilates, and yoga) for at least 3 hours prior to the test.
- Do not sunbathe (including tanning salons) for at least 2 weeks prior to your scheduled test and avoid sun exposure on the day of the test.
- Do not undergo physical therapy or use a TENS unit (or other electromagnetic device) for 24 hours prior to the test.
- Inform your thermographer if you have had any recent trauma, skin lesions, cuts, or bruising. Localized inflammation can cause a false positive result.
- If you smoke, do not do so for at least 3 hours before the test.



## Testing Conditions and Environment

- The test is conducted at 68oF (20oC). Initially the room air may feel cool as your body adjusts to room temperature before scanning.
- You'll be asked to remove all jewelry and clothing and to put on the surgical gown provided.
- The procedure is non-invasive. The infrared wave detection camera does not emit radiation of any kind. There is no direct, physical contact with your body.

## Test Results

Your test results will be available within one week. Our office will email the results to you and contact you to arrange a *Report of Findings* appointment to review the results with you. The *Report of Findings* appointment can be done in the office or over the phone and is provided to you at no additional cost.

## Establishing a Baseline

Please remember that a second scan of the breast area and lymph nodes must be done ***within 3 to 6 months of the first scan*** in order to establish a baseline to which future scans can be compared. This is absolutely critical for establishing your body's specific, personal thermal reference points that will be used to monitor any changes over time.

## MEET YOUR THERMOGRAPHERS



### Tammy Kohlschmidt, CCT, RDH, CBP

Tammy is a Certified Clinical Thermographer and a Licensed Dental Hygienist. She has a special interest in the oral systemic link, thermal imaging, and non-surgical periodontal laser therapy. Tammy integrates her intuitive healing abilities and love for energetic medicine to tailor treatment to address her patient's whole body. By integrating different modalities, she is able to help her patients achieve sustainable and lasting health.



### Betsy Kuhnau, RDH, CCT

Betsy is a Certified Clinical Thermographer and a Licensed Dental Hygienist specializing in Periotherapy, Thermography, and Aroma Touch Therapy. Her additional certifications include Tong Ren Therapy, Local Anesthetic, CPR and CO2 Laser Therapy. Her focus is on naturopathy, essential oils, and holistic health and wellness. Her intention is to lead people towards prevention and early disease detection.