



Breast Screening Preparation

PRIOR TO YOUR THERMOGRAPHY

- Please wait at least three (3) months after breast surgery, the completion of chemotherapy or radiation before having a Breast Thermography.
- Please avoid any natural or artificial tanning of the chest for seven days prior to having a Breast Thermography.
- You must not have had a significant fever within thirty-six (36) hours of the examination.
- Women should avoid clinical physical stimulation, examination or compression of the breasts (self or clinical examination, ultrasound or mammogram) for at least twenty-four (24) hours prior to the examination.
- Please refrain from a sauna, steam-room or hot/cold packs in contact with the breasts for at least twenty-four (24) hours prior to the examination.
- Please do not shave your underarms or use any skin creams, lotions, deodorants, or powders on the breast or underarms on the examination day.
- Please refrain from any tobacco use, caffeinated soda, coffee, or tea consumption for two hours prior to the examination.
- Please refrain from exercising, bathing or showering for one hour prior to the examination.

Please be prepared; the room will be 68 °F. You will be cooled in the room for approximately 15 minutes and the Breast Thermography screening will take approximately 15-20 minutes. Your total time in the room will be approximately 45 minutes. You will be undressed from the waist up for the entire 30-35 minutes. Even in the summer you may want to wear pants and socks, or have them with you. You may also bring a CD player and headphones to listen to.

Reporting: Reports will be sent to you by mail and to the health professionals that you specify. The report will include information about Breast Thermography and the TH ratings.

You will receive your report within 14-21 days. Please bring the full address and/or fax number for the health professional(s) to whom you want a report sent.

Costs: The cost per Breast Thermography is \$195, or \$155 with a referral from a health care professional (M.D., Nurse Practitioner, Radiologist, etc.). This includes a written report and a color copy of your Breast Thermography films.

Periodically, HMC offers a Free Breast Thermography Class. Please call for the next scheduled class. The presentation will cover all elements of Breast Thermography and will be presented in an open forum question/answer session. Family and Friends are welcome to attend the presentation.

Please call us for the next available class date, and RSVP to (925) 935-7500, by the Tuesday before the presentation you wish to attend.