

THE SILVER CENTER
Dean R. Silver, M.D.
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THERMOGRAPHY– Patient Preparation

Our Thermographic camera is very sensitive and precise. It is important to follow a standard procedure before and during the scan.

Patient preparation:

Complete all paperwork prior to your arrival. If you have questions, call the office. If this is not possible, arrive 30 minutes early for your appointment and complete the necessary paperwork at that time. All information is confidential and is used by Dr. Silver to interpret your scan.

- Avoid a hot shower at least 4 hours prior to exam.
- Do not smoke for 2 hours.
- No prolonged sun exposure (sunburn) to the body areas being imaged 5 days prior to the exam
- Please clip your hair up off of your neck. We can help you with this if you are unable to do so prior to the scan.
- Choose clothing that will enable you to comfortably disrobe above the waist.
- Do not use lotions or powder on your breasts on the day of exam.
- Avoid application of deodorant or antiperspirant.
- Avoid caffeinated products 12 hours prior to the exam.
- Do not shave on the day of the exam to avoid skin abrasions.
- No exercise 4 hours prior to exam.
- No treatment (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) or physical stimulation of the areas to be imaged for 24 hours before the exam.

Upon Arrival at The Silver Center:

1. Breast exams only: When you arrive at the office, the technician will review your [already completed] Breast Health Questionnaire and review instructions for the scan.
2. You will need to sit in the acclimatization for 15 minutes in order for your body temperature to equilibrate. This will require sitting with your hands on your hips so unfortunately it will not be possible to read or do any writing during this time.
3. After you have acclimatized, you will put on a paper gown and continue with the Thermography procedure. We take two sets of nine images. Between the two sets you will be asked to hold ice-packs in your hands for one minute. This enables us to evaluate your body's cooling response during the second set of images.
4. When your scan is complete, you will be asked to make a follow up appointment in ONE week in order to discuss the results with Dr. Silver.
5. If you have any questions about the Thermography scan please call The Silver Center at (239) 463-5741.

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THERMOGRAPHY CONSENT FORM

I understand that Thermography is a new innovative technique not currently used by the mainstream traditional healthcare system for breast disease screening. I understand that while some progressive third party payers may reimburse for these services, the majority including Medicare do not consider it usual and customary and that I agree to be personally responsible for paying Dean R. Silver, M.D. directly for these services.

It is further understood that my Thermo graphic image is a unique personal "fingerprint" and that abnormal patterns can only be determined to be abnormal both by the use of comparison of left and right sides of my body, and also by examining changes over a period of time. If the Thermography is normal, only yearly exams will be required. **IF YOU HAVE AN ABNORMAL STUDY A REPEAT EXAM IS NEEDED IN 3 MONTHS TO MAKE AN INTERVAL COMPARISON.** Ideally you will need a third evaluation in one year.

New examinations at one year intervals will be the norm and will reveal any interval abnormalities. The initial exams will be kept on file for immediate comparison.

Thermography

I agree that if initial exams are highly suspicious for serious potential problems to accept advice for referral to traditional imaging methods such as mammography, ultrasound, breast MRIs, or PET scans. A structural evaluation is always needed. No diagnosis of malignant disease can be made without a biopsy of the mass or lump. According to a study in the *American Journal of Radiology, Jan. 2003*, **Thermography** is 97% sensitive in detecting Breast Cancer. In comparison, **Mammography** can only detect 35% of Breast Cancers (*New England Journal of Medicine, July '04, Lancet, May '05, Journal of the American Medical Association, Sept. '04*).

Changes in Breast Health

It is important to note that not all changes in breast tissue are cancerous. Thermal changes can be indications of hormone imbalance, inflammation, ductile inflammatory responses, or a host of other NON-CANCEROUS problems. Thermal imaging is the least invasive way of detecting these changes.

The charge for the interpretation is included in the price of the Thermography. The cost of a physical exam and full recommendation on how to proceed requires an office visit, with Dr. Silver which carries a separate and distinct charge (just as the price of a mammogram includes the radiologist report but "the what to do next" requires a visit with the physician and bears a separate charge")

SIGNATURE OF PATIENT OR LEGALLY RESPONSIBLE PERSON REQUIRED BELOW:

SIGNED: _____ DATE: _____ TIME: _____

PRINTED NAME OF RESPONSIBLE PERSON

WITNESS SIGNATURE: _____

WITNESS NAME (PLEASE PRINT): _____