Patient Preparation Instructions

- For 24 hours prior to your scan – avoid heavy exercise, acupuncture, massage, sauna or steam rooms.
- On the day of your scan, please avoid:
    - Strenuous exercise
    - Shaving in areas to be imaged
    - Using lotions, powders, anti-perspirants, or heavy make-up in areas to be imaged
    - Sun exposure or tanning booths
    - Kidney dialysis
    - Skin brushing
- For 2 hours prior to your scan, please avoid:
    - Very hot or cold showers
    - Smoking
    - Heated seats, electric blankets, or other heating/cooling devices
- For best results, you should not have had a sun burn or have used a tanning booth within a week of your test.
- Please wear loose fitting clothing the day of your scan. Your scan will be delayed until irritation marks from tight fighting clothing have dissipated. Avoid wearing jewelry on the day of your scan.
- No changes in diet or medication are necessary.
- If your hair falls below your neck, please wear it pulled back or pinned up.

Note: you must wait 3 months after major breast surgery, chemotherapy or radiation before having a breast scan, and at least 1 month after a biopsy or minor surgery, such as mole removal, for results to be accurate. For initial, baseline, or your annual breast screenings, please wait 3 months post-lactation.

Procedure

You will be asked to disrobe all clothing and jewelry in the areas to be imaged. We will supply you with a lightweight cover to wear for privacy while you acclimate to the room's temperature. Prior to your scan, we will review your intake form with you. Please be sure to inform us of any recent skin lesions that may affect the results. Thermal images will then be taken. Following your scan, we will review your images with you and answer any questions you may have. Your scans will be sent to a physician for interpretation. Reports are normally back within 48-72 hours and will be securely e-mailed to you (unless alternate method requested).

You are welcome to bring a companion or partner to be present during your examination and image review.

Patient Intake Form

MEND Thermography
515-207-4803

For Office Use Only:

Patient ID _____
Report # _____

☐Online ☐cash ☐check #_____
☐visa ☐MC ☐Discover ☐Amex

☐Uploaded ☐Results sent on _____

Dispensary access?
☐No ☐Yes ☐Invite sent on _____

Thank you for your interest in pursuing thermography at MEND. Please take some time to thoughtfully complete this form to give our thermologists the most accurate picture of your health.

Patient Information

Name _____ Age _____ DOB _____
Address _____ City, State, Zip _____
Phone _____ E-mail _____
Gender: ☐ Male ☐Female Occupation _____
Preferred method of communication: ☐ Any ☐E-mail ☐Text ☐ Call—may we leave a message? ☐ Yes ☐No
Marital Status: ☐Married ☐Separated ☐Divorced ☐Widowed ☐Single # of Children_____
Emergency Contact: _____
Relationship _____ Phone _____
Primary Care Physician_____
Who can we thank for referring you? _____
How would you like your report sent to you? ☐ Secure E-mail ☐Office Pick-up ☐Mail (+$3.99)

Health Information

Clinical Concerns _____
Current Symptoms _____
_____
Medical Diagnoses? _____

Current Treatments: ☐Chiropractic ☐Massage Therapy ☐Acupuncture ☐Physical Therapy
☐ Others (please list):_____

Current Prescription Medications & Over the Counter Medications ☐ None

_____ _____ _____
_____ _____ _____
_____ _____ _____

Please list any current skin lesions, scars, or physical abnormalities: _____
_____
Any : ☐Tattoo(s)—Please list location(s)_____
☐Piercing(s)—Please list location(s)_____

Health Histories

Thermogram History

Previous Thermograms? ☐ No ☐ Yes: Reason(s) _____ Year(s): _____

Any noted abnormalities on thermogram? ☐ No ☐ Yes

Did you seek further testing? ☐ No ☐ Yes

If yes, what was the result? _____

Mammogram/Ultrasound History

Any noted abnormalities? ☐ No ☐ Yes

If yes, please explain. _____

_____

Family Health History: (list any cancers, autoimmune, heart disease, diabetes, kidney disease, hypertension etc.)

_____

_____

_____

OB/Gyn History: ☐None ☐Cervical Cancer ☐Hysterectomy ☐Ovarian Cysts ☐Uterine Cysts ☐Endometriosis ☐Other: _____

Explanation and date(s): _____

Surgical History:

Previous Surgeries & Year? ☐ None

_____ Year: _____ _____ Year: _____

_____ Year: _____ _____ Year: _____

Any C-section births? ☐ No ☐ Yes

Dental History: ☐None ☐Implants ☐Root Canal(s) ☐Amalgam Fillings ☐Gum Disease ☐Dentures ☐Other _____

Location and date(s): _____

_____

General History Any serious illnesses/hospitalizations/injuries? (& year) _____

_____

_____

Are you considered high risk for any diseases? ☐ No ☐ Yes: please explain _____

_____

Name: _____ **Birthdate:** _____

Address: _____ **City** _____ **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?	☐	☐
2. Have you ever been diagnosed with breast cancer?	☐	☐
3. Have you ever been diagnosed with any other breast disease (fibrocystic)?	☐	☐
4. Have you had any biopsies or surgeries to your breasts?	☐	☐
5. Have you had any breast cosmetic surgery or implants?	☐	☐
6. Have you had a mammogram in the past 12 months?	☐	☐
7. Have you had a mammogram in the past 5 years?	☐	☐
8. Have you had abnormal results from any breast testing?	☐	☐
9. Have you ever taken a contraceptive pill for more than 1 year?	☐	☐
10. Have you suffered with cancer of the womb?	☐	☐
11. Have you had pharmaceutical hormone replacement therapy?	☐	☐
12. Do you have an annual physical examination by a doctor?	☐	☐
13. Do you perform a monthly breast self exam?	☐	☐

14. How many mammograms 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? _____ **Or finish after the age of 50?** _____

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

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

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 …….. Today's date _____

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____

Informed Consent for Thermography

Please read carefully and sign below if you are in agreement with this consent form. Please ask questions if there is anything that you do not understand on this consent form.

I understand:

- Thermography is simply a procedure utilizing 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 evaluation of abnormal temperature patterns which may or may not indicate the presence of a disease process.
- A thermogram is not a stand-alone diagnostic tool. It is an adjunctive tool, which while reliable, should be used by the primary care physician along with other diagnostic tests and analyses to arrive at a provisional or more complete diagnosis. No surgical procedure should be based on thermography alone.
- Thermography is not a replacement for any anatomical imaging tests (mammography, ultrasound, CT, MRI, etc). Results of your thermogram may require further investigation by one or more of these tests.
- I will be disrobed relevant to the area of study to allow the surface of my body to cool to an ambient room temperature. I will then be examined with a digital infrared thermal imaging camera by a certified thermographer.
- My images will be interpreted by a board qualified or board certified thermologist from Electronic Medical Interpretation Inc. This report will only be an analysis of the thermographic findings and will not a guarantee that an illness, disease, or condition is present or absent.
- It is my responsibility to provide my health care provider with my report for further diagnosis and analysis in the overall evaluation of my health. Thermography is not a replacement for medical care and I intend to remain under the care of my primary healthcare provider.
- I have been given a patient preparation form to ensure the most accurate thermographic evaluation possible. I have informed the thermographer of any skin lesions, bruises, wounds, etc. that may cause changes in my thermographic images.
- I am responsible for my own decisions regarding my health, wellness, and nutrition. Therefore, MEND Thermography cannot be held responsible for any decisions I make. MEND Thermography is not responsible for any supplements/care products I use or purchase through their store or online dispensary. I understand that I should talk with my physician before using any supplements or making lifestyle changes.
- I am aware that this procedure is not covered by insurance and that the office fee is due and payable at the time of service unless special provisions have been made with the office in advance.
- MEND Thermography will keep my information confidential unless I provide a written release or as required by law (HIPAA).

By signing below, I certify that I have read and understand the statements above, I have received satisfactory answers to all questions I may have had, and I consent to the thermographic examination.

Patient Signature:_____ Date:_____

Printed Name of Patient:_____

Authorization to Use or Disclose Protected Health Information

MEND Thermography

Patient Name:_____

Address: _____

Date of Birth: _____ Date of Request:_____

As required by the Privacy Regulations, MEND Thermography 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*

REQUEST FOR ALTERNATIVE COMMUNICATIONS

MEND Thermography

Patient Name:_____

Date of Birth: _____ Date of Request:_____

As allowed by the Privacy Regulations, I wish for this office to provide the following "Alternative" means of communicating my Protected Health Information:

☐ **Mailing Address**.
If appropriate, please contact me at the following address:
_____

☐ **Phone.**
If appropriate, please contact me by telephone at the following number:
_____

☐ **E-Mail.**
If appropriate, please contact me by E-mail at the following E-mail address:
_____

I have the following additional requests for confidential communications regarding my Protected Health Information: (Please explain: e.g. I would like my reports sent to...)

_____
_____
_____

I understand that there may be additional costs associated with this request and I agree to reimburse this office for such costs.

_____ _____
Signature Date

_____ _____
Authorized Signature of Facility Date