REGULATION THERMOMETRY PATIENT TEST PREPARATIONS

* Arrive 15-20 minutes before your appointment so that your body has a chance to relax before you are tested.
* Remove your glasses when you get to the office, as there are sinus points on the nose that will be tested.
* Come to the appointment wearing comfortable, loose-fitting clothing that can be easily removed. Wear a long-sleeved button-up shirt and long pants, even if the weather is hot or humid.
  + Avoid synthetic fibers and tight clothing. Do not wear a bra (or remove it at least 15 minutes prior to the test)
* Cancel your appointment if you get a cold, flu or other type of acute illness.
* Do not shower or bathe the morning of the test. However, a quick shower using only tepid water is allowable, as is a shower the night before.
* Do not use body sprays, skin creams/ lotions, or cosmetics the morning of the test.
* Do not drink coffee, black tea, or caffeinated beverages, and do not smoke the morning of the test. A light breakfast is acceptable, nothing piping hot
* Come to the appointment hydrated; drink 12-16oz of water ½-2 hours before the test.
* Avoid excessive exercise or unusual exercise for 3 days prior to the test. We do not want your body to be in a state of recovery prior to the test.
* Do not exercise the morning of the test. This includes running, yoga, Pilates, etc.
* Refrain from ‘regulative’ and therapeutic practices within 36 hours prior to the test. This includes acupuncture, bio-energetic treatments, therapeutic massage, classical homeopathy, cranial-sacral work, chiropractic treatments, saunas, baths, etc.
* Refrain from dentistry and dental cleanings at least 3 days prior to the test
* Women cannot be tested during the first or second day of their menstrual period. The lower abdominal points warm up and create false readings.
* Turn off cell phones during the appointment. Cell phones should be forbidden in the thermography room or should be turned off as electromagnetic radiation affects the nervous system.
* Do not drink alcohol for at least 24 hours prior to the test.

AlfaSight 9000 Regulation Thermometry at East/West Integrated Medicine

**What to expect during your RT appointment:**

We want to provide you with the most accurate RT results while making you as relaxed and comfortable as possible during your visit. With that in mind, here is a walkthrough of a typical RT session:

* Clients arrive 15-20 mins prior to the RT session in order to use the restroom if needed, sit and acclimate to the office temperature, and relax for a few minutes. \*\*\*This step is very important in obtaining accurate results, so you must allow for enough time based upon your personal situation and needs \*\*\*
* Paula Tawa RN or Brett Sanders LAc will perform the RT test and will answer any questions. You will be asked for your height, approximate weight, and approximate waist and hip measurements.
* Because the RT measures skin temperature directly, the test is performed with the client standing in order to avoid trapping heat in skin folds as much as possible. \*\*\* Clients remain standing for up to 30 minutes, so consider if this may be a problem for you and discuss with the scheduler when scheduling the exam \*\*\*
* Skin temperature measurements are taken via a handheld probe that is touched directly to the skin in about 100 locations working from the head down through the torso and back. Additional measurements all around the surface of the breasts are done for female clients. \*\*\* Wearing a shirt that opens fully down the front allows access to all necessary areas - for both men and women - while keeping the client from cooling excessively during the first set of measurements, providing the most accurate results \*\*\* (We can provide a robe to be worn during the first part of the test if needed)
* After completing the first set of measurements (5-10 minutes), the client removes all clothing (except for underwear) and remains standing for 10 minutes in order to induce a mild “stress” of cooling to room temperature (which is kept at about 70-72 degrees). Paula/Brett remain in the room in order to monitor the client, answer questions, and ensure most accurate results. Clients are welcome to read and ask questions.
* After the 10-minute cooling period, the second set of measurements is taken. The test is now complete and the client can get dressed.
* The information obtained shows how the client’s nervous system regulated to the mild stress at each measurement point. This data is translated via a 7-page report into very specific health information for each body region. Clients receive a copy of the report as a printed copy or via email when they meet with their practitioner (Dr. Desai or Brett Sanders). \*\*\* Our practitioners review the reports prior to sharing results with clients in order to best relate the information to the individual client and their health situation \*\*\*
* A follow up RT is generally suggested 12 weeks after the initial test in order to monitor client progress and adjust treatment focus as needed.
* Any and all therapies can have a lasting affect for 3 days after treatments which affects the Regulation Thermometry test’s accuracy.
* You may call us and cancel your appointment up to the morning of the test if you have not followed these guidelines. If however, you come in for the test but because you did not follow the guidelines and the practitioner does not think they will get good results you will be charged 50$ and asked to reschedule to insure the most accurate readings.

We hope this information gives you a clearer picture of what to expect during your session. Please visit the AlfaSight website (www.alfathermo.com) for information about the technology and feel free to call us with any questions or concerns. East/West Integrated Medicine 303-444-1999