

US Patent & Trademark Office

Patent Public Search | Text View

United States Patent Application Publication

20250248840

Kind Code

A1

Publication Date

August 07, 2025

Inventor(s)

ABREU; Marcio Marc

DEVICE CONFIGURED TO MONITOR BIOLOGICAL PARAMETERS, AND TO PROVIDE TREATMENT, AT AN ABREU BRAIN THERMAL TUNNEL

Abstract

Devices for therapeutic interaction with an Abreu brain thermal tunnel (ABTT) terminus. Such devices provide heat to or remove heat from the ABTT terminus, and may also provide heat to or remove heat from veins connected to the ABTT. Therapeutic devices for engaging with the ABTT terminus benefit from diagnostics obtained at the ABTT terminus, or from other locations on the body.

Inventors: ABREU; Marcio Marc (Aventura, FL)

Applicant: Brain Tunnelgenix Technologies Corp. (Aventura, FL)

Family ID: 53524395

Assignee: Brain Tunnelgenix Technologies Corp. (Aventura, FL)

Appl. No.: 19/092413

Filed: March 27, 2025

Related U.S. Application Data

parent US continuation 18367783 20230913 parent-grant-document US 12295880 child US 19092413

parent US continuation 14594122 20150110 parent-grant-document US 10251776 child US 16281800

parent US division 16281800 20190221 parent-grant-document US 11786394 child US 18367783
us-provisional-application US 61930262 20140122

us-provisional-application US 61926159 20140110

Publication Classification

Int. Cl.: A61F7/02 (20060101); A61F7/00 (20060101); A61F7/10 (20060101)

U.S. Cl.:

CPC A61F7/02 (20130101); A61F2007/0003 (20130101); A61F2007/0004 (20130101); A61F2007/0006 (20130101); A61F2007/0007 (20130101); A61F2007/0054 (20130101); A61F2007/0059 (20130101); A61F2007/0063 (20130101); A61F2007/0071 (20130101); A61F2007/0075 (20130101); A61F2007/0076 (20130101); A61F2007/0093 (20130101); A61F2007/0094 (20130101); A61F2007/0096 (20130101); A61F2007/0228 (20130101); A61F2007/108 (20130101)

Background/Summary

CROSS-REFERENCE TO RELATED APPLICATIONS [0001] This application is a continuation of U.S. patent application Ser. No. 18/367,783, filed on Sep. 13, 2023, which is a divisional of U.S. patent application Ser. No. 16/281,800, filed on Feb. 21, 2019, which is a continuation of U.S. patent application Ser. No. 14/594,122, filed on Jan. 10, 2015, which claims the benefit of priority to U.S. Provisional Patent Application Nos. 61/926,159, filed on Jan. 10, 2014, and 61/930,262, filed on Jan. 22, 2014, which are hereby incorporated by reference in their entirety.

TECHNICAL FIELD

[0002] This disclosure relates to medical devices configured to monitor biological parameters non-invasively and to provide therapeutic applications of heat and cold to the skin on, over, or adjacent to an Abreu brain thermal tunnel (ABTT) terminus.

BACKGROUND

[0003] Hypothermia and hyperthermia, which are conditions created by thermal disturbances, are caused when a body's core temperature lowers to such an extreme temperature that metabolic functions cannot occur, or more heat is absorbed or generated by the body than it can dissipate. Both thermal disturbances are common and can be life-threatening if not properly and quickly diagnosed and treated. The risk of hyperthermia, which can lead to heat exhaustion and heat stroke, is high among groups that participate in strenuous physical activities such as competitive athletics, and those that work outdoors when the temperature may be dangerously high, such as construction workers. Outdoors enthusiasts who spend a large amount of time in cold-weather climates, or those that participate in water sports, are prone to hypothermia. Heat and cold-related conditions are also common among military personnel who serve in extreme climate areas such as the desert and the arctic.

[0004] Although the brain is the organ that is most sensitive to temperature-induced damage, this damage is conventionally treated by raising or lowering body temperature by affecting the temperature of the entire body as opposed to the head, because it is conventionally understood that layers of insulation surrounding the brain make removing heat from or applying heat to the brain via the head is ineffective and slow. Conventional treatments include removing or adding additional clothing, placing the entire body or a portion thereof in a bath of cold or warm water, drinking cold or warm liquids, and resting or moving the body to increase or decrease body activity. Often individual body parts are cooled or heated using ice, an electric heating pad, or reusable packs filled with a thermally retentive substance such as polypropylene glycol gel, which may be heated, cooled, or frozen for both hot and cold applications. People affected by heatstroke are also placed in cooled or refrigerated areas. Likewise, people suffering from hypothermia are placed in warm or

hot rooms.

[0005] Many significant drawbacks are associated with conventional methods of treating thermal-related conditions. Conventional methods and devices have severe limitations as they all work against the biology of the human body. In some cases, drawbacks accrue because of the mechanism of heating or cooling. Consider, for example, gel packs. The gel substance in a gel pack is generally encased within a very thin layer of plastic or other, similar material. This configuration allows for adequate thermal transfer or exchange either to or from the skin, but can also allow for excess thermal transfer or exchange with the environment, causing some of the heating or cooling capability of the gel pack to be lost to the environment, instead of being transferred to the part of the body to which it is being applied.

[0006] When the core temperature of the body is dangerously low, i.e., hypothermic, a conventional therapeutic treatment approach is to heat the entire body in the belief that the core temperature will be raised to a safe level. However, testing by Applicant indicates that heating the entire body may only result in raising the temperature of the body's extremities rather than the core temperature, and raising core temperature is the only effective way to treat hypothermia. By heating the body surface, the peripheral thermal receptors located in the extremities, send signals to the brain that the body is too hot, in which case the brain will respond by cooling the core temperature even more. Thus, the brain may negate the effects of a whole body thermal treatment and may even cause the person suffering from hypothermia to decrease core temperature further, even though his or her extremities seem to be warming.

[0007] On the other hand, if, for example, an athlete suffers hyperthermia as a result of too strenuous an activity, and the athlete's entire body is cooled or the skin of the body is cooled, the athlete's body runs a risk of fatally overheating as a result of activating thermal receptors which detect cooling. The brain reads the cool temperature of the skin surface as a signal that the body is too cold, causing the brain to activate mechanisms to deleteriously increase the core temperature.

[0008] A major drawback of conventional methods of changing body core temperature is the stimulation of thermal peripheral receptors on the skin. This stimulus sends a signal to the brain. If cold is applied, the signal will cause the brain to produce heat, which is the reason people shiver when exposed to cold; e.g., a cold wind, cold ambient temperature, cold water, etc. Shivering occurs as a result of the brain sending impulses for muscles to contract because muscle contraction generates heat. In addition to the production of heat, the brain sends a signal to the blood vessels on the surface of the body to contract, i.e., vasoconstriction. Vasoconstriction reduces heat loss and increases the internal or core temperature of the body. Muscle, heart, and vasculature all work at full force to generate heat when the peripheral skin receptors are activated, which is the reason a soldier or an athlete, for example, dies from heatstroke, despite immersion of their body in ice water. There are cases of over-heated athletes who perished once taken to a room with an air conditioner and a low temperature. The brain of the athletes responded to cold stimuli by having the body produce more heat, causing the death of a person who was already very hot because the brain was hot before coming into the air conditioned room, and after entering the air conditioned room, the brain, misreading skin sensor input, increased its temperature even further, leading to metabolic shutdown and death.

[0009] Thus, conventional approaches to raising body temperature can cause heatstroke to be a fatal condition in many cases, and is one of the most lethal conditions experienced by a human being given that conventional attempts to resolve the overheating condition causes a further increase of body internal temperature. A similar situation occurs with hypothermia, since during warming of the body the brain, which is already cold, will send signals for the body to counteract the effects of the heat being applied. In this situation, the brain instructs the body to promote peripheral vasodilation to release heat, to reduce or stop metabolic functions, and to reduce muscle activity to reduce production of heat. Thus, conventional approaches to warming a hypothermic person can further reduce the temperature of the brain, causing in many instances the demise of the

person.

[0010] The inadvertent causing of death of conventionally treated patients is compounded by other factors. One such factor is that the body is covered by fat, the tissue with the lowest thermal conductivity, and which has a thermal conductivity similar to oak, where $k=0.00004$ Kcal/(s.Math.N.Math.C). Therefore, cooling or warming up the skin not only is ineffective as far as heat or cold being transmitted through the skin into the body because of the thermal insulation of fat, but also because the cooling or warming up of peripheral thermal receptors causes the brain to generate the opposite thermal response, as described above.

[0011] The brain is the organ most affected during thermal disturbances, i.e., heatstroke or hyperthermia, or hypothermia, with the extreme effect being death, so many attempts to cool or warm up the brain involve the cooling or warming up the head. The challenge of conventional techniques of warming the brain is compounded by the body surface being covered by fat. Therefore, attempts to cool or warm the head are also ineffective and equally dangerous as cooling and warming the whole body, limbs, or the body surface as described hereinabove, and can just as quickly lead to brain damage and death. Attempts to cool or warm up the brain are affected because of the presence of fat, and the stimulation of skin receptors on the head causes the brain to generate the opposite response, similar to the situation that occurs when trying to heat or cool the extremities, as described herein. Also similar to cooling or heating the entire body, a change in temperature of peripheral receptors on the face and head results in an opposite reaction of the brain. In fact, the brain overcompensates for the change in temperature of the peripheral receptors, which can cause damaging effects to the brain.

[0012] Damage to the brain caused by thermal disturbances can also occur in medical operating room environments. A patient undergoing surgery runs a risk of suffering from hypothermia if the operating room is not kept warm enough during the procedure. Maintaining a high environmental temperature in the operating room allows the patient's body to remain warm while the patient is under general anesthesia, and allows the patient's organs to remain warm even while exposed. However, in such a hot working environment, physicians and staff in the operating room are often uncomfortably warm and may suffer from hyperthermia because of the clothing typically worn in such environments, in addition to a risk of infection as pathogens grow in warm temperatures.

[0013] Several remedies to this difficulty have been previously presented. For example, one such proposed solution is to use a heating device to warm the patient's body, so that the operating room may be kept at a comfortably cool temperature for the surgeons and staff. Such an approach has been implemented using a disposable, electrically heated blanket to cover the patient's body. However, the blanket does not completely prevent the patient's body heat from escaping into the environment, and the patient's temperature still lowers. Similarly, it has been proposed that the patient's body be completely enveloped in a garment that circulates warmed fluid between a heat source and the body through a series of serpentine tubes. However, a blanket or garment designed to heat the patient's body may obstruct the regions that must be accessed by the surgeon to complete a surgery successfully. If the blanket or garment comprises an open front to give the surgeon easier access, then the patient's body may lose much needed thermal energy through the opening. An alternate solution is to cool surgeon and staff's bodies individually so that a warmer room temperature may be maintained. Such an approach can be obtained by a conventional cooling vest that can be worn by each surgeon or staff person, but the same issues as cooling skin surface occurs, in addition to infection risk in a warm environment, as described hereinabove.

[0014] Conventional treatments involving directly heating or cooling the brain have relied on invasive methods with injection of fluid. For example, medical professionals currently employ the technique of cooling the brains of patients who have suffered cardiac arrests to reduce the amount of oxygen the brain and heart need to keep working. The conventional approach to cooling the brain in this situation is by covering the patient's body with thermal transfer vests or blankets, configured to cool the body, or by injecting cold fluid into the patient's body. However, such

approaches have been shown to be ineffective as patients tend to shiver intensely during the procedure, which equates to high heat production.

[0015] The challenges associated with methods for treating cardiac arrest patients, and for warming or cooling surgeons or patients in operating room environments using thermal energy, are similar to those discussed above related to thermal disturbance treatments. Warming or cooling the patient's entire body may cause peripheral or internal receptors to signal to the brain that it must overcompensate with an opposite change in brain temperature, resulting in hyperthermia or hypothermia. Moreover, in the case of cardiac arrest patients, the temperature of extremely cool fluid cannot be regulated, thus there is a risk that the cool fluid may result in excessive cooling of the body. Thus, conventional solutions to cooling the brain can result in unforeseen overcompensation and may cause thermal disturbances opposite to those that they are proposed to correct, thus exacerbating the very situation that was being corrected.

[0016] Controlling core brain temperature is also important in patients suffering from traumatic brain injury. However, the same limitations and drawbacks of conventional approaches to controlling core brain temperature described herein prevent a predictably successful outcome, and brain injury remains a common complication.

SUMMARY

[0017] This disclosure provides a device configured to control the temperature of the brain noninvasively, comprising at least one of a heating apparatus and a cooling apparatus, a controller, and a temperature measurement apparatus. The at least one heating apparatus and cooling apparatus is configured to be applied directly to an Abreu brain thermal tunnel (ABTT) terminus. The controller is configured to actuate the at least one heating apparatus and cooling apparatus. The temperature measurement apparatus is configured to measure a temperature of the brain. The controller is configured to operate the at least one heating apparatus and cooling apparatus to provide heat to or remove heat from the ABTT terminus until the temperature measurement apparatus measures a predetermined temperature of the brain.

[0018] This disclosure also provides a device configured to apply heat or cold to an Abreu brain thermal tunnel (ABTT) noninvasively, the device comprising a support structure and a thermoelectric device. The thermoelectric device is positioned on the support structure and configured to provide heat to an ABTT terminus located on, over, or adjacent to the ABTT terminus when the support structure is worn by a user.

[0019] This disclosure also provides a device configured to apply heat or cold to an Abreu brain thermal tunnel (ABTT) noninvasively, the device comprising an eyeglass frame. The eyeglass frame includes at least one thermally retentive substance positioned to contact an ABTT terminus on, over, or adjacent to the ABTT when the eyeglass frame positioned on a person's face. The thermally retentive substance is heated or cooled prior to placing the eyeglass frame on the person's face.

[0020] Advantages and features of the embodiments of this disclosure will become more apparent from the following detailed description of exemplary embodiments when viewed in conjunction with the accompanying drawings.

Description

BRIEF DESCRIPTION OF THE DRAWINGS

[0021] FIG. 1 is a view of a mask in accordance with an exemplary embodiment of the present disclosure.

[0022] FIG. 2 is a cross-sectional view of a portion of a flexible thermal pack that may be included in the mask of FIG. 1, in accordance with an exemplary embodiment of the present disclosure.

[0023] FIG. 3 is a cross-sectional view of a flexible thermal pack in accordance with an alternative

embodiment of the present disclosure.

[0024] FIG. **4** is a perspective view of a thermal pack kit or bag, in accordance with an exemplary embodiment of the present disclosure.

[0025] FIG. **5** is a side view of the thermal pack kit of FIG. **4**.

[0026] FIG. **6** is a top view of the thermal pack kit of FIGS. **4** and **5**, when the thermal pack kit is open.

[0027] FIG. **7** is a view of a headband for cooling and heating the ABTT terminus, in accordance with an exemplary embodiment of the present disclosure.

[0028] FIG. **8** is a view of a thermal pack for cooling and heating the ABTT terminus, in accordance with an exemplary embodiment of the present disclosure.

[0029] FIG. **9** is a view of a frame similar to eyeglass frames, including an adjustment mechanism over the bridge of the nose, in accordance with an exemplary embodiment of the present disclosure.

[0030] FIG. **10** is a view of a heating or cooling mechanism configured to be positioned under eyeglasses, in accordance with an exemplary embodiment of the present disclosure.

[0031] FIG. **11** is a view of a heating or cooling mechanism configured to be integral with an eyeglass frame that includes lenses, in accordance with an exemplary embodiment of the present disclosure.

[0032] FIG. **12** is a view of another heating or cooling mechanism configured to be integral with an eyeglass frame that includes lenses, in accordance with an exemplary embodiment of the present disclosure.

[0033] FIG. **13** is a view of yet another heating or cooling mechanism configured to be integral with an eyeglass frame that includes lenses, in accordance with an exemplary embodiment of the present disclosure.

[0034] FIG. **14** is a view of a further heating or cooling mechanism configured to be integral with an eyeglass frame that includes lenses, in accordance with an exemplary embodiment of the present disclosure.

[0035] FIG. **15** is a view of a portion of an ABTT and Vein Thermal Pack (ABVTP) mask, with a thermal transfer device positioned in a cavity of a frame, in accordance with an exemplary embodiment of the present disclosure.

[0036] FIG. **16** is a cross-sectional view of a frame of FIG. **15** along the line **16-16**, in accordance with an exemplary embodiment of the present disclosure.

[0037] FIG. **17** is a view of an eyeglass frame containing a thermal transfer material and compatible with a face mask, such as is worn by a firefighter, a gas mask, or other type of mask, in accordance with an exemplary embodiment of the present disclosure.

[0038] FIG. **18** is a view of a portion of the eyeglass frame of FIG. **17** along the line **18-18**.

[0039] FIG. **19** is a simplified view of the ABTT and facial veins associated with the ABTT.

[0040] FIG. **20** is a simplified partial cross-sectional view through a human skull in a vertical direction, showing the Abreu brain thermal tunnel and certain other facial features.

[0041] FIG. **21** is a view of another thermal pack including thermal sensors and an alarm, in accordance with an exemplary embodiment of the present disclosure.

[0042] FIG. **22** is a view of an energy module of FIG. **21**.

[0043] FIG. **23** is a view of another thermal pack similar to the thermal pack of FIG. **21**, with an insulating headband, in accordance with an exemplary embodiment of the present disclosure.

[0044] FIG. **24** is a stylized cross-sectional view of the thermal pack of FIG. **23** along the line **24-24**.

[0045] FIG. **25** is a view of a stick mounted thermal pack, in accordance with an exemplary embodiment of the present disclosure.

[0046] FIG. **26** is a schematic view of a hand held thermal transfer device, in accordance with an exemplary embodiment of the present disclosure.

[0047] FIG. **27** is a schematic view of the hand held thermal transfer device of FIG. **26** with a

breakable or adjustable seal broken, in accordance with an exemplary embodiment of the present disclosure.

[0048] FIG. **28** is a schematic view of an alternative hand held thermal transfer device, in accordance with an exemplary embodiment of the present disclosure.

[0049] FIG. **29** is another view of the alternative hand held thermal transfer device of FIG. **28**, in a second position, in accordance with an exemplary embodiment of the present disclosure.

[0050] FIG. **30** is a view of yet another alternative hand held thermal transfer device, in accordance with an exemplary embodiment of the present disclosure.

[0051] FIG. **31** is a view of the hand held thermal transfer device of FIG. **30**, with insulation covering a body portion of the device, in accordance with an exemplary embodiment of the present disclosure.

[0052] FIG. **32** is a schematic view of another alternative embodiment hand held thermal transfer device, in accordance with an exemplary embodiment of the present disclosure.

[0053] FIG. **33** is an insulating self-cooling apparatus of the hand held thermal transfer device of FIG. **32**.

[0054] FIG. **34** is a schematic view of a further embodiment of a hand held thermal transfer device, in accordance with an exemplary embodiment of the present disclosure.

[0055] FIG. **35** is a view of an end of a hand held thermal transfer device for contact with the skin of a subject or patient, in accordance with an exemplary embodiment of the present disclosure.

[0056] FIG. **36** is a view an active thermal exchange device, in accordance with an exemplary embodiment of the present disclosure.

[0057] FIG. **37** is a stylistic representation of a circuit of an active thermal transfer device in a closed position, in accordance with an exemplary embodiment of the present disclosure.

[0058] FIG. **38** is a view of the active thermal transfer device of FIG. **37** in an open position, in accordance with an exemplary embodiment of the present disclosure.

[0059] FIG. **39** is a simplified schematic of an electronics portion of an active thermal transfer device with a manual temperature control, in accordance with an exemplary embodiment of the present disclosure.

[0060] FIG. **40** is a block diagram of an ABTT heat transfer system, in accordance with an exemplary embodiment of the present disclosure.

[0061] FIG. **41** is a simplified representation of an active heating or cooling device, in accordance with an exemplary embodiment of the present disclosure.

[0062] FIG. **42** is a view of a device for automatically regulating the temperature of the ABTT terminus positioned on a subject or patient, in accordance with an exemplary embodiment of the present disclosure.

[0063] FIG. **43** is a cross-sectional view of a portion of the device of FIG. **42**, along the line **43-43** in FIG. **42**.

[0064] FIG. **44** is an end view of the portion shown in FIG. **43**, along the line **44-44** in FIG. **43**.

[0065] FIG. **45** is a view of the portion shown in FIG. **44**, in accordance with an exemplary embodiment of the present disclosure.

[0066] FIG. **46** is a view similar to FIG. **42**, with an alternative embodiment of the device shown in FIG. **42**, in accordance with an exemplary embodiment of the present disclosure.

[0067] FIG. **47** is a side view of the device of FIG. **42**.

[0068] FIG. **48** is a view similar to FIG. **43**, showing additional details of the features of FIG. **43**.

[0069] FIG. **49** is a view of another apparatus for cooling and heating the ABTT terminus, in accordance with an exemplary embodiment of the present disclosure.

[0070] FIG. **49A** is a view of an apparatus for cooling and heating the ABTT terminus similar to the apparatus of FIG. **49**, using a thermally retentive material in place of active heating or cooling.

[0071] FIG. **49B** is a view of an active apparatus for cooling and heating the ABTT terminus in accordance with an exemplary embodiment of the present disclosure.

[0072] FIG. **50** is a side view of the apparatus of FIG. **49**.

[0073] FIG. **51** is a view of an alternative embodiment of the apparatus of FIG. **38**, in accordance with an exemplary embodiment of the present disclosure.

[0074] FIG. **52** is a view of an active heating and cooling apparatus for delivering heat or cooling to the ABTT terminus, in accordance with an exemplary embodiment of the present disclosure.

[0075] FIG. **53** is a schematic view of a heat exchange device mounted to the back of a helmet, in accordance with an exemplary embodiment of the present disclosure.

[0076] FIG. **54** is a stylized representation of the flow of thermal energy into and out from a brain core.

[0077] FIG. **55** is a view of a heat exchange device for manual placement on the ABTT terminus, in accordance with an exemplary embodiment of the present disclosure.

[0078] FIG. **56** is a view of a passive heat exchange device, in accordance with an exemplary embodiment of the present disclosure.

[0079] FIG. **56A** is a view of an active heat exchange device, in accordance with an exemplary embodiment of the present disclosure.

[0080] FIG. **57** is a view of an animal wearing a brain temperature modification device, in accordance with an exemplary embodiment of the present disclosure.

[0081] FIG. **58A** is a view of an eye of the animal of FIG. **57**.

[0082] FIG. **58B** is a view of an animal showing various features of the animal.

[0083] FIG. **58C** is a view of an animal wearing a heat exchange device in accordance with an exemplary embodiment of the present disclosure.

[0084] FIG. **58D** is a view of an animal wearing another heat exchange device in accordance with an exemplary embodiment of the present disclosure.

[0085] FIG. **58E** is a view of an animal wearing a further heat exchange device in accordance with an exemplary embodiment of the present disclosure.

[0086] FIG. **58F** is a view of an animal wearing yet another heat exchange device in accordance with an exemplary embodiment of the present disclosure.

[0087] FIG. **58G** is a view of an animal wearing an even further heat exchange device in accordance with an exemplary embodiment of the present disclosure.

[0088] FIG. **58H** is a view of a brain temperature modification device, in accordance with an exemplary embodiment of the present disclosure.

[0089] FIG. **58I** is a cross-sectional view of the brain temperature modification device of FIG. **58H**, along the line **58I-58I**.

[0090] FIG. **58J** is a cross-sectional view of the brain temperature modification device of FIG. **58G**, along the line **58J-58J**.

[0091] FIG. **58K** is a view of a portion of the brain temperature modification device of FIG. **58G**.

[0092] FIG. **59** is a view of an active heat exchange device or apparatus configured to contact both ABTT terminuses, in accordance with an exemplary embodiment of the present disclosure.

[0093] FIG. **60** is a view of an active heat exchange pad for contacting the ABTT terminus, in accordance with an exemplary embodiment of the present disclosure.

[0094] FIG. **61** is a view of another active heat exchange device, in accordance with an exemplary embodiment of the present disclosure.

[0095] FIG. **62** is a view of yet another active heat exchange device, in accordance with an exemplary embodiment of the present disclosure.

[0096] FIG. **63** is a view of the active heat exchange device of FIG. **62**.

[0097] FIG. **64** is a view of a hand held active heat exchange device, in accordance with an exemplary embodiment of the present disclosure.

[0098] FIG. **65** is a view of an active heat exchange device, in accordance with an exemplary embodiment of the present disclosure.

[0099] FIG. **66** is a view of an active heat exchange device, in accordance with an exemplary

embodiment of the present disclosure.

[0100] FIG. **67** is a view of an active heat exchange pad or patch in accordance with an exemplary embodiment of the present disclosure.

[0101] FIG. **68** is a view of a combination active and passive heat exchange device in accordance with an exemplary embodiment of the present disclosure.

[0102] FIG. **69** is a view of a portion of the active and passive heat exchange device of FIG. **68**.

[0103] FIG. **70** is a view of a patient wearing an active heat exchange device in accordance with an exemplary embodiment of the present disclosure.

[0104] FIG. **71** is a side or edge view of the active heat exchange device of FIG. **70**.

[0105] FIG. **71A** is a side or edge view of another active heat exchange device of the present disclosure.

[0106] FIG. **72** is a view of a patient wearing an active heat exchange device in accordance with an exemplary embodiment of the present disclosure.

[0107] FIG. **73** is a graph of a nominal or statistically normal temperature rise of a pad positioned in contact with the ABTT terminus, in response to an application of a predetermined temperature to the ABTT terminus.

[0108] FIG. **74** is a graph of a temperature rise of a pad positioned in contact with the ABTT terminus, in response to an application of a predetermined temperature to the ABTT terminus, indicating a medical condition of the measured subject.

[0109] FIG. **75** is a view of an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure.

[0110] FIG. **76** is a graph of a temperature measurement provided by the active thermal exchange device of FIG. **75**.

[0111] FIG. **77** is a view of an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure.

[0112] FIG. **78** is a view of a portion of the active thermal exchange device of FIG. **77**.

[0113] FIG. **78A** is a view of another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure.

[0114] FIG. **79** is a view of an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure.

[0115] FIG. **79A** is a view of the active thermal exchange device of FIG. **79** along the line **79A-79A**.

[0116] FIG. **80** is a stylized view of heat transfer from the active thermal exchange device of FIG. **79** to the superior palpebral vein and the ABTT terminus.

[0117] FIG. **80A** is a view of an alternative embodiment of the active thermal exchange device of FIG. **80** in accordance with an exemplary embodiment of the present disclosure.

[0118] FIG. **80B** is a stylized cross-sectional view of a front portion of the active thermal exchange device of FIG. **80A** from a top or bottom direction of the active thermal exchange device.

[0119] FIG. **81** is a view of an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure.

[0120] FIG. **82** is a view of an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure.

[0121] FIG. **83** is a view of an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure.

[0122] FIG. **84** is a view of an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure.

[0123] FIG. **85** is a view of an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure.

[0124] FIG. **86** is a view of an envelope for a thermoelectric device in accordance with an exemplary embodiment of the present disclosure.

[0125] FIG. **87** is a cross sectional view of a thermoelectric device embedded in a frame or support in accordance with an exemplary embodiment of the present disclosure.

[0126] FIG. **88** is another cross sectional view of a thermoelectric device embedded in a frame or support in accordance with an exemplary embodiment of the present disclosure.

[0127] FIG. **89** is yet another cross sectional view of a thermoelectric device embedded in a frame or support in accordance with an exemplary embodiment of the present disclosure.

[0128] FIG. **90** is a further cross sectional view of a thermoelectric device embedded in a frame or support in accordance with an exemplary embodiment of the present disclosure.

[0129] FIG. **91** is a view of another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure.

[0130] FIG. **91A** is a view of a portion of the active thermal exchange device of FIG. **91**.

[0131] FIG. **92** is a support structure in the form of a headband, in accordance with an exemplary embodiment of the present disclosure.

[0132] FIG. **93** is a thermal exchange system configured to be positioned on the support structure of FIG. **92**, in accordance with an exemplary embodiment of the present disclosure.

[0133] FIG. **94** is an integrated headband support structure and a thermal exchange system, in accordance with an exemplary embodiment of the present disclosure.

[0134] FIG. **95** is view of a first, skin side of the thermal exchange system FIG. **94**, in accordance with an exemplary embodiment of the present disclosure.

[0135] FIG. **95A** is a view of an active thermal exchange system, in accordance with an exemplary embodiment of the present disclosure.

[0136] FIG. **96** is view of a second side of the thermal exchange system of FIG. **94**, in accordance with an exemplary embodiment of the present disclosure.

[0137] FIG. **97** is a passive thermal transfer system configured to be positioned on the support structure of FIG. **93**, in accordance with an exemplary embodiment of the present disclosure.

[0138] FIG. **98** is a view of a portion of the thermal transfer system of FIG. **97** connected to the support structure of FIG. **92**.

[0139] FIG. **99** is thermal transfer system, in accordance with an exemplary embodiment of the present disclosure.

[0140] FIG. **100** is a view of a user wearing an ABVTP in accordance with an exemplary embodiment of the present disclosure.

[0141] FIG. **101** is a view of a user wearing an ABVTP in accordance with an exemplary embodiment of the present disclosure.

[0142] FIG. **102** is a view of a user wearing the ABVTP of FIG. **101**.

[0143] FIG. **103** is a view of the ABVTP shown in FIGS. **101** and **102**.

[0144] FIG. **104** is a front view of a thermally retentive headband cover, in accordance with an exemplary embodiment of the present disclosure.

[0145] FIG. **105** is a front view of a thermal pack device configured to be attached to the headband cover of FIG. **104**, in accordance with an exemplary embodiment of the present disclosure.

[0146] FIG. **106** is a view of a person wearing the headband cover and thermal pack device of FIGS. **104** and **105**.

[0147] FIG. **107** is a view of a node of FIG. **104**.

[0148] FIG. **108** is another view of nodes of FIG. **104**.

[0149] FIG. **109** is a view of another embodiment of a headband cover that has slots for sunglass or eyeglass lenses, in accordance with an exemplary embodiment of the present disclosure.

[0150] FIG. **110** is a front view of another embodiment thermal pack headband and a face mask, in accordance with an exemplary embodiment of the present disclosure.

[0151] FIG. **111** is a view of a person wearing the thermal pack headband and face mask of FIG. **110**.

[0152] FIG. **112** is a view of a person wearing a thermoelectric cooling/heating headband with

nodes, in accordance with an exemplary embodiment of the present disclosure.

[0153] FIG. **113** is a view of a person wearing a thermoelectric cooling/heating headband with a thermal pack, in accordance with an exemplary embodiment of the present disclosure.

[0154] FIG. **114** is a view of a person wearing a baseball cap with detachable nodes, in accordance with an exemplary embodiment of the present disclosure.

[0155] FIG. **115** is a view the detachable nodes of FIG. **114**, in accordance with an exemplary embodiment of the present disclosure.

[0156] FIG. **116** is a view of a person wearing a fitted cooling cap with detachable nodes, in accordance with an exemplary embodiment of the present disclosure.

[0157] FIG. **117** is a view of a person wearing a serpentine tube that carries heated/cooled fluid supplied by a pumping mechanism with a power source, in accordance with an exemplary embodiment of the present disclosure.

[0158] FIG. **118** is another view of the person in FIG. **106**.

[0159] FIG. **118A** is a view of another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure.

[0160] FIG. **119** is a an exploded view of a body of a thermal pack device and a back of a thermally retentive soft cloth with a mesh pouch for the thermal pack body, in accordance with an exemplary embodiment of the present disclosure.

[0161] FIG. **120** is another view of the thermal pack device secured in the mesh pouch of the thermally retentive soft cloth of FIG. **119**.

[0162] FIG. **121** is a front view of the thermally retentive soft cloth of FIG. **120**.

[0163] FIG. **122** is a view of a person wearing the thermal pack and the thermally retentive soft cloth of FIGS. **119-121**, with the user's eyes covered by the thermally retentive soft cloth.

[0164] FIG. **123** is a view of a headband, in accordance with an exemplary embodiment of the present disclosure.

[0165] FIG. **124** is a view of a person wearing the thermal pack device of FIG. **122** and the headband of FIG. **121**.

[0166] FIG. **125** is a front view of the clip nodes of FIG. **122**.

[0167] FIG. **125A** is a view of a node in accordance with an exemplary embodiment of the present disclosure.

[0168] FIG. **126** is a side view of the folded clip nodes of FIGS. **122** and **125**.

[0169] FIG. **127** is a view of a side profile of a person wearing the nodes of FIGS. **125** and **126** by clipping them to the person's nose bridge.

[0170] FIG. **128** is a front view of the nodes of FIGS. **125** and **126** attached to a handheld stick, in accordance with an exemplary embodiment of the present disclosure.

[0171] FIG. **129** is a side view of the folded nodes of FIG. **126** attached to a handheld stick, in accordance with an exemplary embodiment of the present disclosure.

[0172] FIG. **130** is a view of a person using the embodiment of FIGS. **128** and **129**, in accordance with an exemplary embodiment of the present disclosure.

DETAILED DESCRIPTION

[0173] In view of the dangers associated with heating and cooling a body using conventional techniques, Applicant recognized that the ability to accurately measure, monitor, and affect the brain's temperature would be advantageous for the diagnosis and treatment of many conditions, since changing the temperature of the body's peripheral receptors, as described hereinabove, may negate the effectiveness of other known treatments. Applicant further recognized that the brain's temperature is the only vital sign that cannot be artificially changed by emotional states, or affected by environmental temperature.

[0174] Apparatus and methods for detecting the brain's temperature accurately and quickly have been described in U.S. Pat. Nos. 7,187,960, 8,172,459, 8,328,420, 8,721,562, and 8,849,379, incorporated by reference herein in their entirety, which describe measuring the brain's temperature

through the Abreu brain thermal tunnel (ABTT), previously called the Abreu brain temperature tunnel or the brain temperature tunnel. The tunnel includes a direct and undisturbed connection between the source of functions or signals within the brain and an external point at the end of the tunnel that is located on the skin. Applicant recognized through studies and analysis that the ABTT is an anatomic path that conveys undisturbed physiologic signals from the brain, and extending between the hypothalamus region of the brain to the skin in the only location in the human body absent of insulating fat. The point on the skin that is on, over, or adjacent to the ABTT may be described as the ABTT terminus. As identified and demonstrated by Applicant in U.S. Pat. No. 11,497,405, granted Nov. 15, 2022, incorporated by reference herein in its entirety, the skin at the ABTT terminus is absent or without fat, and that undisturbed thermal signals or signatures are conveyed rapidly and accurately from the brain by the ABTT to the ABTT terminus. The ABTT is a physiologic tunnel that conveys continuous and integral data on the physiology of the body. Because the majority of brain tissue is water, the removal or application of heat necessary to cool or heat the brain can be precisely calculated. Applicant has determined that an undisturbed signal from within the brain is delivered to an external point at the end of the tunnel, and that thermal signals applied to the ABTT terminus can be delivered to the brain.

[0175] Applicant recognized that the characteristics of the ABTT presented a unique opportunity to directly cool or heat a body through a small area of skin without appreciably altering the temperature of the body's peripheral receptors.

[0176] Ongoing studies by Applicant has shown that methodologies and apparatus by Applicant can effectively treat conditions, which were not possible with the prior art for the reasons described hereinabove, including, but not limited to multiple sclerosis, fever, coma, stroke, cancer, Parkinson's disease, migraine, Alzheimer's disease, Huntington's disease, Amyotrophic Lateral Sclerosis, epilepsy, reproductive disorders, thyroid disorders, sleep disorders, depression, seasonal affective disorder, mood disorders, dehydration, and hormonal imbalances.

[0177] In describing embodiments of the present disclosure, specific terminology will be used for the sake of clarity. However, the disclosure is not intended to be limited to the specific terms selected, and it should be understood that each specific term includes all technical equivalents which operate in a similar manner to accomplish a similar purpose.

[0178] Throughout this specification, various apparatus, mechanisms, and devices are described that provide heat and cooling to the ABTT terminus. Each of these apparatuses, mechanisms, and devices may be described in a variety of terms. A combination of each component of each embodiment and a combination of embodiments is within the scope of the invention. By way of illustration, but not of limitation, a component such as an electrical heater of one embodiment can be integrated into a passive cooling device of another embodiment. Another combination includes any of the embodiments shown for animals that can be used in embodiments for humans and vice versa.

[0179] Anatomically and physiologically speaking, the ABTT includes a continuous, direct, and undisturbed connection between a thermal energy source within the brain, and an external point at the end of the tunnel, i.e., the ABTT terminus. The physical and physiological events at one end of the tunnel are reproduced at the opposite end. The ABTT enables integral and direct thermal energy transfer through the tunnel without interference by heat absorbing elements; i.e., elements that can absorb infrared radiation transmitted as heat by blood within the brain. The facial end of the ABTT, herein referred to as a "target area" or terminus on the skin, measures about 11 mm in diameter measured from the medial corner of the eye at the medial canthal tendon and the tear punctum (tear drainage point), and extends superiorly for about 6 mm and then extends into the upper eyelid in a horn like projection for another 22 mm.

[0180] The ABTT is located in a crowded anatomic area and thus the positioning of any apparatus in direct contact therewith requires special geometry for optimal thermal transfer to the skin overlying the end or terminus of the tunnel. The clinical usefulness of the tunnel can only be

achieved with precise positioning of a therapeutic or measurement apparatus in relation to anatomic landmarks. The tunnel is located in a unique position with distinctive anatomic landmarks that help define the external geometry and location of the end or terminus of the tunnel.

[0181] Dissection of cadavers was undertaken as a part of understanding the unique characteristics of the ABTT. Cadaver dissection delineated anatomy, which may be seen in FIG. 19, showing the convergence of four veins at ABTT target area or terminus 20: frontal 12, superior palpebral 14, supraorbital 16, angular 18, and facial 19, which is an extension of angular vein 18. This area is unique, and is the only such area in the head, as recognized by Applicant, in which a vein, the superior ophthalmic vein in ABTT 22, courses transversally into the center of the brain with the opposite end terminating on the skin which is free of fat. Briefly, the blood from veins under the surface of a face 10 flows into ABTT 22, and also as recognized and tested by Applicant, there is bidirectional flow of blood in ABTT 22. Having converged at ABTT terminus 20, the blood from these four veins primarily flows into the brain from ABTT terminus 20, into ABTT 22, and then into the center of the brain, at the cavernous sinus (not shown), which Applicant identified as a thermal storage area, and which is adjacent to the thermoregulatory center of the brain. From the thermal storage area, thermal energy in the form of hot or cold blood is distributed throughout tissues of the brain, and by transmitting warm or cool blood to and from this region through ABTT 22, Applicant has realized that by regulating the temperature of the brain via ABTT 22, thermal disturbances may be treated or prevented, such as hyperthermia and hypothermia, or a variety of diseases may be treated.

[0182] Additionally, ABTT target area 20 is extremely vascularized and is the only skin area in which a direct branch of the cerebral vasculature is located and covered by a thin skin without a fat layer. The main trunk of the terminal branch of the ophthalmic vein is located right at ABTT target area 20, just above the medial canthal tendon supplied by the medial palpebral artery and medial orbital vein. ABTT target area or terminus 20 on the skin, supplied by a terminal and superficial blood vessel ending in a particular area without fat and void of thermoregulatory arteriovenous shunts, provides a superficial source of undisturbed biological signals including brain temperature, metabolic function, physical signals, and body chemistry such as glucose level, and the like.

[0183] Applicant has determined through experiment that since the thermal flow from ABTT terminus 20 of face 10 to the thermal storage area of the brain is bidirectional, the heating or cooling of the blood in frontal vein 12, superior palpebral vein 14, supraorbital vein 16, and angular vein 18 results in a cooling or heating of the thermal storage area in the brain, and, as a result, the entire brain and the body are cooled or heated. Thus, ABTT 22 allows for manipulation of the body's core temperature non-invasively and locally, through the cooling and heating of near-surface blood vessels in the face, without stimulating peripheral thermal receptors that lead to an opposite response from the brain. Furthermore, as seen in the histology of ABTT terminus 20, the skin at ABTT terminus 20 is void of fat, thereby allowing thermal energy transmission through the skin at ABTT terminus 20 and into the blood vessel directly under the dermis of ABTT terminus 20. Thus, the undesirable stimulation of peripheral receptors and the insulating presence of fat are eliminated with the apparatus and methods of the present disclosure.

[0184] The approximate locations of the veins 12, 14, 16, and 18 are shown in FIG. 19 with respect to other facial features. Angular vein 18 runs up alongside nose 24, superior palpebral vein 14 runs along eyebrow 26, and frontal vein 12 and supraorbital vein 16 run in the forehead 28. Applicant has determined that manipulating the body's core temperature or brain temperature by removing or adding heat through ABTT 22, according to the present disclosure, is best accomplished by concentrating application of heat or cold in the areas nearest these veins and over ABTT 22 to avoid stimulation of peripheral thermal receptors. It should also be understood that arterial blood also runs in parallel in some areas, but said arterial blood does not go toward the center of the brain as the venous blood does. Thus, it is preferred to apply heat or cold to the areas near and adjacent to veins 12, 14, 16, and 18.

[0185] For the purposes of disclosure, terminology referring to relevant facial areas or veins herein will be described as one or more of above-referenced veins **12**, **14**, **16**, and **18**, and ABTT target area **20**. It should be understood that the present disclosure also includes the application or removal of thermal energy from other areas that may lie outside of these areas including, but not limited to, the under-eye area, behind the ears, the upper forehead, neck, trunk, extremities, etc. While these are less preferred areas of thermal application or removal, these areas can provide additional thermal benefits to core body temperature and are, as such, included in the scope of the disclosure. The reduction of stimulation of peripheral receptors in those areas is accomplished by a device or apparatus structure that follows the exact pattern of the associated blood vessel, as described further herein. Thus, minimal skin area is stimulated while the area covering a blood vessel is stimulated, which causes a change in the temperature of the blood of an affected vein, and this temperature change is reflected by a corresponding temperature change in the brain.

[0186] As discussed above, conventional methods of heating or cooling a body stimulate peripheral thermal receptors in order to treat thermal disturbance-related and other conditions. The heating or cooling of, for example, the body's extremities, activates peripheral sensors, which signal the brain to behave in the opposite manner, thus causing the core temperature to further rise or fall, ending in dangerous and often irreversible or fatal outcome.

[0187] The present disclosure avoids the undesirable effects of conventional heating and cooling apparatus and methods by disclosing a method and apparatus for applying heat to or removing heat from the body by using a thermal transfer that occurs directly with the high thermoconductive skin having $k=0.00004$ Kcal/(s.Math.N.Math.C) in contact with at least one of ABTT target area **20** and veins **12**, **14**, **16**, and **18** that converge into ABTT target area **20**. The temperature change that occurs at ABTT terminus **20** and veins **12**, **14**, **16**, and **18** is also carried to the thermal storage area of the brain through ABTT **22**, and then to the rest of the brain. FIG. **54** provides a schematic view of heat flow from ABTT terminus **20** into and out from brain core **30**, with the thin skin of ABTT target area **20** serving as the only barrier between tunnel **22** and the outside environment. Because only veins **12**, **14**, **16**, and **18** receive the cooling or heating effects and no peripheral receptors are activated, the body's core temperature and brain temperature may be directly altered in proportion to heat applied or removed.

[0188] In experiments performed using a device configured only for cooling of ABTT terminus **20** and associated veins **12**, **14**, **16**, and **18**, shivering or changes in blood pressure were not elicited while reducing the temperature of the brain. In contrast, the same cold temperature stimulus applied to the torso, the limbs, or the head elicited shivering and changes in blood pressure with no immediate change in brain temperature, but after a time delay brain temperature increased in contrast to the desired decrease.

[0189] The present disclosure describes methods including altering a core temperature of a body by affecting the temperature of the skin directly in contact with at least one of frontal vein **12**, superior palpebral vein **14**, supraorbital vein **16**, and angular vein **18**, and superomedial orbit **20**, which corresponds to ABTT terminus **20**; or the upper eyelid region, which corresponds to superior palpebral vein **14**. The present disclosure also describes apparatus including a thermally retentive material configured to allow for optimal thermal transfer with the skin directly in contact with at least one of frontal vein **12**, superior palpebral vein **14**, supraorbital vein **16**, and angular vein **18**, and superomedial orbit **20** or upper eyelid **14**.

[0190] Exemplary brain cooling and heating devices of the present invention include both passive and active thermal transfer devices. Both types are described in detail in the present disclosure. A conventional thermal transfer substance used in passive thermal transfer apparatus is a thermally retentive gel-like substance such as, for example, a mixture of water and propylene glycol. In addition to gel substances, other passive thermal transfer methods include evaporative cooling, in which a structure is adapted to absorb water, thus providing cooling effects as the water evaporates, and phase change materials that demonstrate latent heat storage properties.

[0191] While the present disclosure is focused on the human ABTT, animals have a similar, though less effective, passage between the brain and the surface that is described as an intracranial thermal path (ITP). For example, FIG. 57 shows an animal, such as a dog 976. Dog 976 includes an ITP (not shown) that extends from the dog's brain to an ITP terminus 978 positioned adjacent to an eye 980 of dog 976, as shown in FIG. 58A. As the disclosed embodiments presented herein benefit humans, modifications of the devices presented herein can be modified to interface with ITP terminus 978 for benefit to animals. For example, FIG. 57 shows a heat exchange device in accordance with an exemplary embodiment of the present disclosure and indicated generally at 982.

[0192] Animals may have fur that reduces thermal conductivity, shifting the position of the equivalent of ABTT terminus 20 in animals to ITP terminus 978, which is represented by an area of transition skin-mucosa located in the corner of the eye, frequently adjacent to the tear duct and caruncle or conjunctival surface and referred to herein as the transition area. In some species, such as canines, felines and other predators, the transition area or ITP terminus 978 is located in the anterior or medial portion of the corner of the eye; in swine, ITP terminus 978 tends to be located in the posterior or lateral corner of the eye; in ovine, bovine and equines, ITP terminus 978 tends to be located in the anterior corner of the eye; and in primates such as chimpanzees, ITP terminus 978 tends to be located in both the medial corner and the lateral corner of the eye.

[0193] In the exemplary embodiment of FIG. 57, heat exchange device 982 includes a heat exchange apparatus 984 that may be, for example, a thermally retentive substance that can be heated or cooled prior to placing on animal 976, a thermoelectric cooling device, chemicals that can provide an endothermic or exothermic reaction, and the like. Typically, because animals frequently object to the presence of objects near their eyes, heat exchange device 982 includes a harness 986 for attachment of heat exchange device 982 to head 988 of animal 976. Harness 986 is configured to position heat exchange apparatus 984 over ITP terminus 978. If heat exchange apparatus 984 is a thermoelectric device, in an exemplary embodiment, a pack 990 configured to be positioned, attached, secured, or mounted on animal 976 is included in heat exchange device 982 to provide a location for one or more batteries 992. Batteries 992 are then connected to heat exchange apparatus 984 by, for example, wires or a cable 994 extending between batteries 992 and heat exchange apparatus 984.

[0194] FIG. 58B is a view of a head 1086 of an animal 1084. As shown by Applicant, various blood vessels provide cooling or warming blood flow to the brain of animal 1084 via ITP 978. Such blood vessels can include, for example, nasal dorsal vein 1088, angular vein 1090, linguofacial vein 1092, and facial vein 1094, which extend along the surface of the skin of animal 1084. Automatic functions of the brain may operate to keep the brain of animal 1084 warm or cool by controlling the flow of blood from at least veins 1088, 1090, 1092, and 1094 to ITP 978. Exemplary embodiments of heat exchange devices disclosed herein, such as heat exchange device 982, assist an animal in keeping cool or warm by providing cool or warm area to at least one of the veins 1088, 1090, 1092, and 1094 and/or the transition area 978, which then flows to the brain of animal 1084.

[0195] FIG. 58C shows another heat exchange device configured to be positioned on and secured to animal 1084, indicated generally at 1096. Device 1096 includes a support apparatus 1098, which in an exemplary embodiment may be leather, cloth, plastic, or other materials suitable for anticipated environments. Support apparatus 1098 includes an annular ocular portion 1100 that extends around an eye 1102 of animal 1084, and a longitudinally extending muzzle portion 1104 that extends along a muzzle 1106 of animal 1084 and over at least a portion of nasal dorsal vein 1088. Device 1096 includes a plurality of heating or cooling apparatuses, such as thermoelectric devices 1108 and 1110, positioned to provide cooling and/or heating to at least a portion of angular vein 1090, and in the exemplary embodiment of FIG. 58C, nasal dorsal vein 1088. Device 1096 can be powered by, for example, pack 990 as shown in FIG. 57, which can be carried by animal

1084. Device **1096** provides more cooling or heating than device **982** shown in FIG. 57, and is configured to enable animal **1084** to operate or survive a greater ambient temperature range than device **982** is configured to enable.

[0196] FIG. 58D shows another heat exchange device configured to be positioned on and secured to animal **1084**, indicated generally at **1112**. Device **1112** includes a support apparatus **1114**, which in an exemplary embodiment may be leather, cloth, plastic, or other materials suitable for anticipated environments. Support apparatus **1114** includes annular ocular portion **1100** that extends around eye **1102** of animal **1084**, longitudinally extending muzzle portion **1104** that extends along muzzle **1106** of animal **1084** and over at least a portion of nasal dorsal vein **1088**, and an upper side facial portion **1116** that extends along facial vein **1094**. Device **1112** includes a plurality of heating or cooling apparatuses, such as thermoelectric devices **1108** and **1110**, positioned to provide cooling and/or heating to at least a portion of angular vein **1090**, at least a portion of nasal dorsal vein **1088**, and at least a portion of facial vein **1094**. Device **1112** can be powered by, for example, pack **990** as shown in FIG. 57, which can be carried by animal **1084**. Device **1112** provides more cooling or heating than device **982** shown in FIG. 57 and device **1096** shown in FIG. 58C, and is configured to enable animal **1084** to operate or survive a greater ambient temperature range than device **982** or device **1096** are configured to enable. Device **1112** further includes a temperature sensor **1130** configured to measure the temperature of ITP **978**. It should be understood that any of the embodiments that provide direct or indirect cooling or heating of ITP **978** may include a temperature sensor. Device **1112** may use the output of temperature sensor **1130** to provide precise control of the output of the heating/cooling devices, such as devices **1108** and **1110**, to reduce power consumption and optimize the internal temperature of animal **1084**. Temperature information from sensor **1130** may also be provided to a separate electronic device, such as a cell phone, watch, laptop, tablet, etc., such that a user may monitor the temperature of animal **1084**.

[0197] FIG. 58E shows another heat exchange device configured to be positioned on and secured to animal **1084**, indicated generally at **1118**. Device **1118** includes a support apparatus **1120**, which in an exemplary embodiment may be leather, cloth, plastic, or other materials suitable for anticipated environments. Support apparatus **1120** includes annular ocular portion **1100** that extends around eye **1102** of animal **1084**, longitudinally extending muzzle portion **1104** that extends along muzzle **1106** of animal **1084** and over at least a portion of nasal dorsal vein **1088**, upper side facial portion **1116** that extends along facial vein **1094**, and a lower side facial portion **1122** that extends further along facial vein **1094** from upper side facial portion **1116**. Device **1118** includes a plurality of heating or cooling apparatuses, such as thermoelectric devices **1108** and **1110**, positioned to provide cooling and/or heating to at least a portion of angular vein **1090**, at least a portion of nasal dorsal vein **1088**, and a greater portion of facial vein **1094** than device **1112**. Device **1118** can be powered by, for example, pack **990** as shown in FIG. 57, which can be carried by animal **1084**. Device **1118** provides more cooling or heating than device **982** shown in FIG. 57, device **1096** shown in FIG. 58C, and device **1112** shown in FIG. 58D, and is configured to enable animal **1084** to operate or survive a greater ambient temperature range than device **982**, device **1096**, and device **1112** are configured to enable.

[0198] FIG. 58F shows another heat exchange device configured to be positioned on and secured to animal **1084**, indicated generally at **1124**. Device **1124** includes a support apparatus **1126**, which in an exemplary embodiment may be leather, cloth, plastic, or other materials suitable for anticipated environments. Support apparatus **1126** includes annular ocular portion **1100** that extends around eye **1102** of animal **1084**, longitudinally extending muzzle portion **1104** that extends along muzzle **1106** of animal **1084** and over at least a portion of nasal dorsal vein **1088**, upper side facial portion **1116** that extends along facial vein **1094**, lower side facial portion **1122** that extends further along facial vein **1094** from upper side facial portion **1116**, and a lower muzzle portion **1128** that extends along linguofacial vein **1092**. Device **1124** includes a plurality of heating or cooling apparatuses,

such as thermoelectric devices **1108** and **1110**, positioned to provide cooling and/or heating to at least a portion of angular vein **1090**, at least a portion of nasal dorsal vein **1088**, at least a portion of facial vein **1094**, and at least a portion of linguofacial vein **1092**. Device **1124** can be powered by, for example, pack **990** as shown in FIG. 57, which can be carried by animal **1084**. Device **1124** provides more cooling or heating than device **982** shown in FIG. 57, device **1096** shown in FIG. 58C, device **1112** shown in FIG. 58D, and device **1118** shown in FIG. 58E, and is configured to enable animal **1084** to operate or survive a greater ambient temperature range than device **982**, device **1096**, device **1112**, and device **1118** are configured to enable.

[0199] FIG. 58G shows another heat exchange device configured to be positioned on and secured to animal **1084**, indicated generally at **1138**. Device **1138** includes a support apparatus or structure **1140**, which in an exemplary embodiment may include an outer covering **1142** that may be leather, cloth, plastic, or other materials suitable for anticipated environments. Support apparatus **1140** covers most of head **1086** of animal **1084**, though in the exemplary embodiment of FIG. 58G, support apparatus **1140** includes openings **1144**, **1146**, **1148**, and **1152** for ears **1150**, eyes **1102**, nose **1136**, and a mouth **1134**. By covering most of head **1086**, a significant portion of veins **1088**, **1090**, **1092**, and **1094** are covered. Device **1124** includes a plurality of heating or cooling apparatuses, such as thermoelectric devices **1108**, **1110**, and **1132** positioned to provide cooling and/or heating to at least a portion of angular vein **1090**, at least a portion of nasal dorsal vein **1088**, at least a portion of facial vein **1094**, and at least a portion of linguofacial vein **1092**. Device **1138** can be powered by, for example, pack **990** as shown in FIG. 57, which can be carried by animal **1084**. In an exemplary embodiment, device **1138** includes a plurality of temperature sensors **1130** to provide temperature at various locations on head **1086**, which may be used to control the output of individual thermoelectric devices **1108**, **1110**, and **1132**, as well as providing some redundancy in the event of failure of any one temperature sensor **1130**.

[0200] In addition to providing heating or cooling to animal **1084**, device **1138** is configured to protect head **1086** of animal **1084** from environmental hazards, including shrapnel, branches, etc. As such, device **1138**, as shown in FIG. 58J, includes one or more structural elements **1154** and **1156**, which in an exemplary embodiment are a para-aramid synthetic fiber, of which one brand name is KEVLAR. Because structural elements **1154** and **1156** reduce the ability of thermoelectric devices to reject heat, device **1138** is configured to include a thermally conductive heat spreader **1158** that extends from, for example, thermoelectric device **1132** to a side of device **1138** that is opposite the side that faces animal **1084**. Thus, in a cooling mode, thermoelectric device **1132** rejects heat through heat spreader **1158**, and in a heating mode, thermoelectric device **1132** absorbs heat or cools heat spreader **1158**. It should be understood that outer covering **1142** may cover thermoelectric device **1132** to help in spreading heat or cold over a larger area of animal **1084**, as well as assuring that any sharp edges or corners on thermoelectric device **1132** are covered to keep such edges or corners from irritating animal **1084**.

[0201] As shown in FIG. 58J, thermoelectric device **1132** protrudes a spaced distance away from a lower surface **1160** of device **1138**. Furthermore, in the exemplary embodiment of FIGS. 58J and 58K, support apparatus **1140** includes edges or borders **1162** that also protrude a spaced distance from lower surface **1160**. The benefit of this configuration is that insulated pockets, spaces, or channels **1164** are formed and positioned between device **1138** and animal **1084**, which improves the ability to heat and cool animal **1084** while providing protection of animal **1084** because of the presence of armor in device **1138**. FIG. 58K shows an exemplary support apparatus **1140** comprised of a flexible material including plastic, leather, fabric, and the like for conforming to the body of the user (animal or human) and including a plurality of thermoelectric devices **1132** spaced apart to create an air pocket **1164** bounded by the skin **1084** and lower surface **1160**. At least two thermoelectric devices are preferably housed in the exemplary embodiment, represented by support apparatus **1140**. The preferred distance between each thermoelectric device **1132** in support apparatus **1140** is equal to or less than 15 mm, and preferably equal to or less than 10 mm, and

more preferably equal to or less than 5 mm, and most preferably equal to or less than 2.5 mm, and even most preferably equal to or less than 1.5 mm. The preferred range for the distance between thermoelectric devices **1132** range from 1.5 mm to 15 mm

[0202] The various embodiments of heat exchange devices that include temperature sensor **1130** may configure sensor **1130** to protrude from an associated support structure, such as support structure **1140** as shown in FIG. **58I**. The benefit of this configuration is that temperature sensor **1130** is configured to be placed in closer contact with a vein, such as angular vein **1090**, than might be possible without the existence of a protrusion **1166** including temperature sensor **1130**.

Protrusion **1166** may further include an opening **1168** for temperature sensor **1130** to measure air captured between a support device and animal **1084**. In another exemplary embodiment, temperature sensor **1130** is flush with a bottom surface of support structure **1140** to permit the closest contact with the skin of animal **1084** as possible.

[0203] It should also be understood that device **1138** can be configured to include a plurality of electronic elements or devices, such as a controller or processor **1172**, a transceiver, transmitter, or receiver **1170** for communication with a separate electronic device **1174**, which can include a cell phone, laptop, tablet, etc., and other electronic devices.

[0204] FIG. **58H** shows an exemplary ring **1253** of a thermal exchange device **1251**. In an exemplary embodiment, ring **1253** is divided in two equal halves comprised of two sections, anterior **1255** and posterior **1257**. Anterior section **1257** includes a plurality of thermoelectric devices **1259** overlying transition area **978** and angular vein **1090**, and a sensor **1261**. Posterior section **1257** includes an extension **1263** in a lower half that houses a thermoelectric device **1265** that overlies the area of the ophthalmic plexus (not shown), to augment thermal effect to the brain.

[0205] It should be apparent that the configuration of FIGS. **58G** and **58K** is also adaptable for use with a human patient or subject, either with or without the presence of structural elements **1154** and **1156**. It should also be apparent that any of the configurations of masks, headbands, supports, etc., that show either passive or active elements can be configured to include thermoelectric devices, such as thermoelectric devices **1176** shown on support structure **1178** in FIG. **95A**.

[0206] It should be understood that this same configuration used in animals as shown in FIGS. **57-58J**, can be used in any of the embodiments of this disclosure for human use including but not limited to, eyeglasses, frames, facial bands, forehead bands goggles, adhesives, patches, clips, and the like, in which at least one of ABTT terminus **20**, and veins **12**, **14**, **16**, **18** and **19** are covered by thermoelectric devices spaced from the skin to create air pockets and increase the thermal effect.

[0207] Heat exchange apparatus **984** is beneficial in extreme environments faced by working animals, such as desert environments, where many working dogs suffer during intense heat, and arctic environments where working dogs suffer during intense cold. Similarly, high value animals, such as breeding bulls, race horses, etc., can benefit from heating or cooling of the ITP by way of ITP terminus **978**.

[0208] A configuration or structure that provides cooling to ABTT terminus **20** and veins **12**, **14**, **16**, and **18** is the ABVTP. A thermal transfer material within the ABVTP of the present disclosure may be of an active type including, for example, an electric heating or cooling element connected to a power source, a serpentine device with a pumping or sucking mechanism in which heated or cooled fluid flows through a series of tubes adapted to deliver or remove thermal energy from the relevant areas, or any other active thermal transfer method. Such active thermal transfer methods may also comprise a temperature control unit and controller or processor for regulating temperature automatically.

[0209] An exemplary passive-type brain cooling or heating device includes a thermal transfer hot and cold pad or pack. The ABVTP is a structure adapted to fit the special geometry of ABTT target area **20**, and relevant veins **12**, **14**, **16**, and **18** of the face converging in ABTT target area **20**. The ABVTP includes a preferably flexible and sealed pouch **34**, and a thermally retentive substance **36** within pouch **34**, as shown in FIG. **55**. Thermally retentive substance **36** may include water or a

mixture of water and a freezing point depressant such as, but not limited to, propylene glycol, glycerin, and mixtures thereof associated with other compounds such sodium polyacrylate, benzoate of soda, hydroxibenzoate, and mixtures thereof, and a thickening agent. Any other chemical compounds and gels may be used which may add or remove thermal energy to the applied area, including a combination of ammonium nitrate and water, or iron powder, water, activated carbon, vermiculite, salt and Purge natural mineral powder.

[0210] The ABVTP containing the thermal substance may be manually heated, as in a microwave or submersion in hot water, or cooled, by submersion in ice water or storage in a refrigerator or freezer, and as such, may be used to both heat and cool the body depending on the condition being treated. In an exemplary embodiment, such as pouch **34** of FIG. **55**, the ABVTP preferably comprises a tough, flexible envelope **38** of a compliant material, such as a plastic, which is sealed in a conventional fashion.

[0211] Thermally retentive material **36** within the ABVTP may be a gel that maintains its gel-like consistency over a wide range of temperatures, and thermally retentive substance **36** will fill pouch **34** such that most of pouch **34** will contain thermally retentive substance **36** in areas intended for contact with ABTT terminus **20**. However, preferably the interior of pouch **34** should not be filled with a thermally retentive substance **36** to the point where pouch **34** becomes inflexible. In an exemplary embodiment, thermally retentive substance **36** may be contained freely in pouch **34** or, in another exemplary embodiment, thermally retentive substance **36** may be in a particulate form as beads contained in pouch **34** to conform more readily to the shape of anatomical features of ABTT terminus **20**, or an article of manufacturing having at least one convex surface for apposition to ABTT terminus **20**. Thermally retentive substance **36** may be sealed within pouch **34** during manufacturing, or it may be added by way of a valve **40** by way of a fill needle (not shown).

[0212] Although flexible plastic is described as an exemplary embodiment for containing thermally retentive substance **36**, it should be understood that any material or fabric can be used, including vinyl, cotton, rayon, rubber, thermoplastic, synthetic polymers, mixtures of materials, and the like, which may be adapted to fit the special anatomy of a recess **42** between the eye and nose, as shown, for example, in FIG. **51**, and for matching the special geometry of the entrance of the ABTT and associated veins **12**, **14**, **16**, and **18**. In an exemplary embodiment, pouch **34** is created from materials that are moldable, deformable, and otherwise pliable or flexible for temperatures in the range of -10 degrees Celsius to +50 degrees Celsius.

[0213] Another exemplary embodiment headband and thermal pack device configuration is shown in FIGS. **21-24** and indicated at **490**. Device **490** includes similarities to the configuration of FIGS. **104** and **105**. Device **490** includes an insulating headband **492**, a thermal pack **494**, and a temperature sensor **496** connected by wires **498** to a preferably detachable module **500**. However, module **500** can be permanently affixed to thermal pack **494**. Thermal pack **494** is insulated from the front by headband **492**. Any appropriate insulating material may be used for headband **492**, on its own or in combination, including, but not limited to polytetrafluoroethylene film containing minute pores (GORE-TEX), MYLAR, silicone, neoprene, SCAPA, cotton, and other materials with low thermal conductivity. Insulating headband **492** in this embodiment includes one or more extensions or protrusions **502** that dip down from the bottom center of insulating headband **492** to cover a corresponding node **504** included as part of thermal pack **494**. In an exemplary embodiment, nodes **504** include a metal covering **506** or any other material such as plastic, or other insulating material. Connected to metal covering **506** may be adjustable arms **508** that extend upwardly into thermal pack **494**. Adjustable arms **508** can include any flexible material such as a wire, said wire terminating in covering **506**. Adjustable arms **508** in combination with metal covering **506** permit the adjustment of nodes **504** better contact with ABTT terminus **20**. In the exemplary embodiment of FIGS. **21** and **23**, headband **492** and thermal pack **494** are permanently attached to each other.

[0214] Further, this embodiment may include, but are not limited to, displaying relevant input or

data output information on a display visually or orally reporting input and data output information. This embodiment includes temperature sensor **496** that is placed between headband **492** and thermal pack **494** for accurate temperature reading of thermal pack **494**. Temperature sensor **496** allows the user to know when the device **490** is ready for use. In an exemplary embodiment, a light emitting diode (LED) **510** is positioned on or adjacent to a headband node **504**. In an exemplary embodiment, LED **510** may emit a green light to indicate that node **504** is at optimal temperatures and a red light to indicate when optimal temperatures yet to be reached or have been surpassed. Other display or reporting devices may comprise an alarm, indicator light, and other electronics configured to alert a user when the temperature is above or below a threshold temperature. It should be understood that the alert or alarm may be visual, auditory, or vibrational.

[0215] In an exemplary embodiment, detachable module **500** serves as an energy source for temperature sensor **496** and LED **132**. In an exemplary embodiment, detachable module **500** includes a speaker **512** to indicate various conditions of device **490**, including readiness for use. Additionally, detachable module **500** may be configured to collect data for analysis, to analyze processed data, and to store processed thermal energy data. Once LED **510** indicates that optimal temperatures have been surpassed, the user can remove detachable module **500** from a connector **514**, which is included as a part of device **490**, and attach module **500** to a computer.

[0216] Detachable module **500** of the present disclosure may also comprise a communications interface **501** adapted to transmit data captured by module **500** to a computer system **503** including a tablet, cell phone, watch, and the like. In an exemplary embodiment, said communication interface **502** includes a wireless transmitter and wireless receiver adapted to transmit and receive signals from a remote device such as a computer, cell phone, tablet, watch, and the like. In this embodiment, the communications interface selected may be any suitable interface, including, but not limited to, a serial, parallel, universal serial bus (USB), FireWire, Ethernet, fiber optic, co-axial, and twisted pair cables. The data received by the computer processor from detachable module **500** may be stored in non-transitory memory as a database, and sorted into predetermined fields, and the database may be capable of graphical representations of the downloaded data.

[0217] In another exemplary embodiment shown in FIG. **109**, a headband, shown generally at **516**, and which may be similar to headband **446** shown in FIG. **104**, includes slots or grooves **518**, or other supporting mechanisms, which allow a user to easily slide or attach sunglass or eyeglass lenses **520** to headband **516**.

[0218] FIG. **110** shows another headband and thermal pack device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **522**. Device **522** includes a headband support **524**, and one or more face extensions **526**. Headband support **524** is configured to contain a thermally retentive substance along a forehead area **528** that, when headband support **524** is attached to a forehead, is in contact with portions of frontal vein **12** and supraorbital vein **16**, and, depending on the size and configuration of headband support **524**, possibly the superior palpebral vein **14**. Headband support **524** includes a strap **530** configured to encircle a head, thus securing headband support **524** to a head. Face extensions **526** are configured to contain a thermally retentive substance or element in zones, regions, or portions **532** that extend down the sides of the nose and onto the cheek area, thus covering a portion of angular vein **18** and extending into the region of facial vein **19**, as shown in FIG. **111**. Face extensions **526** comprise preferably convex or comma, boomerang or banana shape configuration with nodes **534** that will allow the nodes **534** to conform closely to the special topography of ABTT target area **20** and associated veins. Face extensions **526** contain thermally retentive materials and is configured to fit precisely in the medial canthal area adjacent to the medial corner of the eye in the superomedial orbit, where ABTT target area **20** and the convergence of four veins **12**, **14**, **16**, and **18** is located. In an exemplary embodiment, each face extension **526** can include a strap **536** that extends beyond the facial/angular vein thermal transfer portions to wrap around the head below the ears to fit each facial extension **526** securely to the face. For both headband support **524** and face extensions **526**

of device **522**, the opposite ends of respective straps **530** and **536** are configured to be fastened to one another to form a secure fit. In an exemplary embodiment, straps **530** and **536** may be fastened using a hook and loop arrangement, but may also use snaps, buttons, ties, hooks, adhesive, or other fastening mechanism, device, or apparatus. Headband support **524** includes a strip of a fastening arrangement **538**, which in an exemplary embodiment is a hook and loop arrangement, located in a region at the center of the headband support **524**. When worn by a user, fastening arrangement **538** will be located on the forehead directly between the eyebrows. Face extensions **526** include a mating fastening arrangement **540** located on an upper end **542** that, when positioned on the face of a user, is located above the bridge of the nose. Fastening arrangement **540** of face extension **526** is configured to mate and attach to fastening arrangement **538** of headband support **524**. Once face extensions **526** are attached to headband support **524**, the assembly forms headband and thermal pack device **522**, which is one mask-like structure to cover vital areas related to ABTT **22**.

Fastening arrangement **540** of face extension **526** is smaller than fastening arrangement **538** of headband support **524**. This size differential allows each face extension **526** to be adjusted by moving face extensions **526** left or right, or up and down the face. This adjustable configuration allows device or mask **522** to adapt to fit many different face types and shapes. For example, some people have longer faces or broader noses. With an adjustable fastening arrangement such as hook and loop, and two separate portions, i.e., headband support **524** and face extensions **526**, mask or device **522** may be suitable for any number of wearers that have innumerable anatomical differences. It should be understood that device **522** may include thermoelectric devices instead of or in addition to thermally retentive material.

[0219] FIG. **114** shows yet another support device in accordance with an exemplary embodiment of the present disclosure and generally indicated at **544**. Support device **544** includes a cooling visor cap top, hat, or baseball cap **546** that is configured to support a set of detachable nodes **548**, shown in more detail in FIG. **115**. In an exemplary embodiment, nodes **548** are attached to cap **546** by way of a fastening arrangement **550** included as a part of nodes **548**. Cap **546** includes a mating fastening arrangement **552** positioned on a front inner lining **554** of cap **546** configured to mate and secure node fastening arrangement **550** located on the back of detachable nodes **548**. Detachable nodes **548** further include a flexible metal piece **556** with position memory to change the position of detachable nodes **548** for better contact with ABTT target area **20**. Nodes **548** are filled with thermally retentive gels or other thermally retentive materials that are manually heated or cooled prior to use. It should be understood that nodes **548** may comprise thermoelectric devices, as disclosed herein in other embodiments.

[0220] FIG. **116** shows yet another support device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **558**. Support device **558** is configured as a cooling or heating cap designed to fit over a user's scalp **560**, like a swimmer's cap. In this embodiment, support device **558** includes two nodes **562** configured to have constant contact with ABTT target area **20**. Set of nodes **562** is detachable through the use of node fastening arrangement **550** and cap fastening arrangement **552** located in a front inner lining **564** of support device **558**. Nodes **562** cover the bridge of the nose and include an adjustable plate **566** with position memory to change the position of nodes **562** and for better contact with ABTT target area **20**. Nodes **562** include a thermally retentive gel or other thermally retentive materials that are manually heated or cooled prior to use. It should be understood that nodes **548** may comprise thermoelectric devices.

[0221] FIGS. **125-127** show details of an adjustable plate and associated nodes used in various embodiments disclosed herein, with the adjustable plate indicated generally at **940** and the nodes indicated at **942**. One or more flexible metal strips, plates, or springs **944** are positioned on adjustable plate **940**, and are configured to form or shape adjustable plate **940** to interface with at least one ABTT terminus **20** and a user's nose. Adjustable plate **940** may include an a spring-like mechanism for anchoring to a user's nose, or an adhesive for retention on a user's nose, or may be attached along an edge **946** to a support structure, such as a hat, headband, etc. Flexible plate **944**

may be formed of a material with sufficient grip that adjustable plate **940** is secured to a user's nose by frictional force or the grip of adjustable plate **940**, in the manner of a nose clip, as shown in FIG. **127**. In an exemplary embodiment, as shown in FIG. **125A**, each node **538** (or any node of any embodiment disclosed herein for human use) is configured to be in a region of the face that extends in a range of 1 mm to 36 mm vertically from the medial corner of the eye **943** toward the eyebrow **945**, represented herein as dashed line **947**, and in a range of 1 mm to 31 mm transversely away from the medial corner of the eye **943** toward the nose, represented herein by dashed line **955**. The node region may be defined by eyebrow **945** as the upper limit (considering a human standing), the medial limit by the nose **953**, the lateral limit **947**, and lower limit **955**. The range disclosed herein encompasses the dimensions for different sizes of noses, heads, eyes and height of a subject.

[0222] Adjustable plate **940** of FIGS. **125-127** may be configured with a handle **948**, as shown in FIGS. **128-130**. Handle **948** is configured to be held by a subject or patient, or may be held by another person. In an exemplary embodiment, handle **948** is of a material sufficient rigid to secure adjustable plate **940** against at least one ABTT terminus **20**.

[0223] FIG. **119** shows yet another exemplary headband support in accordance with an exemplary embodiment of the present disclosure and indicated generally at **568**. Headband support includes a headband **570** configured with an inner lining mesh **572** on a back **580** of headband **570**, which reduces the rate of heat transfer from a thermal pack body **574** to skin of the forehead. Thermal pack body **574** in this embodiment does not contain any gel-disks or water-disks, such as those disclosed elsewhere herein. Such disks increase or decrease the temperature of thermal pack body **574**. Without the gel-disks or water-disks, this embodiment can regulate the temperature of thermal pack body **574** without thermal pack body **574** getting too cold or too warm. Inner lining mesh **572** acts as a pouch for thermal pack body **574** and a barrier to direct contact with skin, as shown in FIGS. **119-121**. Headband **570** includes insulation and serves as an outer lining that faces the environment. In an exemplary embodiment, a plurality of fastening arrangements **576** configured as a hook and loop are placed on a top opening **578** of inner lining mesh **572**. Fastening arrangements **576** are used to secure thermal pack body **574** once it is placed in the pouch formed by inner lining mesh **572**. A thermally retentive soft cloth **582** covers headband **570** on a front **584** of headband **570**, shown in FIG. **121**, while inner lining mesh **572** covers at least a portion of back **580**. In an exemplary embodiment, opposite ends **586** of soft cloth **582** are configured to be fastened to each other with a fastening arrangement **588**, which may be a hook and loop configuration, to form a secure fit when worn around the head.

[0224] A user's eyes may also be covered by thermally retentive soft cloth **582** because this embodiment is useful for persons who suffer sleep disorders. As described herein, sleeping requires the release of melatonin. The cause of sleep disorders for many people is the deficiency of melatonin. Applying cold to ABTT terminus **20** may aid in the increase of melatonin production in the pineal gland. However, a pineal gland that is overstimulated by cold temperature does not release melatonin. Therefore, the rate of cold applied to ABTT terminus **20** must be regulated. Inner lining mesh **572** in this embodiment slows down the rate of thermal energy transfer. Regulating the transfer of cold temperature to ABTT terminus **20** will increase the production of melatonin that could result in improved sleep.

[0225] FIGS. **117** and **118** shown a thermal transfer device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **590**. Active transfer device **590** may include, but is not limited to, a plurality of serpentine tubes **592** that carry heated or cooled fluid to apply or remove thermal energy to or from ABTT terminus **20**. Active thermal transfer device **590** further includes a power source, pumping mechanism, and reservoir for storing the heated or cooled liquid, which may be combined in a single device base unit **594**. In the exemplary embodiment of FIGS. **117** and **118**, serpentine tubes **592** are worn across the forehead and down to ABTT target area **20**, and then crosses below the cheekbones towards the neck. Serpentine tubes **592** then continue to run down and along the neck down and down to an inlet **596** of device base

unit **594**. It should be understood that tubes **592** are preferably covered with an insulating material to preserve the thermal energy within said tubes.

[0226] As described herein, device base unit **594** includes a pump to force fluid through serpentine tubes **592** to ABTT terminus **20**, and may be routed along one or more veins **12**, **14**, **16**, and **18** as well. Device base unit **594** also includes a heating and cooling unit to modify the temperature of the fluid flowing through serpentine tubes **592**. Device base unit **594** also includes a reservoir to hold or store a quantity of fluid to assure proper prime of the pump integral to device base unit **594**. The fluid may be in various forms, including water-based fluids, gels, and the like suitable for conducting heat and suitable for pumping through serpentine tubes **592**. Although one serpentine tube can be used, with fluid moving from the right to the left and back to device **594**, preferably two serpentine tubes **591** and **593** are used for independent right and left flow. Heat exchange node **600** in one side may be replaced by a thermal sensor. In this alternative embodiment, as shown in FIG. **118A**, tube **611** has a thermal exchange node **609** and the opposite tube **603** has a sensor **605** covered by insulating surface **607**, which insulates sensor **605** against the fluid present in tube **603**. This embodiment allows monitoring temperature at the ABTT terminus **20** while at the same adding or removing heat via serpentine tubes **611** and **603**.

[0227] Once the fluid is heated or cooled, the pump in device base unit **594** pumps the fluid or gel from an outlet **598** into serpentine tubes **592**. Serpentine tubes **592** are routed up along the neck towards and around the ears, then running across the forehead. Active thermal transfer device **590** includes one or more thermal transfer nodes **600** that are attached to serpentine tubes **592** in an area where serpentine tubes **592** cross ABTT target area **20**. In an exemplary embodiment, thermal transfer nodes **600** are connected to an adjustable plate or spring **602** with position memory to change the position of thermal transfer nodes **600** for better contact with ABTT target area **20**. This adjustable spring or plate **602** also maintains the positions of serpentine tubes **592** as they pass by ABTT target area **20**. The configuration of this embodiment may be optimally used when a patient or subject is lying down, but may be used when the patient is upright. In some situations, serpentine tubes **592** may need to be secured by adhesive, a mask, or other devices, apparatus, or mechanism. It should be understood that direction of flow can go from device **594** towards the tubes **592** on the face along the nose, then reaching nodes **600**, and moving toward the forehead and then behind the ears and down the neck towards device **594**. Tube **592** preferably includes a retroauricular node **599** for thermal exchange behind the ear.

[0228] Device base unit **594** may include one or more controls. For example, device base unit **594** may include a temperature control **604**. Device base unit **594** may also include other features, such as a wireless transmitter and a display to show the temperature at ABTT terminus **20**, the temperature of fluid or gel flowing in or out from device base unit **594**, a speaker or other display to alert to various conditions, such as suitability for operation and error conditions, etc.

[0229] FIG. **112** shows an active thermal transfer device in accordance with an exemplary embodiment of the present disclosure and shown generally at **606**. Active thermal transfer device **606** includes a headband **608** that incorporates an integral thermoelectric cooling and heating apparatus. Active thermal transfer device **606** further includes one or more thermal exchange nodes **610** that are attached to headband **608**. Thermal exchange nodes **610** are configured to have constant contact with ABTT target area **20**. Active thermal transfer device **606** further includes an adjustable spring or plate **612** with position memory to change the position of thermal exchange nodes **610** and to aid in keeping thermally retentive nodes **610** in contact with ABTT target area **20**. Thermal exchange nodes **610** are cooled or heated by the thermoelectric features of headband **608**.

[0230] FIG. **113** shows yet active thermal device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **614**. Active thermal device **614** includes a thermoelectric cool/heating headband **616**, face extensions **618**, and thermal transfer nodes **620**. Face extensions **618** may be attached using a fastening arrangement, as described in other exemplary embodiments, or may be integral with headband **616**. Thermal transfer nodes **620** are

positioned on face extensions **618** and located to be in contact with ABTT terminus **20**, and receive thermal energy from or transfer thermal energy to headband **616**.

[0231] FIGS. **92** and **93** show a two-piece support structure in accordance with an exemplary embodiment of the present disclosure and indicated generally at **44**. Support structure **44** includes a first, headband structure **46**, and a second face structure **48**. Support structure **44** is designed to lie directly over the skin in contact with at least one of frontal vein **12**, superior palpebral vein **14**, supraorbital vein **16**, and angular vein **18**, as well as ABTT terminus **20** where all veins **12**, **14**, **16**, and **18** converge. Thus, support structure **44** covers portions of the eyebrow, eyelid, and forehead regions, and along the sides of the nose, the regions where veins **12**, **14**, **16**, and **18** are located. Thermal contact with as many of veins **12**, **14**, **16**, and **18** as possible allows for the most effective thermal treatment of the brain through ABTT **22**. However, it should be understood that embodiments of the present disclosure may be employed in contact with only one or any combination of veins **12**, **14**, **16**, and **18**, and ABTT terminus **20**. For example, the apparatus of FIGS. **58** and **59**, discussed in more detail herein, are designed to contact principally ABTT target area **20** and not veins **12**, **14**, **16**, and **18**. It should be apparent from FIGS. **19**, **58**, and **59** that apparatus configured to contact ABTT terminus **20** may also contact a small portion of one or more veins **12**, **14**, **16**, and **18**.

[0232] Headband portion **46** is configured to contain a thermally retentive substance in a pocket or pouch **50** that extends along the forehead area in contact with the portions of frontal vein **12** and supraorbital vein **16**, and possibly superior palpebral vein **14**. In the exemplary embodiment, headband portion **46** further includes a strap **52** configured to encircle the head. Strap **52** further includes a securing mechanism **54**, which in an exemplary embodiment is a hook and loop arrangement, that permits securing each portion of strap **52** to itself, which also secures headband portion **46** to a head, and thus, the face, of a patient or subject.

[0233] Face structure **48** is configured to contain a thermally retentive substance or element in curvilinear portions **56** that extend down the sides of the nose and onto the cheek area, thus covering angular vein **18** and extending into the region of facial veins. In the exemplary embodiment, face structure **48** includes two small pouches **58** that contain a thermally retentive substance that are configured to fit precisely in the medial canthal area adjacent to the medial corner of the eye, where ABTT target area **20** and the convergence of four veins **12**, **14**, **16**, and **18** is located. In an exemplary embodiment, small pouches **58** located on curvilinear portions **56** may be a generally convex or comma, boomerang, or banana shape associated with a convex and preferably spherical-like cross-sectional configuration, such as is shown in FIG. **55**, which will allow each pouch **58** to closely conform to the topography of ABTT terminus **20**.

[0234] FIG. **66** shows another active heat exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **1040**. Device **1040** includes a housing **1042** having a convex surface **1044** for contact with ABTT terminus **20**. Housing **1042** is configured to be connected to fluid tubes, hoses, lines, etc. **1046** to a remote heat exchanger for cooling or heating a fluid that flows through lines **1046** to housing **1042**. Housing **1042** further includes one or more fluid passages **1048** internal to housing **1042** to permit heated or cooled fluid to flow through housing **1042** to heat or cool housing **1042**, which consequently heats or cools ABTT terminus **20**. Housing **1042** may be fabricated of a thermally conductive material to permit heat to be spread over a greater area or to permit heat from an ABTT **20** to be conducted into a greater area of housing **1042** for heating or cooling. Housing **1042** contains thermally retentive material **1043**, such as a gel, to increase the heat exchange with tube **1042** further, and fluid passages **1048**, besides spreading the thermal effect to a larger area. In this embodiment, thermal exchange device includes a combination of thermally retentive material **1043** and at least one tube **1042** containing fluid.

[0235] FIG. **67** shows yet a further active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **1050**. Device **1050**

includes an electrically operated heat exchange apparatus **1052**, which has an essentially convex surface, and a thermally conductive material **1054**, such as a gel, for spreading heat or cooling of ABTT terminus **20**. Device **1050** is connected to a power supply **1056** that can be positioned in a plurality of locations, such as a wearable item, separately, etc.

[0236] Face structure **48** can also include a strap **66** that extends beyond curvilinear portion **56** to wrap around the head below the ears. In the exemplary embodiment of FIG. **93**, face structure **48** includes a securing apparatus or arrangement **68**, which may be, for example, a hook and loop configuration, to secure face structure **48** to the head of a patient or subject, which thus secures face structure **48** to the face of the patient or subject. In other embodiments, securing apparatuses or arrangements **54** and **58** may include snaps, buttons, ties, hooks, adhesive, or other fastening devices, mechanisms, configurations, apparatus, or arrangements.

[0237] In the exemplary embodiment of FIG. **92**, headband structure **46** includes a securing mechanism **70** near the center of headband structure **46**. When worn by a user, subject, or patient, securing mechanism **70** will be located on the forehead directly in between the eyebrows. In the exemplary embodiment of FIG. **93**, face structure **48** includes a complementary securing mechanism **72** located on an upper end **74**, which is configured to extend above the bridge of the nose. Securing mechanism **72** is configured to be attached, affixed, or engaged to securing mechanism **70** positioned on headband structure **46**. Thus, face structure **48** is connected to headband structure **46** in a location that corresponds to the forehead between the eyebrows, thus forming a combined, mask-like structure to cover the areas related to ABTT cooling or heating. In the exemplary embodiment of FIG. **93**, securing mechanism **72** is smaller than securing mechanism **70**, which allows face structure **48** to be adjusted by moving upper end **74** of face structure **48** to the left or right, or up and down with respect to headband structure **46** as well as with respect to ABTT terminus **20**. The adjustable configuration allows support structure **44** to adapt to fit many different face types and shapes. For example, some people have longer faces or broader noses. With an adjustable fastener such as a hook and loop, and configuring support structure **44** as a headband structure **46** and a face structure **48**, support structure **44**, which may also be described as mask **44**, may be suitable for any number of wearers having innumerable anatomical differences.

[0238] In another exemplary embodiment, shown in FIG. **97**, a face structure **76** may be split into two separate pieces **78** and **80**, each of which preferably has its securing mechanism **82** and **84**, respectively. The configuration of face structure **76** allows for further adjustability, as face structure **76** may be moved to a narrower or wider position to suit the anatomy of a wearer comfortably. Face structure **76** includes pouch **58** that corresponds to ABTT target area **20**. As with other embodiments described herein, the shape of pouch **58** is configured in an exemplary embodiment with a convex cross-section on the side that contacts ABTT target area **20**, because ABTT target area or terminus **20** is characterized by a concave surface.

[0239] FIG. **98** is an end or side view of the thermal transfer system of FIG. **97** connected to the support structure of FIG. **92**. In the exemplary embodiment of FIGS. **92**, **97**, and **98**, securing mechanism **70** on headband structure **46** is larger in cross-sectional area than the cross-sectional area of securing mechanism **82** and **84** positioned on face structure **76**. This configuration permits face structure **76** to be adjustable to fit wearers with differing face shapes and sizes comfortably. Because of the configuration of securing mechanism **70** and securing mechanisms **82** and **84**, the location of attachment of face structure **76** to headband structure **46** can be adjusted. As shown in FIG. **98**, the left portion of face structure **76** is in a first location **86**. Each portion of face structure **76** shown in FIG. **98** may be positioned in a plurality of locations, such as second location **88** shown in FIG. **98**, which helps to accommodate different sizes of noses while assuring the apposition of the thermally retentive substance in pouches **58** ABTT adjacent terminus **20** and any of veins **12**, **14**, **16**, and **18** that pouches **58** may be adjacent.

[0240] In the exemplary embodiment of FIG. **93**, securing mechanism **68** on left securing strap **66** is shorter than securing mechanism **68** on right securing strap **68**. Thus, smaller securing

mechanism **68** may readily be positioned in a plurality of locations on larger securing mechanism **68**, allowing fastened strap **66** to have a larger or smaller diameter to meet the anatomical needs of the wearer. A securely fitting support structure **44** allows for optimum delivery of heat to or removal of heat from ABTT **20** and/or veins **12**, **14**, **16**, and **18** that provide blood flow to or from ABTT **20**, thus allowing for optimized cooling or heating of the brain's core temperature, and thus the body's core temperature. Having apparatus **44** securely fastened to the subject or patient's head will also enable the wearer to experience the cooling or heating effects of the pouches **58** during physical activity.

[0241] FIGS. **104** and **105** shown another support apparatus and thermal pack configured as a headband in accordance with an exemplary embodiment of the present disclosure, which includes two portions that can be detachable or permanently attached. The support apparatus of FIGS. **104** and **105** includes a headband **446** and a thermal pack device **448**. Headband **446** is comprised of material that is configured to insulate thermal pack device **448** when device **448** is attached to headband **446** and positioned on the head of a patient or subject. In order to prevent excess thermal transfer with the environment, i.e. losing heat to or gaining heat from the surroundings, headband **446** includes a thermally insulating layer **450**. In the exemplary embodiment of FIG. **104**, insulating layer **450** is configured to cover only the portion of thermal pack device **448** that is exposed to the surroundings, thus preventing thermal loss to the environment, but allowing maximum thermal transfer, as shown in FIGS. **106**, **122**, and **124**. Headband **446** includes a headband protrusion or extension **452** configured to cover nodes or thermal pack extensions **454** of thermal pack device **448**. Headband protrusion **452** dips down in an exemplary embodiment from about 58 mm, in another exemplary embodiment to about 50 mm, and in yet another exemplary embodiment to cover the bridge of the nose. The opposite ends of headband **446** include straps **456** that are configured to be fastened to each other with a fastening apparatus, device, or mechanism **458**, which in an exemplary embodiment may be a hook and loop configuration, to form a secure fit when worn around the head.

[0242] Users will wear headband **446** and thermal pack device **448**, secured with fastening apparatus **458** around the forehead, with nodes **454** positioned to contact ABTT terminus **20**. Thermal pack device **448** is configured to contain a thermally retentive substance or material **460**. It should be understood a plurality of materials may be used to contain thermally retentive substance or material **460**, including flexible plastic, cloth, leather, metalized fabric, vinyl, cotton, rayon, rubber, thermoplastic synthetic polymers, and mixtures of materials are among the many possible alternative materials. It should also be understood that another thermally retentive covering, such as a bandana **480** shown in FIGS. **123** and **124**, is a possible substitute for headband **446**.

[0243] In an exemplary embodiment, thermal pack device **448** is smaller than headband **446**. Thermal pack device **448** includes a body **462**, previously described nodes **454**, and thermal pack straps **464**. The length of thermal pack body **462** in an exemplary embodiment is about 56 cm, in another exemplary embodiment is about 54 cm, and in another exemplary embodiment is about 52 cm, preferably ranging from about 52 cm to about 57 cm. The width of thermal pack body **462** in exemplary embodiments is about 5.6 cm, about 5.5 cm, or about 53.8 mm, preferably ranging from 3.0 cm to 6.0 cm. In an exemplary embodiment, opposite ends of thermal pack device **448** includes straps **464** that are configured to be attached to one another with a fastening arrangement **466**, which in an exemplary embodiment is a hook and loop arrangement, to form a secure fit when worn around the head. Thermal pack device **448** may have its own fastening arrangement in order to allow the user to wear thermal pack device **448** prior to covering thermal pack device **448** with insulating headband **446**. The user can then adjust nodes **454** to be positioned on ABTT target area **20**. After the adjustment, the user can then put on thermally retentive headband cover **446**. Prior to placing thermal pack device **448** against the user's forehead, thermal pack device **448** should be cooled or warmed to a predetermined temperature.

[0244] In an exemplary embodiment, thermal pack body **462** is divided by walls **474** into three sections **468**, **470**, and **472** that communicate with each other through a first opening **476** positioned between first section **468** and second section **470**, and a second opening **478** that is positioned between second section **470** and third section **472**. Thermal pack body **462** and the exterior portions of thermal pack **448** in an exemplary embodiment are formed of a tough and flexible plastic material. Thermally retentive material or substance **460** within thermal pack device **448** is moldable, pliable, or flexible. Thermally retentive substance **460** can be manually heated or cooled to a temperature range between -10°C . to 50°C . Thermally retentive substance **460** in thermal pack body **462** may be comprised of, but not limited to, any chemical compounds or gels that add or remove thermal energy to the applied area. Gel-disks **482** and water-disks **484** may be added to thermal pack body **462**. The proportion of gel-disks and water-disks may change depending on the desired effect of thermal pack **448**. For colder temperatures, a higher proportion of water-disks are preferable.

[0245] In the exemplary embodiment of FIG. **105**, thermal pack device **448** includes a flexible metal strip **486** positioned along the bottom center of thermal pack body **462** that is deformable to assist with the adjustment of the nodes **454**. From the bottom center of the body, at least one node **454** extends downwardly toward the bridge of the nose in V-shape formation that is approximately perpendicular to a longitudinal or long dimension of thermal pack body **462**. Nodes **454** are attached to thermal pack body **462**. Nodes **454** in the exemplary embodiment of FIG. **105** are kidney shaped or tear-drop shaped nodes and are configured to have constant contact with the medial canthal area of ABTT target area **20**. Each node **454** may include a node flexible metal **488** that, in combination with flexible metal strip **486**, configures nodes **454** to be adjustable, as shown in FIGS. **107** and **108**. This adjustable configuration allows nodes **454** to adapt to fit many different face types and shapes. For example, some people have longer faces and broader noses while others have rounder faces and narrow noses. Just like thermal pack body **462**, thermally retentive substance **460** in nodes **454** may be comprised of, but not limited to, any chemical compounds and gels that add or remove thermal energy to the applied area or a thermoelectric device.

[0246] It should be understood that such dimensions presented hereinabove for headband **446** and thermal pack device **448** are for human adults and that different dimensions are needed for younger children or other animals.

[0247] FIG. **94** shows another exemplary embodiment of the present disclosure. In this embodiment, an ABVTP mask **90** is made of one piece, rather than having separate headband and face portions. In this embodiment, the mask is not as easily adjustable for size, but the cooling and heating effects can be obtained by a wearer, as the mask still covers at least one of the key venous areas. In this embodiment, three to four different sizes are used to cover a whole range of different head sizes. An exemplary set of dimensions for ABVTP mask **90** is shown in the FIG. **94**, and are such that ABTVP mask **90** properly positioned heat transfer apparatus to fit with ABTT terminus **20** and veins **12**, **14**, **16**, and **18**.

[0248] Dimensions, such as width of the bands covering the veins are important, otherwise peripheral thermal receptors outside the vein area can be activated that can impact the thermal effect, as explained elsewhere herein. Specialized preferred dimension of face portion **58**, shown by arrows **59**, is 4.5 cm or less, and preferably 3.5 cm or less, and most preferably 2.5 cm or less, and yet most preferably 1.5 cm or less, and even most preferably 1 cm or less. Specialized preferred dimension of nose portion **56**, shown by arrows **61**, is 3.7 cm or less, and preferably 2.7 cm or less, and most preferably 1.7 cm or less, and yet most preferably 1.2 cm or less, and even most preferably 1 cm or less. Specialized preferred dimension of forehead portion **50**, shown by arrows **63**, is 5.5 cm or less, and preferably 4.5 cm or less, and most preferably 3.5 cm or less, and yet most preferably 2.5 cm or less, and even most preferably 2.0 cm or less. Specialized preferred distance between the lower edge **65** of forehead portion **50** and upper edge **67** of facial portion **58**, shown by arrows **69**, is 10.5 cm or less, and preferably 9.5 cm or less, and most preferably 8.5 cm

or less, and yet most preferably 7.5 cm or less, and even most preferably 6.0 cm or less. Specialized preferred length of forehead portion **50**, shown by arrows **73**, is 17 cm or less, and preferably 14 cm or less, and most preferably 12 cm or less, and yet most preferably 10.5 cm or less, and even most preferably 9.5 cm or less.

[0249] FIGS. **95** and **96** show details of an ABVTP mask **96** that are similar to the mask of FIG. **94**, including exemplary dimensions. FIG. **95** shows the side of ABVTP mask **96** that is in contact with the body. Pouches or blisters **92** include a thermally retentive substance that may be heated or cooled. Blisters **92** include a convex surface **94** that faces toward the skin of the subject or patient. FIG. **96** shows a side of ABVTP mask **96** that faces away from the wearer, which includes an insulated lining **96** to keep thermal energy directed to the skin or to prevent the loss of cooling capability.

[0250] FIG. **99** shows yet another exemplary embodiment ABVTP mask **98**. ABVTP mask **98** includes a headband structure **100** and a face structure **102**. In this embodiment, face structure **102** includes extensions or arms **104** that includes an adhesive surface **106**, heating or cooling nodes or pouches **108** configured to contact ABTT terminus **20**, and securing apparatus **110**. Headband structure **100** includes a mating securing apparatus **112** configured to mate with and secure face structure **102** by way securing apparatus **110**. Face structure **102** does not include a strap for securing face structure **102** to the head of a user, which may be preferable for a wearer who may use the apparatus while lying in a prone position. In this embodiment, adhesive surface **106** can be used for securing extensions or arms **104** to the skin of a user or wearer. In addition, optimal cooling or heating can still be obtained with ABVTP mask **98** because headband **100** is adjustable by way of securing apparatus (not shown) that may be similar to securing arrangement **54** of FIG. **92**, and face structure **102** is positionable with respect to headband structure **100** by the ability to obtain a plurality of attachments locations of securing apparatus **110** on securing apparatus **112**.

[0251] FIG. **100** shows ABVTP mask **98** being worn by a user.

[0252] FIGS. **101-103** show another ABVTP mask in accordance with an exemplary embodiment of the present disclosure and indicated generally at **928**. ABVTP mask **928** includes thermal pouches **930** to interact with ABTT terminus **20**, adhesive patches **932** to secure ABVTP mask **928** to a subject or patient's face, and hook and loop fasteners **934** to attach ABVTP mask to a support apparatus, such as a headband **936** shown in FIGS. **102** and **103**, or a hat, cap, etc. Headband **936** includes a mating hook and loop fastener **938** for connection or attachment to hook and loop fasteners **934**.

[0253] Another exemplary ABVTP mask is shown in FIG. **1** and indicated generally at **114**. In this embodiment, the thermally retentive substance is located throughout ABVTP mask **114**. The thermally retentive substance may be any one of the materials or components described herein for transferring thermal energy between the skin of ABTT terminus **20** or over veins **12**, **14**, **16**, **18**, and **20** and the thermally retentive substance, either for cooling or for heating of the brain core. ABVTP mask **114** of FIG. **1** includes an ocular structure **116** with openings **118** encircling the eyes. Thus, ocular structure **116** covers superior palpebral vein **14** on the brow line and small portions of the supraorbital vein **16** and frontal vein **12**. ABVTP mask **114** also includes extensions **120** for placement along both sides of the nose, in order to cover facial vein **18** and at least a portion of angular vein **19**. The apparatus also includes one or more pouches **122**, shown in hidden lines in FIG. **1**, configured to cover the portion of the eye socket between the eyebrow and the bridge of the nose, thus effectively covering ABTT target area **20** and the convergence of veins **12**, **14**, **16**, and **18** carrying blood into the brain near ABTT **22**.

[0254] The apparatus as shown in FIG. **1** is designed to be fastened to the head using a strap **124** that is fastened on both sides to ocular structure **116** at a location that is near the outer corner of each eye, thus allowing a user to securely fasten ABVTP mask **114** to his or her head. In an exemplary embodiment, strap **124** may be made of an elastic material in a closed configuration without free ends. Strap **124** may also be of a non-elastic material having open ends that employ a

fastener such as a hook and loop configuration, snaps, buttons, ties, adhesive, or the like for securing the mask to the head. In an alternate embodiment, strap **124** may be omitted when the mask is configured for use when a person is lying in a prone position, or the mask could be fastened to the face using an adhesive. In a further embodiment, the apparatus may be configured to be supported by any number of head-worn structures including, but not limited to, goggles, masks, helmets, hard-hats, headbands, for use in many different applications such as sports, firefighting, military, or hospital settings. Extensions **120** and pouches **122** may constitute a thermal pack that may be secured using adhesive, by hand, or used without any type of structure anchored to the head or face.

[0255] One aspect of the disclosed embodiment of FIG. **1** provides for ends **128** of each extension **120** running along the sides of the nose to include a weight **126**. Including weight **126** or other, heavier material near the end of each extension **120** provides for firmer, more constant contact between the apparatus and the skin, thus providing for more effective cooling or heating of blood vessels **12**, **14**, **16**, and **18**, and ABTT terminus **20**. In an alternate embodiment, the ends of each facial/angular extension **120** may include an adhesive substance to allow a wearer to adhere each end **128** of each extension **120** to his or her skin, thus also providing for better contact with the skin. In an exemplary embodiment, extension **120** may extend down the face to the jawbone and loop around the head just underneath the ears. In an exemplary embodiment, the thermally retentive substance, e.g., a cooling gel, continuously wraps around the face and back of the neck, thus providing full thermal benefits to facial vein **19** and angular vein **18**, as well as some additional thermal contact with the area underneath the ears and the back of the neck, described elsewhere herein. In this example, the ear could also serve as a support for the ABVTP structure including a retroauricular node. This embodiment, and any other exemplary embodiment, is configured to avoid stimulation of peripheral thermal receptors, and the structure is configured for apposition to blood vessels **12**, **14**, **16**, and **18**, as well as ABTT terminus **20**, thereby avoiding brain stimulation.

[0256] In yet another alternate exemplary embodiment, the apparatus of FIG. **1** may be designed to include only the eyebrow/forehead portion of ocular structure **116**, with facial extensions **120** and ABTT terminus pouches **122**, while omitting the under-eye portion of ocular structure **116**, thus resulting in a more headband-like structure instead of an eye mask. Removing the under-eye portion of ocular structure **116** does not decrease the effectiveness of thermal transfer to the brain.

[0257] Another exemplary ABVTP mask in accordance with the present disclosure is shown in FIG. **7** and generally indicated at **130**. ABVTP mask **130** may include only a headband structure **132** and one or more ABTT nodes or pouches **134**, while omitting both the under-eye portion and the facial extensions of FIG. **1**. ABVTP mask **130** apparatus according to this aspect of the disclosed embodiments remains effective for treating thermal conditions, as it may still rest in constant direct contact with the skin of ABTT target area **20** and the brow/forehead area. ABVTP mask **130** is also ideal for activities such as sporting events, competitions, outdoor activities, and exercise.

[0258] A further exemplary embodiment ABVTP mask or thermal pack **136** is shown in FIG. **8** and generally indicated at **136**. In this embodiment, ABVTP mask **136** includes a headband support structure **138** to which are attached hooks **140** at opposite ends thereof for fastening an elastic strap or band **142** to headband support structure of ABVTP mask **136**. Elastic strap **142** allows ABVTP mask or thermal pack **136** to be used by wearers with different head and face sizes, as the elastic stretches as needed. Hook **140**, or other fastening device, would allow a wearer to secure thermal pack **136** to their face by hooking elastic band **142** instead of sliding the entire ABVTP mask **136** apparatus over his or her head. This configuration is ideal for wearers who, for example, may have pear-shaped faces that are bigger around the crown of the head than they are around the eye level of the face. Another aspect of this embodiment is a similarly configured elastic nose bridge **144** that may be secured to the head band portion on either side either in a fixed fashion, or with hooks **146** that may be similar or identical to hooks **140**. Elastic nose bridge **144** across the bridge of the nose, or an adjustable clip (not shown) provides further adjustability for a variety of face widths and nose

sizes, and one or more hook fasteners **146** would allow a wearer to easily put on and remove the pack.

[0259] In the exemplary embodiment of FIG. **8**, both head strap **142** and nose bridge strap **144** may have fasteners, e.g. hooks **140**. In alternate embodiments, the fasteners may be used for only one of straps **142** and **144**, or both straps may be fixed to thermal pack **136**. It should also be understood that the hook configuration could be used with a non-elastic strap. In an alternate embodiment, when a non-elastic strap is employed, the fastener may be adjustable or the size varied to provide some level of personal adjustability even in the absence of elastic.

[0260] A further exemplary embodiment ABVTP mask or thermal pack is shown in FIG. **9** and generally indicated at **150**. ABVTP mask **150** includes a rigid headband structure **152**, which includes the frame of eyeglasses without the portion for the lenses. According to aspects of this embodiment, rigid headband structure **152** could be formed of a rigid material that may contain the thermally retentive substance and also which allows for sufficient thermal transfer between the ABVTP mask **150** apparatus and the skin. The rigid material headband structure **152**, which can be configured as a frame of eyeglasses, may be filled with the thermally retentive substance in the form of a thermal transfer gel or liquid. The thermally retentive substance may also be in the form of a Phase Change Material. Alternatively, rigid headband structure **152** may contain an electric cooling or heating element or other active thermal transfer apparatus. Rigid headband structure **152** may also comprise a rigid material on an outer portion, with a non-rigid material on the inside to contain the thermally retentive substance, thus providing both adequate thermal transfer with the skin, while also creating rigid support for ABVTP mask **150**. ABVTP mask **150** may also include pouches or nodes **154** to cover ABTT target area **20**, and may also include facial extensions **156**, but facial extensions **156** are not necessary, as rigid headband structure **152** will provide some cooling benefits to the brow/forehead area even without those portions. ABTT pouches or nodes **154** may also be comprised of a rigid exterior material, thus allowing ABTT pouches or nodes **154** to serve the function of a nose piece for supporting rigid headband structure **152**, if a securing head strap is used or not.

[0261] The apparatus of FIG. **9** also comprises an adjustable piece **158** located over the bridge of the nose to allow a wearer to adjust the width of rigid headband structure **152** to comfortably fit different face and nose sizes. Adjustable piece **158** may be able to be inserted and removed from the inside of rigid headband structure **152** or it may be configured to collapse in on itself in a telescopic fashion. Alternately, adjustable piece **158** may be comprised of an elastic material so that rigid headband structure **152** automatically adjusts to a wearer with a wider face or nose, as described elsewhere herein.

[0262] In another exemplary embodiment presented in FIG. **10**, an ABVTP mask or thermal pack **160** may include temple frames **162** of the same rigid material that forms ABVTP mask **160**. Temple frames **162** extend past the temples on a face and are curved at the free end to secure ABVTP mask **160** to the face by hooking behind the ears. Such a configuration allows rigid thermal retention pack **160** to be used similar to a pair of eyeglasses. In fact, the design of ABVTP mask **160** allows the ABVTP mask **160** to be worn on top of, or in conjunction with, a pair of glasses. Thus, the configuration of ABVTP mask **160** is beneficial for wearers who must also wear prescription eyeglasses, or for out-of-doors use where a wearer may prefer to wear sunglasses also. This arrangement is most ideal for use in sporting events or other activities where the user may be moving around. This arrangement is also beneficial for use during activities that require the wearer to wear a helmet, cap, hard hat, or other head covering also, which may interfere with the placement of a strap that completely encircles the head.

[0263] Also presented in FIG. **10**, as an alternate embodiment, ABVTP mask or thermal pack **160** includes ABTT nodes or pouches **164** and extension portions **166**. ABTT nodes or pouches **164** and extension portions **166** of ABVTP mask or thermal pack **160** may comprise a material with shape memory so that these components may be shaped or bent to fit anatomical variations comfortably.

The flexible structure of ABTT nodes or pouches **164** and extension portions **166** is also ideal for ensuring that sufficient pressure is created between ABVTP mask or thermal pack **160** and the skin underneath, which is important for thermal transfer to the veins of the face. In an alternate embodiment, the ABVTP mask or thermal pack **160** may include a front frame structure **168**, and instead of comprising a flexible material, ABTT nodes or pouches **164** and extension portions **166** may be connected to front frame portion **168** using a hinge mechanism or be spring-loaded to allow for changing position and pressure on the skin.

[0264] Another exemplary embodiment ABVTP mask or thermal pack is shown in FIG. **11** and indicated generally at **170**. ABVTP mask or thermal pack **170** includes temple frames **172** and front frame structure **174** that may be filled with thermally retentive substance or a thermal element. This configuration allows the temples of the head to be cooled or heated and eliminates the need for separating the front frame structure **174** and temple frames **172**, as they may be comprised of the same materials. In yet another embodiment, temple frames **162** containing thermally retentive substance may comprise a bulge or pouch **176** at the free end so that additional heating or cooling benefits may be applied to veins that are located behind the ears. Although it is preferred for a cooling or heating apparatus to cover ABTT target area **20** and frontal vein **12**, superior palpebral vein **14**, supraorbital vein **16**, facial vein **18**, and angular vein **19**, it should be understood that cooling effects may be applied to other vascular systems, though equal benefits may not be produced. For optimal brain cooling effects, an ABVTP mask or thermal pack must treat ABTT target area **20** and/or relevant facial veins **12**, **14**, **16**, and **18**. However, an ABVTP mask or thermal pack may be adapted to cover other vascular areas as well, as long as peripheral receptors that would cause an undesirable temperature reaction from the brain are not stimulated.

[0265] In yet another exemplary embodiment of the present disclosure, ABVTP mask or thermal pack **170** may be used as a support for lenses **178**. In this configuration, ABVTP mask or thermal pack **170** may support prescription lenses, colored lenses, and tinted UV protection lenses for sunglasses. As such, ABVTP mask or thermal pack **170** would replace conventional plastic or metal frames for eyeglasses and sunglasses. In yet another alternative exemplary embodiment, temples frames **172** and front frame structure **174** may be similarly employed as a support for masks and goggles for professional, sports, and personal use applications.

[0266] Yet another exemplary embodiment ABVTP mask or thermal pack is shown in FIG. **13** and indicated generally at **180**. ABVTP mask or thermal pack **180** includes a front frame structure **182**. Front frame structure **182** may include anchors or hooks **184** for attaching lenses **178**, as well as sliding areas or grooves so lenses **178** may be interchangeable.

[0267] A further embodiment ABVTP mask or thermal pack is presented in FIG. **12** and indicated generally at **186**. ABVTP mask or thermal pack **186** includes a front frame **188**, temple frames **190** that are attached to and extend from front frame **188**, lenses **192**, nose pads **194**, and extensions **196**. Nose pads **194** can include thermal transfer devices or the thermally retentive substance for delivering or removing heat from ABTT target area **20**. Thus, nose pads **194** also include an ABTT node thermal transfer portion and the combined ABTT node thermal transfer and nose pad portion serves as a support for ABVTP mask or thermal pack **186**. In an exemplary embodiment, nose pads **194** may be adjustable, comprising a material with position memory, a hinge, or spring.

[0268] In FIG. **12**, according to the principles of this disclosure, a thermal eyeglasses frame is disclosed. The thermal eyeglasses frame, similar to other embodiments, includes front frame structure **188**, nose pads **194**, and extensions **196** of nose pads **194**, all of which have thermal transmission capability. In an exemplary embodiment, this thermal transmission capability includes thermal retentive materials or substances, but can also include any material, element, system, thermoelectric devices, such as a Peltier cooler, and the like that have a thermal surface disposed within the frame of the eyeglasses, for example, front frame structure **188**, nose pads **194**, and extensions **196** of nose pads **194**. These surfaces may include metals that can be cooled or warmed, and that are configured to rest directly on the skin. Once activated, such surfaces warm or cool

blood vessels **12**, **14**, **16**, and **18** lying underneath the skin.

[0269] Front frame structure **188** has thermal transfer capability, which may include thermally retentive materials, electric cooling/warming systems, warming and cooling chemical systems, and the like. In the exemplary embodiment, front frame structure **188** includes grooves **198** in a thermally transmissive area of front frame structure **188**. Grooves **198** are configured to receive lenses **192**. In an exemplary embodiment, grooves **198** may mate with lenses **192**, and lenses **192** may be retained by an adhesive. In yet another exemplary embodiment, grooves **198** and lenses **192** may include complimentary sliding means to permit lenses **192** to slide into grooves **198**, with retention provided by an adhesive or mechanical mechanism. Temple frames **190** in this embodiment include conventional eyeglass temple frames.

[0270] Alternately, though less preferred, ABVTP mask or thermal pack **186** may comprise conventional nose pads **200** with no thermal transfer properties, as presented in FIG. **14**. FIG. **14** shows an exemplary ABVTP mask or thermal pack in accordance with an exemplary embodiment of the present disclosure and indicated generally at **202**. ABVTP mask **202** includes temple frames **204** in addition to nose pads **200**. In the exemplary embodiments of FIGS. **12** and **14**, temple frames **190** and **204** of ABVTP mask **186** and **202**, respectively, thermal transmission surfaces follow temporal and auricular blood vessels, including behind the ear. Temple frames **190** and **204** further include bulges **176** for apposition and thermal transmission to the auricular blood vessels.

[0271] FIGS. **15** and **16** show a portion of an ABVTP mask or thermal pack in accordance with an exemplary embodiment of the present disclosure and indicated generally at **206**. ABVTP mask **206** includes a front frame structure **208** and a temple frame **210**. Temple frame **210** is shaped such that interior walls or surfaces **214** of temple frame **210** form a hollow cavity **212**. Hollow cavity **212** is configured to receive a thermal transfer device, such as a gel pack or serpentine device, but which may be worn with or without the thermal transfer device in place. The structure of hollow cavity **212** alleviates the need for multiple frames for prescription lenses, sunglasses, goggles, or the like by allowing a user to adapt ABVTP mask **206** for use in specific situations. As such, a user may wear ABVTP mask **206** as it is, or perhaps in the case of an outdoor activity, may insert a thermal transfer device into hollow cavity **212**. FIG. **16** presents a cross-sectional view of temple frame **210** showing an exemplary hollow cavity **212** configured to receive a thermal transfer device. Hollow cavity **212** may be a simple cut-out or may employ the use of snaps, grooves, or other mechanisms for securing the thermal gel pack or a thermal transfer device. In FIG. **15**, temple frame **210** includes a thermal transfer device positioned therein.

[0272] In some cases, an eyeglass frame, either with or without lenses, may be used with other headgear, such as helmets, masks, etc. FIGS. **17** and **18** show an eyeglass frame in accordance with an exemplary embodiment of the present disclosure and indicated generally at **828**. Eyeglass frame **828** may include a thermally retentive substance or material located throughout to provide a predetermined heat capacity, for removing heat from or providing heat to ABTT terminus **20**. It should be apparent from the teachings provided herein that various electronic components may be provided in eyeglass frame **828**, such as a temperature sensor **830**, one or more controllers or processors, a transmitter, receiver, or transceiver, screens, cameras, speakers, headphones, etc. Eyeglass frame **828** may include a frame housing **832** in which at least a portion of the electronics are located, though the electronics may be distributed throughout eyeglass frame **828**, and connect by wires or through other apparatus.

[0273] As shown in FIG. **18**, eyeglass frame **828** includes a protrusion or extension for interfacing with ABTT terminus **20**, indicated generally at **834**. Protrusion **834** includes a curvilinear surface **836** configured with a geometry that approximately mimics or reflects the unique geometry of ABTT terminus **20** such that the contact between curvilinear surface **836** provides as much contact with ABTT terminus **20** as possible for thermal transfer to or from ABTT **22**. Protrusion **834** may contain a conductive material to transfer thermal energy between eyeglass frame **828** and ABTT **22**, such as copper or a high thermal conductivity plastic. Protrusion **834** may also include a thermally

retentive material to help provide heat or cold storage, as well as thermal conductivity to transfer heat to and from ABTT terminus **20**.

[0274] Support structures for a thermal transfer pack may also include a longitudinally extending support, such as a rod, or stick. A thermal transfer pack in accordance with an exemplary embodiment of the present disclosure is shown in FIG. **25** and indicated generally at **216**. Thermal transfer pack **216** includes a pouch **218** containing a thermally retentive substance, and a longitudinally extending support **220**. Longitudinally extending support **220** can be held by hand and manually placed on ABTT terminus **20**. In one embodiment, longitudinally extending support **220**, which acts as a handle, may be formed of a rigid material such as, for example, plastic, and may be a simple stick configuration or may be designed to have finger grips or other comfort features. For example, a player may position thermal transfer pack **216** on his or her ABTT terminus **20** during a break in a sporting event to reduce the temperature in the brain, or to increase the temperature of the brain when participating in a cold weather activity. Pouch **218** may comprise a generally round, or spherical shape, as presented in FIG. **25**, or, in an alternative embodiment, may comprise a convex kidney, comma, or banana shape in order to rest in intimate contact with ABTT terminus **20**. It should be apparent that any passive thermal transfer-type devices described herein may be handheld rather than supported by a strap or other apparatus. It should be understood that a conductive metal rod having an insulating portion for the handle is within the scope of the invention, such conductive metals including, but not limited to, gold, silver, copper, and aluminum, said rods can be cooled, such as by refrigeration, and stored in a kit disclosed herein.

[0275] A handheld thermal pack, such as thermal transfer pack **216**, may be manually heated or chilled as described herein, or a thermal transfer pack may comprise a device for self-heating or cooling the gel or liquid inside the thermal transfer pack. Such a device may comprise a power source and/or an electrical heating apparatus. In an exemplary embodiment, a handheld thermal transfer pack comprises two compartments for containing water and nitrogen that mix when a seal is broken, thus freezing and causing the thermal transfer device to freeze. A similar configuration may be employed for heating a thermal transfer pack, using appropriate substances to generate an exothermic reaction.

[0276] FIGS. **26** and **27** show an exemplary handheld self-cooling device in accordance with the present disclosure and indicated generally at **224**. Handheld self-cooling device **224** includes a first compartment **226**, which in an exemplary embodiment contains water, and a second compartment **228**, which in an exemplary embodiment contains nitrogen. In the exemplary embodiment of FIGS. **26** and **27**, first compartment **226** and second compartment **228** are arranged side-by-side or adjacent to each other, and each compartment **226** and **228** extends longitudinally. When handheld self-cooling device **224** is oriented vertically, first compartment **226** and second compartment **228** are in vertical alignment, i.e., they overlap each other, along with being in vertical alignment with the other elements of handheld self-cooling device **224**.

[0277] Handheld self-cooling device **224** also includes a housing **230** with a convex surface **232**. Convex surface **232** is configured to mate with the geometry of ABTT terminus **20**. Housing **230** extends longitudinally away from at least one of first compartment **226** and second compartment **228**. First compartment **226** and second compartment **228** form a handle **238**. Housing **230** includes an interior portion **234** in which is located or positioned a thermally retentive substance **236**.

[0278] In the exemplary embodiment of FIGS. **26** and **27**, first compartment **226** and second compartment **228** are separated by a breakable or adjustable seal **240** that can be compromised to permit the water and the nitrogen to mix. The compromise may include breaking seal **240**, or opening seal **240**, which may be accomplished by bending handle **238**. After seal **240** is compromised, a cold reaction is generated in first compartment **226** and second compartment **228**, which draws heat from housing **230**, thereby cooling housing **230**. Convex surface **232** may be positioned in contact with ABTT terminus **20** or veins **12**, **14**, **16**, and/or **18** that drain into ABTT **22**, cooling the blood of the aforementioned veins and ABTT **22**.

[0279] In an exemplary embodiment, a handle extension **242** is connected or attached to handle **238** that is insulated from first compartment **226** and second compartment **228** so the user does not have to hold the cold water and nitrogen mixture. Thus, handheld self-cooling device **224** may be applied by the user more comfortably. In another exemplary embodiment shown in FIGS. **28** and **29**, a handheld self-cooling device is shown and generally indicated at **246**. In this embodiment, handle **238** may include an insulating sleeve **244**, and insulating sleeve **244** may be removable as well as adjustable so that insulating sleeve **244** may be removed while the user is compromising or breaking seal **240**, as shown in FIG. **29**. Once the liquid mixture is cooled, insulating sleeve **244** can be replaced, as shown in FIG. **28**.

[0280] FIGS. **30** and **31** show another handheld self-cooling device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **248**. Handheld self-cooling device **248** includes features similar to handheld self-cooling device **246**, but instead of insulating sleeve **244**, device **248** includes thermal insulation **250** that covers the entirety of device **246** except housing **230**. Thermal insulation **250**, shown closed in FIG. **31**, may be opened to reveal handle **238** and to permit compromise of seal **240**. Once seal **240** is compromised, thermal insulation **250** is closed, as shown in FIG. **31**, exposing only housing **230** so that housing **230** may be placed on ABTT terminus **20**.

[0281] Yet another exemplary handheld self-cooling device is shown in FIG. **32** and indicated generally at **252**. In this embodiment, handheld self-cooling device **252** includes a handle **254**, and a housing **260** located at one end of handle **254**. Handle **254** includes a thermally retentive material **256** enclosed within a substantial portion of the length of handle **254**. Handheld self-cooling device **252** further includes an insulated self-cooling apparatus **258**, shown in FIG. **33**, that is positioned adjacent to and longitudinally along handle **254**, and self-cooling apparatus **258** is configured to encircle handle **254**. Self-cooling apparatus **258** is a separate element or component so that once the self-cooling process has been accomplished, self-cooling apparatus **258** may be sterilized and recharged or discarded while handle **254** and housing **260** may be reusable.

[0282] Self-cooling apparatus **258** includes a first portion **1180**, a second portion **1182**, and a seal **262** disposed between first portion **1180** and second portion **1182** to keep the contents of each portion separated. In an exemplary embodiment, first portion **1180** is configured to contain water, and second portion **1182** is configured to contain ammonium nitrate. When seal **262** is broken, which can be accomplished, for example, by bending self-cooling apparatus **258**, the water and ammonium nitrate mix, creating an endothermic reaction and cooling handle **254**. It should be understood that seal **262** can be positioned in a plurality of locations, depending on how the chemicals used to generate an exothermic or endothermic reaction are disposed. The cooling (or heating) compounds of self-cooling (or heating) apparatus **258** are disposed around handle **254**, and is detachable, so as to allow self-cooling apparatus **258** to be replaced by a new self-cooling apparatus **258** once the temperature of self-cooling apparatus **258** is insufficient to heat or cool ABTT **22**.

[0283] It should also be understood that besides the hand held embodiments described, a body supported thermal system are within the scope the disclosure. By way of illustration, a clip having a surrounding housing with cooling compounds and a breakable seal can be used. In this embodiment, the clip has a spherical shape nose pad resting between the eye and eyebrow, more particularly in the supero-medial orbital region. The bridge of the nose pad is fitted with compartments with a breakable seal. Once the seal is broken, the cold thermal energy is transferred to the nose pads, which contain thermal retentive material.

[0284] It should be understood that besides the handheld embodiment described, a body supported thermal system are within the scope the disclosure. By way of illustration, a clip having a surrounding housing with cooling compounds and a breakable seal can be used. In this embodiment, the clip has a spherical nose pad resting between the eye and eyebrow, more particularly in the superior-medial orbital region. The bridge of the nose pad is fitted with

compartments with a breakable seal. Once seal **262** is broken, cold thermal energy is transferred to the nose pads, which contain thermal retentive material.

[0285] FIG. **34** shows another handheld self-cooling device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **268**. Handheld self-cooling device **268** includes a first branch **274** from which a first ABTT contact housing **270** extends, and a second branch **276** from which a second ABTT contact housing **272** extends. Each of first ABTT contact housing **270** and second ABTT contact housing **272** includes a thermally conductive and retentive material **274**. First ABTT contact housing **270** and second ABTT contact housing **272** are configured to apply heat or to remove heat to ABTT terminuses **20** on both sides of the nose. First branch **274** and second branch **276** may be repositionable or bendable that an angle **278** may be adjusted to position first ABTT contact housing **270** and second ABTT contact housing **272** more precisely on ABTT terminus **20** positioned on each side of a subject or patient's nose, thus enabling handheld self-cooling device **268** to be customized to fit individual anatomies. Handheld self-cooling device **268** may also include insulation **278** on any portion of the device, excluding the tips of first ABTT contact housing **270** and second ABTT contact housing **272** in the locations where they are to be placed against the skin of ABTT terminus **20** BIT area, to avoid excess thermal transfer with the environment that, in turn, enables maximum thermal transfer between handheld self-cooling device **268** and the skin.

[0286] While FIG. **34** shows first ABTT contact housing **270** and second ABTT contact housing **272** as having an elliptical shape, housings **270** and **272** may have other shapes to conform with ABTT terminus **20**. For example, FIG. **35** illustrates an exemplary shape of housings **270** and **272** that may be described as bean, kidney or banana shaped. The shape of housings **270** and **272** is configured to provide the best chance of contacting ABTT terminus **20** and transferring heat either to or from ABTT terminus **20**.

[0287] Another handheld self-cooling device is presented in FIGS. **37** and **38** and generally indicated at **280**. Handheld self-cooling device **280** may include an insulated case **282** that covers the entirety of the device and which may be split open to reveal a thermal transfer tip **284** for placing in contact with the skin. Handheld self-cooling device **280** is similar to self-cooling apparatus **258** and includes a seal **1184** that is broken to cause an endothermic reaction in device **280**. Once the reaction is initiated, a narrow, reduced diameter, or neck portion **1186** included as a part of device **280** is positioned in a mating feature in case **282** that positions tip **284** outside case **282** to permit contact ABTT terminus **20**.

[0288] In order to prevent excessive thermal exchange or transfer with the environment, i.e., losing heat to or gaining heat from the surroundings, the thermal transfer pack preferably includes an insulating layer. As shown in FIG. **2**, an insulating layer **286** covers portions of the various thermal transfer pack embodiments described herein that are exposed to the surroundings, thus preventing thermal loss to the environment, but allowing maximum thermal transfer to a subject or patient's skin **288**. Any appropriate conventional insulating material may be used, as disclosed herein. In addition to insulating layer **286**, the thermal packs described herein may include a high thermal conductivity inner lining **290** that is configured to rest on or contact skin **290** and one or more of blood vessels **12**, **14**, **16**, and **18**, and an opposite, low thermal conductivity outer lining **292** with insulating properties. Positioned between inner lining **290** and outer lining **292** is a volume containing a thermally retentive material or substance **294**.

[0289] As shown in FIG. **3**, the structure of the gel pack or thermal transfer device may also include raised portions **296**, thus creating air pockets **298** between an insulating material **300** and a lining material **302** on the side of the thermal pack that is not in contact with skin. Air pockets **298** provide insulation benefits for retaining or keeping out heat. Adequate insulation is especially necessary in applications where the environmental temperatures are extremely high or low where there is a risk that the benefits of the heating or cooling of ABTT **22** may be lost too quickly to provide proper benefits to the user.

[0290] In another embodiment, in addition to the outer insulation, the portion of the thermal pack in contact with the skin may comprise a lining of a material that will allow only gradual thermal transfer with the skin. Such a lining may be a mesh or fenestrated tissue or material. Such a material still allows for adequate thermal transfer with the skin and associated blood vessels, but slows the thermal transfer, thus further extending the length of time a thermal pack may be used. The mesh lining also prevents excessive thermal transfer with the skin, which may cause pain or local vessel constriction.

[0291] FIG. 4 shows a kit in accordance with an exemplary embodiment of the present disclosure and indicated generally at **304**. Kit **304** includes an ABVTP characterized by the presence of a thermally retentive material and a housing having a power source for heating and cooling the devices inside said housing using for example a Peltier device. FIG. 5 shows a kit that includes a cooling pack.

[0292] Another exemplary brain heating/cooling device is an active-type thermal transfer device which may include but is not limited to a serpentine comprising a series of tubes or hoses for carrying heated or cooled fluid to apply or remove thermal energy from the relevant veins and ABTT area. The serpentine structure comprises also a power source, pumping mechanism and device for storing the heated or cooled liquid and may also comprise a device for heating or cooling the liquid therein. The liquid to be used may also be manually heated or cooled by the user before placing in the storage container or device. The device may also comprise, instead of hoses or tubes, one or more flexible fluid transfer spaces designed for passing temperature control fluid there through while remaining in close conformity to the anatomy of the body, in particular close apposition to the ABTT and veins in accordance of the principles of this disclosure. Such fluid transfer spaces may also comprise a spacer adapted to keep the inner and outer lining walls from collapsing on one another. For example, a mask adapted to fit with the anatomy of the BIT including pouches and tubes disposed as an inverted V shape may be configured to allow cooled fluid to fill the entire pouch created by the inner and outer walls, the cooled fluid being pumped from a source to carry heat away from the ABTT area and facial veins.

[0293] Alternatively, the active thermal transfer device may comprise an internal heat or cold producing capability such as, for example, a Peltier thermoelectric heat pump device that uses electrical energy to transfer heat from one side of the device to another across a temperature gradient. Peltier devices may be employed to heat or cool either liquids or air for adding or removing thermal energy to the ABTT area and/or the veins draining into the brain. Other devices that utilize power source, resistors, thermistors, and other electronics to create thermal effects (e.g., resistors generating heat) and control temperature may also be employed.

[0294] In one aspect of the disclosed embodiments, active thermal transfer devices may be used in conjunction with gel-pack devices described herein, for example, in a fluid-filled pack that also contains a resistive heating element. Active thermal transfer devices may not necessarily be surrounded by a gel-like substance, but may be instead simply enclosed in a flexible pack-like support structure made of a material that will allow for sufficient thermal exchange with skin. Active thermal devices may be fashioned so that they appear similar to the flexible thermal pack similar to those in FIGS. 1, and 6 through 8, with features that allow the thermal pack to come into intimate contact with ABTT terminus **20** and skin overlying one or more facial veins **12**, **14**, **16**, and **18**. Active thermal transfer devices may also be used in eyeglasses-type support structures similar to those in FIGS. 10 through 17. Additionally, these active thermal transfer devices may be incorporated into any of the support structures described herein, or in conventional support structures that may be worn on the head and face including, but not limited to, a mask, eyeglasses, goggles, helmet, patch, headband, clip, cap, or they may be configured to be held by a user and manually placed in direct contact with ABTT terminus **20** and/or veins **12**, **14**, **16**, and **18**, or may be attached to ABTT terminus **20** and/or veins **12**, **14**, **16**, and **18**, or other facial areas using an adhesive patch or strip. The portion of the thermal pack device which comes in contact with the

skin of the face may be comprised of a material that is foam, rubber, MYLAR or other material to provide additional comfort. Active thermal transfer devices, when used in conjunction with one of the herein described support structures may also comprise an insulating layer on the outer wall as described in detail above for gel pack-type devices. Active thermal transfer devices may also employ the use of a mesh lining on the interior wall of the device to slow thermal transfer if needed. However, a lining may not be necessary, as an active-type or thermoelectric device may allow a user to control thermal transfer adequately without the use of a lining.

[0295] Active thermal transfer methods provide additional benefits to the thermal transfer pack. While a fluid pack may be more suitable for consumer or home use, the time of use may be limited to the thermal retention time of the particular substance contained within the pack. There will also not always be a convenient way to heat or cool the device before use. Active thermal transfer devices that may be powered by a portable power source such as a battery or solar panel can have many applications for cooling or heating the brain in remote settings such as military operations or some outdoor activities such as mountaineering, ice climbing, hiking, boating, and the like. Active thermal transfer devices connected to a power source may also be more practical for hospital uses such as surgeries, where the pack must be used for an extended period of time without interruptions for re-heating or cooling the pack. Active thermal transfer methods also allow for the temperature to be more accurately and consistently controlled, so that a specific, determined temperature may be applied.

[0296] The aspects of the disclosed embodiments may also comprise a display, such as an alphanumeric display, including, but not limited to, a liquid crystal display (LCD), a plasma display panel (PDP), and a field emission display (FED). In an alternate embodiment, the apparatus comprises an audio output that may be provided with an audio source comprising recorded audio clips, speech synthesizers, and voice emulation algorithms to report user settings and current brain temperature audibly. Other display or reporting apparatus, devices or mechanisms may include an alarm, indicator light, and other electronics configured to alert a user when a temperature is above or below a predetermined threshold temperature. It should be understood that the alert or alarm may be visual, auditory, or vibrational.

[0297] The apparatus of this disclosure may also comprise a communications interface adapted to transmit data captured by the apparatus to a computer system. In such embodiments, the communications interface selected may be any suitable interface, including, but not limited to, a serial, parallel, universal serial bus (USB), FireWire, Ethernet, fiber optic, co-axial, and twisted pair cables. In a further embodiment, the device may also comprise a transmitter adapted to transmit temperature measurement data to a remote computer processor or user. A remote computer processor may be a cellular or wireless handheld device, personal computer, internet database, or the like. In such embodiments, remote users may be physicians, research institutes, specialists, nurses, hospice service providers, insurance carriers, and health care providers.

[0298] The support structure may comprise a simple system that provides consistent thermal energy, where the temperature may not be adjusted, but more preferably, the structure will comprise a control unit with an input device that may be, for example, hard or soft keys, dials, knobs, or touch screens, for customizing the temperature threshold and alarm settings. Regulatory electronics may also be automatically controlled by threshold sensors and regulators designed to adjust settings based on information obtained from current measurements rather than user input. For example, in a glasses frame-type structure, the right nose pad of the eyeglasses may have a temperature sensor while the left side is adapted with the cooling/heating device to apply or remove heat from ABTT terminus **20** and veins **12**, **14**, **16**, and **18** according to temperature measurements obtained on the opposite side.

[0299] Any and all of the separate pieces or components of the structures and devices may be stored together in a kit or storage compartment, such as a thermal pack bag shown in FIGS. **4-6** and indicated generally at **950**. Thermal pack bag **950** may be closed or secured by, for example, a

zipper **952**. Thermal pack bag **950** may also include a fastening mechanism, apparatus, or arrangement **954** for securing thermal pack bag **950** to a belt, backpack, equipment rack, etc. Such a storage compartment may comprise a power source and an electric or solar heating element or cooling element or resistors for heating or cooling the thermal transfer substance in the gel pack, thus allowing the device to be easily transported to and used in remote areas where the device may not be easily heated or cooled using conventional methods such as heated water, microwave, or freezer.

[0300] Such a storage compartment may also comprise a thermally retentive material for maintaining the temperature of the thermal pack and preventing thermal transfer to the environment, e.g., insulation **956**. The interior of thermal pack bag **950** may include retention features such as meshes **958** and **960** and strap **962**. Various components, such as a headband **964**, either with or without adjustable plate and nodes **966**, separate adjustable plate and nodes **966**, and adjustable plate and nodes **966** configured with a handle **968** may be located inside thermal pack bag **950**. Some elements of thermal pack bag **950** may be included in recesses **970** and **972** sized and dimensioned for the respectively stored elements. In an exemplary embodiment, the kit includes a thermometer **974** for measuring the thermal pack temperature prior to it being used. A thermal pack that is too cold can cause nerve damage. Ideally, prior to use, the thermal pack is at 5 degrees Celsius. The kit also allows one or more thermal transfer devices to be easily transported to and used in remote areas where the device may not be easily heated or cooled using conventional methods such as heated water, microwave, or freezer. Another object of the portable kit is to provide an interior that is thermally retentive for thermal pack **950**.

[0301] FIGS. **39** and **40** show a schematic and block diagram, respectively, for a non-limiting example of an electronics portion for an active thermal transfer device with a manual temperature control function for heating the brain. As shown in FIG. **39**, a control circuit **318** may include a power source **320**, which in an exemplary embodiment may generate 5 VDC, two resistors **322** connected in parallel, which in an exemplary embodiment may be 100 ohm resistors, a thermistor **324** that in an exemplary embodiment may be 10K ohm, a readout **325** and a potentiometer **328** to control temperature. These components may be positioned or located in cylinder **326**.

[0302] In this particular example, with potentiometer **328** set to 0 ohms, the temperature of a probe or a contact portion of a thermal exchange device is greater than 45 degrees Celsius and with the potentiometer adjusted to 50 ohms the temperature of the probe stays consistently around 39 to 40 degrees Celsius while in contact with ABTT target area **20**. In this embodiment, a setting chosen by a user will provide continuous thermal energy according to the settings until the user either alters the desired temperature setting or turns the active thermal transfer device off. In alternate embodiments, the active thermal transfer device may also include a timer for automatically turning the active thermal transfer device off after a predetermined threshold for time elapsed has been exceeded or temperature has achieved a predetermined threshold.

[0303] It is understood that the foregoing description of an active thermal transfer device is a specific example and that any combination of one or more resistors, thermistors, and potentiometers may be adequate for controlling applied temperature to ABTT terminus **20** and one or more blood vessels **12**, **14**, **16**, and **18**. It should also be understood that the above-described electronics portion may also comprise display units and control units such as a screen, indicator lights, and hard or soft keys that are required for a user to set the desired temperature level. In the previously described exemplary embodiment, the heating element and thermistor are located inside an aluminum cylinder and are covered with insulation to prevent the cylinder portion from becoming excessively hot to the touch and to prevent heat loss to the surrounding environment. It should be understood that the heating element may also be contained in a fluid-filled sack or pouch or covered with a material having low thermal conductivity as long as the heat element does not come in direct contact with the skin. The cylinder is configured with dimensions that fit the ABTT area and/or the veins draining to the brain.

[0304] An alternate embodiment of an active heating or cooling device in accordance with an exemplary embodiment of the present disclosure is presented in FIG. **41** and indicated generally at **330**. Active device **330** is configured as an automatic active thermal transfer device designed to self-regulate thermal transfer to or from relevant facial areas and ABTT terminus **20**. It should be understood that active device **330** may include fewer or additional components than what is presented in FIG. **41**, as described in detail herein. Active device **330** of FIG. **41** includes a heating or cooling element **332** encased in a cylinder or probe **334** configured to lie in intimate contact with the skin of ABTT terminus **20** and/or veins **12**, **14**, **16**, and **18** similar to the configurations of the manual devices disclosed herein. An interface **335** to prevent direct contact with skin of ABTT **20** can be used with active device **330**.

[0305] In an exemplary example of a heating device, element **332** may comprise resistors **336**. In addition to the heating/cooling element, an exemplary active device **330** includes a thermistor **338**, display or input **340**, a CPU or processor **342**, and a controller **344**. When a desired temperature setting is input by a user, the controller **344** regulates the amount of thermal energy to be generated by heating/cooling element **332** in order to achieve the proper thermal transfer with ABTT terminus **20** and/or veins **12**, **14**, **16**, and **18**. Thermistor **338** obtains constant thermal data from ABTT terminus **20**, which may also be displayed on a readout or display **340** of active device **330**. CPU or processor **342** is configured to analyze the data captured thermistor **338** as compared to a temperature set point entered into CPU **342**, which may be done through display/input **340** or with other conventional apparatus. By comparing the output of thermistor **338** to an established set point, and adjusts controller **344** as needed, the temperature of heating or cooling element **332** may be regulated more consistently and accurately.

[0306] The configuration of FIG. **41** is preferred for situations such as, for example, treatments where it is desired that the brain remain at a constant temperature for an extended period of time. A doctor or nurse, for example, could input the desired brain temperature, i.e., the set point, to be achieved. Over time, an equilibrium between thermal energy applied by active device **330** and the temperature of the brain will be achieved. Rather than having to manually change the temperature setting of active device **330**, as would be the case with a manually controlled device, CPU or processor **342** in combination with thermistor **338** and controller **344** will either increase or decrease thermal exchange so that the desired brain temperature will be attained. Such an automatic device is the preferred embodiment for use in conjunction with support structures that are anchored to the face using an adhesive, a headband, eyeglasses, or a structure similar to that of FIG. **42**, which allows for intimate and continuous contact with the skin for maximum thermal transfer. It should be understood that the automatic thermal transfer device of this embodiment may also be used in a handheld device or in conjunction with any of the mask, helmet, clip, cap, or other support structures mentioned herein.

[0307] FIGS. **42-48** show another active heating or cooling device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **346**. Active device **346** is a thermoelectric heater/cooler, for example, a Peltier effect module, which is used to generate thermal energy for transfer with the skin of ABTT terminus **20**. It should be understood that this Peltier module may also be used interchangeably with any of the support structures mentioned in the above disclosure and that the patch support structure is merely a preferred example and is not intended to be limiting. The use of a Peltier junction allows the device to provide both heat and cold to ABTT terminus **20**, or to both apply to and remove thermal energy from the brain. The resistive heating element in the previous example is limited to heating, and similarly, a cooling element would be limited to cooling. A device employing the use of a Peltier module may provide benefits of heating and cooling to the brain using a single device.

[0308] The device of FIGS. **42** and **46** includes a patch **348** for securing at least a portion of active device **346** to forehead **350**, a flexible arm **352** that extends across the brow bone into the eye area, and a thermopile/Peltier junction **354** that is configured to be placed in direct contact with ABTT

terminus **20**. In order to secure active device **346** to forehead **350**, patch **348** includes an adhesive strip **356** and may also comprise an insulating material **358** between adhesive **356** and active device **346** to protect forehead **350** from any excess heat that may dissipate from active device **346**. In an exemplary embodiment, flexible arm **352** is formed of a flexible metal and is curved or arched so that when patch **348** is adhered to forehead **350**, thermoelectric device **354** will contact ABTT terminus **20**. In an alternate embodiment, flexible arm **352** may be made of any material that can be configured to take on the same particular shape such as, for example, a flexible plastic. Thermoelectric device **354** also includes a Peltier junction and may also comprise a fluid-filled sack, pouch, or a rounded piece of foam or rubber material **360** for comfort when the active device **346** comes in contact with the skin of ABTT terminus **20**. The Peltier junction is configured to either supply or remove thermal energy to or from ABTT terminus **20** and/or veins **12**, **14**, **16**, and **18** based on desired temperatures settings which may either remain fixed or may be adjusted by a user.

[0309] As the heat removed from the brain using a Peltier module must be dissipated, the present embodiment includes a heat sink. Active device **346** of FIG. **46** simply utilizes patch **348** as the heat sink. As such, the heat removed from the Peltier junction is conducted by the metal of patch **348** and heat is radiated into the surrounding environment. The head is protected from the excess heat by insulating material **358** on patch **348** portion of active device **346**. This embodiment is less preferred, however, as an exterior surface of active device **346** will be very warm and possibly hot to the touch.

[0310] The configuration of active device **346** as shown in FIGS. **42**, **47** and **48** is a more preferred embodiment, in which a series of tubes or hoses **362** runs from a pump **364** through patch **348** and flexible arm **352** of active device **346** and to the Peltier junction **354**, looping back to a reservoir **366** that is exposed to air so heat can escape into the environment. In this exemplary example, the heat is carried away by water or other thermally retentive fluid, which is pumped through tubes **362** to and from reservoir **366**. As a result, heat is no longer radiated directly from patch **348** of active device **346**, thus eliminating the discomfort of having the heat radiating portion lying close to forehead **350**. Active device **346** may further include wires **347** to a controller (not shown) for readout of temperature.

[0311] In this exemplary example and shown in more detail in FIGS. **43-45**, patch **348** may be comprised of two sheets of stamped metal **368**, which include grooves **370** adapted to hold tubes **362**, welded together. Tubes **362** may be comprised of plastic or another material that is suitable for carrying flowing liquid. Active device **346** also includes a power source for driving pump **364**. The Peltier junction **354** is close to ABTT target area **20** so that minimal heat loss occurs between the junction **354** and ABTT terminus **20**. Hoses or tubes **362** simply act as a heat sink, not as pathways for thermal energy delivery. In a less preferred embodiment, however, it is understood that the Peltier junction can be placed at any point on the device and thermal energy may be delivered using flowing fluid through hoses, though more energy is wasted using this method.

[0312] FIG. **51** shows a head mounted thermoelectric cooling and heating system in accordance with an exemplary embodiment of the present disclosure and indicated generally at **370**. In the exemplary embodiment, system **370** includes a Peltier junction **372**, attached to a copper plate **374**. System **370** further includes a copper wire **376**, which in an exemplary embodiment is approximately 0.15 inches in diameter, directly attached to and mounted on copper plate **374**. Wire **376** terminates in an ABTT contact **378**, which is configured to fit the anatomy of the face of the subject and touch ABTT target area **20**, thus enabling thermal transfer to efficiently occur with ABTT target area **20**. Mounted on the opposite side of Peltier junction **372** from copper plate **374** is a heat sink **380**. System **370** is configured to be supported by clipping onto a headband or a glasses frame structure, as shown in FIG. **52**. Peltier junction **372** is configured to receive energy from a remote pulse wide modulation (PWM) control receiving its signal from a thermistor **382** mounted in conjunction with ABTT contact **378**.

[0313] An alternate Peltier heating/cooling system using eyeglasses for a support is presented in FIG. 36 and indicated generally at 384. System 384 includes a Peltier junction 386 which heats or cools using air flow and which is positioned a spaced distance from ABTT target area 20. System 384 a heating/cooling unit 388 which is separate from a support structure 390 and which includes Peltier junction 386 and a first heat sink 392 positioned on a first side of Peltier junction 386, and a second heat sink 394 positioned on a second, opposite side of Peltier junction 386. Each heat sink is preferably in direct contact with Peltier junction 386. System 384 may also include a first fan 396 positioned to direct air onto first heat sink 392 and a second fan 398 positioned to direct air onto second heat sink 394. System 384 may also include an insulating cover (not shown).

[0314] Heating/cooling unit 388 is connected to support structure 390, which in the exemplary embodiment of FIG. 52 is an eyeglass frame, using a tube or hose 400 that is configured to carry heated or cooled air into a nose piece 402, which serves as a thermal transfer point with ABTT terminus 20. System 384 may also include a power source 404, and a control unit 406. Control unit 406 may include a PWM (Pulse Wide Modulation Control) 408, a CPU or microprocessor 410, an input unit 412, a display unit 414, a power distribution unit 416, and a bus 418 connected to each of the elements of control unit 406 to provide communication between the elements. System 384 may also include a temperature sensor to measure the temperature of the air flowing into heating/cooling unit 388 as well as a temperature sensor 420 and/or controller and processor for measuring and regulating the heated or cooled air flowing out of unit 388 through tube or hose 400. It should also be understood that although only one nosepiece is depicted in this example as having the thermal transfer point, the heated or cooled air hoses may also be configured to deliver heated or cooled air to any portion of support structure 390, and to both of nosepieces. In an alternate embodiment, system 384 can be configured to deliver or remove thermal energy using flowing water instead of air. In this alternate embodiment, system 384 would further comprise a water pump (not shown).

[0315] An active thermal transfer device in accordance with an exemplary embodiment of the present disclosure is shown in FIGS. 49 and 50, and indicated generally at 422. Active thermal transfer device 422 includes an adhesive layer 424, and is configured to be secured to a forehead or a brow area using adhesive layer 424, similar to other devices described herein. The exemplary active thermal transfer device 422 includes a multi-layer Peltier stack 426, which enables a higher temperature differential than a single Peltier junction. In this example, Peltier stack 426 is positioned or located on a tip of active thermal transfer device 422, and active thermal transfer device 422 is configured to position a contact surface 428 on the skin of ABTT target area 20. Active thermal transfer device 422 further includes a flexible arm 430, which is preferably comprised of metal to conduct heat away from Peltier stack 426 when Peltier stack is used for cooling. Such an arrangement allows the heating or cooling of the Peltier apparatus to be concentrated on the small portion of skin in contact with active thermal transfer device 422. Also shown schematically in FIG. 49 are wires 432 used to supply power to Peltier stack 428. In this embodiment, temperature applied or removed may be controlled using a thermistor mounted between the Peltier junction and the subject's skin. The temperature reading of a thermistor 431 is used to control the energy applied to the Peltier junction stack. Initially thermistor 431 measures the temperature of the skin, then thermal exchange device is activated and thermistor 431 measures the temperature of the thermoelectric device 422. After thermal effect is achieved and thermoelectric device is turned off, then thermistor 431 measures the post-operation temperature.

[0316] FIG. 49A shows a passive thermal transfer device in accordance with an exemplary embodiment of the present disclosure, indicated generally at 423. Passive thermal transfer device 423 includes an adhesive layer 425, and is configured to be secured to a forehead or a brow area using adhesive layer 425, similar to other devices described herein. The exemplary passive thermal transfer device 423 includes a node 427 configured to contain a thermally retentive material and an arm 429, which in an exemplary embodiment is configured to include thermally retentive material.

[0317] FIG. 49B is a view of an active thermal transfer device in accordance with an exemplary

embodiment of the present disclosure, indicated generally at **451**. Active thermal transfer device **451** includes an elongated body **453**, and is configured to be secured to a forehead using fastener **465** and the like, similar to other devices described herein. Active thermal transfer device **451** includes a plurality of thermoelectric devices **455** in elongated body **453**, and includes at least one node **457** configured to contact ABTT terminus **20** when device **451** is positioned on a person's head. In the exemplary embodiment of FIG. **49B**, each node **457** contains a thermoelectric device **461** configured to provide a thermal exchange with ABTT terminus **20**.

[0318] Yet another exemplary active thermal transfer device is shown in FIG. **53** and indicated generally at **434**. Active thermal transfer device **434** includes a Peltier heat exchanger and pump assembly **436** mounted to a back of a helmet **438**. Active thermal transfer device **434** also includes a flexible membrane with tubing **440** positioned therein to direct a flow of a heat exchange fluid. The heat exchange fluid can assist in the cooling or heating of a head. The thermal flow would be from Peltier heat exchanger and pump assembly **436** through a tube **444** going directly to a nose piece **442** attached to at least one ABTT terminus **20** of a subject or patient, represented by nodes **443** and **445**. The return fluid will go through a series of serpentine tubing or hoses **440** over the patient's head and return to the temperature controlled fluid source in Peltier heat exchanger and pump assembly **436**.

[0319] The aspects of the present disclosure provide methods for applying or removing thermal energy from ABTT target area **20** and, as a result, from the brain. The method of the present disclosure also discloses detecting brain temperature, displaying gathered data, processing data, and adjusting or controlling output temperature. The present disclosure also relates to treatments of various diseases and conditions through the use of thermal treatments applied to ABTT terminus **20** and one or more of veins **12**, **14**, **16**, and **18**. Examples of specific conditions and diseases that may be treated and the methods for treating each will be provided herein, which are designed to be non-limiting and for description purposes only.

[0320] A circadian rhythm is a 24-hour cycle in the biochemical and physiological functions of the human body. Understanding the circadian thermal cycle is vital to understanding many of the biochemical and physiological behaviors of the human body, and can also serve as a baseline for comparison across population groups. Currently, continuous measurement of core temperature relies on invasive methods, such as blood, bladder, rectal, and esophageal thermometry. Since temperature cannot be measured by conventional methods without breaks in measurement and for long periods of time (unless a patient is in the Intensive Care Unit for a long time), gaps exist in the thermal curves that result from this type of testing.

[0321] The present disclosure provides a non-invasive measurement of body temperature and, as a result, an effective non-invasive creation of thermal circadian profiles (thermal circadian signatures) by using the Abreu brain thermal tunnel (ABTT) as a window to the core of the brain that provides an accurate representation of the brain's temperature. The present disclosure also provides a method and device for diagnosing various diseases and conditions based on the comparison of these thermal circadian profiles with a database of predetermined profiles, or a library of baseline profiles.

[0322] Since the ABTT enables, for the first time, a continuous temperature measurement of a body's core and brain temperature, it allows for continuous and long term measurement and recording of thermal patterns in the human body, without the gaps in measurement that are often associated with other measurement means such as, for example, conventional measurements by oral or anal thermometers. In addition, by applying the teachings of the present disclosure, temperature patterns may be magnified for closer study and a more precise comparison of thermal curves and signatures. As a result, it is possible to obtain accurate and detailed thermal circadian profiles for use in the study of circadian rhythms and the comparison with abnormal cycle results.

[0323] An exemplary disease to be studied using comparisons of thermal circadian profiles is Alzheimer's disease. As shown in studies by the Applicant, human circadian thermal patterns show

a peak in brain temperature during daytime hours and the lowest body temperature around 5 a.m. This pattern reveals an important relationship between brain temperature and sleep cycles that can be used to help identify problems and research potential solutions associated with Alzheimer's disease.

[0324] Alzheimer's disease is a progressive neurologic disease of the brain that leads to the irreversible loss of neurons and dementia. The lesions of Alzheimer's disease begin in the hippocampus, which is adjacent to the temperature control center of the brain, and the internal (intracranial) terminus of ABTT 22. Studying the thermal circadian patterns of Alzheimer's sufferers via the ABTT allowed identifying a link between the sleep dysfunction and the damage to the temperature control center of the brain and body.

[0325] A study by Applicant, in accordance with the present disclosure, was conducted to monitor the body temperature of Alzheimer's patients continuously, using a sensor placed at ABTT target area 20 in order to create a thermal circadian profile. The thermal circadian profiles of Alzheimer's patients revealed a large pattern shift from a normal rhythm so that the lowest temperature was seen in the range of around 9 a.m. and 10 a.m. to 1 p.m., which is about 5-6 hours later than the normal low point. Similarly, the highest temperatures were shifted into the nighttime hours, thus explaining the tendency of Alzheimer's patients to wake in the middle of the night. In addition, it was noted by Applicant that the extent of the shift in the brain thermal circadian profile of a given Alzheimer's patient is nearly proportional to the extent of lesions and the progression of the disease.

[0326] With the creation of a thermal circadian profile for diseases such as, for example, Alzheimer's, the continuous monitoring of thermal circadian rhythms of patients via ABTT 22 can be used to diagnose the onslaught of such diseases effectively. For example, a person who has a genetic history of Alzheimer's disease can begin monitoring his thermal circadian rhythms at an early age and, if a similar shift in the profile occurs, an earlier diagnosis of the disease can be made. Earlier detection of the shift, especially in younger people, may help to identify a predisposition to the disease and allow for earlier treatment that may, in turn, slow progression and control the effects of the disease. In addition, the thermal profile for Alzheimer's disease may enable physicians to better distinguish between Alzheimer's disease and normal or non-Alzheimer's dementia, as well as better judge the extent of the progression of the disease and the lesion in the brain. Since each person's thermal signature may vary slightly, it will also allow researchers and doctors to provide patients with personalized care and treatment based on each person's needs. The embodiments of the present disclosure can aid patients suffering from Alzheimer's by using a novel and noninvasive apparatus that applies thermal energy to the brain (to heat the brain) through ABTT target area 20 and associated vessels, as disclosed herein.

[0327] It should be understood that the apparatus of the present disclosure is not limited to the creation of thermal circadian profiles for Alzheimer's disease, and is applicable and may be used to create the thermal signatures for many different diseases and conditions. Non-limiting examples of other diseases and conditions that may also be diagnosed as well as treated using simple, non-invasive temperature measurements and thermal exchange devices disclosed herein, are hyperthermia, hypothermia, Multiple Sclerosis, breast cancer and other forms of cancer, sleep awareness, dehydration, migraine, pain, Parkinson's disease, Huntington's disease, stroke, Amyotrophic Lateral Sclerosis (ALS), epilepsy, reproductive issues, thyroid dysfunction, depression, seasonal affective disorder, fever, and hormonal dysfunction.

[0328] Traditional treatment for epilepsy consists primarily of seizure-preventing medications. If drugs are not effective, brain surgery is the alternative. The present disclosure can aid patients suffering from epilepsy by using a novel and noninvasive apparatus that applies thermal energy to cool the brain through ABTT target area 20.

[0329] Embodiments of the present disclosure can also help people suffering from insomnia or sleeping problems. Applying cold to ABTT terminus 20 increased melatonin production in the pineal gland. However, a pineal gland that is overstimulated by cold temperature does not release

melatonin. Therefore, the rate of cold applied to ABTT terminus **20** must be regulated. The adequate control of ambient temperature that matches the needs of body temperature, such as during sleeping, has a key effect on metabolism causing improved efficiency of enzymatic reactions that leads to improved mental ability and improved immune response.

[0330] These diseases are mentioned as an example not as a limitation for the use of the present disclosure. The thermal pack can also be used by athletes or any person that needs to cool or warm their core temperature.

[0331] The method of the present disclosure is carried out by activating a thermal sensing device, positioning a sensing element adapted for sensing thermal energy on the skin of ABTT target area **20**, processing thermal data collected by the sensing device into a format that is usable for analysis, analyzing processed data, and storing processed thermal energy data. Further embodiments of the present disclosure can include, but are not limited to, displaying relevant input or data output information on a display, transmitting collected data to a remote device, server, or other output or storage device, alerting a user when threshold temperatures have been surpassed, and communicating said data by wireless or wired means to remote locations including a cell phone, computer, and the like, including using the internet, or any computer network. A processor is configured to record and process the signal (e.g., temperature) received from an ABTT sensor for at least a 24 hour period.

[0332] Any device of the present disclosure may comprise a sensing portion preferably adapted to fit the anatomy of ABTT target area **20**, a controller or processor, a resistor, connectors, a non-transitory memory that is operatively linked to the controller or processor, a communications interface adapted to receive and send data within the controller or processor, and a computer program stored in non-transitory memory that executes in the controller or processor. The components of this embodiment may further comprises a database, wherein data received by the controller or processor may be stored in non-transitory memory as a database, and sorted into predetermined fields, and the database may be capable of graphical representations of the downloaded data. The graphical representations of this embodiment may include, but are not limited to, column, line, bar, pie, XY scatter, area, radar, and surface graphs or charts.

[0333] The processor of the device of the present disclosure is preferably configured to continuously record temperature data gathered by the sensing portion. More preferably, the processor is configured to record a 2 millisecond measurement from the sensing portion every 1 to 2 seconds. The database of the computer processor is preferably configured to arrange the data points in an XY graphical representation for data analysis and storage, so that the data points represent a curve. In the illustrated example using Alzheimer's disease, the measured temperature (represented as a thermal profile and/or thermal curve) is compared to stored thermal profile and/or curve that characterizes the disease being diagnosed. In the case of attempts to diagnose Alzheimer's disease (AD), the processor compares the thermal profile of Alzheimer's (stored) with the measured profile (of the person being tested). In case there is a match based on predetermined characteristics, a variety of reporting are activated based on the information received, and may include: no Alzheimer's Disease (AD) pattern, low risk for AD, high risk for AD, and AD. The same can apply to any other disorder.

[0334] In addition to the diagnosis of diseases according to the pattern of various circadian thermal profiles in a digital library and identifying a shift in normal thermal circadian patterns, the present disclosure also discloses a method for treatment of diseases by applying energy to ABTT target area **20**. In the examples of the present disclosure, thermal energy is often applied to ABTT terminus **20** for treatment of disease, however, it is understood that other forms of energy may also be effectively applied to ABTT terminus **20** for treatment such as, for example, light of any type within the electromagnetic spectrum (e.g., infrared, ultraviolet, visible including fluorescent, radio, gamma, and the like), sound waves, vibration, electrical (including electrical pulses), magnetic, pressure, and the like. Devices delivering such energy forms to ABTT terminus **20** preferably

conform to the dimensions of ABTT terminus **20** for optimizing delivery. This focused method and apparatus disclosed in the present disclosure allows maximizing the benefits of therapy. This approach may also preserve other body areas not configured for receiving such energy therapy thereby reducing side-effects.

[0335] The present disclosure provides a device and method for counteracting the disturbance in sleep pattern caused by damage in the brain in AD by applying thermal energy to the brain through ABTT target area **20** at predetermined times to ensure sleep during the night and wakefulness during day time. The same can be applied to other sleep disorders to assure the user sleep at night and is awake during the day

[0336] The method of the present disclosure provides for the treatment of sleep disturbances associated with Alzheimer's disease describes a pre-scheduled application of thermal energy to ABTT target area **20** to preserve a normal sleep/wake cycle so the patient remains asleep during nocturnal hours and awake during the daytime hours. Since the Alzheimer's thermal circadian profile has its lowest temperature point in the period ranging from 9 a.m. to 12 p.m., the present disclosure allows for the application of thermal energy or heat to the ABTT area to prevent this drop in temperature during this time, thus keeping the patient awake during daytime hours. Similarly, as the temperature rises in the middle of the night indicating a waking period, thermal energy is removed from the ABTT (cooling the body) in order to keep the patient asleep during normal nocturnal hours.

[0337] The method of the present disclosure includes positioning a thermal exchange device (such as a thermoelectric device) adapted for delivery of thermal energy to ABTT target area **20**, applying thermal energy on the surface of the skin of ABTT target area **20** and creating a thermal change in the brain temperature tunnel and, as a result, changing the brain and body core temperature, said delivery of thermal energy including the step of applying heat to the ABTT to increase the temperature of the brain during the day and the step of removing heat (cooling) the ABTT during the night. The method includes a timing device such as clock operatively coupled to a controller to apply or remove heat in accordance with the period of the day. If an electronic device is used for the application/removal of thermal energy, the method further comprises the steps of activation of the device prior to application of thermal energy, sensing the temperature of an area to which thermal energy is applied, processing data gathered by the sensing portion, controlling amount of thermal energy applied to ABTT target area **20**, storing data in a memory. The method includes a processor being adapted to activate the delivery of thermal energy to the ABTT in order to normalize the sleep/wake cycle. This same method and device can be used for treating jet-lag, depression, and sleep disorders.

[0338] In order to carry out the method of the present disclosure, both passive and active-type thermal transfer devices may be used. Examples of thermal transfer devices may include, but are not limited to, cold/hot packs which comprise two layers of material fused together containing therein a substance configured to hold thermal energy such as, for example, polypropylene glycol, ice, or other gels or liquid materials; phase change cooling or heating materials; evaporative cooling or heating materials; and the like. Active-type devices may include, but are not limited to those which directly convert electrical energy into thermal energy for direct application to the skin, or those which are configured to heat or cool air or liquid configured to flow through hoses which deliver and remove thermal energy to or from ABTT target area **20**. It is understood that any acceptable thermal transfer device may be used for this method and for the methods of treating any of the other diseases disclosed herein. In addition, it is understood that a combination of active and passive type devices may be used in order to achieve optimal thermal transfer. Also, it is understood that in addition to ABTT target area **20**, thermal transfer may be carried out with the skin that lies above at least one of any of veins **12**, **14**, **16**, **18**, and **19** that converge in the ABTT target area. It is understood that the device used to treat the sleep disturbance effects of Alzheimer's disease may also be used to carry out other methods described in the present disclosure and

included in the scope of the present disclosure.

[0339] In an exemplary embodiment of the present disclosure, the controller or processor is coupled to a clock or a sensor. When the controller or processor of the device is coupled to the clock, the device is configured to apply or remove thermal energy to/from ABTT target area **20** based on pre-set or predetermined clock settings or a timer. For example, a device designed to keep a patient asleep during nighttime hours will include a controller or processor which is coupled to a clock. Such a device may, for example, be configured to remove thermal energy from the brain between the hours of 3 a.m. and 7 a.m. in order to keep the patient asleep when the patient would normally experience a rise in body temperature and waking. In this exemplary example, the predetermined time may be based on a circadian thermal profile that shows the hours of the night that the patient normally experiences sleep disturbance so that the treatment is customized to the personal thermal profile or curve of the patient. As such, the method and device of the present disclosure provides for a personalized treatment of the sleep disturbance pattern of Alzheimer's disease patients. A device of the present disclosure in which a controller or processor is coupled to a temperature sensor is configured to apply or remove thermal energy once a threshold has been surpassed. In this exemplary embodiment, when used, for example, to keep a patient awake during daytime hours, the controller or processor may be configured to communicate to a heating element to apply thermal energy to ABTT terminus **20** when the sensor provides information that a low-temperature threshold has been surpassed. In an exemplary embodiment, the device is designed to apply the appropriate amount of thermal energy once a sleep disturbance has been detected. It should be understood that the method and apparatus disclosed herein can be used with any other heating or cooling system and other means of measuring body temperature, by combining delivery of heat and cold to the body in accordance with the principles of the disclosure.

[0340] Alzheimer's patients suffer cognitive dysfunction, confusion, delirium, and rapid deterioration after being subject to general anesthesia, with symptoms sometimes lasting for months or years. The basis for pathologic changes causing Alzheimer's disease is a hyperphosphorylation of tau protein. The enzyme phosphatase A2 inhibits hyperphosphorylation of tau proteins. The use of anesthesia induced rapid hyperphosphorylation of tau protein, rapid and prolonged hypothermia, and inhibition of phosphatase A2. In studies by Applicant, reestablishing normal body temperature during anesthesia completely restored tau phosphorylation to normal levels, via heat delivery to ABTT terminus **20** per thermoelectric devices disclosed herein. The changes in the tau phosphorylation were not a result of anesthesia per se, but a consequence of anesthesia-induced hypothermia, which led to inhibition of phosphatase activity and subsequent hyperphosphorylation of tau protein. Also, because allowing the brain of Alzheimer's patients to lower to a critical level causes rapid deterioration, there is a need to monitor and regulate temperature, even in situations other than under general anesthesia.

[0341] Exemplary methods of the present disclosure provide a means of monitoring and controlling brain and body core temperature, thus greatly reducing and potentially eliminating the risk of hypothermia and further deterioration of Alzheimer's disease patients. Exemplary methods of the present disclosure includes the steps of positioning a heating element adapted to deliver heat to ABTT target area **20** and/or associated veins, as described herein, applying heat exclusively to the surface of the skin of ABTT target area **20**, creating a thermal effect in ABTT **22**, and, as a result, affecting or controlling brain (and body) temperature. A further step may include positioning heating device on or over at least one of the veins **12**, **14**, **16**, **18**, and **19**. Exemplary methods may further comprise activating a heating element, providing input settings, sensing temperature of the area to which heat is applied, processing data stored by a sensor, communicating with a control center, regulating the heating element, storing information in a memory, and transmitting information.

[0342] ABTT **22** can also be used to diagnose and treat Epilepsy. Approximately one percent of the population of the industrialized world has epilepsy. Many of those afflicted with epilepsy do not

respond to existing treatments, and must suffer through the constant threat of seizures. Clearly, a novel therapeutic measure to treat epilepsy would be beneficial.

[0343] The present disclosure provides a device and method for the treatment of epilepsy by cooling the brain through ABTT **22**. In the present disclosure, any of the active or passive devices described herein may be used to apply cooling effects or remove thermal energy from ABTT terminus **20** or the vascular system veins **12**, **14**, **16**, and **18** that flow into the brain via ABTT **22**. Similar to the treatment of Alzheimer's disease, cooling may be applied in a manual fashion, applying the cooling of a specified temperature to ABTT terminus **20** for a specified period of time. In addition, treatment may also be automated using processors, controllers, and regulators, which may provide treatment at certain periods of the day, or based on sensor information gathered from ABTT target area **20**.

[0344] Multiple Sclerosis (MS) is another disease that may be treated and diagnosed using ABTT target area **20**. When the body temperature of MS patients rises, deterioration and increased inflammation occur. Currently, cooling vests are used to cool the patient's entire body. However, such conventional devices, may provide too much cooling to the body, leading to pain by causing the skin to be too cold, or may cause the periphery of the body to become too cold causing the brain to overheat as a result. Cooling the ABTT slows progression, treats symptoms, and prevents complications due to epilepsy.

[0345] The present disclosure involves a method of cooling the brain through the cooling of the skin of ABTT target area **20**. Cooling ABTT **22** causes the brain and core temperature to be decreased by simply cooling a localized area, rather than the entire body. Application of heat or cold to ABTT terminus **20** eliminates the need for bulky vests and other clothing and also allows for more control of applied temperature and the length of treatment. Methods and apparatus of the present disclosure may employ any of the embodiments described herein designed to apply cooling effects or remove thermal energy to the brain.

[0346] The devices of the present disclosure for treatment of MS include a controller or processor that is designed to deliver modulated cooling treatment. The controller or processor may be coupled to a sensor and be adapted to detect a rise in temperature and to counteract the effects of the rise. In addition, the controller or processor may be on a timer, to begin cooling treatment when a patient wakes in the morning, which is when a spike in temperature occurs.

[0347] ABTT target area **20** may also be monitored using a sensing device, in order to monitor the progression of the disease and allow doctors to create a personalized and detailed plan of treatment.

[0348] Treatment through ABTT **22** may also be used to treat or prevent breast cancer by increasing melatonin production by the pineal gland via brain cooling. ABTT **22** may offer a new therapeutic tool for prevention and treatment of breast cancer by modulating melatonin production by acting on the sleep-wake cycle.

[0349] Application of various devices to the ABTT terminus **20** increases melatonin production by reducing light transmission through ABTT **22** or by reducing temperature (for prevention and therapy of breast cancer, and other cancers).

[0350] Exemplary apparatuses for application of thermal energy on ABTT terminus **20** are discussed herein. These embodiments are illustrations and do not in any way limit the scope of the disclosure.

[0351] FIG. **56** shows an exemplary passive adhesive heat exchange device in the form of a patch in accordance with an exemplary embodiment of the present disclosure, indicated generally at **838**. Heat exchange device **838** includes a thermally retentive substance, such as substance **36**, positioned to deliver heat to, or remove heat from, ABTT terminus **20**. In the exemplary embodiment of FIG. **56**, heat exchange device or patch **838** includes thermally retentive material in a region or portion **840** that extends for a distance over the location of superior palpebral vein **14**, which is particularly beneficial in providing heat to ABTT terminus **20** or removing heat from ABTT terminus **20**. Region **840** may, as shown in the exemplary embodiment of FIG. **56**, be larger

than ABTT terminus **20**, but needs to be at least partially in a region **848** bounded by eyebrow **842**, nose **844**, and eye **846** where ABTT terminus **20** is located. Region or portion **840**, though shown in phantom lines in FIG. **56** as an elongated kidney shape, can be other shapes, such as elliptical, polygonal, etc., as long as region **840** substantially overlaps ABTT terminus **20**, and in the embodiment of FIG. **56**, superior palpebral vein **14**. In the context of this disclosure, an exemplary overlap of region **840** with ABTT terminus **20** is at least 80%, though an overlap as low as 50% can still provide a therapeutic heat transfer in some situations. The goal in every case should be 100% overlap of ABTT terminus **20**. FIG. **56A** shows a similar shape and configuration of device **838** of FIG. **56**, but the thermally retentive material is replaced by a plurality of thermoelectric devices **839**.

[0352] FIG. **60** shows another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, and indicated generally at **850**. Active thermal exchange device **850** includes a convex surface **852** configured to mate with ABTT terminus **20**, which thus provides a preferable contact with ABTT terminus **20** for thermal exchange. Active thermal exchange device **850** further includes an electric or electronic heater **851**, which is shown as a resistive heater in FIG. **60**. Resistive heater **851** is connected to a power supply **853**, which may be positioned in a plurality of locations, such as a wearable item, or as a standalone device connected to device **850**.

[0353] FIG. **61** shows yet another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **624**. Thermal exchange device **624** includes features similar to heat exchange device **622** shown in FIG. **59**, including a left portion **628**, a right portion **632**, and a strip of material **636** connecting left portion **628** and right portion **632**. A heating or cooling apparatus located in thermal exchange device **624** is powered by a power supply **637** that may be, for example, batteries, which can be located in a plurality of locations, including a wearable item such as a hat **639** or any head gear or neck gear.

[0354] FIGS. **62** and **63** show another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **996**. Thermal exchange device **996** includes a housing **998** that includes a convex surface **1000** configured to follow the geometry of the skin of ABTT terminus **20**, which provides the most effective contact for heat exchange with ABTT terminus **20**, and may include any of the nodes containing thermoelectric device described elsewhere herein. Thermal exchange device **996** further includes two housings **998** for contact with both ABTT terminuses **20**. Thermal exchange device **996** further includes a transceiver **1009** located in a curvilinear frame **1006** of a frame **1002** supporting curvilinear frame **1006** and housings **998**. Frame **1002** is configured to be supported on a head **1010** by a single ear **1008** and a nose **1012**. In this embodiment, thermal exchange device **996** has a dual support ear and nose. In another embodiment, frame **1002** extends to a second ear and frame **1002** is supported on both sides of head **1010**. Active thermal exchange device **996** includes an electrically operated heating apparatus (not shown), operated by a power supply **1007** positioned in curvilinear frame portion **1006** or separate from active thermal exchange device **996**. Active thermal exchange device **996** may further include a thermoelectric device **1004** in the end of the ear-wrapping portion for thermal exchange with vessels behind the ear.

[0355] FIGS. **68** and **69** show details of another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **868**. Device **868** includes an active cooling and/or heating apparatus **869** positioned to heat and/or cool ABTT terminus **20**. Device **868** includes a frame **871** to support apparatus **869** and the other elements of device **868**. Frame **871** is supported partially by an ear **873** of a subject **875**. An end **877** of frame **871** is formed with a C-shaped geometry that approximately matches the unique geometry of the area around ABTT terminus **20**. The C-shaped geometry or arrangement is configured to fit close to a corner **870** of an eye **872**. The C-shape provides several benefits, including ease of properly locating device **868**, clearance with corner **870** of eye **872**, and a geometry that provides optimal

contact with ABTT terminus **20**. Though delivery device **868** may be formed overall in a C-shape, it should be noted that only one side or edge of delivery device **868**, such as a side or edge **874** closer to eye **872** than a side or edge **876** further from eye **872**, may be formed as a C-shape. [0356] Device **868** includes a bulb **879** positioned at an end **885** of frame **871** that is opposite end **877**. Bulb **879**, which is easily removable from end **885** of frame **871**, is configured to include a cooled or heated thermally retentive substance or material **881** for heating or cooling of the retroauricular blood vessels located behind ear **873**, which, though insulated by fat, provides some thermal transfer to a head **883**.

[0357] In the embodiment of FIG. **59**, thermal exchange device **622** includes resistive heaters **627**, which, in another embodiment, are thermoelectric devices, controlled by a power supply **629** and ambient temperature sensor **641**. Thermal exchange device **622** also includes a sensor **631** for measuring the temperature of device **622**, a controller **643**, and a transmitter **633** for communicating with a separate or remote electronic device **635**, such as a cell phone, tablet, laptop, computing device, etc. Ambient temperature sensor **641** transmit temperature data to controller **643** that is operatively coupled with the thermoelectric device to increase or decrease heating or cooling based on the ambient temperature.

[0358] FIG. **64** shows an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **654**. Device **654** includes a handle **656** and thermal exchange pads **658** for contact with ABTT terminus **20**. Device **654** further includes a controller **655** for operating thermal exchange device **654**, a transmitter **657** for communicating with a remote electronic device **659**, such as a cell phone, and a power supply **661**, all of which are located in handle **656**.

[0359] FIG. **65** shows a further active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, and indicated generally at **1014**. Active thermal exchange device **1014** is configured as frames **1016** to support eyeglasses **1018**. Device **1014** includes an electrically operated heat exchange device **1020**, such as a thermoelectric device or resistive heater, a sensor **1022** configured to measure the temperature of heat exchange device **1020**, a display **1024** for displaying information related to device **1014**, a battery **1026** to operate the features of device **1014**, ear phones **1028** for sound content related to display **1024** or other portions of device **1014**, a processor or controller **1030**, and a transmitter **1032** configured to communicate with a separate electronic device **1034**, such as a cell phone, laptop, tablet, etc. Device **1014** may also include a connector **1036** to connect device **1014** to an external power supply **1038**. Heat exchange device **1020** may include thermoelectric devices contained in the frame of eyeglasses and in the nose pads of eyeglasses.

[0360] FIG. **36** is a view of yet another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **1188**. Device **1188** includes a frame **1190**, which further includes a plurality of upper lens rims **1053**, a plurality of nose pads **1055** configured to contact a user's nose to support device **1138** on the user's face, and a nose bridge **1051** positioned, located, or elevated above upper lens rims **1053**. Nose pads **1055** are each configured to include an extension **1057**. Nose bridge portion **1051** includes a thermoelectric device **1059** that is in apposition with at least a portion of supraorbital veins **16** and frontal veins **12**. Each extension **1057** includes a thermoelectric device **1061** that is in apposition with at least a portion of angular vein **18** and may also be in apposition with at least a portion of facial vein **19**. Extension **1057** may be configured to include an apparatus, mechanism, or device to provide or maintain contact of extension of **1057** with the skin of a user or subject. For example, extension **1057** may include a material with memory configured to provide force against the user's skin.

[0361] It should be understood that all of the aspects of the disclosed embodiments and examples presented herein may comprise a sensor, a resistor, connectors, a thermistor, a controller or processor, a non-transitory memory that is operatively linked to the controller or processor, a communications interface adapted to receive and send data with at least the controller or processor,

and a computer program stored in non-transitory memory that executes in the controller or processor. The controller or processor of this embodiment may further comprises a database, wherein data received by the controller or processor may be stored in non-transitory memory as a database, and sorted into predetermined fields, and the database may be capable of graphical representations of the downloaded data. The graphical representations of this embodiment may include, but are not limited to, column, line, bar, pie, XY scatter, area, radar, and surface.

[0362] The aspects of the disclosed embodiments may also comprise a display, such as an alphanumeric display, including, but not limited to, a liquid crystal display (LCD), a plasma display panel (PDP), and a field emission display (FED). In an alternate embodiment, the apparatus comprises an audio display that may be provided with an audio source comprising recorded audio clips, speech synthesizers, and voice emulation algorithms to report, for example, user settings and current brain temperature audibly. Other display or reporting apparatuses, devices, and mechanisms may comprise an alarm, an indicator light, and other electronics configured to alert a user when the temperature is above or below a threshold temperature. It should be understood that the alert or alarm may be visual, auditory, or vibrational.

[0363] The apparatus of the present disclosure may also comprise a communications interface adapted to transmit data captured by the apparatus to a separate or remove computer system. In such embodiments, the communications interface selected may be any suitable interface, including, but not limited to, a serial, parallel, universal serial bus (USB), FireWire, Ethernet, fiber optic, co-axial, and twisted pair cables. In a further embodiment, the apparatus, device, or mechanism may also comprise a transmitter adapted to transmit temperature measurement data to a remote computer processor or user. A remote computer processor may be a cellular or wireless handheld device, personal computer, internet database, or the like.

[0364] FIG. 70 shows another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **708**. Device **708** is configured to measure the temperature of one ABTT terminus **20** while applying heat to or removing heat from a second ABTT terminus **20** on the same subject or patient. Device **708** includes a support layer **716**; a sensor **710** positioned on support layer **716** that is configured to be positioned to contact ABTT terminus **20** to measure the temperature of associated ABTT terminus **20**; an adhesive layer **712** located under support layer **716** for securing device **708** to the region of the face near ABTT terminus **20**; an electric cooling and/or heating device **714**, which in an exemplary embodiment is a reversible thermoelectric cooler/heater; and circuitry **720**. Circuitry **720** may include, for example, a controller or processor **721**, a transmitter **723**, and a power supply **725**. Device **708** may be connected to a separate external power supply **727** by a cable or wire **729**. FIG. 71 shows a device **708a** that works as a clip, as compared to the adhesive-based device **708** of FIG. 70, and includes a spring-like means **731** and two arms **733** and **735**, arm **733** includes a housing **737** that contains a sensor **739** and arm **735** includes a housing **741** that contains a thermoelectric device **753**. Arm **733** further includes a module **743** that includes a transmitter and processor, operatively coupled to a remote device **755** such as a computer or cell phone. Arm **735** includes a power supply **745** and an LED **747**. At the end of arm **733** and **735** are pads **749** and **751** for anchoring device **708a** to a nose (not shown).

[0365] FIG. 71A shows another thermal exchange device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **708b**. Clip-based device **708b** is similar to device **708a** that includes spring mechanism **767**, but also includes two adjustable arms **757** and **759** connected to a bridge portion **761** of device **708b**, and a wire **769** connected to a power supply **771**. Adjustable arm **757** allows positioning a sensor module **763** in ABTT target area **20**, and adjustable arm **759** allows positioning thermoelectric device **765** in the opposite ABTT target area **20**.

[0366] FIG. 72 shows a thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **1056**. Thermal exchange device **1056** includes a

support structure **1060** on which the other elements of device **1056** are positioned. Support structure **1060** may be positioned on a head **1062** of a subject **1064** and retained on head **1062** by an adhesive, or an apparatus, device, or mechanism **1066**, which may be, for example, a hat, a headband, a support device, fasteners, hook and loop, etc. Device **1056** includes heated or cooled pads **1058** positioned to contact one or both ABTT terminuses **20**. Pads **1058** are heated or cooled prior to installation on device **1056**. It should be understood that pads **1058** may include extensions as shown in FIG. **97** for apposition against angular vein **18** as well as thermally retentive material in support structure **1060** for apposition against frontal **12** and supraorbital vein **16**. Device **1056** further includes an LED **1081** and temperature sensors **1068** positioned to measure the temperature of pads **1058**. Support structure **1060** may include temperature sensors to measure temperature of the skin at ABTT terminus **20**. In the exemplary embodiment of FIG. **72**, device **1056** includes a plurality of electronics, for example a controller or processor **1083** and a transmitter **1070** configured to communicate with a device, either by wire or wirelessly, such as, for example, a first separate electronic device that may be a cell phone, and a second separate electronic device that may be an appropriately configured watch.

[0367] Thermal exchange device **1056** is configured to apply a specific predetermined temperature to each ABTT terminus **20**, which may be either positive (hotter) or negative (colder) than the equilibrium temperature of ABTT terminus **20**, which in an exemplary embodiment is the nominal “normal” temperature of ABTT terminus **20**. The temperature is applied for a predetermined period, and then pads **1058** are allowed to cool or warm. By measuring the temperature rise or increase rate, or the temperature decay or decrease rate, a medical condition of subject **1064** can be determined. The length of time of measuring the rise rate or decay rate is dependent on the condition or conditions being diagnosed. For some conditions, the measurement time can be as short as seconds, for example 15 to 20 seconds to determine hypothermia or hyperthermia, to many minutes for other conditions. FIGS. **73** and **74** show exemplary temperature rise rate curves indicative of conditions of a subject. FIG. **73** indicates a nominal or statistically normal condition of a healthy patient. FIG. **74** is a temperature rise rate curve of a subject or patient with a non-normal medical condition indicative of a non-normal hyperthermic cerebral state. The patient of FIG. **74** would be considered to be in need of medical treatment on the basis of the temperature rise rate curve.

[0368] The power of device **1056** is greater when temperature rise and decay rates are measured over time, establishing an initial baseline and comparing subsequent measurements with the baseline. Such comparison measurements enable early detection of certain medical conditions that may take years or even decades to be manifest in a clinical examination or by conventional diagnostic techniques and apparatus.

[0369] FIG. **75** shows an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **1076**. Device **1076** is similar to device **1056**, except that the pads are actively heated or cooled. Device **1076** includes a support structure **1078** and actively heated or cooled pads **1080**. It should be understood that actively heated or cooled pads **1080** may include extensions as shown in FIG. **97** containing thermoelectric devices for apposition against angular vein **18** as well as thermoelectric devices in support structure **1078** for apposition against frontal **12** and supraorbital vein **16**. Device **1076** provides a capability similar in many ways to device **1056**, except that the ability to vary the peak temperature with time to create different temperature “impulses” provides significant capability in measuring the response of ABTT **22**, and ultimately, the brain, to positive or negative thermal stimuli. Such response provides an indication of a medical condition of the subject or patient. As one example, FIG. **76** shows a curve (a) that is nominally or statistically normal, and a curve (b) that is indicative of a potentially serious medical condition that would typically be considered to require medical treatment.

[0370] Thus, while the generic application of heat and cold to ABTT terminus **20** provides benefits

from the perspective of treatment of various medical conditions, applying thermal impulses or applying a cold object to ABTT terminus **20** and measuring the resulting temperature curve of the device applying the heat or cold, provides a powerful, fast, non-invasive, diagnostic tool and apparatus for evaluating progression and severity of a medical condition. In addition, the effectiveness of drugs is measurable by using this apparatus.

[0371] FIG. **77** shows an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **768**. Device **768** includes a frame **770**, which is configured similar to eyeglass frames. Frame **770** supports an active thermal device, mechanism, or apparatus **772**, which in an exemplary embodiment is a resistive heater **774** surrounded by an insulating material **776**. Active thermal apparatus **772** is positioned on frame **770** by a flexible support **778**, which permits adjusting the position of resistive heater **774** to align with ABTT terminus **20**. Device **768** further includes one or more electronic components, such as a power supply **780** to provide power to operate resistive heater **774**, and a transmitter **782** for communicating wirelessly with a separate electronic device **784**, such as a cell phone, watch, laptop, tablet, or the like, to provide control of device **768**. Active thermal apparatus **773** has a body **797** connected to an adjustable arm **778**, said body **797** having preferably a cylindrical configuration as shown in FIG. **78A** and may include a thermoelectric device **775** instead of resistive heater to allow applying or removing heat from the ABTT **20**. A preferred length **777** of body **797** of active thermal device **773** is equal to or less than 40 mm, and preferably equal to or less than 25 mm, and more preferably equal to or less than 15 mm, and most preferably equal to or less than 10 mm, and even most preferably equal to or less than 7 mm, including a range of 7 mm to 40 mm. A preferred diameter **779** of body **797** of active thermal device **773** is equal to or less than 20 mm, and preferably equal to or less than 15 mm, and more preferably equal to or less than 10 mm, and most preferably equal to or less than 5 mm, and even most preferably equal to or less than 2.5 mm, including a range of 2.5 mm to 20 mm. A preferred length **795** of adjustable arm **778** is equal to or less than 50 mm, and preferably equal to or less than 40 mm, and more preferably equal to or less than 30 mm, and most preferably equal to or less than 20 mm, and even most preferably equal to or less than 10 mm, including a range of 10 mm to 50 mm. It should be understood that preferred dimensions disclosed herein apply to any of the embodiments of present disclosure.

[0372] FIG. **79** shows an active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **786**. Device **786** includes a frame **788** in which is located one or more thermoelectric devices **790**. It should be understood that that resistive heaters or any other active (or passive) thermal exchange device can be used instead of thermoelectric devices. Frame **788** is configured to include a plurality of electronic components, such as a power supply **792**, a controller or processor **794**, and a transmitter **796** for communication with a separate electronic device **798** such as a cell phone or computing device. Frame **788** further includes a connector **800** for connection to an external power supply, controller, or other electronic device **802**. Device **786** is configured to radiate heat to the skin, or to remove heat over superior palpebral vein **14**, shown in the stylized view of FIG. **80**. It should be understood that in another embodiment, thermoelectric devices can be positioned along frame **788** to cool the air adjacent to the skin over superior palpebral vein **14**. Such an embodiment is particularly beneficial when using the embodiment in the presence of flowing air, such as when running and air is flowing onto the face of the runner. The cool air from frame **788** then flows toward the face of the runner, including superior palpebral vein **14** and ABTT terminus **20**. Frame **788** may also include along the areas containing thermoelectric devices **790** a hood **1001** along the inferior edge of lens rim **1003** to keep cold or hot air in the region of the superior palpebral vein **14**. FIG. **79A** is a schematic view of hood **1001** creating air pockets **1003** showing thermoelectric device **790** applying heat to or removing heat from the vein **14**, and forming a thermal environment bounded by hood **1001**, thereby augmenting the thermal effect of device **790**.

[0373] FIGS. **80A** and **80B** show a thermal exchange device in accordance with another exemplary embodiment of the present disclosure, indicated generally at **804**. Device **804** includes a frame **806** on which is positioned one or more thermoelectric devices **808**. Thermoelectric devices **808** extend between frame **806** and a face **810** of a subject **812** to contact skin **814** over superior palpebral vein **14**, providing cooling to vein **14**. Thus, when the brain of subject **812** is warm, cooled blood will flow from vein **14** into ABTT **22**, and then into the brain of subject **812**, along with any additional cooling provided at ABTT terminus **20** by thermoelectric devices **808**. It should be understood that frame **806** can include an extension (not shown) that positions thermoelectric device **808** above the eyebrow of subject **812** to contact the skin of the forehead over the supraorbital vein **16** and frontal vein **12**, and/or an extension (not shown) that positions thermoelectric device **808** along the side of the nose of subject **812** to contact the skin over angular vein **18** and facial vein **19**, to increase thermal effect to the brain. FIG. **80B** shows device **804** in direct contact with skin **814** for optimal thermal effect via conduction for cooling the vessel underneath, illustrated herein as vein **14**.

[0374] FIG. **81** is a view of a further active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated at **886**. Device **886** is configured as goggles that include a frame **888** and at least partially transparent plastic, glass, or the like **890**, which may be configured as clear or tinted lenses. Device **886** further includes extensions **892** that are positioned to follow the path of angular veins **18** approximately, along with nodes or pads **894** for contacting ABTT terminus **20**. Device **886** further includes a plurality of thermoelectric heaters/coolers **896** positioned in one or more locations along frame **88**, which can include extensions **892** and nodes **894**, for cooling or heating of superior palpebral veins **14**, angular veins **18**, and ABTT terminus **20**. In addition, device **886** may also cool supraorbital veins **16** depending on the size of device **886**, and can also cool a portion of frontal veins **12**. Device **886** may also include an electronic module **1011** containing memory, processor, and circuitry connected by a wire **1017** that runs along a band **1019** to connect with a second module **1013**, said module including a wireless transceiver to communicate with a remote device (including a computing device, cell phone, and the like). A transceiver in module **1013** is adapted to receive signals from a remote device **1015** and to transmit signals to remote device **1015**. Remote device **1015** can include a cell phone, watch or any computing device containing instructions for adjusting the amount of heat applied or removed by a thermoelectric device. Device **886** may further include a display to show the temperature at ABTT terminus **20**, the temperature of thermoelectric devices, or any other information or data, including data received from the internet or from remote device **1015**. Device **886** may include a camera **1021** that is particularly useful by military or firefighters using device **886** to cool and that need to report visually ambient conditions to a remote station, and a microphone **1023** for oral commands of device **886** or for recording in a recorder (not shown). Device **886** further includes a speaker **1023**, said speaker may include ear phones, or other display or means to alert to various conditions, such as suitability for operation and error conditions, etc. It should be understood that any of the components described for device **886** can be integrated in any and all of the embodiments of the present disclosure. While device **886** may include one or more power supplies, because device **886** is likely to be used for an extended period, device **886** includes a connector **898** for connecting the various electronic elements of device **886** to an external power supply (not shown).

[0375] FIG. **82** is a view of yet another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **680**. Device **680** includes a frame **682**, in or on which are located one or more sensors **684**. Sensors **684** are positioned to contact ABTT terminuses **20** for measurement of the temperature of ABTT **22**. Device **680** further includes thermoelectric coolers/heaters **686** positioned in or on frame **682** and located or positioned to provide cooling to the retroauricular vein located behind the ear. Additionally, thermoelectric coolers/heaters **688** may be positioned along frame **682** to provide cooling/heating to superior palpebral vein **14**, and some portions of supraorbital vein **16** and frontal vein **12**. As with other

embodiments, device **680** includes a plurality of electronic devices positioned on frame **682**, such as a controller or processor **690**, a transmitter **692** for communication with a separate electronic device **696**, and one or more power supplies **694**. As with other embodiments, device **680** may include a connector (not shown) to provide power and/or control by an external power supply and other electronic devices.

[0376] FIG. **83** shows yet another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure and indicated generally at **667**. Delivery device **667** includes a pair of glasses **668** with a first or left side frame **670** and a second or right side frame **672**, which are configured to connect to each other by way of a removable and exchangeable nose piece **674**. Removable nose piece **674** has two horn-like projections **669** and **671** in the right and left side respectively, and includes an active heating and cooling device **676** configured in a location that places heating and cooling device **676** in contact with the skin between the eyebrows and about up to 5 mm above the upper edge of the eyebrow in order to overlies the region of frontal vein **12** and supraorbital vein **16**. Removable nose piece **674** includes an active heating and cooling device **673** configured in a location that places heating and cooling device **673** in contact with ABTT terminus **20**. Lower extensions **675** of removable nose piece **674** include an active heating and cooling device **677** configured to be positioned in a location that places heating and cooling device **677** in contact with the skin along to side of the nose in order to overlies at least a portion angular vein **18**. Device **667** further includes active heating and cooling devices **678** at an end of frames **670** and **672** for cooling of the retroauricular vein behind the ear. Removable nose piece **674** is configured to connect left frame **672** to right frame **670** and to support left frame **672** and right frame **670** as an assembly, pair of glasses **668**. Removable nose piece **674** further includes electrical connectors **698** for connection with mating connectors **700** located in left frame **672** and right frame **670**. Device **667** further includes a plurality of electronics located in left frame **672** and right frame **670**, such as a transmitter, transceiver, or receiver **702**, which is configured to communicate with a separate electronic device **704**, and a power supply **706**, though power may be provided to device **667** by an external device through a wired or wireless connection (not shown). In another exemplary embodiment, nose piece **674** can be cooled or heated prior to installation in device **667**, and thus device **667** can also be configured as a passive heating or cooling device. In yet another exemplary embodiment, nose piece **674** can be configured without any heating or cooling features, and thus eyeglasses **668** can include configurations with and without heating capabilities.

[0377] FIG. **84** shows another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **642**. Device **642** incorporates one or more thermoelectric coolers/heaters or resistive heaters **644**. Device **642** further includes a plurality of first longitudinal extension **646** for configured to provide cooling or heating to at least a portion of frontal vein **12** and supraorbital vein **16**, a second transverse or horizontal extension **648** configured to provide cooling or heating to ABTT terminus **20**, and a third longitudinal extension **649** configured to provide heating or cooling to angular vein **18**.

[0378] FIG. **85** shows another active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **730**. Device **730** includes a frame **732** and a separate nose piece **734** removably connectable to frame **732**. Separate nose piece **734** includes one or more thermoelectric heating/cooling devices **736** positioned to provide cooling to ABTT terminus **20**, along with a connector **738** for interfacing with a mating connector **740** positioned on frame **732**. It should be understood that nose piece **734** may also be resistively heated, or heated or cooled prior to installation and may include passive heating or cooling using thermally retentive material such as a gel in pouches to fit the anatomy of the ABTT **20**. Further, nose piece **734** may be replaced by a nose piece that provides no heating or cooling. As with other embodiments, device **730** includes a plurality of electronics **742**, which can include a transmitter **744** for communication with a separate electronic device **746**.

[0379] Some of the various devices described herein include thermoelectric devices configured to

heat or cool ABTT terminus **20**. Such devices can be sized to be larger or smaller than ABTT terminus **20**. Making such a device larger typically decreases positional sensitivity, but increases the power required to drive the cooler. Thus, there is a tradeoff between size of a thermoelectric devices and power. FIG. **86** is a view of an envelope **742** for exemplary thermoelectric device. In an exemplary embodiment, the X and Y dimensions can be less than or equal to 10 mm by 10 mm, or less than or equal to 10 mm in diameter. In another exemplary embodiment, the X and Y dimensions can be less than or equal to 7 mm by 7 mm, or less than or equal to 7 mm in diameter. In another exemplary embodiment, the X and Y dimensions can be less than or equal to 5 mm by 5 mm, or less than or equal to 5 mm in diameter. In another exemplary embodiment, the X and Y dimensions can be less than or equal to 3 mm by 3 mm, or less than or equal to 3 mm in diameter. In another exemplary embodiment, the X and Y dimensions can be less than or equal to 2 mm by 2 mm, or less than or equal to 2 mm in diameter. The Z dimension is typically established by the needs of fabrication of the thermoelectric devices. For many of the embodiments described herein, the Z dimension is relatively unimportant and can virtually any dimension that would be anticipated from a thermoelectric device. However, for some embodiments, for example, those positioned in the frames or nose pieces of eyeglasses, the thickness or Z dimension of a thermoelectric device is more important. An exemplary Z dimension or thickness of a thermoelectric device is less than or equal to 17 mm. Another exemplary Z dimension or thickness of a thermoelectric device is less than or equal to 10 mm. Yet another exemplary Z dimension or thickness of a thermoelectric cooler is less than or equal to 6 mm. In another exemplary embodiment, the Z dimension or thickness is less than 4.5 mm. In yet another exemplary embodiment, the Z dimension or thickness is less than 3 mm, with this dimension generally being desirable for most embodiments where the thermoelectric device is embedded in a frame of some type.

[0380] Thermoelectric coolers described herein may be positioned in a variety of configurations, depending on application. For example, FIG. **87** shows a cross-sectional view of a thermoelectric device **744** positioned in a frame, support, nose piece, plastic band, flexible strap, etc., **746**. FIG. **88** shows thermoelectric device **744** positioned in another frame, support, nosepiece, etc., **748**. As can be seen by comparing FIG. **87** to FIG. **88**, a distance **750** from a bottom **752** of thermoelectric device **744** to an exterior surface **754** of frame **746** can be significantly more than a distance **756** from bottom **752** of thermoelectric device **744** to an exterior surface **758** of frame **748**. The difference between these two configurations is that the greater the distance from bottom **752** to an exterior surface of a support or frame, the more heat from thermoelectric device **744** spreads, and the longer it takes for heating to occur. However, in some circumstances, the spread of heat may accommodate some misalignment with ABTT terminus **20**, and reduces the rate of heat buildup, which may be advantageous in some therapeutic applications of heat and cold to ABTT terminus **20**. The structure containing thermoelectric devices in many embodiments I configured to be deformable, flexible, bendable, etc., and can be configured to include a sponge or foam for better comfort and apposition to the skin.

[0381] As shown in FIG. **89**, thermoelectric device **744** may also be positioned such that bottom **752** is contiguous with a curvilinear surface **760** of a support, frame or nose piece **762**, which provides relatively localized heating or cooling as compared to the configurations of FIGS. **87** and **88**. FIG. **90** is a view of yet another configuration, in which thermoelectric device **744** is fully embedded or surrounded by a support, frame, or nose piece **764**, thus capturing all heat generated by thermoelectric device **744** and conferring the benefits of the configurations of FIGS. **87** and **88**.

[0382] FIG. **91** is a view of a further active thermal exchange device in accordance with an exemplary embodiment of the present disclosure, indicated generally at **816**. Device **816** includes a support structure **818**, which in the exemplary embodiment of FIG. **91** is a headband. Device **816** further includes a thermoelectric apparatus **820** configured to be positioned on an ABTT terminus **20**. Thermoelectric apparatus **820** is configured to be attached by a wire or cable **822** to support

structure **818**. Support structure **818** is configured to include a plurality of electronics **824**, including a transceiver, transmitter, or receiver **826** for communication with a separate electronic device **854**. Other electronics can include a controller or processor, a power supply, and an audio amplifier **858** for providing signals to one or more earphones **860**, which permits audio communication by device **816** to a user. As shown in FIG. **91A**, thermoelectric apparatus **820** may include a thermally retentive substance or material **856** configured to surround a thermoelectric device **862**.

[0383] While various embodiments of the disclosure have been shown and described, it is understood that these embodiments are not limited thereto. The embodiments may be changed, modified, and further applied by those skilled in the art. Therefore, these embodiments are not limited to the detail shown and described previously, but also include all such changes and modifications.

Claims

1. A device configured to control a temperature of a brain of a user, comprising: a support structure configured as a mask that includes: a main body having an ocular structure with openings encircling eyes of a user to allow a user to see while wearing the support structure; and two extensions attached to the main body that extend on opposite sides of a nose of a user in a direction along an angular vein on a face of a user to a point below the nose of the user, the two extensions having opposing straight sides; wherein the support structure contains therein a thermally retentive substance configured for cooling or for heating of skin and a brain core of the user, and wherein the support structure includes one or more pouches arranged on a portion of the main body and configured to allow the one or more pouches to cover at least one Abreu brain thermal tunnel (ABTT) terminus located between an eyebrow and a bridge of the nose of the user.
2. The device of claim 1, wherein the thermally retentive substance is a gel.
3. The device of claim 1, wherein the thermally retentive substance comprises propylene glycol, glycerin, water, sodium polyacrylate, benzoate of soda, hydroxibenzoate, ammonium nitrate, iron powder, activated carbon, vermiculite, salt and mixtures thereof.
4. The device of claim 1, wherein the opposing straight sides of the two extensions are parallel to each other.
5. The device of claim 1, wherein the device includes a strap configured to allow the device to be fastened to a head of a user.
6. The device of claim 5, wherein the strap is comprised of an elastic material.
7. The device of claim 1, wherein the two extensions each include a weighted portion at a terminal distal end furthest from the main body, and the weighted portion is comprised of a material that is heavier than other portions of the two extensions.
8. The device of claim 1, wherein the two extensions each include an adhesive substance arranged at a terminal distal end furthest from the main body, and the adhesive substance is configured to allow the extensions to adhere to skin of the user.
9. The device of claim 1, wherein the two extensions extend down a face of the user to a jawbone of the user and loop around a head of the user underneath ears of the user.
10. The device of claim 1, wherein the one or more pouches is comprised of a material that is moldable, deformable, and flexible at a temperature in a range of -10°C. to 50°C.
11. A device configured to apply heat or cold to an Abreu brain thermal tunnel (ABTT) terminus, the device comprising: a support structure configured as eyeglass frames; and a resistive heater positioned on the support structure, the resistive heater being positioned to heat a portion of the support structure that extends along a superior palpebral vein when the support structure is worn by a user and the resistive heater being configured to provide thermal exchange with the superior palpebral vein when the support structure is worn by a user, wherein the resistive heater is shaped

to extend along the superior palpebral vein at least to a point positioned vertically above a pupil of an eye of the user.

12. The device of claim 11, wherein the eyeglass frames including a nose piece, the resistive heater is positioned in the nose piece, and the nose piece is removable from the eyeglass frames.

13. The device of claim 12, wherein the eyeglass frames include a left portion and a right portion, and the left portion and the right portion are connected to each other through the nose piece.

14. The device of claim 11, wherein the eyeglass frames include a connector, and power to the device is provided by an external power source.

15. The device of claim 11, wherein the resistive heater and a heated portion of the support structure extend at least half a width of an eye of the user when the support structure is worn by the user.

16. The device of claim 11, wherein a position of the resistive heater and a heated portion of the support structure limits stimulation of peripheral receptors when the support structure is worn by the user.

17. The device of claim 11, further comprising: a power supply configured to supply power to the resistive heater; and a transmitter configured to communicate wirelessly with a separate electronic device.

18. The device of claim 17, wherein the separate electronic device is at least one selected from the group consisting of a cell phone, a watch, a laptop, and a tablet.

19. The device of claim 11, further comprising: a flexible support configured to hold the resistive heater on the support structure, wherein the flexible support allows for a position of the resistive heater to be adjusted on a face of the user along the superior palpebral vein.

20. The device of claim 11, wherein the resistive heater comprises a body connected to an adjustable arm, the body having a cylindrical configuration.
