

Method		Real-Time	Accurate	Convenient	Low-Cost	
Proteins (<i>in vitro</i>)	Hydrogel opacity	✓	?	✓	✓	
	Structural analysis (UV/VIS, DLS, SEC, FTIR)	✗	✓	✗	✗	
Cells (<i>in vitro</i>)	Assays	✗	✓	✗	✗	
	Thermal dose (Arrhenius, CEM, two-state)	✓	?	✓	✓	
Tissue (<i>in vivo</i> and <i>ex vivo</i>)	Thermal Dosimetry	Invasive thermometry	✓	✓	✗	✓
		Ultrasound thermometry	✗	✗	✓	✓
		MR thermometry	Trade-off (one but not both)		✓	✗
	Direct Physical Indicators	Histology	✗	✓	✗	✗
		Stiffness change and conventional elastography	✗	✗	✗	✓
		Blanching	✗	✓	✗	✓
	Acoustic Methods	Hyperecho	✗	✗	✗	✓
		Acoustic property tracking	✗	✗	✓	✓
		Vibroacoustography and radiation force elastography	✗	✗	✓	✓
		Shear-wave elastography	✓	✓	✓	✗