(a) convey light from a source through a light guide having a distal end that is disposed adjacent to the region of interest;

(b) automatically moving the distal end of the light guide in a desired scanning pattern in response to a scanning signal; and

(c) scanning the region of interest with light directed at the region of interest through the distal end of the light, directing the light at the region of interest in said scanning pattern.

63. The method of claim 62, wherein the step of scanning comprises the step of causing the distal end of the light guide to move so that the light emitted from the light guide scans over the region of interest in two generally orthogonal directions.

64. The method of claim 62, wherein the step of scanning comprises the step of causing the light guide to move so that the light emitted from the light guide scans over the region of interest in a helical arc.

65. The method of claim 62, wherein the step of scanning comprises the step of causing the light guide to move so that the light emitted from the light guide scans the region of interest in one of:

(a) generally concentric circles of different radii; and

(b) a propeller scan mode.

66. The method of claim 62, further comprising the step of mounting the lens at a distal end of the light guide.

67. The method of claim 66, wherein the lens is of sufficient mass that as the light guide moves, the lens is rotated.

68. The method of claim 62, wherein a distal end of the light guide comprises a thin film optical waveguide, said step of scanning comprising the step of causing a distal end of the thin film optical waveguide to move so that light emitted thereby is scanned over the region of interest in the desired scanning pattern.

69. The method of claim 62, wherein the step of scanning comprises the step of driving a distal end of the light guide into a resonance movement mode.

70. The method of claim 62, further comprising the step of detecting light from the region of interest to produce a signal used for imaging the region of interest.

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