

Table S1: Input parameters for the Drude model, from reference [59].

Metal	ω_p (PHz)	γ_{bulk} (THz)
Au	2.18	6.45
Ag	2.18	4.35
Pt	1.24	16.7
Cu	1.79	2.19

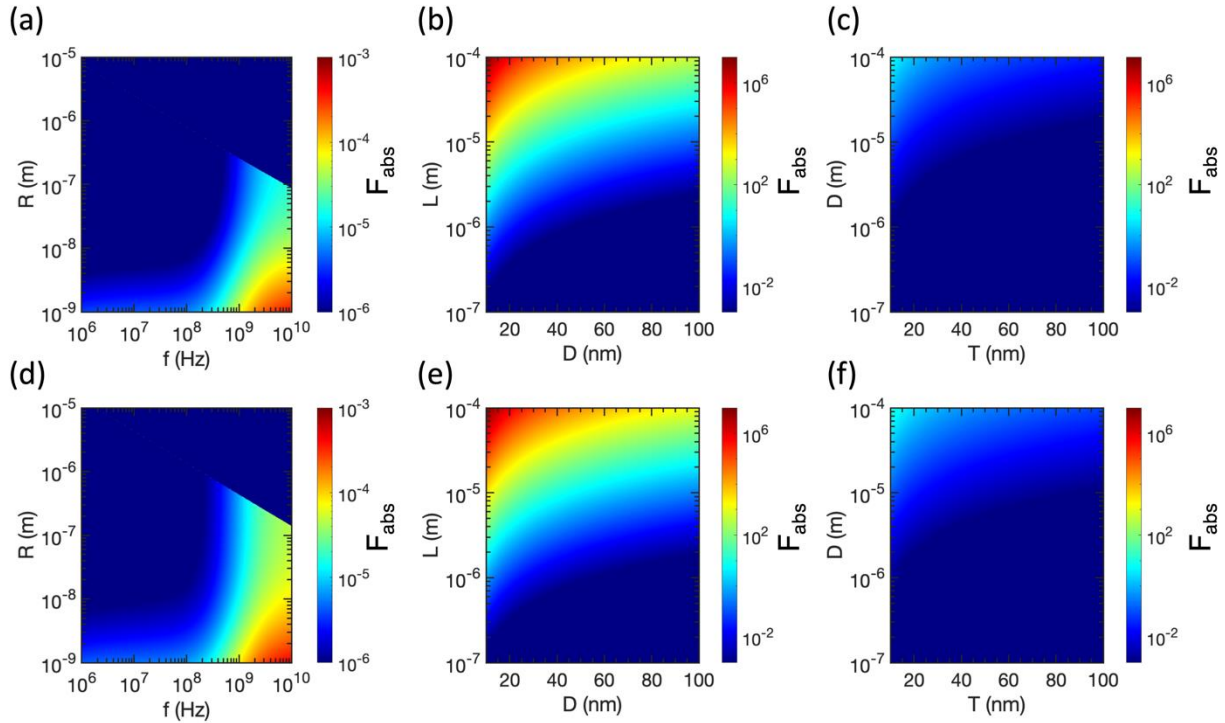


Figure S1: Lowest (minimum) case of differential heating for spherical gold particles in the pancreas (a), prolate gold spheroids in breast tissue (b), and oblate gold spheroids in breast tissue (c), obtained by calculations with the 7 pairs of ω_p and γ_{bulk} reported in Table 1 of reference [60]. Highest (maximum) case of differential heating for spherical gold particles in the pancreas (d), prolate gold spheroids in breast tissue (e), and oblate gold spheroids in breast tissue (f), obtained by calculations with the 7 pairs of ω_p and γ_{bulk} reported in Table 1 of reference [60]. Semi-axes that violate the electrostatic approximation are excluded from all plots.