

ARE YOU CONCERNED ABOUT X-RAYS?

We are too! That's why we want you to know the facts about the X-rays taken in our office. The following exposures of bone marrow to radiation during typical medical and dental x-ray examinations are listed below in millirems, a measurement of radiation. Take a look at how dental x-rays compare to other forms of diagnostic radiation exams.

Radiation Exam	Radiation Dose (in milliRems)
Mammography	1000
Pelvimetry	875
Lower Spine	450
Middle Spine	347
Abdomen	127
Ribs	143
Pelvis	133
Skull	78
Hip	72
Cervical Spine	52
Femur	21
Dental (FMX) with Film	10
Dental Panorex with Film	2
Dental (FMX) with Digital	<1
Dental (Bitewing) with Film	<0.5
Dental (Bitewing) with Digital	<0.05

You would have to take over 2000 dental x-rays in our office to equal the radiation in 1 mammogram!

To put things in perspective, each time you fly from coast to coast on an airplane you receive 4 millirems of background radiation, or the equivalent of **8 DENTAL BITEWING X-RAYS**. Keep in mind, we are exposed to background radiation naturally everyday: from concrete, cosmic radiation, radon, potassium in bananas, and of course the sun! Every human being in the western hemisphere receives approximately 1 millirem every single day from all of the environmental and background exposures listed above.

In fact, several radiologists have published controversial papers indicating that low level doses of radiation actually reduce cancer risks based on long-term studies of Chernobyl survivors.

When you weigh these facts against all the serious, progressive disease processes such as cavities, gum disease, abscesses, and cancer that can go undetected without x-rays, it seems like a pretty fair, and extremely safe, trade off.

Based on these factors, routine dental X-rays are considered well worth it.

To learn more, go on-line to <http://www.ada.org/6972.aspx>