

RADIATION DOSAGE CHART

Spring Complete Care Dentistry is dedicated to providing our patients with the most comfortable experience possible.

Good quality diagnostic x-rays are crucial to maintaining your overall health.

Be assured we are doing everything possible to keep you healthy by following the ALARA* principle.

Please do not hesitate to ask questions or discuss any concerns.

Sleeping next to someone	.00005
Living within 50 miles of a nuclear power plant for a year	.00009
Eating a banana	.00010
Airport security scan	.00025
Using a CRT monitor for one year	.001
Dental X-ray	.005
Background dose received by an average person on an average day	.01
Flight from New York to Los Angeles	.04
Living in a stone, brick or concrete building for one year	.07
Chest X-ray	.1
Annual dose received through food	.4
Spinal X-ray	1.5
Average background dose per person per year (natural background radiation)	2.4
Mammogram	4.0
Dose from spending one hour on the ground at Chernobyl (2010)	6.0
Average CT scan	10.0
Smoking 1.5 packs a day for one year	36.0
Maximum annual dose permitted in US radiation workers	50.0

*ALARA (as low as reasonably achievable) is a radiation safety principle for minimizing doses and releases of radioactive material using all reasonable methods.

See Title 10, Section 20.1003, of the Code of Federal Regulations (10 CFR 20.1003)

Sources: BBC, Guardian Datablog, Mayo Clinic, XKCD data: bit.ly/RadiationChart (case sensitive)

Note: logarithmic scale & average doses used.