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| **Radiation Dose** |
| * The average person in the U.S. receives an effective dose of about 3 mSv per year from naturally occurring radioactive materials and cosmic radiation from outer space.
* These natural "background" doses vary throughout the country.
	+ Colorado or New Mexico residents receive about 1.5 mSv more per year than those living near sea level
	+ The added dose from cosmic rays during a coast-to-coast round trip flight in a commercial airplane is about 0.03 mSv.
	+ The largest source of background radiation comes from radon gas in our homes (about 2 mSv per year).
 | http://miarad.com/Images/index/chestxray.gif**One chest x-ray = 10 days from our natural surroundings** |

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| **For this procedure:** | **Your effective radiation dose is:** | **Comparable natural background radiation:** |
| **Abdominal region:** |
| Computed Tomography (CT)-Abdomen | 10 mSv | 3 years |
| Computed Tomography (CT)-Body | 10 mSv | 3 years |
| Computed Tomography (CT)-Colonography | 5 mSv | 20 months |
| Radiography-Lower GI Tract | 4 mSv | 16 months |
| Radiography-Upper GI Tract | 2 mSv | 8 months |
| **Central Nervous system:** |
| Computed Tomography (CT)-Head | 2 mSv | 8 months |
| Computed Tomography (CT)-Spine | 10 mSv | 3 years |
| Myelography | 4 mSv | 16 months |
| **Chest:** |
| Computed Tomography (CT)-Chest | 8 mSv | 3 years |
| Radiography-Chest | 0.1 mSv | 10 days |
| **Face and neck:** |
| Computed Tomography (CT)-Sinuses | 0.6 mSv | 2 months |
| **Women's Imaging:** |
| Bone Densitometry (DEXA) | 0.01 mSv | 1 day |
| Galactography | 0.7 mSv | 3 months |
| Hysterosalpingography | 1 mSv | 4 months |
| Mammography | 0.7 mSv | 3 months |
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**Source:http://www.radiologyinfo.org/en/safety**