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).

One chest x-ray = 10 days from our natural surroundings

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

Source:http://www.radiologyinfo.org/en/safety