

IMPORTANT INFORMATION

Research confirms that exposure to radiation is associated with the development of many forms of cancer. Patients should only receive computed tomography (CT) scans when medically necessary and should monitor and track their exposure.

The average person receives 3 mSv of background radiation each year. The chart below shows approximate doses of radiation for some standard imaging procedures. The MiniCat at SF Institute of Sinus & Allergy, by comparison, amounts to significantly less radiation exposure.

Type of Exposure	Effective Dose (mSv)	Equivalent to Days of Background Radiation
Dental X-Ray	.01	nil
Airplane Flight	.01-.03	1-4 days
Chest X-Ray	.1	10 days
MiniCat		
CT Scan: Head	.17	20 days
Mammogram	.7	3 months
CT Scan: Head	2	8 months
CT Scan: Chest	8	2 years
CT Scan: Pelvis	10-20	3-6 years



SF Institute of Sinus & Allergy

450 Sutter Street, Suite 933
San Francisco, CA 94117
(415) 362-5443
www.sfsinus-allergy.com



Printed on 100% recycled paper with soy based inks at a local 100% windpower Union shop



RADIATION EXPOSURE LOG

Name: _____

Birthdate: _____

