

Our focus is to limit
your radiation exposure.



Understanding Radiation

- ARA's physicians and staff have extensive training in radiation safety and adhere to the "as low as reasonably achievable" standard in keeping radiation doses low while producing scans of the quality needed for diagnosis.
- All of our certified technologists have both national and state registration and are trained to monitor the radiation exposure of the equipment they use to perform your imaging.
- The imaging equipment at all of our facilities is ACR accredited, which requires each unit to be calibrated and monitored continuously by our staff and licensed medical physicists and serviced by factory-qualified engineers. Buying and maintaining up-to-date equipment allows ARA to keep your radiation dose as low as possible.
- Our practice supports the "Image Wisely" awareness program with the objective of encouraging referring providers to avoid unnecessary scans and to use the lowest optimal dose for necessary studies.
- Our radiologists can confer with your physician to ensure the most appropriate imaging procedure is performed to avoid unnecessary radiation exposure.

Want to learn more?



For more information on Radiation Safety, visit
www.ausrad.com/patients/radiation-safety.

As a patient, you may have safety concerns about your mammogram or bone densitometry exam. The medical experts at ARA take the use of radiation very seriously and we strive to keep you informed about the levels of exposure and the steps we take to ensure these levels are limited.

ARA strongly believes that when we do an exam that uses radiation, **the benefits must far outweigh the risk.**





On average, the total dose for a typical mammogram with 2 views of each breast is 0.4 millisieverts, or mSv. To help put that number into perspective, people are exposed to about 2 mSv of radiation each year from our natural surroundings. This would mean that getting a mammogram is the equivalent of only 7 weeks in our normal, everyday life.

WOMEN'S IMAGING PROCEDURE	RADIATION DOSE
 BONE DENSITOMETRY (DEXA)	0.001 mSv
 MAMMOGRAPHY	0.4 mSv



According to the American College of Radiology (ACR), these are the approximate values in mSv for an average-sized adult.

Sources of radiation are all around us, all the time. This chart can help you understand how a mammogram and bone densitometry exam compares to the radiation exposure from our day-to-day activities.

 Bone densitometry exam	0.001
Dental X-rays	0.005
Natural background dose on an average day	0.016
Coast-to-coast roundtrip airline flight	0.035
 Mammogram	0.4
Annual dose received through food	0.4
Smoking a pack a day for a year	1.8
Annual dose received through natural atmosphere	2
Natural background dose per year	6.2
Maximum annual limit for healthcare workers	50

Average values in millisieverts (mSv)