

Radiation

How much am I getting?

50 mSv/yr
Maximum allowable dose for radiation workers

6 mSv/yr
Natural radiation dose from living in Denver, Colo.

3.3 mSv
CT of the head
(lower than the ACR recommendation of 4.2)

3 mSv/yr
Natural radiation dose from living in Wisconsin

1.38 mSv
CT of the lumbar spine

1.3 mSv
CT of the abdomen
(lower than the ACR recommendation of 3.0)

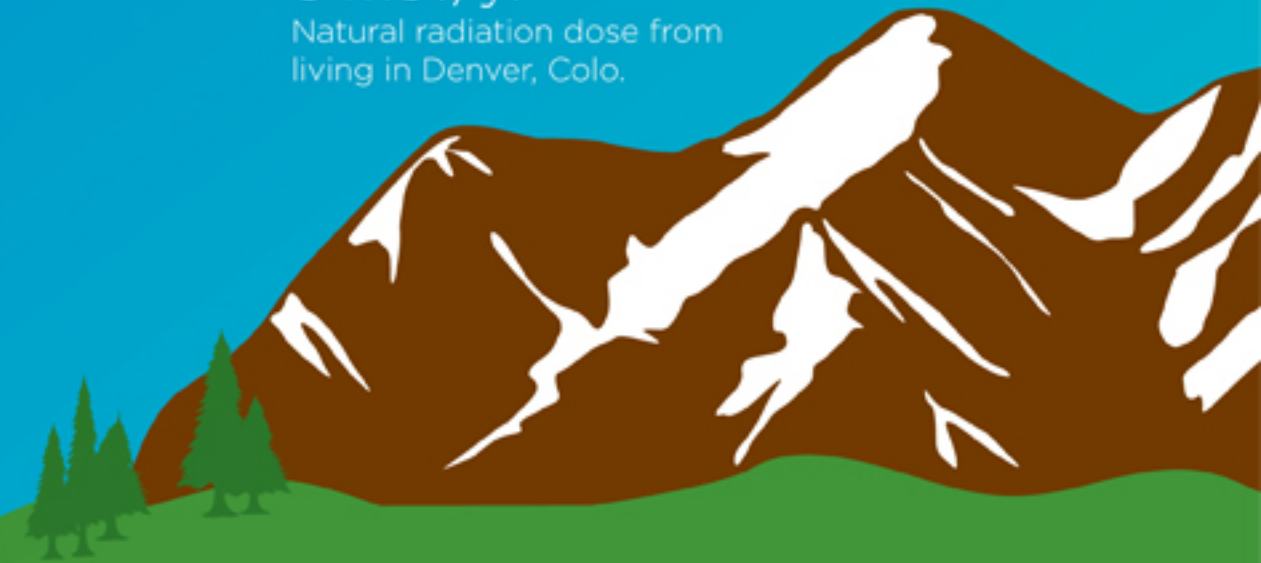
.260 mSv
Knee X-ray

.064 mSv
Elbow X-ray



.0001 mSv
Eating a banana

.2 mSv
Round-trip flight from New York to Tokyo



mSv/yr = millisievert per year
ACR = American College of Radiology

 **Children's**
Hospital of Wisconsin

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