

How much radiation are you exposed to?



Do you wear a luminous wristwatch (aka fitbit)?

0.06 milirems per year



Do you have smoke detectors in your home?

0.08 milirems per year



Do you live in Minnesota or Iowa? –

46 milirems per year (from the ground)



Sharing a bed with someone

Over the course of 1 year - 2 milirems



Airport Screening Machine & Flights

0.003 milirems per scan & 1 milirems per thousand miles



Smoking 1 pack of cigarettes/day

0.49 milirems per pack!



- Chest x ray
 - 10 milirems per x-ray
- Pelvic x ray
 - 80 milirems
- Mammogram
 - 42 milirems
- Chest CT Scan
 - 700 to 800 milirems
- Head CT
 - 200 milirems
- Full Body CT
 - 1,000 milirems.

The “average” amount
Americans receive each
year from all sources of
radiation 620 milirems



Max allowable dose

5,000 milirems per
year





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