

HOW MUCH RADIATION IS IN A DENTAL

DIGITAL X-RAY

Ever wonder how much radiation there is in a DENTAL DIGITAL X-RAY?

RADIATION DOSAGE CHART

MAXIMUM ANNUAL DOSE PERMITTED
IN US RADIATION WORKERS



50.0
MILLISIEVERTS (MSV)

	Smoking 1.5 packs a day for one year	36.0		Flight from New York to LA	0.04 8x more
	Average CT scan	10.0		Background dose received by average person on an average day	0.01 2x more
	Dose from spending one hour on the ground at Chernobyl (2010)	6.0		Dental X-ray	0.005
	Mammogram	4.0		Using a CRT monitor for one year	0.001
	Average background dose per person per year (natural background radiation)	2.4 480x more		Airport security scan	0.00025
	Spinal X-ray	1.5		Eating a banana	0.00010
	Annual dose received through food	0.4 80x more		Living within 50 miles of a nuclear power plant for a year	0.00009
	Chest X-ray	0.1		Sleeping next to someone	0.00005
	Living in a stone, brick or concrete building for one year	0.07			

Sources: BBC Guardian Datablog, Mayo Clinic, XXCD data: bit.ly/RadiationChart. Note: logarithmic scale & average doses used.