



Dental X-Ray Radiation Comparison

Radiation from dental radiographs is quite minimal and very safe for healthy patients to be exposed to. This chart shows the amount of radiation a person receives from various activities.

| Radiation Source | Dosage (mSv) |
|---|----------------------|
| Max annual dose permitted for U.S. radiation workers | 50.00000 |
| Whole body CT scan | 10.00000 |
| Abdominal CT scan | 6.0-10.00 |
| Chest CT scan | 7.000000 |
| Spine CT scan | 6.000000 |
| Average radiation in U.S. from natural sources (annual) | 3.000000 |
| Radon in average U.S. home (annual) | 2.280000 |
| Head CT scan | 2.000000 |
| Spinal X-ray | 1.500000 |
| Cosmic radiation living in Denver, CO/high elevation (annual) | 0.800000 |
| Mammogram | 0.420000 |
| Annual dose received by food and water (potassium) | 0.400000 |
| Cosmic radiation living at sea level (annual) | 0.300000 |
| Radiation in the body (annual) | 0.290000 |
| Chest X-ray | 0.100000 |
| Full mouth series f-speed film* | 0.171000 |
| Full mouth series digital | 0.090000 |
| Cross-country flight (New York to Los Angeles) | 0.040000 |
| 4 bitewings f-speed film* | 0.038000 |
| 4 bitewings digital | 0.020000 |
| Panoramic film | 0.0142-0.0243 |
| Panoramic digital | 0.0047-0.0149 |
| 1 periapical f-speed film* | 0.009500 |
| 1 periapical digital | 0.005000 |
| Living in a brick/stone/concrete house (annual) | 0.007000 |
| Smoking one pack of cigarettes | 0.004900 |
| Eating a banana | 0.000100 |
| Airport security scan | 0.000100 |

*f-speed film based on round collimation

“To see is to know. Not to see is to guess. And we won’t guess when it comes to your oral health!”