

Dental Equipment to Reduce Radiation

Dr. Lorie Stevens has been using prevention equipment in her office since 2000!



When you get dental x-rays, or x-rays of the head, neck, or collarbone area, does the x-ray technician use a lead collar on your thyroid?

Most likely, your answer is no.

This means, **your thyroid is being needlessly exposed to radiation**. The thyroid is particularly sensitive to radiation, and **excessive radiation exposure is a known risk factor for various thyroid conditions**.

Radiation is cumulative and your dentist should place high importance on the balance between the potential harms of ionizing radiation and the diagnostic benefits it provides by complying with the ALARA principle to reduce radiation exposure.



It is necessary to protect patients from unnecessary exposure to radiation **by taking x-ray's only when absolutely necessary**. It is best to use the Tru-Align attachment which **reduces patient exposure to scatter radiation up to 90%**. Proper and consistent use of protective materials, such as **aprons and thyroid collars**, to protect against exposure to radiation is also necessary to **ensure the practice environment is safe** and equipment is functioning properly.