X-rays

What examinations are X-rays used for?
X-rays are used for standard radiographic examinations of, for example, bones and lungs, as well as for CT scans (brain and internal organs). In addition, X-rays are used for fluoroscopy in coronary artery examinations and for treatments of heart rhythm disorders.

Are X-rays harmful?
We are exposed every day to natural background radiation from our surroundings - such as from the ground, the air, air travel, the food we eat, and building materials.
Each X-ray examination gives us a small radiation dose, corresponding to anywhere from a few days to a few years of natural background radiation.
The examination is performed with the lowest possible radiation dose without compromising the important information in the X-ray image.
At the low radiation doses used in standard X-ray examinations, there is a negligible increased risk of developing cancer many years after exposure.
Larger examinations such as CT scans and fluoroscopy can result in a radiation dose equivalent to up to three years of background radiation.
The benefit of obtaining a correct diagnosis and thereby receiving the right treatment outweighs the risk associated with an X-ray examination.

Radiation protection
Some tissues in the body - especially the ovaries, testicles, thyroid gland, and the lens of the eye - are particularly sensitive to X-rays, which is why we protect these areas whenever possible.
Men and women of reproductive age must use lead shielding during examinations involving the lower abdomen, pelvis, lower back, and hips.
In some examinations, it may not be practical to use lead shielding, as it can obscure important information in the image.

Pregnant?
We do not perform X-ray examinations on pregnant women.
If there is a possibility that you are pregnant, it is important to inform the staff, as a fetus is particularly sensitive to X-rays. All women of reproductive age will be asked before the examination.

Risk in relation to age
X-ray examinations contribute to the total radiation dose we receive over our lifetime. The older we are, the lower the risk of developing cancer caused by X-rays, simply because there is less time for potential cancer to develop.
Therefore, it is important to expose children to X-rays only when a doctor assesses that it is the only way to obtain a reliable diagnosis.

Risk from multiple X-ray examinations
The expected risk from multiple X-ray examinations is calculated by adding together the risk from each

individual examination.
If you have already had many X-ray examinations and are concerned about having more, remember that the need for a new examination is always assessed based on your current condition.

Remember!

- We make a great effort to keep radiation doses as low as possible.
- The health risk from X-rays is minimal compared to the risk of not diagnosing a serious illness.
- Inform us if there is a possibility that you are pregnant.
- Inform your doctor about previous X-ray examinations that might make new ones unnecessary.
- If you are concerned about the risks of an examination, ask your doctor whether the X-ray is necessary and how it will benefit your treatment.
- You can always ask the staff.

Read more at https://www.sst.dk/vidensbase/straalebeskyttelse