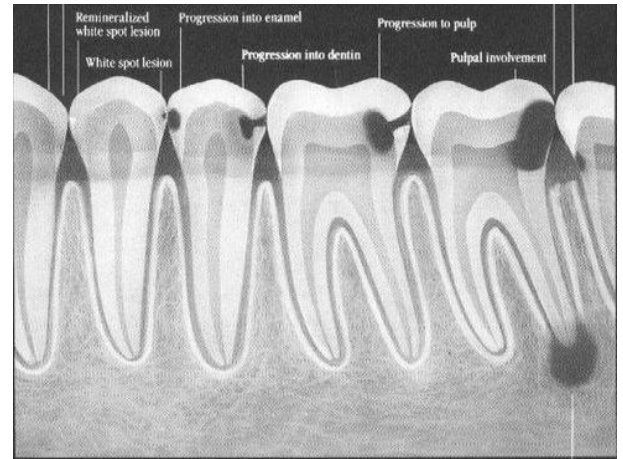


Why take dental x-rays?

- Very often tooth decay starts between teeth where it is not visible during examination. **X-rays allow to “see” between teeth.**
- The sooner a cavity is noticed the less damage to tooth structures is allowed to happen, thus it is much easier (and less expensive) to repair the tooth.
- When **caries extends into the tooth nerve** before being noticed a person may experience **a significant pain**. Treating nerve pain may become 10-15 times more expensive than filling a cavity in a timely fashion.
- In some cases, for instance crowns and bridges, X-ray may be the only way to properly assess their state.



On average during a regular annual check-up exam 4 digital radiographs are taken to assess back teeth.

Here is how digital radiographs compare.

Effective Dose (micro-sieverts)		
Eating 1 banana	0.1 μSv	
Smoking 1 pack of cigarettes	4.9 μSv	
	5 μSv	1 digital dental x-ray
Living in a brick house or having a granite countertop for 1 year.	7 μSv	
Daily background radiation (space, air, food etc)	10 μSv	
	20 μSv	4 Bite-Wing digital X-rays
	25 μSv	Panoramic X-ray
Flight Toronto Vancouver	40 μSv	
	90-120 μSv	CBCT (3D bone) scan
Annual background radiation for an average Canadian	2300 μSv	

- Do you understand the purpose of radiographs?
- If you have something wrong with your teeth, wouldn't you want to know about it and get it fixed?
- Do you realise that the diagnosis of pathology resides in dentist's hands, and by refusing to allow us to assess completely and fully, you are denying yourself the opportunity to receive a comprehensive care?
- Did you understand that with digital radiographs exposure is minimal and the benefits far outweigh the risks?