Radiation Safety in the Practice of Cardiology

what all women should know

3 FUNDAMENTALS OF RADIATION SAFETY

TIME
SPEND LESS TIME ON THE PEDAL

DISTANCE
INCREASE THE DISTANCE FROM X-RAY SOURCE

SHIELDING
BLOCK SCATTERED RADIATION FROM THE PATIENT

RADIATION OUTFIT

Leaded glasses
Lead thyroid
Shoulder pads
Ring dosimeter
Radiation badge
Labeled apron
Leg shields

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OPTIMAL TABLE POSITION

KEY MESSAGE: TABLE UP I, I DOWN

DOSE LIMITS

Patient
30 cm
80 cm
1.0 dose

~0.3 mSv:
Under-lead dose to working pregnant interventionalist over entire gestation

~0.9 mSv:
How much fetus of working pregnant interventionalist probably receives over entire gestation

5 mSv:
Legal dose limit for entire gestation

3 mSv:
Annual natural background radiation dose

100 mSv:
Known threshold for fetal injury

~0.3 mSv:
How much fetus of working pregnant interventionalist probably receives over entire gestation

*Please note, legal and natural dose limits are based on US data. Limits vary by country.

ENDORSED BY:

Women as One serves as a unifying thread across the many important organizations and individuals working to improve the recruitment, retention, and treatment of women in medical specialties where they are highly underrepresented

womenasone.org

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