

# Pali Momi Medical Center Making CT Exams Safer

*Pali Momi's average CT dose is well below the recommended levels set by the American College of Radiology (ACR).*

	ACR Recommended	Pali Momi Average
CT Head	75mGy	45mGy
CT Abdomen	25mGy	10mGy

## Pali Momi's CT Radiation Safety Program

Pali Momi has achieved these impressive levels while maintaining image quality, through adoption of highly efficient, dose reduction technologies. Based on ALARA - As Low As Reasonable Achievable, Pali Momi utilizes the following techniques as appropriate:

### ↓ Up to 57% Reduction

Breast/Thyroid/Eye Shielding - Thin piece of bismuth impregnated synthetic which offers a reduction of up to 57% of radiation exposure without any significant change in image quality.

### ↓ Up to 50% Reduction

Lead Apron Shielding - Lead-lined aprons that reduce scatter radiation exposure up to 50% or more.

### ↓ Up to 20-45% Reduction

X-Ray Tube Modulation Tools - Varies x-ray technique and reduces patient dose 20-45%.

### ↓ CT Upgrade - up to 40% Radiation Dose Reduction

I-Dose - Reconstructive algorithm that provides the same look as full-dose images with a reduction in radiation dose.

## Radiologist Consult for Exam Selection

Our radiologists are available to consult on cases as needed to help determine the best diagnostic exam for the patient based on age, condition and symptoms. Call Imaging Services Medical Director Gordon Ng, M.D. at 778-4350.

